

CARDIFF · FRIDAY 26 JUNE 2026

Occupational Health CPD Event 2026

A full day of practical learning across two Cardiff venues

INVITATION

We are pleased to invite you to **Workforce Wellbeing CPD Event 2026**, delivered in collaboration with the **Society of Occupational Medicine**. The programme is arranged across two Cardiff venues. You may attend the **morning workplace tour**, the **afternoon presentations and lunch**, or the **full day programme**. Your preferred attendance option can be selected on the registration form at the end of this invitation.

Please register by Friday 12 June 2026 to confirm your place.

Attendance options



Morning only

Workplace tour at Lamby
Way Recycling Centre

09:45 – 12:00



Afternoon only

Lunch and presentations
at All Nations Centre

Lunch 12:30
Presentations 13:15 –
17:00



Full day

Tour, lunch and the full
afternoon programme

09:45 – 17:00

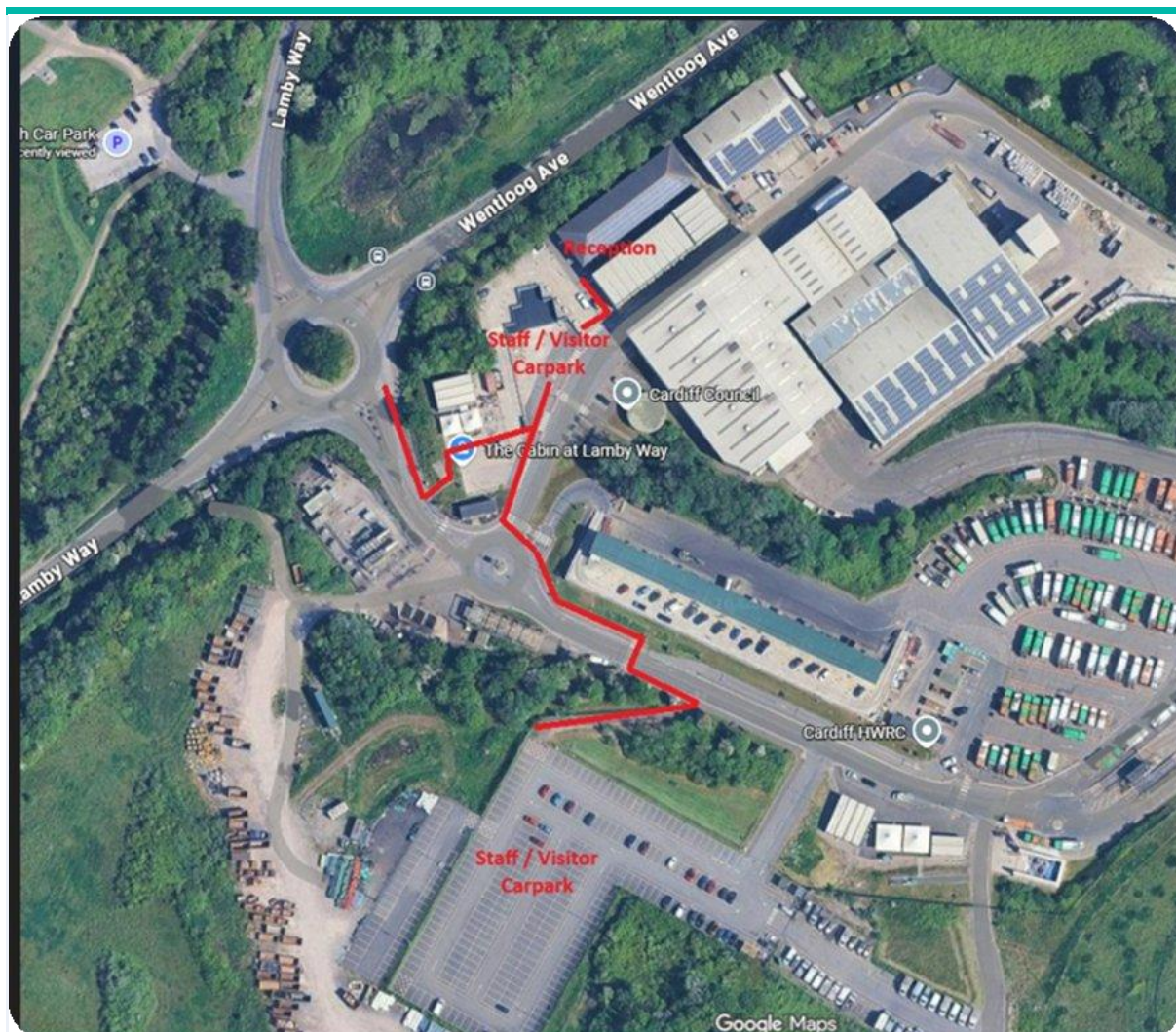
Programme

Morning — Workplace Tour

Venue

**Lamby Way Recycling Centre, Lamby Way, Rumney,
Cardiff CF3 2HP**

Morning session: 09:45 – 12:00 • [View on Google Maps](#)



Context

Lamby Way is Cardiff's flagship household waste and recycling facility and one of the largest of its kind in Wales. The tour offers a valuable opportunity to observe a complex, safety-critical workplace in operation, where operational design, manual handling, traffic management and environmental exposure all intersect. It provides practical insight into the risks encountered in waste and recycling settings, alongside the controls and systems used to support workforce health, safety and wellbeing.

Morning itinerary

09:45 – 10:00	Arrival, sign in at reception, and allocation of groups to meeting rooms and managers for the site walk round
10:00 – 10:30	Brief presentation from the Strategy Team outlining the functions of the service
10:30 – 11:00	Vehicle walk round, subject to availability of collection vehicles and frontline staff, including an explanation of how operatives interact with vehicles during bin and bag emptying
11:00 – 11:45	Walk round of the Waste Transfer Station and Recycling Centre to observe staff activities and heavy plant operations
11:45 – 12:00	Return to meeting rooms and Q&A session



Safety requirements: Visitors must bring their own safety footwear or wear closed-toe comfortable shoes. High-visibility clothing and hard hats are required for the morning tour and can be provided on request.

Travel between venues: approximately **15 minutes** by car.

Afternoon — Presentations and Lunch

Venue

All Nations Centre, Sachville Avenue, Heath, Cardiff CF14 3NY

Lunch from 12:30 • Presentations 13:15 – 17:00 • [View on Google Maps](#)



Afternoon programme

- 12:00 – 13:15** Travel from Lamby Way and buffet lunch
- 13:15** **Nick Pahl, CEO — Society of Occupational Medicine**
SOM and the future of occupational health policy
- 13:45** **Dr Neda Mehrpooya, MRCPsych — Consultant Psychiatrist**
Are they fit to engage in disciplinary proceedings? Mental capacity and psychiatric insights
- 14:15** **Dr Dapo Olayinka, MFOM – Consultant in Occupational Medicine**
Ill-health retirement: navigating complexity with confidence
- 15:00** Tea and coffee break
- 15:15** **Dr Massoud Mansouri, FFOM – Consultant in Occupational Medicine**
HAVS health surveillance: clinical standards and practical approaches
- 16:00** **Q&A session and closing remarks**
Lee Davies, Chief Operating Officer

Meet the presenters

Expertise in Occupational Health and Psychiatry

Nick Pahl

Chief Executive, Society of Occupational Medicine

Nick Pahl has led the Society of Occupational Medicine since his appointment as Chief Executive in April 2016, and plays a central role in national conversations about occupational health policy. He brings a breadth of senior leadership experience from across the health and charity sectors, having held posts in the NHS, a national hospice charity and Marie Stopes International, and previously served as a Trustee of THET. His session will focus on the Society's strategic priorities and the benefits of membership, set against the backdrop of evolving national developments in occupational health and the opportunities these changes may bring for practitioners and services.

Dr Neda Mehrpooya, MRCPsych

Consultant Psychiatrist

Dr Mehrpooya is a Consultant Psychiatrist with extensive NHS experience in complex mental health assessment, trauma-related disorders, inpatient psychiatry, and medico-legal psychiatric reporting for courts. She leads a Low Secure Unit within NHS Wales, overseeing the care of individuals within a forensic mental health setting. Beyond her clinical work, Dr Mehrpooya is committed to the wellbeing of the healthcare workforce, delivering workshops on occupational stress for NHS staff. She serves as Regional Representative for The Balint Society in South Wales and as Wellbeing Champion for the Royal College of Psychiatrists in Wales. Her session will draw on psychiatric and mental capacity principles to examine fitness to engage in disciplinary proceedings.

Dr Dapo Olayinka, MFOM**Consultant in Occupational Medicine**

Dr Olayinka is a Consultant Occupational Health Physician and Chief Medical Officer at Workforce Wellbeing Ltd, where he holds oversight of clinical governance, supervision and development of occupational health physicians. He has broad experience supporting local authorities, healthcare organisations, fire services, police services and the private sector, with particular expertise in ill-health retirement assessments, complex sickness absence management and occupational pensions advisory work. His session addresses the practical and clinical complexities of ill-health retirement decision-making, with a focus on robust assessment, evidence-based advice and confidence in challenging cases.

Dr Massoud Mansouri, FFOM**Medical Director and Consultant in Occupational Medicine**

Dr Mansouri is a Consultant in Occupational Medicine and Managing Director of Workforce Wellbeing Ltd, with over 20 years of clinical and academic expertise spanning both the public and private sectors. Alongside his clinical work, he has a longstanding commitment to occupational health education, having collaborated with a number of higher education institutions, including 15 years as Deputy Course Director for the MSc in Occupational Health at Cardiff University. He is currently an Assistant Editor for the journal *Occupational Medicine*. Dr Mansouri has extensive experience in HAVS health surveillance, having conducted assessments and statutory medicals across local government, aviation, utilities, and a wide range of private sector organisations throughout the UK. His session will draw on this experience to examine current clinical standards and practical approaches to HAVS health surveillance.

What to expect

- ✓ Practical insight into occupational health delivery in real-world settings
- ✓ Thoughtful discussion on current and emerging issues in occupational health practice
- ✓ Opportunities to meet peers, clinicians and senior occupational health professionals
- ✓ A CPD certificate provided in collaboration with the Society of Occupational Medicine

On the day

- Please arrive promptly — the workplace tour begins shortly after registration at 09:45
- Travel between venues is approximately 15 minutes by car

Safety note: Safety footwear, high-visibility clothing and hard hats are required for the morning tour.

Register your attendance

Confirm your place by Friday 12 June 2026

Please complete the registration form below to confirm your attendance. On the form, select whether you will attend the morning workplace tour, the afternoon presentations and lunch, or the full day. You can also add any dietary requirements or accessibility needs.

[Click here to register](#)



Scan to register on your phone

Point your phone camera at the QR code to open the attendance form directly.

Or click: [Workforce Wellbeing CPD Event 2026 Attendance Form](#)



Questions?

If you have any questions ahead of the event, please contact us at admin@wforcewellbeing.com.

We look forward to welcoming you to Cardiff on Friday 26 June 2026.