

People, Nature and Wellbeing

Friday 23rd July 10:00-11:50

AGENDA

10:00 Welcome and Introduction - Jessie Buchanan, Together for Change

10:10 Presentation: Nature at Work – Suzi Tarrant, Ecotherapist

10:25 Presentation: Greening a Community – Jeremy Wadia, Ecodewi

10:35 Questions

10:40 ----- Break -----

10:45 Discussion groups and feedback on the following:

- Share something you are involved in or have participated in that works well.
- Is nature and wellbeing important in Welsh policy and how could its profile be raised?
- How can we ensure that opportunities to access nature are as inclusive as possible?

11:05 Feedback from discussion groups – Chaired by Sue Denman, Together for Change

11:15 Presentation: Building a Knowledge Base on Wellbeing and Local Assets – Amy Gill, Together for Change

11:25 Presentation: The Great Outdoors – A largely untapped Resource for Life – Tom Moses, Pembrokeshire Coast National Park Authority

11:40 Questions

11:45 Closing remarks – Sue Leonard, Chief Officer Pembrokeshire Association of Voluntary Services

11:50 Vote of thanks – Sue Denman, Together for Change

BIOGRAPHIES

Jessie Buchanan

Jessie is the Programme Coordinator with Together for Change. She has a keen interest in place-based approaches and is leading on the QuIP and Causal map research study for the programme. She also leads the 'Ready to Go' shared learning project. Jessie has extensive professional and research experience in horticulture, heritage and conservation and is committed to promoting holistic approaches to community development.

Sue Denman

Sue worked in the education and health services for over ten years before her appointment in 1992 to the post of Lecturer in Health Promotion in the Department of Public Health Medicine and Epidemiology at Nottingham University's Medical School.

In 2001 she moved to Wales to set up the Research, Monitoring and Evaluation Unit for the Welsh Government's European Funding Office. She stayed in the civil service to act as Deputy Director of the Wales Office for Research and Development in Health and Social Care and was promoted to the leadership role in 2007. In 2010 she joined the staff of the School of Medicine at Cardiff University to coordinate the strategy of the School, and in that role set up the South East Wales Academic Health Science Partnership (SEWAHSP) to promote collaborative working between the Health Boards and Universities in the region. She is Professor Emeritus at Cardiff University.

Retirement from full time paid employment has enabled Sue to devote time to volunteering for Cardiff University and her community. She was involved in setting up Solva Care, is a Trustee of the charity and chairs the Research Monitoring and Evaluation Group. She was interim Chair of Solva Community Land Trust and is currently leading on the Pembrokeshire Together for Change, a partnership programme started by Solva Care, PLANED and PAVS (Pembrokeshire Association of Voluntary Services).

Amy Gill

Amy is the Programme Researcher with Together for Change. Her current focus of work is the qualitative coding of the QuIP and Causal Map research study. She has experience in community asset mapping, and communications and is committed to making information engaging and accessible. Amy is passionate about climate conscious living and youth engagement and in her spare time enjoys collaborating with fellow young ambassadors to create online resources that encourage discussion of these topics.

Sue Leonard

Sue is Chief Officer of Pembrokeshire Association of Voluntary Services (PAVS), a position she has held since 2008, and has worked in the voluntary and community sector for almost 20 years. She is also the Vice Chair of the Pembrokeshire Public Services Board and is involved as a third sector representative in a

number of local, regional and national strategic partnerships, mainly around health, social care & wellbeing, children & families and resourceful communities.

PAVS is the County Voluntary Council for Pembrokeshire, offering support for voluntary and community groups, social enterprises and volunteers across four key pillars of activity – good governance, sustainable funding, active citizenship (informal and formal volunteering) and policy, engagement & influencing. PAVS also employs patch-based Community Connectors who work with individuals and communities across Pembrokeshire to improve wellbeing.

PAVS has recently brought together around 60 individuals, organisations and networks to form the Pembrokeshire Sustainable Natural Capital Forum. An initial meeting of the steering group has taken place, and more work will be undertaken in the coming months to establish the Forum as a mechanism for sharing learning & ideas and developing collaborative funding bids. In the meantime, PAVS continues to support the very many groups that are interested in environmental best practice, community growing, nature-based therapies, community green spaces and so on.

Tom Moses

After completing a Geology degree and exploring (some of!) the world Tom discovered his trajectory through joining the Prince's Trust as a young person in 1999, progressing through volunteering for the Trust and for Raleigh International in Patagonia to working for the Prince's Trust in Pembrokeshire. During this time, he began casual work as an Activity Leader for the National Park.

After undertaking a PGCE in 2005 Tom took a full-time role as Coordinator of the Mentro Allan *Go4It!* project Discovery Ranger for Pembrokeshire Coast National Park and subsequent projects (*Your Park, Pathways*) which have developed the approach of capacity building and supported volunteering amongst seldom-heard groups in the county, including the introduction of the Youth Ranger scheme and Youth Committee; the 'National Park Next Generation'

More recently Tom has been involved in the development of the '*Roots to Recovery*' project in partnership with Mind Pembrokeshire which has received lottery funding and is shortly to begin delivery at 'Green Hubs' across Pembrokeshire, and the creation of the 'Coordination of Volunteering for the Environment (COVE) Pembrokeshire Network. His role continues to have an element of developing Engagement policy and practice within PCNPA and beyond.

Tom is also an environmental activist, a Haverfordwest Town Councillor, a Parent Governor Representative on the PCC Schools and Learning Overview and Scrutiny Committee, an ultra-runner and a Grandpa!

Suzi Tarrant

Suzi has worked as a Clinical Psychologist in the NHS for nearly 30 years and currently leads the Staff Psychological Wellbeing Service for Hywel Dda UHB. She runs her private Ecotherapy practice in woodland close to her home in Narberth and is a Director for Reconnect in Nature CIC as well as a Volunteer Speaker for the Woodland Trust. Suzi is a keen (and slow, stopping a lot) trail runner and loves to spend time exploring the wilder parts of West Wales.

Suzi will share some experiences of supporting NHS staff through the pandemic with reflections on the role our relationship with nature plays in healing and recovery.



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Jeremy Wadia

Jeremy and family moved back to Pembrokeshire in 2019 having fallen in love with the county when he served here in the Army. Having served almost 10 years in the British Army, around the UK and on operations overseas, Jeremy retired as a Captain and worked for an international tech business as their Chief Operating Officer. In 2015, keen for a new challenge, Jeremy spent 6 months travelling the world with his wife and young family, before returning to work with social enterprises and community groups on environmental, wildlife conservation, volunteering and community engagement projects. In February 2020 he helped co-found EcoDewi, an environmental community group in the St Davids Peninsula.

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