

Mid Downs OH Group Annual Study Day

Thursday 24th September 2026

PROGRAMME

Please see reverse for our speaker biographies

- 08.50 to 09.05 Coffee & Registration**
- 09.05 to 09.15** Welcome from Chair of MDOHG - housekeeping / ground rules.
- 09.15 to 10.30 Dan Smith, Legal Director, People Law Ltd.**
The Conversation Gap: how occupational health are uniquely placed to help managers and employees connect.
- 10.30 to 11.15 Dr Julie Denning, Working to Wellbeing**
Understanding and Managing Five Generations of Workplace Health Needs
- 11.15 to 11.30 Coffee Break**
- 11.30 to 12.45 Dr Tessa Van Der Kleij, Psychiatrist and Addictions Specialist**
Suicide and Assessing the risk for OH Practitioners
- 12.45 to 13.30 Lunch and Networking**
- 13.30 to 14.15 Hilary Winch, Associate Director- Workplace Health, Safety & Wellbeing, Norfolk & Norwich University Hospitals NHS Foundation Trust**
Overview of update to FOM Ethics Guide.
- 14.15 Questions & Roundup**
You will be emailed a feedback form which is vital to us when planning future events, once received back, you will be sent a certificate of attendance.

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- 14.30 to 16.30. Lisa Watkins, Lead Specialist Occupational Health Nurse Practitioner, Orchard Hill College Academy Trust**
Basic Life Support.

Thank you for coming and safe journey home.

Speaker Biographies

1. Dan Smith, Legal Director, People Law Ltd.

Dan is a Legal Director at People Law, and blends employment law expertise with a passion for training leadership and management teams to connect with their people.

He spent years in the tribunal trenches before turning his focus to preventing problems rather than just reacting to them.

People Law's "Liberate Management Training" programme seeks to embed the principles of curiosity, courage and candour into organisations: unlocking their growth potential and minimising employment risk. Dan is their Liberator-in-Chief!

2. Dr Julie Denning, Working to Wellbeing

Julie is the Founder of Working to Wellbeing, Chair of the Vocational Rehabilitation Society, a Chartered Health Psychologist and CBT therapist.

She has more than 23 years' experience in vocational rehabilitation and supporting people with long-term health conditions to remain in, or return to work.

3. Dr Tessa Van Der Kleij

To be completed.

4. Hilary Winch, Associate Director- Workplace Health, Safety & Wellbeing, NNUH.

Hilary is an experienced senior leader in occupational health, safety, and wellbeing, currently serving as Associate Director at Norfolk and Norwich University Hospitals NHS Foundation Trust. She has been a registered nurse since 1991 and has specialised in occupational health since 1998, building a broad and diverse career across industry, private healthcare, and the NHS.

Hilary has a strong track record in quality improvement and assurance. She has been a SEQOHS assessor since 2010 and, since 2013, has led MoHaWK (Management of Health at Work Knowledge system), the nationally recognised benchmarking and audit tool for occupational health services. Her work has supported services across the UK to improve standards, governance, and outcomes.

From 2021 to 2025, Hilary chaired the NHS Health at Work Network, providing national leadership during a period of significant challenge and change for the sector. She is currently Chair of the Faculty of Occupational Medicine Ethics Committee, where she plays a key role in shaping and promoting ethical standards and professional practice in occupational medicine and occupational health.

5. Lisa Watkins, Lead Specialist Occupational Health Nurse Practitioner

To be completed.