



Rail Wellbeing LIVE



Inspiring healthy lives across the railway

What is Rail Wellbeing Live


Rail Wellbeing LIVE
Inspiring healthy lives across the railway



About us

- For everyone in the rail industry and **free** to attend
- 2 days health and wellbeing extravaganza
- 4th and 5th November
- Famous celebrities and railway speakers
- Put on by the Rail Wellbeing Alliance


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The 5 programmes

Five programmes
Two days
One industry changing event



Inspiration Programme

Health & wellbeing keynote talks and panel sessions



Rail Wellbeing Programme

The home for all your information on the seven themes for health and wellbeing in the rail industry



Healthy Lives Programme

An interactive and practical programme giving you the chance to try out new things within health and wellbeing



Workshop Programme

Gain understanding in greater depth of a range of wellbeing topics relevant to the rail industry



Wellbeing Innovations

Learn about products and services from many leading and cutting edge suppliers



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The 7 themes



Musculoskeletal Disorders



Fatigue



Mental Wellbeing



Healthy Cultures



Health and Wellbeing in Business Occupational Health



Occupational Hygiene



Some stars



**DR RANGAN
CHATTERJEE**

BBC Breakfast's
resident doctor



**DR DAWN
HARPER**

Channel 4's
Embarrassing Bodies

Be inspired at Rail Wellbeing Live 2020

See full list of speakers and agenda at
www.railwellbeinglive.co.uk



RUBY WAX

Comedian & mental
health advocate



**DR SOPHIE
BOSTOCK**

Sleep doctor as seen
on ITV's This Morning



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The industry message

✓ Industry spotlight on Managing MSDs

09:30-11:00

Rail Wellbeing Programme



Lorimer Moseley
Chair in Physiotherapy
University of South
Australia



Jordan Smith
Lead Human Factors
Specialist
RSSB



Neil Boyd
Clinical Specialist
Physiotherapist
Transport for London



Simon Ellison
Sector Director, Rail
Costain Group PLC

In this session we will introduce musculoskeletal disorders (MSDs), the symptoms by which they are characterised and how they can impact us within the rail industry on both an individual and an organisational level.

Through presentations and a live panel Q&A session we will explore some of the misconceptions around MSDs and discuss how we can collaboratively manage musculoskeletal health. We will introduce the remit of our MSDs group and highlight both our existing guidance as well as our planned commitments in this space.

✓ A Healthy Worker is a Safer Worker - Dame Carol Black

13:00-13:45

Inspiration Programme



Carol Black
Expert Advisor on Health
and Work to NHS England
and Public Health England

Professor Dame Carol Black, who advised the government on the relationship between work and health 2006-2016, will speak about the importance of health and well-being in relation to worker safety on Britain's railways. Dame Carol will draw on particular insights into the sector having spent a lot of time over the years working with rail operators on their health and well-being issues.

✓ Leading on the mental health agenda - Rob Stephenson

16:00-16:45

Inspiration Programme



Rob Stephenson
founder, InsideOut and
CEO, Form

Rob Stephenson is a Mental Health Campaigner and Founder of the InsideOut.

In this session Rob will share details of his personal story of living and working with bipolar and his inspiration for the InsideOut LeaderBoard which showcases senior workplace leaders who are open about their mental health challenges. Rob will share some inspirational case studies from the LeaderBoard and consider the power of role models in transforming workplace cultures. Rob will also give an insight into what an effective mental health and wellbeing strategy looks like and provide some tips on caring for employee mental health during these challenging times.



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Interactive sessions

✓ Nutrition for sleep, fatigue and shift work

09:45-10:30

Healthy Lives Programme



Julie Weston
Corporate Nutritionist
SuperWellness

Our body's circadian rhythm plays a huge part in our health. It programmes the body to be active during the day and conversely, to fast and focus on repairing and restoring itself at night. Therefore anyone who works shifts will benefit from gaining a better understanding of how to minimise the impact of disruption to our body clock. Equipped with this knowledge, it is possible to significantly reduce both physical and mental health risks as well as improve general wellbeing and energy levels.

In this practical session, we look at:

- How our body clock works
- Food and hydration tips, including healthy swaps
- Some key guidelines about timings with example meal plans for different shift patterns
- Lifestyle habits including exercise, relaxation and sleep
- Practical planning including recommended equipment and recipes

✓ Enabling work to be a place that cultivates wellbeing. Going home in a better state than you arrived

11:15-12:15

Wellbeing Innovations



Nicola Temporal



Simon Cavicchia

This session will share perspectives from Temporal Consultings work and research in the Highways Industry helping to develop a cultural and "whole system" approach to promoting wellbeing. We will explore the model of the Wheel of Wellbeing and the theory that underpinned such a successful initiative on the m25. On the back of this we will pose the question what does it mean to be "mission fit" in terms of leadership mind sets, approaches and behaviour to create and optimise a sustainable wellbeing culture. As collaborative inquiry and transformational learning are a key part of our practical approach, we will offer a series of perspectives and provocations and allow time for conversation and discussion in response to the ideas presented.

Wellbeing Wednesdays

Did you know that 15 minutes of laughing is equivalent to 300 sit ups? And that humans are the only mammal who willingly choose to delay sleep?



Wellbeing 
WEDNESDAYS

We can't wait until November to get started, so join us for Wellbeing Wednesdays, a series of free livestreams providing bite sized tips to get the industry talking.

Starting from Wednesday, 2 September at 11am.

Further dates and information can be found at www.railwellbeinglive.co.uk

YOUR HEALTH AND WELLBEING WON'T WAIT, SO NEITHER WILL WE.



How you can get involved

- Promote the event within your companies
 - There is lots of collateral you can use to get your colleagues interested [here](#)
 - We can support you on this at contact@railwellbeinglive.co.uk
- Register to attend and book sessions
- Join us for a Wellbeing Wednesday
- Tell your colleagues and teams about the event: in meetings, or share us on [Linked In](#)

Be seen to lead the industry

- If you are interested in [sponsoring](#) this important industry initiative, please contact contact@railwellbeinglive.co.uk
- We are grateful for any sponsorship for this cross industry event.

