

# well@workLSC - MSK Event

*feel well - work well - live well*

Monday 4<sup>th</sup> March 09:00 till 13:00

[The Savoy Suite, County Hall, Preston PR1 8XJ](#)

09:00	<b>Registration, refreshments and network opportunity</b> Sign in and network, ready for a 9:30am start. Refreshments available.	
09:30	<b>Welcome to well@workLSC</b> Brief overview of what to expect this morning and how you can join in, learn and share throughout the event.	<b>Andrea Smith</b> Public Health Specialist, Lancashire County Council
09:35	<b>Introduction</b> A welcome to organisations from across Lancashire and South Cumbria and how, by joining up our efforts, we can maximise our impact to help our employees.	<b>Louise Taylor</b> Executive Director, Adult Services, Health & Wellbeing, Lancashire County Council
09:45	<b>MSK: Its impact in the workplace and on the local economy</b> Making the business case for tackling MSK in the workplace. Making an impact on your sickness absence figures in a way that matters for your managers and employees.	<b>Dr. Paula Holland</b> Lecturer in Public Health, Lancaster University
10:15	<b>Flourish Award</b> Insight into the work behind achieving the award and Workout@work exercises that can be utilised very easily within the working environment to reduce MSK symptoms.	<b>Matron Clare Hill &amp; Donna Bush</b> Occupational Health & Wellbeing Service, University Hospitals of Morecambe Bay
10:35	<b>Delivering our Vision</b> <ul style="list-style-type: none"> <li>• Sharing outcomes of the vision for our health and wellbeing services</li> <li>• Identifying progress</li> </ul>	<b>Paula Roles</b> Strategic Workforce and HR Lead, Healthier Lancashire and South Cumbria

	<ul style="list-style-type: none"> <li>Identifying areas for future collaboration</li> </ul>		
11:00	<b>Refreshment Break:</b> Your chance to visit our Market Place.		
11:15	<b>Speaker Panel</b>	<p><b>Speaker 1: <i>Action on MSK at Lancashire Teaching Hospitals</i></b></p> <p>Information on our approach to enabling our employees and managers to work with MSK.</p>	<p><b>Rachel O'Brien</b> Strategic Workforce Business Partner, Lancashire Teaching Hospitals Trust</p>
11:30		<p><b>Speaker 2: <i>Moving and Care</i></b></p> <p>Protecting the musculoskeletal health of front line staff - a project review of changes made in community treatment room services.</p>	<p><b>Lindsey Murray</b> Senior Safety Manager, Lancashire Care Foundation Trust</p>
11:45		<p><b>Speaker 3: <i>Digital Health Apps</i></b></p> <p>Apps provide a great opportunity to support staff and service users alike to live healthier lives and manage any conditions they might have. This session will tell you how and where to find ones you can trust.</p>	<p><b>Andy Jeans</b> Head of Implementations, ORCHA</p>
12:00	<b>Q&amp;A panel with all our speakers</b>		
12:45	<p><b>Close and Thank you.</b></p> <p><b>Our next meeting has been arranged for Monday 7<sup>th</sup> October 2019.</b></p>	<p><b>Andrea Smith</b> Public Health Specialist Lancashire County Council</p>	
13:00	<b>Complete our evaluation and then enjoy a buffet lunch whilst taking the opportunity to network.</b>		

If you need to contact us, you can do so by emailing [supportingme@lancashire.gov.uk](mailto:supportingme@lancashire.gov.uk) or telephoning 07876844093