

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



The impact of co-operatives and social enterprises on health and well-being

March 2022

Welcome

Welcome to the March edition of the e-bulletin.

Following on from last month's [webinar](#) from Glen Bowen from the Wales Co-Operative Centre our March e-bulletin focuses on initiatives which demonstrate how social enterprises, co-operatives and not for profit organisations are leading the way in developing a greener and more sustainable Wales.

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](#)

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Headlines

Seeds of change sown for crops to be grown on Morriston Hospital land

Healthy eating will soon take on a whole new meaning with exciting plans to develop a “farm” on land near Morriston Hospital. The health board has agreed to turn over an area of land to a not-for-profit venture to grow a range of crops – with the wider community and potentially hospital patients helping to run it.



Main photo above: Amanda Davies and Rob Hernando in the field near Morriston Hospital that will be used to grow crops

Although independently run, the project is being supported by Swansea Bay as part of its wider commitment to a more sustainable future.

Community Supported Agriculture (CSA) initiatives are partnerships between farmers and consumers in which the responsibilities, risks and rewards of farming are shared.

They are run by one or more principal growers supported by volunteers who are able to learn new skills and enjoy the

therapeutic benefits associated with gardening activities.

Funding comes from a variety of sources, including grants and the sale of weekly organic veg boxes to local subscribers.

CSAs originated in Japan and North America and are now established across Europe and the UK – including two in Gower.

Swansea Bay UHB became involved after discovering that Swansea’s Food Poverty Network was looking for opportunities to establish further CSAs across a wider area of the city.

Health board Service Improvement Manager, Amanda Davies, said Swansea Bay residents were living longer than ever before.

“Like many other parts of Wales, we face increasing challenges about how to keep our population healthy,” she said.

“We also continue to have health inequalities across different parts of the area.

“We know that people living in Swansea East have a life expectancy of 12 years less than those who live in the west of Swansea.

“We need to think differently about how we address these challenges if we are to have a sustainable health and care service in the future.”

Some time ago, the health board bought land near Morriston Hospital for potential future development. However, the topography of one part of this land makes it unsuitable to be built on.

But, as it turns out, the soil is ideal for growing crops.

Swansea Bay linked up with Cae Tan, a successful CSA based in Parkmill, Gower, and with National Resources Wales to explore the possibility of developing this 7.6-acre site, which comes complete with its own stream.

The health board has now committed to leasing the site, for a peppercorn rent, to a new CSA for 10 years, starting in mid-March.

It will be managed by principal grower Rob Hernando who has been involved in community projects in the Swansea area since 2014.

In 2017 he began studying for a Masters in sustainability and adaption with the Centre for Alternative Technology in Machynlleth, which fostered an interest in food supply networks and alternative agriculture.

Rob began volunteering at Cae Tan, and became passionate about creating access to similar projects in the east of the city, which eventually led to him working with the health board to develop the Morriston CSA.

Read more [here](#)

Social Business Wales

Social Business Wales provides technical information for those of you considering starting up or operating a social business.

Social businesses include social enterprises, co-operatives, mutuals and employee owned businesses.

By using this information alongside support from our expert business advisors, you'll be on the path to social business success.

For more information click [here](#)



— Fareshare Cymru



Research shows that 2 million tonnes of food wasted across the food industry each year is good-to-eat when it's discarded. Meanwhile, 7 million people in the UK struggle to get enough to eat (5 million adults and 2 million children). That's up by 2 million as a result of the pandemic, (according to government figures and the Food Foundation).

Two million tonnes of good-to-eat wasted food would make the equivalent of 1.3 billion meals – enough to feed everyone in food poverty for half the year (more than 180 meals each). FareShare is the UK's longest running food redistribution charity, originally co-founded (with Sainsbury's) in 1994 in partnership with the homeless charity 'Crisis'. FareShare became an independent charity in 2004 with regional centres in London, South Yorkshire, Dundee, Edinburgh and Brighton and continued to grow to meet the increasing demand.

In 2010 FareShare Cymru opened in Wales and today redistributes between 60-70 tonnes of food a month amongst 170+ member organisations. It has its main distribution centre in Cardiff and presently covers South Wales. The member organisations include local charities, faith

groups, community organisations, hostels and schools, who pay a small amount toward costs and in return receive pallettes of surplus food provided by major supermarkets and food manufacturers. This in turn is distributed by the members to those most in need within their localities. FareShare Cymru relies heavily on the support of their 88 volunteers who fulfil a number of critical roles including operations and admin support, warehouse assistants, marketing and communications assistants, development team assistants, community group link workers, delivery drivers and driver's mates.

The service model is both very straightforward and remarkably effective. Supermarket distribution centres and food manufacturers who identify excess or surplus, good quality in-date food, deliver it to the FareShare distribution centre warehouse. Here it is logged, stored appropriately (frozen, chilled or ambient) and then loaded on to pallettes each day for delivery to member organisations. The members indicate if there are certain things they do not or cannot take (for example no frozen food if they cannot store it, or no meat for particular groups). The members then use the food to support their constituents, this may involve packaging up food for

vulnerable people in their community or using the food to provide hot meals in, for example, hostels or lunch clubs etc. This system is presently helping to provide between 24-28,000 meals a month to some of the most vulnerable people in Wales.

The beauty of the system is the dual benefit of both reducing food waste, an important contributor to sustainable development, whilst also helping to tackle food poverty, a key component of health and social inequality. FareShare have also established

valuable regional networks supporting the brilliant work of local community and voluntary sector organisations, whilst also acting as a critical link to supportive national private sector food retailers and manufacturers.

Further information and opportunities to volunteer or provide other support can be found at: [Volunteer, South Wales, Food Waste, Hunger - FareShare Cymru](#)

— Food Cardiff

[Food Cardiff](#) is a city-wide partnership of individuals and organisations. It acts as a hub for connecting the people and projects working to promote healthy, environmentally sustainable and ethical food across the city; it acts as a voice for wider change.

Food Cardiff was established in 2014 as one

of the founding Sustainable Food Places in the UK. During the last seven years, it has developed and grown significantly, making a recognisable impact at a citywide level. In 2021, Cardiff achieved Silver Sustainable Food Places status, becoming the first place in Wales and one of only six places in the UK to achieve the prestigious accolade.

— Glyn Wylfa in North Wales wins a social enterprise UK award

Glyn Wylfa Ltd took home the trophy in the Transformative Community Business Award.

[Glyn Wylfa](#) is a café, community and tourist hub and business centre established eight years ago as a social enterprise for the benefit to the local community.

In the last year, Glyn Wylfa has increased sales income by 15% and net profit/surplus by 30% - which was used for energy saving and customer benefit investments – while also doubling their charitable and local donations.

Podcasts

Listen to our latest podcast

Healthy Schools

What is the Welsh Network of Healthy School Scheme and Healthy and Sustainable Pre-school Scheme? What is a Whole School/Setting Approach? What does a 'healthy' School or Pre-school look like?

[Listen](#)

More Podcasts

Basic Income, Health and Wales

[Listen](#)

Valleys Regional Park

[Listen](#)

Vaccine Hesitancy in Wales

[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

Videos

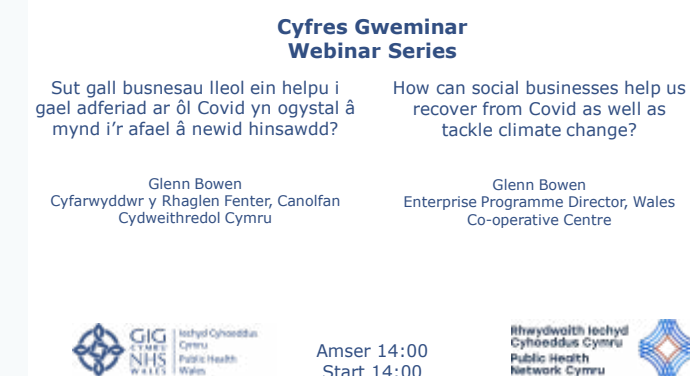
Watch our latest video

Creating Healthy Places and Spaces: A Collaborative Approach

This webinar from the Welsh Health Impact Assessment Unit helped participants to understand the contribution that planning and placemaking can make to address some of the major health challenges facing communities.

[Watch](#)

More Videos



How can social businesses help us recover from Covid as well as tackle climate change?
In this webinar we heard from Glenn Bowen who is the Enterprise Programme Director for the Wales Co-operative Centre. Glenn gave an overview of social enterprises, co-operatives and employee owned business and the opportunities for co-ops and social enterprises in health and social care and the renewable energy sector.

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

How might new trade agreements affect public health in Wales?

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.

[Watch](#)

The Grapevine

Green Opportunities

The Health and Sustainability Hub publish Green Opportunities, a quarterly e-briefing which captures learning and identifies best practice to support the implementation of the Well-being of Future Generations Act through a green recovery from COVID-19, given the challenges and inequalities which the pandemic has further exposed.

https://phwwhocc.co.uk/wp-content/uploads/2022/03/PHW_Winter_2021_E-briefing-English-FINAL.pdf

This edition focuses on the ways in which we can move towards a circular economy –

one which reduces waste to zero by keeping everything in use - products that will last longer, can be repaired or ultimately can be dismantled and the components reused.

Hopefully, you will find inspiration on a range of sustainable opportunities to contribute towards a healthy, fair and sustainable future for Wales.

We would be grateful if you could share with your wider networks.

Please also share any feedback, we welcome all comments.

Our Health Meadow: Designing and developing a new approach to health-care delivery through nature-based solutions

Down to Earth

Down to Earth is a multi-award-winning social enterprise with a 16-year track record in providing life changing healthcare and education programmes through the medium of outdoor sustainable construction, land management and adventure activities.

With over 11 years of clinical research data from working with groups that have

informed the development of their own well-being monitoring measures, DTE believes in evidence-based ways of working and this is underpinned by objective academic and clinical research.

Our Health Meadow

In partnership with Cardiff and Vale Health Charity, Cardiff and Vale

University Health Board and Public Health Wales, Down to Earth has designed and are developing an Outdoor Therapeutic Healthcare Facility, Our Health Meadow/ Ein Dôl Iechyd in 14 acres of surroundings grounds at University Hospital Llandough (UHL), Penarth, Vale of Glamorgan. With patients and staff at the very centre, DTE is working closely with these partners to design and deliver green infrastructure and social prescribing at the scale demanded by the Well-being of Future Generations Act, the declaration of the Welsh Government Climate Emergency and the urgency of biodiversity collapse.

Funded through Welsh Government Enabling Natural Resources and Well-being programme and Heritage Fund Community Woodlands programme, this 3-year project – called “Fit for the Future” – is based on designing and developing a new approach to health-care delivery through nature-based solutions, creating urban and rural built environment infrastructure which is good for people and good for the planet. Our Health Meadow (OHM) will be the first project in Wales to achieve a Building with Nature Standards Award.

The project sees the enhancement and development of a 7-acre field and 7 acres of surrounding woodland adjacent to UHL. DTE is working with partners, staff, patients and the wider community to collaboratively create this innovative, outdoor healthcare and rehabilitation facility inclusive of a landmark “Therapy Centre” built entirely from natural materials and Welsh timber. Designed with engagement from NHS patients and staff and the local and wider communities during two public consultations, the site is devised around an edible landscape, with a focus on enhancing the health, connectivity and diversity of natural habitats and the species that flourish

within them. The therapeutic outdoor activity includes the development of the site landscaping and construction of the therapy facilities, as well as the enjoyment and maintenance of the site.

The OHM project builds on the last 11 years of research and takes it further by focusing on staff well-being. Our clinical research has culminated in a paper being published in the “International Journal of Mental Health” in February 2020. This landmark piece of research shows our approach is as effective as anti-depressants – and without the side effects. Our latest published article can be accessed [here](#).

Central to the vision for this project is the dissemination of the project findings and “best practice” in a robust, evidence-based way across all health boards in Wales. Through this project, DTE is raising understanding and demonstrating best practice in how the built environment and natural environment are interwoven in how they can have a positive impact on people’s health and the health of the environment.

To find out more go to:

www.downtoearthproject.org.uk

News

22-03-2022

£25m investment in Community Focused Schools to tackle the impact of poverty

[Read](#)

22-03-2022

Overall cancer mortality decreases during the pandemic, but inequalities widen for some cancers

[Read](#)

17-03-2022

Spring rollout of boosters begins in Wales this week

[Read](#)

16-03-2022

Public Consultation Launch: Trauma Informed Wales: A Societal Approach to understanding, preventing and supporting the impacts of Trauma and Adversity Consultation

[Read](#)

11-03-2022

First Minister urges people to have their say on the UK-wide COVID-19 Inquiry

[Read](#)

09-03-2022

Childline Mental Health Campaign

[Read](#)

[See all news](#)

Events

INTERNAL



06-04-2022
2pm-3pm

[Register](#)

Climate and Health in Wales: One Health Approaches to Tackle the Climate and Nature Emergency in Wales

This webinar will provide an understanding of what is meant by the One Health approach and why it has become more visible in light of the COVID-19 pandemic; How One Health approaches can be embedded as part of tackling the climate and nature emergency and to improve population health and well-being in Wales

EXTERNAL



26-04-2022
9:30am-12:30pm

[More](#)

ACE: Building resilience in the face of adverse childhood experiences

This course is aimed at professionals working with children & young people who are interested in building an understanding of ACE's.

[See all events](#)

EXTERNAL



12-04-2022 -
9:30am-3pm

[More](#)

Child Development

A sound knowledge of child development is essential when working with children. Having knowledge about typical patterns of development helps to identify where there are concerns that a child may be 'off track' & may need additional support.

INTERNAL



14-06-2022
8am-4:30pm

[More](#)

Improving Health and Increasing Activity Conference

This conference will focus on how to adopt a preventative health approach across your community through the promotion and prescription of physical activity.

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

The impact of Climate, Nature and Health in Wales

