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CYHOEDDUS CYMRU
PUBLIC HEALTH
NETWORK CYMRU



COVID-19: Your Response

April 2020

Welcome

This April edition of the e-bulletin focusses on how the health and well-being of individuals and communities is being supported and sustained through this unprecedented period of lock-down, as well as providing links to the latest Novel Coronavirus (COVID-19) information.

The e-bulletin profiles some of the ways in which services and activities which support public health have had to adjust rapidly to this changed landscape. We would love to hear about any additional information, case studies or tips to share with the wider public health community in Wales in future e-bulletins and our website so please get in touch with us at publichealth.network@wales.nhs.uk.

In light of Public Health Wales' organisational response to COVID-19 we took the decision to postpone our annual conference and a seminar on mental well-being which were due to be held in March. As the public health institute for Wales, our staff are focussed on supporting the national COVID response. However we will keep you updated on our plans to re-schedule these events later in the year.

Contact us

You can contact Public Health Network Cymru in a variety of ways

Email us

publichealth.network@wales.nhs.uk

Write to us

Public Health Network Cymru,
Public Health Wales, Floor 5,
Number 2 Capital Quarter,
Tyndall Street, Cardiff, CF10 4BZ

Social media

twitter

@PHNetworkCymru

facebook

Publichealthnetworkcymru

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**COVID-19
INFORMATION
FOR
PROFESSIONALS**

Novel Coronavirus (COVID-19)

Coronavirus (COVID-19) is a new illness that can affect your lungs and airways. It's caused by a virus called Coronavirus.

Public Health Wales is working closely with the Welsh Government and the other UK public health agencies to carefully monitor the situation and implement our planned response, with measures in place to protect the health of the public.

The guidance on the measures needed in response to Coronavirus changes rapidly. It's worth always checking the [latest information from Public Health Wales](#).

Public Health Network Cymru - Coronavirus (COVID-19)

You can find links to a wide range of sources on Public Health Network Cymru's Coronavirus (COVID-19) page [here](#).

Public Health Network Cymru welcomes feedback on this selection, and suggestions for additional sources that may be of interest to the public health community in Wales.



Public Health Wales launches 'How are you doing?' wellbeing campaign

We know that public campaigns are a vital aspect of the COVID-19 response, making sure the public get the information they need in a timely way from trusted sources. As a public health body, we also have a role in helping people stay well at home.

Alongside the 'Stay at Home' public information campaign, Public Health Wales is delivering the 'How are you doing?' campaign; a behavioural science based, integrated communications campaign focused on addressing the negative impact of COVID-19 on social, mental and physical wellbeing of people in Wales.

The campaign will be run across social media, TV and radio as well as working with partners to enable our audiences to feel supported. All content will be signposted to our newly created website – phw.nhs.wales/howareyoudoing



Coronavirus and Your Wellbeing

You might be worried about coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people.

This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.

This information is to help you cope if:

- You're feeling anxious or worried about coronavirus
- You're asked to stay at home or avoid public places, for example if your employer asks you to work from home
- You have to self-isolate. This means you avoid contact with other people and follow strict hygiene rules. The NHS has [advice about self-isolation](#). For how long to self-isolate, see the [current government advice](#).

And it covers:

- [Plan for staying at home or indoors](#)
- [Take care of your mental health and wellbeing](#)
- [Checklist: are you ready to stay at home for two weeks?](#)

Supporting Children and Young People During COVID-19

A number of organisations have produced specific information to support children and young people during this unsettling time.

Schoolwell - directory of links for school staff mental health and wellbeing - <http://schoolwell.co.uk/coronavirus-resources-for-wellbeing-and-mental-health/>

UK Government guidance on supporting children and young people's health and wellbeing during the Covid -19 epidemic - <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Children's Commissioner for Wales information hub on Covid -19 provides support for parents, as well as activities for children, care advice and advice for children and young people.
<https://www.childcomwales.org.uk/>

Meic Cymru - <https://www.meiccymru.org/>

A virtual helpline is available to support children and young people during the Covid-19 crisis. Children, young people, and the professionals who work with them can access vital information, advice and advocacy from Meic Cymru, the bilingual, Welsh Government-funded helpline during the COVID-19 crisis.

The service will continue to run as normal, and is contactable via:

- Freephone: 080 880 23456
- Text 84001
- Instant message on the Meic website

NSPCC Learning has published a coronavirus page which pulls together a list of services and resources to support professionals' work with children, young people and families during the coronavirus pandemic. It includes information and advice on: undertaking remote teaching safely, the current UK government safeguarding guidance for schools; how to have difficult conversations with children.. <https://learning.nspcc.org.uk/safeguarding-child-protection/coronavirus>

Please note this list of organisations is not exhaustive.



New Horizons and Mental Health Matters (Wales) - Cwm Taf Morgannwg



Following the Government's guidance the mental health charities New Horizons and Mental Health Matters (Wales) have had to very quickly adapt their services. Front line, face-to-face services providing Recovery College courses /counselling/peer support/Art for our Wellbeing and many other services have been adjusted to offer telephone and on line support using innovative ways to communicate with their students/service users who are all experiencing mental health issues including:

- Running a signposting helpline for anyone who wants to find out more about what services are currently available from partners - mental health related, and general support
- Mental Health Matters is offering a telephone counselling service and we are also signposting to other partner counselling organisations that are offering telephone counselling e.g. Eye to Eye and YCS
- Providing a joint telephone befriending service.
- Running weekly art & craft and peer support groups via Zoom
- Posting regular ideas for art and craft at home
- Set up a What's App group for service users and volunteers to support each other and share quizzes and recipes
- Set up an on line survey for feedback on services that are currently being offered and how we can improve them to help us respond to the changes in the lives of all of our members.

Please see the flyers below for further information and check our websites for more information:

<http://www.newhorizons-mentalhealth.co.uk/>

<https://mhmwales.org.uk>

Quotes from service users:

"Thanks to the friendly and supportive staff, volunteers and service users associated with New Horizons, the group chat has made these confusing and quite isolating times more bearable and a lot more fun"

"Despite the uncertainty, it's been a comfort knowing that I still have somewhere to go when I need support, a chat or even someone to just listen."

West Wales community newspaper gathers virtual support and entertainment to inspire people at home



Life Seeker newspaper, a digital resource providing inspiration for positive sustainable living in West Wales is providing essential information and hope to support people at home during the coronavirus pandemic.

The free newspaper published by social enterprise Life Seeker CIC gathers and signposts members of the community to useful services and activities in the area that can help them manage their mental and physical health.

With recent changes requiring people to stay at home, Life Seeker has adapted content to focus on virtual support and entertainment in addition to stories about charitable work, living well and general food for thought. Their latest issue includes links to the Welsh Government COVID Symptom Tracker, Pembrokeshire Council Community Information Hub, free online relaxation & meditation sessions and a children's book to help parents explain the pandemic to their children to name a few.

Issue 11 can be viewed at: <https://lifeseeker.wales/newspaper-issue-11>

British Heart Foundation: Bringing Cardiac Rehab to Your Own Home

Jody Buttle, Communications & Engagement Manager Devolved Nations, British Heart Foundation Cymru

A heart attack, or heart surgery are life changing events in peoples' lives - but what we don't often hear about is what happens afterwards.

The road to recovery can sometimes take time. It requires a lot of patience and perseverance, and it is important that the right measures are in place to help support a person on this journey.

Cardiac rehabilitation is designed to help you get back to as full a life as possible following a cardiac event or diagnosis – like a heart attack, or treatment such as heart surgery or stent procedure.

Research has shown that cardiac rehab can reduce the risk of further cardiac events and readmission to hospital. The programme is designed to help you understand and come to terms with what has happened, provide support and guidance on lifestyle factors such as physical activity, eating a healthy balanced diet and emotional wellbeing, all of which need to be based around the individual. Cardiac rehab is often offered in a variety of settings and means leaving the house, as they are usually run in hospitals or leisure centres.

However, given the unprecedented times that we're living in, being invited to a cardiac rehab programme is not currently a viable option. As we adapt to the new world and tackle the threat posed by Covid-19, it's important that we remember that people are still having cardiac events and that we still need to deliver programmes to aid in their recovery.

Many cardiac rehab services where the person has to attend in person are being cancelled due to the coronavirus. Consequently, many people may be discharged from hospital with no cardiac rehab input, or advice about what they should be doing when they get home, and nowhere else to go for support. Many clinical leads we have spoken to fear that patients being discharged without access to this life changing support programme, will be readmitted with health concerns due to a combination of no cardiac rehab support and the uncertainty surrounding the Covid-19 coronavirus.

Ensuring that people with heart and circulatory conditions continue to receive the care that they need remains a priority for us at the British Heart Foundation during the Covid-19 pandemic. As such, we need to be brave and adaptable.

To make sure that everyone eligible has access to cardiac rehab is able to receive and complete this vital care, it is critical that it is delivered in new and innovative ways.

In order to help people at home to stay well during this time of uncertainty, we started to roll out an offering for people to access without leaving the house – the first stage of Cardiac Rehab at Home was introduced on Friday, 03 March.

To deliver this essential care, the first segment of our popular cardiac rehab DVD – My Personal Trainer – is now available online accompanied by our step-by-step guide.

<https://www.bhf.org.uk/information-support/support/cardiac-rehabilitation-at-home/cardiac-rehabilitation-exercise-videos>

It is important that this guide, called My Personal Trainer: Your step-by-step guide, is downloaded and read before using the video as it will help make sure that you get the most out of the video.

The video features low level to moderate intensity exercises that would be taught in a cardiac rehab class, but that are easily doable in your own home.

We now have a new cardiac rehab landing page which provides information about nutrition and emotional wellbeing, which is usually available at face to face classes.

<https://www.bhf.org.uk/information-support/support/cardiac-rehabilitation-at-home>

We understand that cardiac rehab can be a way of connecting with others going through similar experiences, a connection which is at risk of being lost during these times of isolation. The support offer therefore features signposting to other forms of peer to peer support to help people connect with others during these times.

As long as the Covid-19 outbreak lasts, we will continue to support those who need and rely on the support of the charity, with more cardiac rehab resources being rolled out over the coming weeks and months.

If you are looking for further advice or somebody to talk to, visit our

- Heart Helpline guidance page. <https://www.bhf.org.uk/information-support/support/heart-helpline>
- Emotional Support and Wellbeing hub <https://www.bhf.org.uk/information-support/support/emotional-support-and-wellbeing>

The BHF heart helpline has now extended its hours and capacity following a significant increase in calls and emails from people affected by heart and circulatory disease during the current pandemic (0300 330 3322/

hearthelpline@bhf.org.uk

Food and Mental Wellbeing during COVID-19



At the current time, it's especially important to be kind to ourselves. Many of us are spending more time indoors and going through changes to the way we live and connect with others.

Thankfully, looking after ourselves and each other is something we can have a little more control over. Eating and drinking as well as we can is one important way to take care of our bodies and minds.

ROUTINE

Regular meals can help provide structure to new daily routines.



COOKING

Cooking can be relaxing and a welcome break from the news. Cooking with children is a great way to spend time together and keep them busy whilst home from school. Keeping nutritious ingredients in your store cupboard (e.g. beans, lentils, tinned oily fish, frozen veg, eggs, rice) can help to have easy meals on hand.



FRUIT AND VEGETABLES

Fruits and vegetables contain a range of nutrients important for good mental health. Tinned, dried, juiced (small glass a day), fresh and frozen, all count towards our 5 a day.



BALANCE

Plenty of fruits and vegetables, wholegrain starchy foods and some protein foods, will provide a good supply of the nutrients we need. Including a starchy food at each meal helps to keep blood sugars stable and provides a regular supply of glucose to the brain.

Changes to our physical activity levels can affect our bowel habits. Drinking plenty of fluids and eating good sources of fibre can help to prevent constipation (e.g. wholegrains, oats, fruit and vegetables).



SNACK SWAPS

For some people, feelings of stress and worry can lead to increased snacking. It can be hard to resist biscuits, cakes and chocolate, if we are at home and they're in our cupboards. Making simple snack swaps is a positive way to take care of ourselves. Nutritious choices include fruits, chopped vegetables, multigrain toast, wholegrain cereals, oatcakes or a handful of unsalted nuts.



VITAMIN D

Sunlight exposure helps our bodies to make vitamin D. Being indoors more often, you might choose to take a daily supplement containing 10 micrograms of vitamin D. These are available to buy in most supermarkets and pharmacies. If you have safe access to a garden space, enjoy some time outside.



HYDRATION

Drinking plenty of fluids (about 6-8 cups a day) can help us concentrate and think clearly. Some people find caffeine disrupts their sleep so include some caffeine-free drinks every day. Water is the top choice for quenching thirst.



ALCOHOL

Having a drink might seem like a good way to switch off but alcohol can affect our weight and mental health. Try to keep within the maximum recommended 14 units a week.



For trusted information about nutrition visit

<https://www.bda.uk.com/food-health/food-facts.html> and www.nhs.uk

If you have specific dietary needs, continue to follow any advice given by a dietitian or other health professional.

CYCA Beating COVID-19

CYCA (Carmarthenshire Youth and Children's Association), based in Llanelli, are a centre of excellence for helping children and families in building resilience and supporting people of all ages to adapt to a changing and challenging world. As such, we were in the right mind-set to adapt quickly to find new ways of offering support in this new locked-down world.

Our services include a crèche and playgroup, training courses in practical and emotional life skills for parents and more bespoke support through a social prescribing project, funded by Llanelli GP's. We also train professionals in better ways to help families and in taking a wider, systemic view of challenges and how they can be tackled by including a wider family view.

Back in early March, we realised that lock-down was coming and called a staff meeting to discuss which parts of our services could be offered differently, which needed to end and which were to be continued. We agreed that our nursery would remain open on a reduced basis for the children of key workers. We agreed that our social prescribing programme would 'go digital'.

To do this we did the following:

- Policy review - identifies which were fit for purpose, which needed updating and any new ones required e.g. appropriate use of internet for staff, client confidentiality and data protection policy.
- Governance – ensure the board of trustees were fully informed and agreed to the plans.
- Technology/equipment review. Ensure that key staff had the right equipment to work from home, laptop, headphones, and mobile phone.
- Communications review – create 'how-to for staff' and 'info for clients' documents. Agree and communicate key messages for clients, staff, commissioners and other professionals.
- Training – deliver training (by webcam) about how to use webcams, common problems and how to solve them. Encourage staff to practice in smaller groups or pairs.

With the background plans in place, we started to deliver digitally as soon as lock-down happened. In practice, a couple of families struggled to engage via alternative routes but despite most of our clients experiencing multiple and complex challenges, most have managed to remain in contact. This includes our training offer, where parents attend courses such as listening skills or self-esteem via zoom and counselling for children and parents where clients engage via zoom or WhatsApp.

Our counsellor, Gwilym says, "What I love about counselling children is often the immediacy of change and willingness to try new things. They are amazingly adaptive to new information. I've spoken (online) with two of my clients this week and I'm getting a strong sense that school being cancelled is great news! More time to PlayStation or Xbox. However, with the stream of Covid in the background, 'I hope my grandma doesn't get ill', we'll be feeling the impacts of this emergency for some time to come."

We are certain that 'back to normal' will be a long time coming for all of us. What we also know is people are adaptive and resilient and we can do our very best to provide the right support in these turbulent times so that we come through this as best we can.

We are currently in the process of planning to offer weekly ideas for our roots families through our online support including:

- ROOTS Zoom/Messenger Coffee, Chat and consultation Morning.
- Roots Peer Volunteer Morning- hosted by peer mentors- swap shop of peer support, ideas to create simple routines, what's worked /has not worked at home, sharing difficulties and achievements within the home, normalising feelings and using the skills learnt through Resilience support for peer volunteers, simple arts and crafts made from home junk modelling / simple recipes.

Volunteers will be able to access our private FB page and CYCA Staff will support and ensure safeguarding for peer volunteers.

- Roots introduction training courses to be delivered during the evening and develop suitable times for families when children are in bed.
- Roots Online Quizzes and Games: general quiz hosted by CYCA staff Winner will receive a certificate in the post!
- Guided short relaxation session and Mindfulness sessions on zoom or FB messenger.

For further information visit <http://cycaonline.org/>

Let's Get Moving North Wales

Let's Get Moving North Wales (LGMNW) is a collaborative of different organisations who have come together to support and encourage people in North Wales to move more, sit less and improve their health and well-being.

During normal times, the LGMNW collaborative promotes the benefits of moving more and celebrates the physical activity projects of its members through network updates and social media posts several times a week. These projects and activities are primarily outdoors and encourage people to utilise the beautiful landscape of North Wales. Scroll forward a few weeks and a lot has changed since the COVID-19 lockdown.

The LGMNW collaborative has adapted quickly to the lockdown. After sharing the initial messages of "stay at home", exercise from your front door, don't visit Snowdonia or other areas of beauty across North Wales for now, the network has adapted and now provides an information, support and resources to help the local population stay active at home.

The LGMNW social media messages have continued with an emphasis on looking after both our physical and our mental wellbeing during this difficult time. The collaborative is mindful of the impact that the current restrictions may have on people across the region and acknowledges the stresses people are facing with high levels of anxiety, worrying about loved ones, financial worries and the day to day pressures of keeping children occupied whilst staying at home.

The LGMNW collaborative is working together to help people build physical activity into their routines to improve their sleep, lift their mood and keep them well. The activities and ideas promoted are all free and are easy to access or easy to replicate. They also include mindfulness messages, linked to the 5 Ways to Wellbeing, to encourage people to take notice of their outside space and connect with others.

The social media posts are all focussed on activities that people can do at home, from joining one of the LGMNW partner's free virtual fitness sessions to making a miniature garden with your children with whatever you have to hand. The message is clear, keeping ourselves moving during the coronavirus situation is a great way to keep yourself physically and mentally well.

Rachel Lewis, Betsi Cadwaladr Local Public Health team, Programme lead LGMNW:

"I'm enormously proud of how the LGMNW collaborative has adapted quickly and responded to the needs of the local people across North Wales. We felt that it was important to not just stop what we would normally do, but to see this as an opportunity to support people to build activity into their new routines and help provide some sources of inspiration for people to do so".

With around nearly 3,000 regular followers over LGMNW's social media pages and with over 150 different organisations involved, the collaborative will continue to provide regular messages, ideas and inspiration to support people across North Wales get through this unprecedented time.

For further information, please see below links to our social media pages:



#BethAmSymud | #LetsGetMoving

facebook.com/BethAmSymudLetsGetMoving



[@BethAmSymudGC](https://twitter.com/BethAmSymudGC) | [@LetsGetMovingNW](https://twitter.com/LetsGetMovingNW)



[@LetsGetMovingNorthWales](https://www.instagram.com/LetsGetMovingNorthWales)



Byw'n Iach Encourages Residents to Keep Fit as they Stay at Home

Guto Williams, Programme Manager, Byw'n Iach

Byw'n Iach is responsible for the management of 11 Leisure Centres in North West Wales on behalf of Gwynedd Council. Our purpose as a company is to "Offer the highest standard of sustainable leisure and fitness facilities in our communities, to improve everyone's health, wellbeing, fitness and skills".

We are aware that closing our centres has been difficult for many individuals who regularly use our facilities. Some visit daily and benefit greatly from physical exercise and social interaction. We want to continue to benefit the health and wellbeing of our local residents during such challenging times.

We decided to sustain the relationship between our staff and customers with a series of health and fitness videos to be shown on various social media.

Our vision as a company is that "Every resident is a customer – every family improves its health and wellbeing – every Community benefits" therefore it was important to customise material for specific groups. Responsibility for producing material was shared between several teams:

The Fitness Team is busy producing fitness videos of all kinds with a wide appeal, targeting different parts of the body with daily exercises, fitness challenges and longer videos.

In their material, the NERS Team have concentrated on clients who are generally older and/or coping with specific health conditions. They are, therefore, lower impact and slightly less challenging on the whole.

The Gwynedd Active Young People Team are working on fun sessions targeting junior and secondary school children.

At least three videos are being released weekly and in addition, a short 'Daily Exercise' is being released every day (Mon - Fri). The 'Weekend Challenge' goes out on Saturday morning and we will be adding a new item 'Weekly Advice' soon. This will include advice on nutrition, healthy eating, coping with stress and the strain of working from home etc. All our material is bilingual and available through Byw'n Iach accounts on Facebook, Twitter, YouTube and Instagram.

Our customers' response has been fantastic so far and we have also managed to reach out to new customers, in the hope that we can build on this new relationship when the centres reopen.

We must emphasize that all this would not have been possible without our excellent sports and fitness staff and our small team of two in the marketing department, editing and uploading all the materials and promoting them daily. We have all had to learn new skills and adapt our ways of working.

If you would like to take a look at our videos and give the activities a go, here is the link to our YouTube site:

https://www.youtube.com/channel/UCBxDNXE3P8om1KZF8HFWo_w/

Span Arts: Virtual doors remain open to a vibrant online programme



In mid-March 2020, Span Arts a community arts charity with a 30 year history of making a significant contribution to the arts in Pembrokeshire closed the doors of their community building as part of the national effort to slow the spread of Covid-19. Since then, our small, yet agile team have been working hard from home to find alternative ways to provide support, connection and respite for those most vulnerable through the practices that we know best, art and music.

Thanks to our recent project Digidol which has highlighted the potential and opportunity of using digital technology creatively to increase well-being and combat social isolation in rural areas such as Pembrokeshire we have been well prepared for the challenge. Our projects such as Remote Choir, Memortal and Map Digi Penfro have led to the development of a series of online interactive workshops ranging from singing for well-being sessions to beat-boxing and eco-printing.

Clwb Digi Cares

In the midst of the current public health crisis we have also started a new project seeking to connect children and young people with isolated older people in their homes. Clwb Digi Cares is funded by West Wales Is Kind Fund from the West Wales Care Partnership and is part of a new Kindness Campaign for Pembrokeshire. The project will be launched as The Kindness Project – Show It and Share It! A unique opportunity for children and young people in Pembrokeshire to be part of a digital community sharing their ideas and creativity through instructional videos inspiring those people who are currently isolated and lonely to get creative. The project aims to engender kindness through this new online local community.

Create and Connect

Volunteers have always played a vital role at Span Arts and this could not be truer now. Many of our volunteers either live with a mental health condition (45% +), are aged over 65, or live alone, making our volunteer team a vulnerable group connected by a common interest in the arts rather than by geography. Span Volunteers have been running their own online Skill Share programme, sharing topics from the meaning of Welsh place names to baking, mindfulness and gardening even planning an online alternative to Span's much loved BIG Plant Sale, which has been one of the major events in Pembrokeshire's gardening calendar for the past 25 years.

Theatr Sofa

In June Span Arts will pilot a new venture with our team of volunteers as we present Under Milk Wood through online video conferencing. Theatr Sofa; is Span Arts' attempt to find a new way to make theatre remotely as Covid-19 has confined us to our homes. Whilst we may not be able to visit our favourite seaside places or go about our normal daily business we can still dream. Indeed, we can't think of a better drama to produce under lock down conditions as its author Dylan Thomas was locked into a room to ensure that he finished the first draft of his play only hours before its first staged reading!

We believe that the arts have the power to improve people's quality of life, health and wellbeing and have always strived to reduce social exclusion addressing issues of rural isolation through meaningful engagement and participation in community based arts activities. It has rarely felt as important as it does now to combat isolation and loneliness and help people feel better, happy, and connected in Pembrokeshire. . Through our motto Art as social change in Rural Wales we have the means to offer engaging and meaningful experiences at a time of great challenge and uncertainty

for all.

For more information about our program please visit our website: <http://www.span-arts.org.uk/whats-on/>

Play: Mental health and well-being

Play Wales

Playing is central to children's physical, mental, social and emotional health and well-being. Through play, children develop resilience and flexibility, which contributes to physical and emotional well-being. Play involves children doing as they wish in their own time and in their own way. It has the key characteristics of fun, uncertainty, challenge, flexibility and non-productivity.

Children have a right to play, as recognised in Article 31 of the United Nations Convention on the Rights of the Child (UNCRC). Playing is one of the most immediate and important aspects of their lives – they value time, freedom and quality places to play. As an indication of the significance the United Nations places on children's play it has published a General Comment on Article 31. This is an official statement that elaborates on the meaning of an aspect of the UNCRC that requires further interpretation or emphasis. The General Comment specifically states that play is 'essential to the health and well-being of children and promote the development of creativity, imagination, self-confidence, self-efficacy, as well as physical, social, cognitive and emotional strength and skills.'

Play and emotional well-being

Playing allows for peer interactions that are important components of social and emotional well-being. When playing alone, children begin to recognise their own emotions, feelings, and thoughts, as well as how to control them. Children also learn to feel comfortable with being by themselves and learn ways to manage their boredom on their own. Through playing children experience a range of emotions including frustration, determination, achievement, disappointment and confidence, and through practice, can learn how to manage these feelings.

How playing contributes to children's emotional well-being:

- Creating and encountering risky or uncertain play opportunities develops children's resilience and adaptability – and can contribute to their confidence and self-esteem.
- Socialising with their friends on their own terms gives children opportunities to build emotional resilience, to have fun and to relax.
- Fantasy play allows for imagination and creativity, but it can also be a way of children making sense of and 'working through' difficult and distressing aspects of their lives.

Play in times of crisis

Epidemics, and pandemics, are listed as a situation of crisis by the International Play Association (IPA) in its Access to play in situations of crisis toolkit. Crisis is generally defined as difficult or dangerous situation that needs urgent attention. Despite the new stress that coronavirus is creating, children will still want and need to play. During times of uncertainty, playing:

- helps to give children a feeling of normality and joy during an experience of loss, isolation and trauma
- helps children to overcome emotional pain and regain control over their lives
- helps children make meaning of what has happened to them, and enable them to experience fun and enjoyment
- offers children an opportunity to explore their own creativity.

To support staff caring for vulnerable children and children of critical workers, Play Wales has put together a list of [top tips](#) for school settings.

To support the heightened need to support children's right to play, the International Play Association (IPA) has developed the new [IPA Play in Crisis: Support for Parents and Carers](#) resource.

For more information to support parents visit the [Playful Childhoods](#) website

The Forget-me-not Chorus: Staying Strong through Song

Sarah Teagle, Administrative Director, The Forget-me-not Chorus

The Forget-me-not Chorus, a charity that supports people living with and alongside dementia in communities, care homes and hospitals has devised a series of virtual, interactive rehearsals to ensure we can support this vulnerable group throughout the Covid-19 crisis. These virtual rehearsals begin with a physical and vocal warm up to elevate the heart rate and increase the flow of blood and oxygen throughout the body. The rehearsals encourage joy and laughter with energising, engaging and uplifting songs. The virtual rehearsals are suitable for use in care homes, hospital and community settings and may be distributed via a private YouTube link, DVD and/or CD. This ensures the greatest possible accessibility for our choristers, as we adapt the means of delivery to fit the technology each individual has at their disposal.

We believe that we offer a lifeline to many of our choristers and that lifeline is now more vital than ever. Whilst there is no substitute for meeting in person, through our series of virtual rehearsals we will keep our Forget-me-not community connected and offer the positive, uplifting and energising experience that singing brings. In addition, we are keeping in touch by taking playlist requests and recording bespoke messages for our choristers, reducing isolation and demonstrating our ongoing commitment to their health and wellbeing. This sense of belonging and shared experience is crucial in supporting our Forget-me-not family, both those living with and alongside dementia.

www.forgetmenotchorus.com

Live Music Now Wales

Thanks to funding from the Moondance Foundation and Awards for All, Live Music Now Wales are adapting their work for children with special needs and those with mental health challenges in several ways.

Firstly regular pre-recorded concerts aimed at children with special needs to watch at home with their families, or in school hubs will be screened as part of a national LMN UK "Together at Home" recorded series in May. Each 30min performance will be interactive and bespoke to the needs of the audience, with plenty of opportunity to join in from your sofa! Thanks to funding from the Rayne Foundation and South Hook fund similar concerts for older people at home and those in Care Homes will also be screened via LMN UK social media channels, a great resource for both staff and residents to enjoy regularly.

The funding also allows for weekly 1-1 virtual sessions over Zoom for musicians and children with special needs or those living with mental health challenges at home. These opportunities are open to any child across Wales and are available bi-lingually. Fully interactive and bespoke to individual needs they will be delivered weekly during the lockdown period.

LMN Wales' "Soundtrack" music and mental health project is also being taken online in the form of a website, offering a six week course using music to explore key areas of vulnerability for mental health in young people such as social media, physical appearance and friendships. Each session will be led by one of their professional musicians who will also teach lasting creative skills to help individuals manage their own mental health at home such as songwriting, drumming and beatboxing. The sessions are supported by themed Spotify playlists, and users are encouraged to make their own themed playlist after they complete each section. Whilst this resource will benefit youth across the UK during lockdown it will also be of benefit to youth leaders and teachers to use longer term.

Contact: Claire Cressey, Director, LMNW for further information. Claire.cressey@livemusicnow.org.uk
www.livemusicnow.org

KiN: Connected – new online initiative to connect artists and audiences through dance

National Dance Company Wales (NDCWales) will be launching its new online programme, KiN: Connected, on Thursday 16 April across its website and social media channels as part of the Company's desire to create a community for dance online with audiences, participants and the sector.

At this critical time, how we tell stories through dance is fundamentally important. KiN: Connected will be an online programme which will include some of the most popular, and previously unshown works, as well as running dance classes for adults and children, and the launch of a new commissioning opportunity to support the sector and freelance artists at this time of creative need.

National Dance Company Wales makes brilliant dance with and for all kinds of people in all kinds of places, touring across Wales, the UK and Internationally. With innovation and imagination, NDCWales wants to widen the spectrum of what dance can be so that more people can make, watch, participate in and learn about dance in Wales and across the world.

KiN: Connected is part of the Company's digital ambition to support artists outside of the studio as well as reach different communities. Over the last 12 months NDCWales has been exploring new ways of using digital as part of their work, such as dancers working remotely with international artists; developing ideas as part of the experimental platform, Laboratori, as well as being a part of the BBC Dance Passion digital day. In response to Covid-19, NDCWales has accelerated the launch of its digital programme to support and engage artists and audiences in self isolation, and help connect communities through creative movement.

KiN: Connected consists of 4 basic strands: Watch Together, Dance Together, Create Together and Learn Together, with content in each strand for Adults, Children and Professional or training dancers.

KiN: Connected launches on Thursday (16 April) with a first ever live streamed performance of all 8 company dancers and 2 apprentice dancers in isolation from their own homes, coming together to give a re-worked version of Alexandra Waierstall's 2067: Time and Time and Time, which was originally created with the company for its Spring 2020 tour. This first social distancing live dance piece will be performed via Zoom and Facebook Live on Thursday 16 April at 2pm. On Thursday (23 April) there will be a short dance film inspired by Ed Myhill's Why Are People Clapping!?! in response to the weekly 'Clap for Carers' as a thank you to the NHS and Key Workers on Thursday evening which will be shared online after the national clap at 8pm.

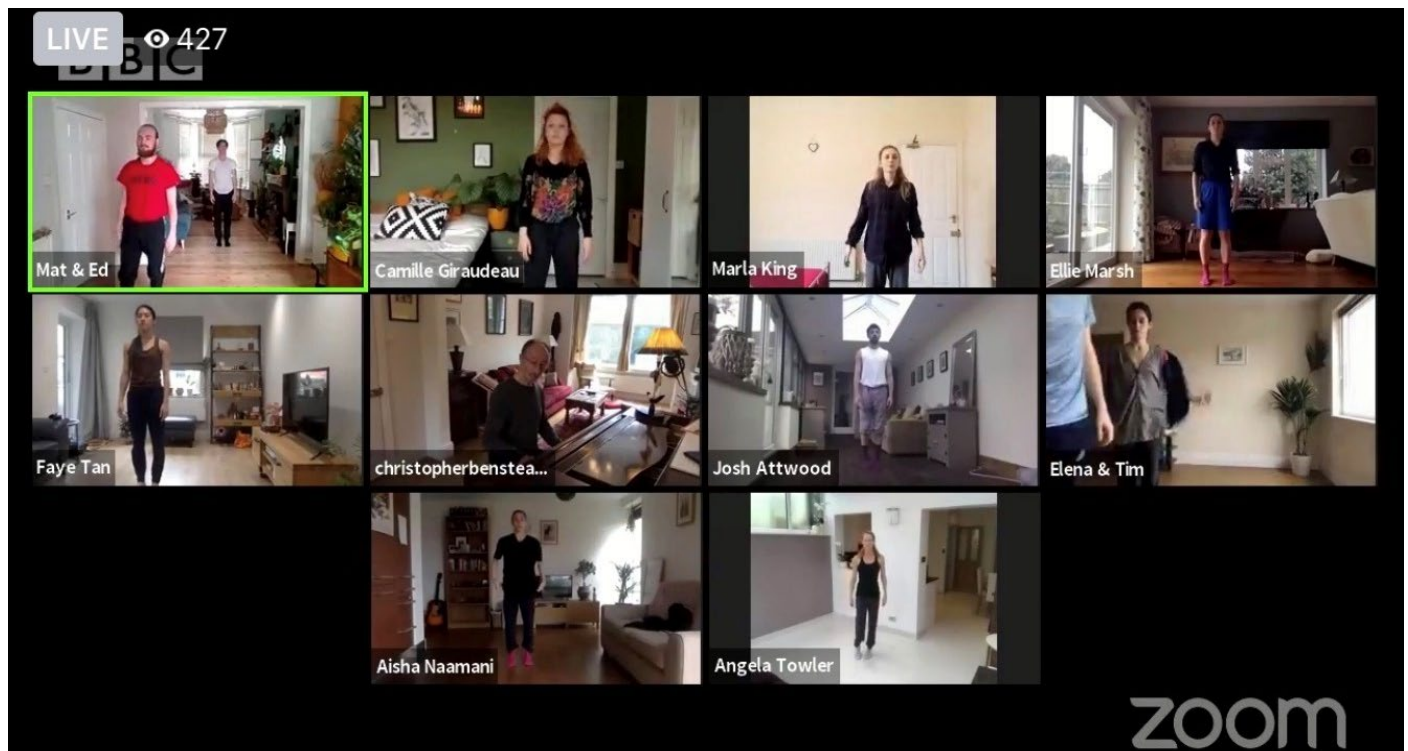
NDCWales is also working in partnership with BBC Culture in Quarantine and BBC Cymru Wales to help reach those self-isolating over the next few weeks. The first event will be broadcast on BBC iPlayer on Friday 17 April, 11am when NDCWales' daily class will be shared across Wales and the UK. This week a ballet class will be taught to the company dancers in isolation, and viewers can also join in from home. In the next few weeks the Company will also be launching its new initiative, Progression Routes Wales, which will be a new commission for freelancers.

NDCWales is known for its open-door access to its studios during classes and rehearsals and has an ethos of making dance as accessible as possible. The online programme is a progression of some of the existing programme, and feedback from audiences and artists online on what they would like to see. In their first week of isolation Company dancers honed their creative skills by creating, composing and editing a short film "Dancing Together, Apart" as part of Wales Arts Review's #Digithon, which helped raise over £6500 for Freelance artists who lost work during the lockdown.

Chief Executive, Paul Kaynes said: "Dancers communicate in a way that is important for the world right now – by telling stories through visual movement, fusing fitness with creativity. We're inviting people to join us by watching and

dancing themselves: dance is one of the brilliant ways we can feed our artistic sides, and in the process keep fit in our living rooms.”

Full details of the KiN: Connected can be found at www.ndcwales.co.uk and on social media channels @NDCWales.



Wellbeing Wednesday: Mental Wellbeing initiative from Betsi Cadwaladr Public Health Team

Emma Girvan, Senior Public Health Practitioner from the Betsi Cadwaladr Public Health Team states:

“we pride ourselves on supporting the mental wellbeing of our team ‘community’ especially during this difficult time. This enables us to be in the best possible mind-set to support our partners and communities and inspires us to recognise the importance of other people’s mental wellbeing.”

“In light of this ethos, we have set up a weekly ‘Wellbeing Wednesday’ email that goes out to all team members with a different theme each week. Whilst the themes will vary, they all promote mental wellbeing in some way and provide staff with an opportunity to take a few minutes in their day for some self-care.”

“Themes that get shared within these weekly staff emails encourages our ideas of what support our communities might need during these times, and staff are collectively bringing forward ideas of how we can best achieve this for the public of North Wales.”

For further information on this initiative please contact emma.girvan@wales.nhs.uk

Arts and Health at Cwm Taf Morgannwg University Health Board: Responses to Pandemic

Esyllt George, Cwm Taf Morgannwg University Health Board Arts and Health Coordinator

I work as Arts and Health Coordinator with Cwm Taf Morgannwg University Health Board and like so many of us, have recently been adjusting to new ways of working while looking at how creative problem solving and use of the arts and creativity for wellbeing can assist us in the current situation.

Creativity is a great tool and resource to draw on during times of uncertainty, isolation, and challenge. Through accessing creative ideas and using the imagination to explore and adapt, it is possible to be inspired and find value in our own personal creative stories, as well as finding connections with each other through the sharing of our stories. In my Arts and Health role, I have joined in with others both within the Health Board and in the wider community, to work together to encourage people to use creative mediums for wellbeing and community connectivity.

An aspect of this work is sharing a creative community call out, inviting people to use and share with us their work in any art form or creative medium, such as poetry, journal writing, drawing and painting, photography, knit and stitch, music and collage making, to explore feelings about their personal journey during social isolation and their responses to the importance of community and appreciation for front line workers. We have had many varied responses to this call out –creative work from children, the elderly, university students, community groups and individuals, and also from professional artists, recognising also opportunities for artists to showcase work.

We are sharing this creative community response in diverse ways, including copying and laminating some of the work to be displayed in staff wellbeing rooms at our hospitals, thus celebrating community support to our front line NHS staff, while also inviting the staff to join in to assist in their stress and anxiety. We are encouraging participation through a range of online and social media platforms, as well as through community coordinators to engage people in the community who don't have access to the internet. At the end of the lockdown period, we plan to invite those who have participated to a celebration and gathering, which will include an exhibition, spoken word and music event at one of our hospitals. In this event people will be able to meet, share, and build further on creative connections which have been established during these strange times of social isolation.

For further information or to share ideas, please contact:

Esyllt George, Cwm Taf Morgannwg University Health Board Arts and Health Coordinator

Email: e.george20@ntlworld.com

Liberty Care's Vision of how "WE" will get through the need for Social Distancing or Self Isolating

Polly Dawe Occupational Therapist, Liberty Care Ltd

At the time that we realised that all services were going to be implementing social distancing and self-isolation, I began thinking about how this would look for the service users we support (adults with Learning Disabilities, Mental Health conditions and or Behaviours that Challenge). Yes, they would still have staff supporting them, would still have video calls with their families however for the majority of their social interactions, especially those with others within our company and with complex needs these would be prevented.

With individuals no longer able to attend their usual day time activities in the community, having trips out or being able to attend the monthly Liberty Care disco, how could I, as the sole OT within the company, help to facilitate these links and focus on occupation at a time where these avenues were being closed down due to Covid. And how could I do that while socially distancing myself and not being able to visit services. I knew the support workers in the 13 supported living houses I oversee would have ideas themselves and would attempt to continue to support people well in their activities, but how could I help supplement their existing activity resources and ideas... and ensure a collective approach and a sense of community in these difficult times ahead.

All the guidance for well-being talked about keeping social connections, that this was a key part of maintaining well-being, so how could I enable this? Automatically I looked to link up with other OT's and decided to compile an overarching document for our support staff linking my knowledge of:

- Occupational balance
- Accessible activities that are achievable
- Individuals interests / talents (focus on people strengths alongside physical and processing needs)
- Active support
- Positive Behavioural Support
- Advice from Royal College of OT (RCOT)

And ensured for all tasks there were accessible information activity sheets for things which would be completed within the home – and so the idea for a Liberty Care weekly challenge was developed and the sharing of boredom busting activities. This aimed to allow participation of individuals at different levels of skills and cover a huge range of tasks; and allow cross service discussion and a sense of community, at a time when this cannot be physically achieved.

A document was sent by email with the first weekly challenge; cooking a curry, with accessible information cards. Alongside this there are 4 or 5 other creative activities that could be carried out at home. I was mindful that staff and Service Users could not get to the shops as they would normally, so I created a basic activity pack per house and promoted the social enterprise philosophy of reuse, recycle and repurpose of household items. Likewise, co-production is another of our social enterprise philosophies and we asked for input from staff and service users about what next.

Using the format of Who, Why, Where, When, What and How to get a sense of 'we' during Covid-19

Who

- Staff and Service Users (often with high support needs)
- Family who are able to feel connected to loved ones via phone, face time, email, social media
- Unexpectedly communicating with other staff members or health professionals that are unable to visit due to social distancing

Why

- Please see <https://www.rcot.co.uk/staying-well-when-social-distancing>

This online document covers emotional and physical wellbeing during social distancing such as establish a daily routine, setting goals, identify the triggers, keeping in touch.

Where

- Home or garden
- Unexpectedly staff working from home and family members
- Routinely through the week
- Where possible replacing service users community access with similar activities e.g. Unable to attend community art project on the Tuesday being replaced with Tuesday House Art group
- For service users who get a lot of comfort from routine and rituals such as "when dad visits on Wednesday he brings me a bottle of diet coke and crisps" – this is then replaced with Face time with dad and the crisps and pop being provided by support worker

What

- Weekly Challenge:
 - Week 1 – Cook curry from scratch

- Week 2 – Easter Bonnet
- Week 3 – Easter Wreath and growing cress on egg shell
- Week 4 - Creative writing (house poem, short sketch / comedy play, short story)
- Sharing activity packs with craft resources, cooking ingredients and gardening equipment, compost and seeds to enable people to have things to have a go
- Accessible activity sheets
- Utilising videoing conferencing to run live bingo and pub quizzes
- Houses doing larger project such as redecoration of rooms, tidying up the garden or recording TIC TOC videos
- Engaging in nation concepts such as clapping for carers and rainbows to support key workers

There's more to come in forthcoming weeks we are thinking of the following weekly challenges as soon as I send out that week's email....

How

- Service user and staff enthusiasm and commitment
- Ensuring that this is a priority and is set as such in the agenda and communication between myself and other managers within Liberty Care
- Connecting and motivating via email and Facebook where people can consent to their image being shared on social media – Please visit our Facebook page, it has never been busier with amazing pictures of people engaging in activities
- Humour
- Having a person who can communicate the importance of people having a focus of their day and value of connecting through activity in tough times

For further information contact:

Polly Dawe, Occupational Therapist, Liberty Care Ltd polly.dawe@libertycareltd.com





Coed Lleol (Small Woods Wales) response to COVID-19 Pandemic

Coed Lleol (Small Woods Wales) connects people and nature the woodland way. We help individuals and woodlands in Wales to flourish and grow through woodland activities, events and training in their local areas.

More now than ever, Coed Lleol recognises the importance of nature and how it can support individual's mental wellbeing through benefits of reducing stress and improving sleep. In order to support both existing and new participants during this period, we are developing a range of online resources to allow people to continue to connect with nature either on their walks, from their back garden or simply just from their sofa.

We will be using our highly experienced leaders and woodland mentors to create things such as YouTube educational videos, video call group activities and even 'Nature Friend' calls to share tips, advice and inspiration over the phone.

The sessions are open to all and we are here to offer a helping hand to make accessibility possible for everyone.

For the most up to date information on what is available or to contact us to ensure you don't miss out go to www.coedlleol.org.uk

Public Health Cymru Podca

Latest Podcast

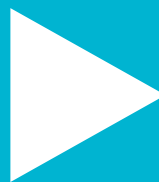
Welcome to our new PHNC Podcast Page of the Ebulletin. Here you can listen to the the previously released Podcasts.

The Latest Podcast in the series is on Learning Disabilities

If you are interested in recording a podcast with us in the future, please contact us via email:

publichealth.network@wales.nhs.uk

Click to view the Sound
and Vision Pages



Health Network East

Learning Disabilities: Multi-Sport ▶

Arts and Health: Roadshow ▶

Health Impact Assessment: WHIASU ▶

Heart Health: BHF ▶

Nutrition: Early Years with Andrea Basu ▶

International Health: Migrant Health ▶

Community Care: OP who are Neurodiverse ▶

Dementia: World Toilet Day ▶

Sustainability: Sue Toner and Bronia Bendall ▶

Love Activity, Hate Exercise ▶

Sexual Health ▶

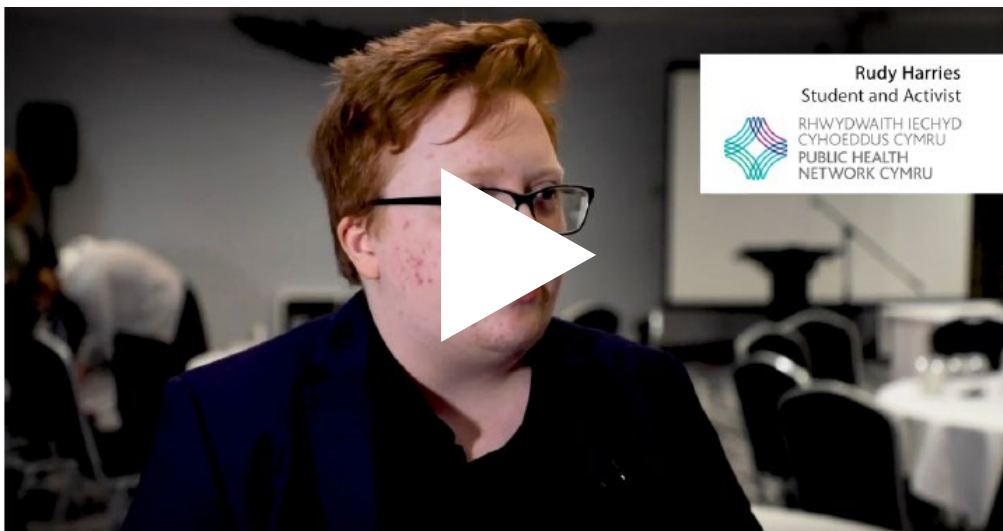
Alcohol: Drinkwise Age Well ▶

Sun Safety: Skin Cancer ▶

Gambling: The living room ▶

Public Health Cymru Press

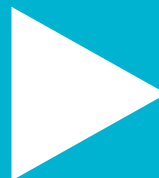
Latest Video



Welcome to Press Play, here you can get the latest PHNC videos from youtube! Every month we will add new videos as they get uploaded. We have a number of events planned over the next few months so keep your eyes peeled for the latest streams on our twitter feed or come back and visit Press Play after the event!

Our latest video is from our Homelessness Seminar that was held in Cardiff.

Click to view the Sound
and Vision Pages



Health Network Play

Beth Jones - Homelessness ▶

Dr Peter Mackie - Homelessness ▶

Emma Williams - Homelessness ▶

LD Seminar: Simon Rose and Karen Warner ▶

LD Seminar: Sam Dredge ▶

LD Seminar: Ruth Northway ▶

LD Seminar: Karen Everleigh and Hazel Powell ▶

Public Health Network Cymru in Numbers ▶

Shaping our Future: Cat Tully ▶

Shaping our Future: Sophie Howe ▶

Shaping our Future: Highlights ▶

Early Years Nutrition: Highlights ▶

Early Years Nutrition: Andrea Basu ▶

Early Years Nutrition: Judith John ▶

The Grapevine

A project tackling food inequality and food poverty in the Flintshire and Wrexham areas of North Wales

In the last year work has taken place on projects aiming to address food poverty across the Boroughs of Flintshire and Wrexham in North Wales.

Firstly, Public Health Dietetics have worked in partnership with Flintshire Flying Start Teams to develop a session aiming to convey to par-ents that healthy eating doesn't have to be expensive, encouraging families to look at healthy eating in a slightly different way. All funding for the development/delivery of sessions/ingredients was provided by Flintshire Flying Start, and the development of the resources and session delivery where undertaken by Public Health Dietetics.

A shopping bag of ingredients was developed costing a total of £9.36 (under £10) which included food items from the four main food groups within the Eatwell Guide. 19 food items in total where included in the shopping bag.

The food items where sourced form the major supermarkets (Asda, Aldi, Tesco, Lidl and Morrisons) to ensure equity between all participants (depending on where they shop). The closest supermarkets where used depending on where the session was being delivered.

Research was undertaken to find the most economical varieties of these foods whilst still providing balance and nutritional value. From these food items a recipe book containing 10 recipes was developed to include breakfast, lunch, snack and dessert ideas. All the recipes could be created using the food items in the shopping bag* with some surplus food items. The recipe book was designed so that all the food items could be used interchangeably across the recipes to reduce food waste.

A visual guide was also developed showing photographs of the food items needed out of the shopping bag to make the particular recipe, the prepared ingredients and the finished dish, making it easier for participants to identify which items where needed and easier for them to prepare the recipes.

All the participants received a shopping bag of the food items, a recipe book and visual guide to take home.

Structure of the Session

The session was based around The Eatwell Guide. The Eatwell mat was used in conjunction with the food items from the shopping bag and this generated discussion about the food items, portions sizes, differ-ent types of fats, cooking methods, cost of foods and much more!

The participants were then provided with a worksheet and had to estimate the cost of each food item contained

within the shopping bag and the total cost of the bag, estimations ranged from £12-£18.50, all participants were very surprised that the shopping bag of food costs less than £10.

Each participant was provided with an evaluation form and asked if they could be contacted by telephone 2 weeks after the session to see how they had got on with using the food items to make the recipes.



Results

To date 6 sessions have been delivered in partnership with Flintshire Flying Start with over 50 families benefiting from attending the sessions. Evaluation responses have been extremely positive with 100% of participants reporting that they found the session helpful.

Follow up Telephone calls examples

Again, very positive responses from the follow-up telephone calls, with the majority of participants reporting cooking on average 7 out of the 10 recipes. Many claiming to have made the recipes again and again.



Working in the Wrexham Area

Following on from the success of the sessions in Flintshire contact was made with Sally Ellison Project Manager of Wrexham Foodbank about working in collaboration with the Wrexham Foodbank.

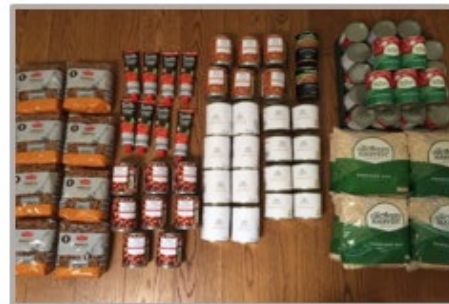
Working independently as a Registered PH Nutritionist (RNutr) in conjunction with Sally Ellison (Wrexham Foodbank) a bid was written, submitted and granted from the Trussell Trust to enable the delivery of 12 sessions over a 12 month period and funding to buy the fresh ingredients to be included in the shopping bags. All the dried/ tinned foods being provided via donations to the Foodbank. This enabled the provision of nutritionally balanced bags of food.

To date 6 sessions have been delivered across various locations in Wrexham working with multiple agencies to recruit participants. Agencies have included Hafan Cymru, The Youth Justice Service, KIM Inspire (Mental Health Support Charity), The Venture (Integrated Children Centre) and others.

The sessions have been able to support individuals who may at times need to access Foodbank provisions. Again, these participants were provided with a nutritional education session, a shopping bag of food items, recipe book and visual guide.

To date 30 participants have accessed the sessions and again extremely positive results with 100% of participants reported on the evaluation forms that they had found the session helpful.

***Examples of food items provided in the shopping bag**



Work with Adult Learning Wales

The session has also been developed to be delivered to members of the community as a 5-week course comprising of a 2-hour session each week, where nutritional information is discussed and the recipes from the shopping bag are cooked as a group. Courses has been successfully delivered in Plas Madoc and Pentre Gwyn in Wrexham in Partnership with Communities for Work again receiving very positive feedback from Participants.

Supporting people with Learning Disabilities

Finally, the course has been adapted again and a pilot course delivered in Flintshire in partnership with Hft, Hwb Cyfle, supporting participants with learning difficulties to live more independent lives, combining practical cooking skills with nutrition-based learning activities (developed by PH Dietetics).

This has been very positively received with the participants developing a knowledge of nutrition and improved confidence in preparing healthy foods. Another course has been requested for Spring 2020.

In conclusion

It is hoped that all the variety work highlighted above will continue across Wrexham and Flintshire to support families and individuals who are increasingly at this time facing food inequality and ultimately food poverty.



Latest News

Coronavirus: Constituency Support

Assembly Members and their staff are receiving constituency enquiries about coronavirus related to employment rights, benefits, business support, travel, cancellations, education and lots more.

Senedd Research will answer questions from Members and their staff through the usual enquiry process, but we've also collated some useful links of reliable information to help with constituency work. We will keep this list updated as often as possible.

These pages should be used as primary sources of information, rather than news websites or social media.

We will also continue publishing articles linked to Assembly plenary business.

Work and benefits

- UK Government, [COVID-19: guidance for employers](#)
- UK Government, [COVID-19: guidance for employees](#)
- UK Government, [Universal Credit and coronavirus](#)

[Read more here](#)

Click to view the News
Pages



Health Network Lines

New profile looks at mental wellbeing in Wales



Latest information on Novel Coronavirus (COVID-19)



2020 EU Health Award to help promote vaccination and healthy lifestyles



Wales calls time on low cost, high strength alcohol



StreetGames working with NHS England & NHS Improvement to produce national guidance on youth social prescribing



Motivate2Move makes new factsheet summarising the 2019 CMO physical activity guidelines



Public Health Cymru Calen

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18 Alzheimer's Society Annual Conference	19 Alzheimer's Society Annual Conference	20 Mental Health Aw
25	26	27

Visit www.publichealthnetwork

Health Network Calendar

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	14	15
Awareness Week	21 Mental Health Awareness Week	22 Mental Health Awareness Week
	28	29

www.healthnetwork.cymru for more info on events

Topics

Accident and Injury Prevention



Obesity



Alcohol



Oral Health



Arts and Health



Physical Activity



Brexit Health Hub



Policy



Gambling



Sexual Health



Health and Social Care



Sleeping and Health



Human Rights



Smoking



International Health



Substance Misuse



Mental Health



Sun Awareness



Noncommunicable Diseases



Violence and Abuse



Nutrition



Communities



Lifestyle



Education



Poverty



Environment



Unemployment



Families and Social Care



Work



Health Inequalities



Early Years



Older People



Maternal and New Born



Children and Young People



Working age adult



Asylum Seekers



LGB



Carers



Migrants



Ethnic Groups



Parents



Faith Groups



Learning Disabilities



Gender



Prisoners



Gypsies



Veterans



Homelessness



Next Issue

The background of the page features a wooden plank surface at the bottom. Above the planks, there is a blurred image of a scale of justice, with a metal chain and a wooden pan visible on the right side. The overall background is a light, hazy blue-grey color with several soft, out-of-focus white circles scattered across it.

COVID



D-19 and Inequalities