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CYHOEDDUS CYMRU
PUBLIC HEALTH
NETWORK CYMRU



Mental Health
and Wellbeing

October 2020

Welcome

Welcome to the October edition of the e-bulletin which this month has a focus on mental health and wellbeing.

Lockdown and the ongoing COVID-19 related restrictions have brought many challenges including not being able to see family and friends, changing how we socialise and connect with others and restricting where we can travel. Despite these challenges there are many small changes we can make to our daily lives that can have a positive impact on our mental health and wellbeing.

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.



Contact us

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

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Contents

Covid-19 Information ▶

PHNC: Podcasts ▶

PHNC: Press Play ▶

The Grapevine ▶

PHNC: Headlines ▶

PHNC: Calendar ▶

PHNC: Topics ▶

Next Issue ▶

Latest information on coronavirus disease (COVID-19)

Coronavirus disease (COVID-19) is a new disease that can affect your lungs and airways. It's caused by a virus called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

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



Conwy Youth Service



In March, we announced that we would follow government guidelines and shut down Conwy youth clubs. The disappointment on the young people's faces was clear evidence of how much they enjoy our clubs. Having said this, COVID-19 has not stopped us; even though face-to-face provisions had closed, youth work has continued in Conwy and we have been able to deliver sessions that focus on promoting positive mental health and wellbeing.

We have had to think outside the box to find ways to continue to offer support, fun, reassurance or just someone to talk with through this difficult time. We have spoken to over 200 young people and parents. Telephone conversations have been beneficial to keep in direct contact with young people. We feel that these helped build stronger relationships between our young people, their parents and us. We have spoken with young carers, LGBTQ young people, young people who were involved in mental health services prior to COVID-19 and young people in supported housing and that are living independently. We have been able to share with parents all the great achievements our young people have made whilst accessing youth club over the past year, bringing joy to homes in uncertain times.

Molly aged 18 said:

"The youth workers phone me to keep in touch asking how I am and how my day has been. Sian shared with me the Facebook page with activities for us to do at home. The phone calls with the youth staff have helped me during lock-down and encouraged me to do things."

As the pandemic took hold of the world, those that could, turned to the internet to fill their void, for education, work, social life, family life, and activities like shopping. Using social media has been a high priority. Young people are connecting with us and have been enjoying watching the videos that we have shared.

Throughout this period, we have been actively involved in seeking activities that young people could be doing from the comfort of their own homes. We have:

- Encouraged young people to complete the 'five ways of wellbeing' to support their physical and mental wellbeing.
- Recommended that young people try something new.
- Challenged some of our young people to run 5k in the fastest time. They have enjoyed trying to beat the Youth Worker's time and get a lot of satisfaction in letting them know!
- Created a walking challenge on Facebook for young people to count their steps towards a tour of Conwy County. #CamuConwySteps the challenge was 270,000 steps, so far we have received 300,000!
- Posted daily crafts, recipes and interesting websites for young people and parents to help find ways to keep them entertained and inspired.
- Shared videos of ourselves at home sending messages of support out, letting young people know how they can contact us.

We have also provided youth friendly versions of the lock-down guidelines, making clear the differences between England and Wales.

in partnership with Conwy Leisure during the summer. These took place at local leisure centres in Conwy and had a positive impact on the young people we worked with.

There is a growing concern of how lock-down was affecting young people's mental health. Throughout lock-down, young people, who were previously encouraged to have screen-free time, have been left to their own devices - phones, tablets, games consoles and personal computers. Gaming, social media, video calling and chat have become their whole world. They no longer had a daily regime of getting up for school or set bed times. Some young people were staying up later and later, messaging their online 'friends' throughout the night.

Coronavirus had removed our ability to work with young people face to face. Suddenly their opportunity to have a chat with an adult that they know supports them, encourages them with a smile and is part of their coping mechanism, had been snatched away. They have been stuck in their home environment for weeks without that support. Some home environments are wonderful and nurturing spaces. Some, are very far from that.

Here are some of the challenges our young people have shared with us over the last few months.

- Completing school work at home
- Revising for university exams or getting tutor support
- Young carers not being able to access their support groups
- Not being able to have one-to-one, face-to-face contact to support their mental wellbeing
- Young people with ADHD finding it difficult to get things done or complete tasks
- Confusion around the government guidelines
- Feeling isolated in supported housing
- Online bullying
- Using inappropriate apps
- Missing access to sports sessions
- Keeping a routine

Additionally, during the last few months, we have supported the wider community as well as continuing to support young people. Our whole team was re-deployed from March to July, to run part of the Conwy Community Support Service. One of the highlights was getting to know people of all ages and backgrounds in Conwy. In some cases, we were their only contact outside of their home, being able to comfort them was essential. We offered advice and helped them to relieve some of the pressures they face. It has meant a lot to us.

Some of our Youth Workers attended mental health seminars to learn more about supporting young people when lock-down ends. We are developing resources to help with their transition back to the new "normal". Two of our Youth Workers also successfully qualified as Mental Health First Aid instructors and are delivering their first course this month.

We have also researched the apps that young people are currently using to keep in touch face to face with their friends/family. The information they gave us provided us with a clear picture of our way forward with certain apps as well as the necessary safeguards to put into place to start up Virtual Youth Groups and Drop Ins. In fact, we ran our very first Virtual Youth Group in September.

More recently, we have been able to deliver outreach sessions in different areas of Conwy, and have been able to engage again with young people and parents who have been so pleased to see us - from a safe distance of course!



Emotional Support and Wellbeing from the British Heart Foundation



Living with a heart condition normally can be emotionally challenging. British Heart Foundation supporters have often been telling us that they sometimes feel anxious, low and isolated. These complex feelings are normal but during COVID-19 we are aware that even more people with heart health issues are needing support with their emotional wellbeing. We have support available if individuals feel that they need it. For more information on coronavirus and your emotional wellbeing visit the BHF [website](#).

Need to ask a question?

If you have a heart or circulatory condition, or you care for someone who does, and would like to speak to someone about COVID-19, you can call our Heart Helpline on 0300 330 3311, or email hearthelpline@bhf.org.uk. Click [here](#) for more information and live chat.

Heart Matters Newsletter

Our fortnightly [Heart Matters](#) newsletter includes the latest updates about COVID-19 when you have a heart condition, as well as support for healthy eating, staying active and your emotional wellbeing.

If individuals are shielding, self-isolating or on lockdown, they will be spending a lot more time at home. Read our easy tips on how to feel well in mind and body. Sign up for BHF Heart Matters newsletter [here](#).

Supporting children's well-being through play Play Wales

Playing is the most natural and enjoyable way for children to keep well and be happy. It can contribute to improved well-being for everyone during times of uncertainty. Playing is something that children do whenever they have the chance. It is their way of supporting their own health and well-being.



Despite the stresses and uncertainties that the coronavirus pandemic continues to create, children will still want and need to play. Playing helps children manage their emotions and make sense of their situation. During times of uncertainty it:

- 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.

Even if children may sometimes seem distressed, play is the healthy way for children to come to terms with news and it provides parents and carers with an insight to how they are feeling.

To help adults to support play during times of stress, Play Wales has pulled together a list of top tips.

Time

- If children are absorbed in play, it is okay to leave them to it. Try to resist the urge to start a specific activity or stepping in to help, unless you are asked to.
- Having time to watch children play can help you find out a bit about what they enjoy doing and give you a clue about how they may feel about the situation they are in.
- Try not to worry if children say they are bored, that's okay. Many children have become used to their time being filled and the experience of boredom is unusual. But it's a natural and important experience that we often see before a period of creativity.
- Make the most of your time outside by valuing play. As much as they will enjoy long walks and cycling, children get most of their physical activity from playing. Scooting, exploring, jumping and climbing on walls are great ways for children to keep active and have fun.



Space

- There are lots of things around the house that encourage imagination and creativity. Allow children to play with things like cardboard boxes, old sheets, pots and pans.
- Make a place to play – using items such as a cardboard box, sheets or cushions to build a small den that allows children to be quiet and calm. This is a normal way for them to come to terms with what is happening.
- Try to allow for noisier and even destructive play. Children might want to play fight, destroy something they have created, or hit things to make a noise. Acting like this helps them to vent frustration and understand what is happening.

Permission

- Remember that older children still need room and space to play too. They may be boisterous or might enjoy doing things they did when they were younger. This can give them a sense of security.
- Try to let children decide how and what they are playing. Some things may be hard or upsetting to watch, but fantasy play helps children to make sense of and work through difficult and distressing issues.
- Try not to stress too much if children are playing alone. When playing alone, children begin to recognise their own emotions, feelings and thoughts, as well as how to control them. They are also learning 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.
- Focus on play ideas without rules or that don't need a specific skill. These are fun for family members of all ages and will help pass the time in a playful way.

For more ideas to support children's play visit the [Playful Childhoods](#) website.



Babi Actif

Jeanette Wooden, Babi Actif Project Coordinator



Cronfa Iach ac Egniol
Healthy & Active Fund

Babi Actif is a 3 year project helping new parents to be active outdoors with babies in the first 1000 days of their lives - conception to 2nd birthday. The goal is not only to encourage adults to undertake more physical activity, but to start a healthy lifestyle that will benefit little ones for a lifetime.

COVID-19 was an unexpected challenge – stopping face to face delivery until lockdown restrictions were lifted. We are now delivering outdoor activities across North West Wales and have been overwhelmed by participants' positive responses. Many of our group members are those who have been pregnant, given birth and become new parents during the global pandemic and have therefore been without much of the support new parents normally expect. Contact with health professionals and ante / postnatal groups has been limited and lockdown rules have kept parents in isolation at a time when they most needed formal and informal support networks.

Parents have told us how they missed social contact and how helpful it has been going out on a Babi Actif walk. Mums are especially keen to undertake exercise to return to pre-pregnancy fitness, but also to meet with others, exchange ideas and receive the encouragement of others with similar experiences. As a result, our sessions have proved incredibly popular - participants have reported feeling "happy and relaxed", that it's "great to be out meeting other mums and babies," and that it's "really good for mental wellbeing." Those feeling overwhelmed with their role as a new parent in an uncertain world have found that Babi Actif has had a positive impact on their mental health, but we've also seen that involvement in our activities has been the catalyst for lifestyle changes and more pro-active approaches to mental health.

One mum told us her story, summing up the experience of many of those benefitting in recent months from joining us for fresh air and exercise. She heard about our 'buggy active' sessions from a friend and reluctantly agreed to go. Having given birth in December 2019, she suffered postnatal depression and was only just feeling ready to get out with her baby when lockdown was announced. When restrictions lifted, she had become so used to her isolated life with her new baby that she regretted saying she would go and on arrival she sat, "watching the other mums working out" and was "terrified." Having spent months speaking only to her partner, she feared she had forgotten how to communicate with other adults. That first session got her moving, gave her time with other mums and motivation to make changes in her life. She now attends sessions regularly but says, "If I hadn't gone that first time I'm sure I wouldn't have left the house yet. I'm feeling much more positive and I can pinpoint the exact moment that happened. It was the day I stood on the prom surrounded by tired mums all smiling and laughing."

Babi Actif sessions are running in Conwy, Gwynedd and Anglesey and are all free.

Contact babiactif@snowdonia-active.com for details.

Update from the Forget-me-not Chorus

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

As the challenges of lockdown continue, the Forget-me-not Chorus (FMNC) continues to create innovative ways to reach and support even more families affected by dementia through the joy of song.

During the lockdown period the charity have worked to keep connected with their groups in care homes, communities and hospital settings.

A series of interactive sessions called 'Sing, Sing Together with the Forget-me-not Chorus' is now publicly available through the charity's website. Drawing on FMNC's ten years experience of bringing joy through song, each twenty-minute film encourages physical and vocal interaction, meaningful engagement and a lot of fun! There are six FREE sessions available. View the first session [here](#).

'The ethos of the charity has always been to use the joy and power of song to make a real difference. These films offer a unique and invaluable resource to our heroic care home staff, a resource that allows them the opportunity to energise, engage and empower their residents, giving them back a voice.' Kate Woolveridge, Artistic Director, FMNC.

Over the summer the FMNC ran a series of Car Park Concerts allowing isolated care home and hospital residents to participate in live music from the safety of their window, balcony or garden whilst obeying all social distancing guidelines. Fantastic feedback from car park concerts so far confirms that the sessions have provided a welcome focus for both the residents and staff - 'the engagement of the carers was amazing and uplifting. They joined in with the residents and shared their joy in music making, providing a positive experience for all.'

These relationships have continued throughout the Autumn through group care home zoom sessions where we bring together residents and their family members from different care homes into an online singing session.

We continue to connect with community choristers via online Zoom singing sessions and are thrilled with their success and have more choristers joining each week .

By providing bespoke services, FMNC hopes to bring joy to residents and support staff through these incredibly difficult times. In turn, experience shows that residents' families are uplifted to see that their loved ones are experiencing the power of live music delivered by the highly-skilled, highly-trained FMNC team.

All aspects of our work are supported by a social media campaign, amplifying choristers' voices further in the wider community and demonstrating that no one is forgotten. FMNC is determined to keep health and wellbeing strong by encouraging joy, friendship and laughter through music.



How the Arts in Wales are Supporting Mental Health and Wellbeing



Wales Arts
Health & Well-being
Network
**Rhwydwaith Iechyd a
Llesiant Celfyddydau
Cymru**

This film highlights a range of interventions, commissions and projects including uplifting virtual sing-alongs for people living with dementia via Forget Me Not Chorus; poetry and artwork for field hospitals at Swansea Bay University Health Board; art packs shared via Inside Out Cymru and a young people's project in collaboration with Mess Up the Mess Theatre Company/Company 3.

The film was commissioned by Wales Arts Health and Wellbeing Network, with funding from the Arts Council of Wales. <https://vimeo.com/430381462/3479b074d6>



Image credit: Visual aid Bird Activity Martine Ormerod

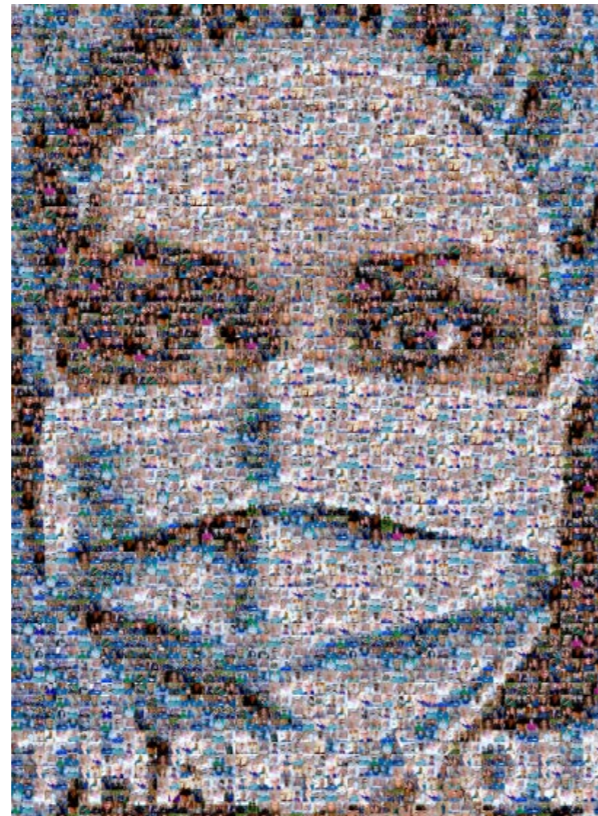


Image credit: NHS Thank you Nathan Wyburn funded by Cardiff and Vale University Health Board



Photo credit: Memoria, Re-Live



Self - help resources to support mental health and wellbeing.

Learning different ways to improve and maintain our mental wellbeing, as well as having information and the skills to cope with different emotions and difficult thoughts, can make a real difference to our lives.

Click on the links below to find resources that might help you:



Other specific resources:

People with memory problems

Young people

People with a learning disability

COVID-19 and Mental Health

An Opinion Piece by Emma Williams BSc (Hons) MSc RNutr (Public Health) Smoking Cessation Advisor (NHS), School Nutrition Project Coordinator (Denbighshire County Council) and PIP Community Swimming Member

The coronavirus (COVID-19) pandemic has had a significant impact on many of us. Such as bereavement, isolation and the loss of income and as a result of this the pandemic brings with it an increasing demand on mental health services.

As national and local travel and lockdown restrictions are reintroduced across many of our counties, the impact that COVID-19 has on our nation's mental health and well-being has never been more important.

Together for Mental Health is the Welsh Government's 10 year cross governmental strategy to improve Mental Health and Well Being across all ages. The causes and effects of poor mental health are complex, challenging and multifaceted, all of which the strategy recognises.

It is in the Together for Mental Health Delivery plan where there are a number of priorities that are outlined. These priorities include: Priority 1: To improve mental health and wellbeing and reduce inequalities through a focus on strengthening protective factors.

The papers are recommending that the Health Board support people to manage their own health, including those with long term conditions, through administering a self-management and well-being grant. This grant will support initiatives that enable people to improve physical functioning, psychological (and spiritual) well-being and social connectedness.

Additionally, to address Priority 1 it is recommended that the Welsh Government (Economy, Skills and Natural Resources) lead the delivery of the Natural Resource Policy 13 which sets priorities on the ways Wales' natural resources are managed and can support mental health and wellbeing; To deliver a range of grants schemes making clear links between improving the resilience of natural resources and our health and well-being, to enable the creation of opportunities for outdoor recreation; access to the natural environment and local green spaces and improving the quality of our environment.

With mental health costing the economy millions annually and the largest expenditure in our NHS's budget should we be shifting away from placing all the emphasis of mental health onto the NHS and governments? Schools, workplaces and communities all have a key role in mental health and wellbeing, thus asking the question should mental health be everyone's business?

Should everyone including ourselves, be asking what can we do that is within our physical, mental and emotional capabilities to help and protect ourselves, our communities and population?

There is a plethora of evidence that suggests being physically active, being outdoors, socialising and feeling part of a community has profound positive health and wellbeing benefits specifically to that of our mental health and wellbeing

Open water swimming is a form of physical activity that has increased in popularity in recent times more so since the first lockdown. Individuals and groups from the elite athletes to the 'swimblers' take to our rivers, lakes and seas all around the country during all the seasons.

There is a growing wealth of literature and research being carried out on the mental and physical health benefits of open water swimming. The benefits reported include increased circulation and inflammatory response, increased metabolism and boosting of the immune system. Individuals have reported that they sleep better, lifts their brain fog, improved smoothness on skin, it helps them reconnect with nature and when outdoor swimming is done with others the companionship of fellow swimmers can improve symptoms of anxiety and depression.

Moreover, scientists believe that cold water swimming can prime you, mentally and physically to cope better with any stress that you may experience. Researchers believe that when one immerses in cold water there is a rush of beta endorphin hormones in the brain which provides pain relief a sense of euphoria. Inflammation, pain and depression are linked as your body become less reactive to pain whilst in the cold water so does the feelings of depression. Furthermore, independently and collectively spending time by, in water, in nature and with others is associated with increased wellbeing, a sense of community, overcoming fears and completing challenges both of which are empowering and creates a sense of achievement all of which contribute to positive mental health and wellbeing.

As COVID-19 infection rates have increased and the Welsh Government has sought to control the virus through introducing travel restrictions, this has limited participation in open water swimming. An example of this is in Flintshire, where residents cannot travel out of the area unless they are travelling to work or for a limited number of other reasons. In addition, the local authority has prohibited the use of the 35 acre lake, set in 120 acres of outstanding natural beauty, to the community of swimmers that have been established there until May next year. The lake itself is set in Park in the Past which is an 'innovative heritage and conservation project that aims to create a totally unique heritage attraction and vital community service' As with the restrictions earlier in the pandemic, these can have an adverse effect on mental health and the community of swimmers have had to seek out other ways of addressing their wellbeing needs.

Park in the Past (PIP) swimmer's community



"The 'pip swimmers' community was formed by a small group of key workers which consist of a nurse, a returning to the front-line paramedic and teachers, who manage their mental health through open water wild swimming. The group also bounce ideas about and work with the park to enable safer wild swimming and improve the community and relations across park users. As restrictions began to lift more and more open water and pool swimmers, young and old from the ages of 5 to 84 joined the community of swimmers at the Park... Supporting each other from the stresses and isolation that the COVID-19 crisis has caused. Now we face restrictions again. But have lost this valuable resource which is local to the swim community

around Wrexham and Mold" (Sarah Wynne – Jones, Nurse Founder of PIP Swimming Community).

Outside and in the water where you can adhere to the social distance rules.

"The lake was a sanctuary to me during lockdown - my place to escape what was happening in the world. On days when I was really struggling mentally a swim in this beautiful place surrounded by nature did wonders for my wellbeing and now that we are facing tight restrictions again in our area I worry how I will get through without being able to come here and swim in a place that brings me so much peace and tranquillity. PIP has become a special community of friends who support each other. There is lots of research being done on the mental and physical health benefits of cold-water swimming and there is nowhere else available to do this in Flintshire" (Sharon, PIP Swimming Community Member).



"Quite simply, OW swimming with a friendly community has served me from self-harm and suicide (particularly last weekend)" (Anon, PIP Swimming Community Member)

Continued...

"With no- where to go for open water swimming in Flintshire, it is devastating to my family members right now". Christina Austin, (PIP Swimming Community Member)



"Without being able to swim in open water I would not have been able to do my job" (Sarah, Secondary School Teacher and PIP member).

"I'm a carer. During COVID it can feel like there's no relief and no support. Having this place nearby and the PIP swimmer's community to find buddies with has made it possible to switch off from problems and have a re -set. The relaxed and smiley people I've met have been a breath of fresh air to enjoy exercising and being immersed in a different element with. It lift's my spirits and improves my sleep. When things go wrong, it's good to know I can jump in a lake" (PIP Swimming Community Member).

"My daughter (12) and myself have loved being able to get to the lake and swim and we have both benefited physically and mentally. A great way to clear our heads and maintain fitness at difficult times". (Beth, PIP Swimming Community Member).



Furthermore, swimmers who have been diagnosed with Fibromyalgia, chronic pain syndrome, post traumatic stress disorder, obsessive compulsive disorder and arthritis, to name a few, have reported the positive benefits of how swimming in the lake has had on their overall health and wellbeing.

For those who know and have seen, there are so many personal gains to open water swimming and so many negative to not being able to participate in open water swimming. Why take this powerful resource away?

With current restrictions in place surrounding social distancing as preventative measure to reduce the spread of COVID-19, should an outdoor activity that has the space for individuals to socially distance be restricted? Should an outdoor activity that as we know from research has so many strong correlations with positive mental health and wellbeing outcomes be restricted at a local level?

What defines mental health: "Mental Health and Wellbeing is valued as a desirable quality of its own right, and as more than the absence of symptoms of mental health" (Welsh Assembly Government, 2006).

Amid a time of uncertainty and confusion for all, can we be asking the Welsh Government and Local Authorities when setting out the COVID-19 guidelines and restrictions to strongly consider the impact that they will have on our community's mental health and wellbeing. What is the solution here during times of uncertainty and confusion? In addressing our policies, in overall cost effectiveness which is not just in terms of monetary gain can we take a preventative, bottoms up approach that will overall have a significant impact both in the short and long term on our NHS, institutions, economy and more importantly, to our population.

COVID-19 is everyone's business. Mental health is everyone's business. Together united we can stand up for mental health.

Mapping the Community Response to COVID-19 in Wales

Using open data and digital footprint analysis to identify the communities in greatest need of support



About the Project

Identifying vulnerability

Since the pandemic started communities have been mobilising to help each other; from shopping for elderly neighbours, to offering a friendly face or other support. This map is part of an effort to better understand which communities have better community cohesion and organisation.

Highlighting need and support

Understanding which communities are vulnerable during this pandemic can help government agencies and third sector organisations consider which areas need the most help. Community support can offer a protective factor against adverse events. Some areas are more vulnerable than others and this map highlights the areas where there is an imbalance between support and need that suggests they could benefit from additional support.

This project is a collaboration between the [Public Health Wales Research & Evaluation Division](#) and the [Dynamic Genetics lab](#), part of the [MRC Integrative Epidemiology Unit](#) at the [University of Bristol](#) and supported by the [Alan Turing Institute](#).

COVID-19 Response Map

If you would like to get in touch about this project, please send an email to phw.research@wales.nhs.uk.



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 Exercise ▶

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!

Our latest COVID-19 webinar featured a session from team members of the Health Improvement Division, Public Health Wales.

The webinar discussed the application of behavioural science to current preventative activity in Wales and, using an example of young people and social distancing, described a process which intervention developers, from policy to communications, can use to increase their impact on the COVID-19 safe behaviours.

We would be grateful for your feedback via a [short survey](#) once you have watched the above webinar

Click to view the Sound
and Vision Pages



COVID-19: Horizon Scanning



COVID-19 HIA 'Staying at Home and Social Distancing Policy' in Wales



COVID-19 In a Nutshell



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



The Grapevine

Shoctober Animation
Welsh Ambulance Service NHS Trust

#MedSafetyWeek 2nd- 6th November 2020

 **Yellow Card**

 **YCC Wales**
Yellow Card Centre Wales
Canolfan Cerdyn Melyn Cymru

Each year, during #MedSafetyWeek, medicine regulatory authorities and national pharmacovigilance centres across the world join together to raise awareness of adverse drug reactions (ADRs) and the importance of reporting them.

Regulators, like the Medicines and Healthcare products Regulatory Agency (MHRA), rely on the reporting of ADRs to make sure medicines that are on the market are safe for use. Reporting is essential for protecting public health. Unfortunately, all reporting systems suffer from under reporting. This year, since the beginning of the COVID-19 pandemic, there has been a decline in the number of suspected ADRs reported across the world, including to the Yellow Card Scheme.

Yellow Card Centre Wales (YCC Wales) will be supporting #MedSafetyWeek 2020 as patients and healthcare professionals are called upon to report all ADRs to the [Yellow Card Scheme](#), especially those ADRs associated with new or experimental treatments. Throughout the week YCC Wales will be teaming up with other Yellow Card Centres across the UK to deliver a series of short webinars. Follow us on social media for more details. Support the campaign by sharing our messages.



@YCCWales



www.facebook.com/yccwales

Yellow Card reporting

Every Yellow Card helps the MHRA to monitor the safety of medicines. All healthcare professionals and members of the public can report suspected ADRs to the Yellow Card Scheme. Reports of suspected ADRs can be made for all medicines including licensed and unlicensed medicines, vaccines and complimentary therapies.

It's quick and easy to report via the Yellow Card Scheme:

- Online: www.mhra.gov.uk/yellowcard
- Using the Yellow Card app. (download for free from the [Apple App Store](#) or [Google Play Store](#))
- Through some clinical systems e.g. Vision
- E-mailing: yellowcard@mhra.gov.uk

Please note: [During the Coronavirus \(COVID-19\) outbreak](#) the MHRA is encouraging all patients, care givers and healthcare professionals to submit Yellow Card reports electronically rather than by paper. This is because the MHRA are working remotely and no longer have access to the MHRA building.



Every year throughout October, the Welsh Ambulance Service visit schools up and down the country to promote Shoctober. An annual campaign aimed at Primary schools to promote appropriate use of 999 and life-saving skills. This year is their 5th Shoctober anniversary however, as a result of Covid-19 pandemic, they've had to think differently about ways they can still promote these key messages in a safe way.

This year they are proud to present an animation which sees their Trust mascots Jack & Kim come alive. The animation, which is approximately 5 minutes long, sees Catrin, age 9 a big sister to Abi, who is 4 years old and Deaf, learn about 999 emergency and how to do CPR safely (considering COVID safety measures). The animation is available in [English](#), [Welsh](#) and [British Sign Language](#).

Please share this vital life-saving information with friends, family, colleagues and networks. We also welcome any feedback to Fiona.maclean@wales.nhs.uk Patient Experience & Community Involvement Manager, Welsh Ambulance Services NHS Trust.

FROM HERE
**SUPPORT YOUR
CLIENTS BACK TO
EMPLOYMENT**

GUIDANCE TOWARDS FULL POTENTIAL

One-to-one peer mentoring support in the community as a pathway to employment.

WHO'S THIS FOR?

It's for people who have experienced mental health challenges - like anxiety or depression - or who are in recovery from substance or alcohol misuse.

Criteria:

Over 25: Unemployed for more than 12 months, or receiving ESA or Universal Credit.

16 - 24: Not in education, employment or training.

Our peer mentors have had similar experiences to participants, or understand the challenges and barriers they may be facing.

WHO ARE PLATFORM?

We work with people who are experiencing challenges with their mental health, and with communities who want to create a greater sense of connection, ownership and wellbeing in the places that they live.

platform.org



VOLUNTEERING

We support participants to find and access volunteering opportunities. This helps reintroduce them to the workplace and provides them with relevant experience.

TRAINING

We work with participants to find the training they need and support them to access it, including covering the costs.

EMPLOYMENT

We work with participants on personal development and improving existing strengths, moving them towards the career of their choice.

Mentors meet participants in their communities, and work together to create an action plan. Mentors provide information, advice and guidance, in confidence, supporting participants on their way back into work.

CONTACT US

cows@platform.org
01443 845975



Public Health Network

Cymru Headlines

Latest News

£10 million to support university students through pandemic

The Welsh Government has announced it's providing an extra £10 million this year towards supporting university students during the pandemic.

The funding is intended to support activities such as increased mental health services and student financial hardship funds. It will also help universities bolster their student support services, including food services for students who are required to self-isolate.

The funding will help increase capacity in students' unions and universities to provide advice and support for both students and staff, with a focus on mental health support and suicide-safer measures. This includes online services and support through the medium of Welsh.

[Click to view the News Pages](#)



[Demand for free school meals rises sharply](#)



[Coronavirus fire-break](#)



[Survey reveals exercise habits during lockdown](#)



[Links Between Unemployment due to Coronavirus and Longstanding Illnesses Explored in New Report](#)



[Multi-million pound boost to support post-covid pledge](#)



[New campaign will support people to seek new opportunities](#)



Public Health Network Cymru Calendar

2 Navigating the Storm: Charting a Course to Solve Rising Poverty in Wales - Online	3 Wales Climate Week Online	4 Wales Climate Week Online	5 Wales Climate Week Online	6 Wales Climate Week Online
9	10 Health financing and COVID-19: Balancing financial incentives for sustaining health services	11	12	13
16	17 The health workforce and COVID-19: Protecting health workers while maintaining surge capacity	18	19	20
23	24 Nordic countries and COVID-19 health systems responses	25	26	27
30				

Visit www.publichealthnetwork.cymru for more info on events

Topics

- AccidentandInjuryPrevention ▶
- Alcohol ▶
- Arts and Health ▶
- Brexit Health Hub ▶
- Gambling ▶
- Health and Social Care ▶
- Human Rights ▶
- International Health ▶
- Mental Health ▶
- NoncommunicableDiseases ▶
- 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...



Behaviour Change