



IECHYD A GOFAL GWLEDIG CYMRU  
RURAL HEALTH AND CARE WALES

# Rural Health and Care Conference

*When Challenges lead to Change  
- improvements and innovation  
in Rural Health and Care*

9<sup>th</sup> November 2021

## AGENDA

- 10:00 **Chairs' Welcome** – Jack Evershed, *Chair, Rural Health and Care Wales*
- 10:15 **Official Opening of Conference** –Eluned Morgan MS, Minister for Health and Social Services, Senedd Cymru
- 10.30 **Plenary 1: Dr Anna Lundgren, Senior Research Fellow, Nordregio, Sweden: Digital Health Care and Social Care. Experiences from the Nordic Countries**
- 11.00 **Plenary 2: Steve Moore, Chief Executive, Hywel Dda University Health Board; Carol Shillabeer, Chief Executive, Powys Teaching Health Board; Jo Whitehead, Chief Executive, Betsi Cadwaladr University Health Board: The Current and Future Plans of the three Health Boards working across Mid Wales**
- 12:00 **Break-out Presentations 1** – *select from 3 options*
- 12.30 Lunch and review of the Posters
- 13:30 **Bite Size Presentations:**  
**Emma Quaeck**, Dementia Actif Gwynedd Manager, *Dementia Actif Gwynedd – “Just an exercise programme?”*; **Samantha Horwill**, Co-founder & Managing Director Yma, *Introducing Prescribing Lifestyle Medicine*; **Dr Natasha Simons**, Research & Evaluation Officer Coed Lleol, *Growing together: Joining up the environmental sector, the outdoor activities sector and health sector through social prescribing*; **Paul Sellars**, Research Officer, Cardiff Metropolitan University, *Wild Skills, Wild Spaces*
- 14:30 **Break-out Presentations 2** – *select from 3 options*
- 15:00 **Break-out Presentations 3** – *select from 2 options*
- 15:30 **Plenary 3: Sharon Hamlin, Senior Practice Consultant; Helen Lightfoot, Senior Practice Consultant; Karenn Chan, Care of the Elderly Physician; Heather Hanson, Assistant Scientific Director Alberta Health Services / University of Alberta, Canada**  
*Connecting People and Community for Living Well: Enhancing the capacity of rural communities to support the wellbeing of people living with dementia and their carers*
- 16:00 **Close**



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# Cynhadledd Iechyd a Gofal Gwledig

*Pan mae Heriau'n arwain at Newid  
– gwelliannau ac arloesedd ym  
maes Iechyd a Gofal Gwledig*

9<sup>fed</sup> Tachwedd 2021

## AGENDA

- 10:00 **Croeso gan y Cadeirydd – Jack Evershed, Cadeirydd, Iechyd a Gofal Gwledig Cymru**
- 10:15 **Agoriad Swyddogol y Gynhadledd –Eluned Morgan AS, Gweinidog Iechyd a Gwasanaethau Cymdeithasol, Senedd Cymru**
- 10.30 **Sesiwn Llawn 1: Dr Anna Lundgren, Uwch Gymrawd Ymchwil, Nordregio, Sweden: Gofal Iechyd Digidol a Gofal Cymdeithasol. Profiadau o'r Gwledydd Llychlynnaid**
- 11.00 **Sesiwn Llawn 2: Steve Moore, Prif Weithredwr, Bwrdd Iechyd Prifysgol Hywel Dda; Carol Shillabeer, Prif Weithredwr, Bwrdd Iechyd Addysgu Powys; Jo Whitehead, Prif Weithredwr, Bwrdd Iechyd Prifysgol Betsi Cadwaladr: Cynlluniau Cyfredol a Dyfodol ar gyfer Adferiad y tri Bwrdd Iechyd sy'n gweithio ar draws Canolbarth Cymru**
- 12:00 **Sesiynau Grŵp 1 - dewiswch o 3 opsiwn**
- 12:30 Cinio ac adolygiad o'r Posteri
- 13.30 **Cyflwyniadau Cnoi Cil:**  
**Emma Quaeck**, Rheolwr Dementia Actif Gwynedd, *Dementia Actif Gwynedd - "Rhaglen ymarfer corff yn unig?"*; **Samantha Horwill**, Cyd-sylfaenydd a Rheolwr Gyfarwyddwr Yma, *Rhagnodi meddyginiaeth ffordd o fyw*; **Dr Natasha Simons**, Swyddog Ymchwil a Gwerthuso Coed Lleol, *Tyfu gyda'n gilydd: Ymuno â'r sector amgylcheddol, y sector gweithgareddau awyr agored a'r sector iechyd trwy ragnodi cymdeithasol*; **Paul Sellars**, Swyddog Ymchwil, Prifysgol Caerdydd, *Sgiliau Gwyllt, Mannau Gwyllt*
- 14:30 **Sesiynau Grŵp 2 - dewiswch o 3 opsiwn**
- 15:00 **Sesiynau Grŵp 3 - dewiswch o 2 opsiwn**
- 15:30 **Sesiwn Llawn 2: Sharon Hamlin, Uwch Ymgynghorydd Ymarfer; Helen Lightfoot, Uwch Ymgynghorydd Ymarfer; Karenn Chan, Meddyg Gofal yr Henoed; Heather Hanson, Cyfarwyddwr Gwyddonol Cynorthwyol, Gwasanaethau Iechyd Alberta / Prifysgol Alberta, Canada**  
*Cysylltu Pobl a'r Gymuned ar gyfer Byw'n Dda: Gwella gallu cymunedau gwledig i gefnogi lles pobl sy'n byw gyda dementia a'u gofalwyr*
- 16:00 **Cau**