

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 – Creu Strategaeth Iechyd Meddwl Newydd i Gymru - Llywodraeth Cymru a Gwelliant Cymru	11.45	Breakout room 1 - Creating a New Mental Health Strategy for Wales - Welsh Government and Improvement Cymru
Ystafell ymneilltuo 2 - Iechyd Meddwl wrth y Drws Blaen a Dilyn Ein Pader Ein Hunain – Sut Ydym Yn Cadw Ein Staff Yn Iach? - Bwrdd Iechyd Prifysgol Aneurin Bevan		Breakout room 2 - Mental Health at the Front Door and Practising What We Preach - How Do We Keep Our Staff Well? - Aneurin Bevan University Health Board
Cinio	12:30	Lunch
Cadeirydd: Sue O'Leary Cyfarwyddwr Mind Cymru a Cadeirydd Cynghrais Iechyd Meddwl Cymru	13:15	Chair: Sue O'Leary Director Mind Cymru and Chair of Wales Alliance for Mental Health
Mandeep Rupra Pennaeth Ecwiti, Amrywiaeth a Chynhwysiant, Cyngor ar Bopeth	13.20	Mandeep Rupra Head of Equity, Diversity & Inclusion, Citizens Advice

<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 - Cydgynhyrchu'r Hyn sy'n Bwysig - Coleg Adferiad a Llesiant Caerdydd a'r Fro</p> <p>Ystafell ymneilltuo 2 - Siarad â Fi 3? – Beth fydd cynnwys y strategaeth atal hunanladdiad a hunan-niwed nesaf? Rhaglen Gydweithredol Iechyd GIG Cymru</p>	<p>14.05</p>	<p>Breakout into Workshop</p> <p>Breakout room 1 - Co-Producing What Matters - Cardiff and Vale Recovery and Wellbeing College</p> <p>Breakout room 2 - Talk to me 3? – What might the next suicide and self-harm prevention strategy look like? NHS Wales Health Collaborative</p>
<p>Ystafell ymneilltuo 1 - Gweithlu Profiad Personol – Cyflwyniad gan gynnwys Fideo - Coleg Adferiad Caerdydd a'r Fro/ Bwrdd Clinigol Iechyd Meddwl Caerdydd a'r Fro</p> <p>Ystafell ymneilltuo 2 - Cefnogi 12,000 o bobl drwy Fonitro Gweithredol yn ystod y pandemig - dysgu a rhannu - Mind Cymru</p>	<p>15:00</p>	<p>Breakout room 1 - Lived Experience Workforce Presentation including Video - Cardiff and Vale Recovery College/ Cardiff and Vale Mental Health Clinical Board</p> <p>Breakout room 2 - Supporting 12,000 people through Active Monitoring during the pandemic – sharing our learning – Mind Cymru</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>