



FIFE WORKFORCE HEALTH, SAFETY AND WELLBEING CONFERENCE

Conference Virtual Awareness Session Programme

Monday 13th March 2023 – Thursday 16th March

As part of the activities around the Fife Workforce Health, Safety and Wellbeing Conference, we are hosting a week-long programme of virtual awareness sessions and workshops for Fife's workforce to attend.

This programme outlines the virtual sessions available alongside the aims and objectives to be covered in each session.

We thank all of the session speakers in advance for their contributions and look forward to seeing you and your workers at the virtual sessions.

If you wish to attend any of the virtual sessions shown in this programme, please email us: Fife.hwlfife@nhs.scot by 20th February 2022 detailing the session title(s).

We will confirm your session bookings thereafter.

Please Note: You can book to attend as many virtual sessions as you wish - contact us as soon as possible to avoid disappointment.

"Being without work is rarely good for one's health, but while 'good work' is linked to positive health outcomes, jobs that are insecure, low-paid and that fail to protect employees from stress and danger make people ill."

Michael Marmot



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Monday 13th March

10:00 – 11:00 - Gambling Awareness in the Workplace

Kirsty Gallagher, Assistant Health Promotion Officer, Fife Health Promotion Service

Aim: To raise awareness of the issue of gambling, the patterns of use, behaviours and an overview of harms caused.

Objectives:

- An increased knowledge of gambling and gambling harms
 - An understanding of pathways to gambling
 - An increased awareness of the relationship between gambling and other health related issues
 - An increased awareness of the main influences for gambling and risk-taking behaviour
 - Knowledge of local gambling support available in Fife.
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14:00 – 15:30 - Positive Steps to Increase Mental Wellbeing

Alison Ramsay and Amy Brown, Health Promotion Officers, Fife Health Promotion Service

Aim: Increase understandings of mental wellbeing and awareness of the positive steps to increase wellbeing.

Objectives:

- Understandings of the definitions of mental health and wellbeing
- Understandings of the positive steps everyone can take to increase wellbeing.

Tuesday 14th March

10:00 – 11:00 Sedentary Behaviour Awareness in the Workplace

Ann Kerr and Fiona Ashton-Jones, Physical Activity Co-ordinators, Active Fife
Alison Ramsay and Amy Brown, Health Promotion Officers, Fife Health Promotion Service

Aim: Explore sedentary behaviour, how it impacts on health and wellbeing and how to reduce the associated health risks.

Objectives:

- An understanding of what sedentary behaviour is
 - A raised awareness of the impacts of sedentary behaviour on health and wellbeing
 - Explored why sedentary behaviour is an issue for businesses – including how COVID-19 has heightened the risks
 - Identified easy solutions that individuals can take to improve their health and wellbeing.
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14:00 – 15:30 Mental Health Improvement and Suicide Ask, Tell Awareness Animations Training (Adult)

Edward Martin, Mental Health Training Health Promotion Officer, Fife Health Promotion Service
Mary-Grace Burinski, Senior Health Promotion Officer, Suicide Prevention, Fife Health Promotion Service

Aim: To raise awareness and have facilitated discussions around the 3 Ask, Tell...educational animations which highlight areas such as mental wellbeing, suicide prevention and having compassionate conversations with people who are experiencing mental distress or may be feeling suicidal.

Objectives:

- Be able to identify ways to support people to have good mental health
- Be familiar which ways you can look after your own mental health
- Be able to explain what mental health is
- Have an awareness of situations that can negatively affect our mental health
- Be able to demonstrate an awareness of the prevalence of mental health problems
- Have an understanding of the wider issues that can affect people accessing support for their mental health
- Be able to demonstrate an awareness of the prevalence of suicide
- Be aware of the risk of re attempt associated with previous suicide attempt
- Be able to identify what to do when you are worried about someone's mental health.

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Wednesday 15th March

10:00 – 11:00 Poverty Awareness Information Session, Virtual Workshop

Ross Livingstone, Learning and Development Officer, Citizens Advice and Rights Fife
Natalie Bate, Assistant Health Promotion Officer, Localities, Fife Health Promotion Service

Aim: Raise awareness of the nature and impact of poverty in Fife today and equip participants with the knowledge to provide practical help and support.

Objectives:

- Understanding of the nature of poverty in Fife today
 - The different types of poverty
 - Knowledge of local sources and pathways of support
 - Advice on signposting and referrals
 - Increased confidence to have a supportive and healthy conversation about poverty.
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14:00 – 15:00 Working Health Services Awareness Session

Malcolm Joss, Occupational Therapist/Working Health Services Case Manager, NHS Fife

Aim: To highlight Working Health Services in Fife, a Scottish Government funded NHS service that provides free and confidential advice and health support for workers who have a health condition or injury which they feel is impacting on their work.

Objectives:

- Promote awareness of the services available from WHS
- Encourage use of the service where appropriate
- Distribute contact details.

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Thursday 16th March

10:30 – 11:30 Flexible & Hybrid Working, Virtual Session

Lee Ann Panglea, Head of the CIPD in Scotland and NI

Vivien Struthers, Senior Employer Solutions Manager, Scotland and NI

Aim: To enhance the understanding of flexible working.

Objectives:

- What is flexible working?
- Benefits of flexible working
- What does it mean in practice?
- What support is available to organisations?

15:00 – 16:00 Long COVID Awareness in the Workplace

Alison Ramsay and Amy Brown, Health Promotion Officers, Fife Health Promotion Service

Paula Donaldson, Occupational Therapist, NHS Fife

Aim: Up-skill Fife's workforce in understanding the implications and consequences of Long Covid.

Objectives:

- Explore Long Covid symptoms
- Discuss the impact of Long Covid on individuals
- Consider the consequential effects of Long Covid on business outcomes
- Improve knowledge of reasonable adjustments to support workforce health and wellbeing and reduce risks to business.

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"...create better work for all and give people more opportunity. That's good for business. It's certainly good for society, and it's good for our economies at large".

Peter Cheese, CEO of CIPD