



# Sioeau teithiol ymchwil gofal cymdeithasol Social care research roadshows

#STYGCLlandudno | #SCRRLlandudno

Sioeau teithiol ymchwil gofal cymdeithasol  
Social care research roadshows



Gofal Cymdeithasol Cymru  
Social Care Wales

# Welcome

## Hello and welcome to the social care research roadshows!

This is the first time we've staged these events, so we hope you find them useful.

It's been our ambition over recent years to see evidence embedded in social care practice in Wales, but we know this can be challenging for a number of reasons.

Our research into how the social services and social care workforce understand and use evidence found some common barriers, including a lack of time, funding and access to resources, as well as a shortage of skills and confidence in finding and applying evidence.

That research also highlighted the importance of building relationships between researchers and practitioners, and these findings helped us better understand how we can support workers to get evidence into practice.

As part of our work in this area, we've teamed up with Health and Care Research Wales to arrange these free roadshows.

We want to show you the positive impact research can have on practice, shine a light on some of the evidence available and give you an opportunity to make connections with researchers.

You'll hear from experts from across Wales and beyond on a range of social care research topics, many of which we've chosen based on our recent work to identify research priorities.

You'll also have the chance to talk about the topics in more detail with the researchers themselves and other practitioners.

In this age of virtual gatherings, it's nice to be able to come together in person like this. We hope you enjoy your day and come away with added confidence to apply evidence to your practice.

Thank you for joining us.

**Sue Evans**

Chief Executive, Social Care Wales

# Welcome

Thank you for taking the time to be with us today at the 2023 social care research roadshow. The team at Health and Care Research Wales and our colleagues at Social Care Wales are confident that you can expect an inspiring day of learning, sharing and networking with colleagues across Welsh social care.

The roadshows will provide an opportunity for the social care community to learn, but will also showcase the latest research in the social care sector, whilst highlighting the impact and value of research for practice, particularly focusing on identified research priorities.

With the recent launch of our three-year plan, 'Research Matters: Our plan for improving health and care research in Wales 2022-2025', Health and Care Research Wales has made a commitment to support social care research.

Through our Health and Care Research Wales Faculty, which covers health and social care, we are developing a strong research workforce for the future. To close the gap between social care and healthcare research, we are also supporting a range of programmes including ENRICH Cymru and CASCADE. By funding a new adult social care research centre in collaboration with Cardiff University, we are also providing opportunities to focus on senior research leadership capacity.

Together, we can elevate the profile of social care research, explore new possibilities, and participate in exciting new projects. I hope you get the most out of your day, and that you can take today's learning back to your teams and organisations to help us all improve outcomes for the people of Wales.

**Kieran Walshe**

Director of Health and Care Research Wales

# About us



## Social Care Wales

Social Care Wales is responsible for developing and regulating the social care workforce in Wales

Our regulatory role means we register practitioners, set standards of practice and make sure workers are fit to practise, while we develop the workforce so they have the knowledge and skills to protect, empower and support those who need help.

We set priorities for research to get evidence of what works well and share good practice with the workforce so they can provide the best response.

Our work also means we support innovation in the sector and gather data relevant to social care, as well as working with others to improve services for areas agreed as a national priority.

We're funded by Welsh Government.

# About us



## Health and Care Research Wales

Health and Care Research Wales is a networked organisation, supported by Welsh Government, which brings together a wide range of partners across the NHS in Wales, local authorities, universities, research institutions, third sector and others.

We work in close partnership with other government agencies and research funders (both in Wales and across the UK); industry partners; patients; service users; public and other stakeholders.

We work together to promote research into diseases, treatments, services and outcomes that can lead to discoveries and innovations which can improve and even save people's lives. For more information, please go to [healthandcareresearchwales.org](http://healthandcareresearchwales.org).

# A word from the Children's Commissioner for Wales



**Rocio Cifuentes**

**Rocio Cifuentes MBE, the Children's Commissioner for Wales, will be contributing to the conference remotely.**

Rocio is keen to share some of the key findings from her Ambitions for Wales survey of more than 8,000 children and young people in Wales. This has been fundamental in shaping her priorities for the next three years.

Tackling poverty, child protection and the reform of children's social care services are high on her agenda. Rocio is keen to share what actions she and her team will be taking, along with the calls she is making to decision makers to deliver effective changes for children.

# Information for the day

## Registration

Registration and networking will begin from 9.30am. The main programme and speaker sessions will begin from 10am, then will split into two parallel sessions. Lunch will be served in the Orme Suite at 1pm, followed by parallel sessions in the afternoon and closing remarks from our host in the Deganwy Suite at 3.20pm.

We aim for this series of roadshow events to be paperless, so we would encourage you to download this brochure rather than print it. There won't be any paper copies available on the day.

**Wifi can be accessed at Venue Cymru via the following network and password:**

**Network: VC Event**

**Password: researchroadshow2023**

## Simultaneous translation

Some of the roadshow programme may be delivered through the medium of Welsh.

Simultaneous translation will be available via the headsets on your seats in the Deganwy Suite for those who need it.

As part of the main roadshow programme, questions may be asked in either Welsh or English. If responders are unable to speak Welsh, their answers will be given in English.

## Travel bursaries

Although the social care research roadshows are free to attend, we understand that some may suffer financial difficulties in securing travel to and from the events. There are bursaries available to help with this, so do please get in touch with the roadshow team if you need assistance.

# Programme

## MORNING SESSION - DEGANWY SUITE

From  
09.30

**Registration opens**  
Your opportunity to plan your day and network

10.00

**Welcome to this inaugural social care research roadshow**  
Kieran Walshe, Director of Health and Care Research Wales  
Rocio Cifuentes, Children's Commissioner for Wales

10.15

**Keynote: Social work with children and families in hard times**  
Sally Holland, CASCADE, Cardiff University,  
Children's Commissioner for Wales 2015 - 2022

10.35

**COMFORT BREAK**



# Programme

PARALLEL SESSION ONE		
	<b>HARLECH ROOM</b>	<b>RHUDDLAN ROOM</b>
10.45	<b>A Preventing children being in care</b>	<b>B Young people and risk</b>
	<p><b>Charter for supporting care-experienced parents</b> Rachael Vaughan, CASCADE, Cardiff University</p>	<p><b>Trauma-informed practice in the Welsh Youth Justice Service</b> Tegan Brierley-Sollis, Wrexham Glyndŵr University</p>
	<p><b>Peer Parental Advocacy (PPA): Implementation and perceived impact</b> Clive Diaz, CASCADE, Cardiff University</p>	<p><b>Practice improvement in relation to child sexual abuse</b> Nici Evans, Centre of Expertise on Child Sexual Abuse</p>
	<p><b>Family group conferences in the child protection system</b> Lorna Stabler, CASCADE, Cardiff University</p>	<p><b>Child criminal exploitation: A practitioner toolkit</b> Nina Maxwell, CASCADE, Cardiff University</p>
11.45	<b>COFFEE BREAK AND NETWORKING</b>	
12.05	<b>MORNING REFLECTIONS AND Q&amp;A WITH RESEARCHERS</b> These sessions will take place in the Conwy, Harlech and Rhuddlan Rooms	
13.00	<b>LUNCH - COFFEE BREAK AND NETWORKING - ORME SUITE</b>	

# Programme

## AFTERNOON SESSION

### PARALLEL SESSION TWO

13.45	<b>HARLECH ROOM</b> <b>A</b> Strengths-based work with children and families	<b>RHUDDLAN ROOM</b> <b>B</b> Children looked after
	Developing restorative based practice with families Tim Fisher, Camden Council	Learning from the Nuffield Family Justice Data Partnership – children on care orders Stefanie Doebler, Lancaster University
	How young people want practitioners to work with them Peer Action Collective	What works to improve the mental health of children looked after – systematic review evidence Rhiannon Evans, DECIPHer, Cardiff University
14.25	COFFEE BREAK AND NETWORKING	
14.40	AFTERNOON REFLECTIONS AND Q&A WITH RESEARCHERS	
15.20	CLOSING REMARKS	

# Speakers and presenters | A-Z



**Tegan Brierley-Sollis**  
Wrexham Glyndŵr University

Tegan is a lecturer in Policing, Criminology, and Trauma-Informed Approaches at Wrexham Glyndŵr University. She is a member of Cyfiawnder: The Social Inclusion Research Institute at Glyndŵr and the trauma and ACE-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, she created a concept to explain trauma and trauma-informed practice in a clear and accessible way, which has since been developed into an animation entitled 'Navigating the Storm'.

**'Surfing the waves of compassionate accountability within youth justice service'**

## Presentation summary

The lecture concerns PhD research which explored the emerging trauma-informed culture within the North Wales Youth Justice Service. Tegan will take the audience on an in-depth journey into some of the findings, based on accounts given by justice-involved children and service providers, and discuss:

- what a trauma-informed culture may look and feel like
- 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

# Speakers and presenters | A-Z



**Dr Clive Diaz**

CASCADE,  
Cardiff University

Clive has over 17 years' experience as a social worker, child protection conference chair, safeguarding and quality assurance manager, and principal social worker. More recently, he has held academic roles at the University of Bath, the Open University and Oxford Brookes University. Since 2018, he has worked as a researcher for CASCADE.

Clive is currently leading three realist evaluations on parental advocacy, and he recently completed a Health and Care Research Wales-funded study into the implementation of new child sexual exploitation guidance in Wales. He has authored over 20 publications on children's social care and published his first book on decision-making in child and family social work with Policy Press in 2020.

## Presentation summary

International research suggests that although parents find the child protection system to be stigmatising and authoritarian, Peer Parental Advocacy (PPA) has a positive impact on parents' overall mental health and can help to bridge relationships between parents and professionals in child protection social work.

## 'Peer Parental Advocacy (PPA): Implementation and Perceived Impact'

PPA, in particular, has been shown to reduce numbers of children entering state care in US-based research. However, relatively little research has been conducted in the UK to date. As an emerging area of policy interest, research investigating the role of PPA in empowering parents to participate meaningfully in decision-making is crucial to developing collaborative approaches and positive outcomes.

The presentation will share findings from interviews, focus groups, observations and stakeholder meetings with parents, parent advocates and social care professionals on the perceived impact of PPA in English local authorities. Our research identifies four potential mechanisms to support service delivery: active engagement, effective communication, facilitating trust and providing adequate support. These findings emphasize the critical function of parental advocates in acting as a 'bridge' between parents and social workers, promoting collaborative participation and empowering parents to feel that their voices are heard.

# Speakers and presenters | A-Z



**Dr Stefanie Doebler**  
Lancaster University

Stefanie is a lecturer in Sociology and Social Statistics at Lancaster University. She is a member of the Centre for Child and Family Justice Research at Lancaster and the Nuffield-funded Family Justice Data Partnership, a collaboration between the universities of Lancaster and Swansea. Stefanie's research interests focus on social disadvantage, poverty and how this affects life-course.

## **'The rates of children in compulsory S31 court care proceedings in Wales – relationships with deprivation'**

### Presentation summary

Rising rates of children entering out-of-home care are a national concern. Wales has seen rising rates of children entering out-of-home care between 2011 and 2022, and at a higher rate compared to England. The rates are particularly high for the youngest children (infants), which has been subject to media coverage.

Research has found a link with area deprivation. This presentation untangles the effects of the different types of deprivation and discusses how they affected the rates of infants and older children entering care proceedings in Welsh local authorities between 2014 and 2019.

Some key findings of our analysis are that employment, income, educational and health deprivation are strongly linked to increased incidence rates of children entering compulsory court care proceedings. The paper advances knowledge about the wider policy context, which may help practitioners and policy makers working to improve the social wellbeing of children in local authorities in Wales.

# Speakers and presenters | A-Z



**Nici Evans**

Centre of Expertise  
on Child Sexual Abuse

Nici qualified as a registered general nurse at the University Hospital of Wales in Cardiff in 1986. From a very early stage she identified a passion for cancer nursing and palliative care. In 1995, Nici combined her love for nursing, palliative care and teaching and commenced a career in education and training. She worked with Macmillan Cancer Support as a national lecturer until 2007. Until 2019, Nici was the lead officer for addressing human exploitation for the Cardiff Public Service Board, and she also joined the Centre of Expertise for Child Sexual Abuse as a practice improvement advisor. She remains committed to finding better ways of working together to improve the health and wellbeing of vulnerable children, adults and families and developing a high-quality multi-agency response for those most in need.

Nici is also in her final year of training as a UKCP psychotherapist and works one day a week with children and young people in a local high school in Cardiff.

**'Working with children and families where there are concerns of child sexual abuse'**

## Presentation summary

The Centre of Expertise on Child Sexual Abuse was established to identify, generate and share high-quality evidence to tackle and prevent child sexual abuse. Understanding the scale and nature of child sexual abuse is key to improving the response to it. Today's presentation will provide an overview of the most up-to-date evidence of the scale and nature of child sexual abuse in England and Wales. We will explore why professionals find it difficult to talk about child sexual abuse and the challenges experienced in practice. Finally, we will discuss practice-based resources which support those working with children and families when there are concerns about child sexual abuse.

# Speakers and presenters | A-Z



**Rhiannon Evans**  
DECIPHer,  
Cardiff University

Rhiannon is a reader in Social Science and Health, based at DECIPHer (Centre for Development, Evaluation, Complexity and Implementation in Public Health Improvement) at Cardiff University.

She's the centre's Social Science lead and academic lead for the 'Healthy Social Relationships' research programme. Her substantive research focuses on the mental health and wellbeing of children and young people, in addition to the prevention of self-harm and suicide. She has a particular interest in interventions for seldom-heard voices, notably those who are care-experienced.

Her methodological expertise includes process evaluation, qualitative methods, complex-systems-informed systematic reviews and intervention adaptation. She co-led recent guidance funded by the Medical Research Council and National Institute for Health and Care Research on the adaptation of interventions for delivery in next contexts.

## **Care-experienced children and young people's interventions to improve mental health and wellbeing outcomes: systematic review (CHIMES)**

### Presentation summary

Children and young people with experience of being in care are at higher risk of adverse mental health and wellbeing outcomes compared to the general population.

Despite a range of policy recommendations and interventions, it's not clear what approaches are effective in the UK or could be successfully transferred to this context.

The CHIMES review aimed to bring together the international evidence base for interventions addressing the mental health and wellbeing of care-experienced children and young people. It also looked to assess how this could be applied in the UK.

The review found evidence for interventions impacting mental health in the short term. Future intervention might prioritise mentoring and targeting system culture.

# Speakers and presenters | A-Z



**Tim Fisher**  
Camden Council

Tim is one of the UK's leading experts in facilitation and participatory methods. He has been a social worker for 16 years and a local authority manager for 10 year. He currently works as a service manager with the London Borough of Camden. With masters degree research on empowerment models in social work (MASW distinction from Cardiff University) he has collaborated with organisations on developing family group conference, peer advocacy and other methods that facilitate parent inclusion.

He is currently a co-investigator with the National Institute for Health and Care Research. He has published writing on social work and community approaches, as well as magazine publications including Community Care, the Ecologist and the Stanford Social Innovation Review.

**'Relational activism: Helping achieve positive change in the worlds we can touch'**

## Presentation summary

Tim will focus on the transformative power of relationships and community in enacting social change. He will explore the effectiveness of storytelling, relationship-building and community visioning as avenues to foster inclusivity and advance good social work practice.

Tim will highlight Camden's coordinated approach to activism, which involves methods such as peer parent advocacy (PPA), family group conferences, and co-design initiatives. These are underpinned by strong partnerships with universities and an unfolding conversation that brings citizens, research, and community practices together for debate and mutual learning.

Drawing on Jane Addams' principles of accompaniment, trust and presence, Tim will encourage us to consider the potential of relational activism.



# Speakers and presenters | A-Z



**Professor Sally Holland**

CASCADE,  
Cardiff University

Sally is based at CASCADE Children's Social Care Research Centre in Cardiff University. She leads on public involvement there. She is currently leading the evaluation of the Welsh basic income pilot for care leavers. Sally is a qualified and registered social worker with experience in children's services. She was Children's Commissioner for Wales from 2015 to 2022.

**'Social work with children and families in hard times: The cost-of-living crisis, anti-poverty social work and research'**

## Presentation summary

In this presentation, Sally will reflect on how poverty interacts with social work with families. She will present evidence on how we currently intervene with families living in poverty, and how raising incomes can make a difference to children's life chances and child safety. She will discuss a radical experiment in income boosting in Wales – the Welsh basic income pilot for care leavers – and explain how we are assessing impact and understanding experiences of the pilot amongst young people and the professionals who support them.

# Speakers and presenters | A-Z



**Dr Nina Maxwell**  
Cardiff University

Nina is a principal research fellow and acting deputy director of CASCADE. She is also a chartered psychologist and speciality social care joint lead for Wales. Her work focuses on youth, society and risk.

## **‘Child criminal exploitation: A practitioner toolkit ‘**

### Presentation summary

This session provides an example of how a research project has been used to co-produce a toolkit of resources for professionals, parents and young people. The two-year Health and Care Research Wales-funded project aimed to determine how child criminal exploitation manifests in Wales and what approaches are most helpful. This session will provide an overview of the main research findings and the co-production process before introducing the toolkits.

# Speakers and presenters | A-Z



**Lorna Stabler**  
CASCADE, Cardiff University

Lorna has been research associate at CASCADE, Cardiff University, for five years, where she has worked on and led a number of projects in the field of children's social care. Her research focuses on relationships that are important to children and young people who have involvement with children's services, and how those relationships can best be supported and strengthened, with a particular focus on kinship care.

Lorna is also an Economic and Social Research Council-funded PhD student at DECIPHer, Cardiff University. Her PhD research focuses on the needs of families where an older brother or sister is caring full-time for their younger sibling as a kinship carer.

## 'Family group conferences in the child protection system'

### Presentation summary

This presentation will give a brief overview of the findings of three projects focused on kinship care.

It will discuss differences between the needs of different groups of carers, and what seems to be working well in Wales and across the UK to respond to the needs of these groups. It will also highlight some of the areas of development that have been identified. The presentation will focus specifically on narratives around the difference that the right service at the right time can make and what this might look like for different types of carers and children in kinship care. It will also explore some of the barriers that might exist for families to access the right support at the right time.

# Speakers and presenters | A-Z



**Rachael Vaughan**

CASCADE,  
Cardiff University

Rachael leads a team that gives advice, guidance and support to meaningfully involve children, young people, parents and carers in CASCADE's research.

Rachael also works across a range of CASCADE research projects, supporting their involvement activities.

**'Supporting young people in and leaving care who are parents: A good practice charter'**

## Presentation summary

The presentation will provide details of a pan-Wales research project concerned with outcomes, experiences and support for parents in and leaving care. A charter, co-produced with care-experienced parents and in consultation with statutory and third-sector professionals, will be presented.

# Speakers and presenters | A-Z



## Peer Action Collective

## 'How young people want practitioners to work with them'

### Presentation summary

The Peer Action Collective (PAC) is a pioneering network of young people dedicated to creating positive change in their communities through innovative research and proactive action. Operating across Wales, their mission is to empower local youth and underrepresented groups who have experienced the criminal justice system and/or been looked after, by giving them a voice and supporting them in developing their passions and talents.

Their work is geared towards addressing pressing societal issues such as youth violence and its underlying drivers, including mental health, sexuality, race and gender. PAC members engage in rigorous research practices to shine a spotlight on young people's experiences of violence and maltreatment, before using their findings to devise actionable solutions that help shape policy, programmes and initiatives aimed at making our communities healthier and safer.

At PAC, we have seen significant success and positive impact in our work to date. Our members have exhibited a marked increase in motivation and confidence, and have undertaken numerous social action projects and initiatives, building critical alliances with young people across the region. We work closely with the Wales Violence Prevention Unit (VPU) to drive meaningful change for young people across the country, while also promoting large-scale events aiming to attract even wider participation and engagement. Whether campaigning for improved local mental health services or creating pathways for education, employment and training, PAC is committed to advancing the right to safety, equality and justice for all young people.

# Partners and exhibitors

## ADSS Cymru

The Association of Directors of Social Services (ADSS) Cymru is the voice of the professional and strategic leadership of social care services in Wales. We represent the collective view of all twenty-two local authorities social services departments across Wales, and deliver positive outcomes for our communities by informing and influencing legislation, policies and practices in the social care sector.

**[adss.cymru](http://adss.cymru)**

## DEEP

Developing Evidence Enriched Practice (DEEP) is a coproduction approach to gathering, exploring, and using diverse types of evidence in learning and development using story and dialogue methods.

**[deepcymru.org](http://deepcymru.org)**

## Canopi

Canopi provides free and confidential mental-health support for social care and NHS staff in Wales. They particularly aim to support people who feel unable to access help from their employer-based services. They offer various levels of support including self-help, peer-support, guided self-help, and therapy with accredited specialists.

**[canopi.nhs.wales](http://canopi.nhs.wales)**

## CASCADE

CASCADE is the Children's Social Care Research and Development Centre at Cardiff University. CASCADE's aim is to improve the well-being, safety and rights of children and their families, by generating and sharing new knowledge about children's social care.

**[cascadewales.org](http://cascadewales.org)**

## ExChange

ExChange Wales brings together leading researchers, practitioners and service users to share expertise, research evidence and care experiences. You can sign up for research news and free events here:

**[exchangewales.org](http://exchangewales.org)**

**Llandudno**

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Ymchwil Iechyd  
a Gofal Cymru  
Health and Care  
Research Wales



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