



Public Health Network Cymru
E-bulletin

October 2022

**Protecting the mental well-being
of current and future generations**



In this issue...

Welcome to the October edition of the e-bulletin.

Mental well-being relates to our ability to feel confident with ourselves, develop and maintain supportive relationships with our families, friends and communities, have a sense of purpose, live and work productively, cope with daily stresses and adapt positively to change.

This e-bulletin includes articles which look at national, regional or local initiatives, programmes or policy changes which encourage and promote good mental well-being throughout the life course.

Headlines

3

The Grapevine

9

Videos

11

List of PHNC Topics

13

Next Issue

14

Article Key

Research



Policy



Practice



Commentary



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.

Contact us

Email us
publichealth.network@wales.nhs.uk

Write to us
Public Health Network Cymru,
Public Health Wales, Floor 5,
Number 2 Capital Quarter,
Tyndall Street, Cardiff, CF10 4BZ

Tweet us
[@PHNetworkCymru](https://twitter.com/PHNetworkCymru)



Headlines

Public Health Network Cymru – Recent Webinars on Mental Wellbeing

Public Health Network Cymru



Public Health Network Cymru have held a number of webinars over the last few months which showcases the work going on in Wales to promote good mental well-being. The live recordings are available to view on our website.

Protecting the mental well-being of our future generations

Children and young people's mental well-being is a priority for many organisations in Wales. This [webinar](#) will help you find out what we know so far about the impact of COVID-19 and the "Whole School Approach" programme that schools in Wales are implementing to promote emotional and mental well-being.

Maximising opportunities for mental wellbeing across policies and services using Mental Well-being Impact Assessment

This [masterclass](#) focussed on the process of Mental Well-being Impact Assessment (MWIA), what it is, and how it can be used to promote and protect mental well-being and drive Mental Health and Well-being in all Policies approaches. The webinar included case studies of MWIAs and provided the participants with opportunities to ask questions, discuss the approach and contribute to future plans for the development of MWIA.

Understanding the influences on mental well-being at an individual and community level

Mental well-being is fundamental to health and well-being. Public Health Wales aims to launch a new programme of work, Hapus, which is partly about having a national conversation to encourage people in Wales to focus on what is important to them for their mental well-being and to make time to participate in activities that promote and protect.

Find out more by viewing this [webinar](#).



Find Your Voice - Grass Roots Innovation

Katie Hadley, Team Leader at Little Lounge CIO



Small Valleys based charity 'Little Lounge' in partnership with Maggie's Voice Equestrian Center and Voyage of Hope Therapy Services launch an innovative family support initiative.

Wednesdays have become "Find Your Voice" days Based at Maggie's Voice Equestrian Center near Pontypridd, this therapeutic family support project is one of our most exciting initiatives for 2022!

Many local families need additional support for children struggling with challenging behaviour; yet schools are under resourced and over stretched and waiting times for those who need an official diagnosis can be years – this can leave parents feeling desperate and overwhelmed.

The idea

Elinor Brewer, owner and visionary of 'Maggie's Voice' has created a nurturing, client led environment, with her experience and passion for the therapeutic capabilities of horses. Coupled with the support and expertise of Louise Worrall of Voyage of Hope Therapy Services, we began exciting discussions of how we could partner to benefit families in need. We approached the 1910 Trust and Bute Energy and pitched an idea to work in partnership with local schools to provide farm-based therapeutic sessions with horses for children struggling to engage with mainstream school.

Horses are amazing emotional reflectors, they help us understand our body language, our energy levels and how our communication impacts the world around us. Working therapeutically with horses also boosts self esteem and confidence as the person is empowered to take care and provide for another living creature; children who often

feel they do not 'fit' or cannot 'achieve' in the same way as their classmates blossom in this natural environment, away from the formalities of a classroom setting.

Supporting parents

At Little Lounge we firmly believe that one of the best ways to support the well-being of local children is to support their parents. Thanks to our funders, not only do the children benefit from this project, but whilst the child is working with the horses their parent gets a one-to-one session with a therapist, to get advice, sign posting or just to off load to a sympathetic ear.

Thanks to Arnold Clark Community Fund we created a comfortable coffee area on the farm, with sofas, a fully stocked fridge, toaster and a coffee machine donated by Tesco Extra Upper Boat. We are really proud of this holistic family approach.



Project Logo designed by Grace Barussi aged 12

Louise from Voyage of Hope Therapy Service commented “This is the first project I’ve been involved in which takes into account the well being of the parents.”

We have worked with 10 local families and the overwhelming feedback has been fantastic. Kirsty, Mam of Paris aged 12 said “I’ve really noticed the difference in her, knowing she’s got this to look forward to on a Wednesday it gives her something to focus on, she’s been loads calmer.”

Pontypridd High School Alternative Curriculum staff have indicated that this is a provision they would like to continue for their students; we are absolutely over the moon to have been a catalyst in creating this partnership and hopefully Find Your Voice will have a lasting positive impact on local families for years to come.

For more information on the work of Little Lounge go to www.littlelounge.org

For more information on the services provided by Voyage of Hope Therapy go to www.vohts.co.uk

Welsh public survey reveals perceived harmful impacts of climate change on mental health and cost of living



A national public survey conducted by Public Health Wales has revealed that over three quarters of residents in Wales believe that climate change will damage mental health and increase the costs of heating a home and buying food.

Other major concerns of climate change include reduced access to health and care services, increased spread of infectious diseases, and greater levels of physical illness. Conducted in 2021/22, the survey interviewed 2,269 residents across Wales to gather views on climate change and health.

Other key findings include:

- 82 per cent of people were fairly or very concerned about climate change
- 61 per cent believe that climate change is already having an impact in Wales, including:
 - o Extreme weather
 - o Flooding
 - o Coastal erosion

- Many people regularly engaged in recycling (88 per cent) but fewer were regularly engaged in other climate friendly actions such as minimising energy use at home (44 per cent) or trying to buy local products (38 per cent).

- Many would consider doing more climate friendly actions in the future, including:
 - o 59 per cent would use brands/companies that protected the environment (a further 21 per cent always did this anyway)
 - o 54 per cent would avoid buying goods/products with unnecessary packaging (a further 33 per cent always did this anyway)
 - o 53 per cent would use green energy sources to power their home (a further 20 per cent always did this anyway). However, some climate friendly options were not as popular. For instance 41 per cent would not be willing to avoid/eat less meat or dairy.

- Some of the most important motivators cited for encouraging climate friendly actions were: knowing positive actions would help future generations, seeing big businesses taking action and knowing climate friendly behaviours would improve health.

[Climate Change and Health in Wales: Views from the public](#)

Protecting the mental wellbeing of our future generations: learning from COVID-19 for the long term

 Nerys Edmonds, Public Health Wales (nerys.s.edmonds@wales.nhs.uk)



The Coronavirus pandemic impacted every young person in Wales; how young people's mental wellbeing has been affected depended on a range of factors, according to the Mental Wellbeing Impact Assessment (MWIA) published by Public Health Wales in July of this year. The findings highlight strong evidence that key building blocks for good mental health and wellbeing including, family and social relationships, education, economic security, access to services, participation in group activities, feeling safe and in control were all impacted during the pandemic.

The report also found strong evidence that school closures had a negative impact on the mental wellbeing of young people, although some young people did become more independent learners and developed stronger digital skills.

The detailed report also identifies a series of factors that helped protect young people's mental health and wellbeing. These included, close relationships with parents, having secure housing with space to study and be outdoors, keeping in touch with friends and family, staying physically active, maintaining a routine and structure to the day, seeking help when needed, learning new skills, leisure and creative activities.

The report also highlights that learning from COVID-19 pandemic impacts is important not only for future pandemic planning, but also for the climate emergency and cost of living crisis. The report highlights some longer-term factors that are likely to influence young people's mental wellbeing including:

- Inequalities in family employment and incomes, educational attainment, access to fair work and economic security for young people as they become adults.
- Changes to the working conditions of parents, including a rapid move to more parents working remotely.
- Disruption to education is highlighted as a new risk in the latest climate change risk assessment for the UK (Kovats and Brisley 2021), making investment, co-design, and evaluation of models of education that are resilient for the long term important.
- The rapid growth in use and influence of digital technology, online communication, gaming platforms and social media as result of the COVID-19 pandemic has implications for the mental and social wellbeing of young people.

The report concludes that a cross governmental and whole of society approach is needed to improving mental wellbeing and young people, families, employers, communities and schools as well as health and social care all have an important role to play in the recovery from the pandemic and protecting mental wellbeing in the long term.

Areas for action identified from the assessment include:

- Listening to young people and ensure their views and needs inform policy and recovery measures.
- Addressing long term impacts and inequalities in mental health and wellbeing
- Mitigate negative impacts identified on the protective factors for mental wellbeing
- Increase emphasis on mental health and wellbeing in education
- Support parents and family relationships
- Communications and information provision
- Use and access to digital tools and internet connectivity
- Improve access to mental health and wellbeing support
- Communities, housing, and the built and natural environment
- Build the evidence base on the impact of health protection measures on mental wellbeing

The full report and infographics can be downloaded [here](#).

The Grapevine

Climate change capacity building & training

Climate change is a significant threat to health and Public Health Wales has recently established a Climate Change Programme Board to provide strategic direction and co-ordination on the climate change agenda. The Health & Sustainability Hub is developing an approach to training and capacity building for Public Health Wales that will support staff to understand what climate change means to our organisation and what we need to do in response. This involves developing a range of training and learning opportunities for colleagues ranging from short e-learning courses through to half-day sessions; the offer will be based on the needs identified. We are currently identifying individuals and teams who would be interested in these opportunities; so if you would like any more information or if you'd like to arrange a discussion please get in touch with eurgain.powell@wales.nhs.uk (Sustainable Development Programme Manager for the Health & Sustainability Hub, PHW).

This offer is only for Public Health Wales but we are working with other Health Boards and Trusts to collaborate and coordinate training opportunities across the health sector in Wales.

Other sectors can access similar support:

The Welsh Local Government Association are providing climate leadership training for [Local Government](#).

The Future Generations Commissioner for Wales are providing support for [public bodies](#).

Wales Climate Week: 21-25 November 2022

[Wales Climate Week 2022](#) will focus on climate choices and the important contribution that the general public can make in helping to tackle climate change.

This year's event will form an important part of the consultation on a new national strategy that will establish the guiding principles around how government, businesses and the general public can work together to address the climate and nature emergencies.

The week itself will include a virtual conference (21st-23rd November) and a fringe event programme running during Wales Climate Week and onwards until 14 December in parallel with the Strategy consultation period.

Gwent Healthy Travel Charter

Alongside numerous leading Welsh Public Sector organisations, Aneurin Bevan University Health Board (ABUHB) have signed up to the Gwent Healthy Travel Charter. We are committed to action in helping staff travel more sustainably. We hope our actions will encourage an improvement in health, reduction in air pollution and a cut in carbon emissions.



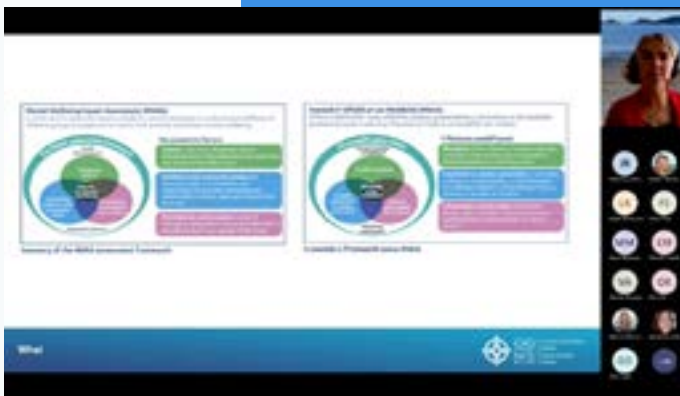
To encourage green travel, we have installed bicycle shelters at many of our hospital sites as safe places for bicycle storage, alleviating any anxieties over bicycle theft. Promotion of carsharing app 'Liftshare' has been implemented and continues to pick up pace with membership rates increasing, providing a supported way for staff to share costs on their commuting. There has also been installation of electric vehicle charging points at sites to support the increase of electric vehicle use by staff and visitors.

The health board also signposts to transport routes that are available, supports community transport schemes and has developed walking route maps to further encourage walking for its wellbeing benefits. We work with departments to ensure that energy wastage decreases through use of more efficient practices and estate site optimisation with a view to also encourage possible spaces for applicable staff to be agile working.

Please contact sarah.pope@wales.nhs.uk for further information.

Latest from the Network

Watch our latest videos



Maximising opportunities for mental wellbeing across policies and services using Mental Wellbeing Impact Assessment

This masterclass focussed on the process of Mental Wellbeing Impact Assessment (MWIA), what it is, and how it can be used to promote and protect mental wellbeing and drive Mental Health and Wellbeing in all Policies approaches.

[Watch](#)



Systems thinking and public health: an introduction

This webinar presented by Jenneth Parker from The Schumacher Institute provided an accessible introduction to systems approaches and how they can help us navigate our complex world – with particular emphasis on application to public health systems and how they both sit within, and influence, wider social and biophysical systems.

[Watch](#)

[See all videos](#)

Latest News

[See all news](#)



10-11-2022

[Forty per cent of council areas at risk of leisure centre and swimming pool closures and restrictions before April without immediate support](#)



08-11-2022

[New research shows 20mph speed limit could save Wales £100 million in first year](#)



27-10-2022

[Harnessing peer support key to reducing homelessness in care leavers](#)



27-10-2022

[WHO highlights high cost of physical inactivity in first-ever global report](#)



25-10-2022

[Communities' voices put centre stage to boost lives of future generations](#)



25-10-2022

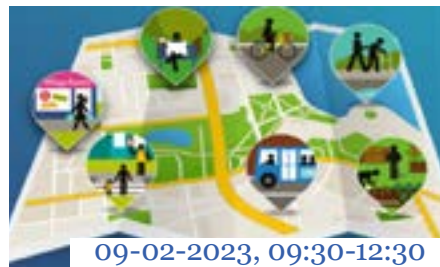
[Protect your child from polio risk](#)

Upcoming Events



23-11-2022, 14:00-15:30

[WEBINAR: Masterclass – International Trade and Health](#)



09-02-2023, 09:30-12:30

[Planning for a healthy future: working together to create healthier communities](#)

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

A look back at 2022



2022