



Public Health Network Cymru
E-bulletin

January 2023

**Food, healthy eating and nutrition
in Wales**



In this issue...

Welcome to our first e-bulletin of 2023, which this month includes articles which highlight projects and initiatives which focus on nutrition, healthy eating and food poverty in Wales.

Headlines

3

The Grapevine

30

Videos

32

News & Events

33

List of PHNC Topics

34

Next Issue

35

Article Key

Research



Policy



Practice



Commentary



Do you have any projects, research or case studies to share with the wider public health community in Wales? Send your articles to Publichealth.network@wales.nhs.uk or [@PHNetworkCymru](https://twitter.com/PHNetworkCymru)

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Headlines

Food Security in Wales Webinar



The whole population is affected by food security to some degree but vulnerable population groups will be particularly negatively affected, especially during the cost of living crisis. Food security has been defined as being “When all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life” (FAO, 1996).

A [report](#) published by Public Health Wales highlights how the combined influences of Brexit, Coronavirus and climate change will potentially impact all of us through the food that we are able to buy.

In September 2022 Public Health Network Cymru held this [webinar](#) which provided a background to the current Welsh and UK legislative and policy context in relation to food security and the impact that food security has on the health and wellbeing of the population. The webinar shared how local food partnerships are mobilising community food leaders and advocating for better access to affordable, healthy and sustainable food.



Nutrition Skills for Life[®]: Building community capacity to support healthy eating through quality assured nutrition skills training for community workers and the development of community food initiatives

Lisa Williams, All Wales Nutrition Training Facilitator, Cardiff and Vale University Health Board



The All Wales [Nutrition Skills for Life \(NSL\)](#) (1) programme aims to promote and improve health and well-being for individuals, families and communities in Wales. It provides accredited nutrition training for community-based staff from health, social care, education and third sector organisations so that they can support people they work with to make healthy and sustainable food choices. Examples of ways in which they can do this include; incorporating evidence-based healthy eating messages into their work with community groups, implementing healthy and sustainable food and drink options childcare settings and after school clubs, setting up community food initiatives and delivering accredited nutrition and food skills courses.

Evidence is clear that poor diet is a major, modifiable contributory factor in the development of obesity and associated chronic conditions(2). The increased cost of living and wider social determinants of health; income, housing, and the food environment, can often prevent people from adopting healthy eating practices(3). Rising costs of fuel & food are impacting on affordability and quality of the nation's diet with worrying consequences for future health and wellbeing(4).

Nutrition Skills for Life[®]



Sgiliau Maeth am Oes

A system-wide approach is needed to effectively address diet related health inequalities, at individual, community and societal levels, across the life course. Nutrition Skills for Life contributes to this agenda by; supporting people to improve food literacy i.e., the knowledge, skills and behaviours required to plan, manage, select, prepare and eat foods to meet needs (5), supporting communities through the development of healthy environments to encourage healthier food choices e.g. working with early years settings, schools, leisure and community centres to promote healthier choices, and supporting community action such as establishing alternative food retail projects such as food pantries, community supermarkets and sustainable food hubs.

This approach, in collaboration with partner organisations such as Sustainable Food Partnership and Food Poverty Alliance members, makes an important contribution towards improving population health and wellbeing in Wales and reducing the prevalence of diet- related ill health.

Between April 1st 2021 and March 31st 2022, NSL provided nutrition education for over 3300 people. 84 accredited nutrition skills courses were attended by 677 community workers. Of those who completed post course questionnaires, 95% (n=262) reported learning something new about nutrition and 94% of those trained to deliver Level 1 accredited courses reported feeling confident (71%) or very confident (23%) to do so.

During Covid-19, NSL was fully digitalised(6) to continue to provide training and community nutrition education via a digital platform and through mobile applications such as the Foodwise in Pregnancy App. This transformation has the potential to widen programme reach and meet increased demand for training and community support.

Further research to determine what works, for whom and under what circumstances and to develop and test the underpinning programme theory is needed. A scoping review to explore the existing evidence surrounding this broad topic area is underway. For further details visit our website www.nutritionskillsforlife.com or contact Lisa.williams16@wales.nhs.uk

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3 Thompson C. Dietary health in the context of poverty and uncertainty around the social determinants of health. *Proc Nutr Soc* [Internet]. 2022;81(2):134–40. Available from: <http://dx.doi.org/10.1017/S0029665121003657>

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5 Vidgen H, editor. *Food Literacy: Key concepts for health and education*. London, England: Routledge; 2016.

6 Taking forward the 2020-22 delivery plan [Internet]. Gov.wales. [cited 2022 Oct 19]. Available from: <https://gov.wales/sites/default/files/publications/2021-03/healthy-weight-healthy-wales-renewed-priorities-for-2020-to-2021.pdf>



Creating healthier school meals and habits for life

Rob Ashelford, Head of Nesta Cymru, Rob.Ashelford@nesta.org.uk



Nesta is the UK's innovation charity and one of our goals is to halve rates of obesity by 2030. In Wales obesity is an issue at a young age. Obesity rates in reception-age children are [higher here than other parts of the UK](#), and we have higher obesity levels among 15-year-olds than [all European countries except Malta](#).

Food eaten in school makes up [17% of meals and snacks eaten by primary school children](#). With universal free school meals rolling out to primary school children across Wales we're keen to find ways to increase the healthiness of food eaten in schools.

We're exploring how we can improve the healthiness of what children eat during the school day, with the aim of reducing childhood obesity in Wales and creating healthier habits for life. Our project will involve identifying, testing and scaling interventions that may increase both the take up and the healthiness of school meals.

We [brought together stakeholders from across the school food system](#) – including local and central government, health sector, catering companies, schools and academia – to discuss challenges in providing a healthy school food environment in Wales and opportunities for innovative solutions to help improve it. This roundtable was valuable in providing insight on measuring standards, parental involvement and the wider school dining experience.

We [mapped the school meal system](#) in Wales to understand the relationships and participants involved in the school meal system and areas where there could be opportunities to test new ideas. [We polled parents](#) of children eligible for free school meals who chose not to take up the offer to understand why they weren't choosing free school meals, and what they preferred to include in packed lunches. This polling showed potential opportunities around providing nutritional information and school meal menus created in collaboration with pupils.

The project so far has helped us understand players in the school food system and interdependencies and reliances between them. We've also identified low child and parent involvement, with a lack of feedback routes and collaboration. Speaking to stakeholders provided us with detail on gaps in the system in terms of reporting, monitoring and standards, as well as opportunities to scale existing good practice in Wales. The polling itself, though with relatively low numbers, has led to interesting explorations of barriers and motivations around the take up of free school meals-- which has helped feed into the next project stage.

We recognise that the school meal system in Wales has a huge number of dependencies, but that there are also real opportunities to try new things. We are about to start working with local authority catering teams and schools to design and test a number of prototype interventions that engage parents and children in school meals. A simulated experiment will then be used to test the relative support and expected effectiveness of these interventions with a broader range of parents from across Wales, which will inform a future real-world pilot and evaluation.

W've also started looking at data gaps in Wales when it comes to obesity and the food environment. If you work with data on obesity and its drivers we would love to speak to you. Get in touch with cath.sleeman@nesta.org.uk.



Food Sense Wales helps Welsh Government deliver food partnerships across Wales



Last Summer, [Welsh Government committed to funding cross-sector food partnerships in Wales](#) as part of a series of intervention packages to help alleviate poverty.

This commitment is now being realised with £2.5 million being allocated to local authorities across Wales to support or strengthen the development of cross-sector food partnerships - building resilience in local food networks through the co-ordination of on the ground, food-related activity and helping to tackle the root-causes of food poverty.

[Food Sense Wales](#) – an organisation that sits within the Cardiff and Vale UHB Public Health Team - aims to influence how food is produced and consumed in Wales. It's been key in establishing and nurturing food partnerships as part of its work leading on the Sustainable Food Places network in Wales and is now supporting Welsh Government as it rolls out this much-needed funding.

“Food Sense Wales is so pleased that the Welsh Government has recognised the importance of place-based approaches and the way in which local cross-sector food partnerships can support communities to respond to the cost of living crisis whilst also working to develop more resilient local food economies,” says Katie Palmer, Programme Manager at Food Sense Wales.

“We believe that investment in connected and resilient local food systems builds and retains wealth in Wales – economically, environmentally and socially – and helps to promote collaboration and inclusivity,” continues Katie. “Over the last few years, Food Sense Wales has been actively encouraging areas and communities across Wales to establish and grow place-based infrastructure, helping to contribute to the development of a ‘good food movement’ as well as wider community food strategies that benefit the health, economy, sustainability and social prosperity of local communities across Wales.”

Food partnerships bring together partners from a range of different sectors to help tackle a range of social, economic and environmental issues as they strive to ensure good food for all. Partners usually include public bodies such as Health Boards and Local Authorities as well as other dedicated stakeholders such as voluntary organisations, charities, food business, retailers, wholesalers, growers and farmers.

Food Sense Wales already supports Wales’ seven current [Sustainable Food Places](#) members – [Food Cardiff](#), [Food Vale](#), the [Monmouthshire Food Partnership](#), [RCT Food](#), [Blaenau Gwent Food Partnership](#), [North Powys Food Partnership](#) and [Bwyd Sir Gâr Food](#) in Carmarthenshire. The organisation is also supporting partnerships in Torfaen and Swansea as they further develop their partnership models and work towards becoming fully-fledged member of the Sustainable Food Places network. Having a new raft of food partnerships emerging in all parts of Wales will support communities to respond to the food poverty crisis and enable access to affordable, healthy food.

Food Sense Wales is now supporting Welsh Government on the delivery of the funding and recently hosted a series of webinars to support health boards as well as local authorities in Wales as they planned their funding applications. Now that the funding’s been allocated, and with a food partnership planned for each local authority in Wales, Food Sense Wales is working on the development of a partnerships network, providing valuable support and advice.



The All Wales Diabetes Prevention Programme: From Design to implementation



Catherine Washbrook-Davies, Amrita Jesurasa, Diane Kirkland, Nicholas Gregory and Keri Hutchinson



In 2020, 8% of the adult population in Wales lived with diabetes, of which around 90% had type 2 diabetes (T2D). The majority of T2D diagnoses are preventable, with the most significant modifiable risk factors relating to overweight and obesity. Current estimations suggest that as many as 580,000 people in Wales could be at risk of developing T2D (Diabetes UK, 2020). Managing diabetes and its complications puts a considerable burden on healthcare services and accounts for 10% of the annual NHS Wales budget, approximately £500 million per annum (National Assembly for Wales, 2017).

Evidence suggests that, by supporting people to make key changes to their diet and level of physical activity, over half of type 2 diabetes cases could be prevented. There is therefore a need and an opportunity to develop a systematic, Wales-wide approach to diabetes prevention to delay or prevent the onset of type 2 diabetes. Following Welsh Government's funding commitment in March 2021, Public Health Wales began to design a national T2D prevention programme, developing and refining the intervention design, delivery model and approach to evaluation. In June 2022, during 'Diabetes Awareness Week', the All Wales Diabetes Prevention Programme (AWDPP) was formally launched and the roll out, with embedded evaluation, of a national T2D prevention programme delivered within primary care by trained staff, supervised by local dietetic leads, commenced.

The aim of the AWDPP is to provide an effective, equitable approach to T2D prevention, delivered through primary care across Wales, aligned with NICE guidance and Prudent healthcare principles (Welsh Government, 2014). Unlike in Scotland and England, Wales has not had a national diabetes prevention programme to date.

The AWDPP builds on the approaches piloted and evaluated in two separate primary care clusters in Wales, Afan Valley and North Ceredigion. Independent evaluations of both pilot interventions suggested that the approach had promise in terms of both effectiveness in reducing the risk of type 2 diabetes and value for money.

In areas where the Programme is being delivered, people who have had a blood test that shows that they are at an increased risk of type 2 diabetes (HbA_{1c} between 42-47mmol/mol) are invited to attend a 30-minute

‘What matters to you’ consultation with a trained healthcare support worker. The healthcare support worker talks to people about their risk of developing type 2 diabetes and what they can do to reduce it. They may also refer them to additional sources of support, as indicated during the person-centred conversation. A follow-up appointment will then take place 12 months later. The primary care clusters involved in the initial rollout of the Programme have been identified based on:

- the prevalence of type 2 diabetes in their area and clear population health needs
- their readiness to deliver the Programme

In this first phase of the rollout, a minimum of two clusters in each health board are involved in the AWDPP, ensuring that the programme has commenced across Wales. Process, value and outcome evaluations of the AWDPP are underway, and initial findings from the process evaluation, due later this year, will help to inform the next stages of development of the Programme.

For more information please contact PHW.AWDPP@wales.nhs.uk

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Diabetes UK. (2020). Diabetes in Wales. Retrieved from https://www.diabetes.org.uk/in_your_area/wales/diabetes-in-wales

National Assembly for Wales. (2017). A picture of diabetes in Wales. Retrieved from <https://research.senedd.wales/researchblogfilesen/2017/04/a-picture-of-diabetese.pdf>

Welsh Government. (2014). Making prudent healthcare happen. Retrieved from <https://www.gov.wales/sites/default/files/publications/2019-07/making-prudent-healthcare-happen-an-update.pdf#:~:text=The%20launch%20of%20the%20online%20resource%20%E2%80%93%20Making,resource%20and%20get%20involved%20in%20the%20discussion%20forum.>

Accelerating growth in food and drink businesses through the development of innovative and functional foods (SMART Recovery)

Dr Amanda Jane Lloyd abl@aber.ac.uk



In a post Covid market, there is a need to respond to consumer demand to buy not only nutritious products but also to seek out smart, ‘functional’ foods with additional ‘bioactivity’ that help boost immunity, promote health and well-being and/or combat inflammatory conditions.

SMART Recovery is an Aberystwyth University led Welsh government funded project that is supporting businesses in the development of innovative and 'functional foods' to promote recovery from the effects of the pandemic and stimulate growth through the creation of new opportunities. Additionally, there is a need both now, and in the long-term, to help Wales manage non-communicable diseases, chronic conditions and improve recovery from long-term systemic inflammatory conditions (e.g., pre-diabetes and long-covid). A major factor of this strategy will be diet, with emphasis shifting to healthier diets to increase the health benefits of foods, alongside basic nutrition.

With representatives of the Welsh Food and Drink industry, Aberystwyth University researchers and Innovation Strategy, SMART Recovery is developing a framework to assist in the development and exploitation of health enhancing Food and Drink.



Adran Y Gwyddorau Bywyd
Department of Life Sciences

Through research and development, the project is supporting the development of 'Functional Foods' using

naturally occurring bioactives, botanicals and supplements, particularly fine-tuning sustainable traditional ingredients, processes and recipes. Advanced analytical work and human clinical trials are testing and validating these foods that may contribute to the health of individuals, alongside consumer perception trials to aid in increasing visual attraction and palatability.

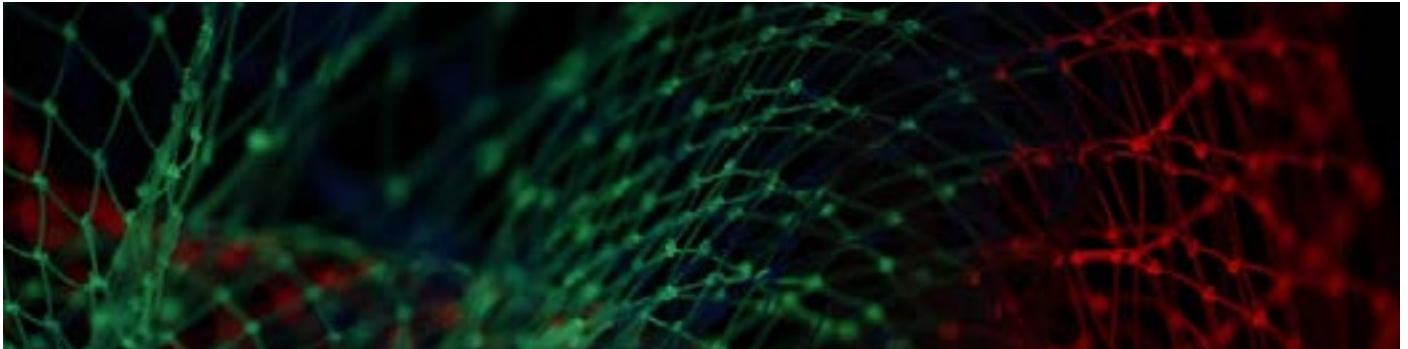
The framework is contributing to the opening of niche markets into more mainstream markets and encourage growth in the Welsh Food and Drink industry.



SMART Recovery outcomes will be used to demonstrate and communicate innovation concepts to a wider group of Welsh SMEs, extending the longevity of the framework. Working with companies with a shared vision, the project will act as a national catalyst for innovation by providing a common conduit for knowledge transfer and application relating to food quality.

Data-driven Integration of Emerging Technologies for Standardised and Objective Dietary Assessment (SODIAT)

Prof John Draper jhd@aber.ac.uk and Dr Amanda Jane Lloyd abl@aber.ac.uk



Nutrition surveys aim to understand how usual diets impact health. We rely on people telling us what they have eaten in the last day, week or month. It is, however, difficult to remember exactly what and how much we have eaten, and recording is associated with bias and inaccuracy. Self-report surveys such as FFQs struggle to capture the range of diets in the UK, and sometimes do not reach remote, rural and deprived populations. Currently, no single tool can accurately measure all aspects of the diet, however, there are lots of emerging ways in which we can assess diet.

SODIAT is a five-year Programme Grant (started in September 2022) funded by the Medical Research Council and Biotechnology and Biological Sciences Research Council, that is led by Prof John Draper at Aberystwyth University (with Manfred Beckmann, Amanda Lloyd, Thomas Wilson), and includes the University of Reading (Julie Lovegrove and Rosalind Fallaize), Imperial College (Gary Frost and Benny Lo) and MRC Epidemiology Unit at Cambridge (Albert Koulman).

The project aims to use new and novel ways to assess diet, including urine and finger-prick blood samples to test for 'biomarkers' of food and beverage consumption, providing objective data. Wearable cameras and artificial intelligence software will help to confirm the type and amount of food eaten. Additionally, new online tools will make it easier for self-reporting.

The overall desired outcome is to develop a combined tool utilising these modern techniques to assess diet more accurately. The optimal combination of these emerging methods will be determined to create an easy-to-use and low-cost tool able to capture all aspects of the diet remotely and with minimal burden. This combined tool could be used by Government and other policy makers, as well as Health Boards to assess the success of efforts to improve people's health and give better dietary advice.

Stage one: We will develop new protocols where 30 volunteers will follow set meal plans representative of the UK diet. Under supervised conditions, these volunteers will wear cameras to film what they eat, as well as providing blood and urine samples, and self-report diet diaries. Machine learning will be used to analyse the camera images to measure how accurately the approach can recognise foods eaten by the wearer, compared with the chemical analysis of food intake biomarkers in their urine and blood samples and self-report data. Data from all methods will then be modelled to assess the best combination of techniques to accurately monitor diet.

Stage two: The technique's effectiveness will be evaluated by 120 volunteers, living in their own homes and freely choosing their diet over a period of several weeks. This will enable us to determine the optimal combination of measurement techniques to enable comprehensive coverage of the UK diet.

Stage three: We will test use of the combined tool in a final remote trial. This study will involve people often excluded from research, e.g., those from disadvantaged backgrounds, rural and remote areas and minority ethnic groups. This will help us ensure the tool is not only accurate, but suitable for the wider UK population.

Throughout the project: We will talk to members of the public to ensure the trials are easy to follow and create a patient and public involvement (PPI) group. To warrant uptake of the combined tool, we will hold workshops with key stakeholders, including representatives of the nutrition research community, rural and remote community groups and government departments.



Healthy Children Healthy Weight in Wales Pilot Project (PIPYN)



The Healthy Children Healthy Wales (PIPYN) pilot project aims to support children and families achieve a healthy weight. With a focus on prevention and early intervention, PIPYN intends to affect a system change that contributes towards a reduction in prevalence of overweight and obesity in children. Betsi Cadwaladr University Health Board's (BCUHB) Dietetics department (Area West) has received funding for the project from Public Health Wales to support the Welsh Government's [Health Weight Healthy Wales strategy](#). Anglesey, along with Cardiff and Merthyr Tydfil has been selected as a trial region for the nationally led initiative due to the high prevalence of children being above a healthy weight (1).

Since the launch of PIPYN in 2022, the Anglesey PIPYN team have been working in partnership to build local relationships and raise awareness of the project. Family support workers have been attending Eat Smart Save Better sessions with their BCUHB Dietetic colleagues, supporting local authority leisure services and holding community engagement events giving families an opportunity to attend an informal, information event.

Families who are eligible for PIPYN, will receive a bespoke package of support focusing on five main areas; Physical Activity, Diet, Family Activity Environment, Family Food Environment and Supporting Behaviours. This holistic approach will focus on testing the role of dedicated family support workers to engage with families via 1:1 contacts, whilst simultaneously building partnership links across the breadth of the community where the families live.

For further information please contact: BCU.CFPAnglesey@wales.nhs.uk

Project Team: All Staff employed by Betsi Cadwaladr University Health Board. Senior Project Coordinator Tomos Jones and Family Support Workers Ceri Wharton, Chris Ewing and Anwen Weightman

(1) Public Health Wales, (2019). National Child Measurement Programme 2018-19



Come and Cook with your Child

Sarah Powell-Jones, Public Health Dietetic Assistant Practitioner

Rachel Roberts, Public Health Dietetic Assistant

Betsi Cadwaladr University Healthy Board's (BCUHB) Public Health Dietetic Team



Come and Cook with Your Child is a nutrition and cookery course developed to support primary school settings in North Wales. It focuses on working with parents, grandparents/carers, and children aged 4-5 years to increase practical food and nutrition skills. The school environment is a familiar and supportive setting in which to engage children and parents/carers in learning together and exploring ways they may benefit from making positive changes to their eating, shopping, and food preparation habits.

The course forms part of the Nutrition Skills for Life programmes (Williams & Elliott, 2022) and has been developed and is delivered by the Betsi Cadwaladr University Health Board (BCUHB) public health dietetics team. The course encourages children to take part in the preparation of family meals and to explore new foods. All six sessions have a dedicated theme beginning with a story, followed by a carousel of fun activities for children and parents to choose from. Children learn about food hygiene and kitchen safety, how to include more fruit and vegetables into their meals plus how to reduce sugar in their breakfast and lunchtime meals. Parents and grandparents also work on these topics alongside their children, plus extras such as the Eatwell guide, foods containing fat, fibre, sugar and salt, label reading, adapting recipes, shopping smart and menu planning.

Research identifies many benefits where parents engage in cooking activities with their children, including development of life skills and improvement in dietary quality such as increased intake of vegetables (Benson et al, 2021). Evaluations from parents completing our course concurs with this, for example up to 7 out of 10 families report increases in fruit, vegetable and salad intake, and up to 9 out of 10 families reporting a reduced intake of foods/drinks high in sugar.

We believe this course is special because it offers children and families time to learn together in school. We hear fabulous discussions amongst the families about what they are trying out or changing at home each week.

Meals are eaten together in school, or taken home to enjoy with the rest of the family; helping to give a little support in relation to the cost of food/living crisis. Each child receives a recipe book enabling families to continue making the meals together at home.



Head teacher Rachel Connell from Bryn Teg Primary school, Wrexham, shares this quote from a successful course in November/ December 2022

‘I received positive feedback from both the parents and their children. They found the sessions fun and now have increased confidence, knowledge and skills, they are looking forward to replicating the meals at home’

Visit the Public Health Dietetics Team webpage to find out more about healthy food, nutrition and the range of nutrition courses on offer.

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Vintage Kitchen – Intergenerational Recipe book

Hannah Watson (Older Persons Coordinator) and Sam Evans (Sustainable Food Coordinator) - Rhondda Cynon Taf County Borough Council



The [Vintage Kitchen](#) recipe book project aimed to link older people from one of our local 50+ Forums (Llantrisant and District) with younger generations at Tonyrefail Community School through sustainable food.

The importance of tackling Climate Change cannot be underestimated and the [Food for the Planet](#) campaign which funded this project highlights that our food system contributes about 30% per cent to global greenhouse gas emissions -- more than transport or energy. Additionally, a third of the food we produce goes to waste. Therefore, improving the food, farming, and fishing system is one of the essential and large-scale ways to help avert climate change and restore nature.

The concept for the project was that the older adults shared a family recipe and the story that accompanies it. The pupils took forward this idea developing sustainable swaps for each recipe and creating and designing the artwork for the recipe book. The project links with the wider work underway, where the meals the council provides are being reviewed to make them more climate friendly, this is a Council commitment as part of the [Climate Change Strategy](#).

The project culminated in a celebration event held at Tonyrefail Community School where the finished book was officially launched by Cabinet Members. The Forum members who contributed towards the book attended to sample recipes which were prepared and served by pupils.



Cabinet members commented on the importance of our cultural traditions and the value in passing this on to future generations, also remarking on the challenge of addressing climate change referencing the Council's Climate Change Strategy.

Many of the 50+ Forum members commented that the pupils had worked so hard designing the book and preparing for the event. Remarking:

'What a lovely experience -- the welcome was so warm and the pupils and teachers couldn't do enough for us'

'The cookery book came to life with all those delicious tasters of the recipes -- brilliant idea'

'Lovely to speak to the pupils who had cooked the recipes -- some of them were bursting with pride and rightly so'

Pupils from the school talked positively about the experience as follows:

'I enjoyed cooking the recipes from the book' I am going to continue to cook them at home.'

'Loved helping other members of the class and enjoyed some of the different recipes that we made, it was lovely to see how they can be made to be sustainable'

This project shows how subtle changes to what we eat can have a positive impact on our planet, and how working together and making these changes now, we can help to protect the planet for future generations to enjoy.

It was a wonderful opportunity for different generations to work together to share and develop ideas complimenting the ongoing work to develop an Age Friendly Rhondda Cynon Taf where older people are respected, valued and included in their community.



FareShare Cymru Supports Community Food Projects to Provide Nutritious Meals

Katie Padfield, Head of Development, FareShare Cymru



[FareShare Cymru](#) is a food redistribution charity based in Cardiff, operating throughout South Wales. At FareShare Cymru we work with suppliers in the food and drink industry, including farmers, manufacturers, wholesalers and distribution centres, to access some of their surplus food, food that would have otherwise gone to waste. We redistribute this food to charities and community groups who are using food to support vulnerable people in their communities.

FareShare Cymru is a food redistribution charity based in Cardiff, operating throughout South Wales. At FareShare Cymru we work with suppliers in the food and drink industry, including farmers, manufacturers, wholesalers and distribution centres, to access some of their surplus food, food that would have otherwise gone to waste. We redistribute this food to charities and community groups who are using food to support vulnerable people in their communities.

According to Wrap, manufacturing, hospitality and food service, and retail make up over 30% of the UK post-farm-gate total of food that is wasted every year in the UK. At FareShare Cymru we turn an environmental problem into a social solution, by ensuring that surplus food reaches people instead of being wasted.

In 2021-22 FareShare Cymru redistributed enough food over 3.5 million meals, 740 tonnes of which was surplus. Every week we redistribute surplus food to over 185 charities and community groups across South Wales. These include breakfast clubs, lunch clubs, community pantries, homeless hostels, drug and alcohol rehabilitation centres and many more. The charities and community groups we work with are using food to support people to have access to healthy, balanced and nutritious meals. In 2022 FareShare Cymru redistributed over 355 tonnes of fruit and vegetables.

“The deliveries we receive from FareShare Cymru support our Community Stores and food delivery services, which provide families across West Wales with weekly access to fresh and healthy food that doesn’t break the bank” – Foothold Cymru

As well as food they offer additional support and wraparound services including accommodation, wellbeing support or working in partnership with other agencies to give their members access to housing advice, money advice and/or run courses in nutrition and cooking skills.

“We are providing the needs of the community as a whole, and an important part of us being able to do that is the fact that we benefit from working with FareShare Cymru” -- Emmaus

To enable us to save good-to-eat surplus we have re-launched the Surplus with Purpose Cymru Fund, this enables food businesses to donate their surplus food at no extra cost. The fund can cover harvesting, labelling, transport and other costs. The aim is to make it cost-neutral for food businesses to donate their edible surplus to be used by the charities and community groups that FareShare Cymru support.

“When staff have grown and nurtured a crop there is nothing worse for them than seeing food wasted. Rather than leaving them in the field we decided that it would be a good idea to donate them to this fantastic initiative by FareShare. The Surplus with Purpose initiative offers a solution to the problem of food waste, by allowing us to cover our own harvesting and labour costs for donating otherwise commercially unviable surplus” – Puffin Produce

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Pledges Wanted To Make Cardiff One Of The UK's Most Sustainable Food Places



[Food Cardiff](#), a city-wide partnership of more than 200 individuals and organisations – is asking people from all walks of life to ‘make a pledge’ and take action, to help Cardiff achieve Gold Sustainable Food Places status by the year 2024.

The pledges are part of a campaign that hopes to set Cardiff on the path to becoming one of the UK’s most sustainable food places. It’s hoped that the pledges will empower Cardiffians to create a thriving local food economy, where everyone has access to food that is both healthy, and environmentally sustainable

A Sustainable Food Place

In 2021, Cardiff was awarded 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; the scheme is based on bronze, silver and gold achievements across six key sustainable food issues.

Independent businesses, cooperatives, third-sector organisations, as well as major institutions (such as Cardiff and Vale University Health Board and Cardiff Council) now want to see Cardiff strive for the gold standard, to become one of the UK’s most sustainable food places.

In support, they feature in a series of films which highlight some of the pledges in action; the first looks at the benefit of shopping and eating with sustainability in mind.

Further case study videos will highlight the ways that people can pledge to make Cardiff’s food scene healthier, more connected, more empowered, and more locally-focussed.

About the #GoodFoodCardiff campaign

The campaign to make Cardiff a more sustainable food city is being coordinated by Food Cardiff, the city’s rapidly growing food partnership which has evolved into a dynamic and inclusive city-wide network.

Food Cardiff's Sustainable Food Places Coordinator Pearl Costello explained: "Food Cardiff believes that the food we eat has a huge impact on life in Cardiff – not just on people's health, but on communities and businesses, farmers and food producers, and the environment too. Good food creates strong, healthy, resilient communities which thrive. We are so excited to launch this campaign to give every single person – and organisation – in Cardiff a chance to make a pledge – or a few – and put Cardiff on the path to becoming one of the most sustainable cities in the UK."

Food Cardiff is part of Food Sense Wales, which aims to influence how food is produced and consumed in Wales, ensuring that sustainable food, farming and fisheries are at the heart of a just, connected and prosperous food system.

The Food Cardiff strategy board also includes ten volunteer members from a range of organisations including Cardiff Council, Cardiff and Vale University Health Board, Riverside Farmers' Markets, Public Health Wales, Action in Caerau and Ely as well as many others.

Through this network, Food Cardiff is driving change at a city level and is working to tackle some of today's biggest social, economic and environmental issues.



Healthy Food Healthy Staff' – Wellbeing Wednesdays

Andrea Basu, Service Lead Public Health Dietetics, BCUHB

Charlotte Wainwright, Health and Wellbeing Intervention Champion Coordinator, BCUHB



Our NHS is the UK's largest employer; therefore, focusing attention on supporting staff to access nutritious and affordable meals provides an important focus for our collaborative team of caterers, dietitians and occupational health colleagues within Besti Cadwaldr University Health Board (BCUHB).

'Wellbeing Wednesdays' were first initiated in 2019 (Basu, A, 2019) as a pilot to create opportunities for staff across the main hospital canteens to purchase a main meal at a subsidised rate (£1). Plant-based options are more frequently included to encourage healthy and sustainable food choices. Following overwhelming positive feedback, Wellbeing Wednesdays have evolved to run on a rolling basis, with a growing number of recipes added to the offer during 2022. Each recipe provides 2 portions of vegetables/ fruit per serving helping staff to achieve 2 of their 5 a day. We actively encourage staff to try recreating the meals at home using our easy to follow recipe cards that provide information on kcals (energy), protein, and fibre content per serving, plus a cost estimate of producing the meal for 1, or for a family of 4.

Examples of staff feedback:

'This initiative is fantastic and it does make me think about my dietary intake'

'I would not have chosen to eat chickpea & spinach curry normally. I'm very impressed with it. Will definitely have again and will be cooking it at home'

'The scheme has been an excellent idea for promoting healthy eating and suits people on a budget but still remains nutritious'

Our approach is supported by quarterly themes such as 'healthy hydration' and 'eat smart save better', plus we have developed a repository of resources and activities to accompany the recipe cards. These are accessible via the 'Wellbeing Wednesday' page on the intranet (BetsiNet). More than 1800 staff have visited the page since it was created last year and there has been almost 6000 views of the recipe cards. We also offer opportunities to engage staff in virtual interactive sessions with members of the public health dietetics team.

Our work connects with wider efforts across the organisation to support the health and wellbeing of staff, and contribute towards the national Healthy Weight Healthy Wales strategy [Healthy Weight: Healthy Wales \(gov.wales\)](https://www.gov.wales/healthy-weight-healthy-wales) by seeking to create change within our food environment to help support healthier choices.

Our finance department is currently assessing feasibility for extending the subsidised meal offer to more days each week as part of a wider programme of work to support current employees and volunteers in financial difficulty.

For further information please contact: andrea.basu@wales.nhs.uk and Charlotte.Wainwright@wales.nhs.uk

Reference: Basu, A. (February, 2019) Healthy Food Healthy Staff, Hospital Caterer

Food Related Benefits Package launches in Cardiff and the Vale



A digital resource has recently been published on the Move More Eat Well [website](#) in a bid to increase awareness and uptake of food related benefits.

Cardiff and Vale University Health Board's local public health and dietetics teams have been working in partnership to highlight the different food related benefit schemes available across Wales, bringing them together in this new digital package.

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With the support of [Food Cardiff](#) – the city's local food partnership – the teams collaborated to create this important resource as a way to share information with frontline staff and to equip them with the confidence needed to encourage families to access what they are entitled to.

“Even though there are many schemes and packages available to support families on low incomes across Wales to access healthy food - including Free School Meals and Food and Fun - a review into the uptake of Healthy Start Vouchers locally in Cardiff showed a lack of awareness of the scheme among eligible families as well as among many of the frontline staff who support them,” says Helen Griffith, Senior Health Promotion Specialist, Cardiff and Vale UHB Local Public Health Team.

“This new resource outlines the different schemes available in Wales and clearly explains what the scheme is, who is eligible, how families can access the scheme, and why it's important,” adds Helen, who's been leading on the development of this resource. “Users can also find information on some of the fantastic food projects that offer families much needed support.”

As well as being a valuable tool for those working in Cardiff and the Vale of Glamorgan, and those with an interest in community work, this [digital package](#) is also relevant to people working across Wales.

“We would like to thank the Healthy and Active Branch at Welsh Government, Food Sense Wales, Food Cardiff, Food Vale and Cardiff Council's Money Advice Service for their involvement in putting the [digital Food Related Benefit](#) package together,” continues Helen. “This is a really important tool which I'm hoping will help inform frontline staff in Cardiff and the Vale, as well as those working across Wales, about the food related benefits available to eligible families.”

For further information, please contact [Helen Griffith](#), Senior Health Promotion Specialist, Cardiff and Vale UHB Local Public Health Team.

The Tiny Tums Best Practice Award is being extended!

Alys Roberts Team Lead Public Health Dietetics East, Dept of Nutrition & Dietetics Betsi Cadwaladr University Health Board



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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Boliau Bach/ Tiny Tums was developed in 2010 by the Public Health Dietetic team within Betsi Cadwaladr University Health Board (BCUHB) as a best practice award with the principle aim to recognise and reward early childcare settings for achieving best practice in their food and drink provision for 1-4 year olds in line with Welsh Government Guidelines. The award has successfully evolved as a best practice model across North Wales and is operational across all 6 counties.

As a result of the award we have more people working in Early Years childcare settings with accredited level 2 nutrition qualifications and the food provision better reflects the nutritional needs of 1- 4 year olds including more seasonal vegetables and fruit, more oily fish and less processed and sugary foods. We know that this will have a positive effect on the children accessing these childcare settings supporting their short and long term health and wellbeing.

Building on the success of the Boliau Bach/ Tiny Tums award for 1-4 year olds and in collaboration with partners we are now planning to extend the award to offer childcare settings in North Wales training, support and recognition for the food and drink provision provided for under 1's with a new Boliau Bach / Tiny Tums award for 0-1's. This settings based approach will provide childcare settings with access to bespoke nutrition training and support to increase skills and confidence within the workforce so that they are able to actively support breastfeeding and safe infant feeding practices; including supporting parents with the introduction of solid foods and ensuring the food and drink provided within the childcare setting aligns to Welsh Government Guidelines.

Alys Roberts Public Health Dietitian says “The Tiny Tums award has been running successfully for a number of years and is widely recognised both regionally and Nationally. During this time we have been lucky to work with lots of dedicated childcare settings to support them with their menu planning, food policy development and extend their nutrition knowledge. We are very excited to be offering a bespoke award for the food and drink provision of 0 to 1 year olds and look forward to continued successful partnerships with childcare settings whilst moving Tiny Tums into its next chapter”.

For further details please contact:

BCUHB Public Health Dietetics:

Wrexham and Flintshire: BCU.NutritionSkillsForLifeEast@wales.nhs.uk

Conwy and Denbighshire: BCU.NutritionSkillsForLifeCentral@wales.nhs.uk

Anglesey and Gwynedd: BCU.NutritionSkillsForLifeWest@wales.nhs.uk

Nutrition Skills for Life website: [Early Years – Nutrition Skills for Life®](#)



Shaping Healthy Eating Habits at Snack Time: Encouraging the best start with early years nutrition

Rhiannon Dunlop Early Years Public Health Dietitian



The Cardiff and Vale Gold Standard Healthy Snack Award (GSHSA) is open to all childcare providers across Cardiff and the Vale. It recognises and celebrates quality snack provision within early years settings, and encourages a whole settings approach to food and nutrition by demonstrating that settings are putting recommendations from the Welsh Government’s [Food & Nutrition for Childcare Settings: Best Practice Guidance](#) in place. In the last 12 months, we have supported 57 settings through their accreditation.

The GSHSA Implementation team is led by Cardiff and Vale Public Health Dietitians and is supported by partner agencies such as the Cardiff Workforce Development Team, Cardiff Childcare Business Support Unit, Designed to Smile Team, Flying Start, Families First, the Healthy and Sustainable Pre-school Scheme and the Vale of Glamorgan Children and Young Peoples Partnership.

“Younger children need healthy snacks between meals that are age appropriate portion size for their age, to meet their nutritional requirements” – Welsh Government (2019)

To achieve the award, there is set criteria around the provision of healthy snacks and drinks, a positive eating environment, food hygiene and safety. A re-accreditation visit is required every 2 years to maintain the award. The GSHSA team works with over 100 early years settings to ensure snack menus are in line with best practice, offering healthy snacks lower in sugar, salt and additives; and higher in vitamins, minerals and fibre. A full list of appropriate healthy snacks is provided in our leaflet.

“Children enjoy the snacks and are more likely to try things here than at home because the other children around them are eating the same” – Nursery Manager

The food and drink offered in childcare settings play an important role in the health of children and can help develop good eating habits to set them up for life. Snack time provides opportunity to try new flavours, textures, and encourage good eating habits; and additional time to develop communication, independence and numeracy.

Early Years settings that wish to achieve the highest level of the award, GSHSA Plus, can do so by sending a member of staff onto Agored Cymru Level 2 Community Food and Nutrition for the Early Years, which is part of the All Wales Nutrition Skills for Life® training. The course provides knowledge and skills in food and nutrition for young children, helping learners to build confidence in implementing the best practice guidance. Regular refresher trainings are held to ensure those holding the qualification are up to date with the latest nutrition guidance. Last year there were 3 courses delivered in Cardiff and Vale, reaching 16 members of early years staff and 42 attendees at refresher training.

“[training] has been extremely beneficial and will make a difference to the way on which I work”
– Childminder

The Public Health Dietetics Teams across Wales offer similar initiatives. For more information on Community Food and Nutrition training or snack initiatives near you, visit the [Nutrition Skills for Life®](#) website.

Gold Standard Healthy Snack Award:-

Flying Start Settings: Olivia Howell olivia.howell@cardiff.gov.uk 07866141340

Non-Flying Start (Cardiff), Over 5s and Vale settings: Rhiannon Dunlop rhiannon.dunlop@wales.nhs.uk 02921847693 / 02921847699

Nutrition Skills for Life:-

Cardiff and Vale University Health Board: Nutrition.Skillsforlife.cav@wales.nhs.uk

Welsh Government (2019) Food and Nutrition for Childcare Settings: Best Practice Guidance : <https://gov.wales/food-and-nutrition-childcare-settings-full-guidance>

Social Farms & Gardens, Community Land Advisory Service Cymru Awards

meggie@farmgarden.org.uk



Through its Community Land Advisory Service Cymru programme, the Social Farms & Gardens Awards will celebrate making effective use of land to tackle climate change and improve community access to locally grown food. The Awards will celebrate 15 projects who are succeeding in the following:

- Building the health and wellbeing of participants
- Increasing the amount of community grown food
- Making effective use of underused spaces across Wales.
- Increasing social prescribing activities
- Enhancing nature
- Boosting local economies
- Combating loneliness
- Building new skills and confidence
- Increasing community connections
- Outdoor learning and education
- Building self sufficiency
- Increasing local food
- Cooking with fresh ingredients
- Reducing carbon footprints

Through Welsh Government support, Social Farms and Gardens works with public and private landowners to make land more available for community land-based projects. Projects across Wales are able to support their local communities, to grow local food, reduce loneliness and isolation and help them gain new skills to get back into employment. They are also able to increase the self-sufficiency of the community, embrace nature and reduce their carbon footprint. All the awarded projects featured, have completed a Social Farms and Gardens Site Resilience Plan to demonstrate to public bodies and potential funders their attributes and achievements in line with the Wellbeing of Future Generations (Wales) Act 2015 Goals.

For the second year running we have been fortunate enough to have our groups back at their sites and so we have been able to, with the help of [TAPE Community Music and Film](#), celebrate these groups and their work through several short films. filmed at their sites. The films will be shown in four regional clusters at the Awards Ceremony and will later be hosted on [our website](#). This year, for the first time since the COVID-19 pandemic, we are holding our Awards as a hybrid event where awardees will be able to join us in person, or online. We will be holding the in person event at [Hafan Yr Afon Visitor & Community Centre](#) in Powys.

Implementation of a fitness watch and app enabling virtual interaction to support goal setting in children's weight management

Dr Sian Moynihan, Consultant Community Paediatrician, Clinical lead for Cardiff and Vale CYPFH Weight Management Service

Hannah R Williams, Research Officer at the Bevan Commission



The Bevan Commission Planned Care Innovation Programme (PCIP), funded by Welsh Government, aims to reduce patient waiting times, tackle the growing backlog and reduce overall demand on planned care services in Wales by supporting 18 innovative and diverse projects across all seven NHS Health Boards and two NHS Trusts.

One project is working to prevent and improve childhood obesity rates by implementing a virtual ward platform (app) that supports a consumer grade wearable (fitness watch). Evidence shows that wearable devices can help with weight loss and activity goals, such as step count (Ringeval M. et al. 2020). The wearable watch will be linked to an app that will have access to fitness plans, activity challenges, recipes and support groups, and will be able to monitor fluid intake, sleep data, step count and exercise tracking. It will also provide notifications to limit sedentary time. Patients will be encouraged to set personal goals and track their progress.

To date, the comparison arm of the project has been completed (watches not linked to an app), and feedback has been collected from professionals and the families of patients. The evaluation showed that children from as young as 10 years old were keen to engage with a watch. Without the virtual ward interface, contact with patients was taking around 10 minutes of professional time. Families gave mixed feedback. The positive feedback suggested that the non-interfaced watch provided children and families with increased awareness of lifestyle changes, for example step count. However, the children lost interest quickly. It is hoped that the interfaced watch will better engage the children and families.

The next phase of the project will see interfaced watches trialled with a group of patients and their families. This digital solution aims to increase capacity to monitor outpatient reviews, increase efficiency of the team and empower patients to self-monitor. The potential impacts of this are fewer hospital outpatient visits and reduced waiting times for new patients. If successful, the project could be scaled to similar services across Wales. For example, adults with similar weight management difficulties or tier 3 children's services across Wales.

For more information contact Hannah R Williams, hannah.williams@swansea.ac.uk

References

[Journal of Medical Internet Research - Fitbit-Based Interventions for Healthy Lifestyle Outcomes: Systematic Review and Meta-Analysis \(jmir.org\)](https://www.jmir.org/2018/12/e10000/)

Eating for the Planet

Bethan Griffiths, Green Health Wales Lead for Planetary Nutrition and Sustainable Food Supplies



Food has been labelled as the elephant in the room when discussing planetary health. It is an emotive topic, with many social and cultural ties, and often raises the argument of choice towards what we consume.

On the other hand, there is an increasing movement working to tame and shrink the elephant. The EAT-Lancet commission, tasked with developing a strategy to sustainably and healthily feed a global population of 10-billion by 2050, recognised food as ‘the single strongest lever to optimize human health and environmental sustainability on Earth’ (1). Our food choices extend beyond our personal health and affect the health of our planet in a multitude of ways. Avoiding, or significantly reducing, animal and animal-products has the potential to (2):

- Reduce carbon emissions and improve air quality
- Increase land availability for rewilding, carbon sequestration, and recreation
- Improve global freshwater access
- Reduce eutrophication, thus improving water quality
- Positively influence the declining biodiversity
- Reduce the risk of antibiotic resistance and zoonotic disease

As human and planetary health are inextricably linked, these changes will further benefit human health. This then raises the question whether we in healthcare, currently overwhelmed by the increasing burden of chronic disease and tasked with achieving a net-zero NHS, are missing a trick by not placing a greater focus on food and food systems.

Many believe that the choice of what to consume each day lies with the individual, however with ultra-processed foods designed to be addictive, millions of pounds subsidising the cost of meat and animal produce, and the rising cost of living making fresh fruit and vegetables unaffordable to an increasing number of people, further exacerbating health inequity (3), how much responsibility can honestly be placed on the individual? We need a clear strategy to address the harm our food systems are currently causing.

Admittedly complex issues such as this require a multi-faceted approach, and alongside a global shift towards healthier diets we also need to improve food production practices and reduce food loss and waste (1). However, within Greener Practice, we recognise as healthcare professionals we have a key role to play in this movement and are developing a scope of practice, alongside other key organisations, to make Wales a greener, healthier place to live, work and play.

We encourage clinicians and frontline staff to reflect on their own dietary habits and include nutrition as part of their clinical assessment and management plans.

We support the work ongoing in the evaluation of menus for hospital and healthcare-settings to align them with the sustainability agenda.

Additionally, whilst the development of the sustainable farming scheme within Wales is encouraging, we support the call for the evaluation of government subsidies (4), restricting that spent towards planet-destructive practices and utilising funding to support farmers in diversification and offset the cost of fruit and vegetables.

Big challenges call for ambitious goals. If you would like to be part of a focus-group, please join us virtually on Tuesday 28th February 1300 – 1330. Please e-mail bfcgriffiths@doctors.org.uk for a link to the session.

Alternatively, if you would like further information, have any comments or questions please contact: bfcgriffiths@doctors.org.uk.

1. <https://eatforum.org/eat-lancet-commission/>
2. <https://ourworldindata.org/environmental-impacts-of-food>
3. <https://www.foodfoundation.org.uk/publication/levelling-regional-dietary-inequalities-data-story>
4. <https://www.theguardian.com/commentisfree/2022/jun/20/minority-rural-britons-farmers-farming-countryside-environment>

The Grapevine

Active Monitoring provides free mental health support

Mind Cymru's Active Monitoring is a free six-week guided self-help service for anyone aged 18 and over. Based on the principles of CBT, it is designed to help people with mild to moderate mental health problems, such as anxiety, low mood, stress, and more. It has a robust evidence base and has helped more than 14,000 people in Wales.

“Active Monitoring has been the best support I have ever used; the fact I am still using it 18 months later shows that.” Active Monitoring client

The service is easily accessible online at mind.org.uk/AMWales or by contacting a local Mind. Anyone over 18 can self-refer or be referred by a healthcare professional and the service is available in both English and Welsh language.

- 99% of clients said they would recommend the service to friends and family
- Clients rated the service a 9.5/10 on average

A trained Active Monitoring practitioner will provide an assessment and book a time and date for ongoing sessions. The client will have up to six one-to-one sessions with their practitioner. Face-to-face or virtually, they'll work through one of the seven pathways, which include helpful tools and strategies in workbooks and self-management resources.

In a recent survey:

- 85% felt improvement in feelings of depression (PHQ9) and;
- 85% reported an improvement in their mental wellbeing (WEMWBS).

Active Monitoring is a Tier 1 intervention and fits well with Wales' vision for integrated multi-tier mental health services. It fits with part 1 of the Mental Health (Wales) Measure & clinical NICE guidelines for mild to moderate mental health problems. It was developed as a primary care mental health service in conjunction with a GP practice.

“I think everybody should have access to a service like this – with long waits for mental health support, it would be wonderful for everyone to have a trained practitioner to talk to about any mental health problems they may have.” GP

Active Monitoring can support your mental health service delivery by helping people who:

- Have a need too low for other mental health services
- Would face a long wait for counselling or other Tier 1 support
- Are ready to step down from higher-level services
- Would benefit more from community-based support and being linked to other mental health services in local Minds.

To find out more about commissioning Active Monitoring email amcymru@mind.org.uk

For more information or to refer a patient to Active Monitoring, visit mind.org.uk/AMWales

Videos

Watch our latest videos

Taking action on the cost of living crisis in Wales

The current cost of living crisis is not just a temporary economic squeeze, it is a long-term public health issue affecting the whole population. The impact on health and well-being in Wales has the potential to put it on the same scale as the COVID-19 pandemic, which had already exacerbated existing inequalities in Wales. The cost of living crisis is having, and will continue to have, wide-ranging and long-term impacts on health inequalities in Wales.



Watch

Communities4Change (C4C) Wales

This webinar gave an overview of the C4C Wales approach, how the work of CTMHHP has evolved since participating in the C4C Wales pilot and key learning points from the evaluation.



Watch

See all videos

Latest News

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26-01-2023

[School Wellbeing Service extended as part of £600k funding package](#)



17-01-2023

[£2.3 million for Student Mental Health](#)



11-01-2023

[Early childhood education and care pays triple dividend for society](#)



10-01-2023

[Could cutting carbon emissions be the best New Year's resolution we could all make?](#)



03-01-2023

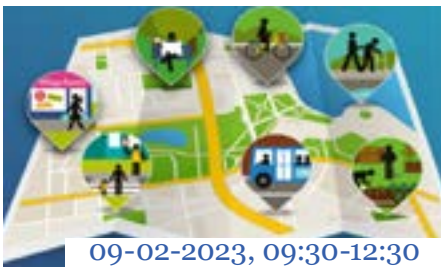
[Buying Food Fit for the Future](#)



22-12-2022

[Innovation in digital health technologies hampered by inequities](#)

Upcoming Events



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

Cost of Living Crisis in Wales

The cost of living crisis is having, and will continue to have, wide-ranging and long-term impacts on health inequalities in Wales. Does your work focus on tackling the underlying causes of health inequalities caused by poverty? Are you taking action to help mitigate the impact of the cost of living crisis 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 the cost of living crisis 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 17 February 2023.

