

This transcript has been produced in line with accessibility standards and is available in English only

Transcript

October 5, 2023

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:0:0.0 --> 0:0:1.450

Prynhawn da, a Croeso. Good afternoon and welcome to Public Health Network Cymru's webinar series. My name is Tracy Evans. I'm the Senior Sustainable Development Officer with the Health and Sustainability Hub in Public Health Wales.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:0:14.650 --> 0:0:37.540

This webinar today will focus on tackling the public health effects of climate change to find out how you and your team can take action in recognition of the climate emergency being the greatest health threat facing humanity. We will provide an introduction to a free resource that helps teams to consider their environmental impacts and establish an action plan and also provide an overview of Public Health Wales's new climate change priority and the free training opportunities available to staff. Clare Sain-Ley Berry from Cynnal Cymru will explain the benefits of the online workshop and why it's important to reduce our impact on the environment and also how the workshop supports Public Health Wales's new strategic priority, tackling the public health effects of climate change, and Eurgain Powell from Public Health Wales will talk about the new strategic priority linked to climate change and then the free climate change training resource opportunities available to staff.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:1:11.360 --> 0:1:18.390

So just to introduce the presenters. Clare is currently Interim Director at Cynnal Cymru and is responsible for the organisation's overall management and development. She has a background in developing and delivering partnership projects and has previously led on Cynnal Cymru's work program around the natural environment. She enjoys facilitating collaboration across sectors and devising practical programs to deliver strategic aims.

Eurgain joined Public Health Wales's Health and Sustainability Hub in March 2022, and her role is to support the implementation of the well-being of Future Generations Act through sustainability and climate change initiatives. Before joining the Hub, Eurgain worked as a Change Maker for the Future Generations Commissioner for Wales and has worked in a range of sustainability roles with the Climate Change Commission for Wales, Forum for the Future, and Carmarthenshire County Council. Eurgain is very passionate about making a difference and protecting our planet for future generations, and when not working she's busy with local sustainability projects and enjoys spending time in nature with her family.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:2:22.830 --> 0:2:42.540

Just to run through the housekeeping. After the presentations there'll be a chance here to ask questions. Please use the chat to type in your questions throughout the webinar and we welcome both English and Welsh contributions. The webinar is being recorded and will be made available on the Public Health Network Cymru website after the session and if you experience any difficulties with the technology, please let us know through the chat and the team can contact you directly. So, I'll now hand over to Eurgain to provide the introduction. Thank you Eurgain.

Eurgain Powell (Public Health Wales - No. 2 Capital Quarter) 0:2:50.110 --> 0:2:52.460

Diolch Tracy a prynhawn da pawb. Thank you ever so much for joining our webinar today.

I'm going to talk very briefly just to set the scene really from Public Health Wales's perspective. Public health Wales has made tackling the public health effects of climate change a strategic priority in our new long-term strategy, which was published earlier this year and it runs from 2023 to 2035. And this is because climate change is recognised as the most significant public health threat this century, endangering physical health, mental health and wellbeing and equity.

In 2021, the World Health Organization declared climate change to be the single biggest health threat facing humanity due to rising global temperatures and its impact on people and planet. Our health and wellbeing is dependent on the health of the planet and its ecosystems. Climate change and the nature crisis threaten all areas of life that impact our ability to achieve and maintain good health. The impacts of climate change are multifaceted. Not only impacting our health, but also the social and environmental determinants of health such as clean air, food security, safe homes and infrastructure, and access to health and other essential services. The impacts of climate change are already being felt within Wales, both in terms of physical threats to life through extreme weather events, as well as climate related anxiety impacting our mental well-being.

If you want to learn more about this, a comprehensive assessment of the public health impacts of climate change was published earlier this summer by colleagues in our Health Impact Assessment Team, and I'd really urge you to go and have a look at that.

Climate change is already adversely impacting the health of people in Wales, and it will continue to do so well into the future. And we've seen the impact of climate change manifest across Europe and the world over the last few months by lighting once again the urgent need to reduce our emissions to limit global temperature rise and prevent further harm to health. Action we take to decarbonize often leads to co-benefits to health as well. And we also need to understand the impacts of climate change and develop our adaptation response in order to protect health and well-being. Public Health Wales has a decarbonisation action plan setting out how we will reduce our emissions over the next few years for our buildings, procurement and travel. We're also developing a plan for implementing our new priority, tackling the public health effects of climate change, and we need all staff to play their part in this.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:5:45.200 --> 0:5:49.230

Thank you Eurgain for an excellent introduction and overview of our priority. I'll now hand over to Clare to focus on the Healthy Environment workshop and her aspect of the presentation.

Clare Sain-ley-Berry 0:5:57.190 --> 0:5:58.230

Thank you very much. Diolch yn fawr Tracy a Croeso a pawb. Just wait for the slides to load. Whilst I do that, I will apologise that some of the slides do have quite a lot of text on them. This is so that when we share the slides later, you can catch up on anything that you've missed, so apologies in advance that they might be a bit slow whilst we're getting started.

Clare Sain-ley-Berry 0:6:28.570 --> 0:6:41.720

We are here today to talk to you about the healthy Environment Workshop, which is a ready-made and free to use resource and toolkit featuring everything you need to run a workshop. With the target participants being public sector teams. The ultimate goal of these workshops is to establish and monitor an environmental action plan for the teams that are taking part. All of the resources and instructions that you need to be able to run the workshop are available in a downloadable toolkit to make it as easy and widespread as possible.

This workshop was developed by Cynnal Cymru, Sustain Wales, my organization and Public Health Wales Sustainability Hub to encourage behaviour change and enable staff to support Public Health

Wales to achieve its environmental commitments. It enables teams to identify their environmental impacts and to reduce the negative and maximise the positive ones. It's built on the idea that we all have a responsibility to help make a difference. We are the best place to know what that difference is and to do so together can help reduce our impact on climate change.

So, what we're looking at today, we're going to look in a little more detail at what the workshop and toolkit cover. We will explain why teams should do it. And we'll be thinking about the gravity of the climate, nature and plastic crises that surround us and their relevance to health professionals. We'll also look at legal obligations when it comes to decarbonisation and the environment.

We'll be looking at the legislative framework that Public Health Wales is working towards as well and understand how the Future Generations Act is imbedded into the resource and it's planning. We won't have a detailed look at the content because it's only a one-hour webinar, but we will give you a sense of these things and also the action plan, which is what the workshop aims to create.

Whether the information is going to make you feel inspired or intimidated, or maybe a bit of both, we'll also be looking at how you could run a workshop for your own team and about the three train the trainer facilitator sessions that we're running towards the end of this year which can help you do this.

We'll finish off by having a question and answer session on all of the information you've received, and we'll also be sharing with you a feedback form so you can help us help you more in delivery of this work. So, we'll try to squeeze that in at the end. And if you don't have time, there will be some time. Obviously, you can fill it in after the webinar.

So, as explained, the Healthy Environment Workshop is a free to use, user-friendly workshop and toolkit for the public sector to help establish and monitor an environmental action plan. It's a two hour fully planned out workshop to be run internally within teams, and the toolkit is there to give you everything you need to be able to run the workshop, including a timed plan. Obviously, good guidance is essential for any new project, so it's really comprehensive and explanatory and most people should be able to just pick it up and use the toolkit, run with it straight off the back from a planning of facilitation point of view.

So, the workshop will enable any public sector team specifically to identify and analyse how the actions of the team or the organisation affect the environment. It will help set team goals that can support whole organisation strategies or targets on environmental management, set goals and visions that will clearly tie into and support broader national and international goals, and it will help develop practical actions to move from where we are now to perhaps where we all need to be. All of this is meant to be done in a sort of peer environment by the team for the team within a controlled, safe and non-judgmental space. We'll touch a bit on how that environment can be created and fostered in a later slide.

So, Eurgain already gave a really great introduction as to why teams should do this. I'll run through a few of the extra reasons as well. We have all lived through the COVID pandemic. It's still in recent memory and it's not the last pandemic that we are likely to face, unfortunately. So, we have seen how new and emerging diseases can be enabled or facilitated by climate change and combined with declining ecosystems and increasing human wildlife interaction, the prediction is that this will happen again. We also know there are very definite links between climate and health. Of course, Eurgain gave you some examples at the start about how the climate impacts on the social determinants of health.

Clare Sain-ley-Berry 0:12:4.920 --> 0:12:5.980

Sorry, bear with me a moment.

Clare Sain-ley-Berry 0:12:10.240 --> 0:12:25.810

But on a broader level, quoting the World Health Organization figures, between 2030 and 2050, climate change is expected to cause approximately quarter of a million additional deaths per year from things like malnutrition, malaria, diarrhoea, and heat stress. So, reducing emissions of greenhouse gases through things like better transport, the way we would cure and use our food and things like energy use, can have a real impact on public health. And of course, that's the space that you are all working in. We know we have a climate emergency. It's been declared by the Welsh Government alongside many other public bodies.

We also have a nature crisis, which is being increasingly recognised, and you've probably all heard the headlines from the state of nature report that has just recently been released. Unfortunately, we also have a plastic waste emergency. It's not to say that all plastics are bad. It is an incredible substance and very often it is essential, particularly in your line of work, and to prevent contamination, but at each stage of the plastic production, use and disposal process there are related greenhouse gas emissions and therefore, if we can reduce use, we reduce those emissions and if we can avoid waste, that is better for all sorts of environmental reasons.

So, whilst there are these external drivers to help us maintain our planetary integrity and fight against climate change, we also have a legal obligation. So, tackling public health effects of climate change is one of the six strategic priorities in Public Health Wales's long-term strategy. There's also a commitment that's been made to Welsh Government's decarbonisation ambition to achieve net zero in the public sector by 2030, as well as embedding the Well-being of Future Generations Act and achieving the biodiversity commitments under the Environment Act as well. So, each team is part of the larger organisation.

Actions taken on a team level are going to benefit the organisation, but they will also benefit the wider environment and the world around us. So, the actions teams take can help tackle the climate crisis and protect future generations, help us reduce costs and be more efficient and productive, contribute to different organisational team environmental management systems and of course help reduce that threat of climate change. So, there are plenty of reasons why teams should do this, and we hope it will help you get your teams on board. In terms of when we're running the workshop, obviously it's only two hours.

Clare Sain-ley-Berry 0:15:4.930 --> 0:15:13.140

We don't have time, or you won't have time to go into all the details of the very complex relationships that exist between nature and climate. So, we focus on three main themes.

Decarbonisation. So very few of us feel like experts in climate science, and we don't need to be. But there is a lot of disinformation out there. There are huge information gaps that the workshop can help us fill. We'll also look at the ambition of zero waste and explore plastic pollution, and if there are things that we can do to help reduce that. And of course, the biodiversity crisis as well, looking at all the roles in the ecosystem, services that our biodiversity provides, and what we stand to lose if we can't retain the intactness of our ecosystems. There is a fourth theme that sort of runs throughout. It's not identified as something separate, but we interweave also the theme of climate adaptation which is both something that we need to mitigate climate change, but also to protect us against it.

So, for an example that everyone is familiar with, flexible working arrangements that have sort of blossomed since the pandemic to reduce travel emissions could also make the team more resilient if flooding and other extreme weather events prevent team members from reaching an office, for example.

Similarly, creating more green space for biodiversity would help keep buildings cooler by providing shade, reducing the urban heat island effect in the summer, and help channel surface waters down through root systems, reducing flood risk.

The workshop therefore aims to help teams think about how all these different themes interrelate with each other and where they fit with individual roles and organisational responsibilities, with the ultimate aim of producing a work plan that will decrease negative and increase positive impacts.

Why these themes? Well, as Eurgain highlighted and as I've just sort of explained, you know, we are facing emergencies in each of these areas, but these three themes are of course all interlinked. So, an unstable climate affects biodiversity by affecting habitats, migration patterns, plant life cycles, things like that. Plastic production is linked to climate change, primarily through production but also waste and along all of its life cycle. And of course, the waste may be made even more prevalent by extreme weather events and flooding and cause all sorts of problems for our natural world.

Clare Sain-ley-Berry 0:17:54.640 --> 0:18:0.750

The World Health Organization declared climate change to be the single biggest health threat facing humanity. And of course, many governments have taken that on board by declaring their own climate emergencies. Welsh Government did that in 2019. As an organisation, Public Health Wales currently plays a key role in a number of areas to address climate change and Directorates across the organisation of course, are delivering key work to lead and support the public health system.

We recognise that climate change is a huge problem affecting public health in Wales, and of course, globally. A climate change program board has been established to develop the organisation's coordinated approach to climate change, which builds on a lot of the great work already happening and helps the organisation define its leadership role in the public health space.

Tackling public health effects of climate change is one of the six strategic priorities in the organisation's new long-term strategy. So, by doing this workshop and helping get more teams on board that will help enable a really robust whole organisation response, Public Health Wales also developed and approved its decarbonisation action plan in 2022, which sets out key actions and strategy to support the journey to become net zero.

This is something that everyone can get involved in on an individual team and organisational level to ensure that the organisation helps achieve Welsh Government's ambition of a net zero public sector. I mentioned the Well-being of Future Generations Act at the start at the presentation and how it is embedded through the workshop. I think we're all familiar with the seven well-being goals and the five ways of working. And these do act as guidance for the workshop, encouraging teams to explore the interconnections between the goals and how action in one area and a victory towards one goal very often will contribute positively towards others.

This so environmental care and restoration is a big part of the Act. Goal 2 focuses on a resilient Wales and in particular healthy functioning ecosystems and the capacity to adapt to change, recognising that without nature, we simply cannot thrive.

Clare Sain-ley-Berry 0:20:25.990 --> 0:20:32.60

In terms of the ways of working, public bodies are of course accountable for embedding these in everything they do and so the workshop is designed with these in mind as well. Again, I'm sure you

are all familiar with the ways of working, but as a quick reminder, they include the long term and the integration, involvement, collaboration and of course prevention. So, it's important to consider how these can be embedded when undertaking the workshop and as you develop team action plans.

Facilitating any sort of sessional workshop can be a bit daunting and so can being a participant in them, so the toolkit also offers some basic guidance around the sort of environment that we're aiming to create. So, it's one of empowerment and idea sharing mutual respect, jargon kept to a minimum and space for all voices to be heard. The whole point of this workshop is that no previous knowledge is needed or expected, but it is also down to the facilitator to help reinforce this and, you know, explain that there is no such thing as a bad idea.

So, our quick top tips for all these things are things that you will identify, and you'll perhaps know intuitively but the first is of course to be present and engaged. You know, put on your out of office for the duration of the Workshop. Try to keep distractions to a minimum. It is just two hours out of your usual working day to try something different and focus on something really important. Being honest is also essential. Hopefully people do feel that they can be honest within the teams that they're working within, but emphasising the importance of this throughout the workshop is really important so we can create a safe space. And if people don't feel that certain actions or goals are achievable, or if the ways that members present them need to be teased out, then that's OK. It's better to start, and that can only happen if people feel empowered to share ideas and speak honestly. In terms of ideas, few of us have perfect ideas at the start, so these don't have to be fully formed. Contributing things that come to mind can spark a more formed idea in someone else's mind, and it can be the first step in a more long-term plan. And we encourage people to sort of listen constructively as well. Whenever we run workshops on climate change communications, we've put a real focus on active listening. So that's obviously listening to understand rather than just sort of respond as quickly and competently as possible. Trying to really hear what people are saying and the potential fears or hopes or motivations behind that.

It does require a slowing down of dialogue and perhaps changing the way you think, but we find it to be beneficial. The rest of the advice that we will cover in this session is sort of more practical than cultural, I suppose. But hopefully that paints a picture of the type of workshop that's been created, and you can perhaps see yourself in that role of trying to deliver it. The workshop is action focused and it looks at action in different levels. So, we've also included these bullet points to help you understand how the workshop is framed. So, it will encourage us to explore and identify actions linked to our personal responsibility and how the whole team can act, perhaps providing an example to others or making use of others best practice.

Clare Sain-ley-Berry 0:24:15.970 --> 0:24:49.110

It also presents climate change it helps people identify and understand that action on climate now is a core component of public health as Wales's legal or voluntary compliance practices. And we want to encourage advocates and innovators, trying to go further than just the minimum because we recognise that unless we get everybody's ideas and expertise and knowledge then it is very difficult to make the transformational changes that are needed.

As mentioned at the start, the ultimate aim of the workshop is to produce an action plan. And so, the toolkit provides instructions for how to put this in place and of course a template which looks like this. You will be able to familiarise yourself with this and all the instructions as part of the toolkit before anyone has any thoughts obviously about volunteering to facilitate. But this template aims to enable teams within organisations to identify the specific environmental impacts for which they are directly responsible, identify actions within the organisation's current environmental management system to which they can contribute, help teams explore and understand the links between their

actions and the things that have just been mentioned, so the Well-being of Future Generations Act those seven goals. Also, any organisational responsibilities under the Environment Act, information of which will also be shared help us all identify and take responsibility for the way our behaviours and choices have an impact on the organisation's environmental responsibilities and of course the environment more generally.

The aim is to agree short, medium and long term actions that will improve the team's impact on the environment centred on the enthusiasm, motivation, knowledge, know-how and expertise of the teams themselves. So, it's not about preaching or telling people what to do. The aim is to motivate and enable teams to take control of their environmental impacts and work towards more positive outcomes.

Clare Sain-ley-Berry 0:26:36.400 --> 0:26:41.490

We also want, and we explore in the workshop how can we go further? We don't want to fill the action planning template with things that are actually already being done. So, there is also guidance about how we can perhaps inspire or motivate people to come up with new ideas, taking ideas further, borrowing things from other people, maybe seeking to influence other people as well. So, if you are perhaps tempted to think about running your own workshop, the Sustainability Hub and Cynnal Cymru can both offer support, but ultimately it will be the responsibility of teams to put on their own workshops.

All information, especially difficult information, is best received peer to peer by people you work with and people you trust. These are the basics that you're going to need. Three volunteers to help run, facilitate it, it might be that you have someone in your team already who's a natural fit for that role or someone who would like to give it a go. Note taker, really important to make sure everything is captured and of course the timekeeper because it's so easy for time to run away with us. You'll need to schedule 2 hours for the whole team to take part. That time is difficult to find, but it is only two hours to address something really important and a good bit of planning through the workshop can set you on track for a good 3, 4, 5, 6 months.

If you take a look at the online resource, this will tell you everything you need to know and give you plenty of tips for how it can all be done. As I said, no prior knowledge is needed and we're not expecting anyone to be climate experts or facilitation experts. There are things that we can do to help prepare both ourselves as maybe facilitators, and the other people attending just so we all have some background understanding. So, we have shared three video resources to watch in the two weeks leading up to the workshop. And of course, you can have the toolkit and familiarise yourself with this and perhaps work as a team with your note taker and timekeeper to help plan and feel really confident about what you want to do.

Clare Sain-ley-Berry 0:29:5.850 --> 0:29:12.320

We're also offering some train the facilitator workshops, which are aimed at improving confidence. Many of you will have facilitation skills. We won't reinvent the wheel and we know you have great resources and support within your organisation, but the idea is to go through the workshop step by step, allow time for discussions and questions so you can feel really confident about taking it on as a project and for you, of course, to understand the workshops, aims and objectives. So, the aim is simply to create a team action plan which includes short, medium and long term actions to improve the teams impact on the environment. And within that, there are several objectives around helping people understand all those interconnections that we've talked about, identify specific environmental impacts for which people are directly responsible, enable teams to identify actions within the current management system that they can contribute to, and of course, how we are all working together to deliver those goals and ways of working of the Future Generations Act.

I'm really sorry that this is very small text, but the slides will be shared afterwards. The workshop is about creating that action plan, but of course follow through is the important thing. And we'd really like people to commit to a long-term process of continuous improvement. So, this means that you can adapt the action plan template provided for the workshop to suit your needs. You may prefer to use something more complex, if you have lots of individuals or lots of different roles. We want you to come up with a system whereby you can monitor, record and celebrate the implementation and achievement of actions and goals. And we also really encourage you to repeat the workshop. So, it's not just a one-off process. It's something that can be embedded within your teams work plan.

And again, that point about linking in with existing environmental management systems, all staff, so you understand how your work is making a difference to what they are doing and also how they can support you in turn.

Clare Sain-ley-Berry 0:31:35.710 --> 0:31:38.660

So I mentioned the train the facilitator sessions. As I said, these will basically run through the workshop element by element and allow for discussion and any questions. So, this is why the session is only half an hour longer than the workshop itself, as it follows the same pattern. So you can experience it yourself, but with that instructed narrative and opportunities for questions. So, it prepares you to facilitate, but the idea generation and the outputs will obviously come down to you and your team. It also offers a section on confidence building because for some people this will be their first time at facilitating or perhaps, certainly the first time they are doing something in this field.

So those are the three sessions that we will be running, and we look forward to welcoming as many of you as possible and we really do encourage you to sign up. It is a great experience to participate in the workshop, but also to facilitate it. And as I said, the toolkit really is comprehensive, and it is designed for people without prior knowledge to be able to pick it up and run with it and feel that they're making a difference to something really important.

I'm going to hand over to Eurgain now to talk about other free learning opportunities within Public Health Wales, but there will be an opportunity after that to ask any questions and have a bit of discussion about the workshop or anything that I have presented as well. Thank you.

Eurgain Powell (Public Health Wales - No. 2 Capital Quarter) 0:33:12.570 --> 0:33:13.10

Great. Diolch Clare. I've just got a few updates to give. Whilst you think about any questions or any queries that you've got linked to the information that Clare's just shared. As we've mentioned a few times, climate change is a new priority for Public Health Wales, and we need to help all staff understand what this means to them in their roles. So, over the last few years, the Hub has been developing lots of resources to support this, including the Healthy Environment Toolkit that we've just been talking about.

We've also been developing an approach to building capacity within our organisation so that colleagues can access a range of learning and development opportunities on climate change. This will help them to understand the big picture, why climate change is also a public health crisis and what they can do in their teams to take action. What we want really is to develop climate conscious public health practice so that we can make climate change a part of everyone's work.

So, to date, we've delivered a range of things. We've delivered carbon literacy training and development sessions on climate change for around 100 staff, including our Board and Execs. We've got the Healthy Environment Facilitator sessions coming up as Claire mentioned, over the next few

months and we're also promoting free learning opportunities for staff. So, these are really essentially in in three different levels.

So, the first level is really introductory. If you're new to climate change and you've only got maybe 45 minutes or an hour to spare to learn about it. There are actually a range of e-learning modules available on ESR. There's a new one called achieving net zero in Wales that was developed towards the end of last year and this is an introductory course around climate change, net zero and the effects of climate change and how different health boards are responding to that. There's also a global citizenship e-learning resource that was developed a few years ago by our International Health colleagues, and that includes 6 modules with a core module and then 5 deep dives, one of which is on climate change.

If you've got a little bit longer, so within about 2 hours, if you've got some basic understanding but want to learn more, we can run a 2-hour Climate Awareness Workshop for your team to help you understand more about the climate and health and what you can do. We're also able to provide support in the Healthy Environment Workshop that we've been talking about today. And then if you've got even more time on your hands and your keen to do more, there are other opportunities available through HEIW. They're providing training at the moment under their climate Smart Champions initiative. So, you can access an introduction to sustainable healthcare training which will take about four hours to do, and you can also sign up to attend training sessions with the Centre for Sustainable Healthcare.

So, we are happy to share links if you're interested in any of those opportunities.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:36:43.160 --> 0:36:43.900

That's brilliant. Thank you, Clare, and thank you Eurgain for your really interesting presentations. You've illustrated the importance of using the Health Environment Workshop as part of team planning to identify how teams can support Public Health Wales's new strategic priority and also the range of training opportunities available to support staff which is fantastic. If you have any questions to ask Clare or Eurgain please could you put them in the chat.

And I'll just run through, we've got a few questions so far. So, we've got a question from Ruth for Clare.

Is this just for Public Health Wales or for all NHS health workers in Wales?

Clare Sain-ley-Berry 0:37:25.230 --> 0:37:27.100

Oh, that's a good question. My understanding was that we developed it for Public Health Wales, and it probably has some content that is maybe a bit too specific to be for any organisation, but I'm sure there is potential for adaptation and collaboration with that. That would probably rest with you Eurgain.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:37:47.800 --> 0:37:48.770

Sorry Clare I was just going to add, although we developed it for Public Health Wales staff, it's actually suitable for all public bodies and probably can be adapted to be used by health workers in Wales as well just with slight maybe tweaking of some of the content that's discussed during the workshop. So yeah, I agree it could be adapted.

And a similar question from Rachel. Is it relevant only to healthcare workers, or could it be used by care staff in local authority settings?

Clare Sain-ley-Berry 0:38:21.760 --> 0:38:22.100

Yeah. Again, I think it's the same answer. With a with a bit of tweaking, which could be done by the facilitator and the facilitator would be best placed to know which information is going to land best with which staff. I think so.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:38:37.950 --> 0:38:38.430

That's brilliant. Thank you, Claire. And if we have any other questions? I had a question from somebody who couldn't attend the webinar today. I'll ask that and then I'll take the other question in the chat. So, they've asked regarding the training opportunities if someone is in a role that has no contact with patients or expertise in healthcare, is the training still relevant? They were wondering how they could make a difference to support the new strategic priority on climate change. And probably for Eurgain that one.

Eurgain Powell (Public Health Wales - No. 2 Capital Quarter) 0:39:14.960 --> 0:39:15.630

Sorry, Tracy. Can you just repeat the end of that question? I was looking at the questions in the chat and got distracted.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:39:20.800 --> 0:39:21.850

Yes, certainly. So they said if someone is in a role that has no contact with patients or expertise in healthcare, is the training still relevant? They were wondering how someone in that sort of role can help make a difference to support the new strategic priority on climate change.

Eurgain Powell (Public Health Wales - No. 2 Capital Quarter) 0:39:36.900 --> 0:39:37.770

Yeah, definitely. I can sort of speak for myself. I don't have contact with patients in the role that I do, and I don't have healthcare expertise either but I think as Clare outlined the prompts within the toolkit really help you understand the big picture context around the climate emergency and the impacts that it will have on public health in the long term. So, I think you know we as we've kind of mentioned during the webinar, everyone has a has a role to play in terms of supporting action. Clare mentioned I think when you started your presentation that teams will be the experts really in terms of the work that they do, the services that they deliver, and they will have the best ideas as well in terms of what can be done. So definitely don't be put off if you think maybe, you don't have the relevant expertise. I definitely wouldn't let that put you off.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:40:46.180 --> 0:40:46.600

Brilliant. Thank you Eurgain. And we've got a question from Foo Seng. For the use of plastic, is there a plan to ban the use of it in Wales? Plastic bottles and containers are from the supermarkets. I'll open that up to either Clare or Eurgain.

Clare Sain-ley-Berry 0:41:3.590 --> 0:41:7.80

Yeah, as far as I know, no. There are lots of initiatives trying to limit the amount of plastic as possible, especially, you know, single use plastics that are produced and also to reduce the number of different types of plastics. So, it can be made, you know, it's more easily recyclable but no, I don't think there are any plans to try and ban it outright.

Eurgain Powell (Public Health Wales - No. 2 Capital Quarter) 0:41:35.60 --> 0:41:42.70

I think Welsh Government are bringing in a partial ban on some single use plastic items, aren't they? Which is coming in at the end of end of this month I think actually. Things like plastic forks and those sort of annoying single use items that you sometimes get given when you're going out for a takeaway or something. So there are some things coming in but I think again in terms of considering how teams use plastic within their work or as part of coming into the office, items that you

sometimes see in the workplace teams that work there have got the best ideas and information in terms of what we can do to reduce that plastic.

So yeah, we've been working with the microbiology labs here in Public Health Wales over the last few months to look at their single use plastic within the lab and we've developed some really good ideas with them around how we can try and reduce that.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:42:49.720 --> 0:42:49.890

Thank you Eurgain. Dave has just shared the Welsh Government Environmental Protection policy on single use plastic projects for people to link into.

A question from Cerys Preece, are there any case studies or previous action plans that can be shared to inspire others? I'm happy to answer that one if it helps Clare.

Clare Sain-ley-Berry 0:43:15.800 --> 0:43:16.370

Yes, please.

Eurgain Powell (Public Health Wales - No. 2 Capital Quarter) 0:43:16.450 --> 0:43:16.820

Go for it.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:43:17.180 --> 0:43:33.500

Actually the workshop is being undertaken by a few different teams within Public Health Wales, including the Health and Sustainability Hub so we'd be more than happy to share our action plan and just to say, although we focus on.....

Apologies, I think I lost connection then, I'm hoping you can hear me again. Maybe have a thumbs up, but yeah, we're happy to share our action plan and although we work in the sustainability field, actually the working through the workshop actually highlighted some sort of actions that we could do as a team, and it's supported our development of the annual work program. So, we found it very beneficial to look at what we could do to reduce our impact even though it's part of our work area.

So yes, happy to share those.

And a question from Ruth, could non-public health workers come to the facilitator training?

Eurgain Powell (Public Health Wales - No. 2 Capital Quarter) 0:44:24.830 --> 0:44:35.720

Would you like me to answer that one? Well, I guess yeah, the answer is yes possibly. The idea is that obviously we want to encourage Public Health Wales colleagues to attend the facilitator training and we'll prioritise spaces for Public Health Wales colleagues but more than happy to allow other Health Board representatives to attend the workshop. So I think the idea would be to contact our mailbox. We can put a link to the email in the chat can't we to register your interest and to let us know which date you'd like to come along and then obviously if there's space, then yeah, we'd be more than happy to accommodate you.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:45:16.570 --> 0:45:16.980

Thank you. Again, a question from Suzanne. Really interesting, thank you. I'm here with some of my team (staff wellbeing) from Hywel Dda. We're considering how we make changes as a team and also to reflect on our role as agents of change. Would this workshop be suitable for us to possibly adapt? And I'll open it up to both Clare and Eurgain.

Clare Sain-ley-Berry 0:45:41.860 --> 0:45:47.440

Yeah, I think it's the same answer really that yes, definitely. The workshop, we did put a lot of time and effort into developing the workshop together and really thinking through how it can meet different team's needs. So I think everyone would love to see it being used as widely as possible and adapting it to make it even more targeted and focused for different audiences would be great.

Eurgain Powell (Public Health Wales - No. 2 Capital Quarter) 0:46:8.20 --> 0:46:24.510

And I just can I just add to that? I think yeah, really interesting that you're using the term agents of change because I think we could all be doing more really to highlight the actions that we are taking as individuals and teams to show the difference that can be made. So I think one of our hopes with promoting the healthy environment workshop and arranging the training over the next few months is that we do manage to capture lots more examples and case studies of teams that are using the toolkit, of teams that are developing action plans and highlighting actions that they're taking. And obviously we can compile those and share them with colleagues and obviously share them with our Execs and Board higher up as well. And I think for them to see that teams are taking action and trying to make a positive difference, I think that that's a really positive thing.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:47:10.710 --> 0:47:11.150

Brilliant. Thank you both and somebody who couldn't attend has also asked, is there an opportunity to shorten the workshop? 2 hours is a big commitment to include in a team session. And just to add, and it might be similar what you've answered, they also asked how easy is it to adapt for an in-person session rather than online?

I'll open that to Clare again.

Clare Sain-ley-Berry 0:47:37.520 --> 0:47:37.950

First of all, to adapt the workshop is very easily done and probably you will get a better response. It's always better to get people around a table with a flip chart, writing things down. It can be difficult to do online, so face to face interaction will be great. You can do sections of the workshop. You can do it section by section if you want to run it throughout a series of team meetings. It's up to your individual teams, I suppose and the facilitator about are you going to lose momentum or in fact, it might be beneficial to set out some ideas and parameters and then you reflect and then you come back. I think it does depend on the team and we do appreciate that people are under so much pressure and there are many, many priorities that everyone's doing in their day jobs that this might seem like an add-on, but we're really hoping that it helps give people the tools to just integrate this and perhaps by having a chunk of time that yes, you're sitting there thinking about the climate crisis and biodiversity in zero waste, but it might help enable different ways of working that deliver benefits in other areas that might save time further down the line.

Eurgain Powell (Public Health Wales - No. 2 Capital Quarter) 0:48:55.140 --> 0:48:56.790

Just add to that quickly as well. Inevitably there's a bit of effort needed upfront to kind of familiarise yourself with the resources and the toolkit and how it all works. But hopefully, once people are familiar with that, actually, running through it and then picking it up again in six months to review the actions, hopefully that'll just become easier and easier as time goes on. And as Clare mentioned, a lot of teams are going through planning at the moment in terms of IMTP's and thinking about priorities for next year. We'd really love teams to be using this toolkit alongside that planning cycle to see where some of their work can be enhanced really with some kind of commitments to support the climate change and biodiversity agendas as well.

Clare Sain-ley-Berry 0:49:53.600 --> 0:49:59.470

Having just said that, we do appreciate and recognise how many millions of things everyone's got on

their To Do List. I can see Marie has just posted an evaluation form for the webinar, which is really important to fill in. We've also got our another form, really sorry. But what we're really hoping is to capture interest. So if you are thinking that maybe you'd like to learn more, maybe you could consider running one of these workshops, my colleague Jason is on the call, and he'll be helping support the training facilitator workshops. So if Jason could just pop the link to our form as well in the chat, we'd really like to capture that.

If you are thinking about it, but also let us know what other support you might need. We'll also put in the chat a link to the resource, so you know what you're dealing with in terms of the workshop and the toolkit. If you have a look at that and think, yes, that's something I'd like to do for my team please get in touch because we'd love to support you through it.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:51:0.570 --> 0:51:1.180

That's brilliant. Thank you, both. We've got one last question and then I'll just finalise everything. I think this one is for Eurgain, and it's linked to a previous answer, but is there a commitment from Public Health Wales for staff to attend the climate change training as part of their role to help contribute to the new strategic priority?

Eurgain Powell (Public Health Wales - No. 2 Capital Quarter) 0:51:21.950 --> 0:51:23.270

Oh, that's a good commitment. A good commitment. Good question, sorry. I'd say yes. I'd hope there is a commitment from Public Health Wales and as people have picked up by now, it is one of our new priorities and we actually ran a development session for Board and Execs just under a year ago. They spent a couple of hours thinking about climate change and what we need to do. Obviously we'd like to see a lot more staff coming along to the different training sessions that are available and access the online learning etc. So yes, I think there is a commitment. Hopefully that will become more visible to staff. We'd obviously welcome any feedback from staff across the organisation and in terms of how they feel the commitment is to this agenda. Because obviously from where we sit in the Health and Sustainability Hub, we've got a certain perspective on the world. But I'm sure the teams have a different perspective. So yes, we'd always welcome feedback from colleagues in terms of what else we could do and what more needs to be done.

Tracy Evans (Public Health Wales - No. 2 Capital Quarter) 0:52:46.10 --> 0:52:46.620

That's brilliant. Thank you Eurgain. I don't think we've got any more questions. I'm just checking. No, not that I can see. So I just want to say I think that's all we've got time for today. But a huge thanks to both Clare and Eurgain for the excellent presentations and for the detail during the Q&A session. We'd be grateful if you can complete the short evaluation and also the form that Clare has circulated in the chat. We hope you'll join Public Health Network Cymru if you're not already a member. Finally, if you have any thoughts on future webinar topics, please let the Public Health Network Cymru team know.

Diolch yn fawr, thank you.