



Rural Health and Care Conference 2025

Innovation and Improvement – advances in the delivery of rural, health, care and wellbeing services

12/11/25

MONTGOMERY PAVILION	INTERNATIONAL GROUND FLOOR	INTERNATIONAL FIRST FLOOR
Break-out Presentations 1: 11.30am – 12.00pm		
How community led outdoor health services are changing clinical care in Wales: lessons learnt so far from two groundbreaking case studies <i>Rosie Strang, Mid Wales Co-ordinator, Coed Lleol / Small Woods</i>	Challenges Facing Unpaid Carers in Rural Wales: a Qualitative Case Series <i>Amanda Rutter, Clinical Lead Physio / PhD Researcher, HDdUHB / UWTSD</i>	Innovation Lab – process and solutions for enhancing wellbeing through food <i>Amie Andrews, Innovation Manager, Cymru Wledig LPIP Rural Wales, Aberystwyth University</i>
Break-out Presentations 2: 1.30pm – 2.00pm		
Supporting bereavement in rural communities; the role of the grief companion <i>Susie Scott, Bereavement Manager; Eluned Rowlands, Welsh Bereavement Counsellor; Rhian Dafydd, Executive Officer, HAHAV</i>	Innovation in Social Care Training “Empowering the Workforce through Digital Transformation” <i>Melanie Brindle, Practice Development Manager; Helen Williams, Senior Training Administrator & Digital Learning Lead Practice Development Team, Powys County Council</i>	The role of co-produced community action research in supporting the wellbeing of rural communities in Wales <i>Amy Nicholass, Community-led Action Research Facilitator for LPIP; Jessie Buchanan, Director, Together for Change</i>
Break-out Presentations 3: 3.00pm – 3.30pm		
RSPB Nature Prescriptions: opportunities to support health and wellbeing in rural communities in Wales <i>Dr David Llewellyn, Nature and Wellbeing Lead, RSPB Cymru</i>	People, Nature and Wellness.... we are all one! <i>James Moore, Wellness Consultant: People and Nature / Lecturer, Facilitator & Project Lead, Mor Tawel Consultancy Ltd. / UWTSD</i>	The role of unpaid care for those with a dementia diagnosis and the organisation and community-led services and support available to carers in Mid Wales <i>Michelle Symes, Research and Development Officer, RHCW</i>