

**Rhwydwaith Iechyd
Cyhoeddus Cymru**
**Public Health
Network Cymru**



**Improving Health and Wellbeing
through Social Prescribing**
October 2021

Welcome

Welcome to the October edition of the e-bulletin.

On the 15 September Public Health Network Cymru hosted a webinar on the importance of Social Prescribing, if you missed it click [here](#) to watch. The live recordings from all our past webinars can be viewed on the website.

Social prescribing, sometimes referred to as community referral, is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services. It supports people with a wide range of social, emotional or practical needs, and many schemes are focussed on improving mental health and physical well-being. (Primary Care One, 2021)

This issue showcases some of the current initiatives that are happening across Wales both at a national and local level.

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 or find us on twitter [@PHNetworkCymru](#)

Contact us

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

Email us
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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](#).

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.



Links to the latest information

[Public Health Wales](#)

[Senedd Research](#)

[Welsh Government](#)

[Public Health Wales: 'How are you doing?' Campaign](#)

[Public Health Wales: COVID-19 information and campaigns](#)

[UK Government](#)

[WHO Coronavirus](#)

COVID-19 Vaccination Information

[Public Health Wales](#)

[Public Health Wales Accessible Information](#)

[Public Health Wales: COVID-19 Vaccination Campaign Materials](#)

[Welsh Government](#)

Headlines

Understanding Social Prescribing in Wales: A Mixed Methods Study

A newly published (October 2021) report by Wales School for Social Prescribing Research (WSSPR), PRIME Centre Wales, Data Cymru and Public Health Wales aims to provide an understanding of the landscape of social prescribing activity across Wales.

Within the Welsh Government 'Connected Communities' loneliness and isolation strategy sit four key deliverables for social prescribing which aim to progress the social prescribing agenda nationally, with a focus on evidence-building and governance. The first deliverable to undertake a baseline survey to understand social prescribing Wales' is addressed by this report.

A mixed methods approach was employed, utilising a qualitative and quantitative survey, 6 focus groups, and a stakeholder engagement workshop. Participants were representative of social prescribing key stakeholders (i.e. managers, commissioners and practitioners).

The survey findings outline the baseline from which a social prescribing model for Wales is to be developed, including an understanding of the interactions between service users and social prescribing projects, the social prescribing workforce in Wales, and also the impact of the COVID-19 pandemic on the social prescribing

landscape. It appears that social prescribing is used and defined variably across Wales, organisations practice with varying purposes, levels of expertise and different user groups.

Four key messages have emerged from the findings:

1. A variation in provision of social prescribing across Wales provides both opportunities and challenges.
2. Social prescribing is a 'growth' activity, and expectations of it are high.
3. Technology is key to the future of social prescribing, especially as the pandemic persists.
4. Resources, as always, are fundamental to sustaining the social prescribing pathway.

The findings provide a valuable resource to describe the social prescribing in Wales, but is not able to definitively quantify social prescribing activity, due to reliance on the self-report nature of responses and reliance on individuals and services engaging with the mapping process. Consideration will be given to other data sources and further opportunities to triangulate the findings, to build the understanding of the baseline in Wales.

The Welsh Government set out in their Programme for Government 2021-2026 to introduce a national framework for social prescribing and to roll-out the model across Wales. This report provides clear evidence to support the Welsh Government's

commitment and is helping to shape how this is developed.

The full report will be published on the Public Health Wales and WSSPR websites shortly.



Can social prescribing address the health inequality experienced by people with learning disabilities?

The below work formed part of a submission towards a Master of Public Health at the University of Manchester.

In their strategy Connected Communities (2020), the Welsh Government have identified social prescribing as a means for improving the wellbeing of people with learning disabilities. Social prescribing is marvelled as a holistic solution to mental, physical, psychosocial and socioeconomic concerns. Due to a focus on the wider determinants of health, it is deemed as a means of tackling health inequalities. People with learning disabilities in Wales have considerably worse health than the general population, and to a large extent this is considered to stem from the wider determinants of health. Therefore, in theory, social prescribing could be of significant benefit to this population.

Yet at present, the evidence base for the use of social prescribing for people with learning disabilities is near non-existent. So, are the Welsh Government justified in the

pursuit of social prescribing for people with learning disabilities? To investigate this, the current evidence for social prescribing was considered and matched to the key issues and health inequalities experienced by this population.

Analysis of this evidence suggests social prescribing could enable positive health outcomes for people with learning disabilities in the following areas:

- Chronic loneliness affects up to have the population of people with learning disabilities. Furthermore they often lack meaningful activities to take part in. This is often due to limited exposure to a variety of social situations and restriction in weekend and evening socialising due to support worker constraints, which contributes to loneliness. Qualitative evidence supports social prescribing as a means of reducing loneliness and social isolation.
- Unemployment and living in deprivation are substantial areas of concern for

people with learning disabilities. Some evidence suggests social prescribing can improve employment and influence the wider determinants of health.

- Multiple co-morbidities and physical inactivity are significant areas of concern for people with learning disabilities. Furthermore, obesity is more prevalent in people with learning disabilities than the general population. Social prescribing has evidenced outcomes for improving physical wellbeing, increased physical activity and weight loss.
- Mild mental illness can be more prevalent in people with learning disabilities, with negative life events and greater socioeconomic disadvantage increasing their risk of mental ill health. Social prescribing is shown to have a positive impact on mild mental illness and wellbeing, and has the potential to have an indirect benefit through influencing the wider determinants of health.

- Lack of confidence and low self-esteem is thought to be common in people with learning disabilities. Improving self-conceptssuchasself-reliance,confidence, empowerment and independence are linked to better psychosocial wellbeing, and social prescribing is evidenced to positively influence these areas.

Several areas of health inequality and wellbeing for people with learning disabilities may be improved by social prescribing. However, ensuring social prescribing is person-centred and co-produced to overcome barriers and accessibility concerns would be key to its success.

For further information please contact Jessica Taylor, Quality Improvement and Clinical Audit Support Officer, Public Health Wales Jessica.Taylor6@wales.nhs.uk



Actif Woods Wales Programme - Coed Lleol (Small Woods)

Social prescribing for outdoor health (or Green Social Prescribing) supports the health services in providing a range of outdoor health and wellbeing opportunities for people who may be suffering from low social, mental or physical wellbeing. By supporting and encouraging people to use the outdoors and nature as a longer-term solution to health issues, or as a preventative measure, it is anticipated that this could have a positive impact of creating healthier

communities and reducing the time spent at GP services. Signposting to community activities has a long history, there is still a lack of joined up thinking and services, as well as a dominance of indoor activities that do not exploit the free natural resources available in Wales.

The Actif Woods Wales programme run by Coed Lleol (Small Woods) connects people with their local woodlands for their

health and wellbeing, whilst also helping to maintain and promote healthy woodlands.

The programme engages adults who predominantly live in areas that have high health needs, low employment rates and often poor access to services. Additionally, Actif Woods encourages and supports social prescribing by working in partnership with health and social care services including GPs, who refer people to the programme. Actif Woods is currently delivering across Wales in Anglesey, Gwynedd, Wrexham, Flintshire, Denbighshire, Ceredigion, Rhondda Cynon Taf, Merthyr Tydfil, Swansea, Neath Port Talbot and Carmarthenshire.

Actif Woods typically provides 6-week activity programmes for adults or family groups and monthly drop-in sessions for adults. A session consists of a combination of woodland skills, knowledge-building, healthy eating, and outdoor exercise. Activities are delivered by expert leaders and supported by an area project officer. Activities range from bushcraft and fire lighting to charcoal making, coppicing, green woodworking, whittling, willow-weaving, 'green' gym, foraging, mindfulness, tree and wildlife identification walks and more. Some sessions include campfire cooking with a focus on healthy eating. Participants also take responsibility for clearing rubbish and light woodland management tasks whilst engaged in the Actif Woods programme.

Over three years, Coed Lleol's evaluation has shown that participants demonstrate consistent wellbeing improvement, with around 70% of participants showing increased wellbeing from the start of the programme to the end of the programme (using the Warwick Edinburgh Mental Wellbeing Scale as a measure). PhD research undertaken in 2019 was able to

demonstrate that participants wellbeing is sustained six months after leaving the programme (PhD, Heli Gittins, University of Bangor). Physical health is also improved in around 50% of our participants.

New funding provided by ENRaW (Welsh Government & EU RDP 'Enabling Natural Resources and Wellbeing' fund), and match-funded by Healthy and Active Fund (Sports Council Wales) will see Coed Lleol (Small Woods) working to streamline and professionalize social prescribing to outdoor health by developing regional outdoor health partnership 'clusters' that provide a single point of entry to a variety of different outdoor health activities available in the local area. The partnership with Trywydd Iach (Outdoor Health Project coordinated by local organisation EcoDyfi) in the Dyfi Biosphere area of mid-Wales successfully matches referred participants with outdoor activities suitable for their health needs. This will be replicated in other areas in Wales next year.

To showcase our work, Coed Lleol (Small Woods) offer health and social care workers an immersive taster sessions, which gives a feel of what we can offer and how it can benefit individuals. Alternatively join us online at our short informative sessions to find out more on Wed 24th November 11-12.30 or Tues 30th November 1-2.30.

To find out more, or register for an event, please contact natashasimons@smallwoods.org.uk



New Horizons Mental Health

New Horizons, a small third sector charity, celebrated its thirtieth anniversary in 2020.

Celebrations were low key due to the pandemic, however 2020 heralded a year that highlighted the need for mental health services more than ever.

Thirty-one years ago, its founders recognised the need for a grass-roots response to compliment mainstream services in the Aberdare area. It now covers Cwm Taf Morgannwg, and receives funding from Cwm Taf Morgannwg University Health Board, National Lottery Community Fund, and The Postcode Lottery.

Getting the right kind of help when people need it most can often feel a little like playing the Lottery. With public health services over-stretched and under resourced, the third sector often plays a vital role in responding to immediate need.

The charity focuses on building a supportive community and fostering a spirit of self-help to empower the individual towards their own recovery.

New Horizons offers free Recovery College courses every term on a variety of subjects, and these are facilitated by Adult Learning Wales.

Courses aim to help the individual:

- Make sense of and find meaning in what has happened in their life.
- Become an expert in self-care.
- Build a new sense of self and purpose in

life.

- Discover their own resourcefulness and potential.

Pursue their aspirations and goals. Everyone's road to recovery is different, and as individual as the person who is on that journey. There are no rules of recovery, and no right or wrong answers. Recovery is about growth and re-establishing identity. It includes reducing isolation, challenging stigma, and facing the difficulties that mental health can present.

As well as courses, the charity offers a range of groups, workshops, and activities. All with a focus on self-help.

Linking with other complimentary services in a spirit of joined up working, to increase the benefit to the client. New Horizons' signposting service further helps the individual along their road to recovery, enabling them to access a wider range of services and support beyond the boundaries of the charity.

Although a journey is rarely straight forward, and there are often unexpected turns, third sector initiatives such as New Horizons helps build resilience in communities, and bolsters an individual's ability to grow and find strategies to better cope with what life may present them. For further information: Email:

info@newhorizons-mentalhealth.co.uk

Tel: 01685 881113

<https://newhorizons-mentalhealth.org.uk/>

[https://www.facebook.com/](https://www.facebook.com/NewHorizonsMentalHealth)

[NewHorizonsMentalHealth](#)

https://twitter.com/Newhorizons_16



Warm Wales Support via our Enhanced Healthy Homes Healthy People Model (EHHHP)

Social prescribing is a means of enabling health professionals to refer people to a range of local, non-clinical services. Recognising that people's health and wellbeing are determined by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way.

Latest figures show that 12% (155,000) of households in Wales are in fuel poverty spending more than 10% of income on fuel costs. Cold homes can result in increased death and illness along with social isolation, stress and worry about heating bills and debt. It can affect children as well as adults having a negative impact on life, including attainment at school. It's become more apparent that the condition of our home has a dramatic impact on all of our lives.

Warm Wales Support via our Enhanced Healthy Homes Healthy People Model (EHHHP) looks at the wider factors to ensure that we improve people's health outcomes by tackling the root causes.

The project aims to tackle fuel poverty, improve health and wellbeing and reduce avoidable health inequity. Creating homes which are safe, sound, warm and secure. Employing a holistic approach that recognises the links between fuel poverty, avoidable health inequalities and well-being, providing a range of interventions that address the causes of fuel poverty and tackle associated health and well-being issues. Residents are supported by trained Community Workers, either in person or over the phone, who work with households

to reduce their fuel expenditure, improve the energy efficiency of their homes and, using a social prescribing model, support them to engage in activities to improve their health and well-being.

To be able to reduce the impact and prevent long term support needs due to living in unhealthy, unstable, unaffordable housing we need to start having the conversation about the home. We are all spending more time at home and it is becoming more apparent that an unhealthy home can have a big impact on how we are able to deal with what is going on around us. By using key questions and raising awareness of these links we are aiming to bring about a change in the early identification of those that require support, before reaching crisis point.

We currently use Elemental Social Prescribing Software which is enabling us to not only record and monitor the resident's journey and monetary savings as a result of multiple interventions but also the wider health and wellbeing impacts by using the



ONS4 Personal Wellbeing scores. During the time we have been using the Elemental we have seen a decrease in residents anxiety scores and an increase in their personal wellbeing scores. Warm Wales is a community interest company supporting communities around Wales with energy saving advice and fuel poverty support for the past 15 years. We aim to provide homes with affordable warmth and to alleviate fuel poverty across the country.

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Health, Healing and Green Crafts

More than ever, the NHS is facing widespread demands on its healthcare services. In some cases, these healthcare needs can and should be met outside of clinical environments. This principle is outlined in the strive towards 'A Healthier Wales.'

Alongside the increase in awareness and implementation of social prescribing, the provision of green care has emerged. Recommended by the Royal College of Psychiatrists for individuals with mental health disorders, green care focuses on the benefits of engaging with nature through activities such as gardening, and crafting. This approach supports empowerment through fostering an individual's internal focus of control using sustainable practices.

The Fathom Trust is a Welsh social enterprise delivering green care through traditional craft making, nature conservation, and facilitating the learning process of reflection on action. Its team of volunteers provide a range of activities which engage with the natural world through a holistic approach known as fathoming. Fathoming presents an opportunity to enhance well-being through the experience of grounding oneself in nature.

An Accelerate supported project, with academic expertise from both Bangor and Cardiff University, is enabling the Fathom Trust to work with Brecon & District MIND, members of the Green Minds project, community mental health teams and local GPs to undertake and evaluate a six-month pilot programme.

The programme, Make Well: Health & Healing Through Green Crafts, aims to improve health outcomes for people with long-term psychological and physical conditions, and is being delivered across two eight-week courses. Its objectives are:

- To use craft and nature-based activities to improve wellbeing
- To improve service delivery in primary healthcare

Referrals into the programme are being facilitated through local GP surgeries and the charity, Mind, with the pilot being delivered by the Fathom Trust on a farm situated in the Brecon Beacons. The programme encompasses the artisanal skills of local specialists in crafts including green woodwork, and willow weaving, alongside the well-being skills of Dr William Beharrell.

To support the need for evidence-based approaches and underpin future rollout of this pilot, academic expertise will support the undertaking of a social return on investment (SROI) evaluation (Bangor University), and a Practices of Change study (Cardiff University) to better understand what fathoming looks like.

The expected outputs from this unique project include:

- SROI evaluation of 'Make Well: Health & Wellbeing through Green Crafts', with internal and public-facing reports
- An ethnographically oriented model for Practices of Change
- Multi-disciplinary referral routes established with health and care providers
- Increased number of volunteering opportunities within the community
- Promotional Film for 'Make Well: Health & Wellbeing through Green Crafts'

The long-term reach of this project has the potential to optimise the social value of this programme and enhance the possible outcomes.

Furthermore, a delved understanding of the fathoming process is a resource that could

be utilised by other green social prescribing programmes. This offers to provide a deeper understanding into green social prescribing practices and the effects on social interactions and well-being.

Further Information is available from:

<https://fathomtrust.com/>
<https://www.brecongreenminds.co.uk/>
<https://www.cardiff.ac.uk/medicine/research/clinical-innovation/accelerate>



Green Social Prescribing in the Cynon Valley

Health is a complex matter greatly influenced by many factors, including those of a social and economic nature. This awareness, alongside knowledge of the impact that long-term health conditions can have upon social engagement and wellbeing, has been reflected in a movement towards exploring alternative models for improving health outcomes.

Green social prescribing is about giving people opportunities to improve their health and well-being through access to green space and nature-based activities. However, despite moves to embed social and green prescribing within the NHS, there is still a need for robust evidence to ascertain its effectiveness.

Cynon Valley Organic Adventures, set in the Cynon Valley, Rhondda Cynon Taf, is a community focused social enterprise providing green social prescribing activities, placements, and a variety of learning opportunities.

Driven by Janis Werrett from Cynon Valley Organic Adventures, a 12-month, green prescribing project is being delivered with support from Accelerate and Cardiff University, with additional contributions from community primary care services and Cwm Taf Morgannwg University Health Board. The project is building on existing links between local GP surgeries, wellbeing coordinators and Cynon Valley Organic Adventures, to create new opportunities to engage with nature.

At the heart of this project is the co-development of a new nature trail. The trail is designed to encompass habitat prosperity for a range of essential pollinators, and

together with the PharmaBees team at Cardiff University, fosters opportunities to improve engagement with nature through a variety of green and educational activities.

Supporting the need to develop an evidence base and future-proof its success, this project is exploring the effectiveness of this green social prescribing resource as a tool for improving well-being. Furthermore, it explores essential engagement avenues with those in positions able to influence social prescribing practices and sustain these practices within the local community. It is anticipated that this innovative project will deliver a range of tangible outputs including:

- A review of published literature on Green Social Prescribing and assessment of the perceptions of community healthcare professionals about the value of such approaches.
- A community developed, pollinator focused nature trail providing opportunities for GP referrals and community members to engage in nature-based activities
- An assessment of the impact of green prescribing on personal and societal wellbeing using an on-line self-assessment tool developed as part of this project
- Evidence of delivering against the European Sustainable Development Goals including Good Health and Well-being, Life on Land, and Sustainable Cities and Communities.

The longer-term impact may be envisioned as enabling the roll-out of a co-produced green social prescribing model for Wales,



that demonstrates improved patient and community well-being through co-ordinated delivery. Such a model has the potential to demonstrate ecological impact, new sustainable business opportunities, enable upskilling, and direct alignment with the goals of the Well-Being of Future

Generations (Wales).

Further Information is available from:
<https://cynonvalleyorganicadventures.co.uk/>
<https://www.cardiff.ac.uk/medicine/research/clinical-innovation/accelerate>



Breathing Space

Written on behalf of Tanio by Jessica Ruth Morris
 (Programme Manager: Arts in Health & Special Projects)

Based in Bettws (Bridgend), community Arts organisation Tanio have been pioneering 'Breathing Space': free, drop-in groups based across the county that aim to improve confidence and communication skills through creativity.

Launched via an initial partnership with Dewi Sant Hospital (Pontypridd), 'Breathing Space' has become an established part of creative activity on offer to those living across the counties of Bridgend and Pontypridd. Working in partnership with Awen Cultural Trust and Mental Health Matters Wales, Tanio has worked closely with

local authorities, and voluntary and third sector organisations and networks to design a relaxed referral pathway for 'Breathing Space', for use by clinicians, supporters, or via self-referral.

With a total of 5 groups running every week led by professional arts practitioners, 'Breathing Space' groups are open to all adults, and they provide a safe and welcoming place for participants to try their hand at any sort of creative activity that may be of interest to them. This wide and open remit is what sets this project apart from more traditional groups, allowing individuals to explore their creative side in

a medium that suits them.

"I enjoyed the variety of different things that we did - writing about our summer, the meditation, and painting about the writing." – Participant X

"I came to Breathing Space feeling really low but now I've given my mind a rest and I feel calm and relaxed." – Participant Y



Each week, during the 2-hour session participants have an opportunity to creatively express themselves, learn new skills and meet new people. The majority of the participants report experiencing anxiety and depression in their everyday life (usually alongside longer term complex health conditions), much of which has been exacerbated by the COVID-19 pandemic. Many of them have spoken of their experiences of isolation and loneliness, and an overall deterioration in their health and wellbeing in the last 18 months:

"You don't realise how important it is for us to come here every week. It

makes a big difference." – Participant Z

"I was very happy to do some creative work again and to be in a group for encouragement and to meet new people." – Participant Y

By working both collaboratively and individually, preliminary evaluation is demonstrating that participants are feeling more confident, more social, and relaxed after taking part in a 'Breathing Space' session. More excitingly, we are also hearing reports of benefits to participant's families and the wider community.

"It's amazing to have a resource like 'Breathing Space' that I can refer my clients to. I can see the positive effect that it's having on them every week." – Community Navigator, BAVO



The locations of the current groups are:

- Bridgend Central (Mondays 1pm - 2.30pm)
- Bettws (Wednesdays 11am - 1pm)
- Porthcawl (Wednesdays 12:20pm - 2:30pm)
- Pontypridd (Thursdays 1pm - 3pm)
- Bryngarw Country Park (Fridays 2pm - 4pm)

Breathing Space Pontypridd is kindly funded by the Welsh Government's Integrated Care Fund through the Cwm Taf Morgannwg Regional Partnership Board.

If you'd like to know more about 'Breathing Space', please visit www.taniocymru.com. Alternatively, please email helo@taniocymru.com.



Cwm Taf People First

Cwm Taf People First is a self-advocacy organisation that is set up for and run by adults with a learning disability. Our aim is for people with a learning disability to have more voice, choice and control over their lives and to have a say in shaping new and future health and social care services. We have been running a project called Stepping Out. Stepping Out is a project that is for people with a learning disability to join us and go on a walk somewhere in RCT or Merthyr. The purpose is to reduce loneliness and isolation, focus on the health and well-being benefits of being out in the fresh air and being active.

Being out in the fresh air and being active is helping to increase the confidence of our members and helping to boost their well-being as many are feeling happier after walking. Many of our members have lost their confidence and have

been feeling stressed and anxious during lockdown so walking with people that are familiar and in areas that are quieter and safe is empowering people and enabling people to get out whilst increasing their self-worth. For those members who are unable to join us physically we are taking photographs and using a Go Pro that is posted on our social media pages so that others can see and try and feel that they can be involved virtually.

Access is an issue for many of our members so Stepping Out has an accessibility check list that our members fill in after every walk. The paths are looked at to see how accessible the route may be and whether it is suitable for wheelchair users. It also looks at people's attitudes and facilities available.

The walks offer an opportunity to walk and talk about anything that they would like to. They can talk about how they are feeling and anything that may be going on in their lives. This allows us to see what we can do as an organisation or if we can signpost members to other organisations as the case may be. We are also encouraging members to take more control over their health at an early stage so that it may help reduce the need to accessing primary health care.

The project helps to reduce isolation and loneliness by getting people out of the house and seeing their friends and colleagues. Many of our members have spent much time being in. There has been a reform of daytime opportunities within the region and this has meant that what people used to do during

the day has changed. This has caused confusion, stress and anxiety.

Stepping Out is enabling us to work with our members in a green space allowing people to talk about whatever they choose. It allows us to sign post accordingly and identify any gaps so we can work to fill them and help improve the lives of people with a learning disability.

For further information please contact Emma Alcock, Project Co-ordinator and Tom Watling Facilitator

emma@rctpeoplefirst.org.uk or 01443 757954



Podcasts

Listen to our latest podcast

Basic Income, Health and Wales

Where has basic income been introduced and for whom, and what can we learn from these experiences? What health impacts can we anticipate, and how will basic income impact upon the wider determinants of health?

[Listen](#)

More Podcasts

Valleys Regional Park

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Vaccine Hesitancy in Wales

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The Impact of COVID-19 on Children

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Contribute to our Podcast?

If you are interested in recording a podcast with us, get in touch via email: publichealth.network@wales.nhs.uk

Videos

Watch our latest video



The Importance of Social Prescribing

Following the COVID-19 global pandemic and the subsequent multiple effects on the health and wellbeing of the population, there has never a better time to embrace social prescribing in healthcare.

[Watch](#)

More Videos



Basic Income, Health and Wales

What health impacts can we anticipate, and how will basic income impact upon the wider determinants of health? Could such a wide-reaching scheme be feasibly introduced in a devolved administration?

[Watch](#)[See all videos](#)

COVID-19: Wider Impacts 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.

[Watch](#)

The Grapevine

Rural Health and Care Wales Conference 2021

Rural Health and Care Wales have announced that this year's conference is being held in person in Builth Wells, and online. The Conference will take place on the 9th & 10th November 2021 (10am-4pm).

Theme and strands:

“When Challenges lead to Change – improvements and innovation in Rural Health and Care”

- The impact and implications of Covid-19 on Rural Health and Care
- Novel ways of delivering Health and Care services in Rural areas
- Rural Population Health, Well-being and Care
- The role of Rural Communities in Health and Care

- Telehealth / Telemedicine and the remote delivery of Health and Care services in Rural areas
- Social / Green Prescribing
- Recruitment, Retention and New Roles in Rural Areas
- Education, Training and Development in Rural Areas

The conference is aimed at health and care professionals, academics, practitioners, patients and the public with an interest in rural health, well-being and care.

REGISTER for free [HERE](#) to secure your place

For more information, please contact Anna Prytherch, Head of Rural Health and Care Wales, Hywel Dda University Health Board by email anna.prytherch@wales.nhs.uk

How might new trade agreements affect public health in Wales?

Following its departure from the European Union, the UK Government is negotiating international free trade agreements for the first time in nearly 50 years. This brings both risks and opportunities for public health.

Trade agreements have the potential to affect health and well-being in Wales in many ways - from the food we eat to our healthcare services, job market and ability to invest in public services. They may also affect the ability of the Welsh Government to improve public health through new policy.

This webinar will explore what trade agreements are and why they have important potential consequences for a health and well-being in Wales.

We will also hear from independent experts

on how a new piece of trade legislation, the UK Internal Market Act, and the UK's plans to join a large free trade agreement has the potential to limit the Welsh Government's ability to pass effective public health policy in future.

The webinar will include a panel discussion, where participants will be encouraged to ask their questions of our expert panel.

We hope the webinar will help public health professionals and third sector organisations understand how trade agreements may affect their work.

For more information visit www.publichealthnetwork.cymru

Register [here](#)



News

02-11-2021

New resource highlights health impacts of climate change

[Read](#)

28-10-2021

Leaving EU provides both opportunity and risk to public health as new trade agreements are negotiated

[Read](#)

27-10-2021

New research reinforces importance of clear messages about benefits of vaccines

[Read](#)

26-10-2021

Consultation - Ending homelessness: A high level action plan 2021 to 2026

[Read](#)

20-10-2021

#TimeTogether campaign to inspire teenage girls and mums to reconnect by getting active

[Read](#)

19-10-2021

'Triple Challenge' to impact food security for all

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[See all news](#)

Events

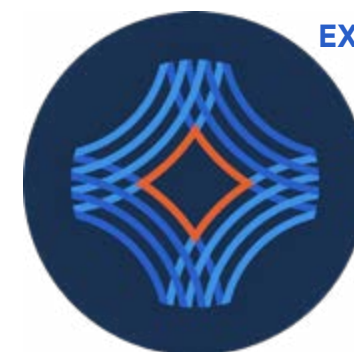


11-11-2021
2pm-3pm)

[Register](#)

Climate Change, the Welsh Perspective

This webinar will be held on Thursday 11 November at 14:00 which coincides with the 26th UN Climate Change Conference of the Parties (COP26) which is being held in Glasgow on 31 October – 12 November 2021.



18-11-2021
2pm-4:30pm

[More](#)

Social prescribing for mental health

Mind Cymru would like to invite you to a virtual learning event demonstrating the success of our recent social prescribing project. A celebration of Mind Cymru's social prescribing project, and key learning from its delivery.

[See all events](#)



18-11-2021
9am

[More](#)

The future of British Farming Digital Conference

This conference will review the changes to agricultural policy, provide clarity over new subsidy schemes, future regulation and the impact of new trade deals.



24-11-2021
2pm-3pm

[More](#)

How might new trade agreements affect public health in Wales?

This webinar will explore what trade agreements are and why they have important potential consequences for a health and well-being in Wales.

Topics

[See all topics](#)

- A** Accidents and injury prevention
Adverse Childhood Experiences
Air Quality
Alcohol and substance use and misuse
Approaches and methods in public health practice
Arts and health
- B** Behaviour change
Biodiversity and greenspace
Built environment
Cancers
Cardiovascular conditions
Carers
Children and young people
Climate change
Communicable diseases
Community
Community assets
COVID-19
- D** Debt and benefits
Diabetes
Diet and nutrition

Early Years
Education and training
Employment
Environment
Ethnicity
Evaluation
- F** Foodborne communicable diseases
Fuel Poverty
Further, higher and tertiary education
- G** Good, fair work
- H** Health in all policies
Health inequalities
Health related behaviours
Homelessness
Housing
Housing quality
Human rights and social justice
- I** Income and resources
Influenza
- L** Learning difficulties
LGBTQ+
- M** Maternal and new born health
Men
Mental health conditions
Mental ill-health
Mental wellbeing
- N** Natural environment
Non-communicable diseases
- O** Offenders
Older adults
Oral health
- P** People
Physical activity
Planning
Poverty
Precarious work
Preschool (including WNHPSS)
Prevention in healthcare
- R** Respiratory conditions
- S** School (Including WNHPSS)
Sexual health
Sexually Transmitted Infections
Smoking and vaping
Social capital
Spirituality
Stress, coping and resilience
Suicide and suicide prevention
Sustainable development
Systems thinking in public health
- T** Transport
- U** Unemployment
- W** Water and sanitation
Wellbeing of Future Generations
Wider determinants of health
Women
Working age adults

Next Issue

Climate Change, the Welsh Perspective

