



## Building Strong Foundations: Enhancing Mental Health and Wellbeing for Babies, Children and Young People

Wednesday 26th March 2025 Conwy Business Centre, Junction Way, Llandudno Junction

The aim of Public Health Network Cymru (PHNC) is to inform, facilitate and create connections for those working in public, private and third sectors in order to improve population health and wellbeing and reduce health inequalities.

- **9.30 - Arrival, Refreshments and Networking**
- **10.00 - Welcome and Chair's Opening Remarks**  
Dr Jane Moore Executive Director of Public Health, Betsi Cadwaladr  
University Health Board
- **10.10 - Conference Opening (pre-record)**  
Sarah Murphy MS Welsh Minister for Mental Health and Wellbeing

## Policy

- **10.20 - Patterns in the mental health and wellbeing of children and young people**  
Phil Hill Senior Public Health Practitioner Health Improvement Team,  
Public Health Wales
- **10.40 - The importance of infant mental health and the role our environments and relationships play in the early years to enable the best start in life**  
Dr Liz Gregory – Wales Development Lead, Parent Infant Foundation
- **11.00 - Comfort and refreshment break**
- **11.15 - A whole system approach to mental health and wellbeing; implementing the NYTH/NEST framework for babies, children and young people**  
Millie Boswell Welsh Government NYTH/NEST Implementation Advisor/Lead
- **11.35 - Implementation of the Framework for embedding a Whole School Approach to Emotional and Mental Well-being in Wales: Three Years On**  
Sarah Morrison Programme Manager, Public Health Wales
- **11.55 - Question panel**
- **12.15 - Lunch**

## ● 13.00 - Research and innovation (parallel sessions):

- — **Introducing and evaluating the KiVa school based bullying prevention programme in Wales**  
Professor Judy Hutchings Professor in Psychology Bangor University
- — **Children's University: Impact on our Children and Young People through a research lens**  
Shari Llewelyn, Aled Davies Wrexham University
- — **Adolescent organised activity participation for supporting health and wellbeing outcomes: opportunities and challenges**  
Britt Hallingberg Reader in Public Health, Cardiff Metropolitan University

## ● 13.30 - Open Space

Engage in conversations with experts and peers as you discuss the challenges you face, share your experiences and encourage cross sector collaboration to find solutions

## ● 14.30 - Comfort & refreshment break

## Practice

- **14.45 - Partnership approaches to supporting mental health and wellbeing of children and families in North Wales**  
Dafydd Gwynne Principal Public Health Practitioner, Betsi Cadwaladr University Health Board, Public Health Team

- **15.05 - Whole School Approach to Emotional and Mental Wellbeing**  
Tom Williams Assistant Head, Ysgol David Hughes

## Summary, Reflections and Closing Comments

- **15.25 - Feedback**
- **15.35 - Final Remarks**  
Dr Jane Moore Executive Director of Public Health, Betsi Cadwaladr University Health Board
- **15.45 - Close**