

<b>Virtual workshops</b>			
1	Creating a New Mental Health Strategy for Wales	This workshop will provide feedback on the finding from the evaluation of Together for Mental Health and provide an opportunity for participants to share their views on how the next strategy can make mental health and wellbeing a priority for all.	Welsh Government and Improvement Cymru
2	Mental Health at the Front Door and Practising What We Preach - How Do We Keep Our Staff Well?	With the recent and welcome drive to get mental health (MH) practitioners to support the need for MH appointments within primary care, practitioners face similar risks of burnout to those that GPs have faced. Our service is invested in trying to maintain a healthy workforce and have given lots of thought about ways to do this but we don't have all the answers. We would like to seek ideas from participants about how best to do this.	Aneurin Bevan University Health Board
3	Cardiff and Vale Recovery and Wellbeing College - Co-Producing What Matters	<p>Cardiff and the Vale Recovery College is the first Peer Led mental health service in Wales - the College developed out of a steering group of service users, carers and NHS staff and has co-produced its service design with the communities of Cardiff and the Vale since its inception.</p> <p>Peer Support is at the core of our courses, all co-produced and co-delivered by healthcare professionals and peer trainers with lived experience of mental health and physical health challenges. We believe clinical and lived experience expertise have equal value and our courses are a space where we can learn from one another and everyone's contributions are valued. Students include staff, those using services and carers.</p>	Cardiff and The Vale Recovery and Wellbeing College

		Since it delivered its first courses in June 2020, the College has developed a number of innovative partnerships to enhance the health and wellbeing of people of Cardiff and Vale.	
4	Talk to me 3? – What might the next suicide and self-harm prevention strategy look like?	This workshop will provide an opportunity for participants to share their views on the next strategy, we will share examples of good practice/evidence base and current developments.	NHS Wales Health Collaborative
5	Lived Experience Workforce - Presentation including Video	<p>Lived Experience workforce offers Wales a unique opportunity to transform the whole system power imbalance at the heart of health services which can harm those it seeks to help. Services are typically clinically designed and not co-produced with the communities that use them. We recognise and value lived experience as a profound source of knowledge to empower our communities to improve the health and wellbeing of the people of Wales.</p> <p>Presentation and video based on the opportunities for Mental Health Services in Wales of implementing roles such as:  Lived Experience Leadership  Co-Production Consultants  Peer Support Workers  Peer Trainers.</p>	Cardiff and Vale Recovery College/ Cardiff and Vale Mental Health Clinical Board
6	Supporting 12,000 people through Active Monitoring during the pandemic – sharing our learning – Mind Cymru	Throughout the pandemic, Mind Cymru scaled up its guided self-help programme called Active Monitoring, accessible via self-referral and a single point of access. To date, 12,000 people have benefitted from this support. This	Mind Cymru

		<p>session will focus on learnings, barriers and solutions to delivering at scale.</p> <ul style="list-style-type: none"><li>○ How we mobilised across Wales in just under three weeks.</li><li>○ Single point of access with allocations to 19 Local Minds across Wales.</li><li>○ Introducing self-referral in place of GP referral during the pandemic</li><li>○ The impact of remote delivery on beneficiary outcomes and experience; and how this will change the way we deliver services in future.</li></ul>	
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