**Rural Health and Care Conference**

***“Improving the Health, Well-being  
 and Care of Rural Populations”***

**13th November 2018**

**AGENDA**

9:00 **Registration** and **Tea / Coffee**

9:30 **Chairs’ Welcome** – Bernardine Rees OBE, Chair of the Mid Wales Joint Committee for Health and Social Care

9:45 **Official Opening of Conference** – Dr Chris Jones, Chair of Health Education and Improvement Wales

10.00 **Plenary 1**:  **Helen Howson**, Bevan Commission Director   
*“Transforming Rural Health and Care – thinking and practice”*

10.30 **Plenary 2**: **Dr Carolyn Wallace**, Chair of the All Wales Social Prescribing Research Network  
*“Building the critical evidence for Social Prescribing in Wales: the work of the Social Prescribing Research Network”*

11:00 **Tea / Coffee break** *(Montgomery Pavilion)***Poster presentations** *(International Pavilion, ground floor)*

11:30 **Presentation 1** – *select from 3 options*

12:00 **Presentation 2** – *select from 3 options*

12:30 **Lunch** *(Montgomery Pavilion)***Poster presentations** *(International Pavilion, ground floor)*

13:30 **Plenary 3: Jack Evershed**, Chair of Rural Health and Care Wales  
 “*From Protest to Co-Production – a Personal Journey”*

14:00 **Presentation 3** – *select from 3 options*

14:30 **Presentation 4** – *select from 3 options*

15:00 **Plenary 4: Jess Allen,** Awyrol*“A flying start: aerial yoga as a playful practice for whole-self health and well-being in rural communities”*

15:30 **Closing address & award for best Poster**

15:45 **Close**