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PUBLIC HEALTH
NETWORK CYMRU



Coronavirus & Inequalities

May 2020

Welcome

Health inequities are avoidable inequalities in health between groups of people within countries and between countries. These inequities arise from inequalities within and between societies. Social and economic conditions and their effects on people's lives determine their risk of illness and the actions taken to prevent them becoming ill or treat illness when it occurs. [WHO, 2020](#)

COVID-19 is painfully exposing the existing and persisting health inequalities in our societies. This pandemic will have the heaviest impact on the lives of people living in deprivation or facing difficult socio-economic circumstances. EuroHealthNet partners – the public bodies responsible for health – are doing their utmost to protect citizens and contain the outbreak. In the difficult days and months to come, the need to work together will be clear. Protecting health is the responsibility of all. Good health starts in the community. In the long term, we must consider how our health systems are structured, their sustainability, and their ability to protect all in times of crisis. [EuroHealthNet, 2020](#)

This e-bulletin looks in to how the pandemic and control measures are affecting those disadvantaged in Wales, how services, businesses, communities and others are supporting disadvantaged groups during this period and some of the interventions that could improve and protect the health and wellbeing of those disadvantaged in light of the pandemic

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.

As the public health institute for Wales, our staff are continuing to support the national COVID-19 response so all events are on hold until further notice.

Contact us

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

Email us

publichealth.network@wales.nhs.uk

Write to us

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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](#). The pages include a wide range of comprehensive information for public and professionals.

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.

COVID-19
INFORMATION
FOR
PROFESSIONALS



Recovery from the Covid crisis must be seen as an opportunity to reduce health inequalities for future generations



It is clear from the news stories we hear every day that Covid-19 is increasing inequalities across our communities, both in terms of the people who suffer most with the disease itself and the people who are suffering most with the economic, social, environmental and cultural consequences of lockdown. In the words of BBC presenter Emily Maitlis "The disease is not a great leveller, the consequences of which everyone - rich or poor - suffers the same."

Research from the [Office of National Statistics](#) shows that people living in Wales' most deprived communities are more likely to die of coronavirus than those in our more affluent communities.

The effects of lockdown are also having a disproportionate effect on our communities at greatest disadvantage – for example Black and Minority Ethnic (BAME) households are twice as likely to report having lost jobs or income as a result of lockdown; cramped housing is far more likely to be a problem for ethnic minorities and our poorest communities have some of the worst access to local green spaces.

The role of the Future Generations Commissioner for Wales is to be a guardian of future generations, through helping public bodies and those who make policy in Wales think about the long-term impact their decisions have.

She has recently published her [Future Generations Report](#), in which she sets out a number of recommendations that support a response to the crisis which protects society and our wider well-being in the long-term.

The high proportion of the Welsh population in ill health has been brought into sharp focus by the crisis, with older and less healthy people being the most at risk. Future work to improve health outcomes at all ages needs to be prioritised for the benefit of our population, as well as ensuring we are better prepared for global crises.



The importance of the wider determinants of health feature throughout the Future Generations Report, supporting the Commissioner's position that, in the medium to long term, resource and priority needs to move from health and social care to the services that keep people well and reflect the wider determinants of health, including financial inclusion, housing, environment quality and social capital.

The Commissioner has said
"We're at a crossroads. We can either go back to the old way of doing things, with the old problems still harming our most needy communities, or we can change to better things for the benefit of everyone."

The Report contains recommendations which, through reflecting the wider determinants of health, will help create a better Wales for future generations and protect us against future crises, including:

- Developing a national wellness system to improve the nation's health and wellness and reduce demand on services;

- Put in place a Universal Basic Income to ensure everyone is paid enough to care for themselves and their families;
- Fully incorporate the principles of the United Nations-enshrined Right to Adequate Housing into Welsh housing policy;
- Consider how Wales' response to future trends (such as rising automation, ageing population and climate change) can reduce inequalities rather than perpetuating them.

The Commissioner is also collating information on how organisations across Wales are responding to the crisis in ways that support the aspirations of the Well-being of Future Generations Act – if you would like to contribute examples or ideas on this please email Covid-19@futuregenerations.wales

To see how her work progresses sign up to her newsletter at <https://futuregenerations.wales/> and follow her on social media [@futuregencymru](#)

Good housing is key to reducing inequality

Rhea Stevens – Head of Policy and External Affairs at Community Housing Cymru



[Nearly a quarter of people](#) live in poverty across Wales. Safe, affordable housing association homes both prevent further poverty and alleviate the effects of deprivation. However, the causes and effects of poverty are numerous and systemic, and whilst a safe, warm home is an essential foundation for everyone, there are many other effects of living on a low income that housing associations play a vital role in supporting people to overcome, including physical and mental health.

The Covid-19 pandemic has further exposed inequality rifts in Wales. ONS [figures](#) show that the most deprived areas have double the mortality rate from Covid-19 when compared to affluent areas. [Analysis](#) by the IFS shows that low earners are seven times as likely as high earners to work in a sector that is now shut down. And [those on low incomes are less likely to have an internet connection in the home](#), leaving them increasingly vulnerable to the effects of isolation and unable to access many services.

The data confirms that those on low incomes are more vulnerable to the primary and secondary effects of Covid-19, in all aspects of their lives. That is why housing associations in Wales, alongside our collective mission to make good housing a basic right for all, have made a series of public commitments to their tenants through our #withyou campaign to set out how we will support them through this incredibly difficult time.

As well as focussing on the financial assistance available to tenants experiencing hardship, much effort has been focussed on tenants' physical and mental wellbeing. Organisations across Wales have been reaching out to their tenants to ensure they have access to the support they need from public services, delivering food, providing support with paying energy bills, accessing medication, applying for welfare benefits, and much more.

Work to respond to the immediate crisis continues at pace. But as we begin to look ahead, it is inconceivable that we accept as inevitable the glaring inequalities that have exposed so many to the awful consequences of this virus. Our shared response must be focussed on the systemic flaws that led to these inequalities in the first place.

And the key word is shared. Together. It is imperative that we, as individual actors and bodies, pull together to take action and invest to prevent such stark levels of inequality in Wales. [CHC research shows that poor quality housing costs the NHS £95m each year](#), but by improving the quality of homes, we could see 39% fewer hospital admissions for cardiorespiratory conditions. [Research from Public Health Wales](#) shows every £1 spent on improving warmth in vulnerable households results in £4 of health benefits.

To stand a chance of addressing levels of inequality in Wales we need to think radically about the opportunities for housing, social care and health to work together. Investment in good quality housing and strengthened partnerships that focus on building individual and community resilience are critical first steps.

Citizens Advice



At Citizens Advice, responding to crisis situations is in our blood. The organisation came into being during World War Two in order to help bombed out families. Just a few months ago our services in South Wales sprang into action to help those who had been forced out of their homes by flooding. And now, as the Coronavirus pandemic affects families across Wales, local Citizens Advice services have rapidly transformed their offering to adapt to social distancing measures. Citizens Advice Cymru has helped around 17,000 people since the current lockdown began. In these difficult times, people are turning to us for support, and we're incredibly proud that across the country our local services are there for people in need.

However, as important as advice is at the moment, there's only so far it can go to help solve the problems people are facing. Interventions from both UK and Welsh Governments have gone a long way to protect people's incomes and give them options to reduce their costs during the pandemic. Despite this, Citizens Advice Cymru is already seeing people affected by the crisis who are struggling to make ends meet, and we know that families are facing an unprecedented financial crisis. Our figures show that around 250,000 people in Wales (17% of the total workforce) have already seen their hours cut, been laid off, or made redundant as a result of the Coronavirus outbreak, and nearly 300,000 people have fallen behind on one or more household bills as a result of the outbreak.

Those in financial difficulty are currently protected from the worst impacts of debt by emergency measures such as the pause on evictions, and the temporary halt to some forms of debt enforcement. But we're concerned that Welsh families are facing a ticking time bomb of problem debt when these protections come to an end. People in shielded groups, young people, and people in insecure work are likely to be worst affected.

We've outlined a number of measures we would like the Welsh Government to take to prevent Welsh families falling into financial crisis, including:

- Wales-wide intervention to make people aware of and encourage them to claim the benefits to which they are entitled.

- An extension to the current protections from eviction for tenants in the private rented sector.
- Funding for a 3 month council tax holiday for those who cannot afford to make payments, and a longer term pause on enforcement of council tax bills.

Taking steps to protect people from problem debt doesn't just help them out financially. We know that issues like financial resilience and mental health are closely linked. If steps aren't taken now to address this potential financial crisis, there's every chance that even as we tackle the public health emergency that is Covid-19, we'll see a spike in the number of people suffering from difficulties with their mental health. Making sure the right financial support is there for people will help us tackle this problem before it arises.

Coronavirus and COVID-19 Enhanced support for Learning Disabilities Services

Sharon Williams - Service Improvement Programme Manager, Learning Disabilities Improvement Cymru



Supporting people with a learning disability and autism throughout the Coronavirus epidemic has been a priority for the Health Improvement Learning Disabilities Team.

We know people with a learning disability have higher rates of morbidity and mortality than the general population and die prematurely. At least 41% of people with a learning disability die from respiratory conditions and have a higher prevalence of asthma and diabetes than the general population. Mental health problems are significant, in particular anxiety and, along with the concept of social distancing which may be difficult to understand, make people with a learning disability more vulnerable to the impact of Coronavirus and COVID-19. Given this background we would expect to see a high incidence of requests for support and advice in applying the infection prevention & control (IP&C) measures and Government COVID-19 rules.

The Learning Disability Health Improvement team are being contacted on a daily basis with enquiries about COVID-19. Some of their response has been to support the development of easy read information, advise professional and service provider forums along with developing and attending question and answer sessions.

The All Wales Learning disability consortium, which consists of lead third sector organisations and Wales parent carers group have informed us that they are regularly receiving distressed calls from people with learning disabilities, service providers and carers for advice and support in relation to COVID-19.

Some examples from the consortium have been:

- Concept of rights versus safety
- DNACPR concerns
- Following support plans whilst adhering to infection prevention & control measures
- Not understanding the concept of the rules and apply in different settings

With this in mind the Learning Disabilities Health Improvement Team with support from Public Health Wales intend to scope with immediate effect the number of enquiries, cases and incidents to date that have been processed by the Public Health Wales call centre in relation to learning disabilities. We expect this information to give us a better understanding of the problems and issues related to COVID-19 faced by service providers when supporting people with learning disabilities. This information will enable us to identify any risks associated with a hidden unmet need and offer enhanced support and guidance to minimise risks further.

The role of tackling smoking prevalence in reducing the impact of Covid-19 on deprived communities

Diana Milne, ASH Wales

Smoking is the cause of stark health inequalities across Wales, with communities where prevalence is highest blighted by chronic illness and disease. The Covid-19 outbreak, which poses a far higher risk to smokers, could mean those inequalities are exacerbated.

Since the start of the Covid-19 outbreak, health experts have warned of the risks faced by smokers if they develop the virus. Research has shown that smokers faced a significantly increased risk if they suffered severe symptoms from Covid-19, with studies suggesting that smokers are 14 times more likely to develop severe respiratory disease if they catch Covid-19.

This is because it damages the immune system and the body's natural lung defences. Many smokers also have pre-existing health conditions caused by smoking, such as cardiovascular and respiratory diseases that are high risk factors for Covid-19.

Smoking rates in the most deprived areas of Wales currently stand at 20% compared to 14% among the least deprived adults in Wales. This means that those living in Wales poorest communities could be at a significantly higher risk from the Covid-19 pandemic.

Smoking cessation services in Wales have had to adapt to the changing circumstances we are living in and also an increased demand from smokers for support to quit smoking.

NHS Wales' Help Me Quit service has seen a 51% increase this month alone from callers to its helpline and is providing telephone-based support to smokers across Wales.

As society continues to be affected by the pandemic, it is more important than ever to address smoking prevalence among our most vulnerable communities and to work on finding ways both to raise awareness of the risks and provide easily accessible, remote smoking cessation support.



Tackling loneliness and isolation with Hafal's Promise



Welsh mental health charity Hafal has been helping people in every corner of Wales throughout the coronavirus pandemic to overcome feelings of loneliness and isolation.

We have seen an over 100% increase in the number of people taking us up on [Hafal's Promise](#) - our pledge to provide continuous support, advice and friendship to people beyond our services via our on-line community, email, phone and social media.

Hafal is committed to providing help, support, advice and friendship for people in Wales, including carers, and because we feel so strongly about this, we will take responsibility ourselves wherever necessary to ensure that they will not have to cope alone.

Here are some ways people can access and support our service:

- [Become a Member](#)
- [Join our online community Clic](#)
- Email us at promise@hafal.org
- Call us on 01792 816600
- [Find contact details for your local Hafal project](#)
- [Follow us on Facebook](#)
- [Follow us on Twitter](#)
- [Follow us on Instagram](#)

The Clic online community was relaunched last month in response to the coronavirus pandemic and is now a UK-wide service thanks to funding from Lloyds Banking Group. The online community provides a safe and moderated space where people can feel free to talk about their mental health in a supportive environment where they won't be stigmatised.

To anyone reading this who is struggling with the lockdown we say – please visit <https://clic-uk.org/> and join the conversation! Not only will you gain support to deal with your own situation, you'll also be able to provide support to others – and hopefully make a few new friends and connections along the way...

For more on Hafal's work please visit www.hafal.org

FareShare Cymru's support during COVID-19



FareShare Cymru is a charity fighting hunger and tackling food waste, working within South Wales to ensure surplus food from manufacturers and distributors is delivered to frontline charities and community groups, who support those in need in their local communities.

Amidst the COVID-19 pandemic, we've redistributed 130 tonnes of food to over 122 organisations which is enough to make 311,531 meals. We've seen a great sense of community between our member organisations, who have been working together to ensure people's food needs are being met. Many have had to change the way they work and have been offering food parcel deliveries to vulnerable people self-isolating, instead of their usual activities of a lunch or breakfast club. We've also seen an increase in organisations looking to support members of their communities with food during this time.

Moorland Star is a community centre in Cardiff, and they receive food from us to provide a lunch club for members of their community. When they were told to close due to the Covid-19 outbreak, they knew this would have devastating effects on their service users, who depend on the centre for hot lunches, socialisation, contact, and stimulation. A high proportion of their service users live alone and the lockdown was likely to be particularly difficult for them. They knew it was crucial that they delivered their service remotely. They therefore decided to provide a 'mobile lunch service'. With a lot of help from friends, they were up and running just 2 days later. They also received quick responses upon applying for additional funding, allowing them to maintain this provision for the next few months.

We're still able to work with more organisations, so if you are currently doing something with food or would like to set something up to support people at this time, please get in touch by emailing info@fareshare.cymru or call 02920 362111.

You can find out more about our work at FareShare Cymru and what we are up to through our social media: Twitter & Instagram @FareShareCymru, Facebook.com/FareShareCymru. And through our website: www.fareshare.cymru

You can also support us by donating to our Coronavirus Emergency Relief through www.fareshare.cymru/COVID19, or enquire about volunteering by emailing volunteer@fareshare.cymru.

Food Vale showcases the innovation of local businesses



In supporting key partners and organisations across the Vale during Covid-19, the Cardiff and Vale Local Public Health team has focused its efforts on Food Vale – Bwyd Y Fro, its multi-agency food partnership, and has launched a new website to achieve this.

Local food Businesses across the Vale of Glamorgan have been forced to show resilience and adaptability over the past months in their bid to support their communities with safe and relevant food and drink services. Now a brand new website will provide a lengthy and growing list of the area's food businesses' services and offerings to help people eat well and access good food easily.

The new Food Vale website provides up to date information for residents during Covid-19 about how they can access food services in the area. It offers a comprehensive guide to the food businesses currently operating in the Vale, whilst also offering advice on healthy eating, eating on a budget, and additional support available in the area for vulnerable individuals. The site also offers information for local organisations and food businesses in the area with advice and guidance on how to continue operating during Covid-19.

One of the business owners featured is Cowbridge based 'The Food Collective'. Bringing together a group of 20+ local food producers, the collective usually runs an online farmers market where people collect their shopping from Cowbridge Town hall every Thursday. With the outbreak of Covid-19 and the shutting of the Town hall, the business offer quickly changed to a drive through collection service. Orders are boxed and transported to Cowbridge in a refrigerated trailer. People now drive past, hold up their names on a piece of paper in their windscreen, or call out their names and the boxes are loaded into the boots of customers' cars.

Myfanwy Edwards, Director at the Cowbridge Food Collective said: "I felt it was important to keep the service going, both for the customers - many of who are self-isolating and relying on the food we are supplying, and for the local producers - many of whom now have no other income as most farmers markets, restaurants and cafes are closed. It is providing a vital service for people wanting to obtain good quality, locally produced fresh food.

"Our new service has been particularly well received by those members of the community who are vulnerable and self-isolating. Many people are collecting orders for relatives, or neighbours. We have several villages who have formed a rota and they take it in turns to collect all orders from the village - sometimes as many as 12-15 orders.

"We have had a fantastic reaction from all our customers, who have been grateful for the completely contactless shopping. They have all been delighted with the quality of the produce and we have trebled the number of people who shop with us regularly."

Executive Director of Public Health at Cardiff and Vale Health board, Fiona Kinghorn said: “Food Vale – Bwyd Y Fro aims to provide “a good meal for everybody – everyday” whilst supporting local businesses and creating opportunities to connect individuals and enable collaboration. There has never been a more important time to connect and work in partnership than now, so we are delighted to be able to offer this website as a comprehensive source of food-related advice and support for the whole of the Vale community. We hope it will help you to find ways to feed yourself, your family and your community, in a way that is safe, affordable and nutritious during the Covid-19 pandemic.”

Food Vale aims to improve the access, affordability and availability of good food across the Vale of Glamorgan by encouraging local residents to eat well. The partnership brings together members from a variety of local organisations and food businesses, using food to connect communities and improve lives.

This website has received funding through the Vale of Glamorgan Council and the Wales Rural Development Programme 2014-2020 (RDP), which is funded by the European Agricultural Fund for Rural Development and the Welsh Government.

You can visit our website and social media pages at:

www.foodvale.org

Facebook: <https://www.facebook.com/foodvale.org/>

Twitter: @thevalefood #foodvale

Food Cardiff coordinating local food system response during Covid-19 crisis

With the food system under pressure during the Covid-19 outbreak, Food Cardiff is coordinating city-wide action to support vulnerable people and to promote the positive changes which are being made in response to the lockdown.

Food Cardiff has developed a new online food information hub at www.foodcardiff.com and, to connect initiatives happening across the city, has established a Covid-19 Food Response Task Group.

Members of the Group include Cardiff Council, Cardiff 3rd Sector Council, Fareshare Cymru, Trussell Trust and Cardiff & Vale University Health Board.

Food Cardiff is also asking people across the city to get behind the good-food response by supporting local food businesses, reducing food waste and growing their own food. Ideas, actions and success stories are being shared across social media via #GoodFoodCardiff.

Pearl Costello, Sustainable Food City Co-ordinator for Food Cardiff explained:

“We’re seeing high demand, pressure on staff availability, closure of some public services and self-isolation. This means some people will be unable to afford food, or will be unable to access food. The Covid-19 crisis is exacerbating existing inequality, with nearly around 6 in 10 households in Wales worrying about accessing food at the moment.

“There’s already been an unprecedented response at a community level, with public sector organisations, businesses, charities and volunteers stepping up to help to feed NHS workers, vulnerable and isolated people and those experiencing food poverty. Our group will help to coordinate, expand and amplify this brilliant work,” she said.

By connecting initiatives across the city, the group aims to increase the efficiency of food distribution and the amount

of food available to those in need. This will maximise the amount of vulnerable people who can be supported, support smaller local initiatives by connecting them together and ensure everything can be delivered safely.

The Food Response Task Group is coordinating the provision of food, resources and advice and working through community groups to understand where food is most needed and to support local volunteer initiatives such as Mutual Aid Groups.

A network of community partners will manage the storage and distribution of food, oversee referrals of people needing food and support local grassroots projects.

Cardiff Council Cabinet Member for Environment, Cllr Michael Michael, said:

“A huge effort is being made across the city to ensure people are supported during this difficult time. We have expanded our advice line, 029 2087 1071, to give people access to the information they need, increased choice and flexibility around Free School Meal provision, so that it can be accessed through ParentPay, taken as vouchers, or provided as a school meal grab bag, and have delivered more than 3,500 food parcels to people in need.”

“Working as part of the Covid-19 Food Response Task Group is enabling all of the partners to maximise the impact of our collective efforts now, as it will in the future as the city recovers from the current public health emergency.”

Pearl Costello added:

“By working together we can make the most of the amazing energy and generosity that people are showing in communities all over Cardiff. Most importantly, we can help to alleviate food poverty and hardship.

“And by building the infrastructure and strengthening relationships between the public sector, the food industry and grassroots community organisations, we hope to see long-term benefits beyond the current crisis,” she said.

Cardiff is a founding member of the Sustainable Food Places network, and through the network is supporting towns and cities across Wales to develop their own food partnerships.



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 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



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 ▶

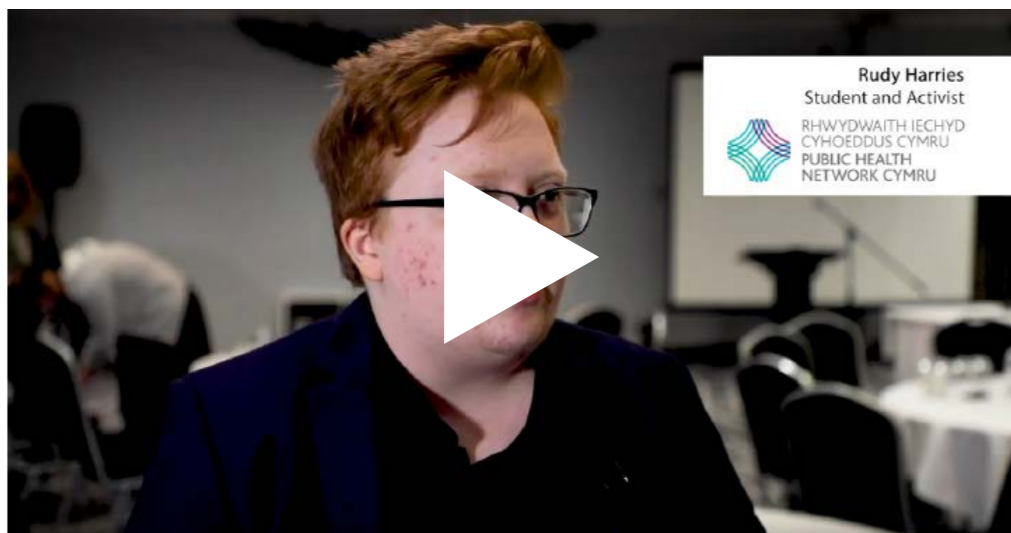
Alcohol: Drinkwise Age Well ▶

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



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

How is COVID-19 affecting you?

We are all grappling with the many challenges that have arisen from the pandemic. Join over 90,000 people around the UK sharing their thoughts and experiences, to ensure your voices are heard.

University College London is running a study into the psychological and social effects of Covid-19 in the UK.

The results are being used to understand the effects of the virus and social distancing measures on mental health and loneliness in the UK and to inform government advice and decisions. Each week we communicate weekly dashboards to the cabinet office, wider departments of government (including the Department of Health and Social Care and the Department of Education), Public Health England, Public Health Wales, NHS England, and mental health organisations and charities.

The reports are also made available for members of the public to see what is happening, promoting 'open science' during the pandemic so that people are informed about how the nation is being affected: (www.marchnetwork.org/research). The data are then being used to inform what advice is given to people, and what support is available, whether that is formal mental health service support or other support such as from telephone lines (e.g. Samaritans) and voluntary organisations. The data are also being used to inform decisions such as the length of lockdown. These are all decisions that directly affect individuals' daily lives, so taking part can give individuals a chance to say what challenges they are facing.

We're looking for adults in Wales who are happy to take part and spread the word about the study. Participation involves answering a 10-minute online survey now and then answering a shorter follow-up survey once a week whilst social isolation measures are in place.

To take part, visit <https://redcap.idhs.ucl.ac.uk/surveys/?s=48Y3T88CYK>

Join over 3,000 people in Wales who are participating in the study, and ensure your experiences and concerns are heard.

This study has full ethical and data protection approved and is GDPR compliant. It's funded by the Wellcome Trust and the Nuffield Foundation (two of the largest scientific funders on medicine and society respectively).

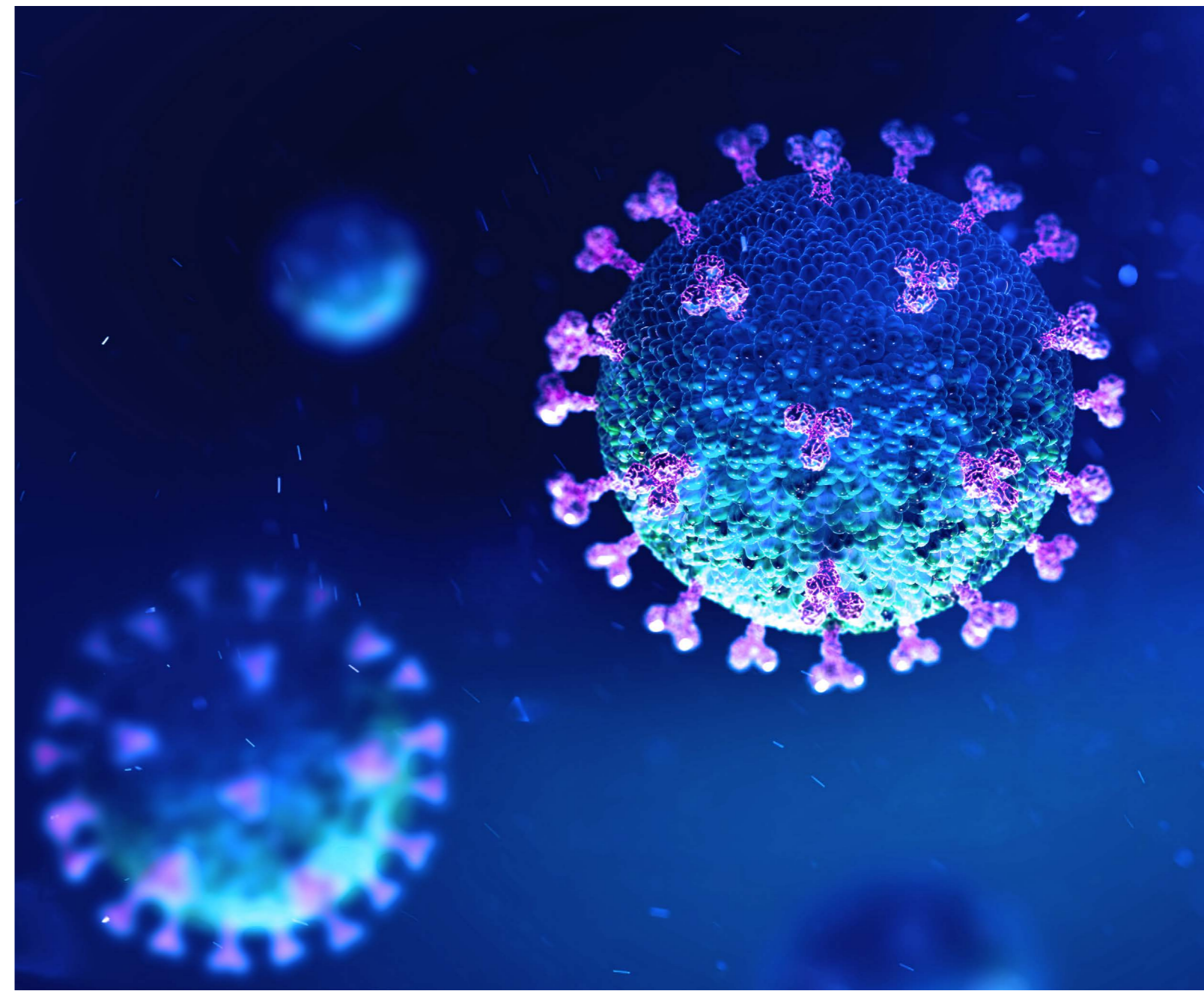
Coping during Coronavirus survey

The health threat from Covid-19 provides us with an opportunity to discover how people respond emotionally and behaviourally to health threats on a day to day basis. Most of what we know about how people cope is based on either information obtained after the event or asking them how they think they might have coped. The literature around how we cope with threats to our health is not clear

The School of Healthcare Sciences team at Cardiff University have designed an on-line survey which will allow us to examine how people think, feel and cope with the Covid-19 threat. Findings from this survey could help to identify common coping methods and ways that may motivate people to maintain or adopt healthy behaviours or to help avoid unhealthy living.

Please support this research by completing the survey and asking friends family and work colleagues in your groups to ensure we capture as many different peoples' views as possible.

Link here: <https://tinyurl.com/so7149y>



Public Health Network

Cymru Headlines

Latest News

Substantial investment to improve public transport and support economic growth announced by Welsh Government

£30 million is set to be invested in improving public transport and encouraging economic growth, Minister for Economy, Transport and North Wales, Ken Skates has announced.

Wales' 22 local authorities were invited to submit proposals to Welsh Government's Local Transport Grant funding to deliver projects which will:

- support economic priorities for jobs and growth
- reduce economic inactivity by delivering safe and affordable access to education, key services and employment, particularly for those living in disadvantaged or rural communities
- connect communities
- encourage active and sustainable travel
- improve public transport reliability and reduce journey times

[Click to view the News Pages](#)



[Plan launched to support education for over-16s](#)



[£5m for mental health in schools will include new support for under-11s and teachers](#)



[Welsh Government extends testing to all care homes](#)



['Coronavirus and Me' - Wales' young people asked about their thoughts and concerns during pandemic](#)



[Positive living newspaper releases bumper issue to support people virtually at home](#)



[Five ways to help children and young people stay safe during the coronavirus lockdown](#)



Public Health Network Cymru Calendar

1 Child Safety Week 2020	2 Child Safety Week 2020	3 Child Safety Week 2020	4 Child Safety Week 2020	5 Child Safety Week 2020
8 UCL Health and Society Summer School: Social Determinants of Health	9 UCL Health and Society Summer School: Social Determinants of Health	10 Safeguarding Children & Young People	11 Sustain Wales Summit 2020	12
15	16	17 Understanding and Responding to Trauma - the in context of COVID-19	18	19
22	23	24	25	26
29	30			

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



COVID-19: Next Steps