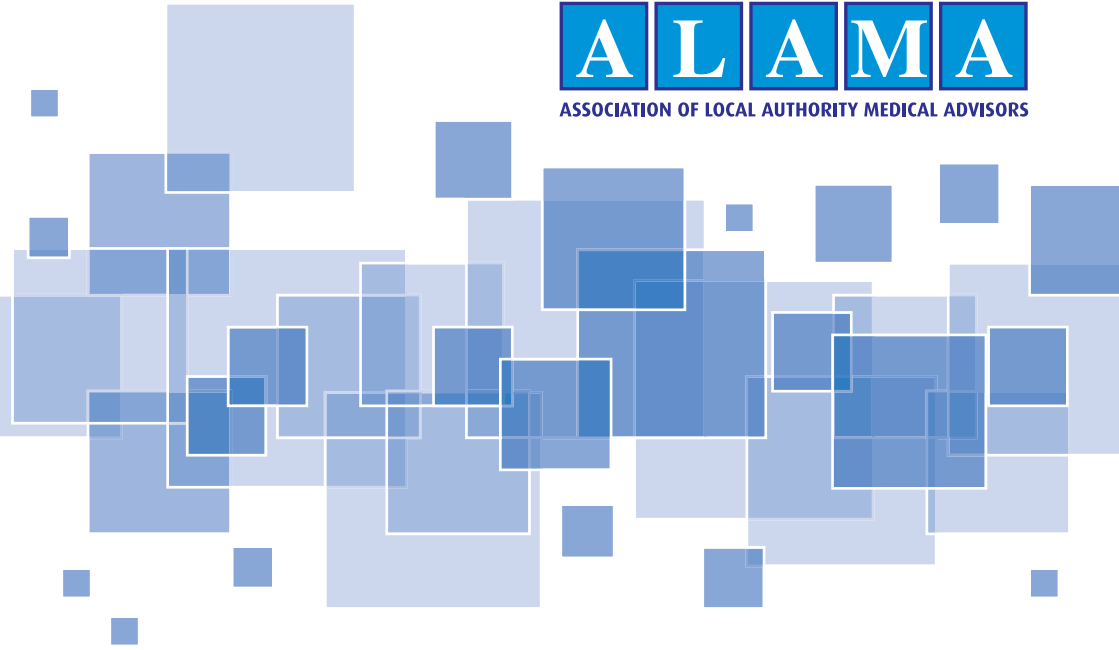




ASSOCIATION OF LOCAL AUTHORITY MEDICAL ADVISORS



# Fit to Work

ALAMA Belfast Conference  
17-19 March 2010

*The ALAMA Spring Conference is crossing  
the Irish Sea and heading to Belfast...  
for St Patrick's Day.*

# Fit to Work

ALAMA Belfast Conference, 17-19 March 2010

## Welcome

Occupational Medicine will be very different in the future. This conference programme has been specifically designed to give insights into the opportunities and challenges ahead.

The focus is now on fitness for work services and the benefits of investing in these services and in employee well-being are clear.

The delivery of fitness for work services will be via a multidisciplinary approach with well-being and employee engagement an important organisational risk to be managed, especially in this period of recession.

With psychological and musculoskeletal conditions the principal cause of sickness absence, this conference will aim to give an overview of evidence based cost effective interventions, which should form part of any fit for work service. It will focus on the concepts of measuring fitness for role and how this contributes to a healthy workplace, as well as considering how best to introduce and maintain a safety culture. Communicating well-being messages within a work place and how managers view this will help inform OH professionals of this emerging management concept.

The conference will be held at the Hilton Hotel in Belfast city centre. With a slight change to the format, delegates are invited to arrive for the evening of Wednesday 17th March and enjoy some good Irish craic before attending the conference which will run for two full days, finishing late afternoon on Friday 19th March.

In addition to a full programme and enjoying the delights of Belfast on St Patrick's night there is even more on offer. The conference dinner on Thursday 18th March will be held in Stormont, home to the Northern Ireland Assembly. This historic building was constructed in the 1920's to accommodate the newly formed Government of Northern Ireland and opened in 1932. Our reception will be held in the fabulous Great Hall, which is made entirely from Italian travertine marble, with dinner in the impressive dining gallery. You can expect some Irish entertainment too and a chance to view the main Assembly chambers!

CPD Points will be awarded for attendance. Check out the website [www.emmm.co.uk/alamabelfast](http://www.emmm.co.uk/alamabelfast) for full details and up-to-date programme information.





## Where is it all happening?

Belfast is a vibrant, fast-moving city with great sightseeing and shopping, as well as wonderful places to eat and drink and eccentric little alleyways with quaint old names. Once called the “Paris of the North”, Belfast made its money from the linen industry and ship building with the waterfront as the engine of the city. The city’s great shipyards built some of the world’s largest ocean liners, including the ill-fated Titanic.

Over the past ten years millions have been invested into urban renewal and regeneration, breathing life and creating a new buzz. The city revolves around a central point, Donegall Square, which holds the city hall and concentrates on the glories brought by the Industrial Revolution: grandiose architecture and magnificent Victorian pubs.

Belfast’s greatest, and most unique, attraction is however its people, whose enduring warmth and friendliness remain a welcoming truth, their distinct character and culture evolving with the new city as it merges with the old. The barriers are down, the tanks are gone and the restaurants, cafés and pubs are full of the craic in this now confident city.

## How to Get There

Belfast is served by two airports. George Best Belfast City Airport (BHD) is situated 3 miles from the city centre and just minutes from the Hilton Hotel. It handles domestic flights within Northern Ireland and the UK. Scheduled flights operate to England, Scotland, the Isle of Man and the Republic of Ireland. The main airline operating out of the airport is FlyBE, British Midland and Ryan Air. Belfast International Airport (BFS), is approximately 17 miles from Belfast city centre. Scheduled flights in and out of Belfast International Airport (BFS) serve many cities in the UK. Airlines operating out of Belfast International include Easyjet and Jet2. Ulsterbus provide a service to/from the Europa Bus Centre in central Belfast.

## Future Clinical Presentations at Conference

ALAMA is keen to ensure future conferences include opportunities for OH physicians to access the latest thinking/research on clinical issues. We would like to include short presentations and posters, which offer an opportunity to present information, ideas or new research about selected initiatives.

If you would like to propose a presentation or a poster at a future conference please send a short summary to [alama@emmm.co.uk](mailto:alama@emmm.co.uk) (Clearly marked Presentation Proposal) and it will be put forward and considered for inclusion in upcoming conference programmes.

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## Wednesday 17th March

- 16.30-18.30 **Registration**  
18.30-20.30 **Informal Dining in the Hotel Restaurant**  
20.30-not too late!! **Enjoy St Patrick's Night in Belfast:** We suggest The John Hewitt, the Bar Red or The Crown

## Thursday 18th March

- 08.00- **Registration**  
09.00-09.10 **Welcome**  
09.15-09.45 **CLINICAL PRESENTATION**  
**From Potatoes to Rocket Science**  
09.45-10.15 **CLINICAL PRESENTATION**  
**Fitness Levels/Sickness Absence in Police Officers**  
10.15-10.30 **Coffee and Posters**  
10.30-12.30 **FOCUS 1 – FITNESS TO WORK: PSYCHOLOGICAL**  
**Getting Better, Staying Better – Achieving and Maintaining Tangible Outcomes in Psychological Therapies**  
*Alistair Black, Consultant Psychotherapist, Futures NI*  
**Managing People with Trauma**  
*Dr Michael Paterson OBE, Clinical Psychologist, TMR Health Professionals*  
**Evidence Based EMDR**  
*Karen Lansing, Psychotherapist PSNI*

12.30-13.15 **Lunch Coffee Exhibition and Posters**

13.20-15.20 **FOCUS 2 – FITNESS TO WORK: MUSCULOSKELETAL**

**Musculoskeletal Services in Occupational Health – Making it Comprehensive and Cost Effective**

*Catherine Burke, Chief Physiotherapist, OHW, PSNI*

**Educate, Activate and Empower – Chronic pain programmes**

*Mary Jo Hart, Counselling Psychologist and Lorraine Maxwell, Musculoskeletal Specialist Physiotherapist, Futures NI*

**Sports Injuries**

*Professor Michael Cullen, Consultant in Sports Medicine*

15.20-15.40 **Coffee**

15.45-17.15 **Specialist Breakout Session**

- Fire
- Police
- Local Authorities

17.20-17.45 **AGM**

19.00 **Coach Transfer to Stormont**

19.30-23.00 **Conference Reception and Dinner, Stormont**

23.15 **Coach Transfer to Hotel**





## Friday 19th March

### Chair

**08.15-09.10** Legal Update over Coffee and Croissants

**09.15-10.15** **THREE CONCURRENT WORKSHOPS**

**Physical Competence Assessment in PSNI**

*John Henderson, Director of Physical Health and Education, PSNI*

**Designing Specialist Unit Police Fitness Tests**

*Victoria Richmond, Optimal Performance*

**Communicating Well-being Messages**

*Robert Kerr, University of Ulster*

**10.15-10.35** Coffee Exhibition and Posters

**10.35-12.35** **FOCUS 3 – FITNESS TO WORK: WELL-BEING – HAPPY HEALTHY AND HERE**

**Promoting Mental Health in the NI Civil Service**

*Dr Ken Addley, Director Occupational Health service Northern Ireland Civil Service*

**Using Audit to Deliver the Safer Workplace**

*John Orchin, Chief Health & Safety Adviser, Belfast City Council*

**Well-being from the Business Perspective**

*Orla King, Business Action on Health, Northern Bank*

**12.35-13.25** Lunch

**13.30-14.30** **THREE CONCURRENT WORKSHOPS** (as above)

**14.30-14.50** Coffee Exhibition and Posters

**14.50-15.50** **THREE CONCURRENT WORKSHOPS** (as above)

**16.00-16.45** **The Future Direction of Occupational Medicine**

*Tony Stevens, President of the SOM*

**16.45-17.00** **Closing Remarks**

**Evening**

Free in Belfast for those who choose to stay on and enjoy this lively and fascinating city

## Diary Dates: 24-26 November 2010 and 23-25 March 2011

The ALAMA Autumn Conference will be held in Manchester 2010 on 24-26 November.

This will be the official celebration of ALAMA's 30th year and the dates (a week later than usual) have been set to coincide with the University of Manchester's renowned Lane Lecture. We are heading south for Spring 2011 and at the moment dates are being held in Southampton venues. Put the dates in your diary now.

# Fit to Work

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To book online got to: [www.emmm.co.uk/alamabelfast](http://www.emmm.co.uk/alamabelfast)

## Personal details

FORENAME

SURNAME

ORGANISATION

ADDRESS

POSTCODE

TELEPHONE

ARE YOU AN ALAMA MEMBER?

NO

YES

EMAIL (ALL INFORMATION WILL BE SENT TO THIS ADDRESS SO PLEASE PRINT CLEARLY)

PLEASE TELL US IF YOU HAVE ANY SPECIFIC SENSORY, MOBILITY OR DIETARY REQUIREMENTS

## Breakout Session selection

Please indicate which session you would like to attend on Thursday afternoon.

Local Authorities     Police     Fire

## Conference Presentations

I would like to propose a clinical presentation/poster for future consideration.

TITLE

## For further information

Please send completed booking forms to the ALAMA Conference Office, EMMM, Southdene House, 16 Booths Hill Rd, Lymm, Cheshire WA13 0DL

T: 01925 752078 · E: [alama@emmm.co.uk](mailto:alama@emmm.co.uk)  
[www.emmm.co.uk/alamabelfast](http://www.emmm.co.uk/alamabelfast)

## Terms and conditions

This booking form constitutes a legally binding agreement. Payment must be received in full prior to the event. Delegate places will be confirmed and conference details sent subject to receipt of payment. Cancellations must be confirmed in writing three full weeks prior to the event and will be refunded minus an administration charge of £50. We regret that no refunds can be made after that time, for whatever reason, although substitutions will be accepted if notified in writing prior to the event. Event Management and Marketing Matters will hold the personal information you provide on a database.

Please tick here if you do not want to receive information regarding any future events of this nature.



## Registration Options

Please circle the elements you wish to book. If you would like to pay by Credit/Debit card you must complete an online booking [www.emmm.co.uk/alamabelfast](http://www.emmm.co.uk/alamabelfast)

|   | MEMBER          | NON MEMBER      |
|---|-----------------|-----------------|
| Full Conference Package ( <b>THREE</b> nights B&B, lunches, dinner on Wed, Thu) | £625.00         | £700.00         |
| Conference Package ( <b>TWO</b> nights* B&B, lunches, dinner on Wed, Thu)       | £525.00         | £600.00         |
| *PLEASE INDICATE WHICH <b>TWO</b> NIGHTS YOU REQUIRE ACCOMMODATION              | WED · THU · FRI | WED · THU · FRI |
| Day delegate Thursday (Including lunch)   | £195.00         | £225.00         |
| Day delegate Friday (Including lunch)   | £195.00         | £225.00         |
| B&B Wednesday   | £100.00         | £115.00         |
| B&B Thursday  | £100.00         | £115.00         |
| B&B Friday  | £100.00         | £115.00         |
| Dinner Wednesday  | £25.00          | £30.00          |
| Guest Dinner Wednesday  | £25.00          | £30.00          |
| Dinner Thursday (Stormont)  | £40.00          | £50.00          |
| Guest Dinner Thursday (Stormont)  | £40.00          | £50.00          |
| GUEST (Including shared room and Breakfast Wednesday)                           | £15.00          | £20.00          |
| GUEST (Including shared room and Breakfast Thursday)                            | £15.00          | £20.00          |
| GUEST (Including shared room and Breakfast Friday)                              | £15.00          | £20.00          |

## TOTAL PAYABLE

## Payment Options

**N.B. Bookings cannot be made unless full payment or a fully authorised Purchase Order is sent with this Booking form. If you would like to pay by Credit/Debit card you must complete an online booking form at: [www.emmm.co.uk/alamabelfast](http://www.emmm.co.uk/alamabelfast). N.B. Credit card payments carry a bank charge supplement, which is currently 2.85%. Confirmations will be sent by email in receipt of your completed booking form and payment. Joining instructions will be sent early March.**

Yes / No I have enclosed a cheque for £ (Payable to ALAMA 2006, Yes we mean 2006!!)

Yes / No I have enclosed a fully authorised Purchase Order Number

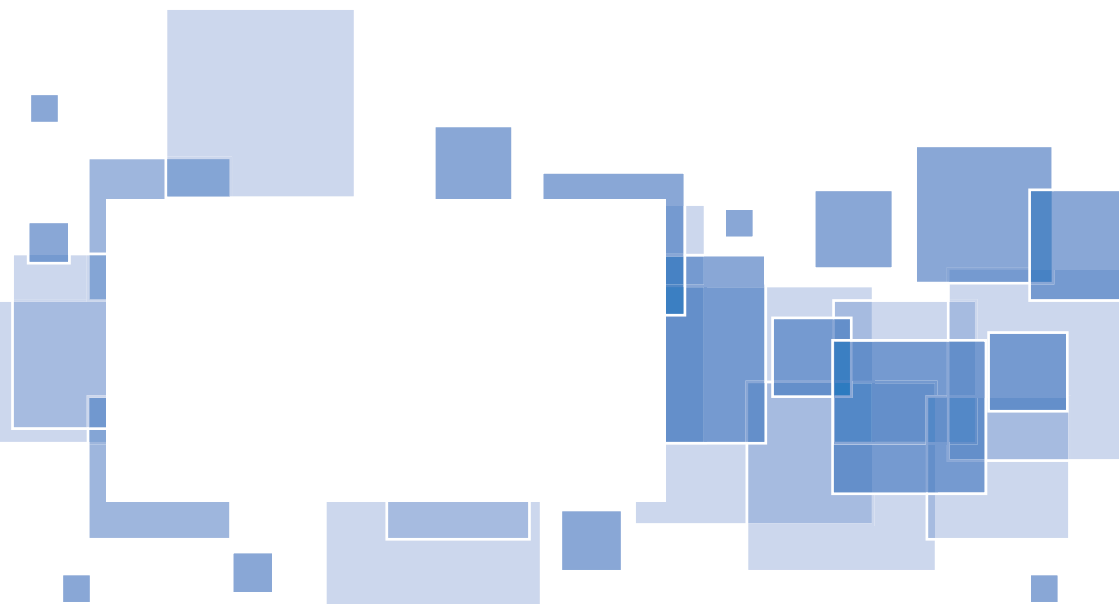
Yes / No Payment will be made by BACS to: ALAMA 2006, Bank Details: NatWest,  
Sort Code 60-20-29, A/C No 39523519 Swift Code GB62NWBK60202939523519

SIGNED

DATE

PRINT NAME

POSITION



ASSOCIATION OF LOCAL AUTHORITY MEDICAL ADVISORS

### **ALAMA Conference Office**

EMMM, Southdene House,  
16 Booths Hill Rd, Lymm, Cheshire WA13 0DL  
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