



## Affinity Health at Work Research Consortium

### Evidence-based information and guidance for practitioners to enhance workplace health, wellbeing and engagement

#### Consortium master-class event on Wednesday 6<sup>th</sup> December 2017

**Theme:** Menopause and women's health issues in the workplace

**Venue:** Birkbeck College, Keynes Library, 46 Gordon Square, London WC1H 0PD

10.30 – 10.45	Arrival and coffee
10.45 – 11.00	<b>Welcome and introductions</b>
11.00 – 11.40	<b>Update from Affinity Health at Work</b> <ul style="list-style-type: none"> <li>○ Update on Affinity work health and wellbeing Hub</li> <li>○ Update on research and other work</li> <li>○ Plans for 2018</li> </ul>
11.40 – 11.50	Brief break
11.50 – 13.00	<b>Research evidence and examples of practice on women's health issues</b> <ul style="list-style-type: none"> <li>○ Claire Hardy, King's College London <a href="https://kclpure.kcl.ac.uk/portal/claire.hardy.html">https://kclpure.kcl.ac.uk/portal/claire.hardy.html</a></li> </ul>
13.00 – 14.00	Lunch and networking
14.00 – 14.40	<b>Nutritional approaches to women's health issues</b> <ul style="list-style-type: none"> <li>○ Megan Whelan, British Dietetic Association Work Ready Program <a href="https://www.bdaworkready.co.uk/">https://www.bdaworkready.co.uk/</a></li> </ul>
14.40 – 14.50	Brief break
14.50 – 15.20	<b>Implications of women's health issues for employers</b> <ul style="list-style-type: none"> <li>○ <i>TBC</i></li> </ul>
15.20 – 15.50	<b>Collaboration update: TfL's Wellbeing at work index</b> <ul style="list-style-type: none"> <li>○ Ray Roberts, Transport for London (TfL)</li> </ul>
15.50 – 16.00	Round up and close

**Please note:** timings are approximate and may be subject to change on the day.