



IECHYD A GOFAL GWLEDIG CYMRU
RURAL HEALTH AND CARE WALES

Rural Health and Care Conference

Embracing Change

– *welcoming innovation and new ways of delivering Rural Health and Care services*

15th November 2023

AGENDA

- 09:00 **Tea / Coffee, Registration** and viewing of **Posters**
- 10:00 **Chairs' Welcome – Peter Skitt, Chair of Rural Health and Care Wales / Programme Director of the Mid Wales Joint Committee**
- 10.15 **Plenary 1: Dr Erin Penno, Lecturer in Public Health, Otago Medical School, University of Otago, New Zealand: How did New Zealand's Regional District Health Board Groupings work to improve service integration and health outcomes?**
- 10.45 **Plenary 2: Dr Helen Howson, Director of the Bevan Commission: Embracing Change – a rural perspective on “Let's Not Waste”**
- 11.15 **Plenary 3: Kay Helyar, Training Manager with The DPJ Foundation: The Role of Mental Health Awareness Training in Rural Communities**
- 11.45 **Break-out Presentations 1 – select from 3 options**
- 12:15 **Lunch** and viewing of **Posters**
- 13:00 **Bite Size Presentations:**
Erin Hugo, Clinical Specialist Physiotherapist for Falls, PTHB – *Falls Prevention for Powys*; **Pennie Muir**, Project Lead / Regional Project Support Manager Carers; **Chris Holland**, Staff Nurse; **Elizabeth Errington-Evans**, Discharge Specialist Nurse, HDdUHB – *Improving unpaid carers involvement and experience of the frailty pathway; A Pilot Study*; **Thomas Wilson**, Senior Researcher, Dept. of Life Sciences, Aberystwyth University – *Approaches to screening for frailty and nutritional status in community dwelling older adults*; **Rhian Grace Lloyd**, Social Care Lecturer, Bangor University – *Exploring the life experiences and needs of caregivers in North Wales to develop knowledge and understanding of the meanings of different caregiving activities and their impact on the identity of caregivers*
- 14:00 **Break-out Presentations 2 – select from 3 options**
- 14:30 **Break-out Presentations 3 – select from 3 options**
- 15:00 **Break-out Presentations 4 – select from 3 options**
- 15.30 **Plenary 4: Cat Nunn, Director, Music Anywhere CIC: Audio-visual elements to demonstrate the impact of an Arts in Health approach, with an evidence-based presentation about the benefits of music in Health and Social Care**
- 16:00 **Close** and viewing of **Posters**