Welcome

This month’s e-bulletin focuses on Arts in Health which follows on from the Network’s 2019 Roadshow across Wales.

The Roadshow focused on Arts in Health and in partnership with the Health and Sustainability Hub (Public Health Wales) and Arts Council Wales, five events were held across Wales.

These events are an opportunity for the Network to engage with and inform members of future developments of the Network as well as a chance to further increase membership. The events are also a chance for local projects to showcase their work and network with other individuals with an interest in Arts and Health.

This year the events were held in Brecon, Aberystwyth, Wrexham, Carmarthen and Barry and where possible the venues were chosen because of their involvement with the arts sector.

Further information can be found on the website.

The recent seminar held in the Halliwell Centre in Carmarthen focused on Learning Disabilities: Improving Lives and Wellbeing. Further information from this event including all the presentations will be available on the website.

The next seminar will focus on Homelessness. We will update you with further information in the next few months.

We are always looking for information and events which we can include in the e-bulletin as well as on the website so please get in touch with us at publichealth.network@wales.nhs.uk.
Spotlight on... Arts in Health

Over recent years, there has been a growing understanding of the impact that taking part in the arts can have on health and wellbeing. By supplementing medicine and care, the arts can improve the health of people who experience mental or physical health problems.

Engaging in the arts can promote prevention of disease and build wellbeing. The arts can improve healthcare environments and benefit staff retention and professional development.

(National Alliance for Arts, Health and Well-being, 2019)
The aim of the ‘Living Memory’ scheme is to utilise the potential of The National Library of Wales graphic and audiovisual collections to unlock memories and to facilitate reminiscence therapy with older people and those living with dementia.

The scheme has been piloted with the Older People Mental Health wards of Hywel Dda Health Board and Ceredigon Crossroads.

An online consultation was conducted with practitioners in the health and social care sector on rolling out the ‘Living Memory’ scheme nationally; as a result of the responses received, packs of photographs and films have been compiled for the use of community and voluntary groups, day centres, care homes and health establishments throughout Wales. These resources are offered free of charge and they include:

- DVD of films presented in themes, namely leisure, places, rural life, the seaside and war;
- Printed photographs presented in a folder;
- USB memory stick of the films and photographs;
- An Ebook that includes a selection of the films and photographs.

For more information about these resources, or to discuss how you can receive a free copy, please contact – volunteering@library.wales
HAUL Arts in Health - Arts on Prescription model

HAUL Arts in Health is a small but effective and well established organisation based in Ceredigion, which aims to use the arts in any way we can to improve health and wellbeing. We use the skills of our carefully selected artists to make healthcare settings more attractive and humane, sometimes through straight commissions (for instance, the stained glass window in the chapel at Bronglais Hospital, or concerts in waiting rooms); other times employing artists to work with health care users to create artworks (for instance, a series of 12 large mosaics made with 12 different support groups for long term conditions, such as Multiple Sclerosis, strokes, arthritis etc).

We like to put on arts events when we can for hospital staff. We welcome input and suggestions from health care providers and users, and many of our projects have been initiated in response to these suggestions. We have been going for 25 years, and in 2013 were nominated by the Arts Council of Wales for the Big Lottery Best Arts Organisation Award – and made it to the final 7, from all the UK!

Over the years we have delivered countless projects all around Ceredigion in all kinds of settings, such as drugs rehabs, mental health venues, residential homes for the elderly, and many more, as well as out in the community with support groups, children with long term conditions and their siblings, young people at risk, people with learning difficulties and many more.

Having gathered a wealth of experience about what works best, in the last 3 years, rather than targeting individual venues or groups, we have been offering a programme called Be Creative, Be Inspired, which is open to anyone with any health problem or condition that has led them to feel low and isolated. They can be referred by any health or social worker, or they can self-refer. These are 8-10 week courses in many different art forms (visual arts of all kinds, music, creative writing, dance), delivered by experienced artists who are highly skilled in their field, so that participants have the opportunity, time and support to develop a new skill to a high level. As well as the major towns such as Aberystwyth and Cardigan, we are delivering these courses all around Ceredigion in village halls etc. so that we can reach people in the more isolated areas.

These courses have been hugely successful and well received by the participants. From their feedback, we know that they really appreciate the opportunity to get out of the house, meet new people, learn new skills in a relaxed and supportive environment, near their home. Many report great improvement in their mood, motivation, confidence and sense of well-being, and have formed lasting friendships and new interests that they are continuing to follow. In particular they liked the fact that the groups were so mixed, in ages, from children to pensioners, and in conditions. So often, they tell us they only get to mix with people with the same condition as themselves, which can tend to lead to a focus on that condition. But as they all had different health problems, which were not mentioned unless they chose to, the focus was very much on creativity, and they felt like people rather than patients, while still crucially knowing that everyone in the room understood how it is to live with health difficulties. We have found that lack of confidence, due to illness, (as well as lack of money) inhibits people from signing up to accredited, or paying courses.

We hope now to find funding to continue this successful model, working closely with health and social workers. Once partnerships are formed and venues identified, we could set up a rolling programme of arts courses, rotating our tutors around Ceredigion, so that different activities are on offer throughout the year. Apart from the benefits to the participants (and their families) this model is better value for money than one-off projects, as administration is kept to a minimum. As far as we know, we are the only arts in health organisation offering arts on prescription at the moment in Wales.

Below are some pictures from some of these groups, and more can be seen on Facebook (HAUL Arts in Health)
The Arts in Health and Social Care
Research from Bangor University

Our work combines social sciences and the arts to improve the evidence base for effective service provision, demonstrate the impact on key health outcomes for people living with dementia and their carers, and improve awareness and understanding of dementia.

‘Dementia and Imagination’, a longitudinal mixed-methods programme of work, embedded academic interdisciplinary collaborations across England and Wales, including artists, cultural organisations, charities and local authorities. We developed a theoretically informed visual arts programme and demonstrated the positive impact on well-being, quality of life, resilience and connectedness of 115 people living with mild to severe dementia in the community, care homes and hospital day centres in England Wales. We showed that for every £1 invested in this programme, a social value of £5 was generated. We developed the programme into a guide for practitioners and have delivered this in workshops, alongside public engagement activities with hundreds of members of the public to change perceptions of dementia.

‘Creative Conversations’ was a partnership with Flintshire County Council Social Services, Dementia Positive, and Ten Five Ten. It examined the development of the social care work force through a novel, creative staff training programme, delivered to 53 staff in fourteen care homes. The programme validated staff skills and confidence. It enabled meaningful interactions that could be creative, ‘in the moment’, spontaneous and improvised. The departure from formal education and fact based learning may be particularly useful for the development of the dementia care workforce, where literacy is low. The successful partnership with Flintshire Social Services has seen them secure money to continue the provision of Creative Conversations in Flintshire for another year. The project also features in a free online course: Dementia and the Arts: Sharing Practice, Developing Understanding and Enhancing Lives.

The Wales-wide evaluation of Age Cymru’s cARTrefu, an arts in care homes project saw arts activities delivered to 122 care homes across Wales, with 1543 residents taking part in at least one arts session. The evaluation, which was launched at the National Assembly for Wales, found the wellbeing of the residents improved, as did staff attitudes towards residents, especially those living with dementia, and that the project developed a group of artists who are now better equipped to work with vulnerable older people in care settings. cARTrefu is thought to be the largest service evaluation of its kind in the UK and perhaps even Europe.

Dr Kat Algar-Skaife spoke about the cARTrefu and Creative Conversations projects during the recent Arts and Health Public Health Network Cymru Roadshow event in Wrexham. You can read more about the roadshow events here.
On behalf of WAHWN – the Wales Arts Health & Well-being Network – we were delighted to be part of the pan Wales PHNC roadshows recently and welcomed the Network’s decision to focus on arts and health this year. The roadshows offered a great opportunity to connect with colleagues across Wales involved in delivering arts interventions aimed at supporting health and well-being, as well as promote the WAHWN Network and sign up more members.

WAHWN is a rapidly expanding network of colleagues delivering arts and health work in Wales. The Network represents members from the arts, health and HE sectors and includes practitioners working across the full range of art form practice in health, arts and other community settings. There are over 300 members currently, and the Network continues to grow.

A global phenomenon, the field of Arts in Health has found fresh impetus in Wales in recent years through The Well-being of Future Generations Act (2015). This brings together goals towards the cultivation of a thriving Welsh culture and language alongside the promotion of a healthier Wales - part of a holistic vision for a more sustainable future.

WAHWN was established by Engage Cymru in 2013 and developed in response to a lack of opportunities for colleagues across Wales delivering arts and health work to share practice and network. WAHWN is supported by the Arts Council of Wales and strategic funding has allowed the Network to become more robust, develop its services and resources so that it can better support and underpin the activities of colleagues working in the field. WAHWN contributes on a regular basis to the Cross Party Group on Arts and Health, advocating for and sharing best practice in the sector from across Wales.

In partnership with members and working with experts in the field, WAHWN will be delivering a wide range of training for the sector this year. The training themes have been highlighted by members as vital in ensuring that their work remains robust, credible and strategic.

- Social return on investment/cost benefit analysis - September (North & South Wales) tbc
- Case study writing - 10th October (North Wales)
- Social prescribing/arts on prescription - 15th January (Mid Wales)
- Creative Evaluation - 30th January (South West Wales)
- Quality - late February (Cardiff)
- Enhancing Healthcare Environments - early April (South Wales)

To find out more about WAHWN visit https://wahwn.cymru/ where you can register (for free), upload a member profile, add resources, blogs and opportunities, as well as keep up to date on opportunities, sector developments and training. The WAHWN website, launched at the Bangor University ‘Building a Collaborative Artistic Research Alliance’ conference in January this year, is fast becoming the ‘Go To’ place...
for information and support for the sector.

For more information contact:

Angela Rogers, WAHWN Network Coordinator
info@wahwn.cymru
Tel: 01834 870121
www.wahwn.cymru

Say IT As It Is

A member of the paediatric diabetes team from ABMU contacted us with the following concern: “Teenagers are under a lot of pressures, having diabetes can add to the stress the young people face on a daily basis. Many young people struggle with the management of their diabetes, putting their health at risk.”

With funding from regional Health, Social Care and Wellbeing Grant Schemes and the Arts Council of Wales we run a 5 months arts project for young people with type 1 diabetes. The aim of the project was to increase confidence and self - awareness in young people with diabetes type 1; with a longer term aim of improving self-care and coping mechanisms.

The project was advertised through the diabetes support groups and during diabetes clinic appointments. Nine young people aged 8 -14 and their parents attended regular sessions at Aberavon Leisure Centre. On the first day, we noticed the young people were quiet and shy. Type 1 diabetes is a relentless condition requiring management 24/7 and multiple hospital appointments. The project took diabetes out of the
hospital setting to a community venue, where the young people set the agenda.

Through the arts, group work and mindfulness we created a calm, safe and relaxed environment. We gave the young people creative control and allowed them to voice their emotions.

“I am in shock I have never seen so many diabetics in one room!”

A participant painted a derelict picture. She created a story about a girl, lost in her anger, she became stuck in telling her story, by sharing their feelings the others helped her to finish the story, with the animator Jane Hubbard they created “The Forgotten child”

Parent: “I have never heard my daughter speak so much…”

The group wanted to make a film about diabetes “without boring our mates to death…!” Together with the rap scientist Jon Case and film-maker Tracy Pallant they produced ‘Hey Glucose’

The shy and anxious children became chatty and empowered film-directors. Protective parents stepped back and watched their children with pride present their films. The young people learnt from each other and realise that they are more than their diagnosis.

‘You could clearly see how the young people had gained confidence in themselves as individuals and see that meeting other people living with the same condition as them can not only help with this, but also tackle the isolation and the more negative/difficult feelings that living with a long term health condition can also bring.’

Sara Crowley, the NHS Wales Diabetes Transitional Care Co-ordinator
The use of creative arts in the management of young people with chronic illnesses is a beneficial adjunct to their medical treatment and clinic based psychological support. The workshops addressed their emotional needs, enabled them to build confidence, friendships and self-esteem which is envisaged will translate into improved mental health and self-management skills.

Katja Stiller, Valley and Vale Community Arts
Sijbrigje Hood, Swansea Bay University Health Board

The films can be viewed on www.valleyandvale.org
‘Arts4wellbeing’ a local, West Wales based organisation which started life as a sole trading company back in 2010 when Mike and Sara began working together, bringing together two lifetimes of experience, skills and a passion for using creativity to inspire social change, which proved to be the catalyst for devising whole new ways of working with people, with groups, projects in the studio, in the communities, in schools, in cities, out in woodlands and at the coast.

Mike and Sara weaving together an ever evolving rich tapestry, incorporating new ideas, research, thoughts and suggestions, exploring social, cultural issues, addressing personal understanding and helping to build strong community dynamics.

Now, still known as Arts4wellbeing (A4W), we have grown into a community interest company with a board of eight directors, drawn from the worlds of finance, management, business, family, community, education and art. Each director, passionate about the value and the positive difference that the ‘arts’ can play in supporting the health and wellbeing of each individuals’ mental and physical health, the health and vibrancy of a community group or staff team, the wellbeing of a whole village, town, city. A4W’s Board of directors’ vision, drive and belief for the arts to play a significant role in helping to transform individuals habitual thinking patterns and behaviours is clearly demonstrated in the achievements that arts4wellbeing have accomplished in the past few years.

At A4W we believe:
• Everyone wants to be the best that they possibly can be
• That most desire a happy, purposeful and productive life
• To be accepted, respected and feel that they belong
• To be of use and offer up their skills, knowledge and experiences for the greater good

We also believe:
• Everyone is creative at core
• And that the rhythms of making and doing are a fundamental part of being human.

A4W devise, create and facilitate bespoke staff and community training programmes. community events and creativity workshops. Host and facilitate conferences, seminars and gatherings within the following categories.
• Heritage & Culture
• Health & Wellbeing
• Education & CPD Training
• Community
• Creativity.

Not everyone will be an ‘artist’ but every human being is creative in a myriad of ways; it is this creativity that is a fundamental part of being human, creativity that connects each one of us to each other, to the past, to the present and into a future. It is creativity that fuels our imaginations, drives our ingenuity; our creativity that ignites the sparks of invention, creation and design; creativity that is behind all our interactions, creativity that in the end shapes the sum total of our being.

Earliest forms of ‘Art’ date back some 40,000 years and debate about art, art classification, art purpose abound, the conversations continue around ‘arts in health’.
Ever since Edward Adamson opened his art studio in Netherne in 1946, two years before the inauguration of the NHS in 1948 and three years before the Mental Health Act 1959. Adamson knew intuitively that there was a connection between creativity and healing, he understood the importance of providing sanctuary – a space, a temenos – in which this connection could be made. Like C.J. Jung, Adamson felt his work to be ‘less a question of treatment than of developing the creative possibilities latent in the patient himself’. Concluding his introduction to his book ‘Art as Healing,’ Adamson states the role of the hospital artist is to be a catalyst who allows the healing art to emerge. For Adamson it is the both the space and the ‘process’ that is key.

For A4W it is also the created space and the process that is key; facilitating in a person centred manner, where each individual has something - some knowledge, skill, understanding, experience, idea to offer up to the whole group / project process. We strive to create enabling spaces, where everyone’s natural creativity adds to the whole and in the process of making and doing, thinking and reflecting, just being emerges, a ‘truth’ for some; a new understanding for others; a seed planted for later; a good time in the now; or just, something that occupied a different part of the mind, creating positive focus, resting both, mind and body for a few hours.

Teresa Owen, Director of Public Health, Hywel Dda University Health Board, recognised this process based approach of A4W and completely understood the Co-production, asset based facilitation framework that enables the fostering of resilient communities, as she was introduced to A4W through Ian Scale, locum Consultant in Public Health Wales, Hywel Dda Public Health Team. Her 2014/15 Annual Report features some illustrated examples of our community development work, with the web based format containing the ‘narratives’ behind the pictures.

A4W’s work in Pembroke school through the Arts Council Wales project, Creative Practitioners in schools, not only saw a leap in English Literature grades for a group of boys, (who were not expected to pass this exam) but also, led to the work being showcased as an example of best practice, at the forefront of the Creative Schools exhibition alongside the short film at The Tate Modern in London in 2018.

In 2017 A4W were awarded the High Sheriff of Dyfed’s award for outstanding Community service and running up to the end of 2019 A4W are just about to complete a very successful three year Cynnal Y Cardi pilot project initiating eight, Compassionate, Creative, Co-productive, Community Hubs. (With one more to initiate, one we are still working with). We currently have six self-sustaining, open access, creative community hubs, meeting weekly, run by people in the local communities for people of those communities, supporting social prescribing.

A4W have also embarked upon co-creating collaborative community based story studios, designing, creating and facilitating playful, interactive, creative spaces, ‘environments’, which provide opportunities to connect with moments of awe and wonder, to transport mindsets from the mundane into the now, connecting people through story sharing, enabling creative exploration of the past, present and community perspectives on the future. All produced to help facilitate, as Carol Dwek describes, a transition from a ‘fixed’ mind-set to a ‘growth’ mind-set.

A4W work towards supporting individuals to flourish and communities to prosper, creating new ways of being and seeing the world. All our creative work uses the arts to help facilitate a change from the prevailing discourse; from apathy, fear and confusion to new understanding and possibilities through opportunity. Connecting with a greater sense of wellbeing enables people from every walk of life to unite and move more confidently into the future.
Our **choirs** are for **cancer patients** and their **loved ones**

If you’ve been affected by cancer and want to meet others who understand... why not **Sing with Us?** **Every voice counts!**

**Want to find out about a choir near you?**

Call us free on **0808 808 1010**
email **sing@tenovuscancercare.org.uk**
or visit **tenovuscancercare.org.uk/singwithus**
Welcome to our new PHNC Podcast Page of the Ebulletin. Here you can listen to the previously released Podcasts.

If you are interested in recording a podcast with us in the future, please contact us via email: publichealth.network@wales.nhs.uk

NEW: Arts and Health Podcast

Community Care for Older People who are Neurodiverse

Dementia Friendly Toilets (World Toilet Day Podcast)

Love Activity, Hate Exercise

Predictors of Dementia

Learning Disability in Hospitals

Sexual Health

Alcohol and Older People

Healthy Ageing

Gambling

Drugs and Alcohol

Trans Health

Sun Safety
Welcome to Press Play, here you can get the latest PHNC videos from youtube! Every month we will add new videos as they get uploaded.

We have a number of events planned over the next few months so keep your eyes peeled for the latest streams on our twitter feed or come back and visit Press Play after the event!

Old and Alone: Not an Isolated Incident

Workplace Mental Health and Wellbeing

Contribution of Allied Health Professionals to Public Health

Sustainability Showcase 2018

Sexual Health Conference 2018

Public Health Network Cymru Roadshow Video 2018

Check out the PHNC Sound and Vision Pages for more videos
A new review published by Public Health Wales finds that Wales’ new tax-raising powers could be used to improve population health and reduce deaths from non-communicable disease.

Dr Sumina Azam, Head of Policy at Public Health Wales and co-author of the review commented: “In the UK we have a long history of using tax to drive down consumption levels of tobacco and alcohol, which has helped improve the health of the population.

“The report findings suggest that the Welsh Government has a unique opportunity to explore how its new tax-raising powers can help improve public health. Such a move could command public support with 8 in 10 respondents to the recent Stay Well in Wales survey agreeing that healthy foods should cost a bit less and unhealthy foods a bit more. Only six percent of respondents disagreed.”

The literature review found that novel approaches to tax on high fat, high salt or high sugar foods have helped reduce purchasing and consumption behaviour of these foods in other countries, including in Mexico and Hungary.

Aimed at health policy leaders, this review explores how novel fiscal policies might help Wales meet the United Nations’ Sustainable Development Goals of reducing premature mortality from non-communicable diseases – which includes obesity-related diabetes, cardio-vascular disease and cancers – by one third by 2030. In Wales the Government has the advantage of the Well-being of Future Generations Act, which sets a unique legislative backdrop that underpins all public policy decisions.

Professor Mark Bellis, Director of Policy and International Health, WHO Collaborating Centre on Investment for Health & Well-being, based at Public Health Wales, said: “It is important that taxation is not seen in isolation, but as a tool to use in combination with other health-focused policies. To be effective, tax interventions may need to be supported with subsidies for healthier options and other policies that help reduce health-harming behaviours, support people who live in more disadvantaged communities, and guide consumers towards healthier consumption”.

Commenting on the potential application of additional taxes in Wales, lead report author Adam Jones of Public Health Wales said: “From reviewing international examples of taxation aimed at improving health and reducing consumption of unhealthy commodities, we found valuable lessons for any Government seeking to introduce new policy in this arena.”

Reports
A taxing issue Executive Summary
A taxing issue Full Report
A taxing issue Infographic
We want to define a better future for cancer patients in Wales and beyond. As a nation, Wales produces some of the world’s leading cancer research. We want your thoughts to help shape a strategy that is being developed to strengthen the work that happens here.

This is your strategy. Help us make it the best it can be.

Join us at one of our consultation events:

7th August – Wrexham, Catrin Finch Centre, Glyndwr University, 13:30 – 15:30

15th August – Newport, Barnabas Arts Centre, 13:00 – 15:00

10th September – Aberystwyth, Arad Goch Theatre, 13:00 – 15:00

Share your thoughts online: www.rebrand.ly/cancer-survey
THE FUTURE OF HEALTH SERVICES FOR PEOPLE LIVING IN THE CITY OF NEWPORT.

We are inviting people from the area to attend a local meeting to discuss health services, and hear how they will be developed / changed over the coming years.

Please register if you wish to attend

<table>
<thead>
<tr>
<th>When</th>
<th>Thursday 19\textsuperscript{th} September, 2019 17:30pm – 19:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where</td>
<td>Newport Centre (Castle Room)</td>
</tr>
<tr>
<td></td>
<td>1, Kingsway</td>
</tr>
<tr>
<td></td>
<td>Newport</td>
</tr>
<tr>
<td></td>
<td>NP20 1UH</td>
</tr>
<tr>
<td>How</td>
<td>📞 Adele Skinner on 01633 435908</td>
</tr>
<tr>
<td></td>
<td>ᐊ <a href="mailto:Adele.skinner@wales.nhs.uk">Adele.skinner@wales.nhs.uk</a></td>
</tr>
</tbody>
</table>

Please let us know when you book if you have any particular communication, access or travel requirements.
The GSK IMPACT Awards provide core funding, training and national recognition for charities doing excellent work to improve people’s health and wellbeing. Up to 20 awards will be made ranging from £3,000 to £40,000. To be eligible organisations must be at least three years old, a registered charity, working in a health-related field in the UK, with income between £80,000 and £2.5 million.

Winning organisations will have a film made, receive support with press and publicity and be given a set of promotional materials. They will also be offered free training and development valued at a further £9,500. For further information and to apply go to: www.kingsfund.org.uk/gskimpactawards

Closing date for applications: 23 September 2019
Access crisis leaves just 1 in 6 practices accepting new NHS dental patients in Wales

Finger-prick blood test could safely reduce antibiotic use in patients with COPD

Liver Disease is Now the Biggest Cause of Death in Those Aged Between 35-49 Years Old, New Report Reveals

Improvements made but more work to be done, says Britain’s largest evaluation of NHS maternity and neonatal services

Boys More Likely to Need Help for ‘Back to School Asthma’

Risk is an Essential Ingredient in Children’s Play
<table>
<thead>
<tr>
<th>Category</th>
<th>Subcategory</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>People with Disabilities</td>
</tr>
<tr>
<td>Children and Young People</td>
<td>Pharmacy</td>
</tr>
<tr>
<td>Communities</td>
<td>Physical Activity</td>
</tr>
<tr>
<td>Education</td>
<td>Policy</td>
</tr>
<tr>
<td>Environment</td>
<td>Poverty</td>
</tr>
<tr>
<td>Gambling</td>
<td>Prisoners</td>
</tr>
<tr>
<td>Gender</td>
<td>Research and Evidence</td>
</tr>
<tr>
<td>Homelessness</td>
<td>Sexual Health</td>
</tr>
<tr>
<td>Lifestyle</td>
<td>Sexuality</td>
</tr>
<tr>
<td>Maternal and Newborn</td>
<td>Smoking</td>
</tr>
<tr>
<td>Mental Health</td>
<td>Substance Misuse</td>
</tr>
<tr>
<td>Noncommunicable Diseases</td>
<td>Unemployment</td>
</tr>
<tr>
<td>Nutrition</td>
<td>Veterans</td>
</tr>
<tr>
<td>Older People</td>
<td>Violence and Abuse</td>
</tr>
<tr>
<td>Oral Health</td>
<td>Work</td>
</tr>
<tr>
<td>Parents</td>
<td>All News</td>
</tr>
</tbody>
</table>
## What's on in August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Children in Wales Annual Lecture</td>
</tr>
<tr>
<td>7</td>
<td>Playday 2019</td>
</tr>
<tr>
<td>8</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Place-Based Citizen-Science for Wellbeing</td>
</tr>
<tr>
<td>15</td>
<td>Help us shape cancer research in Wales: Consultation Events</td>
</tr>
<tr>
<td>16</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>HEPA Europe 2019</td>
</tr>
</tbody>
</table>
Next issue...

Learning Disabilities