



**Wednesday 3<sup>rd</sup> November 2010 - 2.00 – 4.00pm**

Main Lecture Theatre, Ground Floor, School of Electronic Engineering, Dean Street, Bangor LL57 1UT

**'The Impact of Fitness for Work Statements and the  
Role of the North Wales Spine Clinic to promote Health at Work'**

**Joe Patton (Occupational Health Practitioner) /**

**Dr Iain W Lea (Chiropractor)**

**THE SPEAKERS**

Joe is the Occupational Health Practitioner at Bangor University. He last introduced this topic to the NWWHSG in January 2010 and stated an intention to undertake an impact assessment of Fitness for Work statements during the first six months of 2010.

Dr Iain Lea is a Chiropractor used to support the New Zealand All Blacks and is the Co-Director of the North Wales Spine Clinic based in Penmaenmawr.

**THE TALK / WORKSHOP**

Prior to 6<sup>th</sup> April 2010, people with health problems requiring more than a week off work visited their Doctor who supplied them with a sick-note. Sick-notes have been issued for over 60 years to confirm a person was suffering from a particular illness. The approach gave no opportunity to explore how barriers could be overcome enabling a return to work. As a consequence people were off work for a long time and many returned only to require further sick leave because they could not cope with the demands of their job.

In 2009 Dame Carol Black undertook a review of the health of Britain's working age population and concluded actions could be taken to prevent the drift from sick leave into unemployment. Against this background sick-notes were replaced on 6<sup>th</sup> April 2010 by *Fitness for Work Medical Statements*.

The Department for Work and Pensions made a specific recommendation that Occupational Health Professionals should evaluate the impact of the new statement of Fitness for Work in their business. Joe will present the findings of the impact at Bangor University which reveals the new style of medical advice is most certainly helping people to return from sick leave with greater ease.

A major reason for sickness absence are illnesses caused by manual handling or display screen work amongst people whose fitness places them at greater risk. Dr Iain Lea will talk about the work of the North Wales Spine Clinic in primary prevention and the rehabilitation of people suffering from a range of conditions affecting the muscular and skeletal system.

By sharing the approach to Fit Notes and the opportunities for health interventions by the North Wales Spine Clinic with members of the NWWHSG, it is hoped health at work can be supported amongst employers elsewhere based on the experiences at Bangor University.

**FURTHER INFORMATION**

1. [www.dwp.gov.uk/docs/fitnote-occupational-health-guide.pdf](http://www.dwp.gov.uk/docs/fitnote-occupational-health-guide.pdf) (page 7)
2. [www.dwp.gov.uk/fitnote/employers](http://www.dwp.gov.uk/fitnote/employers)

Refreshments will be provided from 2.00pm.  
Talk starts at 2.15pm.



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### **VENUE**

The Main Lecture Theatre is on the ground floor of Bangor University's School of Electronic Engineering Building (*this building may also be referred to as 'Informatics'*), which is located on Dean Street in Bangor LL57 1UT. The Lecture room is accessible via the main entrance and then follow the directional signs on display.

The University is signposted from the A5/55 Expressway. A location map for the School of Electronic Engineering building can be found at: <http://www.eng.bangor.ac.uk/LocationMap.pdf> position 74.

### **CAR PARKING**

Please be aware that you can access the University Dean Street Car Park by entering the following PIN number: **2941** at the Barrier. This **PIN number** will only work for this Car Park and only on the afternoon of the Talk and should not be disclosed / displayed to other people.

Coming from Garth Road onto Dean Street, the entrance to the Car park is the second access road (unmarked – enters into University premises) on the left opposite the new NCP car park.

Please ensure you park within designated car parking spaces and display your Permit. The Car Parking Permit is printed at the bottom of this Flyer and must be displayed in the front windscreen. The University operates strict *Parking Regulations* and your vehicle may be towed-away immediately if blocking access or pedestrian routes or otherwise causing a health and safety hazard. Vehicles parked without a valid Permit may be immobilized and a cost is associated with its release.

### **FURTHER INFORMATION**

For further Information on the Group please contact 'Health and Safety Services', Bangor University, Penbre, College Road, Bangor, LL572DG Tel 01248 383847, email: [l.fowlie@bangor.ac.uk](mailto:l.fowlie@bangor.ac.uk) or [gareth.w.jones@bangor.ac.uk](mailto:gareth.w.jones@bangor.ac.uk) or visit the Website at <http://hsgroup.bangor.ac.uk>

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**DYDDIADAU/DATES: 03/11/2010**

A warm welcome is extended to all Members and non-members with an interest in this subject.