

Ageing Well conference

Maintaining balance - continuing mental, emotional and spiritual wellbeing

Monday 20th February 2012, The Village Hotel Swansea

Programme

09.30 – 10.00	Registration and booking workshops
10.00 – 10.10	Welcome from Age Cymru Rob Taylor OBE, Chief Executive, Age Cymru (and launch of Age Cymru booklet on mental health)
10.10 – 10.15	Introduction, housekeeping and order of the day Chair Christopher Ward, Deputy Chair, Age Cymru
10.15 – 11.15	Plenary session 1: National Government strategy, a critical overview Les Rudd, Mental Health Development Leader Spirituality and Mental Health – a strategic and clinical perspective Senior Nurse Ian Stevenson and Dr Sarah Morgan Collier, ABMUHB Mental Health Directorate “Filling in the gap” – a look at dementia in BME elders Suzanne Duval, Director of Operations, Diverse Cymru
11.15 – 11.30	Question and answer session
11.30 – 11.45	Refreshment break
11.45 – 12.45	Workshop session A: 1. Mental Health/Mental Wealth: Positive Psychology in Primary Care Dr Simon Braybrook Mental Health in Primary Care network 2. Introduction to the Age Well projects in Gwynedd a Môn – “Creating Youth Clubs for the over 50’s” . Stephen Williams, Age Well Development Officer Age Cymru Gwynedd a Môn

	<p>3. Supporting mental, emotional and spiritual wellbeing in care homes John Moore, My Home Life Cymru Manager, Age Cymru</p> <p>4. Gofal's GreengAge Project - Tackling Social Isolation in Older People through Horticulture. Gwyneth Thomas, Project Coordinator and Dr Penny Owen, Gofal</p>
12.45 – 13.45	Lunch
13.45 – 14.00	Welcome back from Chair – summary of morning session and introduction to afternoon session
14.00 – 14.50	<p>Plenary session 2:</p> <p>“Stand up” to depression Phil Westcott</p> <p>5 Ways to Wellbeing, an introduction and overview Catherine Reynolds, Director of The Dao Collaborative</p> <p>Mindfulness for Health and Wellbeing Moira Morgan, Development Manager, National Leadership and Innovation Agency for Healthcare/Public Service Management Wales</p>
14.50 – 15.05	Question and answer session
15.05– 16.05	<p><i>(refreshments available in workshops)</i></p> <p>Workshop session B:</p> <ol style="list-style-type: none"> 1. 5 Ways to Wellbeing – a local perspective. Rhianon Urquhart, Caerphilly Health Improvement 2. Mindfulness in Practice, experience guided Mindfulness Meditation Practice. Moira Morgan Development Manager, National Leadership and Innovation Agency for Healthcare/Public Service Management Wales 3. In the Mind's eye - Showcasing impact of artistic interventions and engagement in a dementia assessment unit. Phil Thomas, Age Cymru and Ann Orrells, Royal Glamorgan Hospital 4. Taking time to be kind to yourself - How simple things can keep you going even when you think you can't. Jacqui Rafferty, Training and Groups Coordinator, Journeys
16.05– 16.15	Chair - afternoon summary and close