

## JOSHA CONFERENCE 2026

<b>Running Time</b>	<b>Agenda Item</b>	<b>Speakers</b>	<b>Summary notes from our Speakers</b>
09:00 AM – 09:45 AM	<b>Conference venue opens</b>		Networking, drinks and refreshments served
09:45 AM – 10:00 AM	<b>Welcome</b>	John Gavey	
10:00 AM – 10:45 AM	<b>Supporting MSK Health in the Workplace &amp; How to Make it Happen</b>	Rachel Faulkner RF Wellbeing	<p>What is MSK health and why is it important to you</p> <p>What is the impact of MSK Health</p> <p>What does it mean to be MSK Aware know the challenges and needs in your organisation</p> <p>How to look after MSK Health, reduce your risk and protect MSK at work and support individuals who are experiencing musculoskeletal ill-health at work</p>
10:45 AM – 11:00 AM	<b>Morning Break</b>		Networking, drinks and refreshments served
11:00 AM – 11:45 AM	<b>It's Good to Talk</b>	John Tostevin	<p>My talk is a lived experience it is an open and honest account of the effects of my poor mental health.</p> <p>It highlights poor mental health management and gives ideas on how this can be improved by simple changes, to prevent others ending up in the dark places I found myself.</p> <p>It also highlights that poor mental health is not a lifetime illness and with the correct help you can manage your demons.</p> <p>It is also not a subject that should be ignored and people should allow open and honest conversations.</p>
11:45 AM – 12:30 PM	<b>Building effective workplace wellbeing strategies: From design to delivery</b>	Jessica Pinel SOJPS	Attendees will leave with a clear, practical framework to confidently build and implement an effective health and wellbeing strategy within their own organisation.
12:30 PM – 01:05 PM	<b>Lunch</b>		Networking, drinks and refreshments served

01:05 PM – 01:15 PM	<b>Kickstarting the Afternoon Sessions</b>	Jessica Pinel SOJPS	
01:15 PM – 02:00 PM	<b>The Conversation That Could Save a Life</b>	Tom Chapman Hon LLD  Lions Barber Collective and HereToTalk Training	<p>The moment that changed everything – losing a friend to suicide and the question many people ask afterwards: “What did I miss?”</p> <p>The unique environment of the barber chair and why people often open up to barbers about their struggles.</p> <p>How this insight led to the creation of the Lions Barber Collective and the idea of training everyday professionals to recognise when someone might be struggling.</p> <p>The development of the Recognise – Ask – Listen – Help framework as a simple and practical suicide prevention tool.</p> <p>Real-world stories from barbershops and communities that demonstrate the power of everyday conversations.</p> <p>Why suicide prevention and mental health awareness should not only sit within clinical settings but within workplaces, communities, and trusted environments.</p> <p>My own personal challenges in recent years and how experiencing adversity reinforced the importance of the work.</p> <p>The idea of Mental Health Personal Training</p>
02:00 PM – 02:45 PM	<b>Preventative Mental Health in Action - 'Safety Net' Support for MHFAs</b>	Michelle Buckles and Lydia Falle  Mind Matters	<p>Stronger support for Mental Health First Aiders (MHFAs)</p> <p>A practical framework businesses can implement quickly</p> <p>Improved workplace culture and psychological safety</p> <p>Better oversight of employee wellbeing trends</p> <p>Reduced risk and stronger duty of care</p> <p>More sustainable wellbeing initiatives</p>

			Access to expert-led insight
02:45PM – 03:00PM	<b>Afternoon Break</b>	Networking, drinks and refreshments served	
03:00PM – 04:00 PM	<b>What it means to be an effective leader seen through a Health and Safety Lens</b>	Joanna Davies The Leadership Trust	<p>How to we lead by example?</p> <p>What part does trust play in how effective we can be?</p> <p>And how do you develop leadership behaviours and habits that place you in the best position for you – and your team – to succeed.</p> <p>Jo will be covering topics including setting the tone, and leading with purpose, communicating with honesty and integrity, empowering yourself, and others to greater effect and becoming the leader you aspire to be</p>
04:00 PM – 04:30 PM	<b>Conference Summary</b>	John Gavey	
4:30 PM	<b>Conference Close</b>		