



# A LOOK BACK AT 2024





# Welcome

**W**elcome to the December edition of the e-bulletin where we will be having a look back at 2024 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 2025. 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







## Events

### Conferences

#### **Spatial planning, public health and health service policies: opportunities for improving health and addressing inequalities**

**8 February 2024**

Wales Health Impact Assessment Support Unit (WHIASU), Public Health Wales (PHW) hosted its annual event supported by Public Health Network Cymru to bring together professionals working in, or with an interest in, health and spatial planning.

This [event](#) focused on changes in the planning policy agenda, public health and healthcare services' involvement in influencing the use of Section 106 monies, policies facilitating healthy food environments and an update of the Welsh Government Health Impact Assessment (HIA) Regulations. Relevant projects and case studies were presented.

### Webinars

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?](#)

29 February 2024 - [A participatory systems mapping approach to exploring education achievement in Wales – a reflection on theory and practice](#)

7 March 2024 - [Building blocks for gender equity: Strategies for a prosperous future for women in Wales](#)

9 May 2024 - [Becoming a Marmot region: sharing learning](#)

6 June 2024 - [Health Impacts of Climate Change in Wales: Examining the evidence base and identifying future priorities](#)

13 June 2024 - [Beyond the present: How to apply long-term thinking to reduce health inequalities in the future](#)

19 June 2024 - [Health Inclusion: Why it matters?](#)

10 July 2024 - [Wellness in Work: Supporting Health and Wellbeing at Work](#)

5 September 2024 - [Developing Climate Surveillance for Wales: From Data To Action](#)

11 September 2024 - [No one left behind – The future of social connections and communities in Wales](#)

10 October 2024 - [Inverse Care Law in Wales: A Way Forward](#)

17 October 2024 - [Introduction to the principles of behaviour, behaviour change and applied behavioural science](#)

6 November 2024 - [Hapus: A National Conversation on Mental Wellbeing](#)

14 November 2024 - [WHIASU@20](#)

20 November 2024 - [Public Health Wales' International Public Health Forum](#)

28 November 2024 - [Supporting postnatal weight management](#)

## Save The Date!

Save the date for an engaging conference themed around Babies, Children and Young People's Mental Health and Wellbeing. The agenda will align with our PHNC objectives of sharing knowledge, facilitating the development of solutions and approaches and connecting members. We will be sending out the invitation to register and the agenda in the New Year.

20 February 2025 – Mercure Cardiff Holland House Hotel

26 March 2025 – Conwy Business Centre



## E-bulletin

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

Aberystwyth University  
Aneurin Bevan University Health Board  
Bangor University  
Behavioural Science Unit – Public Health Wales  
Birmingham City University  
Bristol City Council  
Canal and River Trust in Wales  
Cardiff and Vale University Health Board  
Cardiff Metropolitan University  
Cardiff University  
Collaborative Institute for Education Research, Evidence and Impact  
Community Fund  
Connecting Youth Children and Adults (CYCA)  
Cwm Taf Morgannwg University Health Board  
Cynon Valley Organic Adventures  
Deafblind UK  
Digital Health and Care Wales (DHCW)  
Envoy Partnership  
Fair Treatment for the Women of Wales (FTWW)  
Fast Track Cymru – Cardiff and Vale  
GISDA  
Green Health Wales

Greener Practice Wales  
GWE – Towards Excellence  
Gwynedd consultancy  
Health Equity Research Development Unit, Sydney  
Local Health District, Sydney, Australia  
Health Improvement Division – Public Health Wales  
Health Protection  
Environmental Team – Public Health Wales  
Healthy and Sustainability Hub – Public Health Wales  
Healthy Environments – Public Health Scotland  
Healthy Working Wales – Public Health Wales  
Improvement Cymru  
Knowledge Directorate – Public Health Wales  
Maastricht University  
Macmillan Cancer Support  
National Institute for Health and Care Research (NIHR)  
Natural Resources Wales  
Newport Mind  
NHS Wales Executive  
Observatory Analytical Team – Public Health Wales  
Play Wales  
Policy and International Health, WHO Collaborating Centre on Investment for Health and Well-being – Public Health Wales  
Primary Care Division – Public Health Wales

Public Health Dietetics Team – Betsi Cadwaladr University Health Board  
Research and Evaluation – Public Health Wales  
Royal College of General Practitioners  
Royal College of Psychiatrists  
Rural Health and Care Wales  
Social Care Wales  
Stori  
Swansea Bay University Health Board  
Swansea University  
Swansea University Medical School  
Tempo Time Credits  
The Cookalong Clwb  
The Fathom Trust  
University of Liverpool  
University of New South Wales, Sydney, Australia  
University of South Wales  
University of Western Australia  
Vaccine Preventable Disease Programme (VPDP) – Public Health Wales  
Wales Health Impact Assessment Support Unit – Public Health Wales  
Warwick University  
Welsh Government  
Welsh Health Equity Solutions Platform – Public Health Wales  
Wider Determinants of Health Unit – Public Health Wales





## Advisory Group

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 its 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

One of our members is Rachel Lewis who is a Principal Public Health Practitioner in the Primary Care Division, Public Health Wales. Here is some further Information about Rachel and why she wanted to join the Advisory Group.

I have over 25 years' experience in public health working across both England and Wales. Within this time my roles have taken me across the life course from

pre-conception and early years to falls prevention and frailty. Additionally, I have worked across all three pillars of public health: health improvement, health protection, and health care public health; developing focussed projects and large-scale change programmes of work.

I joined the Public Health Network Cymru (PHNC) when I was a Principal Public Health Practitioner (PPHP) within the Betsi Cadwaladr University Public Health Team, as I was passionate about the role that local public health teams play within the wider public health system and wanted to ensure that voice was heard.

I am now a PPHP within the Primary Care Division of PHW with a role primarily focusing on cardiovascular disease prevention. This work is anchored within primary care working to embed systems and practices that enhance and embed the secondary prevention of CVD risk factors, such as atrial fibrillation, high blood pressure, cholesterol, and diabetes. The PHNC offers an opportunity for colleagues

to come together from across the public health system, to share learning and best practice from the variety of approaches used to promote health and prevent illness. Wales is fortunate to have an established network that can facilitate this and support capacity building for everyone who has public health as a key element of their role; from clinical staff to teams involved in improving the wider determinants of health, and all the people that support this work. As an Advisory Board Member, I hope to support (and challenge) the PHNC team to continue to deliver the excellent approach to learning, sharing of information, and networking that they do so well, enabling us all to continually develop and improve our approach.





**36,000+**  
**website users**



**97,000+**  
**website views**



**1 Conference**



**5,000+**  
**YouTube views**

## **Our Year in Numbers**



**18 Webinars,**  
**1,100+**  
**attendees**



**12 E-bulletins,**  
**2,400+ views**



**500+ New**  
**Members**



## Next Issue SUPPORTING POSTNATAL WEIGHT MANAGEMENT

Supporting postnatal weight management is an important area and there are many opportunities to support women and families at this stage of life. As the wellbeing of mothers is crucial to the health of families, this call aims to highlight effective strategies, evidence-based approaches, and innovative solutions that promote healthy, sustainable weight management following childbirth.

For our upcoming e-bulletin we are inviting contributions from projects and initiatives focused on enhancing postnatal weight management support in communities across Wales. These can be national, regional or local initiatives, policies or programmes.

Our article submission form will provide you with further information on word count, layout of your article and guidance for images.

Please send articles to [publichealth.network@wales.nhs.uk](mailto:publichealth.network@wales.nhs.uk) by 16<sup>th</sup> January 2025.

**Contribute**