

Sicrhau bod iechyd meddwl a llesiant yn flaenoriaeth yng Nghymru - sut allwn wireddu hyn?

Dydd Llun 10 Hydref 2022, 09:00-16:30
Stadiwm SWALEC Caerdydd a Porthiant Rhithwir
BYW

Making mental health and wellbeing a priority in Wales - how can we make it a reality?

Monday 10 October 2022, 09:00-16:30
SWALEC Stadium Cardiff and LIVE Virtual Feed

AGENDA

Ymuno	09:00	Join
Croeso a Chyflwyniad Cadeirydd: Jan Williams Cadeirydd Iechyd Cyhoeddus Cymru	09:30	Welcome and Introduction Chair: Jan Williams Chair of Public Health Wales
Llywodraeth Cymru	09:45	Welsh Government
Edrych ar ôl ein hunain a'n gilydd Ewan Hilton, Prif Swyddog Gweithredol Platform	10:00	Looking after ourselves and each other Ewan Hilton, CEO Platform
Achos dros Fuddsoddi mewn Atal Problemau Iechyd Meddwl Mr David McDaid	10:15	Case for Investing in Prevention of Mental Health Problems Mr David McDaid
Effaith anghydraddoldebau Yr Athro Michael Marmot	10:30	The impact of inequalities Professor-Sir Michael Marmot
Cwestiynau Sesiwn Lawn	10:55	Plenary Questions
Egwyl am 30 munud	11:15	30 minute break
Torri allan i weithdai		Breakout into Workshops
Ystafell ymneilltuo 1 - Bywyd ACTif: Cryfhau Iechyd Meddwl - Prifysgol Abertawe a Bwrdd Iechyd Prifysgol Bae Abertawe	11.45	Breakout room 1 - ACTivate Your Life: Deaf Wellbeing - Swansea University and Swansea Bay University Health Board
Ystafell ymneilltuo 2 - Datblygu Gwasanaeth Gwell Iechyd - Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg		Breakout room 2 - Development of a Wellness Improvement Service – Cwm Taf Morgannwg University Health Board
Ystafell ymneilltuo 3 – Dull Perthynol sy'n Ystyriol o Drawma ar gyfer Deall Iechyd Meddwl - Platform		Breakout room 3 - A Relationally + Trauma Informed Approach to Understanding Mental Health - Platform
Ystafell ymneilltuo 4 - Datblygu Deialog Agored: Ei Gwneud yn Realiti - Bwrdd Iechyd Prifysgol Caerdydd a'r Fro		Breakout room 4 - Developing Open Dialogue: Making it a Reality - Cardiff and Vale University Health Board
Cinio	12:30	Lunch

<p>Cadeirydd: Sue O’Leary Cyfarwyddwr Mind Cymru a Cadeirydd Cynghrais Iechyd Meddwl Cymru</p>	<p>13:15</p>	<p>Chair: Sue O’Leary Director Mind Cymru and Chair of Wales Alliance for Mental Health</p>
<p>Mandeep Rupra Pennaeth Ecwiti, Amrywiaeth a Chynhwysiant, Cyngor ar Bopeth</p>	<p>13:20</p>	<p>Mandeep Rupra Head of Equity, Diversity & Inclusion, Citizens Advice</p>
<p>Hapus - datblygu dull systemau o ddiogelu a hyrwyddo lles meddyliol Dr Emily van de Venter</p>	<p>13:35</p>	<p>Hapus – developing a systems approach to protecting and promoting mental wellbeing Dr Emily van de Venter</p>
<p>Profiad byw - Hyrwyddwr Amser i Newid Jessica Matthews</p>	<p>13:50</p>	<p>Lived experience - Time to Change Champion Jessica Matthews</p>
<p>Torri allan i weithdai</p> <p>Ystafell ymneilltuo 1 – Stigma a’r Rhai Nas Clywir yn Aml - Amser i Newid Cymru (Adferiad Recovery a Mind Cymru)</p> <p>Ystafell ymneilltuo 2 – Cynaliadwyedd amgylcheddol mewn gofal iechyd; sut mae iechyd y blaned ac iechyd meddwl yn gysylltiedig â’i gilydd.</p> <p>Ystafell ymneilltuo 3 – Perthyn – Cefnogi Llesiant Emosiynol y Rhai sy’n Ceisio Noddfa - Y Sefydliad Iechyd Meddwl</p> <p>Ystafell ymneilltuo 4 - Clinigwyr Iechyd Meddwl yn y Ganolfan Alwadau 999 ar gyfer Ambiwlansys - Ymddiriedolaeth Gwasanaethau Ambiwlans Cymru</p>	<p>14:05</p>	<p>Breakout into Workshop</p> <p>Breakout room 1 - Stigma and the Seldom Heard - Time to Change Wales (Adferiad Recovery and Mind Cymru)</p> <p>Breakout room 2 - Environmental sustainability in healthcare; how planetary health and mental health are connected</p> <p>Breakout room 3 - Perthyn (Belonging) – Supporting Emotional Wellbeing of Those Seeking Sanctuary - Mental Health Foundation</p> <p>Breakout room 4 - Mental Health Clinicians in the Ambulance 999 Call Centre –Welsh Ambulance Services Trust</p>
<p>Torri allan i weithdai gyda te/coffi yn yr ystafelloedd ymneilltuo</p> <p>Ystafell ymneilltuo 1 - A yw Ein Gwasanaethau Iechyd Meddwl yn Briodol ar gyfer Cymunedau Ethnig Lleiafrifol? – Diverse Cymru</p> <p>Ystafell ymneilltuo 2 – Ydyn ni yna eto ... ? - Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg</p> <p>Ystafell ymneilltuo 3 - CAPITAL (Asedau Cymunedol, Cyfranogiad ac Integreiddio: Gweithredu’n Lleol / Community Assets, Participation, and Integration: Taking Action Locally) - Iechyd Cyhoeddus Cymru, mewn partneriaeth gyda Tai Pawb</p> <p>Ystafell ymneilltuo 4 - Gwasanaeth Ataliol yr Encil Llesiant - Mental Health Matters Wales</p>	<p>15:00</p>	<p>Workshops with Tea/Coffee in breakout rooms</p> <p>Breakout room 1 - Are Our Mental Health Services Appropriate For Ethnic Minority Communities? – Diverse Cymru</p> <p>Breakout room 2 - Are we there yet ... ? - Cwm Taf Morgannwg University Health Board</p> <p>Breakout room 3 - CAPITAL (Community Assets, Participation, and Integration: Taking Action Locally) - Public Health Wales, in partnership with Tai Pawb</p> <p>Breakout room 4 - Wellbeing Retreat Preventative Service - Mental Health Matters Wales</p>
<p>Galwad i Weithredu yn y Brif Ystafell</p>	<p>15:45</p>	<p>Call to Action in Main Room</p>
<p>Cau</p>	<p>16:30</p>	<p>Close</p>

