



# Wellbeing in Optometry CPD Workshop Project

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## Project Purpose

Following significant networking engagement at the National Optometric Conference (NOC) in 2022, an initiative was led to explore how wellbeing workshops and training events could support Local Optical Committees (LOCs) and their members/community across the UK. Mental health challenges are increasingly impacting eye care professionals, and it is essential that these issues are acknowledged and addressed to create lasting, positive change within the profession.

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## Aims

- To develop Continuing Professional Development (CPD) workshops focused on the wellbeing of practitioners, practices, and patients
  - To provide dedicated time and space for eye care professionals to reflect on their personal and professional wellbeing
  - To identify areas of wellbeing that require improvement within the optical workforce
  - To explore practical strategies for enhancing individual and organisational wellbeing
  - To equip participants with clear, actionable goals that can be applied in practice
  - To provide support and guidance in group settings
  - To offer follow-up services where appropriate, supporting ongoing progress and accountability
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## Objectives

- To deliver CPD accredited Wellbeing Workshops to LOCs across the UK
  - To offer workshops in both in person and virtual formats, ensuring flexibility and accessibility
  - To include content on mindfulness in practice and strategies to promote wellbeing in the workplace
  - To facilitate interactive discussions through breakout rooms (for virtual sessions), or table-based discussions (for in-person events)
  - To ensure participants leave with clear, wellbeing actionable goals they can implement in their personal and professional lives
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## Central Optical Fund Support

Walsall LOC first trialled an online Wellbeing Workshop, delivered by Inspiring Success, which was well received. Following the pilot's success, the Central Optical Fund were approached for a grant to launch the project nationally.

The Central Fund recognised the value of providing wellbeing support for LOCs and acknowledged the importance of the topic across the optical sector. The scope of the project was viewed as highly beneficial, with potential to positively impact contractors, performers, dispensing opticians and wider practice teams – delivering value across the whole sector. An initial grant was awarded to enable the development of the infrastructure to deliver the project at scale. This included the including the research and writing of high quality CPD material and supporting resources.

Subsequently, the Central Fund provided a grant to each participating LOC to cover the cost of delivering an initial CPD accredited Wellbeing Workshop in their area. LOCs throughout England took advantage of the opportunity.

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## Outcomes

43 Workshops have taken place between 01/04/2023 and 31/12/2024, for the following LOCs:

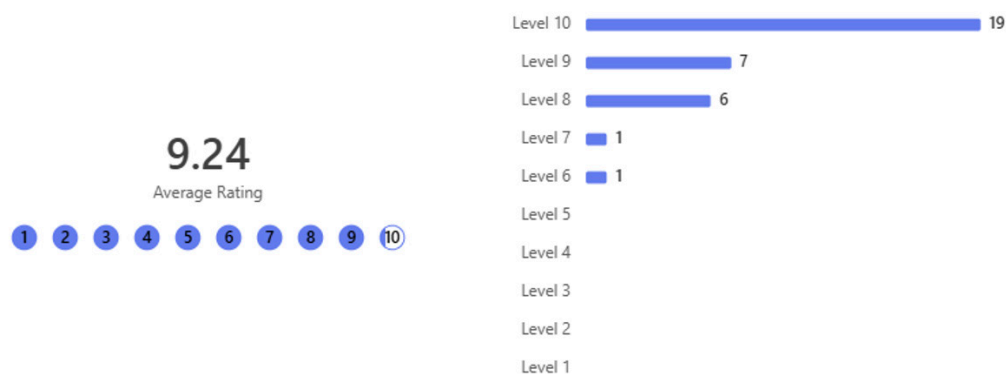
Walsall LOC	Central Mersey LOC
Wakefield LOC	Gloucestershire LOC
Derbyshire LOC	Cheshire LOC
North East London LOC	Coventry & Warwickshire LOC
Brent and Harrow LOC	Lancashire & Morecambe Bay LOC
Worcestershire LOC	East London and City LOC
Devon LOC	Wiltshire LOC
Staffordshire LOC	Surrey LOC
Suffolk LOC	Essex LOC
Nottinghamshire LOC	Ealing & Hounslow LOC
Kent & Medway LOC	Solihull LOC
Cornwall & Isles of Scilly LOC	Norfolk & Waveney LOC
Avon LOC	Lincolnshire LOC
North Central London LOC	Bexley, Bromley & Greenwich LOC
Northamptonshire LOC	Leeds LOC
North Yorkshire LOC	Birmingham LOC
Leicestershire & Rutland LOC	Cambridgeshire LOC
Northumberland, Tyne & Wear LOC	North Cumbria LOC
Greater Manchester East LOC	
Inner South West London LOC	
Kensington, Chelsea, Westminster, Hammersmith & Fulham LOC	

## LOC Feedback to Date

4. Overall, how satisfied was your LOC with the Well Being Workshop



6. Based on your experience with this event, how likely is your LOC to arrange and fund future Well Being events?



7. How likely are you to recommend this event to other LOCs?



## Individual Outcomes

- An anonymous poll conducted at each event measured participants' wellbeing awareness before and after the session
- Post-session surveys captured feedback on key learnings, enjoyment, and suggested areas for improvements
- With participant consent, follow up communication was carried out with individuals to track their progress and assess the impact of any actions taken
- **Average Feedback score from attendees: 94%**

## Learnings

The learnings from a 6-month review period highlighted the importance of aligning project delivery with LOCs' individual timescales. This flexibility during the project cycle ensured that the majority of LOCs were able to take part.

There is clear and consistent demand from attendees for ongoing one: one wellbeing support. This recognised need must now be taken forward, with future initiatives required to ensure sustainable, long-term support for the optical workforce.

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## Conclusions

The project has been successful in achieving its objectives, delivering engaging and meaningful wellbeing workshops across England.

LOCs have directly benefited from the initiative, with some choosing to self-fund future events and book further wellbeing sessions—a clear indication of ongoing demand and perceived value.

The wellbeing project has been recognised through several industry awards for this work, highlighting its positive impact on the sector.

Consistently high feedback scores from LOCs have helped build trust and strengthened relationships with LOCs, opening the door for future collaborative projects.

The participating LOCs are grateful to the Central Optical Fund for their support in enabling this initiative, which plays a vital role in enhancing the well-being of the optical profession.

### **LOC Case Study – Midlands Local Optical Committees**

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Acknowledgments:

The Central Optical Fund

Inspiring Success

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