



Welcome to Weave | Gwehyddu 2025!

Wales continues to lead the way in placing the arts at the heart of health and wellbeing, with Weave | Gwehyddu bringing together more than 160 creative practitioners, health and social care professionals, and policy makers from across the country to celebrate Wales' arts and health programmes and address the need for a long-term preventative approach to tackling health inequalities and pressures on services.

Weave is organised by the [Wales Arts, Health and Wellbeing Network](#), in partnership with [Betsi Cadwaladr University Health Board](#) and [Wrexham University](#), funded by [Arts Council Wales](#), sponsored by [Public Health Wales 'Hapus'](#) and support from [Arts & Business Cymru CultureStep](#).

Artist in Residence: Mr Phormula

mrphormula@mrphormula.com

Mr Phormula is a pioneering beat-boxer and live looping artist. With a career as diverse as the Welsh landscape within which he is rooted, Mr Phormula's inspired performances and vocal compositions have gained him international recognition as a leading beatboxer, rapper and producer. Workshops focus on the following :-

- Beatboxing
 - How to make sounds
 - Using technology with the voice and performance
 - Rap and the importance of Iaith Cymraeg and identity
 - Discussing rap ideas / song composition and a Welsh language freestyle
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Day 1: Monday 08 September

12.15pm – 12.30pm : William Aston Hall: **Musical Opening**

Choirs for Good

We are a network of community wellbeing choirs. We exist to promote the importance and benefits of community singing, and the many wonderful ways that choirs can unite people and place, and contribute back to their local communities and realise their potential in wider society.

<https://www.choirsforgood.com/about>

12.30pm - 1.00pm | William Aston Hall: **Welcome**

Emily Van De Venter - Consultant in Public Health, Public Health Wales

Emily van de Venter is the lead for mental wellbeing at Public Health Wales and works to influence policy and practice across sectors. With over 15 years working with in public health and a Masters in Neuroscience she is passionate about delivering parity of esteem between mental and physical health. She leads the [Hapus](#) programme which aims to influence individuals, communities and organisations to take action to protect and promote mental wellbeing. This includes a positive psychology-informed national campaign and developing networks of national, regional and local organisations to build a movement towards the social model of mental health and wellbeing.

Emily has published academic papers on arts-based approaches for promoting mental wellbeing, and the impacts of the COVID-19 pandemic on wellbeing and health behaviours.

www.phw.wales.nhs | www.hapus.wales



Angela Rogers, WAHWN CEO

Leading on strategic partnerships, advocacy opportunities, fundraising and network opportunities in the arts and health sector in Wales, in partnership with national and international partners. Over 30 years project management experience working in the cultural sector in Wales, including Engage Cymru, Chapter, St Donats Arts Centre, and Centre for Visual Arts.

<https://wahwn.cymru/>

Dyfed Edwards, Chair, Betsi Cadwaladr University Health Board

1.00pm - 1.30pm | William Aston Hall: **Keynote Address**

DUKE AL, Spoken Word Artist, Poet and Hip Hop Artist

dukealduham@gmail.com

DUKE AL is an award-winning spoken word artist, published poet, hip hop artist and creative practitioner. Writing rhymes is his therapy. From a young age, he would scribble raps and poems in his old lyric book. It was his way of expressing himself; an escapism to challenge his OCD. A passion of words, flow and rhyme flared. After being diagnosed with type 1 diabetes at 23 the pen became even more vital, helping him process and articulate his emotions. Now, DUKE AL uses his craft to create impactful change, one rhyme at a time. His work has been featured in Go.Compare Six Nations 2025, FAW, Cardiff Rugby, Creative Cardiff, TNT Sports, BBC Wales, FujiFilm UK, Cardiff Metropolitan University, and BBC Scrum V.

www.dukeal.com



2.15pm - 3.45pm: **Breakout Sessions #1**

01 - Synwriwm

Ffion Evans, Visual Art Officer, Galeri Caernafon

ffion.evans@galericaernafon.com

Ffion Evans is the Visual Arts Officer at Galeri Caernarfon, a community arts centre dedicated to supporting artists and engaging audiences through exhibitions, workshops, and creative initiatives. She oversees the visual arts programme, working with artists from Wales and beyond to create exhibitions that are accessible, thought-provoking, and community-focused. Her work is deeply rooted in the belief that art should be engaging and inclusive, and she regularly collaborates with local groups to ensure creativity is a tool for connection and well-being. She is particularly interested in the role of sensory art in arts and health, exploring how creative experiences can positively impact individuals and communities. Passionate about this intersection, she actively contributes to initiatives that use creativity as a tool to support well-being.

<https://www.galericaernarfon.com>

Ella Louise Jones, Artist

Ellalouisejones@hotmail.com

My art practice explores texture, colour, and process through hands-on, tactile methods. I'm especially drawn to traditional crafts and their potential for contemporary expression. In my work, I often use fabric, thread, and found materials to create pieces that celebrate slowness and repetition. This latch hooking session invites participants to engage with these ideas, using yarn and canvas to create small, tufted works. It's a meditative, accessible technique that encourages experimentation and play.

Taya Drake, Experience and Visitor Programming Manager, National Trust

I've worked for the National Trust for over 12 years at different properties across North Wales and Northwest England. I have a master's degree in International Heritage Management from the University of Birmingham. I believe strongly in the power that nature, heritage and arts can play in supporting people's lives in a meaningful way and have worked in numerous roles where the work has explored and contributed to this in some way. I currently work as the



Experience and Visitor Programming Manager for the National Trust Ynys Môn a Llŷn Portfolio, where we work with and for people, to facilitate connections to the coast, countryside, gardens, collections and historic houses.

www.nationaltrust.org.uk/plasnewydd

Claire Bailey, CEO, Amser i Siarad

Clare Bailey is the CEO of Amser i Siarad, a pioneering mental health charity she has led for 20 years. Under her leadership, the organization led the way in anti-stigma initiatives, being the first in 2006 to introduce non-stigmatizing services from non-health settings in the heart of communities across Anglesey. Clare spearheaded a bold transformation of the charity - from a traditional mental health resource centre into a contemporary media and arts-based community venue. This shift included delivering one-to-one support and therapeutic groups in everyday environments such as libraries, supermarkets and community centres, dramatically improving access and integration of mental health care. Though initially met with skepticism, her innovative model has since been widely replicated. In 2012, Clare managed the Social Leadership Community strand across Wales as part of the *Time to Change* campaign. Her work was further enriched by learning under Professor Graeme Thornicroft - renowned expert in mental health stigma and author of *Shunned* - whose influence deepened her commitment to community-led mental health approaches. An early advocate for arts-based mental health support, Clare introduced a wide range of creative wellbeing projects from 2006 onwards. A qualified therapist, Clare holds numerous mental health certifications, including ASIST (Applied Suicide Intervention Skills Training) and both Youth and Adult Mental Health First Aid. She has trained a wide range of professionals, including CAMHS staff, and is also a qualified mindfulness teacher. A practicing artist in the fields of photography and filmmaking Clare has a keen interest in outsider art and the interplay between social class and service delivery.

www.amserisiarad.org



02 - Arts, Health and Wellbeing Research in Wales

Professor Emily Underwood-Lee, Prof. Performance Studies, University of South Wales

My work focuses on amplifying little heard personal stories from people whose voices may have been overlooked and from the difference that hearing these stories can make in policy, practice, and daily life for both teller and listener. I have a particular interest in stories of the maternal, gender, health/illness, and heritage. I am Professor of Performance Studies at the University of South Wales, where I am Co-Director of the George Ewart Evans Centre for Storytelling and have led on numerous externally funded research projects including projects supported by the Arts and Humanities Research Council, European Regional Development Fund, and National Institute for Health Research. I co-chair the 'Violence Against Women, Domestic Abuse, and Sexual Violence (VAWDASV) Research Network Wales', a Wales wide group that brings together researchers, practitioners, and survivors to work towards the elimination of VAWDASV. I chair the Wales Innovation Network Arts and Humanities Alliance Arts Health and Wellbeing group, which facilitates collaboration between all Welsh Universities and other interested parties across the arts and humanities and strengthens their significant impact on and role in health and wellbeing in Wales and beyond. My publications include *Maternal Performance: Feminist Relations* (Palgrave 2021), *Mothering Performance* (Routledge 2022) and *Storytelling Self Society* editions 'Storytelling for Health' (2019) and 'Storytelling and Aging' (2024).

<https://uniswales.ac.uk/our-work/wales-innovation-network/programmes/wales-arts-and-humanities-alliance>

Dr Kate North, Reader in Creative Writing, Cardiff Metropolitan University

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I write poetry and fiction and I have experience of working in community settings on arts, health and wellbeing projects. I have worked with local authorities, NHS Health Boards, HM Prisons, charities and other organisations to provide writing interventions, creative research methods and models of co-production. I am currently working on the *Stories on the Edge of Memory* project, based in Butetown, Cardiff, working with community elders, developing technology to preserve narratives that are vulnerable to loss. I am also developing Companion



Poems for people living with dementia and am part of the SPIN Dementia + Network working to develop dementia prevention strategies and practices. I am Principal Editor of *Writing in Practice*, the journal of creative writing research.

<https://pure.cardiffmet.ac.uk/en/persons/kate-north>

Dr Laura Seymour, Senior Lecturer in English and Wellcome Trust Career Development Fellow, Swansea University

Laura Seymour is a Senior Lecturer in English at Swansea University and PI of the project 'AMEND - Early Modern European Neurodivergence' funded by the Wellcome Trust. She works on neurodivergence, early modern literature, inclusive pedagogy, and the therapeutic potential of literature (informed by her practice as a psychotherapeutic counsellor). Her books are *Shakespeare and Neurodiversity* (CUP 2025) and *Refusing to Behave in Early Modern Literature* (EUP 2022). She is currently writing *Early Modern Neurodivergence* under contract with OUP, and co-authoring *The Sedentary Renaissance* with Dr Eva Lauenstein, under contract with Brill.

Dr Karen Heald, Reader in Interdisciplinary Art Practice, Wrexham University

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I am an Artist, Academic, and Reader in Interdisciplinary Art Practice at Wrexham University, UK. My experimental film explores time, site, and creativity from a painterly perspective. I collaborate and disseminate research globally through residencies, exhibitions, film festivals, conferences, and publications. At Wrexham University, I lecture and lead the MA Art and Design Suite, including MA Art Interdisciplinary Practice and MA Arts in Health. My research spans two faculties and external institutions, serving as a Co-Convenor, Co-Investigator, and Advisor on UKRI grants. These include The Centre for People's Justice (AHRC, 2025-2030), Public Map Platform (AHRC, 2023-2025), and Ecological Citizen (EPSRC, 2022-2026). Beyond my roles at WU, I held positions: mentoring artists for Arts Council Wales (2018-2019). Honorary Research Fellow, School of Social Sciences, Bangor University (2012–2018). Honorary Researcher/Artist, psychiatric department, Betsi Cadwalladr University Health Board (2011–2014). Researched narrative/sensory intelligences/kinaesthetic learning through creative frameworks, University of Salford (2009-2012).

Sarah Pogoda, Senior Lecturer in German Studies, Bangor University

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Studied in Berlin and Vienna, and holding a PhD in German Literature, I have been developing my research towards experimental performance and theatre since 2013. Since 2020, I mostly pursue collaborative and co-created research with artist communities in Wales and beyond. I have a particular interest in Welsh artist Paul Davies (1949-1993), founding member of pivotal art group Becca ("Welsh Not" at 1977 National Eisteddfod in Wrexham) and a core agent of the less visible tradition of socially-engaged art in Wales. Forms of engaged art in Wales today include Well-Being, Eco-Citizenship and Health. My research interest lies particularly in the question of what happens to the "art" in Health and Well-Being contexts. Here, I draw from aesthetic discourse on arts since the 18th century as well as Critical Theory for offering precise analysis of the economical and ideological implications of Arts, Health and Well-Being. Looking at some of the projects that I have been involved with – with particular focus on the arts sector during Covid-19 – I will discuss how artists respond creatively to public health challenges, or social roots of Well-Being. I will make a very strong argument for the arts in Arts, Health and Well-Being, demonstrate the value of Arts & Humanities perspectives in AHWB research – and point to some of the risks of past, current and future trends in the sector.

<https://www.bangor.ac.uk/staff/sacl/sarah-pogoda-122522/en>

03 - Creative Prescribing: The Challenges

David Easton, Urgent Care Physiotherapy Practitioner, HDUHB

I am physiotherapist based in West Wales. I have 25 years experience in treating and supporting people with a range of health conditions, including arthritis, cancer and persisting pain. I have completed a lifestyle medicine diploma in 2020 and ILM coaching qualification in 2024. I keen to support the social prescribing movement and creative health initiatives. Working with the arts and



health co-ordinators in Hywel Dda I have grasped any opportunity to integrate these initiatives to support clinical care and services. Since 2019 I have collaborated with People Speak Up based in Llanelli to run several workshops to promote the use of applied storytelling to facilitate self-management of chronic health problems.

Dr Cath Jenkins, Clinical Academic Fellow, Swansea University

c.a.jenkins@swansea.ac.uk

Dr Cath Jenkins is a practicing NHS GP based in West Wales for the last 15 years. She is a clinical academic fellow based in Swansea University, a member of the RCGP Special Interest Group for creative health and a trustee for WAHWN (Wales Arts Health and Wellbeing Network). As part of the Arts and Health Team at Hywel Dda University Health Board she was involved with the co-creation of Arts Boost a joint project between specialist CAMHS and three arts partners funded by the Baring foundation and Arts Council of Wales and a Dance on prescription GP cluster funded project in Carmarthenshire. She continues to be involved in HARP – a pilot healthboard wide pilot of arts on prescription in Hywel Dda health board.

Dr Sarah Tamplin, GP and Clinical Value-Based Health Care Lead, HDUHB

Pembrokeshire GP. I am a trainer and appraiser. I have an extended role in lifestyle medicine and am clinical lead for VBHC. Yoga teacher, keen cold water swimmer and mum of 2 boys.

Ffion Strong, Community Arts Development Officer, Gwynedd Council

Ffionstrong@gwynedd.llyw.cymru

I work as a Community Arts Development Officer for Cyngor Gwynedd. My work involves collaborating with organisations and artists from all art fields across the county. I assist organisations and individuals in Gwynedd through my work by offering grants, work opportunities, and helping to create connections or partnerships. We also create and co-create projects, such as the Wellbeing Studio. My career and interests have always been in the the arts, including working for Wales Arts International, Community Music Wales, Galeri, and PYST.



For the past 10 years, I have worked also been a freelance project manager, as well as organising tours for bands from Wales.

<https://gwyneddgreedigol.com/>

Jonny Currie, GP and Co-Director, 19 Hills CIC

Jonny is a GP, public health consultant and health academic with an interest in community development and tackling health inequalities and runs the Community, Health and Capital podcast. Jonny co-founded 19 Hills Community Interest Company in 2024 to work alongside an NHS wellbeing centre in the east of Newport, promoting local services to be more integrated, preventative and community-orientated. 19 Hills CIC is exploring the introduction of art and creativity as a new approach to supporting individuals with their health and wellbeing and since early 2025 has been working with Dr. B.Creative CIC to deliver creative sessions and develop partnerships and initiatives that can ensure these approaches are a sustainable feature in the local community.

www.19hills.org

04 - Inside Out: Where do we experience Nature?

Joseph Conran, Artist and Natural Resources Wales

Josephconran@outlook.com

Joseph Conran is an artist, metalworker and environmental strategist. In his role as a specialist advisor for Natural Resources Wales he helped create the Creative Nature Programme with the Arts Council of Wales, delivering the Nature strand of the Art and Health Fund, the Future Wales Fellowship and the Plan for Climate Justice and that Arts. He has qualifications in Art and Cultural Enterprise, Countryside and Landscape Management and is a Clore Fellow. He is also the chair of CARN and a trustee of WAHWN. In both his artistic and strategy practices, he wants to make spaces where creativity can inspire people to think more about their connection to nature, and their role in safeguarding its future.



www.josephconran.com

Lucy Powell, Project Manager, Outside Lives

Lucy Powell is a passionate advocate for community-led initiatives and developed the vision behind Outside Lives, a pioneering organisation dedicated to fostering connection, inclusion, and well-being through creativity and sustainability. With a strong focus on people care, earth care, and future care, Lucy has spearheaded numerous projects that empower individuals and communities to thrive together. Drawing on her experience as a social worker, Lucy advocates for nature to be harnessed as a therapeutic space, Lucy brings a wealth of knowledge about the transformative power of community collaboration, caring for the environment, and co-production. Her work has been instrumental in creating spaces where people of all backgrounds can come together, share ideas, and make meaningful change. Join us as Lucy shares her insights, stories, and inspiration, offering practical strategies to build resilient, inclusive communities that care for both people and the planet.

<https://outsidelivesltd.org/>

Jo Breckon, Co-Director, Studio Response

Jo has twenty five years' experience of strategic development, programme delivery and management in the arts, across both the public and private sectors. She has been involved in art in the public realm since 2005 and has a particular interest and expertise in commissioning both temporary, experiential and permanent work within a healthcare context. She is a passionate advocate for the wellbeing benefits and social value of arts and creative placemaking. Prior to co-founding Studio Response in 2016, Jo worked for one of the UK's leading arts and health consultancies and also spent 9 years with the Arts Council of Wales. She has an MA (Oxon) in English Language and Literature, and an MA in European Cultural Policy and Administration from the Centre for Cultural Policy Studies at the University of Warwick.

<https://studio-response.com/>



4.00pm - 4.45pm | William Aston Hall: **Panel: Innovation in Arts, Health and Wellbeing in North Wales**

Nina Ruddle , Head of Public Policy Engagement, Wrexham University

Nina has over 23 years' experience in public services in in senior roles across education, social and economic regeneration, procurement, change programmes across regions, and policy development/delivery in local and central government across England and Wales. In her role she leads WU civic mission partnership strategy across North Wales, which delivers a wide range of co-created civic mission work in collaboration with partners and communities and aims to tackle social inequality. This work ranges from enabling systems leadership and whole systems thinking to support the implementation of the Well-being of Future Generations Act and the work of the Public Service Boards across the region, delivering a regional Children's University in partnership, becoming a TrACE informed university, growing the North Wales Public Service Lab and innovative work in capturing stories. In her other roles, Nina is chair of 2025 social movement across North Wales, vice chair of the Wrexham and Flintshire Public Service Board, member of Arts in Health Strategy group for Betsi Cadwaladr University Health Board, a member of the Partnership Board for Actif North Wales, member of Well-being of Future Generations National Stakeholder Forum for Welsh Government and Advisory Board member for the UKRI Local Policy Innovation Partnership Hub, University of Birmingham as well as on the Wales Rural LPIP Advisory Board. She is also a member of the advisory board for the Shaping Places for Well-being in Wales Programme led by Public Health Wales and funded by Health Foundation. Nina is named as one of the 100 Future Generations Changemakers in Wales.

Gwennan Mair, Director of Creative Engagement, Theatr Clwyd

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Gwennan is a community theatre facilitator and artist working at Theatr Clwyd as Director of Creative Engagement, who finds joy in the power of the arts to bridge divisions and create connections. Her commitment to using theatre as a tool of engagement is rooted in listening, gaining trust, caring and supporting people. She has extensive experience in creating and delivering community-



centered projects in North Wales, her home (tir) Welsh soil; poor, rural, agricultural (post) industrial and largely forgotten land.

**Helen Louise Goddard, Project Director: National Slate Museum
Redevelopment Project, Amgueddfa Cymru**

Helen.goddard@museumwales.ac.uk

Helen has 20 years' experience leading cultural projects across the public and third sectors. A qualified archaeologist and Museum Professional, Helen recently moved to Amgueddfa Cymru from her role as Head of Culture, Libraries and information at Conwy County Borough Council where she project managed the £4m Conwy Culture Centre project and led on the development and implementation of the County-wide Conwy Culture Strategy. In her current role Helen is leading a team delivering the £26m redevelopment of the National Slate Museum alongside its communities. Helen is a specialist in museum interpretation, heritage tourism, fundraising and community engagement, having worked as a community development officer, museums officer and community archaeologist across England, Scotland and Wales. Helen is passionate about the role of culture in sustainable development and community capacity building and is one of 100 Future Generations Change-Makers named by the outgoing first Future Generations Commissioner.

<https://museum.wales/>

Manuela Niemetscheck, Art Psychotherapist, BCUHB

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Manuela Niemetscheck is an Art Psychotherapist originally from Canada who now lives and works in northwest Cymru / Wales. She is based in an adult mental health psychiatric inpatient setting, and her role extends to local Community Mental Health Teams. She runs an Environmental Arts Therapy (EAT) group outside, in a natural setting. EAT is a form of psychotherapy with an integrative arts approach. At the heart of it is the relationship between the natural world and the feeling self. Having learned Welsh, she practices bilingually with diverse Patients and Service Users from across a large rural geographical area. She was a Welsh Learner of the Year Award Finalist at the National Eisteddfod in 2023.



Manuela is committed to honouring culture, language, identity, and the land, and sees this as an important part in building a trusting therapeutic relationship.

Jo Marsh

Jo Marsh is an artist and Creative Director of Tŷ Pawb in Wrexham, recognised for her innovative approach to socially engaged art, play, and community-led cultural programming. Since 2017, Jo has led Tŷ Pawb to national acclaim, including being shortlisted for the Art Fund Museum of the Year 2022. Her practice centres on the transformative potential of playfulness and 'Useful Art', demonstrated through landmark projects e.g. the PLAY-WORK exhibition (2019) and the establishment of Lle Celf Defnyddiol / The Useful Art Space (2021). She has collaborated with international arts leaders and organisations, fostering dialogue around playwork, Arte Útil methodologies, and their implications for cultural sector engagement. Jo is currently undertaking an independent research residency at The Land, a renowned junk playground in Plas Madoc, Wrexham. Funded by Arts Council Wales, the residency is an investigation into how playful, sustainable, and constituent-led practices can inform broader artistic responses to societal challenges.

<https://www.typawb.wales>

Dr Karen Heald

4.45pm - 5.15pm | William Aston Hall: **Live Performance: MonologAYE GIG / NHS**

Siwan Mathias, Briall Gwilym

MonologAYE GIG is a powerful creative project led by BLAS Pontio, giving NHS staff the opportunity to share their personal experiences through the medium of monologue and performance. Developed in collaboration with professional writers, the project invited healthcare workers to write and perform monologues based on their real-life stories of working within the NHS. There were 6 monologues in total, all moving, honest, and deeply human. From moments of



struggle and resilience to humour and hope, these performances offered a rare insight into the people behind the uniforms. By bringing these voices to the stage, *MonologAYE GIG* celebrated the strength and dedication of NHS staff while using the arts as a way to connect people, spark conversation, and inspire empathy.

Mared Eiliw Huws, Arts Development Coordinator, Pontio

Before joining Pontio, she spent over ten years working as a freelance drama and music practitioner across Wales, collaborating with a wide range of communities, schools, and organisations. At Pontio, Mared focuses on creating inclusive arts programmes that support well-being, encourage creativity, and bring people together. Her work aims to make the arts accessible to all, particularly those who may face barriers to participation. She is passionate about the role of the arts in promoting health, social connection, and cultural expression, and works closely with local partners, artists, and community members to deliver meaningful and sustainable projects. Mared is committed to fostering an environment where creativity can flourish and where the arts contribute to the wider well-being of the community.

www.pontio.co.uk

Day 2: Tuesday 09 September

9.45am - 10.00am | William Aston Hall: **Movement Opening**

Cai Tomos, Artist

My work, in its essence, is about movement, in all its forms. I tend to move between different artforms that reflect different aspects of my practice, but, at the core, I'm interested in the imagination and its relationship to our bodies. I'm interested in healing and health too, and how the arts help us to find what we often don't know we were looking for. The arts give us a way to speak our own language that often has no words, but it's our own unique way of expressing ourselves in the world. I'm interested in community, and how the arts support togetherness, a way of being together that is a force for good. I believe in transformation. The extraordinary and everyday ordinary transformations that the arts can support us with. I feel the creative spirit is in everyone, it may come out in dancing, cooking, poetry, organising your kids' packed lunch, drawing, helping your neighbour or gardening. In a way I'm interested in what makes us feel alive. My work involves being with others and looking for that aliveness in whatever small or large way it shows up. I have worked in care homes, theatres, psychiatric hospitals, living rooms of peoples' houses, street corners. I work one-to-one with people in hospital beds, by work, I mean, we find ways of being together where curiosity has the space to emerge as it wants to. We humans are interdependent creatures, we need each other for our individual and collective growth. We come in so many shapes and sizes and different ways we see and experience the world, both our joys and pains. The arts more than anything help us listen, and by doing that, by really listening, we share something of our common humanity, of being together in the world in that moment, and it's these moments that help us find and create meaning as we go on through our days...

<https://caitomos.com/>



10.00am - 10.15am | William Aston Hall: **In Conversation**

Heledd Fychan MSW for South Wales Central, Chair Arts & Health Cross Party Group, Plaid Cymru

Heledd has been the Plaid Cymru Member of the Senedd for South Wales Central since 2021. She is the party's spokesperson on Finance, Culture, Sport and the Welsh Language and is Chair of the Senedd's Cross Party Groups on Arts and Health and also Wales International. Prior to being elected, Heledd worked in the cultural sector.

<https://www.heleddfychan.cymru/>

Angela Rogers, Executive Director, WAHWN

10.30am - 11.15am | William Aston Hall: **Keynote Speech**

Beatrice Gbevegnon-Roper, Singer, Songwriter and Osteopath

beashantifamusic@gmail.com

Will Roper, Creative Practitioner

As a married couple and parents who have experienced the premature birth of their daughter (at 26 weeks), Beatrice and Will have created a musical response to the challenges and joys of their Neonatal Intensive Care Unit (NICU) experience in a project called Cocoon, which tells the story of the emotional and sensory dimensions of this journey from the perspectives of a mother-of-color and a father. Through their artistic and therapeutic backgrounds, Beatrice and Will are passionate about using art as a tool for social impact. Beatrice, an experienced singer, percussion player, dancer and founder of Wellness & Voice is deeply connected to her West African heritage and as a specialised Osteopath she brings a profound understanding of body-mind connection through her work. Will, a performer, producer, multi-instrumentalist and Creative Practitioner currently training as a Music Therapist, aims to support others to develop their creative voices, deepening his understanding of the power of music for personal



and community growth. Together, they connect with diverse audiences through music, fostering social change and cultural understanding.

www.wellnessandvoice.com | www.beabodytherapy.com

Amanda Lawes, Neonatal Occupational Therapist, SBUHB

Amanda.lawes@wales.nhs.uk

Amanda has been a practicing clinician for 31 years. She has carried out roles in forensic psychiatry, mental health, community paediatrics and neonatal services for the last 13 years. Amanda has worked in 5 different neonatal intensive care units, Bath, Oxford, St Mary's Paddington, St Mary's Manchester and in her current post in Singleton Neonatal Unit in Swansea. Amanda is delighted to be part of a well-established Family Integrated Care Team in Swansea, who were the first Neonatal Team to be rolling out Family Integrated Care in Wales (also one of the first 5 units in the UK). Amanda is a committee member of the national Neonatal OT forum and is the OT liaison rep for Bliss. Amanda has been actively lobbying the neonatal therapy role resulting in the Welsh neonatal OT subgroup being invited to the Senedd to promote the role of the Neonatal OT to Welsh Government.

11.30am - 1.00pm: **Breakout Sessions #2**

01 – Culture in Care

Tara Dean, Artist, Making Sense CIO

tara@taradean.co.uk

Working on community projects, we explore the idea of us all being able to 'make a mark' and often transform lines and marks into patterns through printmaking. Having worked as a Ceramic Artist, my projects and workshops experiment with layers and texture. Working on Arts and Health projects across Denbighshire, Conwy, Flintshire and as part of a team of artists on the cARTrefu project with Age Cymru, more recently with Making Sense CIO in Wrexham I'm inspired by where I find myself and the people I meet. The nature of this way of working allows for an evolving interest in delivering community workshops that



promote an experience that encourages exploration together with engagement in all settings, connecting projects across Wales and beyond.

www.taradean.co.uk

Ticky Lowe, CEO, Making Sense CIO

tickylowe@makingsensecio.co.uk

Ticky is the CEO and founder of Making Sense CIO a charity dedicated to providing opportunities for creativity and connection through the arts for underserved audiences. Working in collaboration with cultural venues with a focus on a multi-sensory approach we have three main programmes of work - Dwylo Bach for babies and toddlers and their grown ups. Sensory parcel Service made with and for people with Profound and multiple learning disabilities and their carers Making Memories and Care Creatively for people living with dementia and their carers Ticky's multimedia practice revolves around the sense of touch, immersive environments, connection, communication, collaboration and wellbeing through creative engagement.

www.makingsensecio.co.uk

Eleri Jones, Artist and Workshop Facilitator, Making Sense CIO

eleripenoros@hotmail.com

I have been organising and running creative workshops of all kinds with all ages for nearly 30 years now. I feel very passionately that we all need creative engagement and communicate whether you are 2 or 102 be it in a School, Care home or at home.

https://www.instagram.com/eleri_jones_artist/?hl=en

Ffion Evans, Artist

Celf.ffion@gmail.com

Ffion Evans creates tactile, sensory artworks that invite interaction and play, encouraging curiosity and moments of joy. Working primarily with soft sculptures, she explores texture, scent, and form to connect viewers with materials and everyday objects in meaningful ways. Working within arts, health, and education, Ffion practices therapeutic creativity, using art to support well-



being and accessibility. Her arts-in-health projects include workshops and collaborations that engage and uplift individuals, especially in relation to mental health and elderly care. Through her work, Ffion aims to provide creative experiences that promote care, connection, and improved quality of life for those she works with.

www.ffionevanstextiles.com

Lisa Heledd Jones, Artist , Making Sense CIO

lisaheleddjones@gmail.com

Lisa Heledd Jones is a storyteller and facilitator who works with sound, image, memory and place. Her work brings overlooked stories to life -whether in hospital wards, closed rural schools, snack bars or care home corridors - through audio, film, text, and installation. She works regularly with Making Sense on the Culture in Care project, creating safe, playful spaces where activity coordinators and artists can share ideas, build peer support, and spark creativity. Lisa began her storytelling life with the BBC Capture Wales team. Based in rural North Wales, she speaks Welsh, walks a lot, records fences and is always interested in meeting new people and projects.

www.lisaheleddjones.com

Kate Ann Evans, Person Centred Dementia Coordinator, Wrexham Local Authority

Katea.evans@wrexham.gov.uk

I am the dementia lead for Wrexham Local Authority, and I am working closely with The Culture in Care project as I manage 29 activity coordinators who are based in care homes around Wrexham Borough. It enables them to feel listened to by people who truly understand their role, speak openly about their roles to enable them to be the best they can be, and is a safe space to share.



02 – Young People & Mental Health Services

Rachel Byron, Acting Principal Lecturer Health and Wellbeing, Wrexham University

Before joining Wrexham University, Rachel worked for many years in the field of mental health and wellbeing, starting off in Primary Care Mental Health services, and then moving into community health development and Public Health Provider Services. She has worked across public, private and third sectors, and much of her work has been focused on reducing health inequalities, addressing the wider determinants of health, and on supporting people facing a range of complex challenges who might not be getting the help they need. Rachel has a keen interest in creativity and wellbeing, and for several years was a National Advisor for Arts Council Wales. In 2012 she founded a social enterprise which used creative methods to promote wellbeing and reduce social isolation, and provided training in working creatively with community groups. Rachel currently leads the Health and Wellbeing suite of programmes at Wrexham University.

www.wrexham.ac.uk

Rod Kippen, Clinical Lead for Creativity and Social Action, 42nd Street

rod.kippen@42ndstreet.org.uk

Rod Kippen is the Clinical Lead for Creativity & Social Action (part of 42nd street a mental health charity for young people 12- 25 based in Manchester). He is a passionate advocate for young people's rights and creative expression. Through a career working with young people in various services Rod has for the past 6 years overseen the development of the Horsfall gallery and creative space. The Horsfall offers free access to creativity, expression, experimentation, processing, imagining and ultimately freedom. The approach combines artistic practice with individual mental health support, creating spaces where the creative process offers its largest benefits. His work has been instrumental in developing programs that share power with young people to explore what they feel they need/want to explore the way they want to explore it. A space where young voices are not only heard but understood and celebrated. Fostering environments where creativity serves as a catalyst for personal growth and social change.



<https://www.42ndstreet.org.uk/>

Kathryn Lambert, Head of Arts and Health, HDUHB

Kathryn is the lead for Arts and Health at Hywel Dda University Health Board. She brings with her over 20 years of experience of working in the arts sector as a Director, Practitioner, Producer, Consultant and Funder. Kathryn has led the co-creation and publication of Hywel Dda's groundbreaking Arts and Health Charter; a public pledge to integrate the arts into the work of the Health Board to improve health and wellbeing and promote healing and recovery and a Wales first. Kathryn is part of a national team of Arts and Health leads across Wales and a member of the Welsh Government Cross Party Group on Arts and Health. Kathryn has led Arts Boost with Katie O'Shea, Hywel Dda UHB Lead for Psychological Therapies CAMHS for the last 4 years and is passionate about promoting the role that arts, culture and creativity can play in supporting the mental health of children and young people in mid and west Wales.

<https://hduhb.nhs.wales/arts-and-health/>

Katie O'Shea, Consultant Systemic Psychotherapist & Lead for Psychological Therapies CAMHS, HDUHB

Katie O'Shea has over 25 years of experience working with children, young people, and families/carers, initially starting her career in social care as a social worker, both in the voluntary and statutory contexts. This foundation ignited her passion for systemic thinking and co-production in service development and organisational change. In 2011, after qualifying as a systemic psychotherapist Katie transitioned to the NHS, working within Child and Adolescent Mental Health Service (CAMHS). There she honed her clinical systemic practice in areas of coaching/supervision, organisational systemic change and is now the lead for Hywel Dda UHB CAMHS Psychological Therapy Service across all sectors of care. Katie is also a published author, contributing insights on systemic practice and organisational systemic change. She remains committed to enhancing therapeutic practices and fostering positive outcomes for children, young people and families.



03 – Race & Diversity

Emily Reddy, Regional Community Cohesion Coordinator, Wrexham CB

Emily.reddy@wrexham.gov.uk

Emily leads The North East Wales Community Cohesion Team, working collaboratively with a range of stakeholder to support diverse and underrepresented communities living in North East Wales, with a focus on creating a more equal Wales in relation to - Safety, Wellbeing and Equality. The North East Wales Community Cohesion team actively work towards creating an asset based approach, though supporting communities to share their thoughts and supporting them to lead on creating the meaningful change they wish to see within their communities. The team have recently successfully delivered a range of project that have focused on creatively hearing the voices of diverse and underrepresented communities, including - NEW Future (*Regional PSB Fund*), North Wales Multi Cultural Hub (*ARWAP Heritage Culture and Sports fund*) and Safer Streets 4 Youth ASB Project Wrexham (*Home Office Funding*).

<https://www.facebook.com/p/NEWCC-North-East-Wales-Community-Cohesion-100089531979591/>

Iolanda Banu Viegas, North East Wales Multi Cultural Hub Coordinator / Director

iolanda@racecouncilcymru.org.uk

<https://www.facebook.com/share/1AcfjVkCZZ/>

Jean Samuel Mfikela, Artist

Jeansamuel2003@gmail.com

Mfikela Jean Samuel is a Contemporary Artist from Central Africa of many pursuits. Mfikela now resides permanently in Bangor Gwynedd North Wales. Mfikela Samuel's Primary source of Inspiration comes from his African Cultural and Heritage, especially the ways of life of his Lineage both past and present. His brush strokes, bold and vibrant colours depict the vast richness of his diverse Cultural story and Heritage.

<https://mfikelajeansamuel.org/>



KrishnaPriya Ramamoorthy, Director/Producer, Paallam Arts

Info@paallamarts.org

KrishnaPriya Ramamoorthy is a dancer, Indian martial arts practitioner, and cultural producer with an international career spanning India, the UK, and the US. She is the producer of Spirit Fest, Paallam Arts' flagship European Association-labelled outdoor dance festival in North Wales, where she is building a sustainable, inclusive dance ecosystem. Through Spirit Fest, she creates space for local, national, and international artists to bring their work directly to communities—fostering creative exchange rooted in authenticity, respect, and an awareness of cultural appropriation. KrishnaPriya's artistic practice is deeply grounded in Indian classical dance and martial arts, while her production work bridges artistic traditions globally. She is particularly committed to supporting artists from underrepresented and marginalized communities, providing platforms where they can not only perform but also share their own stories, histories, and cultural identities—often overlooked in mainstream arts spaces. Through carefully curated collaborations and festivals, she cultivates spaces where these artists can freely explore their practices, assert their narratives, and contribute to a richer, more inclusive artistic landscape. In addition to her work with Paallam Arts, KrishnaPriya is a director of the Northeast Wales Multicultural Hub and serves on the Ty Gwerin Board for the National Eisteddfod 2025. She has also participated in the United Nations Commission on the Status of Women for two consecutive years, advocating for gender equality and cultural representation through the arts. Across all her work, KrishnaPriya's vision centres on creating platforms that connect communities, and challenge existing hierarchies—ensuring the arts remain a powerful space for dialogue, visibility, and transformation.

www.paallamarts.org

Katharine Sian Roberts, EAL Service Manager, Denbighshire and Conwy

Katharine.roberts@denbighshire.gov.uk

With over three decades of experience in language education, Katharine is the EAL Service Manager in Denbighshire and Conwy, dedicated to supporting multilingual learners across diverse educational settings. Prior to this role, she



taught modern foreign languages in secondary school, fostering inclusive classrooms and promoting linguistic diversity. Her international experience includes a decade as an English teacher in Italy, where she developed innovative strategies for language acquisition and cross-cultural communication.

Passionate about equity in education, she now leads initiatives that empower schools to meet the needs of EAL learners, ensuring everyone has access to high-quality language support. Her expertise bridges classroom practice and strategic planning, making her a passionate advocate for multilingual education in Wales.

04 – Hapus

Amy Davies, Principal Public Health Practitioner: Mental & Social Wellbeing, Public Health Wales

amy.davies8@wales.nhs.uk

Amy Davies is the programme lead for [Hapus](#) which aims to influence individuals, communities and organisations to take action to protect and promote mental wellbeing. Amy has worked with Public Health Wales delivering Health Improvement programmes for 9 years, and for 6 years prior to that within the public health system across England and Europe influencing policy and leading research. Passionate about sustainable development and reducing inequity, Amy enjoys working in cross-discipline partnerships to improve public mental health, and strengthen community empowerment.

www.phw.wales.nhs / www.hapus.wales

Anna Howells, Specialty Registrar in Public Health, Public Health Wales

Anna Howells is a Specialty Registrar in Public Health working in the mental wellbeing team at Public Health Wales and the public health team at Cwm Taf Morgannwg University Health Board. Anna is co-chair of the [Hapus](#) strategic partnership. Hapus aims to influence individuals, communities and



organisations to take action to protect and promote mental wellbeing. It is delivered by Public Health Wales in strategic partnership with the Arts Council of Wales, Agueda Cymru, Cadw, National Trust Cymru, Sport Wales, Tempo, the Mental Health Foundation and the Welsh NHS Confederation, and supported by over 70 community-based organisations.

www.phw.wales.nhs / www.hapus.wales

Mark Smith, Co-Chair, Hapus

Mark is the Co-Chair of the Hapus Strategic Partnership Group and advisory support to the Public Health Wales project delivery team. Mark has worked in the mental health field in a variety of roles since 2012, including Volunteer Champion with the Time to Change Wales campaign, project officer at the Mental Health Foundation which included managing an online arts festival during the COVID-19 pandemic, producing films on men's mental health, and managing arts for health projects with FE students and adults with mental ill-health. Mark is currently studying for an MSc in Mental Health at Anglia Ruskin University, has become a member of the Community Insights Panel on the Population Mental Health Consortium, and is now a media volunteer for Mind. Mark has lived/living experience of bipolar disorder, anxiety, and is a suicide survivor. Listening to music is Mark's favourite pastime and way of supporting his wellbeing.

www.hapus.wales

1.45pm - 3.15pm: **Breakout Session #3**

02 – Practitioner Wellbeing

Sian Gale, Skills and Development Manager, Bectu/CULT Cymru

sian@bectu.org.uk

Sian has enjoyed a portfolio career working across the public, private and third sectors. She became a union representative in her mid 20s when working in broadcasting. Through the trade union movement she was able to pursue her



passion for fairness, equity & diversity. She is currently Vice President of TUC Cymru. In 2008 Sian worked with trade unions Bectu, Equity the MU and the Writers' Guild to set-up CULT Cymru (Creative Unions Learning Together) funded by the Welsh Government's Wales Union Learning Fund. The bilingual programme supports creative workers, in particular freelancers in their learning and development. For the last eight years the project has focussed on improving mental health, wellbeing and EDI. The ultimate aim is to bring about cultural change in the creative industries so that Wales becomes the destination of choice for creative businesses & the workforce because of its excellent attitudes and working practices.

cult.cymru

Dr Tracy Breathnach

tracy@tracybreathnach.com

Dr Tracy Breathnach is a freelance consultant in Culture, Health and Wellbeing and currently works as the Programme Manager for Wales Arts, Health & Wellbeing Network. She has led on the Wales-wide artists' wellbeing programme How Ya Doing? Sut Mae'n Mynd? for WAHWN, as well as several arts programmes for staff wellbeing in Health Boards. Having worked extensively across arts, community and education settings for almost 25 years, Tracy is also a somatic performance artist and transformational coach, researcher and writer. Tracy's practice as research PhD (University of Aberystwyth, 2017) explored identity, narrative and trauma in autobiographical birth-storytelling.

www.tracybreathnach.com

Cai Tomos

02 – Beatrice Gbevegnon-Roper & Will Roper, and Mr Phormula

03 – Most Significant Change

Nick Andrews, Research and Practice Development Officer, Swansea University

Nick is a registered social worker with over 40 years' experience of working in education and social care with children and adults. He is currently based in Swansea University where he leads the Developing Evidence Enriched Practice (DEEP) programme. DEEP is a co-production approach to gathering, exploring and using diverse types of evidence in learning and development using story and dialogue methods. Nick works with a wide range of people involved in social care, health and community development organisations across Wales. A favourite quote of his, is by one of his heroes, Greg Boyle, who works alongside marginalised and demonised gang members in Los Angeles: *'If love is the answer, community is the context and tenderness the methodology'*.

04 – Arts, Health & Policy

Rosie Dow, Arts and Health Consultant

rosiegdow@gmail.com

Rosie helps organisations think about how they develop and sustain arts projects in health settings, including strategy, income generation and data/evaluation projects. A trained musician, Rosie set up and led Tenovus Cancer Care's 18 'Sing with Us' choirs for people affected by cancer from 2012-16, before going on to lead Military Wives Choirs, Breathe Arts Health Research and the 'HARP' programme for Nesta/Arts Council of Wales. She also led on engagement and policy for Prof Daisy Fancourt's UCL Research Group and is a Board Director of the Culture, Health and Wellbeing Alliance and Dirty Protest Theatre. Her current clients include Arts Council of Wales, Swansea Bay University Health Board, Choirs for Good and South London and Maudsley NHS Trust. She also has an MA in Anthropology and Community Arts from Goldsmiths, University of London (2018) and recently completed an MSc Module in Health Economic Evaluation from Aberdeen University.



www.rosiedow.com

Jenny McConnel

Jenny.mcconnel@futuregenerations.wales

Jenny has been working at the Office of the Future Generations Commissioner for Wales for the last three and a half years. She works with the 'Implementation and Impact' mission to support bodies who come under the Act to achieve the most impact. She also works on the Health mission, which is supporting public bodies to prioritise prevention and support the building blocks of health - including food systems change and reducing obesogenic environments. She holds an MSc in European Politics, and recently completed a CPD Module on Food and Public Policy at City St Goerges, University of London. Prior to joining the office, she worked as a Consultant at Miller Research, a Parliamentary Assistant in the European Parliament, and as a Place Programme Manager at Renaisi.

<https://futuregenerations.wales/>

3.30pm - 4.15pm | William Aston Hall: **Panel: Next Steps for the Sector**

Justine Wheatley, Chair of WAHWN

Justine is a Freelance Consultant for the arts, culture and environment sector with experience of strategic planning, fundraising, evaluation, training, financial management and programme design for creative health/nature interventions. She was Executive Director of Peak Cymru until 2023, working with and for young people and artists with socially engaged practice. A historian, former Chartered Accountant and Welsh learner.

<https://www.linkedin.com/in/justine-wheatley-50499727/?originalSubdomain=uk>

Sandy Clubb, Policy Lead; Involvement, Collaboration and Culture, Wellbeing of Future Generations Cymru

Sandy leads on involvement at the Future Generations Commissioner's Team and plays a policy role in the Culture and Welsh Language mission team. Her



main area of focus is ensuring that co-production and lived experience are at the heart of delivering the Commissioner's strategy for 2030 - Cymru Can. Sandy's background is in the third sector, with experience across health, heritage, sustainable transport and housing. Her passion is working with communities and volunteers to ensure that building a sustainable future can be an act of collective and creative imagination.

<https://futuregenerations.wales/discover/about-future-generations-commissioner/>

Heledd Fychan, MS

Amy Davies, Public Health Wales

DUKE AL, Spoken Word Poet, Author and Hip Hop Artist

Angela Rogers, WAHWN