



PUBLIC HEALTH NETWORK CYMRU

E-BULLETIN

DECEMBER 2023

A LOOK BACK AT 2023





WELCOME

Welcome to the December edition of the e-bulletin where we will be having a look back at 2023 and showcasing some of the highlights from the year.

As you will see it's been another busy year for Public Health Network Cymru and we already have lots planned for 2024. If you would like to get involved with anything we are doing please get in touch.

Thank you to everyone who has contributed over the past year and we wish you all a Merry Christmas and Happy New Year.

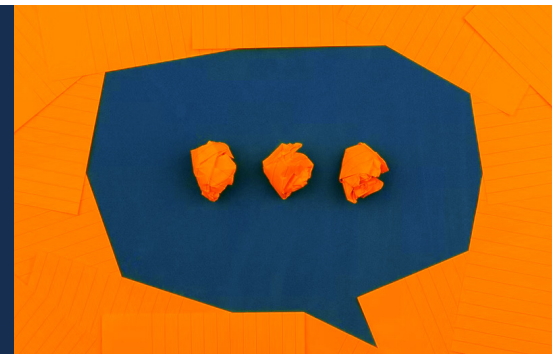
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Articles

Network Members Survey

Public Health Network Cymru

A huge thank you to everyone who took the time to fill in the members survey. We have collated the results and together with the advisory group, we are in the process of identifying actions based on the insights we have gained.

This has been an extremely valuable exercise and we are looking forward to making improvements to the network that will hopefully benefit all of our members, both current and future.



Events

Public Health Network Cymru



Conferences

Planning for a healthy future: working together to create healthier communities

On the 9th February 2023 the Wales Health Impact Assessment Support Unit (WHIASU), Public Health Wales (PHW) hosted an [event](#) to bring together professionals working in, or with an interest in, spatial planning and health to develop an increased understanding of the potential that collaborative working can bring.

Speakers at the event gave their perspectives on how planning and health collaboration can contribute to addressing climate change; health impact assessments; planning contributions to healthcare provision; and gave examples of how public health can engage with the planning system.

Protecting health and wellbeing in the climate crisis

This [conference](#) held on the 21 November 2023 supported people who work with Public Service Boards (PSBs) or Public Bodies who are planning or starting their local climate risk assessments. The conference included an introduction to the guidance on local climate risk assessments being produced by Natural Resources Wales for PSBs. Attendees heard

key insights from the recent Health Impact Assessment by Public Health Wales on people and communities in Wales' vulnerability to climate change. There was an opportunity to share learning and insights from existing local climate adaptation work in Wales.

Webinars

19 January 2023 - [Taking action on the cost of living crisis in Wales](#)

25 January 2023 - [Communities4Change \(C4C\) Wales](#)

1 February 2023 - [Community Resilience in Wales](#)

2 March 2023 - [Why is Equality Better for Everyone?](#)

19 April 2023 - [Workforce health in Wales](#)

18 May 2023 - [Enhancing partnership working in Public Services Boards](#)

24 May 2023 - [Influencing the Health Gap: Multi-country perspectives](#)

8 June 2023 - [The Socio-economic Duty – maximizing opportunities for health and wellbeing for people and communities experiencing socio-economic disadvantage in Wales](#)

22 June 2023 - [Addressing health inequities in Wales: The Welsh Health Equity Solutions Platform](#)

29 June 2023 - [Detection and prevention of illicit trade in drugs, alcohol and tobacco in Wales](#)

13 July 2023 - [Health Impact Assessment: The Comprehensive and Progressive Agreement for Trans-Pacific Partnership](#)

10 August 2023 - [The role of design in public health](#)

7 September 2023 - [Getting to the root of the problem – A Whole System Approach to Healthy Weight in Wales](#)

5 October 2023 - [Tackling the public health effects of climate change – find out how you and your team can take action](#)

11 October 2023 - [Children and the cost of living crisis in Wales](#)

30 November 2023 - [Our Global Health Offer: Public Health Wales' International Health Strategy Refresh](#)

E-bulletins

Public Health Network Cymru

Thank you to everyone who has contributed to the e-bulletin this year:

Adferiad Recovery	Groundswell Consortium – University of Liverpool	Public Health Dietetics Team – Betsi Cadwaladr University Health Board
Ageing Well – Swansea Council	Health Education and Improvement Wales (HEIW)	Public Health Dietetics Team – Cardiff and Vale University Health Board
All Wales Diabetes Prevention Programme – Public Health Wales	Health Improvement – Public Health Wales	Public Health Dietetics Team – Cwm Taf Morgannwg University Health Board
Aneurin Bevan Specialist Drug and Alcohol Service (ABSDAS)	Healthy Children Healthy Wales (PIPYN) - Betsi Cadwaladr University Health Board	Ramblers Cymru
Bangor University	Healthy Food Health Staff - Betsi Cadwaladr University Health Board	Research and Evaluation – Public Health Wales
Bevan Commission	Healthy Working Wales – Public Health Wales	SMART Recovery - Aberystwyth University
Building a Fairer Gwent	Improvement Cymru	Social Farms and Gardens
Building a Healthier Wales Coordination Group	Institute of Research and Community Development – University of Wolverhampton	Social Services – Vale of Glamorgan Local Authority
Cardiff Metropolitan University	Integrated Well-being Network – Aneurin Bevan University Health Board	SODIAT – Aberystwyth University
Cardiff University	Leonard Cheshire Cymru	Sustainable Food Places - Rhondda Cynon Taf County Borough Council
Care and Repair Cymru	Mid and South West Wales Community Cohesion Team – Carmarthenshire Council	Swansea Bay University Health Board
Cartrefi Conwy	Mind Cymru	The Coalfields Regeneration Trust, Knowledge Education Skills Scholarship (KESS) – University of South Wales
Centre for Creative Wellbeing – Aberystwyth University	National Centre for Population Health and Wellbeing Research	The Development Bank of Wales
Culture and Workforce Experience - Hywel Dda University Health Board	Natural Resources Wales	Victim Support Wales
Cwm Taf Morgannwg University Health Board Local Public Health Team	Nesta Cymru	Wales Centre for Public Policy
Cyfle Cymru	NHS Wales Collaborative	Wales Health Impact Assessment Support Unit – Public Health Wales
Delivery Unit - NHS Wales	NHS Wales Executive	Wellbeing Service – Cwm Taf Morgannwg University Health Board
Digital Transformation and Informatics – Powys Teaching Health Board	Nutrition Skill for Life® – Cardiff and Vale University Health Board	Welsh Ambulance Services NHS Trust (WAST)
Disability Wales	Policy and International Health, WHO Collaborating Centre on Investment for Health and Well-being – Public Health Wales	Wider Determinants of Health Unit – Public Health Wales
Equality and Human Rights Commission	Primary Care Division – Public Health Wales	
FareShare Cymru		
Food Cardiff		
Food Related Benefits Package - Cardiff and Vale University Health Board Local Public Health Team		
Food Sense Wales		
Future Generations Commissioner for Wales		

Advisory Group

Public Health Network Cymru

Public Health Network Cymru has an Advisory Group which meet on a quarterly basis with the purpose of using collective knowledge and experience to support PHNC to develop, deliver and monitor it's objectives. Some of the things that the Advisory group do is:

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

This year we have been reviewing the membership of the group and it has been great to see new faces from a range of different sectors.

One of our members is Helen Walters who is a Senior Public Health Practitioner at Cwm Taf Morgannwg University Health Board. Here is some further information about Helen and why she wanted to join the Advisory Group

Following many years working in Rhondda Cynon Taf (RCT) Council, Food and Farm Enforcement Team, as a Trading

Standards Officer, I developed a keen interest in Health Improvement.

A non-statutory aspect of my role saw me supporting food caterers to obtain a Healthy Options Award and I soon became the RCT Coordinator, alongside my statutory function. In this role I worked



with national organisations and local authorities across Wales. This way of working and delivery made me want to know and learn more on leading and enabling change across systems and as such I enrolled on the Masters in Public Health at the University of South Wales.

During which, I continued to build relationships in the public health system, many in Cwm Taf Morgannwg and at the end of my Masters I had a one month placement in the Office of the Future Generations commissioner where I saw this leadership role in practice.

Since 2017, I have worked in public health on national programmes such as, Help Me Quit and Healthy Working Wales, and at a Health Board level on Healthy Weights, Sexual Health, MECC (Making Every Contact Count), Tobacco, Pre-Diabetes and Health Protection. These varied short term contracts helped me to develop my knowledge and skills in many aspects of the wider determinants of health and to continually build on relationships which I value greatly. I currently work in Cwm Taf Morgannwg Public Health Team as part of a team leading a Whole System Approach to Healthy Weight.

As a Public Health Network Cymru Advisory Board member I hope to continue building relationships in the system and pledge to share learning, best practice and support to build capacity in the public health system.

Our Year in Numbers

Public Health Network Cymru



20,000+
website users



88,000+
website views



2 Conferences



5,000+
YouTube views



2,800+
followers on
X (Formerly
Twitter)



16 Webinars,
1,000+
attendees



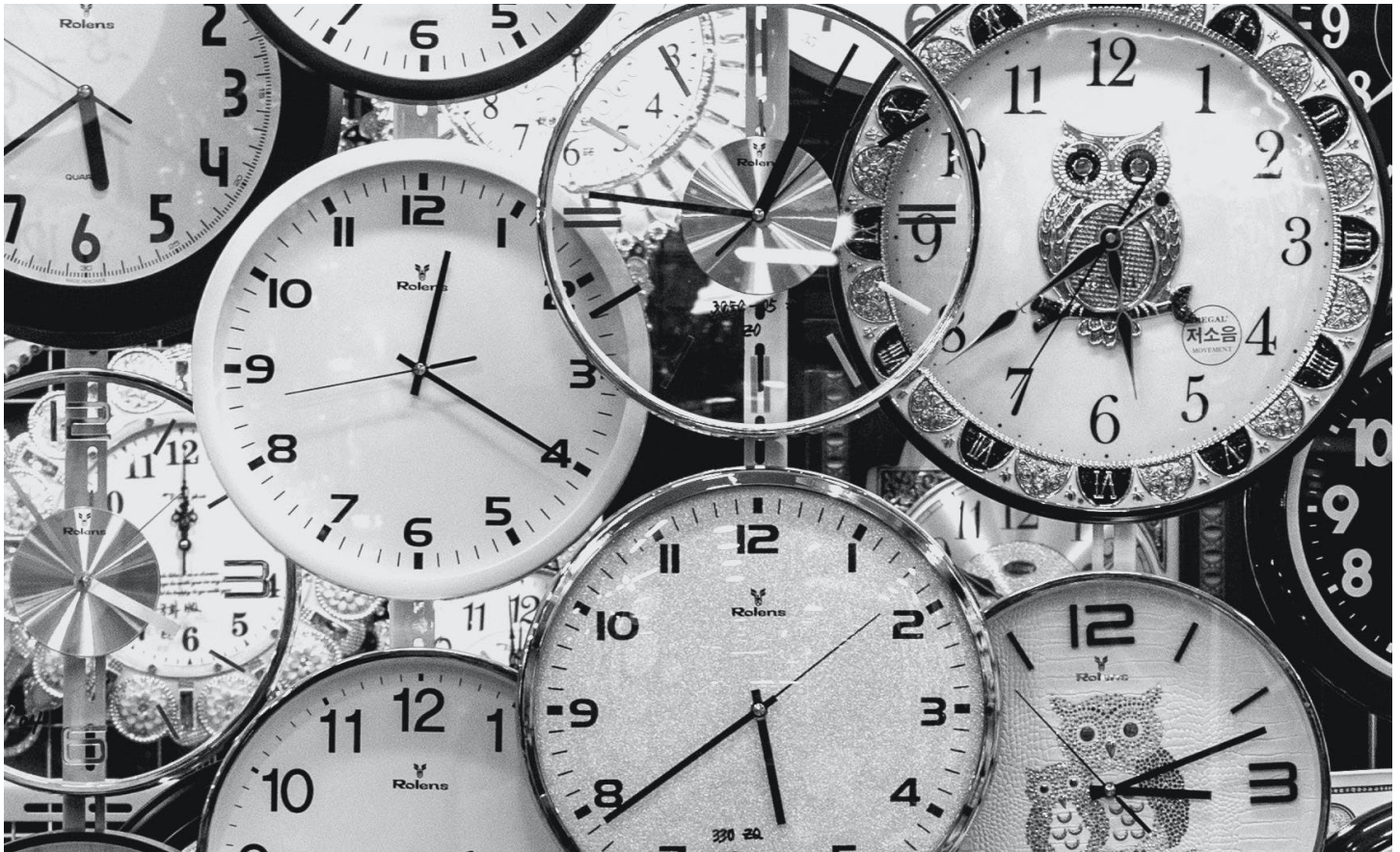
12 E-bulletins,
2,500+ views



2,500+
Members

Forward look

Public Health Network Cymru



We are already busy planning for 2024 and have a number of events already confirmed. We have gathered lots of feedback this year from the annual survey, events and our Advisory Group on various aspects of the Network and will be building this in to our future events and e-bulletins.

Many of you have told us that you would like to network and collaborate more at the events, so one thing we are planning on trialing in the New Year is to allow delegates to stay online after the events to continue the conversation face to face.

Other exciting developments we have planned is to expand our social media presence and

streamline our YouTube channel. As always we will be regularly updating our website to make it as modern and fresh as possible.

If you have any further suggestions for improvements or if you would like to suggest a topic for the events please get in touch.

Dates for your diary:

18 January 2024 - [Understanding and addressing the public health impact of e-cigarette use in children and young people in Wales](#)

25 January 2024 – Social Value Masterclass: Measuring the value of public health

31 January 2024 - Greener Primary Care: how can primary and community care continue the journey towards environmental sustainability and net zero?

8 February 2024 - [Spatial planning, public health and health service policies: opportunities for improving health and addressing inequalities](#)

Next Issue

PROTECTING HEALTH AND WELLBEING IN THE CLIMATE CRISIS

Climate change will have a major impact on health, wellbeing and inequalities in Wales and planning and adaptation to climate change is everyone's business. We need to work together to plan and adapt to climate change.

For our next bulletin we would welcome articles which cover national, regional or local initiatives, policies or programmes which focus on the health and wellbeing impacts that need to be addressed in planning for, and responding to climate change.

[Contribute](#)

