

"Learning for Health"

a prudent approach to well-being

University of South Wales, Newport City campus

The Learning and Work Institute in partnership with the Primary and Community Care Division of Aneurin Bevan University Health Board is pleased to invite you to join us at a stakeholder event on Thursday 1st December 9.30 - 16.00 at University of South Wales

This event will bring together the **Health, Social Care** and **Education** sectors, with the aim of using the expertise from all sectors to influence the health and wellbeing of our local population. The event will provide an **opportunity for discussion** on how we can better align the health, well-being and lifelong learning agendas through improved partnership working.

During the day, we are eager to:

- **Learn about prudent healthcare and how the integration of adult learning can be beneficial to health and well-being**
- **Understand what educational health and well-being opportunities currently exist**
- **Identify and outline education's 'offer' to health and social care, in terms of the benefits of education and lifelong learning to people's health outcomes**
- **Raise awareness of the importance of education as a social prescribing option and its importance in prudent healthcare**
- **Share best practice in regards to commissioning and/or providing adult learning for health and wellbeing**
- **Make links and connections to further build effective partnerships between adult learning, health and social care**

Throughout the day, delegates will hear about research and examples of good practice that have linked both health and education. Delegates will be given the opportunity to both engage in **facilitated discussions** and spend time **networking with new partners**.

To book a ticket for the event please visit ['Event Bright'](#) or contact Wendy.Ellaway-Lock@learningandwork.org.uk



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Programme

09:30	Registration	
10:00	Welcome	Dr Carl Peters – Deputy Dean (Life Sciences & Education), University of South Wales.
	Chairperson	Cerys Furlong , Director for Wales, Learning and Work Institute Cymru.
10:15	My Story	Claire Louise James – 'Inspire' Award and Wellbeing Award Winner.
10:30	'What is the impact of participation in adult learning on physical and mental health and wellbeing?'	Kathryn James , Learning and Work Institute.
10:50	'Improving Outcomes with Patients'	Dr Sally Lewis – Interim Assistant Medical Director and Primary Care Clinical Director, Aneurin Bevan University Health Board.
11:10	Refreshments	
11:25	Adult Community Learning and Wellbeing: A Review of the evidence	David Watson , Senior Research Associate, Work, Learning and Wellbeing Evidence programme, What Works Wellbeing Centre.
11:45	Well North Wales	Glynn Roberts - Programme Director 'Well North Wales'.
12:05	Roundtable Discussion 1	Breakout Rooms.
12:35	Lunch	
13:15	'Helping ourselves by helping others'	Danny Daniell & Tim Cocks Operations Manager & Managing Director - Active Plus.
13:35	Self-Care: The power to learn and unlock personal assets	Wayne Jepson , Person Centred Care Lead, 1000 Lives Improvement, PHW.
13:55	Building Social Capital	Professor Joyce Kenkre , University of South Wales
14:15	Refreshments	
14:35	Roundtable Discussion 2	Breakout Rooms.
15:05	Discussion Feedback	
15:35	Summary	Cerys Furlong , Director for Wales, Learning and Work Institute Cymru. Tanya Strange , Divisional Nurse, Primary Care, Aneurin Bevan University Health Board.
16:00	Close	

