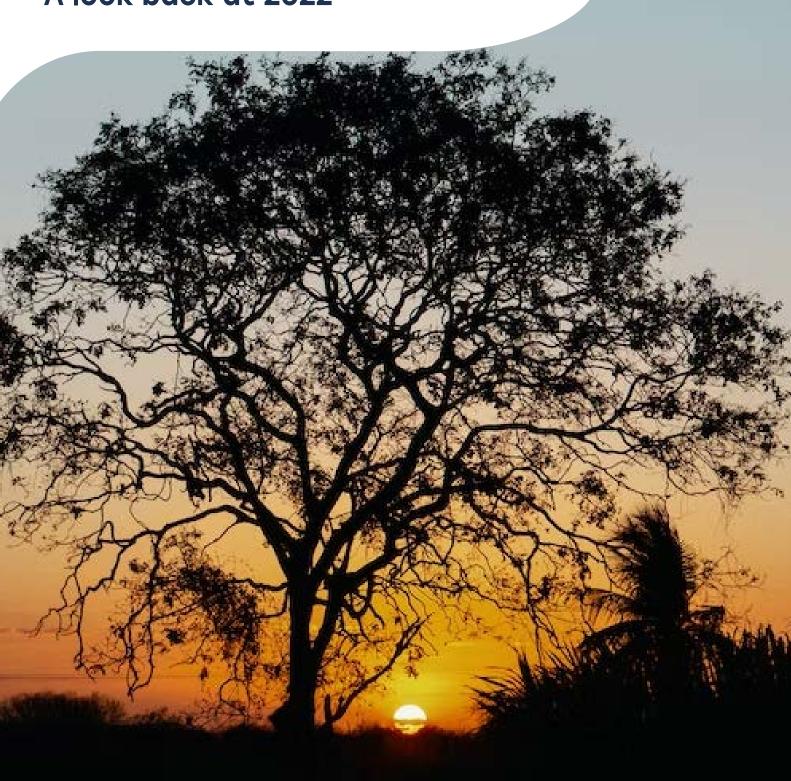


## Public Health Network Cymru **E-bulletin**

November 2022

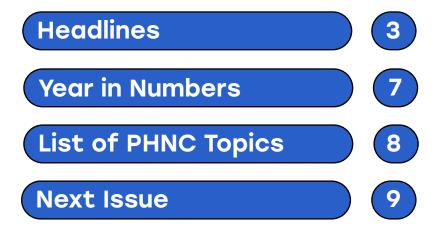
A look back at 2022



### In this issue...

Welcome to the November edition of the e-bulletin.

It's been a busy year for Public Health Network Cymru. We have held numerous <u>webinars</u>, <u>masterclasses and a conference</u>. We continue to bring you the latest news and resources via our monthly e-bulletin and round up email. Our last e-bulletin of 2022 will showcase some of our highlights.



We are planning our 2023 events on themes such as Cost of living, planning and health, and systems thinking. Please get in touch if you would like to be part of our 2023 webinar series.

Thank you to everyone who has contributed to the Network over the past year. We look forward to working with you all in 2023.

#### 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



### Headlines

#### 90 Day Challenge



The network team continually strives to improve members' experience of its digital offer and earlier this year the team held a series of meetings to identify areas for improvement and look at potential solutions. In order to focus the team's efforts we used a range of quality improvement tools including a <u>90 day challenge</u>.

Using data analytics we identified four improvement areas:

- 1) Improving the drop off rate from registration to attending a webinar We sought to achieve this by:
- Simplifying the webinar registration process
- Using reminder emails which are replicated on Twitter
- Trialling different days and start times of the webinars
- Keeping registrations open until the day of the webinar
- 2) Increasing views of our E-Bulletins

We sought to achieve this by:

- Developing a monthly Round up which includes a reminder about the previous e-bulletin
- Developing ways to improve the reach of the e-bulletin via Twitter
- 3) Increasing views of our previous webinars

We sought to achieve this by:

- Developing ways to improve the reach of the webinars via Twitter
- Sending a reminder of previous webinars when sending out information about recent webinars
- Introducing a monthly Round up which includes a reminder about previous webinar

4) Increasing the number of regular website uses We sought to achieve this by:

- Regularly reviewing website data analytics and user behaviour
- Keeping content up to date
- Monthly Round up which includes a link to recently added content on the website

A number of improvements have been seen as a result of the 90 day challenge. We have seen less of a drop off rate for webinars, an increase in e-bulletin reads and an increase in the number of views of previous webinars.

We would love to hear from you if you have any ideas for further improving members' experience of the network. We would also like to hear about any quality improvement projects in your work which we could share with members.

Get in touch with us by e-mail <u>publichealth.network@wales.nhs.uk</u> or by tweeting us at <u>@PHNetworkCymru</u>

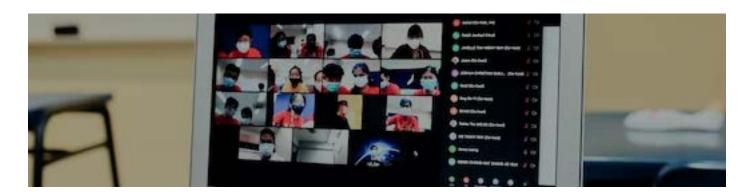
# Conference: Creating Healthy Places and Spaces: A Collaborative Approach



This virtual <u>conference</u> held on 10 February 2022 followed the publication of the report '<u>Maximising health and well-being opportunities for spatial planning in the COVID-19 pandemic recovery</u>' which identified how collaboration in spatial planning and health is vital in order to maximise the health and well-being in the recovery from the COVID-19 pandemic. The event presented the findings of this report.

Join us for our next <u>Planning for a healthy future</u>: working together to create healthier <u>communities</u> on 9th February 2023.

#### Webinars



- 16 February 2022 <u>How can social businesses help us recover from COVID as well as tackle climate change</u>
- 9 March 20221 <u>Creating healthy places and spaces</u>
- 6 April 2022 <u>Climate and Health in Wales: One Health Approaches to Tackle the Climate and Nature Emergency in Wales</u>
- 25 May 2022 <u>Public attitudes and behaviours during the COVID-19 pandemic, a behavioural science approach</u>
- 8 June 2022 <u>Greener Primary Care: how can primary and community care start the journey towards environmental sustainability and decarbonisation?</u>
- 15June 2022 Fairwork for health, well-being and equity what should we do? Recommendations from an expert panel
- 6 July 2022 The COVID-19 Pandemic in Wales: Reproductions of vulnerability
- 8 September 2022 <u>Protecting the mental well-being of our future generations</u>
- 21 September 2022 Food Security in Wales
- 12 October 2022 <u>Maximising opportunities for mental wellbeing across policies and services using Mental Wellbeing Impact Assessment</u>
- 19 October 2022 Systems Thinking and Public Health: An Introduction
- 26 October 2022 <u>Understanding the influences on mental wellbeing at an individual and community level</u>

#### **Advisory Group Update**



Public Health Network Cymru has an Advisory Group which meets on a quarterly basis and includes representation from a number of sectors The purpose of the advisory group is to use collective knowledge and experience to support PHNC to deliver and achieve the following:

- To advise on shared priorities and areas for action of PHNC
- To advise on and agree criteria for monitoring and evaluating success
- To advise and steer the future development and direction of PHNC
- To advise on and ensure an engaged network membership
- To champion and be ambassadors for the work of PHNC



Kerry Griffiths, a Performance and Strategy Manager for Newport Live the Leisure Trust in Newport sits on the Advisory board. Kerry has expertise and knowledge of working in education, childcare, sports, culture and arts and has sat on our Advisory board for a number of years.

I have seen how physical activity, sports and arts has a positive impact and brings so many benefit to the people and communities of Wales. I'm passionate about communicating these benefits and so pleased I am able to share my experience with the Public Health Network Cymru team.

During 2022 we refreshed our terms of reference and are now reviewing our membership. We look forward to working with our Advisory board members to progress our Networks' ambitions in 2023.

#### E-bulletin



Thank you to everyone who has contributed to our e-bulletins over the last 12 months. All previous editions can be found on our website.

If you would like to contribute to a future edition keep an eye out for our call for content next month for our January 2023 edition.

#### **Our Year in Numbers**

2,785 members





12 webinars with 400+ attendees

2,800 Twitter followers





3,000+ YouTube views

70,000+ webpage views



### Topics

#### See all topics

- 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
- Behaviour change
  Biodiversity and greenspace
  Built environment
  Cancers
  Cardivascular conditions
  Carers
  Children and young people
  Climate change
  Communicable diseases
  Community
  Community assets
  COVID-19
- Debt and benefits
  Diabetes
  Diet and nutrition

Early Years
Education and training
Employment
Environment
Ethnicity
Evaluation

- Foodborne communicable diseases Fuel Poverty Further, higher and tertiary education
- G Good, fair work
- Health in all policies
  Health inequalities
  Health related behaviours
  Homelessness
  Housing
  Housing quality
  Human rights and social justice
- Income and resources

- Learning difficulties LGBTQ+
- Maternal and new born health
  Men
  Mental health conditions
  Mental ill-health
  Mental wellbeing
- Natural environment
  Non-communicable diseases
- Offenders Older adults Oral health
- People
  Physical activity
  Planning
  Poverty
  Precarious work
  Preschool (including WNHPSS)
  Prevention in healthcare
- Respiratory conditions
- 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
- **Transport**
- Unemployment
- Water and sanitation
  Wellbeing of Future Generations
  Wider determinents of health
  Women
  Working age adults

### Next Issue

### Food, healthy eating and nutrition in Wales

Does your work focus on improving access to affordable, healthy and sustainable food? Are you working to prevent and improve obesity rates in Wales? If so we want to hear from you. We are looking for submissions for our next e-bulletin which will highlight projects, initiatives, programmes or policy interventions which focus on nutrition, healthy eating and food poverty in Wales.

Our <u>article submission form</u> will provide you with further information on word count, layout of your article and guidance for images. Please send articles to <u>publichealth.network@wales.nhs.</u> <u>uk</u> by 20 January 2023.

