

**Digwyddiad Rhwydwaith Ymchwilwyr Gyrfa Cynnar**

**‘Creating Wellbeing: Research and Practice’**

**Zoom: 12:00 -02:00 pm, 9 Mai 2023**

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Bydd y weminar yn cael ei chadeirio gan ein Cymrawd, **Yr Athro Ann John**, arbenigwr ym maes Iechyd y Cyhoed a Seiciatreg, a Phrif Ymchwilydd a Chyd-gyfarwyddwr DATAMIND, Hwb y DU ar gyfer Datblygu Ymchwil Gwybodeg Iechyd Meddwl.

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|  | **Sgyrsiau** |
|  | **‘Surfing the Waves of Compassionate Accountability within Youth Justice Service’**  **Dr Tegan Brierley-Sollis** | Darlithydd mewn Plismona, Troseddeg a Dulliau wedi'u Llywio gan Drawma, Prifysgol Glyndŵr Wrecsam  Mae'r cyflwyniad yn ymwneud ag ymchwil PhD a fu’n archwilio’r diwylliant wedi'i lywio gan drawma sy'n dod i'r amlwg o fewn Gwasanaeth Cyfiawnder Ieuenctid Gogledd Cymru.  Bydd y ddarlith yn mynd â’r gynulleidfa ar daith fanwl i rai o’r canfyddiadau, yn seiliedig ar adroddiadau a roddwyd gan blant sy’n ymwneud â chyfiawnder a darparwyr gwasanaethau, o’r ymchwil ac yn trafod:   * Yr heriau o ymgorffori diwylliant sy'n cael ei lywio gan drawma mewn lleoliad cyfiawnder * Y manteision y gallai diwylliant sy'n seiliedig ar drawma ei gael ar staff a'r plant sy'n defnyddio'r gwasanaeth   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **‘Pathways to wellbeing for sexual minority adolescents and why prioritizing your own wellbeing is integral to your future success’**  **Dr Becky Amos** | Swyddog Ymchwil -Profiadau Niweidiol yn ystod Plentyndod, Ysgol Gwyddorau Meddygol ac Iechyd, Prifysgol Bangor  Bydd y cyflwyniad hwn yn dechrau gyda throsolwg o waith rwyf wedi'i wneud ynghylch lles mewn pobl ifanc o leiafrifoedd rhywiol. Yna bydd yn symud ymlaen i awgrymiadau a thriciau o ran sut i flaenoriaethu eich lles eich hun a chipolwg ar sut rwy'n rheoli fy lles fy hun yng nghyd-destun bod yn ECR. Fel ECR rwy'n tyfu ac yn dysgu'n gyson. Fy ngobaith yw na fyddaf byth yn colli fy awydd am wybodaeth ac ymrwymiad i alluogi newid cadarnhaol drwy fy ymchwil. Fel eiriolwr dros iechyd meddwl a hyrwyddwr lles ym Prifysgol Bangor, rwy'n anelu i roi lles wrth wraidd unrhyw sgwrs.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **‘Just Go For A Walk: The role and importance of body-based strategies in Wellbeing’**  **Dr Paula Foscarini-Craggs** | Rheolwr Treialon a Cydymaith Ymchwil , Canolfan Y mchwil Treialon, Prifysgol Caerdydd  Mae ymdrechion i wella lles yn aml yn canolbwyntio ar iechyd meddwl unigolyn a chynyddu emosiynau cadarnhaol a lleihau rhai negyddol. Mae hyn yn anwybyddu rôl iechyd corfforol, a gweithgarwch corfforol a strategaethau eraill sy'n seiliedig ar y corff mewn lles. Mae lles yn cynnwys y rhyngweithio rhwng iechyd corfforol a meddyliol, yn ogystal â ffactorau cymdeithasol ond gall effaith pob ffactor amrywio ar draws unigolion.  I'r rhai lle gall stigma a dealltwriaeth ddiwylliannol o iechyd meddwl fod yn pwyso tuag at synnwyr mwy corfforol, gall gweithgarwch corfforol a strategaethau eraill sy'n seiliedig ar y corff chwarae rhan bwysig wrth eu helpu i reoli heriau iechyd meddwl. I'r rhai sy'n profi symptomau corfforol a allai fod ag aetioleg iechyd meddwl yn rhannol, gall cyflwyno technegau therapiwtig traddodiadol drwy strategaethau sy'n seiliedig ar y corff osgoi ymddangosiad symptomau diystyru a lleihau amharodrwydd unigolion i ymgysylltu â thechnegau a allai fod o gymorth i reoli eu lles.  Mae mwy a mwy o ymchwil wedi dangos bod iechyd meddwl, a llawer o gyflyrau iechyd corfforol, fel poen cronig, yn gofyn am gynlluniau triniaeth lefel unigol ac mae'n rhaid i'r cynlluniau hyn ystyried yr holl elfennau sy’n dylanwadu ar les.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **‘Mindfulness for Wellbeing: Exploring directions in research and practice’**  **Dr Lucy Bryning** | Swyddog Arloesi Ymchwil a Datblygu ym Maes Iechyd a Lles, Prifysgol Bangor  Mae amrywiaeth o Raglenni wedi'u Seilio ar Ymwybyddiaeth Ofalgar (MBPs) yn cael eu darparu'n gyffredin yn y Deyrnas Unedig (DU). Mae hyn yn cynnwys rhaglenni wedi'u targedu sy'n atal iselder rheolaidd, a gyflwynir yn aml o fewn y sector iechyd ac a ddefnyddir fel 'arf clinigol' ar gyfer rheoli iselder (Crane, 2017) i raglenni mwy cyffredinol lle caiff MBPs eu darparu fel 'offer hyfforddi meddwl' i helpu i adeiladu gwydnwch a sgiliau ymdopi craidd (Crane, 2017). Mae MBPs wedi'u darparu i blant mewn ysgolion (Kuyken et al., 2017, 2013) sy'n cynnig dull ataliol tymor hwy o hyrwyddo iechyd meddwl cadarnhaol. Gall ymwybyddiaeth ofalgar hefyd gael ei ymarfer gartref, gan gymryd agwedd hunangymorth tuag at hybu iechyd a diogelu lles. Bydd y cyflwyniad byr hwn yn archwilio rhai cyfarwyddiadau cyfredol ym maes ymchwil Ymwybyddiaeth Ofalgar a chyfleoedd posibl i ymarfer er mwyn helpu i ddiogelu lles. |

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| **Bywgraffiadau Siaradwyr** |
| **Dr Tegan Brierley-Sollis**  Mae Tegan Brierley-Sollis yn Ddarlithydd mewn Plismona, Troseddeg, a Dulliau Gwybodus o Drawma ym Mhrifysgol Glyndŵr. Mae Tegan yn aelod o Cyfiawnder: Sefydliad Ymchwil Cynhwysiant Cymdeithasol Prifysgol Glyndŵr Wrecsam a’r prosiect prifysgol wedi’i lywio gan Trawma ac ACE (TrACE). Mae gan Tegan brofiad o weithio a gwirfoddoli gyda phlant ac oedolion sy'n ymwneud â'r system cyfiawnder troseddol, ar draws gwasanaethau statudol a gwirfoddol. Yn ystod ei hastudiaethau PhD, creodd Tegan gysyniad i egluro trawma ac ymarfer wedi’i lywio gan drawma mewn ffordd glir a hygyrch sydd ers hynny wedi’i ddatblygu’n animeiddiad o’r enw ‘Llywio'r Storm’.  **Dr Becky Amos**  Ar hyn o bryd rwy'n gweithio i Prifysgol Bangor ar y cyd ag Iechyd Cyhoeddus Cymru a Chanolfan Genedlaethol Iechyd y Boblogaeth Cymru fel Swyddog Ymchwil sy'n canolbwyntio ar brofiadau niweidiol yn ystod plentyndod.  Mae fy niddordebau ymchwil yn canolbwyntio'n fras ar iechyd meddwl, ei benderfynyddion, ac effeithiau gydol oes. Yn ddiweddar, rwyf wedi cwblhau fy PhD a oedd yn archwilio rhagfynegyddion lles a seicopatholeg mewn pobl ifanc o leiafrifoedd rhywiol yn y DU a'r rhesymau dros anghyfartaledd ac adfyd.  **Dr Paula Foscarini-Craggs**  Enillodd Paula radd BA (Anrhydedd) mewn Seicoleg yng Ngholeg Glendon, Prifysgol Efrog, a chwblhaodd radd PhD mewn Seicoleg, gan ganolbwyntio ar symbyliad, hunaniaeth, gweithgarwch corfforol, a bwyta'n iach, ym Prifysgol Abertawe. Ar hyn o bryd, mae Paula yn gydymaith ymchwil a rheolwr treialon yn y Ganolfan Treialon Ymchwil, Prifysgol Caerdydd. Mae hi'n gyfrifol am sefydlu a rheoli treialon clinigol o dan y themâu heintiau, llid, ac imiwnedd, ac Iechyd yr Ymennydd a Lles Meddwl o fewn Uned y treial.  Mae ei diddordebau academaidd ei hun yn canolbwyntio ar rôl ffactorau cymdeithasol a hunaniaeth ar ymddygiad gweithgarwch corfforol a rôl symudiad corfforol wrth gynyddu lles a lleihau rhwystrau i gael mynediad at ofal iechyd ar gyfer heriau corfforol ac iechyd meddwl.  **Dr Lucy Bryning**  Mae amrywiaeth o Raglenni wedi'u Seilio ar Ymwybyddiaeth Ofalgar (MBPs) yn cael eu darparu'n gyffredin yn y Deyrnas Unedig (DU). Mae hyn yn cynnwys rhaglenni wedi'u targedu sy'n atal iselder rheolaidd, a gyflwynir yn aml o fewn y sector iechyd ac a ddefnyddir fel 'arf clinigol' ar gyfer rheoli iselder (Crane, 2017) i raglenni mwy cyffredinol lle caiff MBPs eu darparu fel 'offer hyfforddi meddwl' i helpu i adeiladu gwydnwch a sgiliau ymdopi craidd (Crane, 2017). Mae MBPs wedi'u darparu i blant mewn ysgolion (Kuyken et al., 2017, 2013) sy'n cynnig dull ataliol tymor hwy o hyrwyddo iechyd meddwl cadarnhaol. Gall ymwybyddiaeth ofalgar hefyd gael ei ymarfer gartref, gan gymryd agwedd hunangymorth tuag at hybu iechyd a diogelu lles. Bydd y cyflwyniad byr hwn yn archwilio rhai cyfarwyddiadau cyfredol ym maes ymchwil Ymwybyddiaeth Ofalgar a chyfleoedd posibl i ymarfer er mwyn helpu i ddiogelu lles.  **Athro Ann John, LSW (Cymedrolwr)**  Athro Iechyd Cyhoeddus a Seiciatreg; Pennaeth Adran, Ysgol Meddygaeth Abertawe, Prifysgol Abertawe  Mae Ann John yn Athro clinigol mewn Iechyd Cyhoeddus a Seiciatreg gyda chefndir mewn iechyd cyhoeddus ac ymarfer cyffredinol. Mae ei hymchwil yn canolbwyntio ar atal hunanladdiad a hunan-niweidio, ac ar iechyd meddwl plant a phobl ifanc. Mae Ann yn arwain Cronfa Ddata Gwybodaeth am Hunanladdiad-Cymru ac yn ystod COVID, bu'n cyd-arwain yr *Astudiaeth Fyd*-*eang ar Hunanladdiad a'r Adolygiad Systematig Byw*. Mae hi’n gadeirydd y Grŵp Cynghori Cenedlaethol ar Atal Hunanladdiad a Hunan-niweidio i Lywodraeth Cymru, ac yn cyd-gadeirio'r Grŵp Traws-lywodraethol. |



**Early Career Researchers Network Webinar**

**‘Creating Wellbeing: Research and Practice’**

**Zoom: 12:00 -02:00 pm, 9 May 2023**

The webinar will be chaired by our Fellow, **Professor Ann John**, an expert in Public Health and Psychiatry and  PI and Co-director of DATAMIND, UK's Hub for Mental Health Informatics Research Development.

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|  | **Talks** |
|  | **‘Surfing the Waves of Compassionate Accountability within Youth Justice Service’**  **Dr Tegan Brierley-Sollis** | Lecturer In Policing, Criminology, and Trauma-Informed Approaches, Wrexham Glyndŵr University  The presentation concerns PhD research which explored the emerging trauma-informed culture within the North Wales Youth Justice Service.  The presentation will take the audience on a journey into some of the findings touching on themes of wellbeing, based on accounts given by justice-involved children and service providers, of the research and discuss:   * The challenges of embedding a trauma-informed culture into a justice setting * The benefits a trauma-informed culture may have on staff and the children accessing the service   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **‘Pathways to wellbeing for sexual minority adolescents and why prioritizing your own wellbeing is integral to your future success’**  **Dr Becky Amos** | Research Officer- Adverse Childhood Experiences, School of Medical and Health Sciences, Bangor University  This presentation will begin with an overview of work I have conducted regarding wellbeing in sexual minority adolescents. It will then move on to tips and tricks of how to prioritise your own wellbeing and a snapshot of how I manage my own wellbeing in the context of being an ECR. As an ECR I am constantly growing and learning. It is my hope I will never lose my thirst for knowledge and commitment to enable positive change through my research. As an advocate of mental health and a wellbeing champion at Bangor University I aim to put wellbeing at the heart of any conversation.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **‘Just Go For A Walk: The role and importance of body-based strategies in Wellbeing’**  **Dr Paula Foscarini-Craggs** | Trial Manager and Research Associate, Centre for Trials Research, Cardiff University  Efforts to improve wellbeing often focuses on an individual’s mental health and increasing positive emotions and reducing negative ones. This ignores the role of physical health, and physical activity and other body-based strategies in wellbeing. Wellbeing is made up of the interaction between physical and mental health, as well as societal factors but the impact of each factor can vary across individuals.  For those where stigma and cultural understandings of mental health may be weighted towards more physical sensations, physical activity and other body-based strategies can play an important role in helping them to manage mental health challenges. For those who are experiencing physical symptoms that may have in part a mental health aetiology, introducing traditional therapeutic techniques through body-based strategies can avoid the appearance of dismissing symptoms and reduce the reluctance of individuals to engage with potentially helpful techniques to manage their wellbeing. More and more research has shown that mental health, and many physical health conditions, like chronic pain, need to individual level treatment plans and these plans must consider all the elements of that influence wellbeing.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **‘Mindfulness for Wellbeing: Exploring directions in research and practice’**  **Dr Lucy Bryning** | Health and Wellbeing Research and Development Innovation Officer, Bangor University  A range of Mindfulness Based Programmes (MBPs) are commonly delivered in the United Kingdom (UK). This includes targeted programmes preventing recurrent depression, commonly delivered within the health sector and used as a ‘clinical tool’ for management of depression (Crane, 2017) to more universal programmes where MBPs are delivered as ‘mental training tools’ to help build resilience and core coping skills (Crane, 2017). MBPs have been delivered to children in schools (Kuyken et al., 2017, 2013) offering a longer-term preventative approach to promoting positive mental health. Mindfulness can also be practiced at home, taking a self-help approach to health promotion and protecting wellbeing. This short presentation will explore some current directions in Mindfulness research and potential opportunities for practice to help protect wellbeing. |

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| **Speakers’ Biographies** |
| **Dr Tegan Brierley-Sollis**  Tegan Brierley-Sollis is a Lecturer in Policing, Criminology, and Trauma-Informed Approaches at Glyndŵr University. Tegan is a member of Cyfiawnder: The Social Inclusion Research Institute at Wrexham Glyndŵr University and the Trauma and ACE (TrACE) informed university project. Tegan has experience working and volunteering with children and adults involved in the criminal justice system, across both statutory and voluntary services. During her PhD studies, Tegan created a concept to explain trauma and trauma-informed practice in a clear and accessible way which has since been developed into an animation titled ‘Navigating the Storm’.  **Dr Becky Amos**  I currently work for Bangor University in collaboration with Public Health Wales and the National Centre of Population Health Wales as a Research Officer focusing on adverse childhood experiences. My research interests are broadly focused on mental health, its determinants, and lifelong impacts. I have recently completed my PhD which explored predictors of wellbeing and psychopathology in sexual minority adolescents in the UK and reasons for disparity and adversity.  **Dr Paula Foscarini-Craggs**  Paula obtained a BA (Hons) degree in Psychology at Glendon College, York University, and completed her PhD in Psychology, with a focus on motivation, identity, physical activity, and healthy eating, at Swansea University. Currently, Paula is a research associate and trial manager in the Centre for Trials Research, Cardiff University. She is responsible for setting up and managing clinical trials in both the infections, inflammation, and immunity, and Brain Health and Mental Wellbeing themes within the trial’s Unit. Her own academic interests focus the role of social factors, and identity on physical activity behaviour and the role of physical movement in increasing wellbeing and reducing barriers to accessing health care for both physical and mental health challenges.  **Dr Lucy Bryning**  Lucy Bryning joined Bangor University as a Research Officer in Health Economics in 2015. She has a 1st Class BSc (Hons) and a Masters by Research, both in Psychology. Lucy has a PhD in Health Economics exploring the economics of Mindfulness Based Interventions. Her research interests include the evaluation of complex public health programmes, psychosocial interventions, prevention initiatives and novel technologies for improving health. Lucy was a co-author on the series of CHEME reports commissioned by Public Health Wales on the economic case for investment across the life course, including Transforming Young Lives across Wales (2016), Living Well for Longer (2018) and Wellness in Work (2019).  **Professor Ann John, LSW (Chair)**  Professor of Public Health and Psychiatry; Deputy Head, Swansea Medical School, Swansea University  Ann John is a clinical Professor of Public Health and Psychiatry with a background in public health and general practice. Her research focuses on suicide and self-harm prevention and children and young people’s mental health. Ann leads the Suicide Information Database-Cymru and during COVID co-led the Living Systematic Review on Suicide Prevention and the Global Suicide Study. She chairs the National Advisory Group on Suicide and Self-harm prevention to Welsh Government and co-chairs the Cross-Government Group. |