



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 [webinars](#), [masterclasses](#) and a [conference](#) . 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.

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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

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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 [90 day challenge](#).

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 publichealth.network@wales.nhs.uk or by tweeting us at [@PHNetworkCymru](https://twitter.com/PHNetworkCymru)

Conference: Creating Healthy Places and Spaces: A Collaborative Approach



This virtual [conference](#) held on 10 February 2022 followed the publication of the report '[Maximising health and well-being opportunities for spatial planning in the COVID-19 pandemic recovery](#)' 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 [Planning for a healthy future: working together to create healthier communities](#) on 9th February 2023.

Webinars



16 February 2022 – [How can social businesses help us recover from COVID as well as tackle climate change](#)

9 March 2022 – [Creating healthy places and spaces](#)

6 April 2022 – [Climate and Health in Wales: One Health Approaches to Tackle the Climate and Nature Emergency in Wales](#)

25 May 2022 - [Public attitudes and behaviours during the COVID-19 pandemic, a behavioural science approach](#)

8 June 2022 – [Greener Primary Care: how can primary and community care start the journey towards environmental sustainability and decarbonisation?](#)

15 June 2022 - [Fair work 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 – [Protecting the mental well-being of our future generations](#)

21 September 2022 – [Food Security in Wales](#)

12 October 2022 – [Maximising opportunities for mental wellbeing across policies and services using Mental Wellbeing Impact Assessment](#)

19 October 2022 – [Systems Thinking and Public Health: An Introduction](#)

26 October 2022 – [Understanding the influences on mental wellbeing at an individual and community level](#)

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 benefits 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](#)

- 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

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 [article submission form](#) will provide you with further information on word count, layout of your article and guidance for images. Please send articles to publichealth.network@wales.nhs.uk by 20 January 2023.

