



The Mental Health  
& Wellbeing Show

# SHOW GUIDE 2024

Thursday 17th May 2024

Partner Sponsor:



Headline Sponsor:

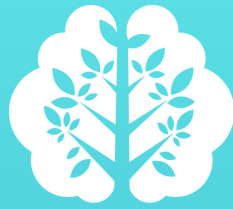


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#MHWSHOW @MHWSHOW

# Mental Health & Wellbeing Show 2024



## ABOUT THE EVENT

The Mental Health & Wellbeing Show - a professional all-day show in City Hall, Cardiff, 17th May 2024, aiming to promote positive mental health through open conversation, promoting awareness and sharing real-life experiences.

The show will include a selection of seminars focused on topics such as coping with mental illness, ways to promote mental health, and how to support people around you who are suffering with ill mental health. Alongside this is an exhibition with over 60 charities, organisations and companies promoting their helpful resources, services and initiatives designed to support positive mental health and wellbeing.



Dawn Evans  
Event Founder &  
Keynote Speaker



Jim Poole  
Headline Sponsor  
& Keynote  
Speaker

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Headline Sponsor  
**NuCalm**  
Own the day.

Partner Sponsor  
 **Ajuda**  
Training Services





## WHERE AND WHEN?



Cardiff City Stadium  
Leckwith Rd,  
Cardiff  
CF11 8AZ

### ACCESSIBILITY

Cardiff City Stadium offers good wheelchair access. From street level, a wheelchair lift gives entry to the ground floor and a further lift allows access to the first & second floors. Both ground floor, first & second floors are level throughout. Toilets for disabled visitors are also available.

### FOOD AND RESTRICTIONS

There is a café on site for the day with a selection of food and refreshments at a reasonable price. The Cafe is located in the Richo Suite located on floor 3 which is also the main exhibition hall.

### SEMINAR TICKETS

You can buy seminar tickets in advance through Eventbrite. You can buy seminar tickets on the day for £20 per seminar. The seminar sales desk will be upstairs in the exhibition area. Please see floor plan on page 18 for location.

### QUIET ROOM

We do have a quiet space available in room \*\*\* on the third floor. This is a room available for anyone who wishes to take time out from the hustle and bustle of the day.

- Doors open  
8.00am
- Networking Breakfast  
8.00am - 9.00am
- First Seminar Sessions  
9.30am - 10.15am
- Second Seminar Sessions  
10.45am - 11.30am
- Third Seminar Sessions  
12.00pm - 12.45pm
- Fourth Seminar Sessions  
1.30pm - 2.15pm
- Fifth Seminar Sessions  
3.00pm - 3.45pm
- Event Ends  
4.00pm

### GET SOCIAL

Get involved on social media by using the hashtag #MHWSHOW, @mhwshow or tag our social media accounts in posts, we'd love to hear from you!

# SEMINAR TIMETABLE



	Room TBC	Room TBC	RoomTBC
9:30am to 10:15am	<p>The Importance of a relational approach in high performance environments</p> <p><b>Dr Sian Edwards</b></p>	<p>The Hormone Influencer during Menopause that no-one is talking about.</p> <p><b>Maria Anderson</b></p>	<p>Beyond the Scars: Healing from Self harm</p> <p><b>Rowan Aderyn</b></p>
10:45am to 11:30am	<p>Workplace Mental Health. What to look out for &amp; where to signpost</p> <p><b>Dawn Evans</b></p>	<p>Recognising &amp; Responding to Compassion Fatigue</p> <p><b>Jayne Ellis</b></p>	<p>Bullying &amp; Mental Health The Impact</p> <p><b>Linda James MBE</b></p>
12:00pm to 12:45pm	<p>'Sleep is innate, insomnia is not'.</p> <p><b>Leanne Naylor</b></p>	<p>Wellbeing Meditation and Movement Circle</p> <p><b>Lisa Williams</b></p>	<p>Mental Health &amp; Parenthood Journey: Having nowhere to turn</p> <p><b>Emma Gooding</b></p>
1:30pm to 2:15pm	<p>Triumph over Adversity: My mental Health Journey</p> <p><b>Simon Weston</b></p>	<p>Cold Water Therapy</p> <p><b>Phil Jones</b></p>	<p>"Surviving the Student Mental Health Mind field"</p> <p><b>Dr Susie Nyman</b></p>
3:00pm to 3:45pm	<p>Turning Dreams Into Reality</p> <p><b>Lea Thomas</b></p>	<p>Oasis or Mirage? Wellbeing Oasis or Mirage? Why wellbeing interventions can't purify the waters alone</p> <p><b>Leanne Bird</b></p>	<p>Sit More - Live Less</p> <p><b>Courtney Orange</b></p>

# SEMINAR TIMETABLE



Room TBC	Room TBC	Room TBC	
<p>Navigating the Mental Health &amp; Wellbeing of Young People</p> <p><b>Bobbie Allen</b></p>	<p>Services in Wales for those affected by gambling harms.</p> <p><b>Cheryl Williams &amp; Sarah Langford</b></p>	<p>Success Reflection: Overcoming Abuse, Depression &amp; Rejection.</p> <p><b>Dr Emily Letran</b></p>	<p>9:30am to 10:15am</p>
<p>Seminar Slot Available</p>	<p>Unlocking Your Fountain of Youth: Living Toxin-Free</p> <p><b>Phyllis Benstein</b></p>	<p>Two Parents with ADHD</p> <p><b>Mark Williams &amp; Lisa Jones</b></p>	<p>10:45am to 11:30am</p>
<p>Building a Safe Support System</p> <p><b>Lloyd Ashley</b></p>	<p>Supporting neurodiversity in organisations - at work &amp; play</p> <p><b>Helen Davies</b></p>	<p>Let's chat, conversations happening all the time.</p> <p><b>Sid Madge</b></p>	<p>12:00pm to 12:45pm</p>
<p>My journey with Neuro-diversity</p> <p><b>Steve Parke</b></p>	<p>Emergence through Self-love</p> <p><b>Thriving Communities</b></p>	<p>Growth after Trauma</p> <p><b>Andrew Jenkins</b></p>	<p>1:30pm to 2:15pm</p>
<p>"The science of improving young people's mental health"</p> <p><b>Professor Frances Rice &amp; Dr Jac Airdrie</b></p>	<p>Workplace Mental Health</p> <p><b>Rowan Aderyn</b></p>	<p>Seminar Slot Available</p>	<p>3:00pm to 3:45pm</p>

# SEMINAR TIMETABLE



	Room TBC	Room TBC	Room TBC
9:30am to 10:15am	<p>Just Me <b>SOLD OUT</b> Andy Bishop</p>	<p>Making Sobriety Cool – how to change the conversation around alcohol <b>SOLD OUT</b> Esther Nagle</p>	<p>Understanding Eating Disorders <b>BEAT</b></p>
10:45am to 11:30am	<p>'Drum Yourself Happy' <b>David Powell</b></p>	<p>Could it be bipolar? - Getting a bipolar diagnosis and beyond <b>BiPolar UK</b></p>	<p>Seminar Slot Available</p>
12:00pm to 12:45pm	<p>Wellbeing in the digital age: Navigating stress &amp; Anxiety <b>Tara Brown</b></p>	<p>Understanding LGBTQ+ <b>Stonewall</b></p>	<p>How Neuroscience effectively solves stress, fear and anxiety without drugs or side effects <b>Jim Poole</b></p>
1:30pm to 2:15pm	<p>Suicide - A Survivor's Perspective <b>Jeremy O'Dwyer</b></p>	<p>Cold Water Therapy <b>Phil Jones</b></p>	<p>Diet &amp; Nutrition <b>Sue Warroll</b></p>
3:00pm to 3:45pm	<p>The impact of Dawn Stalkers and its community <b>Grant Zetmayre</b></p>	<p>Let's get swimming! An inspiring talk from Cath AKA "The Merthyr Mermaid" <b>SOLD OUT</b> Cath Pendleton</p>	<p>Seminar Slot Available</p>

# VOLUNTEERS NEEDED



## We Need Help With

- Administration
- Research & Development
- Event Stewards
- Community Development
- Fundraisers

As a Volunteer you will be supporting the ongoing delivery and growth of The Ajuda Foundation which will educate and connect individuals and communities across Wales enabling them to have a better understanding and become more equipped and beat the stigma around mental health.

**Access to Qualifications**

**Meet New People**

**Do Something you Enjoy**

**Build Your Confidence**

**Improve your fitness**

**Make a difference**

**Help Save lives**



**Join Us Now!**

To apply for a Volunteer role, please email  
[foundation@ajuda.org.uk](mailto:foundation@ajuda.org.uk)  
[www.ajudafoundation.org.uk](http://www.ajudafoundation.org.uk)



# OUR SPEAKERS



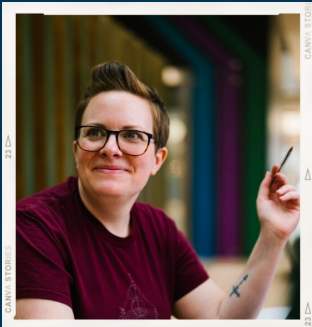
## Jim Poole

NuCalm uses patented physics and neuroacoustic software embedded in music to gently steer your mind into any desired state - from the deepest levels of sleep to the highest levels of intensity.



## Dr Susie Neyman

Susie is passionate about child learning and success, sharing her expertise as an international speaker, teacher, and mental health advocate.



## Rowan Aderyn

a non-binary writer and changemaker, overcome trauma to lead a successful life while championing positive change in mental health, foster care, and LGBTQ+ communities.



## Helen Davies

Helen, nurse and coach, founded Practical Wisdom for neuro-divergent adults, serves as a Clinical Director, and advocates for trauma-informed care.



## Maria Anderson

Maria, a 38-year NHS veteran, nurse, midwife, lecturer, and bestseller, champions women and menopause awareness, guiding organisations like the Scottish FA.

# OUR SPEAKERS



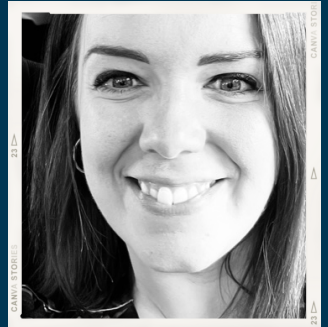
## Bobbie Allen

Bobbie Allen is a keen supporter of addressing mental health challenges as soon as they arise. She has a patient ear for listening, and a gentle voice for responding sensitively.



## Emma Gooding

Emma, a media and community learning background, leads policy and communications at Samaritans Cymru. She's dedicated to tackling mental health inequalities and stigma through personal sharing.



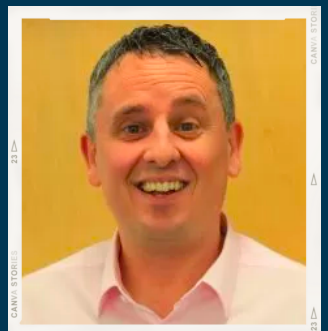
## Linda James

Linda, a mother of three, founded BulliesOut in 2006, aiming to prevent children from enduring bullying. The organisation has evolved from web support to comprehensive workshops for schools and workplaces.



## Mark Williams & Lisa Jones

Lisa Davies, a neurodiversity expert, draws from 20 years supporting parents. Mark Williams, BCAh, founded International Fathers' Mental Health Day, promoting mental health for fathers worldwide through TV and radio.



*"Your present circumstances don't determine where you go;  
They merely determine where you start."*

*— Nido Qubein*

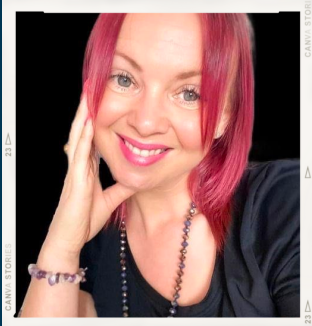


# OUR SPEAKERS



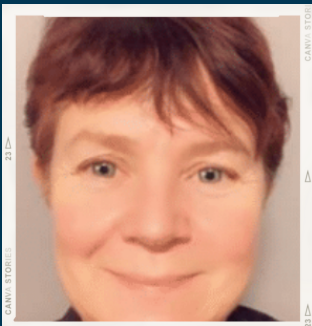
## Simon Weston

War Veteran Simon not only talks about overcoming adversity and positive mental attitude but also his experiences of being in the public eye over the last 30 years.



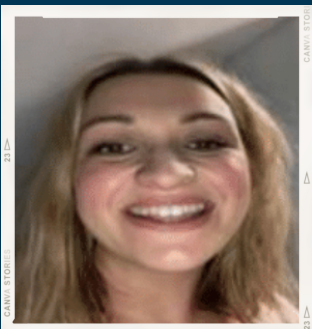
## Lisa Williams

**A Multi Passionate Dyslexic Entrepreneur. A *Spiritual Empowerment Mentor, Dance Teacher, Author, Podcaster, and Founder of the Spiritual Sisters Collective***



## Cheryl Williams

Cheryl Williams, Head of Service at Adferiad, specialises in rehab and gambling harm. Committed to quality rehab services in Wales.



## Sarah Langford

Sarah Langford, Senior Service Manager at Adferiad's Powys Young People's Team, has 18 years of experience working with youth on substance use and mental health. She's dedicated to involving young people in their care.

*Your mental health is a priority. Your happiness is essential. Your self-care is a necessity.*

# OUR SPEAKERS



## Lloyd Ashley

Ex professional Rugby Player, Director of Living Well with Lloyd Ashley, Lead for Mental Health & Wellbeing at the Welsh Rugby Players Association, Young Peoples Ambassador for Hafal



## Andrew Jenkins

Andrew, founder of Strength in You, is a motivational speaker and mental health advocate, demonstrating post-trauma success to break mental health stigma.



## Jeremy O'Dwyer

Jeremy, 64, married for 32 years, transitioned from shoe sales to public sector management due to redundancy. He now delivers motivational talks and suicide prevention training based on personal experiences.



## Leanne Naylor

Leanne, a bestselling author and NHS clinical lead, champions natural sleep solutions. With 15+ years in mental health, she educates professionals, speaks on podcasts, and resides in Kent, UK, relishing countryside strolls with her Pug, Luna.



## David Powell

"Upbeat Dave" inspires learners of all ages and abilities with boundless energy and enthusiasm. His career spans music, teaching, and promoting creativity's positive influence.



# OUR SPEAKERS



## Courtney Orange

Courtney Orange, once a 6-time National Gymnastics Champion, shifted to international dance due to a knee injury. Known as The Wellbeing Motivator, he advocates vibrant positivity, personal excellence, and stress management. Through talks and workshops, he inspires mental wellness, resilience, and peak performance, engaging audiences with actionable strategies.



## Jac Airdrie

Dr Jac Airdrie is a clinical psychologist working at the Wolfson Centre for Young People's Mental Health, Cardiff University. Jac is involved in research that focuses on young people who may need early help and he is currently testing a psychological intervention that aims to protect against depression in young people.



## Frances Rice

Professor Frances Rice, Co-Director at the Wolfson Centre for Young People's Mental Health, focuses on anxiety and depression in youth. With over 100 papers published, her research delves into understanding youth depression causes. Currently leading an early-intervention study to enhance mental health, she explores the school-youngster mental health correlation.



## Grant Zetmayre

Grant set up the now very popular DawnStalkers, a cold water sea swimming group that meet on Penarth sea front every morning 365 days of the year at sunrise. The group attracts anywhere between 100 - 300 people every day.



## Bipolar UK

Helen Hancock, joined Bipolar UK in 2022 having previously worked for many years as a company secretary and lawyer. She has also worked in the NHS in Bristol and South Wales as a community nursing and mental health service manager. Helen has experience of bipolar through friends and family.

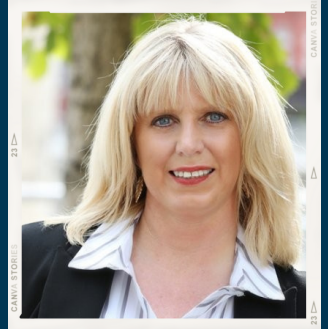


# OUR SPEAKERS



## Dawn Evans

CEO of Ajuda, Mental Health First Aid trainer & founder of the Mental Health & Wellbeing Show. Dawn is an advocate for mental health, she empowers budding entrepreneurs through education, training, and global mentorship. Her initiatives have trained thousands and fostered business success.



## Leanne Bird

With diverse experience in corporate and NHS CAMHS, Tara specialises in analytics, mental health, and CBT. She prioritises employee well-being for organisational success.



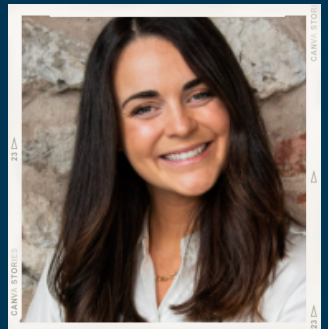
## Phyllis Benstein

Phyllis Marlene Benstein, an international speaker and bestselling author, passionately advocates salon cleanliness, toxin awareness, and clean solutions. She guides others in creating diverse income streams globally.



## Tara Brown

With diverse experience in corporate and NHS CAMHS, Tara specialises in analytics, mental health, and CBT. She prioritises employee well-being for organisational success.



## Dr Sian Edwards

Dr. Sian Edwards, Head of Training and Delivery at Platform Wellbeing, is a Chartered Psychologist with a PhD in mental health in performance environments. She has over 10 years of experience in the NHS and charity sector.



# SEMINAR PROGRAMME

**9:30AM - 10:15AM**

## **The Importance of a relational approach in high performance environments**

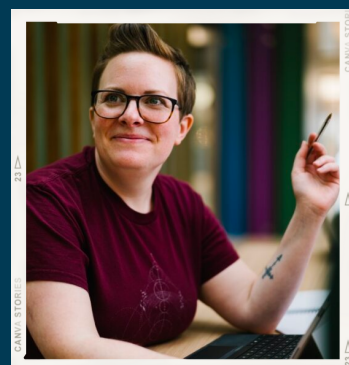
Our relationships shape how we make sense of our experiences, ourselves, and the world around us - and in turn, influence our mental health and wellbeing. This seminar unravels the unique challenges of high performance and how implicit and explicit messages from others can be a threat or an asset to performers.



DR SIAN EDWARDS



MARIA ANDERSON



ROWAN ADERYN

## **The Hormone Influencer during Menopause that no-one is talking about.**

Statistics surrounding menopause are alarming for women's health, families, businesses and the UK economy. The root cause is not being talked about- 14 million sick days lost every year, £1.8 billion lost in productivity, 7/10 women reporting impact on their mental health, 1 in 10 women considering suicide - it is time to talk!

## **The Recipe for Success: Workplace Wellbeing Project**

This seminar offers key strategies for implementing an employee-driven mental health advocate project. Attendees will learn to empower staff in driving change, establish supportive boundaries, and foster an inclusive culture. These insights equip organisations to create effective advocacy programs, prioritising mental health in a diverse workplace.





# Young People's Mental Health & Wellbeing Champion Program



This program has been created for young people (ages 14-21) to understand Mental Health and to recognise signs and symptoms of mental health conditions in their friends, family and peers.

On successful completion of the program, the young person will gain a certification as:

**"Young People's Mental Health & Wellbeing Champion"**

Contact our office: 029 20576883 or email [admin@ajuda.org.uk](mailto:admin@ajuda.org.uk) for more information



# Can Neuroscience Solve Anxiety Without Drugs Or Side Effects?

Anxiety or depression can cripple a person's ability to live a healthy life, and often make them feel out of control, confused, and helpless.

**The physiology of anxiety is characterized by cognitive, somatic, emotional, and behavioral components. These components combine to create feelings of fear, apprehension, and/or worry.**

Anxiety is often accompanied by physical sensations such as heart

palpitations, nausea, chest pain, shortness of breath, stomachache, cold and clammy feeling extremities, irritability, muscle tension, or headache. This is the permanent state of a person suffering from chronic anxiety or PTSD.

NuCalm is the world's only patented technology clinically proven to naturally

relax the brain and body within minutes without drugs or side effects. This neuroscience technology predictably down regulates sympathetic tone (stress response) and activates the parasympathetic nervous system by gently guiding brain wave function into theta (the healing zone at 7Hz – 4Hz).

*"On NuCalm, subjects experience a rapid decrease in heart rate and respiration rate while exhibiting an increase in vagal tonality. These biomarkers are consistent with deep meditation and illustrative of the predictable rapid onset of the parasympathetic nervous system dominance created by NuCalm."*

**DR. CHUNG-KANG PENG, PH.D., CO-DIRECTOR OF THE REY INSTITUTE FOR NONLINEAR DYNAMICS IN MEDICINE AT THE BETH ISRAEL DEACONESS MEDICAL CENTER/HARVARD MEDICAL SCHOOL**





*"I use NuCalm because I have post-traumatic stress. With as little as 20 minutes a day I get to respond to my feelings and thoughts instead of react to them. When I have the ability to respond I can be humble, thoughtful, patient and kind. When I react instead of respond I can be aggressive, irritable and fearful. NuCalm aids me into being the version of myself that is genuine and real. It is who I am without PTS."*

**MAGNUS JOHNSON, FORMER GREEN BERET COMBAT VETERAN AND PRESIDENT OF MISSION 22**

**NuCalm quickly and reliably "flips the switch" from high stress to deep rest and recovery.**

This allows the body to activate the brain-heart-lung connection to optimize diaphragmatic breathing, oxygen rich red-blood cell flow, optimal healing, and muscle recovery. This response slows down the mind and interrupts the physiology of anxiety, resulting in a sense of calm. And once the mind is in balance, sleep quality naturally occurs.

**To learn more on how Neuroscience is solving anxiety without side effects or drugs you can hear Jim Poole live at the MHWS on 17th May at Cardiff Stadium.**

NuCalm used to be an expensive FDA Class III medical device, but today it's an affordable mobile app.

**The benefits of cellular restoration and recovery with NuCalm include:**

- Lowering your stress and anxiety
- Improving your sleep quality
- Accelerating your recovery
- Strengthening your immune health and resilience
- Enhancing your focus and memory
- Experiencing calm, clarity, comfort and confidence.

*"The NuCalm state of deep relaxation allows for recuperation and a reboot of the system that can provide the resiliency necessary to come back to where regeneration can occur. Effective stress management through repeated NuCalm use can alter the psychoneuroendocrine regulation of the immune system to improve the immunosuppressive status of people battling anxiety and chronic stress."*

**JANET HRANICKY, MD, PHD – RENOWNED PSYCHONEUROIMMUNOLOGIST AND FOUNDER OF THE COMPREHENSIVE CANCER WELLNESS PROGRAM**

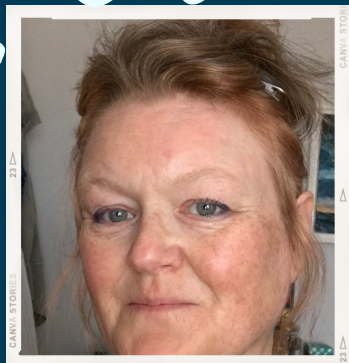


Scan the code above or go to **NuCalm.com/free-trial** for a Free 7-Day NuCalm Trial.

**NuCalm®**

# SEMINAR PROGRAMME

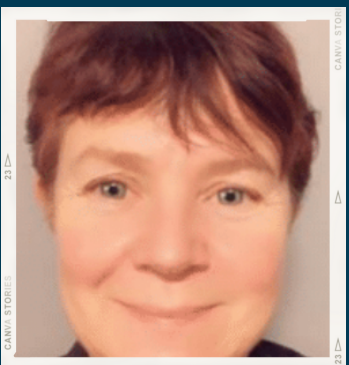
**9:30AM - 10:15AM**



BOBBIE ALLEN



BEAT



CHERYL WILLIAMS

## **Navigating the Mental Health & Wellbeing of Young People**

Bobbie Allen has a wide-ranging experience of working with young people after devoting 17 years of her life to teaching. Having trialled the Pupil Voice programme with colleagues in Caerphilly, her understanding of young people's mental health and wellbeing led to the development of a student wellbeing programme in Alderney in the Channel Islands. A keen advocate for addressing mental health challenges as soon as they arise, she is a gentle voice of support, and a loud voice to speak up for those who feel they have little chance of being heard.

## **Jo Whitfield & BEAT Ambassadors**

His talks, focused on Bipolar Affective Disorder, Life After Suicide, and Workplace Stress, unveil personal mental health struggles, addressing the masks men wear. With 22 years of military expertise, he shares insights globally on overcoming challenges in diverse settings.

## **Cheryl Williams & Sarah Langford**

Cheryl Williams - Head of Service for residential rehab and gambling harms for Adferiad. Cheryl has extensive experience working with people with substance use and/or mental health problems and is passionate about recovery and is an advocate for ensuring there are high quality rehabilitation services widely available across Wales.

Sarah Langford - Senior Service Manager for Adferiad's Powys Young People's Team. Sarah has 18 years' experience of working with young people affected by substance use and mental health issues and is passionate about engaging with and involving young people in all aspects of their care.





# Raising money and awareness for projects in Wales that matter to us



## EVENTS

Our events help to raise awareness and funds. They help us connect with our beneficiaries, sponsors, fundraisers and volunteers. They generate revenue, create community, and help establish long-term relationships.



## FUNDRAISING

Fundraising helps us by generating income to support our projects. Get in touch if you would like to get involved and help us by organising a fundraising activity.



## PROJECTS

We are proud of our projects which are helping so many people. Get in touch if you would like to get involved.

## About the Ajuda Foundation

The aim of the Ajuda Foundation is to promote positive mental health & well-being support, delivering resources, information and training to community groups, schools, education establishments and individuals who are disadvantaged, either by their social and economic situation such as homelessness, poor mental health, disabilities or financial crisis throughout Wales.

## We will do this through the delivery of:

- Educational workshops promoting positive mental health
- Mental health conferences
- Online mental health webinars
- Physical health promotion via our free CPR & defib workshops
- Mental health training courses and workshops in the community
- Literature to raise awareness of mental health throughout Wales
- Mental health videos, & training courses via access on our online MHW Hub

## Ways you can support us

- Donate your time by volunteering at our events
- Become a trustee
- Attend our events or hold your own
- Become a corporate member, from just £50 per year
- Join in our events, either as a speaker, exhibitor or delegate
- Donate using the QR code below:



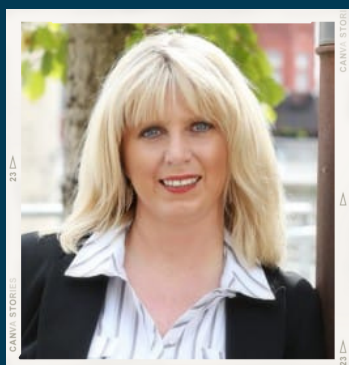
## Contact

☎ 029 22400382

✉ [foundation@ajuda.org.uk](mailto:foundation@ajuda.org.uk)

# SEMINAR PROGRAMME

**10:45AM - 11:30AM**



DAWN EVANS



HELEN HANCOCK



LINDA JAMES MBE

## **How to recognise poor mental health in the workplace and what to do about it;**

Nearly 70 million working days are lost per year due to mental ill health. 1 in 6 people will experience a mental health problem in the workplace and most people would not know what to do or where to signpost them.

During this seminar Dawn will talk about stigma, how to spot a colleague with poor mental health, how to start a conversation and where to signpost them.

## **Could it be Bipolar? - Getting a bipolar diagnosis and beyond**

The team from Bipolar UK will talk about how to get a bipolar diagnosis, how to live well with the condition and how our peer support team can support you, and your loved ones, every step of the way.

We'll share powerful lived-experience stories to show why getting a diagnosis is so important, and an update about our campaign work to reduce the long delays in diagnosis, improve treatment care pathways and empower people living with bipolar across Wales.

## **Bullying and Mental Health - the impact.**

Linda, a mother of 3 Sons, founded Bullies Out in 2006, spurred by a determination that children's lives would not be scarred by bullying as hers had been. Since then, Linda has grown Bullies Out from a web-based support service to a charity providing a comprehensive programme of workshops and training programmes for schools and workplaces



# SEMINAR PROGRAMME

**10.45AM - 11.30AM**

## **Gut Health; Living a Toxin-Free Life**

BoExplore the fascinating world of living a longer, healthier life. Discover key strategies, from maintaining a toxin-free lifestyle to reducing stress. These secrets to longevity enhance overall well-being. Join us on a journey towards vibrancy and agelessness.



PHYLLIS BENSTEIN

## **Two Parents with ADHD**

Drawing from their personal experiences as parents diagnosed with ADHD in their early forties, Lisa and Mark explore the challenges and benefits of parenting with ADHD. They also discuss the risk factors for postnatal anxiety and depression, backed by their experience working with parents and relevant research.



MARK & MARIA

## **"Drum yourself Happy"**

Upbeat Dave' has taught in a vast range of settings across all ages and abilities. His boundless energy and infectious enthusiasm have inspired thousands of learners over the years and motivated countless educators. David's career has spanned professional musician, instrumental and classroom teacher. He is passionate about creativity and the positive influence it can have on nurturing the development of individuals and groups.



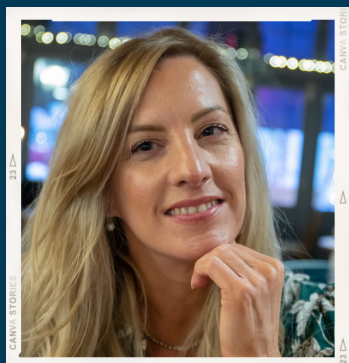
DAVID POWELL



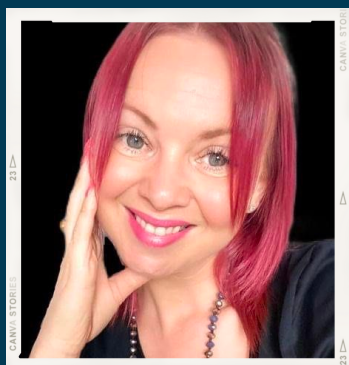


# SEMINAR PROGRAMME

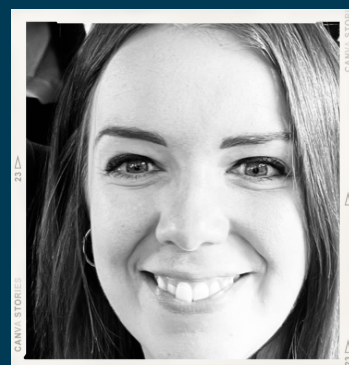
**12:00PM - 12:45PM**



LEANNE NAYLOR



LISA WILLIAMS



EMMA GOODIING

## **'Sleep is innate, insomnia is not'.**

Leanne is an international bestselling author and an award-winning clinical lead within the NHS, a therapist, hypnotherapist, and sleep consultant, with over 15 years' experience of working within mental health supporting both adults and children.

## **Wellbeing Meditation and Movement Circle**

This interactive and inclusive workshop provides a safe space for individuals to explore meditation movement practices. Participants can expect to leave feeling rejuvenated, centred, and equipped with practical tools to integrate meditation and movement into their daily lives, promoting a healthier and more balanced lifestyle.

## **Samaritans: Mental Health & The Parenthood Journey: Having nowhere to turn!**

This year, Samaritans Cymru is launching a new inclusive parental mental health project with the goal of reducing suicide risk for individuals on the parenthood journey. New parents and those experiencing baby loss are at increased risk of poor mental health and suicide. This seminar will introduce the project and propose innovative methods for addressing this often-neglected issue.



# SEMINAR PROGRAMME

**12:00PM - 12:45PM**

## Supporting neurodiversity in organisations at work & play.

Considering 1 in 5 individuals as neurodiverse, chances are you know someone impacted—whether at work or elsewhere. Encompassing ADHD, Dyslexia, ASD, and more, neurodiversity shapes perceptions and behaviours. Join Helen to explore fostering inclusion, equity, and equality, acknowledging neurodivergent experiences—challenges, strengths, and the path towards understanding.



HELEN DAVIES

## Have you had depression or struggled with low mood?

Do you have a child aged 13-17?

**Our study will** offer additional support to parents struggling with low mood

**and** offer your child the opportunity to learn wellbeing skills through an online cognitive behavioural therapy (CBT) group programme.

Receive up to £120 in vouchers



**We want to hear from you**

Take part in our research today

**Get in touch**



SWELL@cardiff.ac.uk



GIG  
CYMRU  
NHS  
WALES

Wolfson Centre  
for Young People's Mental Health

Canolfan Wolfson  
ar gyfer Iechyd Meddwl Pobl Ifanc



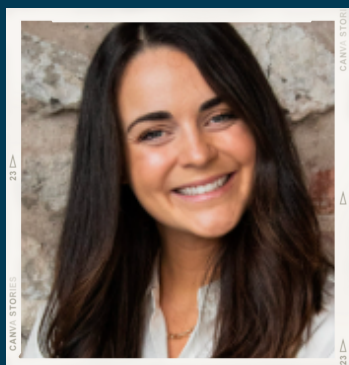


# SEMINAR SPEAKERS

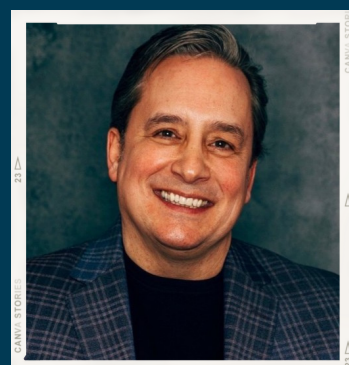
**12:00PM - 12:45PM**



LLOYD ASHLEY



TARA BROWN



JIM POOLE

## **Building a Safe Support System**

We often speak about the pillars that compliment our health but not always about the support that lets us thrive. We need to understand the support systems that allow us to grow and also how to create a safe space for the people needing our support. Life can change very quickly, so understanding what and who we need around us is vital in all areas of life

## **Wellbeing in the Digital Age: Navigating Stress and Anxiety**

In today's digital workplace, technology has revolutionised how we work. Practical evidenced based techniques to guide to managing stress and anxiety in a digital work environment. Learn strategies to thrive in the digital age while keeping your mental wellbeing a priority

## **How neuroscience effectively solves stress, fear and anxiety without drugs or side effects.**

Jim is one of the top Neuroscientists in the USA with many celebrities including Harry & Megan using Jim's Formula to release stress and anxiety. Jim will explain how NuCalm can help you de stress, release any anxiety and be on your best form.

# SEMINAR SPEAKERS

**13:30PM - 2:15PM**

## **Cold Water Therapy & The Positive Effects on Mental Health**

Explore the mental health benefits of cold-water immersion backed by recent scientific reviews. Learn implementation strategies for self-care, discover complementary well-being practices, and witness an ice bath demonstration to understand the holistic approach and its achievable outcomes.



PHIL JONES

## **Food for Thought & More**

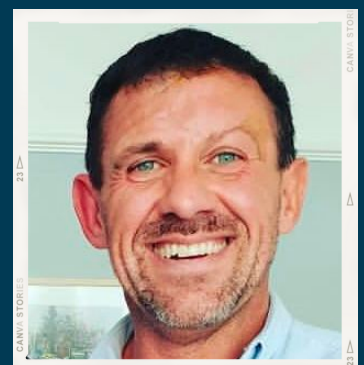
Sue Worrall, founder director of the Health Hub Academy, leads an enlightening seminar on diet and nutrition. Drawing from her extensive experience as a clinical nutritionist, Sue offers valuable insights and practical guidance for achieving optimal health through balanced dietary choices.



SUE WORRALL

## **Growth after Trauma**

Andrew is a founder of Strength in You, motivational and mental health speaker. After a near fatal car accident, his mission is to help break the stigma around mental health. He wants to share his experiences, showing people you can still achieve great things even after suffering a traumatic experience



ANDREW JENKINS



# SEMINAR SPEAKERS

**13:30PM - 2:15PM**

## **Triumph over Adversity: My mental Health Journey**



Falklands War survivor, triumphed over severe burns on 46% of his body. His resilience led to founding 'The Weston Spirit' charity, earning an OBE and Freedom of the City of Liverpool. Recognised as a top Welsh Hero, his 25+ years in motivational speaking garnered the Legend Award from Variety Children's Charity and the Freedom of the City of London. Join his seminar for an inspiring testament to triumph. Simon will talk about overcoming adversity and a positive mental attitude but also his experiences of being in the public eye over the last 30 years.

## **Suicide-A Survivor's Perspective**



Jeremy provides a candid account of living with depression, kept secret from his wife, whilst holding down a successful career. Undiagnosed for many years, he finally received treatment when suicidal thoughts became his norm. He shares contributory factors, impact, and reactions, ending with hope—as recovery is possible.

## **Surviving the Student Mental Health Mindfield**



Susie is passionate about discovering how children learn and supporting them in ways which enable them to succeed. As an international speaker, podcaster, teacher, exam board moderator and CPD trainer, she enjoys sharing her knowledge and experience working with young people and members of the community with mental health issues

SIMON WESTON CBE

JEREMY O'DWYER

DR SUSIE NYMAN



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# Trauma Informed Schools Advert



**Survivors of  
Bereavement  
*by* Suicide**

Offering peer to peer support for adults impacted  
by Suicide



We help individuals support each other, at the time of their loss and in the months and years that follow. We aim to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other.

We know how difficult it can be. We're here for you if you need us.

Contact us to find a support group near you

[WWW.UKSOBS.ORG](http://WWW.UKSOBS.ORG) | [INFO@UKSOBS.ORG](mailto:INFO@UKSOBS.ORG)

Support line - Monday - Thursday, 9am - 7pm : 0300 111 5065

# SEMINAR SPEAKERS

## 3:00PM - 3:45PM

### SIT more - Live LESS

Courtney Orange, a former 6-time Gymnastics Champion and renowned dancer, advocates for a less sedentary lifestyle. Spending 80% of his waking hours standing, he challenges societal norms that promote excessive sitting. Courtney offers transformative strategies like the '45-5 tactic,' creative timing for sitting breaks, and making standing enjoyable. His mission is to reshape our habits, turning sitting into purposeful moments and infusing fun into standing routines for a healthier, more active lifestyle.



COURTNEY ORANGE

### The Science of Improving Young People's Mental Health

Learn about managing low mood and irritability in young individuals, which can escalate to depression. Join clinicians, researchers, and youth perspectives at our seminar, exploring strategies to enhance coping skills against stress, bolster well-being, and mitigate emotional challenges. Gain insights from the Wolfson Centre for Young People's Mental Health.



JAC AIRDRIE &  
FRANCES RICE

### Grant Zetmayre

Grant set up DawnStalkers, a cold water sea swimming group that meet every morning 365 days of the year at sunrise. Grant will facilitate a Q&A about cold water and its benefits on maintaining positive mental wellbeing. This seminar will be very insightful about Grants journey setting up Dawn Stalkers and the benefits of cold water swimming, not just for your body for your mental health too.



GRANT ZETMAYRE

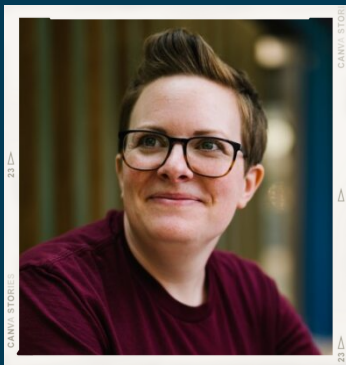


# SEMINAR SPEAKERS

**3:00PM - 3:45PM**



LEANNE BIRD



ROWAN ADERYN

## **Wellbeing Oasis or Mirage? Why wellbeing interventions can't purify the waters alone**

In today's competitive talent landscape, attracting and retaining dedicated employees is crucial. This seminar goes beyond surface-level perks, revealing how to create a genuine wellbeing oasis. It's about cultivating an environment where people truly thrive and want to stay. Join Leanne to explore strategies that build a resilient, high-performing team, driving sustainable success and making your organisation a talent magnet

## **Beyond the Scars: Healing from selfharm**

Join Rowan as they share their journey with self-harm in this engaging and informative seminar. Learn why and how Rowan experienced self-harm, why we should consider redefining it, and the different reasons why people self-harm. Discover what helped Rowan stop and challenge your thinking around this often misunderstood behaviour







## Useful Numbers

Do you need Mental Health First Aiders?  
contact Ajuda 029 20576883: [www.ajuda.org.uk](http://www.ajuda.org.uk)

[www.giveusashout.org](http://www.giveusashout.org) – TEXT SHOUT to 85258 – FREE (24/7)

[www.papyrus-uk.org](http://www.papyrus-uk.org) – HOPELineUK 0800 068 4141 – FREE (9am –  
midnight) or [www.youngminds.org.uk](http://www.youngminds.org.uk) –  
TEXT YM to 85258 – FREE (24/7)

### STAY ALIVE APP

GP – great place to start (write a plan and go with a support)

NHS 111 Direct – option 2 call backs from Mental Health Team

A&E – 24/7 – a place of safety

999 – police or ambulance “Immediate risk of harm or life”

CAMHS – Child and Adolescent Mental Health Services (up to 18)

CMHT – Community Mental Health Teams (18 plus)

To tackle stress & Anxiety go to [www.nucalm.com](http://www.nucalm.com)



**NuCalm<sup>®</sup>**  
Own the day.

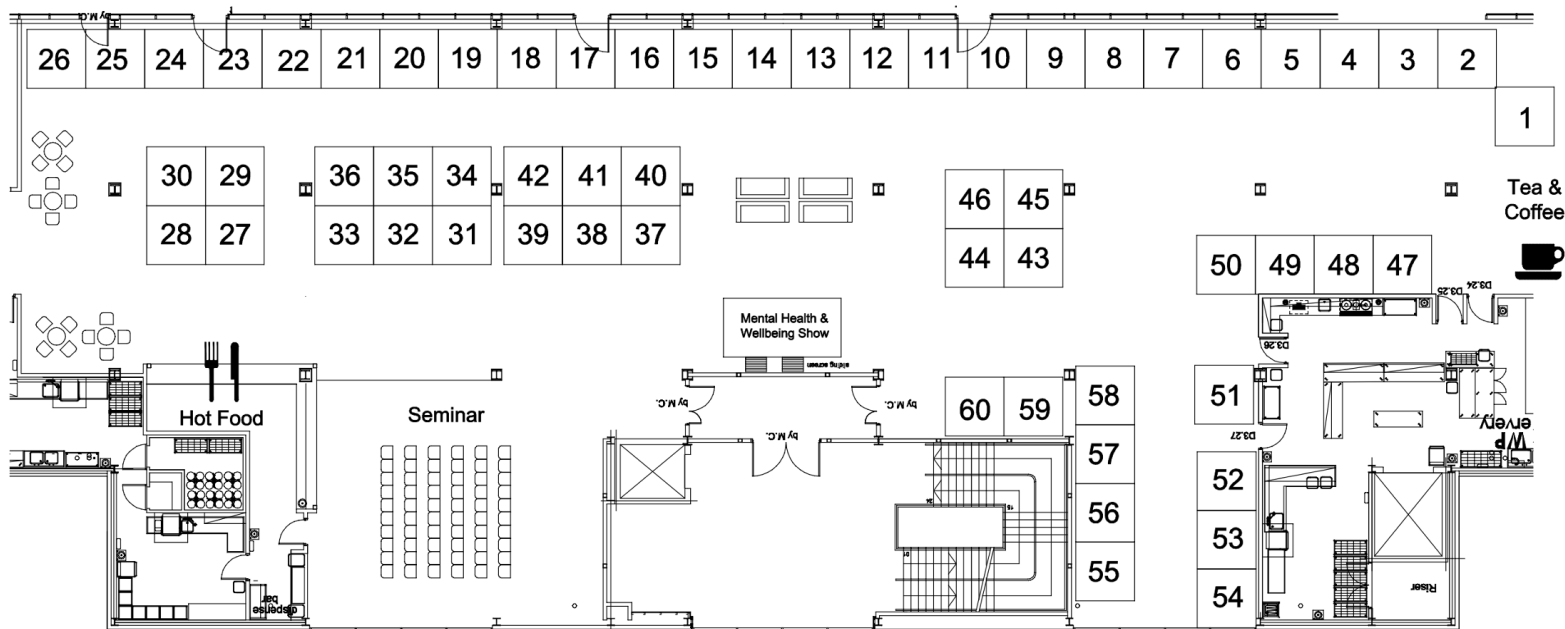


# FLOORPLAN

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[www.mhwshow.co.uk/exhibitors](http://www.mhwshow.co.uk/exhibitors)





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- Ajuda Training Services
- NuCalm
- Kudu Workplace Wellbeing
- bipolar UK
- C.A.L.L 24/7
- Child Bereavement UK
- Time to change wales
- Survivors of Bereavement by Suicide
- Platform
- ASC Advocacy Support Cymru
- Elemental Health Ltd
- Practice Solutions
- Redmore Recruitment
- Mind
- SO Fit
- Bullies Out
- DAC Training Solutions
- ADFERIAD Recovery
- Autistic Minds
- Carers Wales
- Charitylog
- Autism Wales
- Traumatic Stress Wales
- Rookwood Sound
- Charity Finder UK
- Llais
- Knock Out Depression
- Down Stalkers

Sponsorship also available





See you next  
Year!

Save the date

Thursday 15th May 2025  
Cardiff City Stadium, Cardiff

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