Welcome

This month’s e-bulletin focuses on Volunteers and Health to coincide with Volunteers Week 2019 taking place in June.

This month starts our 2019 series of roadshows across Wales. This year’s topic focuses on Arts and Health and is delivered in partnership with Arts Council for Wales. There is still time to register to attend our events and further details can be found on our ‘Events page’. Following these events presentations and an evaluation report will be available on our ‘Past Events’ section of the website.

Planning is underway for our next seminar focusing on Learning Disabilities and will take place on 10 July 2019 at the Haliwell Centre, Carmarthen so keep an eye out for the save the date in this issue.

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
While many of us feel too stressed and busy to worry about helping others, or say we’ll focus on doing good deeds when we have more ‘spare time’, evidence shows that helping others is actually beneficial for your own mental health and wellbeing, in a variety of ways:

- reduce stress
- improve your emotional wellbeing
- benefit your physical health
- bring a sense of belonging and reduces isolation
- get rid of negative feelings.

Source: DOING GOOD DOES YOU GOOD A pocket guide to helping others, Mental Health Foundation
Volunteers’ Week is an annual UK festival of volunteering led by the Welsh Council for Voluntary Action. The main aims of the Week are to recognise, reward and recruit volunteers.

This annual celebration of volunteers takes place every year in June. Up and down the country there will be parties, award events and outings, recruitment fayres and exhibitions taking place, to recruit, reward and recognise volunteers.

Local communities are encouraged to participate by holding their own street party or event, and to use this opportunity to support their local communities through fundraising or volunteering.

Volunteers’ Week began in 1984. Each year more organisations get involved, hosting a variety events throughout Wales, including award presentations, information stands and community events.

Further information and resources about Volunteers’ Week can be found via www.wcva.org.uk/volunteering/volunteers-week
Time for a career change? Volunteer in the woods


This is Ai-Lin’s Twitter profile. Ai-Lin is an inspiring volunteer leading mindfulness and woodland walking sessions in Merthyr Tydfil with Actif Woods Wales, a woodland health and wellbeing programme run by Coed Lleol (Small Woods Wales). Volunteers like her make a significant contribution to this programme, helping to run groups, bringing with them enthusiasm, time and skills. But, why volunteer? There are many different reasons why people from all walks of life decide to volunteer. Here is Ai-Lin’s story.

Time for change
Ai-Lin has lived and worked in Wales for over 16 years. She moved from a stressful career in PR and events in Malaysia to work in the tourism sector in the UK. Then eight years ago she laced up her trainers and did a trail race on Brynna Hill in south Wales and discovered a new vocation. Ai-Lin decided she wanted to ‘inspire and encourage others to get outdoors, to explore, and to feel that sense of well-being and liberation that I have often experienced when I am out in the woods, or on the trails’. And she has certainly done that.

Sharing skills
Volunteers like Ai-Lin have a huge amount to offer. In May 2018 Ai-Lin retrained, completing a Higher National Diploma in Environmental Conservation Management. She now shares her passion for the outdoors, and knowledge of the importance of woodlands, trees, plants and nature with others. She also practices mindfulness meditation, and during woodland sessions is helping people to understand what it means and how it can benefit them. Volunteers have the opportunity to learn new skills to help support the running of sessions, such as hand tool use, woodland skills and social forestry.

A new career
She has gone on to work for RSPB, volunteer for our Actif Woods Wales programme, lead mindfulness and nature walks for local organisations, and become a Park Warden at Taff Bargoed Park. Ai-Lin says, ‘I would not have thought of venturing to do this if not for Actif Woods Wales. Meeting, volunteering and working with you all has opened my eyes to a whole new world. Thanks so much for setting me on a path’. What an amazing volunteering journey, taking her into a new career path!

Finding community and confidence
Giving is receiving. Volunteering has given Ai-Lin huge rewards. She says, ‘volunteering is a way of adding a different dimension to my life so that it is not just all about work. It is also an opportunity to meet like-minded people who may enjoy being out in nature as I do, an opportunity to use some of my skills or knowledge to help and inspire others, and to learn new things for myself’. She is now very involved in her local community, has a wider social network and is aware of so many more inspiring community projects than before.
‘Volunteering has also helped me build my own confidence in delivering sessions and speaking to groups about nature. Before this, it had never occurred to me that I could do this!’.

Putting life in perspective
Our Actif Woods Wales programme is helping to make a crucial difference in people’s health and wellbeing according to woodland research by Bangor University. A three-year study by Heli Gittins, PhD Researcher in the School of Natural Sciences, is beginning to reveal connections with woodland activities, confidence and career building. The fact that programme participants are aged over 25, long-term unemployed or economically inactive, and either experiencing a work limiting health condition, are a carer or aged over 54 years, makes these early results even more profound.

Ai-Lin says, ‘It is inspiring to hear stories of how people have over-come mental health issues or how despite personal struggles, people have continued to strive and get better. It has helped me put my own life into perspective. A natural setting like a woodland is a salve for the mind and the soul. It helps people to re-set’ their busy lives. An escape and respite from the hustle and bustle and just feel at peace’.

Finding volunteering opportunities
Coed Lleol welcomes volunteers from all walks of life to volunteer with the Actif Woods Wales programme. Find out more on the Coed Lleol (Small Woods Wales) website, and contact local staff directly to discover volunteering opportunities in your area: www.coedlleol.org.uk
Photo: Ai-Lin/Coed Lleol (Small Woods Wales)
GoodGym – Running volunteers helping the Cardiff and Vale community

What is GoodGym?
GoodGym is a running club that combines running with volunteering in the community. GoodGym aims to create a world in which no-one is left alone and in which everyone’s exercise is meaningful. There are currently 50 GoodGym running clubs spread across the UK. GoodGym Cardiff and The Vale launched on 23rd May 2017 and is one of the larger GoodGym running clubs with over 250 members. Since launching in Cardiff and The Vale, its members have been running every week to help community projects (schools, charities etc.), spend time with older people who are isolated and lonely in the community and to help older people with one off tasks that they’re unable to do themselves.

This article focuses on GoodGym’s aim of supporting older people with one-off tasks in the community, specifically within the Cardiff and the Vale area.

Volunteering work with older people
Mission runs involve DBS checked runners running to the homes of older persons to complete one-off tasks that the older person is unable to do themselves. Mission runs give people a reason to run and can make a big impact on someone else’s life too. Mission runs exist to empower older people to live safe and independent lives in their homes. To date, there have been 104 mission runs in Cardiff. Here are a few examples of missions that have taken place across Cardiff and the Vale that highlight the impact mission runs can have on another person’s life.

In May 2019, two runners, Lucy and Emma, ran to the home of an elderly person, called Mrs E, to change a lightbulb in the bathroom of her home. The light bulb stopped working two months earlier and in order to use the bathroom Mrs E had been using a torch. Despite being a quick a mission, the difference this has made to Mrs E’s life has been invaluable, and since the runners visited Mrs E’s home, Mrs E has been able to use her bathroom without using a torch.

Another mission that has made a huge impact on an older person’s life happened in April 2019, when 3 runners, Aimee, Rosie and Mikey, ran to the home of Mrs J. Mrs J had been stuck in the house for several weeks, having lost her husband and being unable to reach the wheelchair which was in the back of a cupboard. The runners managed to get the electric wheelchair out of the tight cupboard space and reassembled it for Mrs J to use. Mrs J was “thrilled” with the help she received and the following Wednesday she went out into the community on her wheelchair when her nephew came to visit.
You can read and see photos from all the missions that have taken place across Cardiff and Vale by visiting the following link: https://www.goodgym.org/areas/cardiff/reports/missions

Why people volunteer with GoodGym
Running with GoodGym not only helps you maintain good physical health, it also reaps benefits your mental health too. At GoodGym Cardiff and The Vale we’ve had an increasing number of runners socially prescribed GoodGym because of its physical and mental health benefits. Here are some of the reasons why GoodGym Cardiff runners participate in mission runs:

When GoodGym runner Adam Johnstone was asked why he participates in mission runs he said, “I see first-hand the positive difference I make to someone else’s day to day life”. He also said that “having the feeling of giving something positive back to other people gives you greater sense of purpose in life and helps motivate you to give and do more.”

GoodGym runner, Ellen Perry, commented on how mission runs have benefited her mental health; “Missions have benefitted my mental health. Knowing that I’m supporting another human being has made me feel better about myself and my overall impact in the world. It has also made me think about my relationship with the older people in my life, including my mother, and I hope it’s helped me to understand their situations a bit better”

Lucy Marsh spoke about the flexibility of missions; “The great part of missions is that you can choose how far and fast to run to reach them. This means you can use them as a training run or recovery run if you have a race event coming up. They have also definitely made me get out and run when I wouldn’t have because of bad weather or if I just wasn’t feeling it that day.”

Lowri Davies said she gets involved in missions because she feels it’s a “great way of giving back to the community. The joy on the older person’s face after completing the task is so lovely to see.” Lowri explained that mission runs have also been positive for her physical health; “It has definitely benefited my Physical Health. It helps me get that extra motivation I need to get out and go on the weekend. Even if the task isn’t a very long way from home, many of them still require physical activity- whether it be mowing the garden or moving some furniture. It has helped me keep my fitness up.”

Emma Wilkins said that she gets involved in missions because “it offers flexibility to help lots of people with small tasks that make a big difference.”

Here are some more of the reported benefits runners get from taking part in GoodGym:
• On GoodGym runs you can meet, work alongside and talk with new people from all sorts of backgrounds.
• GoodGym encourages everyone to be active. Whether you’re interested in starting out on your running journey or you run marathons on a regular basis, we want to help you maintain regular physical activity.
• Each GoodGym run is an opportunity to explore where you live and take notice of your environment.
• On every GoodGym run you’ll learn new things about where you live or about the older person you visit.
• Giving to your community with GoodGym is likely to give you a satisfying buzz of participation - also you might help a fellow runner improve their running or teach them something new.
• At GoodGym runs you learn more about running, and if you want you can set yourself goals that are SMART (Specific, Meaningful, Achievable, Realistic and Time-Orientated.) to help you stay motivated with your fitness and wellbeing.

To hear more from some of our runners about why they volunteer with GoodGym you can click the following link: https://www.goodgym.org/stories/what-does-volunteering-mean-to-you
Getting involved with GoodGym
Providing you are 18 or over then getting involved with GoodGym is easy, and you take part in all the benefits of GoodGym for completely free, with the option to donate on a monthly basis.

If you would like to get involved in running to help out older people with one off tasks then you can find out more about this by clicking here, to find out more about spending time with an older person whilst out on your weekly run then click here, and if you want to get involved in our group runs to help out community projects then can see a list of all upcoming runs by clicking here.

Getting in touch with GoodGym
To get in touch with GoodGym, you can email getinvolved@goodgym.org or call 0203 432 3920. To contact Benjamin Annear, the lead trainer of GoodGym Cardiff and The Vale, then you can email Ben@GoodGym.org

Who leads GoodGym Cardiff
The trainer of GoodGym Cardiff and The Vale is Benjamin Annear. Ben is a qualified run leader and running coach. Ben makes sure the weekly runs are safe and enjoyable for everyone taking part. He is supported by runners who take on the role of taskforce members. Taskforce members take on responsibilities to help make GoodGym Cardiff and The Vale thrive.

GoodGym Cardiff is listed on the LGB&T Sport Cymru website and prides itself on promoting equality, diversity and inclusivity. The club is also aims to be inclusive to people with disabilities, and several members of the GoodGym Cardiff taskforce team have attended training courses facilitated Sports Disability Wales to help make this possible.
Newydd Housing Association: HAPI Project

The HAPI (healthy, aspiring, prosperous and inclusive) project makes a positive difference to the health and wellbeing of the communities living in and around the Cynon and Taf Ely area. HAPI is delivered as part of Newydd Housing Association’s commitment to creating sustainable communities.

HAPI hopes to work with 5,500 people over five years, with project being supported by four key outcomes:

- To increase the skills of participants to progress into employment through gaining new skills, including qualifications
- Train volunteers with the knowledge and skills to support self-help intervention groups, to improve community wellbeing and sustain the project. This will be done through recruiting HAPI Champions, who will support project staff in the delivery of sessions, as well as become peer mentors
- Reduce health inequalities through targeted support to promote physical activity and healthy eating. Project staff are trained by Cwm Taf public health dietitians, allowing them to deliver sessions focusing on how to maintain a healthy weight, sustaining a healthy balanced diet, as well as how to cook healthily and on a budget
- To increase the understanding and coping mechanisms of participants to help lower stress levels and address low level mental health needs. HAPI project staff will help participants work through the practical explanations of certain feelings and conditions, learning how to understand themselves and other individuals who suffer with mental ill health, as well as learn how to offer better support and guidance for those affected

HAPI staff will work in partnership with Communities for Work and the local Job Centre to deliver appropriate and accessible training within the community. The different workshops and activities are available to anyone who lives within the Cynon or Taf Ely valleys.

For more about HAPI, you can visit their Facebook page here.
Volunteering may be a great way of helping others but it’ll do you the world of good too, says Sarah Brealey, Editor, Heart Matters at the British Heart Foundation.

More than 24,000 people volunteer for the British Heart Foundation, a contribution of time that accounts for around £40m of our income every year. But their impact goes far beyond money. Without their support, we simply wouldn’t be able to do the life saving work that helps thousands of people living with heart conditions each year.

If you’re a volunteer – or thinking of becoming one – you’re probably motivated by wanting to help others, but the magical thing about volunteering is that it does wonders for you too. Here’s why it makes sense to offer your services.

Hearty benefits
Volunteering can help you stay physically active, depending on what you decide to do. Imagine moving stock or stretching to arrange the shelves in a shop, or walking around as you help out at an event.

And volunteering can do wonders for your sense of wellbeing. In fact, people who volunteer report an experience that’s become known as the ‘helper’s high’. This is a rush of euphoria like the one we get after we’ve done physical activity and, once the initial rush is over, we are left with a lasting sense of calm. This feeling can return hours or even days later when we think about what we’ve done.

People contact
I’ve met other wonderful volunteers and made really good friends. We all depend on other people, but sometimes in modern society it’s easy to feel disconnected from those around you. Giving your time is a great way to connect with your community.

You’ll meet other volunteers, some who will have been through similar experiences to you or your family. And of course, you’ll meet the people who benefit from your efforts. It’s a great way to make new friends.

Skills and interests
Volunteering provides the perfect opportunity to use the skills you already have for the benefit of others. But even if you’ve retired, it’s never too late to learn. You could develop a skill you already have, or you might discover a passion for something completely new. Helping to create shop displays may give you an interest in interior design, or perhaps doing the budget for a fundraising event will develop your ability with numbers. And if you’re thinking of a career change, this is a perfect way to explore new fields and gain experience.

Above all, volunteering is something you actively choose to do. That’s why it’ll leave you with a sense of achievement.
When Angela’s father was diagnosed with dementia, he moved in with Angela and her husband so that they could help to care for him. Angela had also recently retired, and these sudden changes to her life left her feeling isolated and low. Angela heard about Time Credits when a friend asked her to help with an event for International Women’s Day. Tempo use Time Credits to enable more people to volunteer, because giving your time and feeling valued improves health, happiness and future prospects. Time Credits are a time-based currency that incentivises people to volunteer. People earn Time Credits when they give their time in community organisations and services, and spend them on a wide range of activities with our spend partners. Tempo partners offer activities ranging from swimming to theatre tickets or adult learning courses. People can take family and friends with them, or give their Time Credits to others.

The benefits of Time Credits include more people volunteering, improved health and wellbeing, a stronger voluntary sector and better designed services. In Wales, Tempo empowers communities through Time Credits programmes that support services including Adult Social Care, substance use recovery and housing to improve outcomes, co-produce services and reach more people. Tempo’s Time Credits programmes are delivered in partnership with local authorities, health and social care providers, Health Boards and Clinical Commissioning Groups, housing providers, schools, voluntary organisations and businesses.

Did you know?
- Tempo Time Credits are accepted across the UK at over 500 venues
- Over 50,000 people have earned a Time Credit so far
- Over 50% of people earning Time Credits are new to regular volunteering

Time Credits help improve outcomes in health and social care. In our recently launched impact report, Time Credits for Better Health & Social Care Outcomes, 61% of people earning and spending Time Credits in health and care services report improved quality of life. 40% report that Time Credits have improved their mental health, 31% report improved physical health and 37% feel more able to manage their own health and wellbeing.

Angela’s experience
Angela really enjoyed her experience of volunteering. She received a Time Credit for the help she had given, which she describes as ‘a big thank you’. “It was amazing to feel recognition for the time I had given,” she says. Angela began helping at lots of other events in the local community, excited to get involved with new activities and meet new people. “I continued volunteering with projects such as; the Communities First project, Tea Dance for Breast Cancer and the Breakfast Club.” The Breakfast Club is run entirely by volunteers such as Angela. “Using food donations from local sources, we offer a healthy breakfast for all who can’t afford to feed themselves and their family,” she explains. “People who are otherwise isolated have an hour to eat, chat and make new friends.”

Angela says that she and the other volunteers at the Breakfast Club have really benefited from using Time Credits together. “We pool our Time Credits and plan a big trip for us, including some Breakfast Club attendees who cannot [otherwise] afford the experiences.”

Ian Merrill, Tempo CEO, says, “The opportunity to earn Time Credits encourages participation, recognises people’s strengths and rewards their contribution. Spending Time Credits offers real benefits too - year on year we see significant quality of life improvements for those taking part. Our programmes in Wales provide excellent support to services and improvements in health and social care”

To find out more about how Time Credits can help your community visit our website: www.wearetempo.org or contact hello@wearetempo.org
Do you manage Volunteers?

This network offers:

- Opportunities to share experiences
- Informal peer support
- A way to express your views
- Opportunity to share best practice
- Opportunities to take part in volunteer recruitment events
- Updates in current regulations and legislation

Room Six, Canolfan Rheidol, Ceredigion County Council, Aberystwyth.
Tuesday 11 June 2019, 10am—1pm

Topic—Volunteer induction and training

For further details or to confirm your attendance contact Trish Lewis on 01570 424 524 or trish.lewis@cavo.org.uk
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

| Welsh Health Impact Assessment Support Unit with Liz Green, Public Health Wales |
| 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
Online ACEs survey for Public Health Wales – can you help?

Public Health Wales wish to gain insight into the views and understanding of adverse childhood experiences (ACEs) amongst staff in public sector roles within Wales.

To do this, they have commissioned Strategic Research and Insight (SRI), an independent research company based in Cardiff, to carry out an online survey. This will gather the views of public sector workers across Wales.

The survey is important because it will help understand, for the first time, the levels of relevant expertise, knowledge and skills available in public service to tackle the outcomes of ACEs in the adult and child population in Wales. We would very much appreciate your help in making your colleagues aware of this survey by forwarding this email to them.

The survey can be completed in English or Welsh by clicking here: www.bit.ly/PHWACES

We would like to hear from as many Wales-based public sector workers as possible, irrespective of their role. This could include, for example, people delivering front line services or people who work in operational, management or leadership roles. It may also include people who work in organisations which deliver services funded by the public sector e.g. Third Sector.

If you have any queries, or would like any information to help promote the survey, please contact Angus Campbell of SRI at angus@strategic-research.co.uk

Kind regards
Angus Campbell, Research Executive
Strategic Research and Insight Ltd
www.strategic-research.co.uk
FLYING START NEATH PORT TALBOT

COMMUNITY FUN DAY

Dress as your favourite film or book character and join our free family event!

Find out about the range of family services, activities and groups Neath Port Talbot has to offer...

- Health & wellbeing information
- Local advice & support
- Flying Start services
- Health Visitor showcase
- Career & Welfare Services
- Childcare services
- Sports equipment
- Fun activities
- Fancy dress
- Refreshments available
- Car parking at rear

FREE ARTS, CRAFTS AND ACTIVITIES!

Emergency Services!

Wednesday 24th July 10am-4pm

Ysgol Bae Baglan

Seaway Parade, Port Talbot, SA12 7BT

If you would like a stall at this event, please contact Rosemari.Jones@wales.nhs.uk
SAVE THE DATE

Learning Disabilities: Improving Lives and Well-being
10th July 2019
09:30 - 15:30

Halliwell Centre
University of Wales Trinity St David
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<td>Britons Worst for Binge Drinking Sessions, Says Major Global Study</td>
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### June 2019

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The annual Public Health Network Cymru (PHNC) Roadshow will be taking place across Wales in May and June 2019. In partnership with the Arts Council for Wales and the Health & Sustainability Hub in Public Health Wales, PHNC will be showcasing local and national work on Arts, Health & Well-being.

The events aim to provide:

An update on developments within Public Health Network Cymru, the Public Health Wales Health and Sustainability Hub and Arts Council for Wales

Networking space and an opportunity for local projects to showcase their work

Should you have a Arts, Health and Well-being project you wish to promote, please contact us at: publichealth.network@wales.nhs.uk

The events are free to attend and a buffet lunch will be provided at all venues.

Places are strictly limited so please book early. Please click on one of the following events to register via Eventbrite:

21 May – Theatr Brycheiniog, Brecon
23 May – The National Library of Wales, Aberystwyth
5 June – Ty Pawb, Wrexham
11 June – National Botanic Garden of Wales, Carmarthen
14 June – Memo Arts Centre, Barry
Next issue...

Air Quality