

October 2018 AHPD Newsletter

Age, Health and Professional Drivers' Network update

Dear Age, Health and Professional Drivers' (AHPD) Network member,

We are delighted with how the Age, Health and Professional Drivers' (AHPD) Network is growing and the number of organisations offering to share information about their health and wellbeing initiatives, but we would love to have more contributions. If we haven't spoken to you directly about this yet please contact us so we can add your organisation's health and wellbeing initiatives to our growing knowledge. Also please forward our details to anyone who you think may be interested in joining the AHPD network.

We will be launching our 'best practice guidelines' to the AHPD Network early in 2019.

During our conversations and interviews with members of the AHPD Network we have found some interesting information and studies that we would like to share with you. We will be uploading these links, and more, onto the website (<https://sites.manchester.ac.uk/ahpd/>), but meanwhile here are a few links for AHPD members:

Mental Health at Work: Whether you work with 10 people, 10,000 people or just yourself, paying attention to mental health in the workplace has never been more important. Follow this link to find the information and resources you need to get to grips with workplace mental health:

<https://www.mentalhealthatwork.org.uk>

UK Study of Lorry Drivers: Interventions to reduce sitting and increase moderate-to-vigorous physical activities during breaks or in leisure time are urgently needed to reduce the likelihood of developing heart disease and diabetes:

<https://bmjopen.bmj.com/content/bmjopen/7/6/e013162.full.pdf>

The SHIFT programme: Following on from the study detailed above researchers have developed an intervention programme to help truck drivers lead healthier lives. We will keep you up to date with the results of the programme and you can find out more details here:

<https://www.nihr.ac.uk/news/new-research-to-help-truck-drivers-get-their-health-back-on-the-road/7652>

Musculoskeletal Disorders (MSDs): Ergonomists at BACK-TRACK have developed a behavioural change tool to reduce the risk of back-injury:

<http://www.backtrack.co.uk/Case-Studies.html>

Meanwhile we have been busy spreading the word about the AHPD Network and gathering information from academic and business sources. Presentations about phase one and two of the research project were made at the Manchester Institute for Collaborative Research on Ageing (MICRA) Conference; British Society of Gerontology Conference; European Academy of Occupational Health Conference; International Fairness at Work (FairWRC) Conference; USDAW National Road Transport Conference; the LANE Lecture and Symposium in conjunction with the Thomas Ashton Institute; and an Associated British Foods' Forum.

We are looking forward to future presentations and discussions at the Centre for Ageing and Dementia Research (CADR) Seminar; and a (to be) rescheduled IOSH Food and Drink Occupational Wellbeing Conference.

Regards,

Sheena and Lynn

Dr Sheena Johnson C. Psychol. AFBPsS | Occupational Psychologist | Senior Lecturer in Organisational Psychology

Dr Lynn Holdsworth, C.Psychol. AFBPsS | Occupational Psychologist | AHPD Network Research Lead and Co-ordinator

Alliance Manchester Business School | The University of Manchester | D8 AMBS East | Booth Street | Manchester M15 6PB | +44 (0) 161 306 3445

Age, Health, and Professional Drivers' Network Website: <https://sites.manchester.ac.uk/ahpd/>

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