


Mercure Holland
House Hotel
Cardiff

27th September
2012

WaMH in PC Conference

‘Getting a Life’

Extending the length and quality
of life - living well

Delegate Fee: £30

For more information or to
register please contact:

lhills@rcgp.org.uk



WaMH in PC

funded by Welsh Government

WaMH in PC has been championing primary care mental health for nearly ten years. We have raised the profile of this often neglected yet hugely important area, and have gained widespread credibility. WaMH in PC is a special interest working group established by RCGP Wales and is made up of a highly diverse group of professionals from many backgrounds including the third sector, counselling and psychotherapy, social services, health boards, policy makers, practitioners, psychiatrists, as well as GPs.

We are in the process of developing a Gold Standard Programme for primary care mental health in Wales. This involves a wide variety of work streams all of which are aimed at increasing the knowledge and skills of the primary care workforce, as well as improving the services for patients.

The Gold Standard Programme has provided the Network with the opportunity of working in collaboration with a number of interested organisations across Wales to develop easily recognisable, valuable Information Sheets, disseminated into Primary Care on a bi-monthly basis. At the heart of the Gold Standard Programme are the group's three Hallmarks of positive relationships:

- **Trust (demonstration of honesty, competence and openness)**
- **Good Communication (all parties understanding a common language, ensuring a shared understanding)**
- **Person Centredness (see the client as a person, see the practitioner as a person, share power and responsibility)**

The full suite of Information Sheets can be found in your delegate pack.

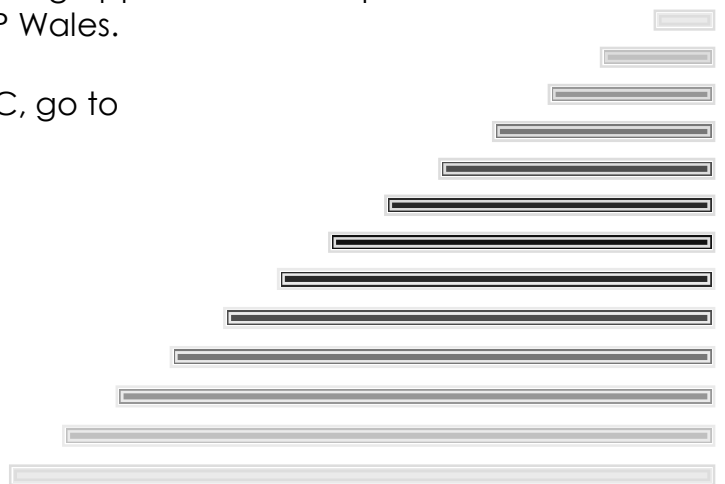
Improved primary care mental health requires consistent standards of care, whilst striving for continuous improvement in health and wellbeing through education, prevention, support and treatment to ensure the recovery and maintenance of wellbeing; we believe that WaMH in PC can play an important role in this development via our multi disciplinary core group membership, networking opportunities and professional credibility afforded to WaMH in PC by RCGP Wales.

If you want to learn more about WaMH in PC, go to

www.wamhinpc.org.uk



Royal College of
General Practitioners



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Agenda	
09:30—10:00	Registration, tea and coffee
10:00—10:10	Welcome and Introduction <i>Dr Mark Boulter</i> <i>Chair of WaMH in PC</i>
10:10—10:20	Key note speech Lesley Griffiths <i>Minister for Health and Social Services</i>
10:20-10:25	Presentation of WaMH in PC Bursary Certificates Lesley Griffiths <i>Minister for Health and Social Services</i>
10:25—10:45	Keeping a Life - Respecting a Life Dignity in Care Dr Paul Myres <i>Chair of RCGP Wales</i>
10:45—11:15	Refreshments
11:15—11:45	Improving outcomes for patients with co-morbid common mental health problems and long term physical conditions Professor André Tylee <i>Head, Primary Care Mental Health</i> <i>Institute of Psychiatry, Kings College London</i>
11:45—12:45	Morning Workshops
Workshop 1	Improving outcomes for patients with depression and symptomatic heart disease in general practice Professor André Tylee <i>Head, Primary Care Mental Health</i> <i>Institute of Psychiatry, Kings College London</i>
Workshop 2	Discover Dr Ihtesham Sabri <i>Chair RCGP SE Faculty, GP Principal, Former KSS Deanery GP Tutor,</i> <i>Director of InMind, GPwSI Mental Health</i> Dr Huw Lloyd <i>Immediate past Chair of WaMH in PC</i>
Workshop 3	Think Collaboratively Dr Mark Boulter <i>Chair of WaMH in PC</i> Dr Ray Jacques <i>Associate Clinical Director and Consultant Psychiatrist</i> <i>Abertawe Bro Morgannwg UHB</i> <i>Directorate of Learning Disabilities Services</i>
Workshop 4	Self Management—mentoring / self management—patient's voice David Crepez-Keay <i>Head of Empowerment and Social Inclusion</i> <i>Mental Health Foundation</i>

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11:45—12:45	Morning Workshops cont..
Workshop 5	Welsh National Exercise Referral Scheme Jeannie Wyatt-Williams <i>National Exercise Referral Coordinator for Wales</i> <i>Welsh Local Government Association</i>
12:45—14:00	Review of posters / stands / lunch
14:00—15:00	'I want to die ...' —a patient's story Theatr Fforwm
15:00—16:00	Afternoon Workshops
Workshop 6	Ex-service personnel with service related mental health problems. Should they be a special population for health and social services? Dr Neil Kitchiner Principal Clinician <i>All Wales Veterans Health and Wellbeing Service</i>
Workshop 7	Together for Mental Health Siân Richards <i>Strategy Lead, Mental Health and Vulnerable Groups Division</i> <i>Welsh Government</i> Phill Chick
Workshop 8	Delivery of psychological therapies and support—what it means for the patient Dr Jane Boyd <i>Consultant Clinical Psychologist.</i> <i>Interim Clinical Director of Psychology and Counselling.</i> <i>Head of Counselling in Primary Care</i> <i>Whitchurch Hospital</i>
Workshop 9	GP consultations with teenagers for mental health—how not to miss anything Dr Maryanne Freer <i>Charlie Waller Memorial Trust North East Associate</i>
Workshop 10	Mental Health, Mental Wealth: Where Positive Psychology Meets Primary Care Dr Simon Braybrook <i>GP/Academic Fellow</i> <i>Cardiff University</i>
16:45	What next?
16:50	Finish and Close