



North Somerset Healthy Workplaces Celebratory Event

Thursday 19 November 2026, 10am - 3.30pm

Programme

10:00-10:30am Doors open, registration and marketplace

10:30-10:35am **Welcome**
Matt Lenny, Director of Healthy and Sustainable Communities, North Somerset Council

10:35-10:50am **Healthy workplaces programme update**
Naomi Greaves, Health Improvement Specialist: Food, Nutrition & Workplace Health, North Somerset Council

10:50-11:05am **Early findings from the external evaluation of the Healthy Workplaces Programme**
Dr Jemma Hawkins, Cardiff University

11:05-11:10am **Movement break**
Kirsty Brown, Age UK Bristol

11:10-11:25am **Practical tips for avoiding musculoskeletal issues at work**
Dr Jack Cleeve, Life Aligned Chiropractic

11:25-11:40am **Is it just me? What your employees might not be telling you about menopause**
Victoria Brookbank, Minds That Work

11:40-11:55am **Tea, coffee and fruit break**

11:55-12:10pm **Stay well this winter**
Dr Geeta Iyer, GP, Deputy Chief Medical Officer Bristol, North Somerset, South Gloucester Integrated Care Board

12:10-12:25pm **Always on? AI, digital overload and employee wellbeing**
Dr Alison Oldfield, Senior Lecturer in Digital Technologies, University of Bristol

12:25-1:20pm **Lunch and wellbeing walk**
please meet outside main entrance at 12:45pm for the wellbeing walk

1:20-1:25pm **Welcome back**
Matt Lenny, Director of Healthy and Sustainable Communities, North Somerset Council

1:25-1:40pm **Balancing work and life: Practical support from NHS Talking Therapies**
Nick O'Dean, Vita Health Group, Talking Therapies

1:40-1:55pm **Adapting to issues around vaping**
Chris Miles, Tobacco Control and Health Checks Manager, North Somerset Council

1:55-2:00pm **Movement break**
Kirsty Brown, Age UK Bristol

2:00-2:45pm **Panel discussion**
Matt Lenny - Chair

An opportunity to ask questions to our speaker and member panel

Panel members

Nick O'Dean - Partnership Liaison Officer, **Vita Health Group**
Andy Kelsey - Senior manager, health, safety & wellbeing, **Freeways**
Fiona Cawsey - Office lead & menopause champion, **Elborough Care**
Claire Haley - Well at Work senior manager, **Bristol NHS Foundation Trust**
Naomi Greaves, Health Improvement Specialist: Food, Nutrition & Workplace Health, **North Somerset Council**

2:45-3:00pm **Tea and coffee break**

3:00-3:20pm **Healthy Workplaces Awards presentation**
Councillor Jenna Ho Marris

3:20-3:30pm **Wrap-up**
Matt Lenny, Director of Healthy and Sustainable Communities, North Somerset Council

3:30pm **Event close**

Thanks to all our contributors

Alliance Homes



Broadway Lodge



Elborough Care Services



North Somerset Parents
and Carers Working
Together



Talk Club



Calm & Thrive



Hutton Moor Leisure
Centre



OPPORTUNITY
NORTH SOMERSET



Opportunity North
Somerset

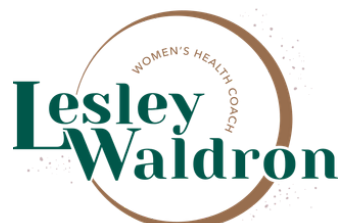
Westcountry Saving and
Loans



Charlotte Baylis
Hypnotherapy



Lesley Waldron Health
Coaching



Public Health Intervention
Response Studies Team



With You - North Somerset



Department for Work and
Pensions



NHS Talking Therapies



Better Health North
Somerset & Smoke Free
North Somerset



Work Well West



Keep in touch

Healthyworkplaces@n-somerset.gov.uk

Please join our
mailing list to keep
updated with all our
events, resources
and more:



More info on
our website:



Congratulations
to all our
Members:

