Welcome

This month’s e-bulletin focuses on Air Quality to coincide with Breathe Easy Week 2019 taking place in June.

The Network has just completed its 2019 series of roadshows across Wales. This year’s topic focused on Arts and Health and was extremely well received by all participants and delegates. They were delivered in partnership with Arts Council for Wales. All information gathered from these events will be on our website in due course.

The team are busy planning for our next seminar focusing on Learning Disabilities and will take place on 10 July 2019 at the Halliwell Centre, Carmarthen. More information on this event can be found on our Events page where you can also register your place.

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...

Air Quality

Breathe Easy Week took place between the 17th and 23rd June. Events were organised by support groups across the UK. Breathe Easy Week is an initiative started by British Lung Foundation, to raise awareness and focus on lung health.

Lung disease affects 1 in 5 people in the UK. That means you probably know someone whose life could be changed by taking a breath test. By sharing it, you can make a big difference.

British Lung Foundation 2019
This year Public Health Wales (PHW) signed up as a supporter of Clean Air Day 2019, which was on 20 June.

The Clean Air Day initiative intends to raise awareness of air pollution and the problems it can cause. Air pollution is one of largest environmental risks to health. It can increase the risk of some health problems and make existing health problems worse, but there are some practical actions we can all take to help improve air quality.

Air pollution is everyone’s business. As an organisation, we can play a key role in helping to reduce air pollution and the health risks and inequalities associated with it. For example, if everyone who works for Public Health Wales walked or cycled to work one day per week, this could really help to reduce emissions from transport sources. Spreading the word and helping others to change behaviours can really make a difference; small changes can have significant impacts when taken across the whole population.

This year, PHW have been working with Welsh Government and Global Action Plan (the environmental charity that owns the Clean Air Day brand) to develop resources to raise awareness of problems and solutions.

PHW have:
- Produced posters which highlight simple, practical actions we can all take to reduce air pollution.
- Produced short video clips describing air pollutants, sources, risks and mitigation actions, and showcased green travel examples of active travel within/across PHW
- Agreed to share and re-tweet Welsh Government-led social media messages
- Prepared an interactive social media quiz
- Organised a lunchtime cycle event for PHW staff at CQ2, Cardiff.

The Clean Air Day campaign have produced a series of pledge cards with some useful ideas on what we can do to raise awareness and reduce our impact on air pollution on #CleanAirDay.

For more information on what Wales did for Clean Air Day 2019 visit:

https://www.cleanairday.org.uk/wales

Air pollution and your heart

Air pollution can make heart and circulatory conditions worse, or even cause new health problems.

But some simple steps can help you stay healthy when pollution levels are high. Further information along with a video explaining this in more detail can be found on the British Heart Foundation website.
Air pollution is the largest environmental risk to health. Taking steps to reduce air pollution can also improve your health and well-being.

For short trips, choose to walk and cycle more; use the car less.

If you need to travel by car, consider use of car-sharing and park and ride possibilities.

For longer trips, try combine walking and cycling with public transport services.

If you are using a vehicle and waiting in traffic, turn the engine off when safe to do so.

Use bike-share schemes where available; set them up where they don’t already exist.

Take advantage of IT solutions to reduce non-essential travel.

When walking or cycling use side-streets and parks to avoid polluted main roads.

Make use of site facilities (showers, changing rooms) to make walking and cycling an easy option.

Encourage others to walk and cycle more/leave the car at home.

Take advantage of work policies that help you walk and cycle more e.g. cycle-to-work schemes.

For more resources visit www.cleanairday.org.uk/wales
Air pollution is the largest environmental risk to health. Taking steps to reduce air pollution can also improve health and well-being.

- Use surveys to understand travel behaviours amongst staff and visitors.
- Connect sites to local walking, cycling and public transport infrastructure.
- Produce active travel and public transport maps and timetables to help staff and visitors.
- Promote active travel links in job advertisements.
- Increase secure bicycle parking and changing and shower facilities. Signpost this well.
- Provide more open green space so staff and visitors can enjoy cleaner air.
- Promote flexible working and IT solutions to reduce non-essential travel for staff.
- Reduce emissions by investing in cleaner building technologies and vehicle fleets.
- Ban engine idling at all sites, particularly around taxi ranks and drop off points.
- Change procurement policies to buy local products (in bulk where possible) and combine deliveries.

For more resources visit www.cleanairday.org.uk/wales
#CleanAirDay
Working together to reduce outdoor air pollution, risks and inequalities

The Welsh Government and Public Health Wales are committed to improving outdoor air quality in Wales, but it is clear we face significant challenges in doing so. NHS Wales has a vital role to play and this guidance demonstrates how NHS policy and practice can support collective air quality management efforts across Wales. The guidance complements existing responsibilities and seeks to encourage different ways of working and actions to reduce air pollution.

Research that shows how air pollution can affect our hearts

Pollution is a particular problem for the 570,000 people in the UK living with heart failure, shows a study by Professor Newby’s Edinburgh-based research team.

The team analysed data from 12 countries covering more than four million people living with heart failure and found they had an increased risk of hospitalisation and death where pollution levels were high. “People with heart failure are a vulnerable group and, when the air quality falls, more of them are admitted to hospital,” says Professor Newby.

Further information about the study can be found here.
The importance of play for health and well-being

Playing is central to children’s physical, mental, social and emotional health and well-being. Having welcoming places, enough time and the company of others to play with every day, is of great importance to all children and teenagers – we need to foster environments that support this.

For children themselves, playing is one of the most important aspects of their lives. They value time, freedom and quality places to play. When asked what is important to them, children and teenagers consistently say playing with their friends – outdoors. Children and teenagers need and are entitled to be able to play as part of their everyday life within their neighbourhood.

Welsh Government notes in Wales – a Play Friendly Country statutory guidance that for many children the pavements and roads outside their front doors represent not only access and a route to play provision, but also a space in its own right, where they can play – sometimes the only public open space in a neighbourhood.

The impact of the car

Parents and children often report traffic as a limiting factor to play in local neighbourhoods. The volume of traffic has increased over the years and the UK Government’s Department for Transport has predicted that is likely to double by 2035. Whilst fear of injury from collisions remains a major barrier to play, more and more parents are raising concerns about the increase in poor air quality due to the growing numbers of cars in residential areas.

Such is the impact of the car on children’s play, that innovative and creative neighbourhood and community-based highways initiatives need to be encouraged and supported to raise awareness and encourage positive solutions to local problems.

Hearts and minds

Welsh Government’s decision to adopt a 20mph national speed limit in all residential and built up areas might have the most wide-reaching and positive effect in supporting more children to play. But this initiative is widely an environmental one. It will slow traffic down, so reducing the risk of serious injury and improving the quality of air that children are exposed to.

But, in addition to environmental improvements, there is a need to address the attitudinal issues which have led to children’s ability to access play in their own neighbourhoods diminishing over time. Some areas have addressed this by reclaiming streets for play through resident-led street play projects where streets are closed off for short times to allow children to play.

A 2017 University of Bristol report suggests that supporting local residents to temporarily close their streets for play could make a meaningful contribution to children’s physical activity levels, with children three to five times more active during playing out sessions than they would be on a ‘normal’ day after school. The study also demonstrates that street play sessions increase children’s confidence in playing out and parents feel more comfortable in allowing this.
Opening streets for play

Cardiff is the first Welsh council to work towards global recognition as part of the Unicef Child Friendly City programme. As part of this, the Council has brought partners together to develop a Street Play pilot project. The project aims to streamline the road closure application process to enable residents across five communities to close their street for short times to enable children to safely play close to their homes. Lee Patterson, the council’s strategic lead for the Child Friendly City initiative explains why the Council is supportive of street play projects, ‘Children, young people and their families have highlighted the need for more opportunities to play in their communities and for families to spend more time together. Children have also highlighted the need to reduce car use in the city to enhance the environment and make Cardiff a safer city to move around when walking, cycling or scooting.’

The Council and Play Wales have worked with residents to make streets and communities play friendlier places for children and teenagers. Using the Playing Out model – street play sessions led by neighbours for neighbours – residents across the city are closing their streets to traffic for two hours a month for street play sessions.

Cardiff resident, father of two and programme manager in Public Health Wales’ Health and Sustainability Hub, Richard Lewis is one of Cardiff’s street play activators. He explains why he was keen to enrol his street in the pilot.

“When I read about ‘Street Play’, I recognised that it is suited to our street as we have a number of young families and aren’t situated on a main road. I also wanted us to be part of this exciting movement to change attitudes and culture around children’s play. The children are enjoying their monthly play sessions, and it has brought together the adults, too! We are also planning a get-together in our local park on national ‘Playday’ (7 August).”

Street play resources

Play Wales supports initiatives that reclaim the streets and neighbourhoods for children and teenagers to be able to play. To support street play projects, we have worked with Playing Out – the national organisation that supports street play throughout the UK – to develop resources for residents, local authorities and partners in Wales.

How to organise playing out sessions on your street is a step-by-step guide for residents organising street play sessions. It’s based on the experience of parents and residents across the UK. Supporting materials for parents to organise play sessions on their street are also available on our website.

Opening streets for play is a toolkit designed to provide clear and concise information about street play for local authorities and their partners. It’s intended to help local authorities to develop policies and procedures to enable resident-led street play projects in their areas. It will also be useful for housing associations, school communities, community workers and local residents to understand the opportunities and challenges.

Both publications are available to download at:
www.playwales.org.uk/eng/publications/streetplayresources
Welcome to our new PHNC Podcast Page of the Ebulletin. Here you can listen to the previously released Podcasts. Currently we have several podcasts in the pipeline on topics such as Health and Housing, Health Impact Assessments, Workplace Health and Cardiovascular Disease.

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

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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
The new Public Health Wales Research and Evaluation strategy highlights our commitment to embedding research and evaluation across the organisation, enabling us to build the knowledge needed to improve health and well-being across Wales (Strategic Priority 7).

The strategy was developed following staff and external engagement in late 2018/19, and builds on progress to date and current research activities underway across the organisation:

Public Health Wales Research Strategy 2019 - 2025

It sets the future direction to strength and grow research and evaluation across the strategic priorities within Public Health Wales, build a supportive culture and strengthen links with external partners.

Dr Alisha Davies, Head of Research and Evaluation:

“As an organisation, we have made significant progress over the past three years, and this strategy represents the next phase in that journey. Building a thriving research and evaluation environment across all areas of our work, focused on generating the evidence we need to make a difference to health.

“We hope this new strategy will be even more transformational than the last. It provides a crucial strategic steer, re-emphasises the importance of supporting staff to grow in these key areas, drawing on existing and building new partnerships, and sharing successes”

The strategy outlines six strategic objectives for priority action from 2019 to 2025:

1. Setting the agenda for population health research and evaluation
2. Building a research and evaluation culture through investment in our staff
3. Generating evidence to inform action by leading and facilitating innovative research and evaluation
4. Working together to have a positive impact on population health
5. Being visible: effecting change through communication
6. Building an enabling infrastructure to support successful implementation.

More information on the strategy can be accessed here:

Research and Evaluation Division
Learning Disabilities: Improving Lives and Well-being

10th July 2019
09:30 - 15:30
Halliwell Centre
University of Wales Trinity St David
Carmarthen

The seminar will consider a number of key challenges facing people with learning disabilities including:
- Equitable access to health care;
- Provision and uptake of annual health checks;
- Accessible and appropriate health promotion messaging and services

Visit our Eventbrite Page to book
Take the lead on National Lottery funding in Wales

Do you want to help decide how over £30 million of National Lottery funding is spent to support communities in Wales every year?

The National Lottery Community Fund are recruiting for a new member of our Wales Committee, which sets the ambitions for our funding across Wales and also makes funding decisions.

We are the largest distributor of funding raised through The National Lottery and fund projects for health, education, environment and charitable purposes. Our approach is based on the belief that when we put people in the lead, communities thrive. People understand what’s needed in their communities better than anyone. We listen, collaborate and fund so that good things happen.

tnlcommunityfund.org.uk
The Fund in Wales
Since its inception, the Fund has distributed money to a wide range of projects throughout Wales. We do this through a number of different grant programmes. These range from our community focused small grants scheme, National Lottery Awards for All Wales, which makes grants of up to £10,000, to our larger grant scheme People and Places, making grants of up to £500,000, and major thematic grant schemes which are typically focused on a topic, for example young people or mental health. Details of the range of programmes that we fund can be found here: tnlcommunityfund.org.uk/funding and you can find out more about our current plans at bigblogwales.org.uk/2019/04/26/funding-what-matters-most-to-communities-in-wales

Who are we looking for?
We want our Committee to have a broad base of knowledge, skills and experience and to reflect the diversity of modern society and indeed, the communities that we fund and serve.

As such we are looking for someone to bring a fresh outlook and energy to the role. We are seeking someone with a developed knowledge and interest in the issues that people and communities across Wales face, ideally gained through lived experience, whilst also having a wider interest in the political and social landscape of Wales. Above all though we are looking for someone with curiosity, enthusiasm and desire to make the greatest difference with our funding.

Responsibilities, time commitment and remuneration
The time commitment is expected to be an average of 2 days per month to include the following:

- The Wales Committee meets every three months plus two annual planning days. Most meetings are in Cardiff but may be at other locations across Wales.
- There may be other Committee of Funding Panel meeting commitments which will be identified on appointment and in discussion with the Chair of the Wales Committee.
- Ad hoc attendance at project visits and meetings with other stakeholders.

The successful candidate will receive an annual fixed payment of £5232 plus expenses such as travel and subsistence incurred on The National Lottery Community Fund business.

The post is for a period of 3 years.

What next?
To express your interest in this position or if you just wish to have an informal discussion, please contact Gareth Williams on 07824 821911 or email at gareth.williams@tnlcommunityfund.org.uk

We are looking to run some information sessions in locations across Wales and you will be invited to attend one of these sessions to find out a little bit more about the role.

Should you wish to proceed further, you will then be issued with a candidate pack which will give more details of the application and appointment process.

We look forward to hearing from you.
Poor housing costs health service £95m per year – new report

Tenovus Cancer Care and Skcin partner to deliver Sun Safe Schools accreditation scheme in Wales

Employers encouraged to help their staff become active in fight against obesity

Britons Worst for Binge Drinking Sessions, Says Major Global

Sheffield researchers lead new SIPHER consortium to drive policy reform and tackle health inequalities

Heart and circulatory disease deaths in under 75s see first sustained rise in 50 years
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