The Psychology of Health and Well-being working group

So far so good!

GROUP MEMBERS

Sharon De Mascia is the Director of Cognoscenti Business Psychologists Ltd and she delivers a range of well-being initiatives across all sectors. Olga Hypponen is a Leadership consultant working for Capita People Development. Emma Donaldson-Feilder is Director and Co-Founder of Affinity Health at Work, a specialist consultancy and research group. Sheena Johnson is a senior lecturer at Manchester Business School and engages with students of all ages (undergraduate, postgraduate, MBA). Bridget Juniper works with a wide variety of organisations across the private and public sectors to evaluate the health needs of a workforce and translate these into effective, practical programmes.

Tim Marsh is Chairman of RyderMarshSharman and has worked with organisations including the European Space Agency, the BBC, BP, Shell, Virgin and around 400 major organisations. Ivan Robertson is one of the founder directors of a University of Manchester spin-off company, Robertson Cooper Ltd, which specialises in helping organizations to improve the health and well-being of their people. Karen Royle uses Occupational Psychology in the world of vocational rehabilitation. Carole Watling is the Health and Well-being Adviser working for the HR Department with the London office of Dentons, a global law firm.

AIMS

Our immediate aims are to increase our links with like-minded psychologists in other divisions, to improve our presence on other communication channels such as Twitter and LinkedIn and above all to continue to build the health and well-being community.

PUBLICATIONS

- A series of one-pagers covering the key areas of content: business case, national policy, interventions, ethics and legislation governing practice and research – and ongoing updates.
- A White Paper providing an occupational psychology perspective on the way forward in this field and recommendations for BPS future strategy in the field.
- Articles in OP Matters in November 2009 and May 2011

EVENTS

- Consultation workshop at the DOP Conference January 2010.
- Launch event for the White Paper at the DOP conference in January 2011 including high profile speakers (Dame Carol Black, Dr Steve Boorman and Dr Paul Litchfield).
- Key Performance Indicator consultation at DOP Conference January 2012.
- Presentations and talks at conferences of other professional organisations e.g. the VRA.
- A DOP Symposium: People management – vital for employee health, wellbeing and engagement: Research into practice.
- After negotiations with Sterling Events established the Occupational Psychology stream at the Health & Wellbeing@Work conference in 2013 and this has continued through to 2015. Presence includes a stand at the exhibition.

LINKS WITH MSC COURSE LEADERS

Established links with MSc Course Leaders by sending out an information sheet in their annual DOP information pack. Conducted a survey of MSc Course Leaders on current level of HWB content in MSc courses and support needs.

WEBSITE AND COMMUNITY OF INTEREST

- Development of a health and well-being site on the DOP website.
- Establishment of the e-community of interest
- a discussion list (hwb-discuss) with 150 members.
- E-bulletins to the community – the inaugural bulletin was distributed in September 2010 and further bulletins have been provided initially monthly to hwb-discuss, more recently on the basis of when we have news to disseminate to dop-prac

EXTERNAL RELATIONS

- In 2011 after more than a year of lobbying various professional groups and the HSE/OHSCR by the working group, the BPS succeeded in its negotiations with the board and this enabled chartered psychologists with expertise in health and safety to register as consultants.
- Representation on relevant external bodies: Steering Group for the Royal College of psychiatrists project to produce guidance on returning to work for those suffering from mental health problems; Council for Work and Health; Employee Engagement task force.
- Responded to relevant government consultations: ONS consultation on national well-being – both the initial and following stages; Sickness absence review, modern workplaces consultation.
- Developed a stakeholder list of contacts from other relevant organisations who may be interested in the work we are doing and sent them a copy of our White Paper.

If you want to learn more about the working group, please visit www.bps.org.uk/dop/hwb