



# The Mental Health & Wellbeing Show

2026

## SHOW GUIDE

15 MAY 2026  
Cardiff City Stadium

Event Organiser



Sponsorship  
Available

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## ABOUT THE EVENT

The Mental Health & Wellbeing Show, a professional all-day show in Cardiff City Stadium on the 15th May 2026, 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 positive mental health, and how to support people around you who are experiencing poor 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.



Opening address by Dawn Evans, Event Director



MHW Show Team Bobbie Allen & Kris Evans



Keynote Speaker Phil Steele

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- 4 – 25 Seminars
- 32 – 38 Event Exhibitors

Headline Sponsor



## 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 REFRESHMENTS

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

### SEMINAR TICKETS

You can buy seminar tickets in advance through Eventbrite. You can also 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 30 for locations.

### QUIET ROOM

We do have a quiet space available 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 - 9.30am
- Opening address by Dawn Evans, Event Director 9.15am
- First seminar session 9.30am - 10.10am
- Second seminar session 10.30am - 11.10am
- Third seminar session 11.30am - 12.10pm
- Keynote Speaker: Phil Steele 12.30pm
- Fourth seminar session 2.30pm - 3.10pm
- Fifth seminar session 3.30pm - 4.10pm
- Event ends 4.30pm

### 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

	Ricoh Suite 1	Ricoh Suite 2	Chairman's Lounge	Captain's Lounge	Fred Keenor	Don Murray	Cymru Lounge
8:00 – 9:30am	Networking breakfast and opening address by Dawn Evans, Event Director			Networking breakfast and opening address by Dawn Evans, Event Director			
9:30 – 10:10am	The Momentum of Menopause: Support for Everyone Experiencing Menopause Bobbie Allen	How to hold Conversations with Young People about their Mental Health Kim Hodges, Mind Cymru	The Four Pillars of Quality Self-care Dr Monica Vermani	Empowering Foster Carers: How Businesses Can Provide Essential Support Gareth Powell, Calon Cymru Fostering	The Forge Within – A New Way to Talk About Suicide Prevention Sam Wilkes	From Crisis to Clarity: A Mother's Journey Through Mental Health and the Power of Hope Sarah Coward	Quiet Room
10:30 – 11:10am	Thriving Together: The Workplace Wellbeing Revolution Dawn Evans	Self-Management Toolkit for Bipolar Helen Hancock & Ceri Ashe	The Beauty of Sleep – Sleep Difficulties and Disorders for Adults with Learning Disabilities, and Autistic People Michael Fullerton and Crystal Higgins	Emotional Freedom: A New Conversation in Mental Health Geraldine McGrath	The Importance of Mental Health and Physical Health in Dads Jacob Guy	Drum Yourself Happy David Powell	Quiet Room
11:30 – 12:10pm	Bereavement in the Workplace: Supporting People Through Loss Katherine Potter, Platform Wellbeing	Safe Spaces, Strong Minds: EDIB as a Foundation for Mental Health Dr Susie Nyman	A Pineapple, Some LEGO®, and You: Building a Healthier Life, One Brick (and Bite) at a Time Sid Madge	Adult & CYP Sanctuary Models including Same Day Open Access Services in the Third Sector Chloe Farnham, Adferiad	Your Midlife Hormone Map – And How to Break Free Becca Tebon	Even in Stillness You Find Your Rhythm Lisa Williams	Quiet Room
12:30 – 1:30pm	KEYNOTE SPEAKER Nerves of Steele - Steeley, you of all people?!, Phil Steele			KEYNOTE SPEAKER Nerves of Steele - Steeley, you of all people?!, Phil Steele			Quiet Room
2:30 – 3:10pm	Corporate Life to Mindful Living Simon Delve	Beyond the Baby: The Real Story of Maternal Mental Health Emma Jay Hopkins	The Moment I Realised my Story Wasn't Over Paula Tims	Rewiring Burnout & Anxiety: Rapid Emotional Reset Tools Rooted in Brain Injury Recovery Jenell Kelly	Gambling Harms in Wales – A New System Rob Parker, Ara Recovery 4 all	Win-Win: Wellbeing Works for Work; Work Works for Wellbeing Oliver Williams	Quiet Room
3:30 – 4:10pm	Using Creative Writing to Explore your Wellbeing Bobbie Allen	Making Space to Talk About Our Emotional Health and Living Well with Illness Barbara Chidgey	When Willpower Isn't Enough: Regulating the Nervous System Through Breath Esther Nagle	Tragedy To Triumph, Now Living My Authentic Life Andrew Jenkins	Walking with Grief Paul Fears	Humans not Numbers: The People's Principles for Health and Social Care in Wales Lisa Charles, Llais	Quiet Room



## SPEAKERS AND SEMINARS



9:30AM - 10:10AM

### The Momentum of Menopause: Insight, Understanding, and Support for Everyone Experiencing Menopause

Exploring how menopause has opened up conversations and increased understanding, Bobbie will examine the mental health challenges that menopause can introduce or exacerbate, and considers ways to address them. Menopause is a natural stage of life experienced either first-hand, or by knowing and supporting someone going through it, though symptoms and reactions vary widely. Recognising this diversity, Bobbie will highlight the importance of acknowledgement, care, and support for everyone experiencing menopause as part of the universal process of ageing.



#### Bobbie Allen

Bobbie Allen is Project Co-ordinator for The Ajuda Foundation. With a wide range of professional experiences including working at the BBC and running a guest house, Bobbie's working life has been characterised by versatility and dedication.

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.

### How To Hold Conversations with Young People about their Mental Health - Led and Run by Young People

Feel confident supporting young people's mental health. This interactive workshop, led by young people, equips you with practical tools and the 4 Rs framework: Realise, Recognise, Respond, Refer. Learn what truly helps, hear honest insights from young people, and discover strategies to protect your own wellbeing. Leave prepared to have meaningful conversations that make a real difference. Kim will be joined by young people from the Mind Our Future Gwent Project.



#### Kim Hodges

Kim Hodges brings extensive experience to her role at Mind in Gwent as Mind Our Future Gwent Project Officer and Wellbeing Ambassador Coordinator. She champions approaches that empower young people and create meaningful change, with strong insight into collaboration, engagement, and wellbeing, making her a confident and impactful speaker.



## SPEAKERS AND SEMINARS



9:30AM - 10:10AM

### From Crisis to Clarity: A Mother's Journey Through Mental Health and the Power of Hope

In this honest and impactful talk, hypnotherapist, former communications leader, and founder of Your Best Mind Hypnotherapy, Sarah Coward shares her experience supporting her son through years of severe mental health crisis—and how it inspired her to retrain in hypnotherapy. Speaking to leaders, managers and wellbeing professionals, she highlights the realities of caring, the importance of early intervention, and how supportive workplace cultures and therapeutic tools can strengthen resilience. Above all, it's a message of hope and possibility of recovery.



#### Sarah Coward

Sarah L. Coward is a Clinical Solution-Focused Hypnotherapist and founder of Your Best Mind Hypnotherapy, based in North Somerset. After a 25-year career in senior marketing and communications, she retrained with Clifton Practice. Sarah supports individuals to reduce stress, build confidence, improve wellbeing, and strengthen emotional resilience through compassionate, practical hypnotherapy.

### Empowering Foster Carers: How Businesses Can Provide Essential Support

Join Calon Cymru Fostering, Learning and Development Manager, Gareth Powell, for an overview of what it takes to be a foster carer, how we as an agency support our foster carers and how you as a business can support existing and prospective foster carers in your workforce.



#### Gareth Powell

Gareth Powell, Learning & Development Manager at Calon Cymru Fostering, brings extensive expertise from his career in Local Authority social work, having specialised in both child protection & adult mental health. His deep understanding equips him to provide vital training that supports foster carers & enhances both their own mental health and wellbeing & that of the children in their care.



## SPEAKERS AND SEMINARS



9:30AM - 10:10AM

### The Forge Within – A New Way to Talk About Suicide Prevention

The Forge Within is a lived-experience keynote that reframes suicide prevention by shifting the focus from crisis response to self-understanding before crisis begins. Drawing from my journey through depression, anxiety, and a suicide attempt in 2018, I share how I created The Forge Within Method — a proactive framework helping individuals confront emotional pain, understand their triggers, process ACEs and trauma, and rebuild identity, resilience, and self-worth through denial, acknowledgment, accountability, acceptance, and empowerment.



**Sam Wilkes**

Sam Wilkes is a mental health advocate, speaker, and author of The Forge Within. After surviving a major breakdown in 2018, he now uses his story to help others talk openly about struggle, identity, and hope. Through real talk, storytelling, and grounded honesty, Sam creates spaces where people feel safe, understood, and supported.

### The Four Pillars of Quality Self-care

In this lively and informative talk, Dr. Vermani shares her innovative framework for recognizing and understanding symptoms, how they manifest and play out as negative thoughts, maladaptive behaviours, choices, and habits, and physiological symptoms. She delves into the causes of stress and burnout, and presents a powerful and practical approach to understanding the four pillars of quality self-care, and integrating healthy practices and habits into our daily lives as a means of optimizing our life-long physical and mental health.



**Dr Monica Vermani**

Dr Monica Vermani is one of Canada's highest-rated clinical psychologists, a mental health advocate, public speaker, and author of A Deeper Wellness and the Primary Care Mood and Anxiety Diagnoses toolkit. She is a regular contributor to Psychology Today and appears across print and broadcast media.



## SPEAKERS AND SEMINARS



10:30AM - 11:10AM

### Thriving Together: The Workplace Wellbeing Revolution

Workplace mental health is an increasing concern. This seminar will explore the growing pressures that today's workplace face, from financial stress, burnout, hybrid working, to constant deadlines. Dawn will look at the role of leadership and culture change that is needed and what thriving together really looks like.



**Dawn Evans**

Dawn Evans is a multi-award-winning entrepreneur, inspirational speaker, and passionate advocate for mental health. Dawn has dedicated over 2 decades to delivering life-saving training to individuals & businesses throughout Wales. Dawn is the driving force behind two major national events:

- The Mental Health & Wellbeing Wales Awards
- The Mental Health & Wellbeing Show

### Self-Management Toolkit for Bipolar

Breaking down the stigma of bipolar takes better understanding, timely diagnosis and an holistic approach to treatment and self-management. Our seminar will explore ways to challenge the stigma and self-stigma of bipolar in the workplace, relationships and the healthcare system. We'll also take a closer look at our own attitudes and prejudices towards mental health and serious mental illnesses.

Ceri will also talk about her personal experience of bipolar and stigma through the lens of her play 'Bipolar Me'.



**Helen Hancock & Ceri Ashe**

Helen is a Senior Volunteer Coordinator with Bipolar UK, formerly working in law, delivering Self-Management Courses across Wales and the UK, informed by lived experience.

Ceri is a bilingual Welsh actor, playwright, and founder of Popty Ping Productions, specialising in verbatim theatre, telling unheard stories, and challenging mental health stigma as a Bipolar UK ambassador.



## SPEAKERS AND SEMINARS



10:30AM - 11:10AM

### The Beauty of Sleep: Sleep Difficulties and Disorders for Adults with Learning Disabilities, and Autistic People

Michael and Crystal will discuss research related to sleep challenges for people with learning disabilities and autistic people, with a focus on supports available and top tips for managing sleep disorders and difficulties.

Also covered will be top tips for the social care workforce, who do waking night and sleep-in shifts, to maximise good quality sleep during the day.



#### Michael Fullerton and Crystal Higgins

Michael Fullerton is Director of Wellbeing and a Learning Disability Nurse, working with Achieve together, a national social care provider for autistic people and adults with learning disabilities. Crystal Higgins champions the rights of people with learning disabilities across Wales and England. A 2024 Learning Disability Leaders Award winner, she leads a women's group and shares practical sleep wellbeing insights through community initiatives.

### Emotional Freedom: A New Conversation in Mental Health

From Awareness to Integration, this workshop invites a deeper conversation about mental health, moving beyond understanding into lived change. Geraldine McGrath explores emotional freedom as the bridge between coping and sustainable wellbeing, revealing how emotional pain and survival patterns shape our inner world. Grounded in lived experience and trauma-informed practice, participants are guided toward regulation, reconnection, inner power, and emotional anti-fragility, strength that grows through challenge, because real change begins when what we know becomes how we live.



#### Geraldine McGrath

Geraldine McGrath is the founder of Emotional Freedom Pathways, international SPEAK and TEDx speaker, award-winning author, podcaster, and Lead for the Mental Health & Wellbeing Network Ireland. With lived experience and a deep love for people, she guides trauma-informed, soul-led healing, building inner strength, resilience, and emotional freedom as the foundation for lasting wellbeing.



## SPEAKERS AND SEMINARS



10:30AM - 11:10AM

### The Importance of Mental Health and Physical Health in Dads

Jacob's seminar aims to strengthen families by supporting fathers' mental and physical health. It highlights the value of dads' involvement in children's lives and explores modern masculinity, promoting openness, resilience, and practical support that helps fathers and families thrive across Wales and England.



#### Jacob Guy

Jacob has a varied range of working with Dads through his initiative JSG Health for Dads, Jacob promotes physical and mental well-being, building a community where dads can share experiences and access valuable support. A passionate advocate, Jacob regularly facilitates groups, delivers talks, and appears on podcasts to raise awareness of the challenges and rewards of fatherhood.

### Drum Yourself Happy

Group drumming is widely recognised as a very effective way of improving mental health and boosting wellbeing within the security of a shared pulse and musical bond. Come and join Upbeat Dave, and Drum Yourself Happy



#### David Powell

'Upbeat Dave' has taught and facilitated music across all ages and abilities, inspiring thousands of participants and motivating countless educators. His boundless energy and enthusiasm shine in teaching and performance, with most weekends spent playing with diverse ensembles, making music both his profession and his lifelong passion.



## SPEAKERS AND SEMINARS



11:30AM - 12:10PM

### Bereavement in the Workplace: Supporting People Through Loss

Supporting a team member through loss can be tough. This seminar helps leaders and managers to better understand how it can affect people at work, exploring bereavement and other difficult life changes such as illness, relationship breakdown, becoming a parent, or shifts in identity and role. We talk about how loss may show up in behaviour, performance and wellbeing, what compassionate support looks like in practice, and how to feel more confident having open conversations during difficult times.



#### Katherine Potter

Katherine is Head of Therapies at Platform Wellbeing, an Accredited Counsellor and a Qualified Supervisor. She values working within a compassionate organisation where counsellors feel supported in their development and clients feel listened to and understood. Her trauma-informed approach is shaped by her background in medicine and specialist training in integrative counselling and work with children and young people.

### Safe Spaces, Strong Minds: EDIB as a Foundation for Mental Health

Susie will discuss by fostering an EDIB culture with real life examples creates a sense of belonging and psychological safety, which are fundamental for positive mental health outcomes and enabling individuals to be their authentic selves in education and at work.



#### Dr Susie Nyman

Dr Susie Nyman is an educator, author, and international speaker recognised for her pioneering work in multi-sensory teaching and advocacy for student and community mental health. Her work bridges academic achievement and emotional wellbeing, establishing her as a leading voice in inclusive, compassionate, and evidence-informed education.



## SPEAKERS AND SEMINARS



11:30AM - 12:10PM

### A Pineapple, Some LEGO®, and You: Building a Healthier Life, One Brick (and Bite) at a Time

'It's not easy being at your best. Let's face it life can be damn right tough and get frightfully messy! But, and there's always a but, it doesn't have to leave us deflated, defenseless and helpless. In this inspiring session we'll explore what makes us, us and look at some very easy ways to be at our best more of the time.' Join Sid for an engaging, enlightening and truly entertaining talk.



#### Sid Madge

Sid Madge worked with many of the world's largest brands and ran and worked for some of Europe's most renowned creative agencies. In 2015 his world changed. While giving a talk to teenagers he was stunned by how they described themselves. Sid wanted to help and based on his knowledge of brands and people he founded Meee. To date, Meee has transformed the lives of over 20,000 people, from leaders of SMEs to PLCs, to parents, teachers, students, carers, the unemployed and prison inmates. His ambition is to see The Magic Of Meee in every community around the world.

### Adult & CYP Sanctuary Models including Same Day Open Access Services in the Third Sector

This seminar, led by Chloe Farnham, Head of Crisis Intervention and Involvement Services at Adferiad, explores the development and impact of Adferiad's Sanctuary Model. Established as a pilot in 2020 and funded by Swansea Bay University Health Board, the service transformed crisis mental health support through an open-access, same-day, self-referral approach. The session will highlight how the model adapted to an open access, one-at-a-time approach, ensuring timely, person-centred out-of-hours support and further sanctuary models across Wales..



#### Chloe Farnham

Chloe Farnham leads strategic and operational delivery of Adferiad's crisis and lived-experience services for adults, children, and young people. She oversees high-quality, non-clinical, community-based mental health support as alternatives to emergency care, prioritising safeguarding, partnership working, and inclusive, accessible services for communities across Wales.



## SPEAKERS AND SEMINARS



11:30AM - 12:10PM

### Your Midlife Hormone Map – and How to Break Free

From keynote length to TEDx-style talk, A conversation about full orchestra hormones, that runs our metabolism, mood, mindset, cravings, sleep, and energy... all the way from our 30s to our 60s.

Menopause doesn't break your metabolism. Misunderstanding your hormones does.

Your hormones go from a whisper in your 30s to full-out yelling during the metabolic hijack in your 50s and 60s. Leave with Trust in Yourself, Food Freedom, and Regain Confidence from the bedroom to the boardroom.



#### Becca Tebon

Becca Tebon, creator of the RESET Workout Method® and Menopause Reset®, helps women improve health and wellbeing through neuroscience-based movement, mindset, and nutrition. A former collegiate athlete and lifelong women's health advocate, she delivers practical, travel-friendly workouts and teaches how focused, repeated attention reshapes body, brain, and performance.



### Even in Stillness You Find Your Rhythm

Wellbeing circle open to all. Blending stillness, sound healing, gentle movement and expressive dance, this session helps participants settle the mind, soften the body and reconnect with their natural inner flow. Through grounding practices and rhythmic guidance, you'll be invited to breathe deeply, reset and rediscover the quiet inner rhythm that supports emotional balance, clarity and calm.



#### Lisa Williams

Lisa Williams is a spiritual creative mentor, Reiki Master, healer and dance teacher with over 25 years of experience guiding others back to their true selves. She is the founder of the Spiritual Sisters Collective, RHYTHM Poetry for Your Soul, and the RHYTHM Podcast for Your Soul, creating spaces for connection, expression and inner healing.

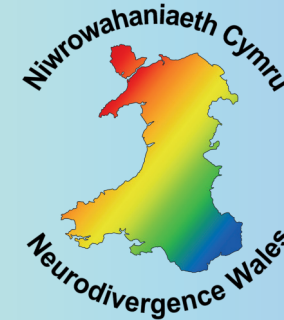


[www.NiwrowahaniaethCymru.org](http://www.NiwrowahaniaethCymru.org)

[www.NeurodivergenceWales.org](http://www.NeurodivergenceWales.org)

Gwybodaeth ac adnoddau am ddim i'w cyrchu am niwrowahaniaeth.

Free-to-access information and resources about neurodivergence.



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## Achieve together

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# MENTAL HEALTH & WELLBEING QUALITY MARK

Rewarding & recognising organisations who go above and beyond to put the mental health & wellbeing of their team first.

## WHY APPLY

Applying for a Mental Health & Wellbeing Quality Mark reflects your active commitment to your team's mental wellness, promoting a supportive workplace culture. This dedication not only increases staff retention but also enhances productivity by fostering an environment where employees feel valued and empowered.

## THE BENEFITS

- Demonstrates active commitment towards your team's mental health & wellbeing
- Promotes good mental health & wellbeing in the workplace
- Increases staff retention
- Increases productivity in the workplace
- Reduces costs attributed to sickness & absence
- Encourages a culture of openness around mental health & wellbeing
- Reduces presenteeism in the workplace
- Enhances an organisation's profile as a nurturing and caring workplace environment

## THE STANDARDS

**Bronze Standard**



**Silver Standard**



**Gold Standard**



To register your interest and to apply for a Quality Mark, scan here:



## SPEAKERS AND SEMINARS



12:30PM - 1:30PM – KEYNOTE SPEAKER

Keynote speaker at the  
Mental Health & Wellbeing Show  
15 May 2026

# INTRODUCING PHIL STEELE



## “Nerves of Steele” Steele, you of all people?!

Phil is also one of Wales' most popular after dinner speakers with his infectious personality and unique brand of Welsh humour. However, Phil's sunny demeanor masks the fact that he has lived much of his with crippling bouts of depression and its fiendish twin, anxiety.

With mental illness thought to affect 1 in 4 people in Wales, Phil's story will resonate with the many that have experienced it themselves and those whose loved ones have been affected.

Phil has been a popular rugby reporter, presenter and commentator for BBC Wales and he is one of Wales' most popular after dinner speakers with his infectious personality and unique brand of Welsh humour.

His bestselling autobiography Nerves of Steele was published in 2017.

We are so lucky to have Phil be our keynote speaker this year, with a lively talk that is not-to-be-missed.



## SPEAKERS AND SEMINARS



2:30PM - 3:10PM

### Corporate Life to Mindful Living

In 1996 at the age of 17, Simon joined Land Rover as an apprentice technician and predominantly worked in the corporate world until the age of 41. Whilst living in the long hours, fast paced world, it was his mind that was tested the most, living through many external challenges from losing his father at 13 to experiencing heart conditions. Having founded Samten in 2019, this really helped change the way Simon managed his awareness and how he lived.

#### Simon Delve

Simon Delve is CEO of Samten, a wellbeing company focused on teaching mindfulness and meditation to support everyday mental health. He moved from a long corporate career into mindful living and leads Samten's mission to help individuals cultivate purpose, compassion, and resilience through accessible mindfulness practices.



### Beyond the Baby: The Real Story of Maternal Mental Health

Emma is a mental and physical wellbeing specialist with over 20 years' experience supporting individuals and organisations to thrive. As the Founder of Wellfinite Workplace Wellbeing, and Lifeshaper Female wellness programme, Emma creates meaningful, proactive wellbeing support that feels human, accessible, and genuinely impactful, designed to simplify wellbeing and empower people to take control of their health.

#### Emma Jay Hopkins

This powerful, unfiltered session dives into the real, often unspoken journey of maternal mental health. Raw, honest truth about identity shifts, emotional overwhelm, burnout, and hidden mental load, many mothers carry in silence. Through personal story, professional insight, and practical, compassionate guidance, Emma equips attendees with simple but transformative tools to support parental wellbeing.

Parent, caregiver, leader, or someone wanting to understand this topic more deeply, this session will leave you feeling informed, connected, and empowered to create real change.



## SPEAKERS AND SEMINARS



2:30PM - 3:10PM

### The Moment I Realised my Story Wasn't Over

There was a point where it felt like life had closed the book on me. Like the chapter was finished, the plot had stalled and all I could do was accept it. But then something inside me shifted. I realised I wasn't done. I wasn't defined by what broke me. I wasn't limited by what happened. And I wasn't here to fade quietly into the background. That was the moment I stopped surviving and started choosing me for good.

#### Paula Tims

Paula is founder of So What Era lifestyle brand, Junior partner of Porthcawl Nutrition club in South Wales, a collective author, coach, consultant, advisor and public speaker. From Childminder to CEO, Paula's award winning 30 year career, has helped thousands of children and families. Paula is a proud suicide survivor, using her lived experience to raise hope and inspire wellbeing.



### Rewiring Burnout & Anxiety: Rapid Emotional Reset Tools Rooted in Brain Injury Recovery

Burnout and anxiety are rising across healthcare, education, and social care, but most professionals never learn how to regulate their nervous system in real time. As a brain injury and stroke survivor, Jenell Lyn Kelly rebuilt her cognitive and emotional foundation using the same rapid-reset tools she now teaches. In this powerful session, you'll learn practical, science-backed techniques to interrupt overwhelm, calm your nervous system, and restore clarity so you can support others without losing yourself in the process.

#### Jenell Kelly

Jenell Kelly is a Registered Nurse, two-time #1 International Amazon Best-Selling Author, speaker, and transformational trainer. Specializing in emotional intelligence, burnout prevention, and wellbeing, she draws on 30 years of frontline healthcare experience to coach over 1,000 people worldwide, helping them lead, serve, and live with clarity, resilience, and authentic power.





## SPEAKERS AND SEMINARS



2:30PM - 3:10PM

### Gambling Harms in Wales – A New System

The session will :

Provide attendees with knowledge and insight into gambling related harms and why it is vital that services have an understanding and recognise this increasing public health issue.

Discuss the implementation of the Gambling Levy and commissioning of services from April 2026

Provide a lived experience input, sharing personal experiences and a panel discussion on why this topic is so important.



#### Rob Parker, Ara Recovery 4 all

Rob Parker is a lived experience advocate for those experiencing gambling related harms. Rob actively works in the gambling support space and has worked with Welsh Government and GambleAware to improve services in Wales.

### Win-Win: Wellbeing Works for Work; Work Works for Wellbeing.

Hear from Healthy Working Wales, a national free resource for all employers and managers in Wales, about current challenges around workplace health and wellbeing, why this is a problem, and what employers can do to support and promote good health and wellbeing at work.



#### Oliver Williams

Oliver is a Consultant in Public Health, working in the Health Improvement Division of Public Health Wales. He is the lead for Healthy Working Wales and the National Exercise Referral Scheme.

## SPEAKERS AND SEMINARS



3:30PM - 4:10PM

### Using Creative Writing to Explore Your Wellbeing

Join Bobbie at the 2026 Mental Health and Wellbeing Show to discover how creative writing can support mental health and emotional wellbeing.

This interactive seminar explores where writing fits within a wider wellbeing toolkit, with practical insights you can use long after the session ends.

You will also be invited to try a short, guided writing exercise, turning a personal experience into a brief creative piece in a supportive, welcoming space.



#### Bobbie Allen

Bobbie Allen, Cardiff-born writer, is author of *Hollie's Dream of Consciousness* and *Waiting for Something Better to Happen*, and is working on her third book. She runs creative writing workshops and retreats, drawing inspiration from reading, and believes in the power of writing to explore and support mental wellbeing.

### Making Space to Talk About our Emotional Health and Living Well with Illness

Although frequently overlooked, we all respond emotionally as well as physically to illness. Clinical care & emotional support together are essential. Good emotional health:

1. Enhances the quality of life when living with physical illness and
2. Is a buffer to developing a mental illness on top of the physical illness.

This workshop will bring to life the importance of talking about our feelings arising from illness, outline our work & its impact, with contributions from patients, carers and clinicians.



#### Barbara Chidgey

Barbara has shaped leadership and management across all sectors in Wales. She is founder and chair of Daring to Dream, The Emotional Health Charity, supporting the emotional wellbeing of 1.2 million people living with illness. The charity creates safe, welcoming 'Spaces to Talk' to foster connection and support.



## SPEAKERS AND SEMINARS



3:30PM - 4:10PM

### When Willpower Isn't Enough: Regulating the Nervous System Through Breath

Many of us try to think, push or positive-mindset our way out of stress, anxiety and emotional overwhelm, yet the body is still stuck in survival mode. In this talk, Esther Nagle explores why willpower alone cannot restore emotional balance when the nervous system feels unsafe. Drawing on lived experience of recovery and professional practice, she shares how simple, trauma-informed breath practices can create real regulation, safety and emotional resilience.



**Esther Nagle**

Esther is a recovery and wellbeing coach, yoga and breathwork teacher with over a decade of lived and professional experience. Having rebuilt her own nervous system and recovered from alcoholism, she helps others manage stress, emotions, and overwhelm through simple, practical practices that work in everyday life, not just on retreat.

### Tragedy To Triumph, Now Living My Authentic Life

Andrew brings a unique blend of expertise, resilience, and passion for mental health to his motivational speaking. Having navigated life-changing challenges throughout his life, he understands firsthand the importance of mindset, well-being, and overcoming obstacles.

He delivers powerful, relatable insights that inspire lasting change – helping individuals and teams unlock their full potential, boost performance, and create a culture of resilience.



**Andrew Jenkins**

Andrew, a finalist on the BBC reality sensation "The Traitors" and a living embodiment of resilience! At just 21, he was thought to be dead on the side of the road after a life altering car accident. He struggled in silence for years with his mental health, but has now overcome that struggle, and continues to build his own resilience while encouraging others to build theirs.



## SPEAKERS AND SEMINARS



3:30PM - 4:10PM

### Walking with Grief

Grief is complex and deeply personal. Grief is also cripplingly painful, especially when losing a son or daughter. Since losing my son, Greg, in 2023, I had to find ways to navigate the treacherous and destruction waters of grief. I found peace when I walked, whether it was in the mountains, in forests or along the coast. I was away from the noise of life and walking gave me the space to process the loss of my precious son.



**Paul Fears**

After a 20-year engineering career, Paul founded his photography business in 2013. He has completed numerous fundraising walking challenges for Ty Hafan Children's Hospice, which supported his family after his son Greg's life-limiting diagnosis. Walking remains a vital part of Paul's grieving process following Greg's passing in February 2023.

### Humans not Numbers: The People's Principles for Health and Social Care in Wales

In 2025, Llais engaged thousands of people across Wales through The Health and Social Care We Want project. A core message emerged: people want a system that treats them as human beings, not numbers. From what Llais heard, the People's Principles were created. This seminar explains what the People's Principles are and shows how they can be used to shape a fairer, more accessible health and social care system for everyone in Wales.



**Lisa Charles**

Lisa leads Llais' work across the Gwent Region, championing social justice, inclusion and community-led mental health. She focuses on person-led improvements, strategic leadership, through partnership and participation, for people locally, and meaningful outcomes across Wales.



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

The aim of the Ajuda Foundation is to promote positive mental health & well-being support, 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 DELIVER >

Educational workshops promoting positive mental health



Mental health conferences and online mental health webinars

Mental health training courses and workshops in the community



Literature to raise awareness of mental health throughout Wales



Access to mental health videos, & training courses via our online MHW Hub

## WAYS IN WHICH WE MAKE A DIFFERENCE



### 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.

## SUPPORT US

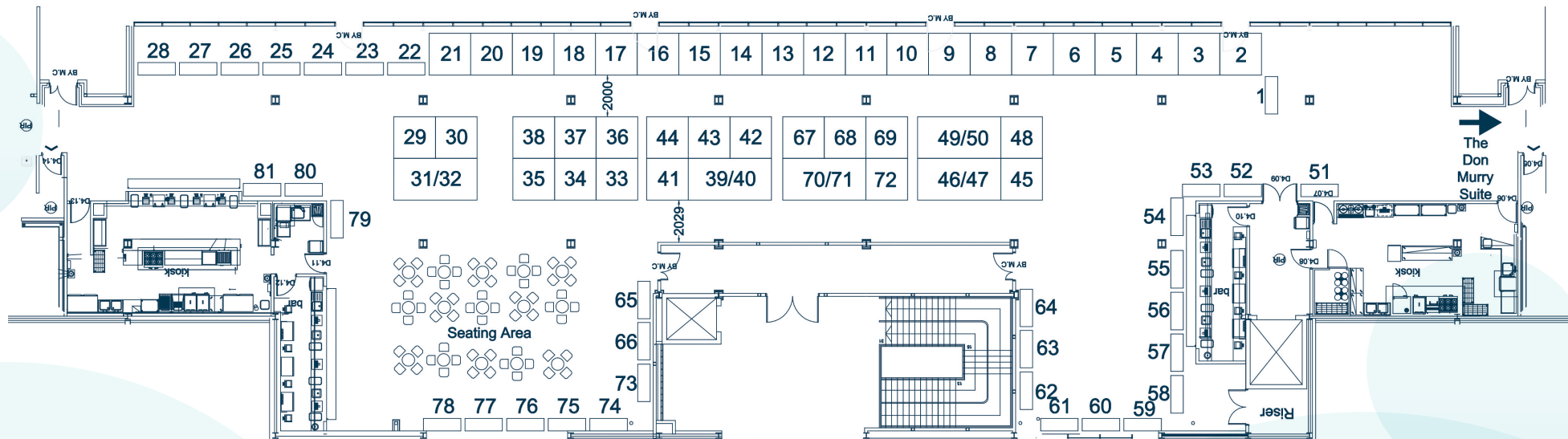
Donate your time and volunteer at our events  
Become a trustee | Donate some money  
Attend our events | Hold your own fundraising events  
Join in our events, as a speaker, exhibitor or delegate



029 20576883  
[www.ajudafoundation.org.uk](http://www.ajudafoundation.org.uk)



## FLOORPLAN



## EXHIBITORS

STAND	COMPANY	STAND	COMPANY
X	Promoting Independence	X	Carers Wales
X	National Neurodivergence Team	X	Platform Wellbeing
X	Bipolar UK	X	Calon Cymru
X	Bullies Out	X	Mind Cymru
X	Ajuda Foundation	X	DAC Training Solutions
X	Meee Global	X	Advocacy Support Cymru (ASC)
X	Claire Clarke	X	Vale of Glamorgan Council
X	Trauma Informed Schools UK	X	Rookwood Sound
X	Ajuda Training Services	X	Upbeat Music & Arts
X	Child Bereavement UK	X	Adferiad
X	Evolve Recovery	X	Self Love Solves Everything
X	Augmenting Therapy	X	Samaritans Cymru
X	The MHW Awards	X	Working Minds
X	Hywel Dda University Health Board	X	Dewis Cymru

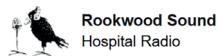
STAND	COMPANY	STAND	COMPANY
X	Holland and Barrett	X	Achieve Together
X	Phillips Wellbeing	X	Healthcare Inspectorate Wales
X	Healthy Working Wales	X	Practical Wisdom
X	Intuitive Thinking Skills	X	Llais
X	Sandy Bear	X	Warm Wales
X	Ara - Recovery for All	X	C.A.L.L.
X	Ajuda Wellbeing Academy	X	Alpha Safety Training
X	Charity Job Finder	X	WHA Healthcare
X	Redmore Recruitment	X	Personal Strengths Coaching
X	Curaleaf Laboratories	X	Samten
X	2Wish	X	Cruse Bereavement Support
X	act.	X	Pugh's Garden Village
X	Prometheus Safe and Secure		
X	Daring to Dream		



EXHIBITORS



MAIN SPONSOR



EXHIBITORS





## EXHIBITORS



### Promoting Independence

Promoting Independence offers a range of services including industry leading events, training and assessment services. They specialise in all aspects of assessing for adaptations to the home. From their base in Cardiff their offer programmes UK-wide. [promoting-independence.co.uk](http://promoting-independence.co.uk)

### National Neurodivergence Team

The Welsh Government-funded National Neurodivergence Team, hosted by WLGA and in partnership with PHW, collaborates with local Autism Leads and health boards. They coordinate the Autism Leads forum, developing essential resources, ensuring unified, comprehensive support for neurodivergent individuals across Wales. [neurodivergencewales.org](http://neurodivergencewales.org)

### Bipolar UK

Bipolar UK is the only national charity dedicated to empowering individuals and families affected by bipolar. Peer support is at the core of their work. They empower approximately 1,000 people a month to stay well – and they have the ambition to reach thousands more. [bipolaruk.org](http://bipolaruk.org)

### Bullies Out

Established in May 2006, Bullies out is one of the most dedicated and ambitious anti-bullying charities. Through their award-winning work with individuals, schools, youth and community settings and the workplace, each year, they provide counselling, education, training and support to thousands of people. [bulliesout.com](http://bulliesout.com)

### Ajuda Foundation

The aim of the Ajuda Foundation is to promote positive mental health & wellbeing support, 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. [ajudafoundation.org.uk](http://ajudafoundation.org.uk)

### Meee Global

Meee Global works with people from all walks of life, from the unemployed and those in the criminal justice system to corporate organisations. At their core, they help people become better in all areas of life, leading to better communities, homes, and societies. [meee.global](http://meee.global)

### Claire Clarke

provides person-centred support focused on wellbeing, growth, and resilience. Her approach is rooted in empathy, lived experience, and practical tools that help individuals move forward with confidence. [iamclaireclarke.co.uk](http://iamclaireclarke.co.uk)

### Trauma Informed Schools UK

Trauma Informed Schools UK provide appropriate training for schools, communities and organisations so that they become trauma informed and mentally healthy places for all. [traumainformedschools.co.uk](http://traumainformedschools.co.uk)

### Ajuda Training Services

At Ajuda, the emphasis is very firmly on ensuring outstanding customer service for all clients. The company will teach anyone, anytime and anywhere, tailoring all courses to meet the individual needs and requirements of customers. [ajuda.org.uk](http://ajuda.org.uk)

### Child Bereavement UK

Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. They support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying. [childbereavementuk.org](http://childbereavementuk.org)

### Evolve Recovery

Evolve Recovery provides recovery-focused services that support mental wellbeing, stability, and personal empowerment through tailored and supportive approaches. [evolvesuccessnetwork.co.uk](http://evolvesuccessnetwork.co.uk)

### Augmenting Therapy

Augmenting Therapy enhances therapeutic support through flexible, innovative methods designed to complement individual needs and improve overall wellbeing outcomes. [facebook.com/augmentingtherapy](https://facebook.com/augmentingtherapy)

### The MHW Awards

The MHW Awards are managed and organised by The Ajuda Foundation, a community interest company promoting positive mental health in organisations, individuals and communities across Wales. All money raised contributes to community projects, creating Community Mental Health First Aiders, and Community Wellbeing Champions. [mhwawards.co.uk](http://mhwawards.co.uk)



## EXHIBITORS



### Hywel Dda University Health Board

Hywel Dda University Health Board delivers integrated health services that support physical and mental wellbeing through patient-centred care and evidence-based practice. [hd.ubh.nhs.wales](http://hd.ubh.nhs.wales)

### Carers Wales

Carers Wales supports unpaid carers through advice, guidance, and advocacy, helping them maintain their wellbeing while caring for others. [carersuk.org/wales](http://carersuk.org/wales)

### Platform Wellbeing

Platform Wellbeing, a charitable organisation, supports individuals in diverse mental health projects like supported housing, youth programmes, counselling, substance use, and employment services. Their focus lies in understanding trauma's effects, identifying strengths, and nurturing healing for lasting wellbeing. Acknowledging limitations in 'fixing', they empower individuals on their journey, walking alongside them. [platform.org](http://platform.org)

### Calon Cymru

Calon Cymru promotes emotional wellbeing and kindness through community-focused initiatives that encourage connection, inclusion, and resilience. [caloncymrufostering.co.uk](http://caloncymrufostering.co.uk)

### Mind Cymru

Mind change minds across England and Wales by making mental health an everyday priority. By standing up to the injustices – in healthcare, in work, in law – which make life harder for those of us with mental health problems. Mind support minds – by offering help whenever you might need it through their information, advice and local services. [mind.org.uk](http://mind.org.uk)

### DAC Training Solutions

Dawn Griffiths, MD of DAC Training Solutions, boasts 30+ years in hospitality and education. From chef to hospitality lecturer and industry standards roles, she's an expert in hospitality qualifications, compliance assessment, and quality assurance. DAC offers tailored training, compliance reviews, and quality guidance for varied sectors' needs. [dactrainingsolutions.co.uk](http://dactrainingsolutions.co.uk)

### Advocacy Support Cymru (ASC)

AS Cymru supports autistic people and their families by providing information, guidance, and advocacy to promote understanding, inclusion, and wellbeing. [ascymru.org.uk](http://ascymru.org.uk)

### Vale of Glamorgan Council

Vale of Glamorgan Council is the local authority for the Vale of Glamorgan, Wales, providing public services including education, social care, planning, and community support. It works to improve residents' wellbeing and sustain vibrant local communities. [valeofglamorgan.gov.uk](http://valeofglamorgan.gov.uk)

### Rookwood Sound

Rookwood Sound is a radio station that was created for people in staying in hospital. Their philosophy is that when you are home feeling well you have your own choice of Radio station to listen too, as expected this is quality radio providing you with what you want from it. Rookwood Sound aim to be as good as your normal radio station and try and surpass it where possible. Being in hospital does not stop you from wanting the same things, perhaps even more so the little things matter when time lays heavy while a patient in hospital. [rookwoodsound.com](http://rookwoodsound.com)

### Upbeat Music & Arts

Upbeat delivers engaging, fun-powered learning experiences highly sought-after in South East Wales. With growing demand under the new Curriculum for Wales, we assist schools in Expressive Arts training. Schools in Wales can access 'HAVE a GO' funding from the Arts Council of Wales for our workshops. [upbeatmusicandarts.co.uk](http://upbeatmusicandarts.co.uk)

### Adferiad

Adferiad is a member-led charity that provides help and support for people with mental health, addiction, and co-occurring and complex needs, to maximise their personal potential, and achieve a better quality of life. Our expert staff and volunteers apply a whole person approach to help people in all areas of their lives so they can live with dignity and as independently as possible. We are rights affirming people within a rights affirming organisation. [adferiad.org](http://adferiad.org)

### Self Love Solves Everything

Self Love Solves Everything empowers individuals to build confidence, self-worth, and emotional resilience through supportive and reflective approaches. [selflovesolveseverything.com](http://selflovesolveseverything.com)



## EXHIBITORS



### Samaritans Cymru

Samaritans Cymru operates with a team of trained volunteers who offer a non-judgemental and confidential listening service. These volunteers are available 24 hours a day, seven days a week, providing a vital lifeline for those in need. The organisation aims to reduce feelings of isolation and despair by offering a compassionate and understanding ear to anyone going through a difficult time. [amaritans.org/samaritans-cymru](http://amaritans.org/samaritans-cymru)

### Working Minds

Working Minds aim to develop and deliver progressive and innovative health related services within communities, business and education. Working Minds provide short term, solution focused therapies, longer interventions, and integrated support services with other organisations. [workingminds.org.uk](http://workingminds.org.uk)

### Dewis Cymru

Dewis Cymru is THE place to go if you want information or advice about your well-being – or want to know how you can help somebody else. When we talk about your well-being, we don't just mean your health. We mean things like where you live, how safe and secure you feel, getting out and about, and keeping in touch with family and friends. [dewis.wales](http://dewis.wales)

### Holland and Barrett

Holland & Barrett is the UK's leading wellness retailer and one of the largest in Europe. We make health and wellness a way of life for everyone, with a leading range of own brand, innovative vitamins, supplements, specialist foods, sports nutrition, and conscious beauty brands. H&B's colleagues are "qualified to advise" with in depth training in nutrition and supplements to give accessible personalised advice to customers on their individual needs. [hollandandbarrett.com](http://hollandandbarrett.com)

### Phillips Wellbeing

Phillips Wellbeing specialise in providing confidential, compassionate counselling services to both individual clients and employees from public and private sectors. Whether you're dealing with stress, anxiety, workplace issues, or relationship struggles, our team of experienced counsellors is here to offer personalised support in a caring, empathetic environment. [phillipswellbeing.com](http://phillipswellbeing.com)

### Healthy Working Wales

Healthy Working Wales helps organisations improve workplace wellbeing by providing practical guidance and resources that support healthier working environments. [healthyworking.wales](http://healthyworking.wales)

### Intuitive Thinking Skills

Intuitive Thinking Skills provide mentoring and courses designed and delivered by people with rich lived experience who have overcome their problems, using acquired skills properly directed. [intuitivethinkingskills.co.uk](http://intuitivethinkingskills.co.uk)

### Sandy Bear

Sandy Bear believe that no child should suffer bereavement alone. Our 1:1 and peer-group support ensures children and young people are able to understand death, to fully express grief, and manage loss in a positive way which builds resilience and better equips them for life in future. their approach means children know they are not alone, and others are going through similar experiences. [sandybear.co.uk](http://sandybear.co.uk)

### Ara – Recovery for All

Ara have been dedicated to making a positive impact in our communities since 1987. Ara's mission is to empower individuals and families, helping them transform their lives and build stronger, healthier communities. They deliver free and confidential gambling help across Wales and the South West. [recovery4all.co.uk](http://recovery4all.co.uk)

### Ajuda Wellbeing Academy

The Ajuda Wellbeing Academy manages the Mental Health and Wellbeing Quality Mark, a mark demonstrating the value organisations place on workplace mental health and wellbeing. Email [qualitymark@ajuda.org.uk](mailto:qualitymark@ajuda.org.uk) to book a discovery call. [ajudawellbeing.org.uk](http://ajudawellbeing.org.uk)

### Charity Job Finder

Charity Job Finder advertises positions to attract talented and ambitious individuals to work in the charity and not-for-profit sector. On this site, you'll find all kinds of job opportunities, from senior management roles to fundraisers, carers, admin staff, and beyond. Whether you are looking for your first role in the charity sector or believe you have what it takes to be an inspiring charity leader, this site is for you. [charityjobfinder.co.uk](http://charityjobfinder.co.uk)



## EXHIBITORS



### Redmore Recruitment

Redmore Recruitment delivers a unique experience to their clients by offering a complete partnership approach to recruitment. They review recruitment spend and reduce the cost of hiring personnel while enhancing the career path of all candidates by placing diversity and inclusion at the heart of everything they do. [redmorerecruitment.co.uk](http://redmorerecruitment.co.uk)

### Curaleaf Laboratories

Curaleaf Laboratories are the UK-leading experts in the manufacture and distribution of EU-GMP medical cannabis as part of Curaleaf International, a subsidiary of Curaleaf Holdings, Inc. the largest cannabis company in the world. [curaleaflaboratories.co.uk](http://curaleaflaboratories.co.uk)

### 2Wish

2Wish ensures that all those affected by the sudden and unexpected death of a child or young adult aged 25 or under receive the bereavement support they need and deserve. They provide immediate and ongoing support, such as memory boxes, bereavement rooms within hospitals, counselling, play therapy and complementary therapy. [2wish.org.uk](http://2wish.org.uk)

### act.

As the largest training provider in Wales Act. offers a variety of work-based learning and employability programmes including Jobs Growth Wales +, funded courses and specialist commercial training. [acttraining.org.uk](http://acttraining.org.uk)

### Prometheus Safe and Secure

Prometheus Safe and Secure are market leaders in the mental health sector, delivering secure, specialised care for people with a diverse range of needs and health conditions. Their trusted staff undergo comprehensive NHS training to provide a rapid 24/7 service to over 40 NHS Trusts, CCGs, and private hospitals across the UK. [psecure.co.uk](http://psecure.co.uk)

### Daring to Dream

Daring to Dream supports personal growth and self-belief, helping individuals build confidence and move toward positive life goals. [daringtodream.wales](http://daringtodream.wales)

### Achieve Together

Achieve together is one of the UK's leading providers of support for people with learning disabilities, autism, PMLD, deafness, hearing loss and associated complex needs. [achievetogether.co.uk](http://achievetogether.co.uk)

### Healthcare Inspectorate Wales

HIW are responsible for inspecting, reviewing and investigating NHS services and independent healthcare services throughout Wales. They inspect NHS services, and regulate independent healthcare providers against a range of standards, policies, guidance and regulations to highlight areas requiring improvement. [hiw.org.uk](http://hiw.org.uk)

### Practical Wisdom

Practical Wisdom – your neurodivergent experts. Providing consultancy, workshops and group coaching, supporting individuals and teams to thrive. Some of our popular topics include: planning & organising, attention & focus, improving sleep, harnessing emotions, radical acceptance, managing fibromyalgia & managing menopause. We also provide bespoke programmes & deliver talks. [practicalwisdom.uk](http://practicalwisdom.uk)

### Llais

Llais works with local NHS and social care services providers to respond to the things that matter most to people in the communities they serve. Because it's a statutory body, NHS organisations, local authorities and third sector care providers have to listen. [llaissäles.org](http://llaissäles.org)

### Warm Wales

Warm Wales is Wales' oldest CIC working to tackle fuel poverty by offering free advice and support to ensure people across Wales and South-West England have warm and safe homes. 'We have a team of trained energy advisors and community workers to help provide advice, referrals, and access to grants such as gas connection grants to ensure no one is living in unsafe and cold homes. Our Healthy Homes Healthy People project is available to everyone to help support you reduce your energy bills, apply for schemes and support those affected mentally by fuel poverty'. [warmwales.org.uk](http://warmwales.org.uk)



## EXHIBITORS



### C.ALL.

C.ALL. Helpline offers emotional support and information/literature on Mental Health and related matters to the people of Wales. Anyone concerned about their own mental health or that of a relative or friend can access the service. C.ALL. Helpline offers a confidential listening and support service.  
[callhelpline.org.uk](http://callhelpline.org.uk)

### Alpha Safety Training

Alpha Safety specialises in a range of globally recognised accredited training courses, supporting a wide range of industries, including occupational safety essentials such as First Aid, through to construction specific courses such as Site Management.  
[alphasafety.co.uk](http://alphasafety.co.uk)

### WHA Healthcare

WHA Healthcare is here to provide support to individuals, families, and companies with the costs of everyday healthcare and well-being, by offering relevant and affordable healthcare cash plans. Our simple and affordable health plans give you money back when you visit the optician, dentist, physio and a range of other health professionals. We've been protecting our customers' health and wellness since 1948.  
[whahealthcare.co.uk](http://whahealthcare.co.uk)

### Personal Strengths Coaching

At Personal Strengths Coaching, we support organisations unlock their people's full potential, building confident, motivated, and empowered teams. Our workshops and individual coaching programmes all begin with a Strength Debrief to optimize an individual's personal strengths, boosting collaboration, productivity and effectiveness. Our mission is to ensure no strength goes untapped!  
[personalstrengthscoaching.com](http://personalstrengthscoaching.com)

### Samten

Samten use authentic, scientifically backed methods and teachings, we believe that learning the art of mindfulness and meditation is key to providing us with a life and survival skill that is proven to help us cope with stress, sleep, depression, anger and grief.  
[mysamten.com](http://mysamten.com)

### Cruse Bereavement Support

Cruse help people through one of the most painful times in life by offering free, compassionate bereavement support, information and guidance. Their trained volunteers provide listening services, one-to-one support, group options, and resources to help individuals navigate grief with dignity and understanding.  
[cruse.org.uk](http://cruse.org.uk)

### Pugh's Garden Village

Pugh's they support wellbeing by helping people connect with nature, home, and lifestyle choices that enhance everyday life. Their focus is on quality, inspiration, and creating positive experiences that support overall wellbeing.  
[pughsgardencentre.co.uk](http://pughsgardencentre.co.uk)

### Ascend Clinical Research

Ascend Clinical was created by Cara and Alex, two nurses from the Philippines who built their careers in UK healthcare and saw the need for a more agile, inclusive, and patient-focused approach to clinical research. As the first women-led, Asian-ethnicity SMO in the UK, Ascend stands for excellence, integrity, and innovation. Our mission is simple: deliver clinical trials with precision and compassion, empower research teams, and ensure every participant receives safe, high-quality care. We are driven by the belief that strong collaboration and forward-thinking trial management can bring life-changing treatments to those who need them most.

1/2 page ADVERT  
148x105mm landscape  
with bleed and crops

AD – Samten

1/2 page ADVERT  
148x105mm landscape  
with bleed and crops

AD – Prometheus

FULL page ADVERT  
148x210mm portrait  
with bleed and crops



Cymru Iach ar Waith  
Healthy Working Wales

## Eich hwb un alwad am ddim ar gyfer lles yn y gweithle

Archwiliwch adnoddau  
am ddim, offer ymarferol  
a chymorth un-i-un  
wedi'i deilwra ar gyfer  
cyflogwyr yng Nghymru.

Ewch i  
**[iacharwaith.cymru](http://iacharwaith.cymru)**  
i ddechrau.



## Your free one-stop hub for workplace wellbeing

Explore free resources,  
practical tools and  
one-to-one support  
tailored for employers  
in Wales.

Visit  
**[healthyworking.wales](http://healthyworking.wales)**  
to get started.



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Public Health  
Wales

# Mental Health First Aid Qualification Courses

Bespoke, face-to-face and virtual courses  
for adults and young people

Ajuda Ltd is a multi-award winning vocational training company that provides companies and education establishments with high quality, customer focused, accredited training to suit the individual, ensuring that your workplace is fully compliant with HSE Regulations.

Our courses include First Aid Training, Mental Health, Manual Handling, Health & Safety, Food Safety, Fire Safety and many more related courses throughout Wales and the rest of the UK.

## Did you know?

1 in 4 people are currently living with a Mental Health illness

There are many different types of Mental Health illnesses

People can suffer with more than 1 illness at the same time

Mental Health is just as important as physical health

Over 50% of workplace sickness is due to Mental Health



A MHFA (Wales) certificate will be issued on successful completion of the course.

[BOOK YOUR COURSE](#)

029 2057 6883 | [admin@ajuda.org.uk](mailto:admin@ajuda.org.uk) | [www.ajuda.org.uk](http://www.ajuda.org.uk)



## MENTAL HEALTH SUPPORT IN WALES

### Samaritans

[www.samaritans.org](http://www.samaritans.org)  
Call: 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
The Samaritans are able to offer support for anyone of any age who needs to talk about things that are troubling them, including depression and suicidal thoughts.

### Beat Eating Disorders

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)  
Youth line: 0808 801 0711 Adult Helpline: 0808 801 0677  
Beat Eating Disorders (formerly B-eat) has helplines for both young people and adults available 365 days a year. The website has a special section for young people. There is advice available for parents and other carers. There is also the option for support via email: The Beat Adult email support is open to anyone over 18: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk) The Beat Youthline email support is open to anyone under 18: [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

### Recovery Cymru

#### drug and/or alcohol misuse - Community Health

Recovery Cymru is a peer-led, mutual-aid, recovery community that empowers people to achieve and maintain recovery from drug and/or alcohol misuse while supporting others to do the same. All our activities are community-led. Together, we empower and support each other to enter and move forward.  
Tel: 01446 734220 Mobile: 07944851050  
Email: [info@recoverycymru.org.uk](mailto:info@recoverycymru.org.uk) (Cardiff)

### CYCA

#### Connecting Youth Children and Adults - Family support services

Carmarthenshire Youth and Children's Association (CYCA) is an emotional health and wellbeing charity based in Carmarthenshire, Wales. Founded in 1980, we offer a range of therapeutic support services for vulnerable children, young people and families, and specialist accredited training.  
Tel: 01554 776178 Email: [support@cycaonline.org](mailto:support@cycaonline.org)

### NHS Direct Wales/111 Wales

Call: 0845 46 47  
NHS Direct Wales is a non-emergency 24-hour medical helpline. Calls are free from a land-line and 2p per minute from a mobile.

### Telephone support

C.A.L.L. Helpline Call: 0800 123 737  
Information and advice is available by calling the C.A.L.L. Helpline. It is available 24 hours a day, 7 days a week. This service is also available through the medium of Welsh.

### DAN 24/7

0808 808 2234 Text 'Dan' to: 81066 [www.dan247.org.uk](http://www.dan247.org.uk)  
DAN 24/7 is a free and bilingual telephone helpline providing a single point of contact for anyone in Wales wanting further information and / or help relating to drugs and / or alcohol. The service is available 24 hours a day, 7 days a week.

### Bipolar UK

[www.bipolaruk.org](http://www.bipolaruk.org)  
This website provides information and support to individuals living with the much misunderstood and devastating condition of bipolar, while supporting their families and carers too.

### MOODJUICE

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)  
This website is designed to help individuals think about emotional problems and work towards solving them. It also has support for those who feel they are in emotional crisis.

### Mind

[www.mind.org.uk](http://www.mind.org.uk)  
Mind provide a wealth of information on many types of mental health problems: where to get help, information on medication and alternative treatments, and advocacy. There are many factsheets available for download, as well as a legal line covering information pertaining to mental health and the law.

### Depression UK

[www.depressionuk.org](http://www.depressionuk.org)  
Depression UK is a national self-help organisation helping people deal with their depression. They promote mutual support between individuals and aim to meet the needs of sufferers that aren't covered by health professionals.

### Schizophrenia 24x7

[www.schizophrenia24x7.com](http://www.schizophrenia24x7.com)  
This website includes information about schizophrenia for people with a recent diagnosis, those who have had the illness for some time, family members and friends of people with the illness and also those whose work brings them into contact with people with schizophrenia. It includes info about treatment, goal setting and returning to study or work.

### Talk to Frank

[www.talktofrank.com](http://www.talktofrank.com) Call: 0300 123 6600 SMS: 82111  
This website provides advice and information on drugs for individuals, family members, and friends. Online live chat is available 2pm-6pm 7 days a week. The telephone helpline is available 24 hours a day, 7 days a week. There is also an SMS and email advice service.

## A WORD FROM THE ORGANISERS

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Thank you everyone who has supported our events this year, including our amazing speakers and exhibitors who make these occasions extra special.

Also, a big thank you to our sponsor, Ajuda Training – without the support of this fantastic organisation this event would not be possible.

We are already planning our 6th Mental Health & Wellbeing Show for 14 May 2027 at the Cardiff City Stadium. Put the date in your diaries and make sure to get some tickets to join us for another special event to raise awareness and break the stigma around mental illness.

Working together, we can improve mental health and wellbeing for all.

We hope to see you all at one of our future events very soon.



The Mental Health  
& Wellbeing Show