



CASCADE



Health and Care Research Wales Conference 2021

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CASCADE Infrastructure Partnership



Ymchwil Iechyd
a Gofal **Cymru**
Health and Care
Research **Wales**



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



SAIL
DATABANK



Centre for
Trials Research

Canolfan
Ymchwil Treialon



School of Psychology
Ysgol Seicoleg

ExChange

- Social care research engagement network.
- ExChange seeks to engage the social care sector with research by providing events and resources.
- Conferences, workshops, lectures, seminars, newsletter and website.
- While CASCADE has a focus solely on children's social care, ExChange covers both adult and children's social care.
- Foreground experience of care experienced people

“ExChange webinars have been great, helping me stay up to date during the pandemic. The article reviews on the website are very good too. Thank you.” BASW



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Scaffolding

Stakeholder group - practitioners

Adult services advisory panel - made up of senior UK academics, advising on content

Experts by experience - Voices, Parents group

“Great to have the recordings of webinars freely available to watch at own convenience.”
BASW



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Conferences

We run 5-6 themed conferences per year, covering both adult and children's care
Live speakers, pre-recorded lectures, podcasts, blogs and article reviews.

This year themed conferences:

- Safely reducing the need for children to be in care
- Wellbeing
- Transitions for young people

Next year:

- Strengths based approaches in adult services
- Domestic abuse
- Residential care for adults



International Speakers & Delegates

- **Dr David Tobis, *New York***
- **Professor Heather Taussig, *Denver, Colorado***
- **Viewers from as far afield as the USA, Australia & Scandinavia**

Evidence Informed Practice

Professor Julie Selwyn

[Bright Spots](#)

Survey across 50 LAs in UK (6 from Wales) 10,000 responses

Professor Gillian Ruch

[Communicating with children toolkit](#)

Used by social care practitioners and our social work students.

**Professor Donald Forrester, Dr Stephen Rollnick and Dr David Wilkins and Dr
Charlotte Whittakar**

[Motivational Interviewing for working with children and families](#)

428 attended and 286 have watched the recording

**Dr Sofia Vougioukalou, Cardiff University, Suzanne Duval, Diverse Cymru and Anne
Mears-Rees, Promo Cymru**

[Health inequalities and dementia care: what matters to people living with
dementia and their families?](#)

Activities & Outputs

- Webinar and online event registrations totalled **1305** from April to August 2021 (5 months)
- Our webinar and pre-recorded videos during this time had a total of **963** views
- Our new venture, podcasts, has been a great success and our six podcasts launched since May have had **291** downloads
- **14** of article reviews published on the website

Bulletin & Twitter

- The fully bilingual bitesize bulletin continues to be distributed to our ExChange mailing list fortnightly during term time (three weekly during holiday times) and our mailing list continues to expand. It has increased from **1394** in March to **1601** contacts in October 2021.
- Exchange Twitter followers - **1404**

[@ExChangeWales](#)

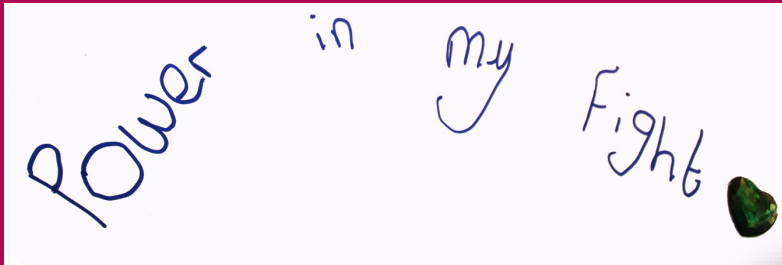
Experts by Experiences

- Work closely with experts by experience
- CASCADE Voices inspired pieces of research, during the pandemic the group shared the difficulties they were facing, specifically the challenges as care leavers. With joint funding from Voices From Care Cymru a study was conducted in summer of 2020. The group went on to provide context and validation on the study's findings by surveying practitioners. We co-developed an ExChange webinar, which includes stories and thoughts from the group captured in audio clips. Study provides clear implications for practice.
- <https://www.youtube.com/watch?v=R-kP1C7omw8>

Experts by Experience



For our forthcoming conference we have run poetry workshops across Wales with care experienced young people to capture their experiences of transitions.



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BASW – British Association of Social Workers

“Bitesize bulletins have been effective, clear and informative.”

“Without your resources and free workshops, social workers in Wales would be struggling to access research and evidence which is necessary and vital for their practice.”



Website – Signing up for our Newsletters

[ExChange](#)

On the first page, sign up to our mailing list. We also have Resources, news and events

[YouTube](#)

Our channel has recordings of all of our webinars and workshops



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