



Thursday 2 July 2026
Leonardo Hotel, Cardiff

Please note: Food and drink will be provided and the conference can be accessed both in-person and online

AGENDA

TIME	TOPICS	SPEAKERS
10:30am	Arrive at venue (Exhibitor stands will be at the venue for those wishing to arrive from 10.30am)	
11:00am	Forum welcome and introduction	<i>Forum reps</i>
11:10am	The history of mental health in Wales	<i>National Archives</i>
11:20am	My personal experiences and what needs to change	<i>Sharon Phillips, Forum Member</i>
11:30am	Our stories digitalized	<i>Sally and Helen, Forum Members</i>
11:45am	The journey of the National Guidance - our launch	<i>Sharon / Ruth</i>



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TIME	TOPICS	SPEAKERS
12:30pm	Lunch and Exhibitor stands [45 mins]	
1:15pm	Keynote speaker: Justine Jones	<i>Justine Jones</i>
2:00pm	Hijinx live performance	<i>Hijinx</i>
2:30pm	Comfort break and Exhibitor stands [15 mins]	



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3:00pm	Breakout groups, facilitated by Gareth, Forum Member	
	<p>How do you measure the impact of stigma and what would you change?</p> <p>Understanding the impact:</p> <ul style="list-style-type: none">• What does the impact of stigma look like in people's daily lives? <p>Measuring impact:</p> <ul style="list-style-type: none">• What indicators or evidence best demonstrate the effects of stigma? <p>Creating change:</p> <ul style="list-style-type: none">• What single change would have the greatest impact on reducing stigma?	<p>Barriers to engaging in services and what can we do to overcome them?</p> <p>Identifying barriers:</p> <ul style="list-style-type: none">• What is the biggest barrier preventing people from accessing services? <p>Understanding the experience:</p> <ul style="list-style-type: none">• What makes people feel welcomed, understood, and willing to engage? <p>Solutions and improvements:</p> <ul style="list-style-type: none">• What practical action could services take to improve engagement?



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12:30pm	<p>What is your own personal experience of stigma?</p> <p>Reflecting on experiences:</p> <ul style="list-style-type: none">• Can you share an experience where stigma affected you or someone close to you? <p>Sources and settings:</p> <ul style="list-style-type: none">• Where do you think stigma is most commonly encountered? <p>Learning and moving forward:</p> <ul style="list-style-type: none">• What would you like others to understand about the impact of stigma from your experience?
3:45pm	<p>Close of conference</p>



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**Scan QR code to provide
feedback on the conference**