



RHWYDWAITH IECHYD  
CYHOEDDUS CYMRU  
PUBLIC HEALTH  
NETWORK CYMRU



**Increasing opportunities for  
good, fair work  
July 2021**

# Welcome

This month's e-bulletin focuses on increasing opportunities for good, fair work to improve health and reduce health inequalities.

On the 7 July Public Health Network Cymru hosted its first online conference on good work and good health with a focus on young people. The conference gave an overview of the impacts of COVID-19 related employment changes in Wales and what we can do to ensure that as we recover from the pandemic people have access to good work. Please see the spotlight feature on the conference for more information.

We have a webinar taking place on 11th August looking at Basic Income, Health and Wales. For more information or to book your place click [here](#).

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](mailto:publichealth.network@wales.nhs.uk).

## Contact us

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

Email us  
[publichealth.network@wales.nhs.uk](mailto:publichealth.network@wales.nhs.uk)

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# COVID-19 INFORMATION FOR PROFESSIONALS

Latest information on Coronavirus disease (COVID-19)

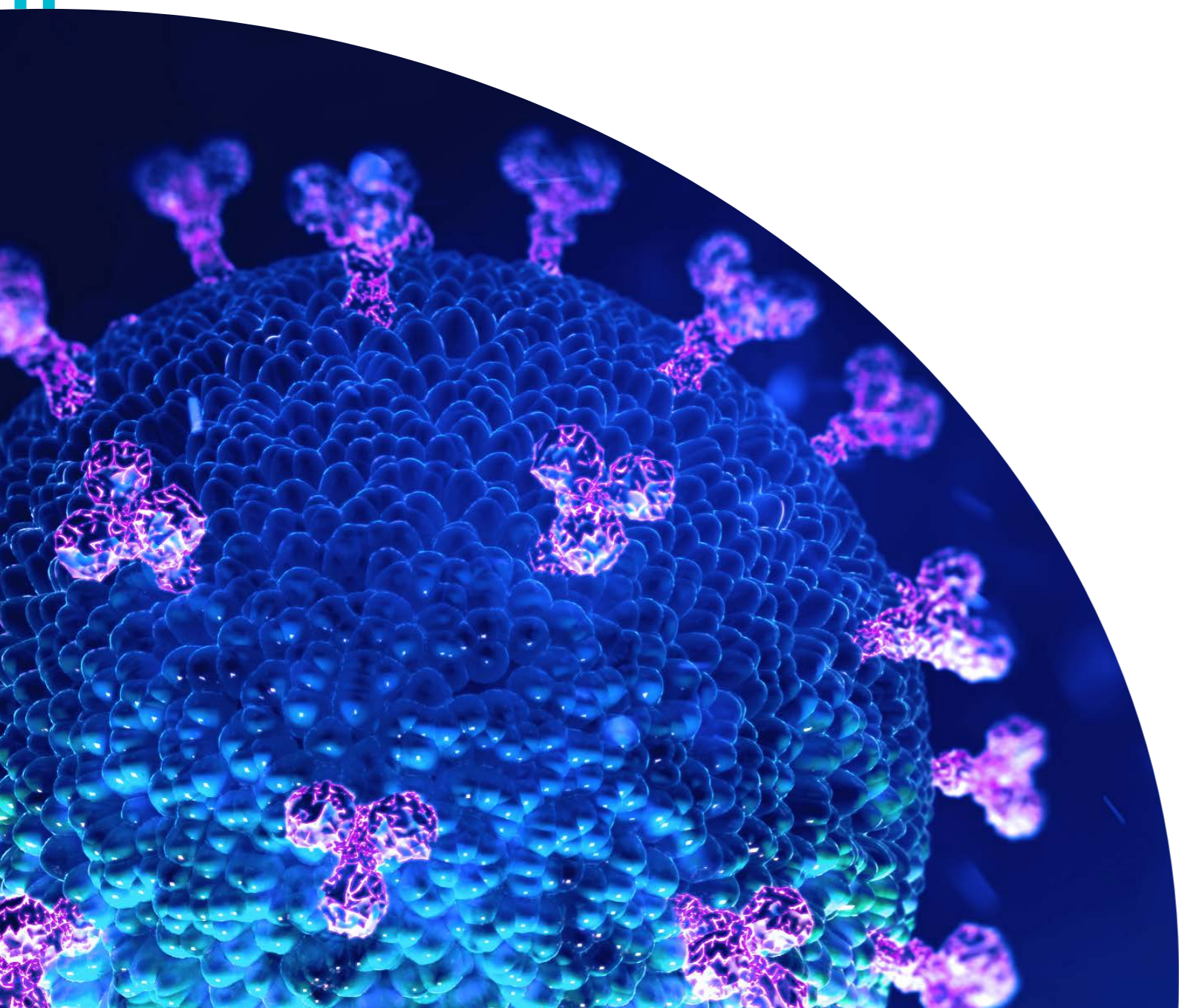
Public Health Wales is working closely with the Welsh Government and the other UK public health agencies to carefully monitor the situation and implement our planned response, with measures in place to protect the health of the public.

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.

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.

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# Headlines

## Good Work, Good Health – Securing Our Future Conference

On the 7th July, Public Health Network Cymru hosted its first online conference using REMO – an online virtual conferencing platform. The conference was organised by the Wider Determinants of Health Unit in Public Health Wales and aimed to share knowledge and galvanise action to increase access to good work in Wales to improve health and health equity with a focus on young people.

Around 90 people joined the conference from a range of organisations and sectors including the Welsh Government, Local Health Boards, Local Authorities, Public Health Wales, academia and the third sector. The conference was chaired by Professor Ann John, Medical School, Swansea University; Christine Brown, World Health Organization Venice Office and Ethan Thomas, a Kickstart scheme participant working for Cardiff and Vale University Local Health Board. In the morning plenary, Dr Frank Atherton, the Chief Medical Officer for Wales and Vaughan Gethan first minister for the Economy highlighted the challenges of the pandemic and programmes, including the Welsh Government's Youth Person's Guarantee which are supporting people into education, training and work. Stephen Bevan, Head of HR Research Development, Institute of Employment Studies gave an overview of why good work is good for health and speakers from Public Health Wales highlighted the work they had undertaken on COVID-19 and employment changes in Wales including the impact on young people and what could be done; the COVID-19 Employment and Health in Wales Study and employer perspectives on good work.

In the afternoon, participants joined parallel workshops on the Youth Person's Guarantee programme, what employers can do to support good work and good work for good health - building on success at a regional and local level. The feedback from the workshops is being used by Public Health Wales and colleagues in Welsh Government to inform collaborative work with regional and local partners on what can be done to improve access to good work. To view the presentations please click [here](#).

## Carers Wales' Support for Working Carers

Carers and employment is a core stream of Carers UK's work and has been for decades dating back to the early 1990s. Our primary objective has been to ensure that carers are able to maintain employment for as long as possible, whilst also working with employers to look at the business benefits of supporting carers and seeking out good practice where we find it. We continue to work with our colleagues across the globe to understand better their policies for working carers and we use this evidence in our research and lobbying work with governments, policy makers and service providers.

Against a backdrop where demographic and other factors are contributing to an increasing proportion of the workforce taking on caring responsibilities, our research has shown that, if unsupported, caring for as little as 5 hours a week can impact on a carer's ability to work, with those caring for 10 hours experiencing a significant effect. A 2019 Carers UK survey found, even among carers continuing to work the same hours, 1 in 6 said their job had been negatively affected by caring, including through increased stress and tiredness. The consequences of not addressing support for carers at work negatively impacts both the employee and the employer.

We have been proactive in our work to address this and since 2009 we have run Employers for Carers (Efc). The scheme supports employers who have made a commitment to supporting carers in their workforce. Members include local authorities, corporates, universities and Governments.

Efc's mission is to show the benefits of retaining carers in the workforce by adopting practices in order to better support carers. In 2018 we launched the Wales Hub of Employers for Carers.

We provide employers with the bilingual tools they need to enable employees to manage their work and caring commitments. This includes:

- Raising awareness of caring and caring issues in the workplace
- Reviewing and 'carer proofing' current policies and practice
- Identifying and engaging with carers in the workplace
- Developing, supporting and managing staff carer networks
- Training and supporting line managers to implement carer friendly policies

To find out more about the scheme please see the Employers for Carers Wales [EFC \(employersforcarers.org\)](https://employersforcarers.org).



# Citizens Advice Bridgend Volunteering as a Pathway into Work Case Study

At Citizens Advice Bridgend the volunteers come from a range of backgrounds and join for different reasons. Retired volunteers believe it keeps them mentally active and nine in ten unemployed volunteers say it helps them move into employment or education. The roles offered are varied and include advising clients, administration and contributing to research and campaign work. The experience is challenging and rewarding and the volunteers really enjoy being able to make a valuable contribution and a positive impact on people's lives. Here is a case study of someone who volunteered with Citizens Advice Bridgend:

"My name is Josie and I am a married mother of one from a deprived ex mining village, deep in the south Wales Valleys.

My pregnancy was a wonderful surprise but things became difficult very early on. My son was born prematurely with a rare heart condition, and required a lot of medical assistance.

The idea of what my life as a mother was going to be changed quickly due to the extra caring responsibilities I now had to undertake. I worked in hospitality where the long, unsocial hours were not suited to raising a child with additional needs, so I had to leave paid employment. Thankfully, my husband is in full time employment but I had to look at additional benefit income to support our family which was incredibly difficult, as I had never experienced this before. Due to the variety of pressures we were now facing, I have subsequently been diagnosed with Post Traumatic Stress Disorder.

I was introduced to Citizens Advice by a family member, and as I had volunteered in the past for other organisations, I applied and gained a volunteer position at my local office. I was nervous to say the least. I had very little professional experience with the type of work this could include, but I put myself out there and haven't looked back since.

I found value again. The training was interactive and I could do a lot of this at home and the comradery in the office was amazing. The feeling of being able to support other people was contagious and I felt pride in myself for being able to support others in their time of need.

Covid 19 prevented me from continuing with my client facing journey, but I still read and trained in my own time and didn't lose the passion for the work, so much so, I enrolled on a Health and Social Care degree with the Open University. I would never have considered doing this line of work before volunteering with Citizens Advice and I am doing really well in my studies.

My son still has significant health problems but, as a family, volunteering has given us a different perspective. During lockdown, I used my new found passion to support a new charity working with families to provide a platform for baby clothes recycling and I am currently a Trustee. I would never have had the skill set to support this before Citizens Advice!

So, what's next? I applied for a paid position and was successful, and I cannot wait to start. This will mean changes in my family as my husband will be taking the role of primary carer for our son but we are excited for this new change in dynamics.

My journey so far has been difficult and has taken several years to get to this point but thanks to the Citizens Advice and the new opportunities that it has given me, the future looks bright."

For further information contact Kate Henson at Citizens Advice Bridgend 01656 762 800



Active Inclusion Project

## REFUGEE WOMEN EMPOWERMENT

- ✓ **ARE YOU 25 OR OLDER?**
- ✓ **UNEMPLOYED?**
- ✓ **WANT HELP FINDING A JOB?**
- ✓ **WANT TO LEARN NEW SKILLS?**
- ✓ **WANT TO START A BUSINESS?**

This project is open to people from a Black, Asian or Minority Ethnic (BAME) background, jobless households, people with low skills, people with a work limiting health condition and/or disability, or people who are unemployed for more than 12 months.

Contact Alfio on **07957282825** or email him on [alfio@caentr.org](mailto:alfio@caentr.org)

The project has been supported by the European Social Fund through Welsh Government.

**WcVA**

Active  
Inclusion  
Fund

**CgGC**

Cronfa  
Cynhwysiant  
Gweithredol



UNDEB EWROPEAIDD  
EUROPEAN UNION



Llywodraeth Cymru  
Welsh Government

**Cronfa Gymdeithasol Ewrop**  
**European Social Fund**

# Podcasts

Welcome to our new Public Health Network Cymru Podcast Page of the Ebulletin. Here you can listen to the the previously released Podcasts.

Dan Lock and Julie Davies from the Valleys Regional Park programme discuss how their work aims to support the health of people, the landscape and the economy in one programme that covers the South Wales Valleys

The podcast is available to listen to on SoundCloud.

If you are interested in recording a podcast with us in the future, please contact us via email: [publichealth.network@wales.nhs.uk](mailto:publichealth.network@wales.nhs.uk)

Valleys Regional Park



## More Podcasts

Basic Income, Health and Wales



The Impact of COVID-19 on Children



Vaccine Hesitancy in Wales



View our full list of Podcasts on our website

[Visit our webiste](#)

# Videos

Welcome to Press Play, here you can get the latest PHNC videos from youtube!



LEAVING NO ONE BEHIND

The COVID-19 pandemic has had significant health, well-being and socio-economic impacts for people and communities, disproportionately affecting those most in need.

Press play to watch the video on the Public Health Network Cymru YouTube

## More Videos



Self-isolation confidence, adherence and challenges

Public Health Wales' Research and Evaluation Division has been doing research to better understand the challenges experienced by contacts of cases of COVID-19 in Wales



Employee Wellbeing in the Public Sector

COVID-19 has changed the way we work throughout the public sector. As widespread vaccination raises hope of a path to a new normality, there remain major challenges ahead on any road to recovery.

Watch our full COVID-19 Webinar series on YouTube

[Watch on YouTube](#)

Enjoyed watching a webinar? We would appreciate your feedback in this [short survey](#).

# The Grapevine

## Merthyr Tydfil Care Home Programme

### The programme

As part of the Over 60' s Active Leisure Scheme, and in conjunction with the Cwm Taf wide Super Agers Over 50' s programme, care homes across Merthyr Tydfil have been provided with a range of physical activity equipment including Table Tennis, Fitness Equipment and Indoor Bowls for them to use for physical activity sessions with their residents. As well as this, venues that have needed it have been supported to access online provision with the delivery of HDMI cables, speakers and other IT equipment. Wellbeing Merthyr, the leisure trust operating in Merthyr Tydfil, have been commissioned to launch new online Armchair Aerobics sessions specifically for the care home residents, with centres joining a live session on a weekly basis, run by one of the trust' s experienced instructors.

### The insight

Ongoing lockdowns in the early stages of 2021 meant that initially planned pilot programmes were not able to be run. However, one area where a cohort of over 60' s did exist, and could be engaged in larger numbers, was within care home settings. Active Merthyr have previously supported smaller projects with individual centres through Sport Wales Community Chest grants, so knew there was a demand for opportunities. Consultation with internal Local Authority (LA) officers and care home staff showed a need for support with sport and physical activity programmes, particularly in accessing equipment and with having deliverers to support the programme.

### The process

Internal LA staff and care home managers were engaged to understand the needs of each individual setting, with each venue being offered a set range of activity equipment, as well as more bespoke IT equipment dependant on the need of each venue. The

centres were also consulted over how an online session should be structured and when it should run. Planning sessions took place with Wellbeing Merthyr to structure the online delivery and the programme was launched in June, with centres using the activity equipment throughout the week also.

### The impact

The project is in its infancy and so impact on long term wellbeing and participation rates will be revisited. However early impact can be evidenced through 15 care homes and settings signing up to the programme and engaging in activities. On top of this, new programmes have been planned through regular communication with settings. The first new project will be a walk leader programme for care home staff, with the venues themselves expressing a desire to engage residents on short walks on the trails and open spaces across the borough. Centres have also begun tentative discussions around how they can engage in leisure centre based activity in the future and have set up activities such as internal bowls leagues.

*"Physical activity has a huge potential to enhance our wellbeing. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. We would like to thank Sport Development Coordinator Kate Gray from Active Merthyr Tydfil for her drive and passion for this project. Kate met with the team and some residents (virtually) to discuss the equipment and activities that they would take part in and has kindly delivered them to us"*  
- Greenhill Manor Care Home

For more information contact  
[Kate.Gray@merthyr.gov.uk](mailto:Kate.Gray@merthyr.gov.uk)



# Blue Light Hub

As the pandemic continues and face-to-face engagement at schools and community settings for us at the Welsh Ambulance Service are put on hold, we wanted to ensure that important information was still being shared with our next generation of callers whilst seizing new innovative opportunities and influence positive behaviours. We are delighted to announce the launch of our new bilingual gaming app Blue Light Hub to help children & young people understand what to do in an emergency in a fun and engaging way.

Aimed predominately at 7-12 year olds, the Trust's Blue Light Hub app which boasts four games, teach users about what happens when they call 999, the appropriate use of 999, how ambulance resources are dispatched and managed and the different uniforms they might encounter on their NHS journey.

The lightly challenging games allows the player to become familiar with appearances, and take on various roles and challenges carried out by the emergency services. By rewarding players for their efforts with points, level badges, game unlocks, and the ability to accessorise their own avatar, the player is encouraged to return to the hub frequently, developing a familiarity with the theme, further encouraging them to make better choices about how to treat the emergency services, and what to do in difficult situations.

You can download the Blue Light Hub app for free on the [apple app store](#) for iOS, and on [Google Play](#) from a Google Android device by searching for either Blue Light Hub or Welsh Ambulance Services NHS Trust. Information is also available via Twitter @WelshAmbPECI.



# Football Fiesta Healthy Living Schools Programme

Firstly, Who are we?

We are a Football and Activity specialist and are looking to bring our expertise to the community. Currently we have a HQ in Culverhouse Cross where we provide people of all ages and abilities the chance to challenge themselves with new and unique football challenges.

What do we want to deliver?

We are offering schools and community groups the chance for our FA qualified coaches to bring our unique skills and challenges to them. Using Football as an educational tool, we use our practical coaching elements from Football Fiesta's unique games/challenges alongside real-life, impactful classroom-based discussions of:

1. Mental Health awareness,
2. Nutritional Education,
3. The Human Body Anatomy & Functions,
4. Enterprise
5. Healthy Lifestyle discussions and more.

This would allow the community and local school pupils the opportunity to benefit from the fun experience of Football Fiesta, teamed with the added benefit of our qualified and experienced coaches leading highly significant sessions.

We believe that these sessions will increase the younger generations understanding of their own health, both physically and mentally. Therefore benefiting the whole community for the future.

We have considered the school's curriculum in all that is delivered and know that Football Fiesta can offer schools a great opportunity for new experiences, physical education, health and well-being.

Please see our website for more details of our amazing challenges that we offer in store [www.football-fiesta.co.uk](http://www.football-fiesta.co.uk)

We also have excellent social media pages with lots of up to date news and events:

@FootballFiestaUK (Facebook)

@footballfiesta\_ (Twitter)

For more information please contact Jason Henley, School Outreach Manager

[jason@football-fiesta.com](mailto:jason@football-fiesta.com)





# News

New toolkit to help employers encourage employees to get COVID-19

[Read more](#)

Rise in childhood respiratory infections in Wales ahead of winter

[Read more](#)

Survey reveals the need for long-term focus on mental health support in Wales

[Read more](#)

A new survey launched: Capturing the impact of COVID-19 on the health and wellbeing of nurses, midwives and healthcare support workers in Wales

[Read more](#)

Ramblers Cymru launches new project to improve access and boost the natural environment

[Read more](#)

'How Are We Doing in Wales' public engagement survey results

[Read more](#)

We need to think big and show ambition on active travel

[Read more](#)

Adopting basic income scheme in Wales could

[Read more](#)

# Events

What is Public Health's role in tackling the climate emergency?

07 September

The workshop aims to inspire participants by focusing on how PH practitioners, consultants and registrars can most effectively impact on the causes and outcomes of the climate crisis. Practical examples and case studies on carbon reduction and climate justice will be shared from across the UK.

[Read more](#)

COVID-19: Wider Impacts on Our Children and Young People and Our Families

08 September

Join our webinar to explore the impacts that COVID-19 has had on our children and young people and our families. COVID-19 has been a devastating pandemic for all but especially for our children and young people and the effects of this on their health, education and wellbeing will continue for years to come. This webinar explores these impacts and some of the ways in which this is being addressed within Wales.

[Read more](#)

Child Development

09 September

A sound knowledge of child development is essential for everyone working with children. Having an underpinning knowledge about typical patterns of overall development helps practitioners identify where there are concerns that a child may be 'off track' and may need additional support to achieve progress across the different domains. A good understanding of development can help keep children safe, promote their wellbeing, assist in assessment, and inform which interventions/support is most suited to their needs.

[Read more](#)

View the full list of events on our website

[Visit our website](#)

# Topics

Accident and Injury Prevention

Alcohol

Arts and Health

Gambling

Health and Social Care

Human Rights

International Health Development

Mental Health

Noncommunicable Diseases

Nutrition

Obesity

Oral Health

Physical Activity

Policy

Sexual Health

Sleep and Health

Smoking

Substance Misuse

Sun Awareness

Violence and Abuse

# Next Issue

COVID-19 and the importance of food and nutrition

