



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

Thursday 20th February 2025 Mercure Holland House Hotel, 24-26 Newport Road, Cardiff

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**
Emily van de Venter Consultant in Public Health Mental Wellbeing
Public Health Wales
- **10.10 - Conference Opening**
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**
Emily van de Venter Consultant in Public Health
Mental Wellbeing Public Health Wales
- **10.40 - The importance of infant mental health and the role relationships play in building the foundations during the early years to enable the best start in life**
Dr Liz Gregory - 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**
Helen Dale West Glamorgan Transformation Manger,
West Glamorgan Partnership
- **11.35 - Implementation of the Framework for embedding a Whole School Approach to Emotional and Mental Well-being in Wales: Three Years On**
Lorna Bennett Consultant in Public Health Public Health Wales
- **11.55 - Question panel**
- **12.15 - Lunch**

● 13.00 - Research and innovation (parallel sessions):

- — **Growing Up In Wales: Born in Wales to HAPPEN**
Dr Michaela James NCPHWR Child Health and Wellbeing
Research Officer Swansea University
- — **Understanding the relationship between mental health and mental well-being in secondary school students in Wales**
Dr Liam Mahedy Research and Evaluation Fellow Public Health Wales
- — **Community Focused Schools: Building family, community and multi-agency relationships to support children's mental well-being**
Suzanne Sarjeant Welsh Government Community Schools Advisor

Practice

- **13.30 - Local practice example:**
The Cwm Taf Morgannwg Baby and Toddler Voice
Lucy Smothers Starting Well/ Growing Well Strategy Group Director (CTM UHB)
Julie Powell-Jones Parent Infant Relationships Project Manager (CTM UHB)
- **13.50 - A whole school approach to well-being**
Donna Jones Assistant Headteacher, Greenhill Special School, Cardiff
Dan Godfrey Assistant Headteacher/ ALNCo, Greenhill Special School, Cardiff
- **14.10 - Comfort & refreshment break (voting for open space session)**
- **14.30 - Open space conversation**
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

Summary, Reflections and Closing Comments

- **15.20 - Open space reflections**
- **15.30 - Conference Feedback**
- **15.45 - Closing comments**
Emily van de Venter Consultant in Public Health Mental Wellbeing
Public Health Wales
- **16.00 - Close**

*This agenda is subject to change