



RHWYDWAITH IECHYD
CYHOEDDUS CYMRU
PUBLIC HEALTH
NETWORK CYMRU



January 2020

Welcome

This month's ebulletin focuses on homelessness, which follows on from the recent seminar held at the Village Hotel in Cardiff on 20 November 2019 entitled Homelessness: Reversing the Trauma. All presentations and a videos from the day can be found on the ['past events'](#) page of the website.

Our next seminar is taking place in Bangor on 17th March 2020 and will focus on mental wellbeing. We also have a conference planned for 24th March 2020 which will be held in Cardiff, details of which are in this bulletin.

We are always looking for information and events which we can include in the e-bulletin as well as on the website so please get in touch with us at publichealth.network@wales.nhs.uk



Contact us

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Spotlight on...

Homelessness - Reversing the Trauma



Homelessness

Homelessness is devastating, dangerous and isolating.

People sleeping on the street are almost 17 times more likely to have been victims of violence. More than one in three people sleeping rough have been deliberately hit or kicked or experienced some other form of violence whilst homeless.

Homeless people are over nine times more likely to take their own life than the general population.

[Crisis](#)

Public Health Network Cymru hosted a seminar entitled Homelessness: Reversing the Trauma on 20th November 2019 at the Village Hotel in Cardiff bringing together policy, practice and research. Jointly chaired by John Puzey, Director at Shelter Cymru and Rudy Harries, Student and Activist who shared his lived experiences of homelessness.

Forty-nine delegates attended from diverse sectors in Wales, with an additional 156 tuning into the morning live stream and 128 in the afternoon. Parallel workshops included using expertise of attendees to inform approaches for the homelessness action group.

The seminar was a great success and included interesting and engaging plenary speakers. Some of these included:

Dr Peter Mackie, Reader, Cardiff University engaged the audience by indicating what we might do as a framework to end homelessness. This included drivers and risk factors such as poverty, which is considered to be the most important driver of homelessness.

Emma Williams, Deputy Director – Housing Policy and Regulation, Welsh Government discussed the Strategic Policy Statement and gave an overview of the policy ambition. These ambitions include providing good quality housing which in turn reduces the pressures on other public services. People should have the right homes with the right support to sustain tenancy.

Charlotte Grey, Research Assistant, Public Health Wales shared research which has been undertaken over the last 12 months which contributed to the report 'Voices of Those with Lived Experiences of Homelessness and Adversity in Wales' and was launched at the seminar. The research examined the relationship between Adverse Childhood Experiences (ACEs) and homelessness in Wales, and as a result of this considered priority areas for early intervention.

All information from the event is available on our website under the [past events](#) page.



People who sleep rough are more likely to die prematurely compared to the general population

Average age of death of people experiencing homelessness is

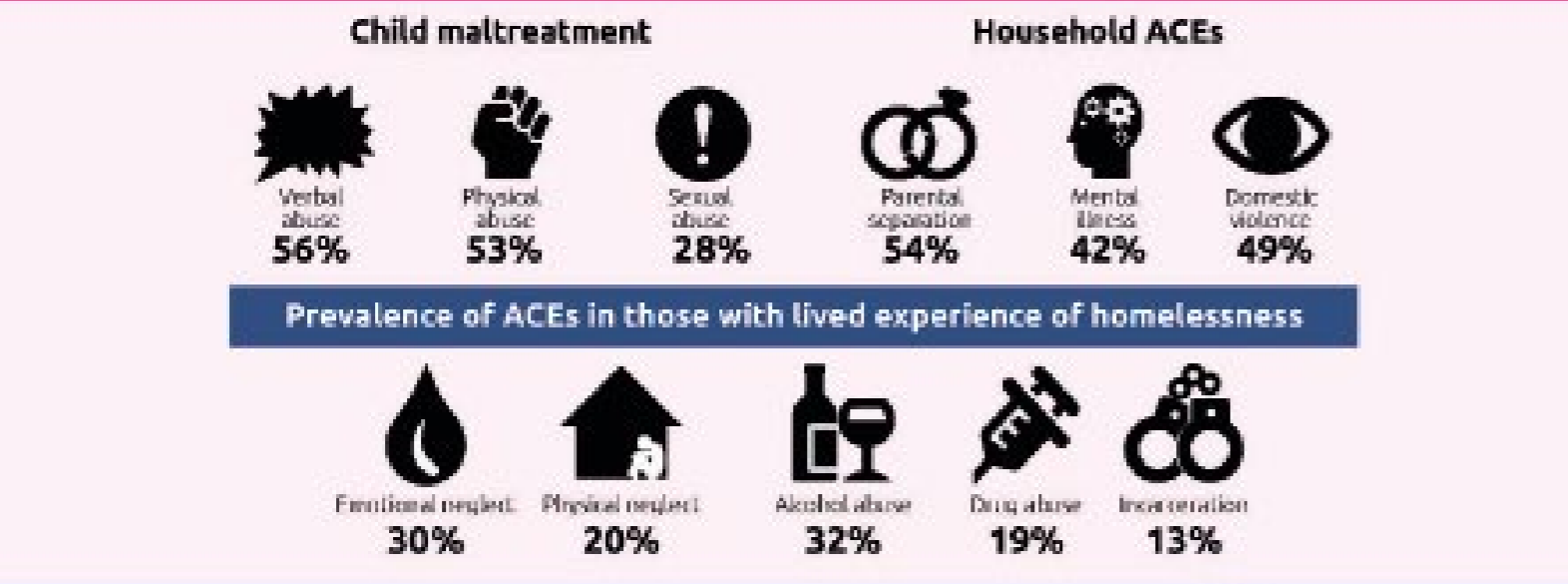
44 years for men, 42 years for women

compared to

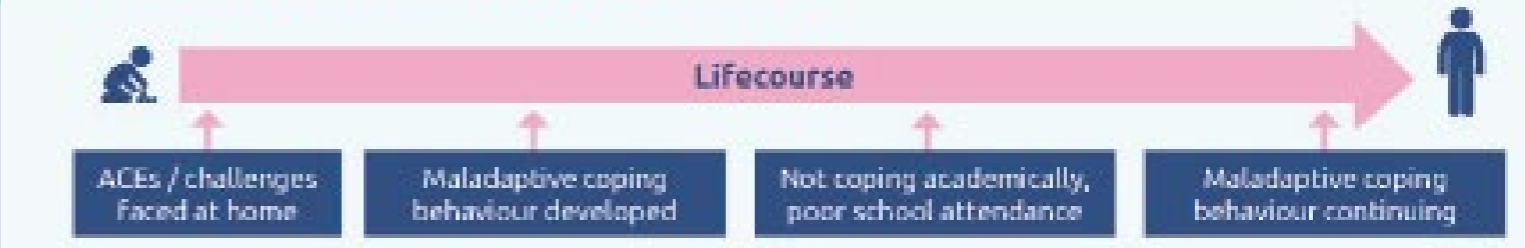
76 years for men, 81 years for women

in the general population

Adverse Childhood Experiences (ACEs) and childhood resilience



Preventing homelessness through the lifecourse



Early years/schools and trusted adults are critical in supporting children with ACEs.

Services through the lifecourse need to be ACE-informed and able to cope with adverse behaviour resulting from ACEs.

Childhood resilience - protective factors **Barriers to support**

- Belonging to a community
- Trusted relationship with a stable adult
- Supportive teachers and youth workers
- Supportive family
- Solving problems

- Not being listened to
- Fear of the consequences
- Lack of trust
- Not seeing the person behind the presenting behaviour
- The child not recognising adversity

Voices of those with lived experiences of homelessness and adversity in Wales

By Charlotte Grey and Louise Woodfine - Public Health Wales

Having a home is an important stabilising factor that directly and indirectly affects social, physical, and mental health. Homelessness is an indicator of fundamental breakdown in a person's life, and an extreme form of social exclusion and inequalities. Finding effective solutions for homelessness is challenging, as it involves not only identifying and implementing interventions to support people who are currently homeless, but also addressing the multiple complex causes.

There is growing evidence that adversity experienced in childhood can have long-term impacts on health, wellbeing, and behavioural issues, which are also factors associated with homelessness. Adversities in childhood are collectively termed Adverse Childhood Experiences (ACEs), and defined as stressful experiences that children can be directly or indirectly exposed to while growing up. ACEs include: childhood abuse (physical, sexual or emotional); family breakdown; exposure to domestic violence; or living in a household affected by substance misuse, mental illness, or where someone is incarcerated; and emotional and physical neglect.

In a national survey in Wales, we found that around 1 in 14 of the Welsh adult general population reported lived experience of homelessness. Compared to those with no ACEs, individuals with a high number (four or more) of ACEs were 16 times more likely to report lived experience of homelessness. 87% of those with lived experience of homelessness reported at least one ACE, and 50% reported four or more ACEs; this compares to 46% and 11% in the general population, respectively. However, the likelihood of reporting homelessness reduced from 16 to 8 times for those with four or more ACEs in the presence of Childhood Resilience Assets (e.g. having a supportive family, belonging to the school community, solving problems), suggesting that childhood resilience protects against ACEs leading to homelessness outcomes in adulthood.

The findings were supported by qualitative interviews with individuals with lived experiences of homelessness, as well as with service providers; to better understand how ACEs contribute to homelessness across the life-course, and what would have helped mitigate this impact. Individuals with lived experience of homelessness discussed developing maladaptive coping behaviours in their teenage years, or earlier, in response to the ACEs they were experiencing in often chaotic home lives. These maladaptive behaviours, combined with a lack of trust and a feeling of not having a voice and being heard, alongside services inability to see the 'person behind the behaviour', typically contributed to poor school attendance and reduced capacity to cope academically. These negative coping behaviours continued into adulthood, together with barriers to support from services, and participants often felt these ACEs they experienced in childhood had contributed to homelessness.

This supports the need to think about homelessness in a different way and to consider action to reduce and prevent homelessness, through early identification and action to prevent and mitigate ACEs in vulnerable children and young people. As well as supporting vulnerable adults who find themselves homeless, by strengthening understanding of adversity in childhood as a cause of health and social inequities and a barrier to services supporting these individuals. Achieving sustainable change needs to be through a multi-agency, collaborative approach to reducing homelessness, by:

1. Building capacity into services across sectors in order to take a multi-agency, trauma-informed approach to the vulnerable child or adult. A trauma-informed approach would include understanding of ACEs, an environment of physical and emotional safety, and a strengths-based approach to services.

2. Using awareness of the impact of adversity in childhood on later vulnerability in adults so that all services that come into contact with children and young people are better informed to ensure early prevention
3. Better addressing the support needs of both child and adult vulnerable populations that have been impacted by ACEs
4. Supporting early years' settings to work in a trauma-informed way and to recognise vulnerability, centred around supporting the child and their family
5. Recognising the value that teachers, support workers, and community support systems play in early intervention and trauma-informed support
6. Public bodies taking a Children's Rights Approach to supporting at-risk children

Report: www.publichealthwales.org/preventinghomelessness

Infographic: www.publichealthwales.org/preventinghomelessness-infographic

Homelessness – We See It

By Beth Jones

On the news we see it,
On the tv we see it,
On social media we see it,
On the streets that we walk we see it,
We see it.

Homelessness, is scary,
Homelessness is lonely,
Homelessness is life-changing,
Homelessness is cruel, bitter and cold.
We see it.

Together we can make a change,
Together we can make a stand,
Together we can end feelings of worthlessness,
Together we can be kind, supportive and forward thinking.
We get it. We see it. Stand with us.

A shared care vision to tackling homelessness

By the Community Care Collaborative

Homelessness is not a new concept, it's a growing issue, evolving only in growth, numbers escalating across the cities of Wales. To tackle this issue we must first consider the impact it is having on each and every individual that finds themselves in a doorway, on a park bench or on a wall. To have no where to turn and no one to offer support at a time when it is likely needed the most. Unable to reach out to family members who may not exist in the first place or who have may long since walked away.

In order to tackle this deep rooted issue we must first attempt to ensure all services are working together not from a silo, but as a shared caring network all working to similar objectives with a shared direction and vision. Working together to share resources not only tackles the issues around limited resources but aids in prevention of repeating the same work multiple times. Success to tackling homelessness and then overcoming this issue has been collaboratively achieved in the town of Wrexham through shared working, being open to change and a concept of 'ripping up the rule book'.

A service is offered where by all are welcome, rules are minimal and exist simply to meet compulsory policies and procedures and individuals are greeted with a can do attitude. The hardest to reach and most vulnerable members of the homeless cohort are offered a safe place to attend on a weekly basis. All health, social and psychological needs are met by a group of people who are kind, considerate and helpful. Simple steps can make huge positive changes to individuals who are struggling with homelessness.

If you have an opportunity to make a difference, open your doors, invite the right professionals/services and the rest will follow.

Wrexham's Youth Homelessness Prevention Service

Wrexham Youth Homelessness Prevention Service started in August 2019. We are a youth work based team of practitioners who provide a voluntary service for young people 11-25 years old who are experiencing problems with their accommodation.

There may be a whole range of reasons why you are having problems with where you are staying, such as disagreements about boundaries, tensions within the home about finances, drug and alcohol use, staying at a friend's family home.

Our team can help you look at these reasons and support you to overcome them. We can link you in with services who specialise in that area, or we can help you complete forms, access education providers, life skills or refer you to mediation.

We can support young people BEFORE they get into crisis, we want to reduce the number of young people who become homeless. Focusing on young people at high risk of homelessness staying in the family home/network

where safe to do so.

Below are a few reasons which may increase your risk of homelessness:

- Not attending school, or being excluded.
- Involvement in the criminal justice system
- Running away or not going home at night
- Substance misuse

What you can expect from us:

- Support and advice to enable you to make informed decisions about your lifestyle choices.
- Factual and relevant information based on your needs.
- We can meet you at a place that is best for you
- To be listened to

Young people can refer themselves to this confidential, free support, or they can be referred by anyone who knows them. There is a simple referral form that has to be completed.

We also go into schools, youth clubs and any youth groups to provide education on 'what is homelessness?', and where young people can go for support. Our education packages are tailored to the needs of the group and educate through participation and discussion.

“Homelessness Doesn't Always Live on the Streets” – Major New Campaign Launched to Tackle Hidden Homelessness

A major new campaign to tackle hidden homelessness by raising awareness that “homelessness doesn't always live on the streets” has been launched by the Welsh Government.

The campaign aims to bring to light the problem of hidden homelessness, and is targeted at young people who may be at risk of or already experiencing homelessness. The campaign also advises the public on what to do if they're concerned about someone they know.

Research suggests people overwhelmingly connect homelessness with rough sleeping only – which is not the case for most young people experiencing homelessness.

Even if someone has a roof over their head, they can still be homeless. They could be sofa surfing at a friend's place, or staying somewhere temporarily like a hostel, night shelter or bed & breakfast. It might be they are living in very poor conditions or somewhere that's not suitable for them or their family.

Read more here <https://gov.wales/homelessness-doesnt-always-live-streets-major-new-campaign-launched-tackle-hidden-homelessness>

Public Health Network Cymru Podcast

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 Homeslessness.

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



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 Excercise ▶

Sexual Health ▶

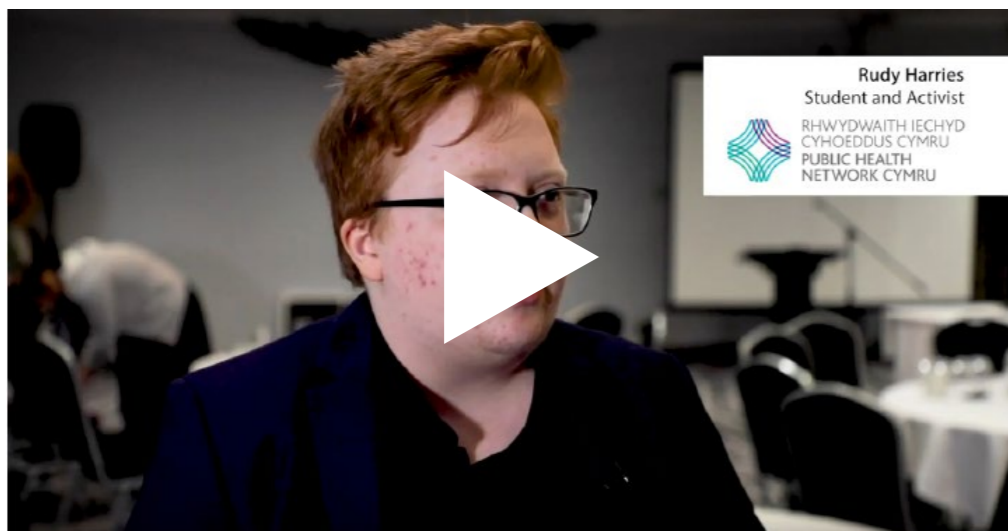
Alcohol: Drinkwise Age Well ▶

Sun Safety: Skin Cancer ▶

Gambling: The living room ▶

Public Health Network Cymru Press Play

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



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 ▶

Old and Alone: Not just an isolated Incident ▶

Aging Well in Wales: Steve Huxton ▶

A prescription for Loneliness - David Evans ▶

The Grapevine

Sexual Health Campaign from the Cardiff and Vale Sexual Health Working Group

The 'Cardiff and Vale Sexual Health Working Group' consists of members from Public Health, Primary Care, Sexual Health Services and the Third Sector.

Lead author of the Campaign Laura Wilson, Senior Health Promotion Specialist from Cardiff and Vale Local Public Health Team states "The aim of the group is to open up communications allowing us to share information, best practice and enable partnership working. The festive season can be a time when people engage in risky behaviour that can lead to issues such as unplanned pregnancy and sexual transmitted infections. The group identified a need for a local sexual health campaign to promote sexual health services during December. We have developed a set of social media graphics and a poster to encourage people to look after their sexual health during the festive season and throughout the year. We hope that these resources will be shared widely on social media promoting positive sexual health messages and promoting local services".

To access the resources visit <http://www.cardiffandvaleuhb.wales.nhs.uk/sexual-health-advice/>

**It's never too late to make
a new years resolution.
What will you do this year?**

Look after myself:

*Find the best
contraception
for me*

*Have safe
sex, use a
condom*

*Get STI
tested
regularly*

Visit my:

*Pharmacy for
free emergency
hormonal
contraception
(available in over
60 pharmacies)*

*GP to discuss
Long Acting
Reversible
Contraception*

Find my:

*Local sexual health service for:
PrEP, STI and HIV testing,
support and advice, Long
Acting Reversible Contraception*

Useful Websites

Frisky Wales - www.friskywales.org

C Card - www.ymcacardiff.wales

Terence Higgins Trust - www.tht.org.uk



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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Collaborative Doctoral Award: Writing Pain

Writing Pain is a partnership between the pain management team at Powys NHS Teaching Health Board, Creative Writing at Aberystwyth University and The Reading Centre for Cognition Research. It is about practical intervention in pain management – by using creative writing as a tool to communicate, document and manage chronic pain conditions – supported by academic research into the way pain is perceived and narrated, both in the individual and in society.

We aim to investigate:

- How patients and practitioners can use creative writing as an intervention in chronic pain, and how this intervention can be made most effective
- How patients and practitioners construct narratives of pain, and how effective these narratives are at communicating the reality of experience.
- The relationship between writing and pain

The project will combine practice-based research with academic investigation, working with medical staff and practitioners as well as patient users. It is interdisciplinary in nature, with a focus on creative writing, current medical practice and philosophy, but drawing on other disciplines, including psychology, literature and history of medicine. We are looking for a PhD student to help shape and develop the project.

For more information, contact Jacqueline Yallop, Senior Lecturer in Creative Writing, Aberystwyth University, jay4@aber.ac.uk

Applications via the South West and Wales Doctoral Training Partnership, <https://www.sww-ahdtp.ac.uk/>

SAVE THE DATE

Mental Wellbeing and Resilience in Communities

17 March 2020

Reichel Hall,
Bangor University,
Bangor

Hear the latest policy, research and practice to improve Mental Wellbeing and Resilience across Welsh communities. Join us to gain insight into the latest loneliness and isolation strategy for Wales, hear about practical local action and contribute to the development of a national conversation on Mental Wellbeing.

Registration opening soon





@PHREWales #PHREW20



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Public Health Wales Research & Evaluation Annual Conference 2020



Informing Public Health Practice

Join the PHW Research and Evaluation Division for
the 5th annual conference

Keynote Speaker: Kieran Walshe

(Director, Health and Care Research Wales)

Poster submissions welcome!

12th March 2020
09:00 - 15:30
All Nations Centre,
Cardiff



To find out more or
register your place
visit:

www.publichealthresearchwales.co.uk/PHREW20

The Environment: Our health in the balance

24 March 2019

Sophia Gardens, Cardiff

The theme of this conference is the natural environment and health. It will set the scene in the wider policy and legislative context and cover practical approaches to benefit the environment and health.

Objectives:

- To share knowledge on the policy and legal context and current research in relation to the natural environment and health relevant to Wales
- To identify practical tools and approaches for organisations and practitioners to use to improve health through the environment
- To provide a creative space to develop approaches to environment and health, responding to the newly developed area plans.

Learn, make connections and contribute with Public Health Network Cymru

[Click here to visit Eventbrite to book your space](#)

This event is FREE to attend and lunch will be provided

Public Health Network

Cymru Headlines

Latest News

The Cost of Poor Housing in Wales

A new report, jointly published by Public Health Wales, BRE Trust and Welsh Government, is being launched today at a Welsh Government led Housing Information Group Seminar.

The event aims to give those with an interest in housing statistics in Wales an opportunity to find out about the latest developments in housing.

The Cost of Poor Housing in Wales looks in detail at the links between poor housing conditions ('hazards in the home') and their impact on health and well-being and cost to the NHS and wider society. It supplements findings in the previously published [Making a Difference Housing and Health: A Case for Investment](#) report, and also builds on previous publications by BRE Trust and Shelter.

This report focuses on hazards in the home which impact on health and well-being outcomes, for example by posing a serious or immediate risk to a person's health and safety. In 2017-18, there were an estimated 238,000 dwellings with these hazard in Wales, or around 18 per cent of the total housing stock, with the most common hazards relating to falls in the home, and the consequences of living in cold housing.

Click to view the News
Pages



Welsh Government doubles support for 'whole school' approach to mental health



ukactive and Sense launch research partnership to understand activity needs of families with disabled children



Safer street pilot scheme for Cardiff schools



Children in Wales will have universal access to the full curriculum



Help the Homeless Grant



Proposal of the Farm to Fork Strategy for sustainable food



Public Health Network Cymru Calendar

3 Childrens Mental Health Week 2020	4	5 Family Support Conference 2020	6 Homelessness and Health	7 ACEs: Critical Perspectives from Research and Practice
10	11	12 Health Impact Assessment: Introduction or Refresher Session	13 Safeguarding Children and Young People	14
17	18	19	20	21
24	25 How to Recruit and Engage Champions in the Workplace	26 Depression, Anxiety and People with a Learning Disability	27 Youth Homelessness	28

Visit www.publichealthnetwork.cymru for more info on events

Topics

Accident and Injury Prevention ▶

Alcohol ▶

Arts and Health ▶

Brexit Health Hub ▶

Gambling ▶

Health and Social Care ▶

Human Rights ▶

International Health ▶

Mental Health ▶

Noncommunicable Diseases ▶

Nutrition ▶

Obesity ▶

Oral Health ▶

Physical Activity ▶

Policy ▶

Sexual Health ▶

Sleeping and Health ▶

Smoking ▶

Substance Misuse ▶

Sun Awareness ▶

Violence and Abuse ▶

Communities ▶

Education ▶

Environment ▶

Families and Social Care ▶

Health Inequalities ▶

Lifestyle ▶

Poverty ▶

Unemployment ▶

Work ▶

Early Years ▶

Maternal and New Born ▶

Working age adult ▶

Older People ▶

Children and Young People ▶

Asylum Seekers ▶

Carers ▶

Ethnic Groups ▶

Faith Groups ▶

Gender ▶

Gypsies ▶

Homelessness ▶

LGBT ▶

Migrants ▶

Parents ▶

Learning Disabilities ▶

Prisoners ▶

Veterans ▶

Next Issue



Debt