

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



**Public Health Network Cymru:  
A look back at 2021**  
**December 2021**

# Welcome

Welcome to the December edition of the e-bulletin.

It's been a busy year for Public Health Network Cymru. We launched our refreshed website and updated our branding, we have increased our digital presence with an online conference and numerous webinars, whilst continuing with our monthly e-bulletins and podcasts. This month's e-bulletin will showcase some of the highlights from the year.

We already have plans for 2022 including another online conference on Planning and Health, webinars, e-bulletins and podcasts.

Thank you to everyone who has contributed to the Network over the past year, whether it was sending us articles for the e-bulletins, presenting at our webinars and conference or recording podcasts. We look forward to working with you all in 2022.

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) or find us on twitter [@PHNetworkCymru](https://twitter.com/PHNetworkCymru)

## 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)

Write to us  
Public Health Network Cymru,  
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Number 2 Capital Quarter,  
Tyndall Street, Cardiff, CF10 4BZ

Social media  
Twitter: [@PHNetworkCymru](https://twitter.com/PHNetworkCymru)



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# COVID-19

## Information for professionals

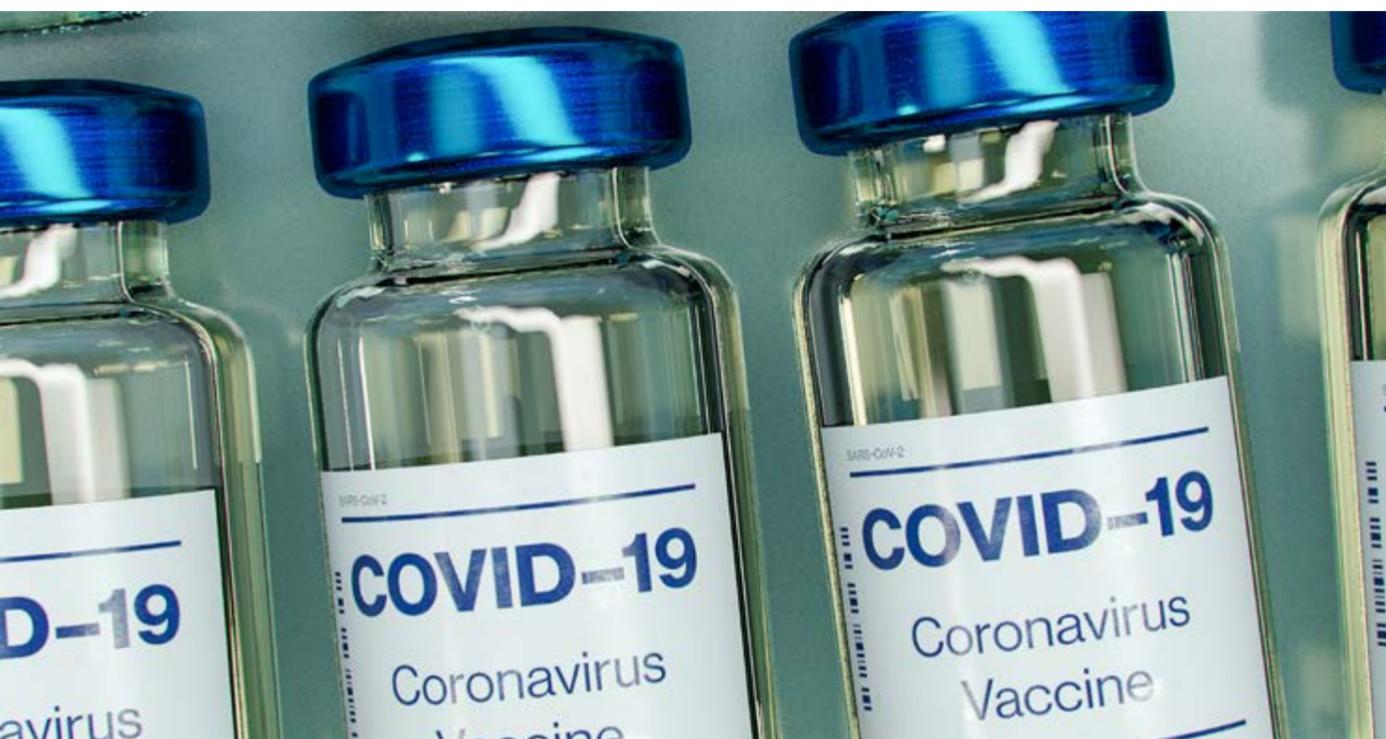
### Latest information on Coronavirus disease (COVID-19)

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](#)

# Public Health Network Achievements 2021

## Public Health Network Cymru Launches A New Website!

The new Public Health Network Cymru website was launched in September and has been developed with our members in mind.

Our new design will make connecting with colleagues and sharing resources on policy, research and practice easier than ever.

We updated our branding in line with the colours and themes used on the new website and we have incorporated it in to our montly e-bulletins, emails to members and any promotional material.

Click [here](#) to view the new website.

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## Conference - Good work, good health: securing our future

This [virtual conference](#) held on the 7 July 2021 aimed to share knowledge and galvanise action to increase access to good, fair work to improve health and health equity, with a focus on young people, in Wales.



## Webinars

**27 January 2021**

[Green Recovery Delivery Partnership: Priorities for action](#)

**24 February 2021**

[Taking Action Locally - Increasing community cohesion in a South Wales community](#)

**24 March 2021**

[Employee Wellbeing in the Public Sector: 12 months in to the pandemic and beyond](#)

**19 May 2021**

[Self-isolation confidence, adherence and challenges: behavioural insights from contacts of cases of COVID-19 starting and completing self-isolation in Wales](#)

**21 May 2021**

[LEAVING NO ONE BEHIND: Placing health equity at the heart of the COVID-19 sustainable response and recovery in Wales](#)

**30 June 2021**

[Housing Health and Wellbeing](#)

**11 August 2021**

[Basic Income, Health and Wales](#)

**8 September 2021**

[COVID-19: Wider Impacts on Our Children and Young People and Our Families](#)

**15 September 2021**

[The importance of Social Prescribing](#)

**11 November 2021**

[Climate Change, the Welsh Perspective](#)

**24 November 2021**

[How might new trade agreements affect public health in Wales?](#)

# 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

[Listen](#)

Vaccine Hesitancy in Wales

[Listen](#)

The Impact of COVID-19 on Children

[Listen](#)

[See all podcasts](#)

## Contribute to our Podcast?

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

## Public Health Network Cymru

A look back at 2021



New website launched September 2021  
25,702 views in the first 3 months  
Events, Membership and News pages viewed the most

 1881 members  
(352 new members in 2021)

2721 Twitter Followers  
(224 new followers in 2021)



12 Virtual Events  
(1754 views on YouTube)



5 Podcasts  
(389 listeners on SoundCloud)



11 E-bulletins  
(10,160 views)

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# You Said We Did...

You Said.....	We Did.....
News, events and topics most commonly cited as the most useful pages on the website	These pages are now more visible from the homepage and you can reach them with less clicks. These are continuously updated
Easier navigation and clearer layout was important for the new site	Navigation through the site is easier and e-bulletins and podcasts can be accessed from the homepage. We have increased the use of white space and eye catching layout to enhance the user journey.
The website should be fully enabled for all devices	The website is fully enabled for all devices, e.g. laptop, mobiles and tablets
The website should be fully compliant with accessibility guidance	The website is now fully compliant with accessibility guidance
We want more content including views from various professionals	We held a series of webinars bringing in a number of experts. We have increased the range of information and material on our pages.



# Looking Forward to 2022

We have lots of exciting things already planned for 2022.

Look out for our virtual conference on Planning and Health which is being held on the 10 February 2022. Further details will be released soon on how to register your interest.

The 'Triple Challenge': Public Health Wales recently published a report

which highlights how the combined influences of Brexit, Coronavirus and Climate Change will have direct and indirect impacts on the health and wellbeing of the population. We will be focusing on some of these impacts through our webinars and e-bulletins. If you think you can contribute to this in anyway please get in touch.



# News

14-12-2021

**Brook RSE resources now available in Welsh**

[Read](#)

14-12-2021

**HIV related policy changes at Ministry of Defence**

[Read](#)

14-12-2021

**First Minister outlines ambitious aim to offer all eligible adults a booster appointment by end of year**

[Read](#)

08-12-2021

**New European physically active learning teacher training curriculum launched**

[Read](#)

08-12-2021

**More than 5,100 food parcels given to people facing crisis across the UK every day in past six months, says the Trussell Trust**

[Read](#)

01-12-2021

**Minister launches 'Ending Homelessness Action Plan' with new funding for private rented sector to play their part**

[Read](#)

[See all news](#)

# Events



06-01-2022  
9:30am

[Register](#)

**Pride and Prejudice: Supporting LGBTQ+ Young People**

The training will explore LGBT issues and young people. The process of coming out, issues for young people such as bullying, gender identity and sexuality.



14-01-2022  
09:30am

[More](#)

**An Introduction to Self-harm & Suicide**

The training will explore young people, self-harm and suicide. It will outline young people's mental health, the issues that young people experience and the reasons why young people self-harm, the difference between self-harm and suicide and ways to support young people who do so.

[See all events](#)



06-01-2022  
10.00am

[More](#)

**Welsh Index of Multiple Deprivation Webinar**

At this webinar you will learn about the latest Welsh Index of Multiple Deprivation (WIMD 2019), the official measure of the most deprived small areas in Wales, a powerful tool to identify areas most in need and to highlight inequalities.



08-02-2022  
09:00am

[More](#)

**Safer Internet Day**

The UK Safer Internet Centre has announced that the theme for Safer Internet Day is 'All fun and games? Exploring respect and relationships online'. The day aims to celebrate young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers.

# 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

# MERRY CHRISTMAS...

## and a Happy New Year!



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