Better Health North Somerset



North Somerset Council

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 & Workpalce 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 & Michael Richier**, Vita Health Group, Talking Therapies
1:40-1:55pm	**Creating a smokefree workforce in North Somerset** **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** **Michael Richier**- 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

Westcountry Saving and Loans, Your Credit Union

Charlotte Bayliss 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

WorkWell West

Keep in touch

Healthyworkplaces@n-somerset.gov.uk

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

Follow this link to our healthy workplaces website:

Find out more about our members and their stories.