

# Wellbeing at Work

Supporting Plymouth Businesses with Wellbeing in the Workplace



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## Wellbeing at Work Forum

Wednesday 6th October 10am – 11.30am

Meeting ID: 824 8012 4341 | Passcode: 960113

<https://us02web.zoom.us/j/82480124341?pwd=ZlI2eWI4QUhZTW5nUFlxVHJ2bEJEQT09>

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| <b>10am – 10.10am</b>    | Welcome from Wellbeing at Work and Update – Greg Price, Health Improvement Manager, Livewell Southwest.                  |
| <b>10.05am - 10:50am</b> | Able Futures - Koreen Samuel, Business Account Manager at Able Futures   |
| <b>10:50am – 11.30am</b> | Networking – Discussion on Mental Health in the workplace – Alison Crane, Wellbeing at Work (part of Livewell Southwest) |
| <b>11.30am</b>           | Close  |

### Presenter Information

- Jennifer Jenkins, Specialist Health Improvement Practitioner, Wellbeing Team. Workplace Awards Advisor and Lead on the Wellbeing at Work Awards Programme. Email: [Jennifer.jenkins2@nhs.net](mailto:Jennifer.jenkins2@nhs.net)
- Charley Roberts, Health Improvement Practitioner, Wellbeing Team. Wellbeing Champion Co-ordinator and Wellbeing at Work Administrator. Email: [c.roberts24@nhs.net](mailto:c.roberts24@nhs.net)
- Greg Price, Health Improvement Manager, Wellbeing Team. Manages Wellbeing @ Work, Wellbeing Champions and Wellbeing Training Portfolio. Email: [greg.price1@nhs.net](mailto:greg.price1@nhs.net)
- Alison Crane, Health Improvement Practitioner, Wellbeing Team. Wellbeing Champion co-ordinator and Wellbeing Trainer (Mental Health & Suicide Prevention). [alison.crane@nhs.net](mailto:alison.crane@nhs.net)

Book onto our next Wellbeing at Work Forum on Wednesday 26th January 2022:

<https://www.eventbrite.co.uk/e/wellbeing-at-work-webinar-tickets-169819620055>

Wellbeing at Work, part of Livewell Southwest, offers a Workplace Awards programme, Wellbeing Champions and Wellbeing Training.

Website: [www.wellbeingatworksouthwest.co.uk](http://www.wellbeingatworksouthwest.co.uk) Tel: 01752 437177 Email: [wellbeingat.work@nhs.net](mailto:wellbeingat.work@nhs.net)

YouTube: [Wellbeing at Work](https://www.youtube.com/WellbeingatWork)

