

Tackling Addiction and Dependence Together

A 360° Approach for Wales

Date: Wednesday 25th June 2025

09:45 - 10:30	Registration, Refreshments & Networking
10:30 - 10:40	Welcome & Introduction Richard Spear, Managing Director, ACT Training
10:40 - 11:20	Mind Over Craving: The CBT Toolbox In Action For Smoking and Other Addiction Disorders Dr Alan Curley, Programme Lead and Lecturer in Adult Health Studies, University of the West of Scotland
11:20 - 11:30	Break
11:30 - 12:00	The Impact of Addiction on Ourselves and Those We Love Elwyn Thomas, Co-production Lead, Kaleidoscope
12:10 - 12:30	Beyond the Numbers: Tackling Addiction and Dependence Together in Wales Suzanne Cass ASH Wales Cymru
12:30 - 13:30	Lunch Break
13:30 - 14:00	Tobacco Industry Interests, Recent Conduct and Claims Around Harm Reduction Dr Rachel Barry, Centre for 21st Century Public Health, University of Bath
14:00 - 14:30	Substance Use and Smoking - The Hywel Dda Co-working Story Tess Falzon, Smoking Cessation and Wellbeing Team, Hywel Dda University Health Board
14:30 - 15:00	Closing Remarks & Networking