



PUBLIC HEALTH NETWORK CYMRU

— E-BULLETIN —

MARCH 2023

# COHESIVE COMMUNITIES IN WALES





# Welcome

**W**elcome to our e-bulletin. This month we have a range of articles that share learning, key developments, research, successes and challenges in relation to [cohesive communities](#) in Wales.

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](mailto:Publichealth.network@wales.nhs.uk) or [@PHNetworkCymru](https://twitter.com/PHNetworkCymru)

Let us know what you think of our e-bulletin by answering [two questions](#).

## Contact us

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Research

## Get Together - Understanding social isolation and loneliness

Jennifer Davies, Deputy Director of Public Health,  
Swansea Bay University Health Board

### THE ISSUE

**S**ocial isolation and loneliness are linked with poorer health outcomes and represent a significant public health issue in Wales. Levels of loneliness have increased with estimates indicating that approximately 7.2% of the adult population say they feel lonely 'often' or 'always'. In Swansea, the percentage is estimated to be 9.7% (2021). Evidence indicates levels of loneliness are linked to structural inequalities and vary according to individual characteristics such as age, gender, ethnicity and personal circumstances including deprivation and general health ([Who is lonely in Wales? | WCPP](#)). Indeed, for those in very bad health, 42% stated they were lonely compared to just 23% of those in fair health. Hence age alone is not a predictor of loneliness but risk of being lonely increases with multiple forms of disadvantage.

### WHAT WE DID

The Health Foundation funded project, led by Swansea Bay local public health team, focussed on improving the lives of older people by



reducing social isolation and loneliness, harnessing the resources within the community by a number of agencies coming together to work in partnership. It focused on two geographical areas in Swansea and worked with those communities to co-design a small-scale test and learn project to help older people build new friendships and social networks through a variety of community based activities. It was intended to run from February 2019 for 18 months. Due to Covid-19 it was extended to November 2021.

Older people living in the target areas in Swansea were involved in the co-design. 'Social Hosts' in GP practices also engaged with individuals attending the practice which resulted in weekly groups established in the community, delivering tailored activities of their choosing. These were supported by volunteer peer-to-peer champions who were more confident group members with lived experience who could relate to others in similar situations.

Due to COVID-19, the nature of the support offered had to radically and immediately change. However, the creativity and tenacity of the social hosts ensured that face-to-face group-based activities were replaced with support for practical issues (e.g. food supplies, digital technology and welfare calls), help with digital technology and welfare calls as well as helping members to stay connected in order to maintain the relationships developed.

A realist evaluation approach was adopted which is a type of theory-driven evaluation used in social programmes that identifies ‘what works in which circumstances and for whom?’ rather than merely ‘does it work?’ Hence it tests out the assumptions around mechanisms of action.



## WHAT WE ACHIEVED & WHAT WE LEARNT

Social isolation and loneliness are terms that are often used interchangeably but are very different experiences. The project expanded insight and understanding across partners into the nature, risk factors and differences between social isolation, transient and chronic loneliness, which was not well understood previously. It also highlighted key characteristics of what effective interventions look like for those different experiences.

The successes that were achieved which led to the formation of enduring relationships between participants, as well as the difficulties and missed opportunities through the project, have provided us with useful information for future project design. Additionally:

- Even without the impact of COVID-19, it is important to recognise that any project looking to engage with and have an impact on participants in relation to loneliness, requires time to set up and get established.
- Projects working on challenging and multi-faceted issues such as social determinants of health, must consider the benefits of enabling, through funding, shorter-term work balanced with the impact for those they aim to help, when projects end.
- Understanding and planning for the impact on those who have been encouraged to participate must be part of the initial design to avoid unintended consequences.
- Plans must include ways of ensuring people are not left feeling worse or less likely to engage in other activities in future.

The project summary report is available in both English and Welsh for anyone who would like to find out more. Please contact Jennifer Davies, Deputy Director of Public Health [Jennifer.Davies10@wales.nhs.uk](mailto:Jennifer.Davies10@wales.nhs.uk).

There is also a short video produced: [Understanding loneliness \(Welsh subtitles\) - YouTube](#)



# A blue light event organised for the refugee community of Ceredigion

Sarah Bowen – Community Cohesion Officer (Powys and Ceredigion),  
Mid and South West Wales Community Cohesion Team

On 17th March 2022, the Mid and South West Wales Community Cohesion Team, in collaboration with Ceredigion County Council, hosted a Blue Light event at Aberystwyth Arts Centre with the purpose of providing essential safety information to our local refugee community. The event saw presentations being delivered by the Police, Fire Service, RNLI, Ambulance Service, Health, and Victim Support.

The event served several purposes; we wanted to provide information on practical areas such as what to do in an emergency, who to contact with health-related concerns, information on the dangers of the sea and fire hazards and safety. The organisations in attendance provided contact numbers, support, signposting advice, and gave attendees the opportunity to ask questions.

We believe that there is a clear need for events of this nature to take place, in order to build and increase trust in authority figures. It is widely understood that many refugees originate from countries where the police in particular are seen in a negative light and are met with fear and mistrust. We wanted to install a sense of confidence that if a person was in any kind of trouble or needed support, that they felt able to reach out to the police and be confident they would be listened to, helped and treated with respect.



The presentations and much of the supporting material were translated into Arabic and we welcomed individuals and families from all ages from children to the elderly. The Cohesion team also provided specially designed bags full of useful materials and printed information.

The event was a great success and received very positive feedback. A welcome reception with Welsh cakes and coffee

was provided for all attendees and at lunchtime guests were treated to some delicious traditional Syrian dishes catered by our local Syrian Dinner Project.

We hope to plan future events of a similar nature, potentially for Asylum Seekers and Ukrainian refugees.

For further information please contact: [slbowen@carmarthenshire.gov.uk](mailto:slbowen@carmarthenshire.gov.uk)

# Online Hate Pilot workshop: Reaching out to new audiences

Kay Howells – Community Cohesion Coordinator (Mid and South West Wales),  
Becca Rosenthal – Victim Support Wales Hate Support Centre Manager

The Mid and South West Wales Community Cohesion Team (CCT) and the Wales Hate Support Centre delivered by Victim Support (VS) have been monitoring the growth of hate speech online, particularly on social media and had received feedback from communities in need of advice and guidance on how to manage hate online in a way that isn't inadvertently harmful.



Hate crime has a tremendous negative effect upon individuals' mental health and wellbeing and the partnership wanted to develop support around this challenging area of work. As a result, VS and the CCT worked in partnership to deliver an Online Hate Workshop pilot, targeting people who were managing online social spaces (such as admins of local Facebook groups). The Cohesion team reached out to engage with the admins of Facebook groups. Both partners promoted the session to their own networks, and social media channels.

The session was created by the Victim Support Hate Crime team in Wales and had a strong foundation based on research and evidence. The session was created drawing on expertise within the Hate Crime team and the work the Hate Lab and the Centre for Countering Digital Hate. In summary, the session explored:

- Myths surrounding how social media works online, sharing knowledge and increasing understanding.
- The impacts of online hate/harms on both individuals and communities, highlighting cases in Wales.
- The links between online and offline hate.
- Counter Narratives and 'Ignore, Block, Report' response

approaches. Bridging online hate with offline responses

- Reporting routes via Police and VS, connecting with the CCT when there are concerns about local tensions.

The Counter Narrative approach promotes the concept that online hate isn't someone else's problem, that we all have a responsibility to call out hate where we see it. The report acknowledged that not all counter speech is productive. It also recognised the deep and painful impact of experiences where counter speech goes wrong or people are targeted by online trolls. We shared the 'Ignore, Block, Report' approach highlighted in the 'Don't feed the trolls' report by the Centre for Countering Digital Hate. This approach focuses on maintain-

ing safe spaces, avoiding risks of rewarding hate posts with additional visibility and promoting personal safety and wellbeing.

37 people from Mid and South West Wales attended from a mixture of informal community groups and organisations working at community level with an online presence. Post-session, participants received links for follow-up reading and an information sheet to be shared with fellow admins.

37 people from Mid and South West Wales attended from a mixture of informal community groups and organisations working at community level with an online presence. Post-session, participants received links for follow-up reading and an information sheet to be shared with fellow admins

Post-workshop, feedback showed:

- 100% knew more about online hate.
- 90% had a better understanding of online hate and managing it.
- 90% know how to report online hate.

Feedback showed this work is new and innovative, no delivery like this exists elsewhere. We need to promote a culture of kindness/wellbeing and provide advice on protecting yourself from online trolls.

The workshop now is regularly delivered, and the partnership continue to share information about online hate, how to report it and manage as this intervention can help improve wellbeing and better mental health.

For further information please contact:

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[Becca.Rosenthal@victimsupport.org.uk](mailto:Becca.Rosenthal@victimsupport.org.uk)

<https://www.victimsupport.org.uk>



# My Voice, My Choice: Helping Disabled People get their voices heard

Emily Stangroom and Roxanne Horsley - Leonard Cheshire Cymru

Leonard Cheshire's [My Voice, My Choice](#) programme is designed to develop your campaigning and advocacy skills so that you will be able to make a difference in your local community. The programme is wholly inclusive, it is open to all ages, all disabilities, carers, students, volunteers and anyone who has an interest in learning more about and advocating for disability rights.



We are running free workshops across 12 locations in Wales, giving everyone the opportunity to get involved and have their voices heard in a safe space. Each workshop covers a specific topic, where key individuals and experts are invited along to talk to participants and hear their views. Examples of previous topics include accessibility, mental health, social inclusion and the cost-of-living crisis. We also deliver bespoke workshops in colleges, schools and care homes, working with students, staff and residents to support the education and wellbeing of disabled people and Young Carers.

After the workshops, we will be running celebration events where politicians are invited to speak to their constituents, hear their views and celebrate their involvement in the workshops. Politicians and key officials who have got involved and supported My Voice, My Choice include Councillor Miriam Moules, Councillor Brian Cameron, Lesley Griffiths MS, Joyce Watson MS, Mark Isherwood MS, Luke Fletcher MS, Sarah Murphy MS, and many others! The celebration event involves a certificate ceremony, a politician question and answer session, as well as lunch and cake!

Past participants have expressed the value of being part of the programme, with one participant giving the following feedback:

*“The thing I loved about My Voice, My Choice was that it helped me to identify the main things that affect disabled people on a day-to-day basis and find ways to improve the things that distress us.”*

If this sounds like something you would be interested in or would like to learn a little bit more about how we are improving the lives of disabled people, we invite you to join us at some of our upcoming workshops in Newport, Caerphilly, Aberystwyth and Machynlleth. Come along and get your voice heard – we are ready to listen!

[My Voice My Choice workshops | Leonard Cheshire](#)

For more information please fill out our [webform](#) or email Emily at [Emily.stangroom@leonard-cheshire.org](mailto:Emily.stangroom@leonard-cheshire.org)

# Ageing Well with Swansea Council

Rhys Ananicz, Ageing Well Involvement Officer

Over the past 18 months Swansea Council's Partnership and Involvement team has launched an 'Ageing Well' initiative, where the focus is to support people aged 50+ across Swansea to live as good and as meaningful a life as possible. Working with a wide range of partners our team run a number of weekly community engagement sessions designed to combat loneliness and isolation. We arrange exciting day trips which allow the people we are working with to build confidence, make new social connections and engage with community activities and projects which they may not have felt comfortable or able to do without support.

The initiative started small and simple, with a weekly walk around Swansea Marina. There were very modest numbers in attendance to begin with but now, 18 months later, our Thursday walk around Swansea Marina has anywhere between 75-100 regulars turning up every week and was even featured on ITV news at the start of February! This has been achieved by using flyers to advertise the walk but mainly

through word of mouth, where the people in attendance have told friends about and invited friends along to join the group. From chatting with people during the weekly walks and over a free hot drink which is provided afterwards, staff have been able to gain knowledge on what is important to people aged 50 and over in Swansea. Using this information, more engagement sessions have been put in place, the large majority

of which are free to access, and we are now in a position where we have something available for people aged 50 and over to attend from Monday to Friday, every week! Our sessions are all very inclusive and we have tried to include a variety of different options for people, from a cuppa and chat to bowling and a choir! We have a good number of people attending all sessions and are regularly seeing new faces at each session too!



In an interview conducted after a Thursday walk recently, which will be used in our soon to be published Ageing Well blog, the gentleman interviewed said the following:

*“I like that when I walk around Swansea, people that I have met through these sessions regularly say ‘Hello’! It really gives me a sense of belonging within the city.”*

The Ageing Well initiative whilst facilitated by staff, has always been lead and developed in collaboration with people aged 50 and over in Swansea. We now have between 400-500 people attending our engagement sessions across any typical week, and hopefully this will continue long into the future! We believe that talking to and listening to the people aged 50 and over who attend the engagement sessions has been a major factor in the success of the Ageing Well initiative.



Cyngor **Abertawe**  
**Swansea** Council

If you would like any further information, please contact:

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You can sign up to receive our weekly newsletter here: [Ageing Well email signup - Swansea](#)

You can also find our list of weekly Ageing Well activities here: <https://www.swansea.gov.uk/agingwellactivities>



# Design a Diversity T Shirt Competition

Paul Davies – Community Cohesion Officer,  
Mid and Southwest Wales Community Cohesion Team

In October 2021 Hate Crime Awareness Week was celebrated by numerous schools and Youth Organisations in West Wales by entering a 'Design a Diversity T shirt' competition organised by the West Wales Cohesion Team in partnership with Victim Support and funded by the Welsh Government.

The Competition was open to pupils of Key Stage 2 age and a prize of a £100 for the winning Artwork T Shirt being awarded to the school or organisation. Individuals who produced the winning artwork saw their image turned into a T shirt.

The aim of the Competition was to engage with children on the topic of unity and cohesion and to challenge their thinking about the meaning of diversity. It encouraged young people to notice each other, to acknowledge cultural diversity and to celebrate what they have in common and inspire reflection on communities.

Supporting the competition was a Hate Crime module accessible on the Hwb developed by Victim Support, consisting



of a short film with worksheet content to assist teachers and Youth Leaders on promoting Hate Crime awareness, why it is so unacceptable and to encourage young people to think about diversity and unity.

Several Schools and Youth groups entered from West Wales with the Judges awarding two joint winners from Dr Mz Youth LGBTQ+ Group, Carmarthen and Pembrokeshire Young Carers. Both received £100 together with T Shirts displaying their winning design.

For further information please contact Paul Davies [pa@carmarthenshire.gov.uk](mailto:pa@carmarthenshire.gov.uk)



# Cohesive Communities: Integrated Well-being Network: As a place-based approach

Integrated Well-being Network,  
Aneurin Bevan University Health Board



The aim of the Integrated Well-being Network (IWN) programme is to develop a whole system approach to community well-being and prevention that brings together a wide range of well-being assets on a place-basis.

As highlighted in “Building a Fairer Gwent: Why Gwent is a Marmot Region” (DPH, 2022), it is getting harder for ‘communities to live fulfilled and healthy lives, with inequalities amplified as a direct or indirect result of Covid 19’.

In Newport, the IWN team worked closely with partners and the residents to develop

a Ringland Over 50’s Network. The community is made up of a newly developed housing association complex, housing 45 over 50’s dwellings and 250 over 50’s bungalows. Whilst the IWN programme is place-based, the Network focused on a micro level enabling a concentrated approach to health improvement.

eich casnewydd  
eich lles



your newport  
your wellbeing

The purpose-built units, were highly sought after on a limited capacity basis, causing some community tensions throughout the development. When considering use of the communal area, inviting the wider community into the planning stage helped to improve community cohesion.

The Network was keen to improve access to services arranging a Community Health and Wellbeing Event, inviting relevant organisations to attend. To address issues and gaps in health services identified through network discussions.

With 18 organisations, over 60 residents and a community choir, the event was a huge success. Community leaders were involved from the outset, providing community insights, through a community powered approach. These individuals are well respected in the community and encouraged wider participation.

Many residents were not aware of the services available to them as the Care Collective alluded to

*“a lot of people who ARE Unpaid carers but do not consider themselves as such. They think they are just wives/ husbands or parents.”*

Ensuring access to wellbeing information through a place-based approach, supports the community to become more resilient to the challenges they face. One such challenge for this demographic, is that of social isolation. The creation of the network and hub has broken down some of the barriers that have led to this.

“connecting citizens to community support to better manage their health and wellbeing” (Rees et al, 2019)



# The Grapevine

Commentary

## How improving older people's housing conditions can improve health outcomes across Wales

Faye Patton, Policy Manager at Care & Repair Cymru

**O**lder people in Wales are facing a housing and health crisis.

Care & Repair are a national charity providing home adaptations, repairs and advice to help older people stay warm, safe and independent at home. Whilst we can readily fit small non-means tested adaptations to reduce falls risks and improve safety at home, our service is increasingly under pressure from complex cases.

From leaky gas fires to rotting floors, hazardous staircases to damp mouldy walls, too often older people cannot afford to tackle disrepair in their home, and so accept living in dangerous conditions despite the damage to their health.

Care & Repair's [State of Older Peoples Housing in Wales report](#) used client data and interviews with frontline staff to understand the challenges the cost-of-living crisis is having on our service and clients. The research shows that thousands of older people in Wales are living in homes with Category 1 hazards present, meaning the home poses a risk to health. Costs of raw materials

and labour have increased significantly. Whereas before the cost-of-living crisis quotes for works could be valid for up to six months, technical officers told us that contractors are sometimes unable to hold these

Within our older client base, we are also seeing behavioural changes due to the cost of living crisis that are having a knock on effect to the levels of disrepair present in homes. Whilst reducing energy consumption



quotes for more than seven days. This means that often the funding our caseworkers source is no longer enough to cover the cost of the works initially quoted, leading delays in repairs being approved and completed.

to save on heating bills might ease worries about energy affordability in the short term, we are seeing housing issues directly relating to damp and mould which longer term have a greater health and financial cost.

Care & Repair's housing adaptations already make an impact, but there is more to be done around the repairs policy gap. Research conducted with Swansea University using the SAIL databank found that older people saw a thirteen percent reduction in the risk of having a fall one year following a Care & Repair intervention, compared to those that had not had an intervention, and a reduced risk of care home admission for people with a moderate or severe level of frailty who received an intervention over 1-, 3- and 5-year time periods (1). Overall, improving the poorest housing conditions could lead to 39% fewer hospital admissions(2).

We do not accept that any older person should live in a home unsuitable to their needs or fall ill because they live in a cold

or hazardous home. Despite our efforts, every day we come across unfit homes where the needs of vulnerable older people can not be met due to a lack of resource. We are calling for a safety net housing repair grant to support older homeowners living in unfit housing to make repairs to their homes, enabling them to live safely and independently at home.

For further information please contact [faye.patton@careandrepair.org.uk](mailto:faye.patton@careandrepair.org.uk)



Care & Repair Cymru

#### References

1. Hollinghurst J, Fry R, Akbari A, et al., Do home modifications reduce care home admissions for older people? A matched control evaluation of the Care & Repair Cymru service in Wales, Age and Ageing, Cyfrol 49, Rhifyn 6, Tachwedd 2020, Tudalennau 1056–1061
2. Rodgers SE, Bailey R, Johnson R, et al., Emergency hospital admissions associated with a non-randomised housing intervention meeting national housing quality standards: a longitudinal data linkage study, J Epidemiol Community Health 2018; 72:896-903





# How the cost-of-living crisis is likely to impact on those working in care

Sonia Hutchings and Jason Horton - Social Services, Vale of Glamorgan Local Authority  
Megan Ryan (Powys Teaching Health Board – Digital Transformation and Informatics)  
Richard Sullivan (NHS Wales – Delivery Unit)

Care workers are amongst a cohort of economically active people in Wales who are paid a lower wage; many at or just above the minimum national wage. The crisis puts additional pressure on these individuals to take on additional employment, increase hours and seek better paid employment elsewhere.

This presents a real problem to the care sector who are already facing challenges with recruiting and retaining staff in an already fragile market. Human Health & Social Work Activities employment statistics found the gender split for people employed in this sector was predominantly female (78%).

The project analysed Health and Social Care data. There is a growing demand across both sectors resulting in employment pressures. There is high staff turnover, difficulties with recruitment and retention resulting in high numbers of vacancies. This situation could lead to a shortage or unavailability of care to our most vulnerable population, placing more demand onto the already struggling NHS and hospitals.

Data shows that there is a growing ageing population in Wales likely to result in future additional pressure on Health and Social Care systems already struggling. Many care providers are at risk of collapse whereby funding has not kept pace with demand.



We looked at Social Care vacancies and compared them with terms and conditions and pay in other sectors which were more favourable, resulting in better recruitment and retention rates. The crisis social care face with service delivery is likely to be related to care workers low pay and less favourable terms and conditions (eg. zero-hour contracts), this inevitably has a knock-on impact on the sector. Based on data from UK wage rates (including national living wage and real living wage) we developed four personas. These demonstrated how much each group of workers could expect to see their cost-of-living rise,

as a percentage increase of their income. We found that the lower the salary, the higher the impact would be.

By undertaking the research and presenting the whole picture it raised awareness of the challenges facing Health and Social Care sectors. It showed how integral paying the living wage is to recruitment and retention and the important role care workers play in delivering critical services to our most vulnerable people within our communities.



**KEY NEXT STEPS FOR THE PROJECT INCLUDE****SHORT TERM**

Urgent, targeted help to support care workers

**MEDIUM TERM**

Analyse further whole sector issues: pay, terms and conditions of employment, working hours, gender pay gap, job security and progression

Encourage people into the sector; recent Health Care Assistant recruitment drive – can we learn anything from this?

Raise the profile of care workers – highly skilled, well-trained profession, critical to service delivery

**LONG TERM**

Work with partners to develop preventative measures to avoid people needing social care

Integrate services and explore how we deliver the best care when there are no alternatives

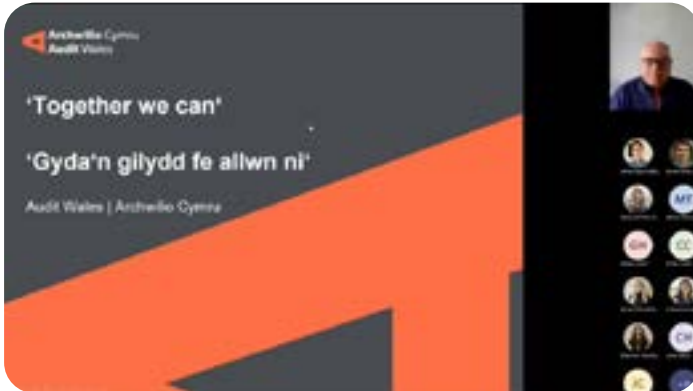
Explore models of care across the UK and Europe

For further information please contact:

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Sonia Hutchings [shutchings@valeofglamorgan.gov.uk](mailto:shutchings@valeofglamorgan.gov.uk)

# Videos



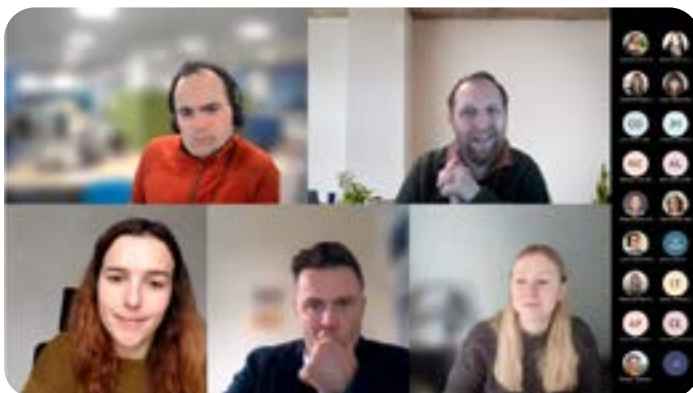
## Community Resilience in Wales PHNC Webinar

At this webinar we heard from Nick Selwyn and Euros Lake from Audit Wales. Against a likely backdrop of further reductions in public spending, local authorities are being challenged to help people who are struggling with increased costs. They shared how community resilience...

[Watch](#)


## Why is Equality Better for Everyone? PHNC Webinar

In this webinar Professor Richard Wilkinson, co-author of *The Spirit Level* and *The Inner Level* gave his perspective on why material inequalities make people more antisocial, make status and class divisions more powerful, increase stress, damage physical and mental health and are a barrier to sustainability.

[Watch](#)


## Communities4Change C4C Wales PHNC Webinar

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](#)

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# News & Resources



[More than £46m to support community schemes and tackle inequality in schools across Wales](#)

28-03-2023



[Number of people attending safe needle and syringe programmes falls by 27 per cent](#)

28-03-2023



[Primary care save 44,000 kg CO2 in first year of new greener scheme](#)

28-03-2023

[All News](#)

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## [Wales Innovates: Creating a Stronger, Fairer, Greener Wales](#)

Welsh Government

First Published: 27 February 2023

“How we will use innovation to improve the lives of people in Wales.”

## [Buying Food Fit for the Future](#)

Welsh Government

First Published: 17 December 2022

“A new online food procurement resource, ‘Buying Food Fit for the Future’ is part of wider Welsh Government plans to support Wales’ everyday local economies.”

[All Resources](#)

# Topics

## Prevention and Improvement in Health and Healthcare

Nursing Now Cymru/Wales

Mental Ill Health

Mental Health Conditions

Suicide and self-harm prevention

Non-communicable Diseases

Diabetes

Communicable disease

Foodborne Communicable Diseases

Influenza (Flu)

Sexually Transmitted Infections

Coronavirus (COVID-19)

## People

LGBT+

Gender

Learning, physical and sensory disabilities

Maternal and newborn health

Offenders

Older adults

Ethnicity

Carers

Working age adults

Children and young people

Early years

Adverse Childhood Experiences (ACEs)

## Health related behaviours

Psychoactive substances

Alcohol

Food and Nutrition

Healthy Weight

Accident and Injury Prevention

Smoking and vaping

Physical Activity

Oral Health

Sexual health

## Mental Wellbeing

Stress and resilience

Arts and health

Spirituality

## Wider determinants of health

Poverty

Income and debt

Benefits

Housing

Homelessness

Fuel poverty

Housing quality

Education and Training

Preschool

School

Further, higher and tertiary education

Community

Assets Based Approaches

Social capital

Environment

Climate change

Natural environment

Sustainable development

Built environment

Employment

Unemployment

Precarious work

Good, fair work

## Health in all policies

Health Inequalities

Social justice and human rights

Wellbeing of future generations

## Approaches and methods in public health practice

Communities4Change Wales

Systems thinking in public health

Evaluation

Behavioural Science

All Topics

# Next Issue

## GREEN AND BLUE SPACES FOR HEALTH AND WELL-BEING

**N**atural environments and accessible green and blue spaces play a direct and indirect role in health and well-being. They can mitigate climate change impacts and lower the risks of disasters, as well as support active recreation ([WHO 2021](#)). During the Covid-19 pandemic, green and blue spaces provided benefits to physical and mental health, although not all benefits were felt equally across society ([The Lancet, 2023](#))

We are looking for submissions for our next e-bulletin which highlight projects, initiatives, programmes or policy interventions promoting the use of green and blue spaces to improve health and well-being, reduce inequalities and alleviate climate change impacts.

[Contribute](#)

