

# WHAT'S ON

GENERAL ACTIVITIES



## OUR THEME AND CAMPAIGN

The theme of National Safeguarding Week in Mid and West Wales this year is mental health and wellbeing. Our regional campaign will focus on **positive** mental health, particularly on areas such as sleep, exercise and social interaction as elements of wellbeing which positively impact mental health. It will be emphasised these are not suggested cures for adverse mental health, but ways of working towards wellbeing.

## REGIONAL

**ALL  
WEEK**

**WEBSITE: Mental Health and Wellbeing**

Sharing of resources collated in conjunction with Hywel Dda and Powys Teaching Health Board colleagues on this year's theme of mental health and wellbeing

## LOCAL

**ALL  
WEEK**

**PEMBROKESHIRE JUNIOR SAFEGUARDIANS: Keeping Children, Young People and Adults Safe in Pembrokeshire**

Launch of interactive online safeguarding training for young people aged 11 to 25

**DAILY**

**POWYS: Social Media Campaigning**

Promotion and awareness raising of daily themes including trauma, wellbeing and learning from Practice Reviews

**DAILY**

**POWYS: Social Media Campaigning**

Session for education on new youth-produced sexual imagery guidance to be delivered through PSE sessions in schools

NATIONAL SAFEGUARDING WEEK 2020

# WHAT'S ON

MONDAY, 16TH NOVEMBER



## REGIONAL

10AM

CONFERENCE: Trauma Informed Practice  
Margo Sutherland, 10am—1pm, Microsoft Teams

2PM

Q&A SESSION/SEMINAR: Self-Neglect  
Michael Preston-Shoot, 2pm—4pm, Microsoft Teams

## NATIONAL

2PM

CONFERENCE: Parent Advocacy – Development Action  
Parent Family and Allies Network, 2pm—4pm, Microsoft Teams

## SOCIAL MEDIA

ALL

THEME: Sleep

DAY

Facebook, Instagram and Twitter posts on the importance of getting enough sleep to achieve positive mental health

NATIONAL SAFEGUARDING WEEK 2020

# WHAT'S ON

TUESDAY, 17TH NOVEMBER



## REGIONAL

**10AM**

**Q&A SESSION/SEMINAR: Thematic Review of Child and Adult Practice Reviews (Practitioners)**

Barbara Firth, 10am—12pm, Microsoft Teams

**2PM**

**Q&A SESSION/SEMINAR: Thematic Review of Child and Adult Practice Reviews (Practitioners)**

Barbara Firth, 2pm—4pm, Microsoft Teams

## NATIONAL

**10AM**

**CONFERENCE: Shaping the Future of Safeguarding in Wales**

Presentations from:

Dr. Michelle McManus, Head of Criminal Justice, Liverpool John Moores University

Amaladipa Remigio, Head of Public Protection, National Probation Service - Wales

10am—12pm, Microsoft Teams

## SOCIAL MEDIA

**ALL**

**THEME: Nature**

**DAY**

Facebook, Instagram and Twitter posts on how connecting to nature can improve mental health

NATIONAL SAFEGUARDING WEEK 2020

# WHAT'S ON

WEDNESDAY, 18TH NOVEMBER



## REGIONAL

**10AM**

Q&A SESSION/SEMINAR: Self-Neglect

Michael Preston-Shoot, 10am—12pm, Microsoft Teams

**2PM**

Q&A SESSION/SEMINAR: Dyfed Powys Police Vulnerability Hub

T/DI Steve Lewis & DS Vicky Wall , 2pm—4pm, Microsoft Teams

## LOCAL

**6PM**

POWYS: PARENTS PROTECT CSA PUBLIC TRAINING SESSION

Powys County Council, 6pm—8:30pm, Zoom

## SOCIAL MEDIA

**ALL**

THEME: EXERCISE

**DAY**

Facebook, Instagram and Twitter posts on how physical exercise can improve mental health

NATIONAL SAFEGUARDING WEEK 2020

# WHAT'S ON

THURSDAY, 19TH NOVEMBER



## REGIONAL

**10AM**

**Q&A SESSION/SEMINAR: Thematic Review of Child and Adult Practice Reviews (Managers)**

Barbara Firth, 10am—12pm, Microsoft Teams

## NATIONAL

**3PM**

**NATIONAL SOCIAL CARE CONFERENCE 2020**

Free to all social care professionals and those working in the sector  
Two-day conference from 3pm Thursday—2pm Friday

## SOCIAL MEDIA

**ALL**

**THEME: Social interaction and leisure**

**DAY**

Facebook, Instagram and Twitter posts on how social interaction and hobbies can help to achieve positive mental health

NATIONAL SAFEGUARDING WEEK 2020

# WHAT'S ON

FRIDAY, 20TH NOVEMBER



## NATIONAL

**9:30AM** NATIONAL SOCIAL CARE CONFERENCE 2020  
Free to all social care professionals and those working in the sector  
Two-day conference from 3pm Thursday—2pm Friday

## REGIONAL

**10AM** Q&A SESSION/SEMINAR: Self-Neglect  
Michael Preston-Shoot, 10am—12pm, Microsoft Teams

## LOCAL

**3PM** POWYS: WEEKLY MINDFULNESS SESSION  
Liz Williams, 3pm—3:30pm

## SOCIAL MEDIA

**ALL DAY** THEME: Food  
Facebook, Instagram and Twitter posts on the role of food as a factor of mental health