

The Midland Ophthalmological Society

Council

President: Mr Shabbir Mohammed
 President Elect: Mr Salman Mirza
 President ex Officio: Mrs Jayshree Menon
 Secretary: Miss Hannah Sharma
 Secretary: Miss Ruchi Batra
 Treasurer: Miss Vaneeta Sood



Secretariat

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President's Meeting Our BIG Problem, Our Solutions - Wellness at Work

Date: Wednesday 10th June 2026
Time: Registration from 0800; meeting starts at 0830
Venue: IET Birmingham: Austin Court, 80 Cambridge Street, B1 2NP

We have limited places and to obtain a complimentary member or trainee or early bird rate delegate ticket you will need to register online by 31st May 2026 using the following Eventbrite link:

<https://www.eventbrite.co.uk/e/our-big-problem-our-solutions-wellness-at-work-tickets-1986791389529?aff=oddttdcreator>

The meeting will be allocated 7.0 CPD points. We politely request that delegates arrive during the registration period; the meeting will begin promptly at 8:30am.

MOS members, associate members, speakers, chairs and West Midlands trainees complimentary attendance, must register in advance by 31st May; others - £40 to attend, must also register in advance.

NOTE: Late, after 31st May, and 'on the day' registration costs £75 for everyone - MOS members and associate members, trainees & non-members. Speakers/ Chairs will be registered by host.

0800-0830 Registration		
0830-0840	Welcome & Introduction Framing the theme: workforce pressures, wellbeing and solutions	Mr Shabbir Mohammed , Consultant Ophthalmologist, MOS President
0840-0950	First Session: Understanding the Problem	Chair: Miss Ruchika Batra , Consultant Neuro-Ophthalmologist
0840-0900	GMC Workforce Survey	Mr Mike Burdon , Consultant Neuro-Ophthalmologist, Past President RCOphth
0900-0920	Support Available	Miss Ruchika Batra , Training Programme Director & Resident Doctors
0920-0940	Resilience as a Solution	Lt Col Andrew Jacks , Consultant Neuro-Ophthalmologist, Former CSL QEHB
0940-0950	Discussion/ Q and A	
0950-1030	College & BOSU Perspectives	Chair: Mr AJ Ghauri , Midlands Representative RCOphth
0950-1010	BOSU & RCOphth Presentation	Mr Joe Abbott , Consultant Paediatric Ophthalmologist, Mr AJ Ghauri & Mr Barny Foot , Head of BOSU
1010-1030	The College's View on Workforce Well-being	Mr Mohamed Elalfy , Consultant Ophthalmologist, RCOphth President
1030-1100	Morning Coffee & Sponsor Exhibition	
1100-1230	Second Session: Lived Experience & Support	Chair: Miss Asiya Abedin , Senior Ophthalmic Clinician, QEHB

	1100-1110	Short Video regarding Dr Vaish's Story	
	1110-1130	Dr Richard Harding's Story	Dr Kate Harding , General Practitioner & Hospice Clinician
	1130-1145	My story - Finding meaning through faith	Mr AJ Ghauri , Consultant Paediatric Ophthalmologist
	1145-1210	Practitioner Health - a source of help	Dr Lena Huins , Consultant Psychiatrist Practitioner Health
	1210-1230	Discussion/ Q&A	
1230-1330	Lunch & Sponsor Exhibition		
1330-1515	Third Session: Rights, Reality & Systems		Chair: Mr Faisal Idrees , Consultant Ophthalmologist
	1330-1400	Truth to Power: caveat emptor	Mr Tristan Reuser , Consultant Ophthalmologist
	1400-1430	My story, how I coped and how it should be	Mr David Sellu , Consultant Colorectal Surgeon & Author
	1430-1500	Your rights at work and how a solicitor can help	Miss Samantha Prosser , Partner, BDBF Employment Law
	1500-1515	Discussion/ Q&A	
1515-1545	Tea Break & Sponsor Exhibition		
1545-1745	Fourth Session: Solutions and the Way Forward		Chair: Miss Vaneeta Sood , Consultant Ophthalmologist, MOS Treasurer
	1545-1625	Consultant Job Planning Issues	Dr Mike Henley , Deputy Chair, UK BMA Consultants' Committee
	1625-1645	The Occupational Health Interface	Dr Helena Nixon , Consultant Occupational Health Physician
	1645-1705	Holding onto ideals in a 'less than ideal' world	Mr Faisal Idrees , Consultant Ophthalmologist
	1705-1725	My Story and the Employer's Playbook	Miss Sasha Burn , HCSA Medical Employment Advisor, Past Paediatric Neurosurgical Consultant
	1725-1745	Discussion & Closing Remarks	

This meeting has been sponsored by the following companies, none of whom have been involved in devising the educational content. The meeting will include exhibits from these companies.

