Welcome

This month’s e-bulletin focuses on Futures and Health following on from a very successful conference held on 26 March 2019 at the All Nations Centre, Cardiff entitled ‘Shaping Our Future in Wales: Futures for Decision Makers in the Public Sector’. Further information about the conference can be found further on in the e-bulletin and on our ‘Past Events’ webpage.

We are currently in the process of planning our annual roadshows across Wales, which will take place during May and June 2019 (further information is available later on in the e-bulletin). Our next seminar around Learning Disabilities will take place in July 2019 so keep an eye out for further details.

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

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...
Futures and Health
Public Health Network Cymru worked together with the Future Generations Office to deliver their most recent annual conference on Tuesday 26 March 2019 at the All Nations Centre, Cardiff. Entitled, ‘Shaping Our Future in Wales: Futures for Decision Makers in the Public Sector’ a range of speakers including Dr Henk Hilderink from the Netherlands, Dr Claire Craig of The Royal Society and Cat Tully, Co-Founder of the School of International Futures contributed to an interesting and thought provoking day. Approximately 80 delegates attended on the day, and a further 70 viewers followed on the Twitter live stream.

The day was opened by Dr Henk Hilderink, Senior Researcher, National Institute for Public Health and the Environment (RIVM). Henk presented to delegates from the Netherlands and provided an overview on Foresight and policy making in the Netherlands.

The final presentation of the morning was delivered by Dr Claire Craig, Chief Science Policy Officer, The Royal Society. Her presentation was entitled ‘Futures in Government: Why and How?’

Following on from workshops the final presentation of the day was from Catarina Tully, Co-Founder of the School of International Futures.

Cat’s presentation entitled ‘Leading into the Futures: Integrating Foresight into our Work’ talked about how delegates as leaders in the public sector apply what has been discussed throughout the event within their organisations. She continued her presentation by saying that talking about the future is an inspirational human activity. It is about people coming together to discuss their common futures in a way that puts hope and fears on the table. It is an Act, especially in a world of political confusion, of deep empowerment of communities doing it together.

A Q&A panel chaired by Dr Tracey Cooper followed consisting of the following people:

- Bill Sharpe, Independent Futures Practitioner and Research in Science, Technology and Society,
- Cat Tully, Co-Founder of the School of International Futures,
- Glyn Jones, Chief Statistician at Welsh Government

The panel were asked to provide their opinion or top tips on how everyone could embrace and embed long-term thinking.
Art of The Possible- shaping the future of public bodies in Wales

The Office of the Future Generations Commissioner for Wales started the Art of the Possible project in response to a need that had arisen from many of the Commissioner’s team’s conversations with public bodies in the early stages of implementing the Act. While there was a great deal of good will, the practical actions needed to make the Act a reality were seen as trickier to pin down.

As a result, the project was set up, bringing in one ‘goal convener’ for each of the seven well-being goals, plus involvement. The goal convener’s roles have been to liaise with partner organisations to each create a menu of potential actions that would help public bodies to move in the right direction- shaping the future of public bodies in Wales.

Coming together to work so closely with people from a number of different organisations including the Arts Council for Wales, Wildlife Trust and Wales Co-operative Centre meant the conveners learnt from each other and were able to challenge their ‘norms’ of how to work effectively. It’s easy to slip into a mind-set of ‘that’s just the way things are done’ when you come from one line of work and being introduced to more creative, fast paced approaches helped everyone to think differently.

While some of the ideas in the final ‘journeys’ for each of the goals (to be published from June 2019) have a rigorous evidence base because they’ve been tried and proven elsewhere, that’s not the case for all of them as a substantial number of the suggested changes have come from people with lived experience who aren’t academics. For example, some of the simple changes featured under the goal of a more equal Wales are about booking venues which are accessible for disabled people and making public-facing information available in various formats so that it is more user-friendly. These ideas aren’t drawn from journals but instead from speaking to people who deal with these issues regularly. We know that in times of austerity that it can be difficult for public bodies to take risks and try new things but one of the biggest messages from the programme is that the greatest risk is not to change.

The Art of the Possible team hope that the guidance proves useful to people in all sectors when working to creating the Wales we want. http://futuregenerations.wales/the-art-of-the-possible/

Following this, delegates were given the opportunity to ask the panel questions or just to provide comments on their own experiences.

Further details on the day can be found on Twitter @PHNetworkCymru, #FuturesCymru2019, where a live stream of the event can still be viewed. And if you visit the website https://www.publichealthnetwork.cymru all the presentations are available here too.
The Public Health Implications of Brexit in Wales: A Health Impact Assessment Approach

On January 21st 2019 the Wales Health Impact Assessment Unit (WHIASU) published ‘The Public Health Implications of Brexit in Wales: A Health Impact Assessment Approach’ (Green et al, 2019). The far reaching report looks at the public health implications of Brexit in the short, medium and long term and aims to support organisations from all sectors across Wales make informed decisions around business planning for and policies about issues affecting them as a result of the UK’s departure from the European Union (EU).

The publication is a result of six months’ research carried out between July and December last year and looks at the potential effect of Brexit on the social determinants of health. It focuses in particular on the potential effect of changes to food safety and regulation, supply, standards, sustainability, alcohol, tobacco, human rights, environmental standards, employment and skills, working conditions, EU structural and research funding, health and social care staffing, medicines, health protection and security, clinical trials and reciprocal healthcare.

Although Brexit will ultimately affect the whole population, the report focuses on population groups who are potentially the most likely be affected. This includes women (in relation to working conditions, rights and employment), low and mid educated men, children in Wales, including children those born into families with a parent from non UK EU country, young adults, low income families, those at risk of unemployment or who are unemployed, BME groups, people living in areas with poor economic and health indicators including areas that have been significant beneficiaries of EU funding, farmers and rural communities, port and coastal towns, people living in areas where large employers may relocate, people in need of health and social care, small business owners, importers and exporters and non UK EU Citizens and families living in Wales.

As well as an extensive literature review, researchers held interviews and a participatory workshop involving stakeholders from organisations including the Food Standards Agency, Welsh Government, the Office of the Future Generations Commissioner, the British Medical Association, the Royal College of Paediatricians, Welsh NHS Confederation, WLGA, Royal College of Nursing Wales, Chartered Institute of Environmental Health Wales, Chartered Institute of Housing, Association of the British Pharmaceutical Industry, The Royal College of Paediatrics and Child Health, Social Care Wales and Public Health Wales.

The report found strong evidence that the provisions of international trade and any trade agreements can significantly influence the determinants of health and well-being both positively and negatively. Regardless of the outcome, these and other issues, will require ongoing scrutiny and advocacy by public health experts. As well as the direct impacts on health and well-being the report found that the increased (and continuing) uncertainty of Brexit could affect the mental health of people in Wales. The authors recommended that further long term research be carried out in this area.

The report’s findings were presented through a policy-making lens and one of the recommendations was that these should be framed around the Well-being of the Future Generations (Wales) Act 2015 which promotes collaboration, integration, long term thinking, preventative approaches and public involvement.
The report has been widely disseminated throughout Wales and internationally including events in the US and Moldova and is being used as the basis for ongoing Brexit related in a number of organisations in Wales.

A Strategic Advisory Group consisting of representatives of the Food Standards Agency, the Welsh Government, Cardiff University, the Society of Practitioners of Health Impact Assessment/Edinburgh University and Public Health provided advice, guidance and governance to the work.


Co-production works:
We’re all in this together to shape the future of Wales

We know that co-production works, which is why it’s written into policy, like the Social Services and Wellbeing (Wales) Act 2014 and the Well-being of Future Generations (Wales) Act 2015.

Co-production is an asset-based approach to public services that enables people providing and receiving services to share power and responsibility, and to work together in equal, reciprocal and caring relationships. It creates opportunities for people to access support when they need it, and to contribute to social change.

copronet.wales

Working with countless different services has shown us first hand that co-production gives people a stronger voice and real control over the services that support them; it helps people to build their own personal resilience and improve the community around them.

Using prudent healthcare as an example: without co-production professionals would continue to work without truly engaging with patients, their families and the public. This means that there wouldn’t be effective prevention or early action, which wouldn’t work for the future of Wales.

Co-production can help make the best use of resources and deliver better outcomes for people. But it’s not only about services: co-production is also about changing how we work to make sure we do things together. This is about a different type of relationships and a different culture.
Co-production is creating opportunities for organisations to benefit from the breadth and wealth of the experience from those receiving services and front-line staff – both personal and professional. Co-production works best when those involved:

- Have a willingness to experiment and try new things
- Have a willingness to work together
- Are prepared to throw away their preconceived ideas
- Have a collective understanding of well-being, who we are, how we work together
- Celebrate what we have and not let it go to waste
- Start local and small and keep learning.

In Wales, legislation has helped set a positive direction for expanding and developing co-production, but the co-production movement is powered by people. You can visit [https://info.copronet.wales/](https://info.copronet.wales/) for examples of good practice in co-production, and how it fits in with your work.

In co-production, there is no ‘them’ and ‘us’, we are all us.

The Co-production Network for Wales is a member-led network, working towards a fairer and more sustainable Wales where everyone has a voice. [https://copronet.wales/](https://copronet.wales/)

Membership of the Co-production Network for Wales is free and individual - all we ask is that you have a commitment to advancing co-production in Wales in whatever way is right for you: [http://bit.ly/copronetwales-signmeup](http://bit.ly/copronetwales-signmeup).

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.

This month’s podcast we are talking to British Heart Foundation Cymru about the work they undertake in Wales.

If you are interested in recording a podcast with us in the future, please contact us via email: publichealth.network@wales.nhs.uk
Welcome 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
Sustainability Showcase 2018
Workplace Mental Health and Wellbeing
Sexual Health Conference 2018
Contribution of Allied Health Professionals to Public Health
Public Health Network Cymru Roadshow Video 2018

Check out the PHNC Sound and Vision Pages for more videos
Natural Resources Wales (NRW) is launching the first ever Wales Outdoor Learning Week with the Wales Council for Outdoor Learning. The campaign, which runs from 1 – 7 April, encourages teachers, learning groups and families across Wales to make outdoor learning part of everyday life. It aims to celebrate and promote the multiple benefits of a classroom without walls while sharing practical outdoor activities to try at home or at school.

Sue Williams, Senior Education and Skills Advisor for Natural Resources Wales said:

“Evidence shows that learning in the natural environment improves knowledge and understanding, helping us recognise the impact we have on the environment now and in the future.

“It can also improve our health and wellbeing by helping to guard against obesity, increase physical activity and reduce the symptoms of stress.

“This is why we are asking teachers, parents and learners of all ages to get outside, enjoy and connect with the natural environment.

“Education groups can use the great outdoors all year round to teach a wide range of subjects, from measuring trees in maths to studying sand dunes in geography.

“While families could try making bird feeders, creating natural art or going for a walk to see which animals or plants they can spot along the way.”

During the campaign NRW will host training events for teachers and group leaders to help raise awareness of the outdoor classroom and its benefits.

A celebration event is also being held in Clocaenog Forest, North Wales, where schools will plant oak trees grown from local acorns.

The acorns were collected during the annual Acorn Antics campaign which asks schools and education groups to collect acorns and help NRW plant trees that have been grown from local seed.
Sue continued:

“This is an amazing opportunity to showcase Wales’ largest and best classroom – our natural environment.

“We hope to see lots of schools and families from across Wales getting involved and sharing their experiences.”

People can share their outdoor learning pictures with NRW and the Wales Council for Outdoor Learning by using the hashtag #WalesOutdoorLearningWeek.

From strategy to action: how digital technology can enable the integration of health and care

Author: Stephen J Magowan (the following section was originally published in the Abertawe Bro Morgannwg University Health Board Digital Strategy, March 2017)

Digital is about the means by which we all interact with each other and with everything around us, as shown in the figure below.

In healthcare, using digital technology, citizens and patients will be able to receive and share information online about their health and well-being, communicate by audio, video, secure email and messaging, and participate in peer-to-peer support groups, in trials, and in health and care decision-making with their clinicians. Health and care teams will use digital technology to become more data-driven and evidence-based, with a robust and ever-expanding decision-support capability.

At the same time, almost everything we can think of will be made digitally-interactive, with sensors, displays, moving parts and controls, on-board analysis and memory, and the ability for remote control. Most important, they will be connected to us, either attached or implanted for a specific purpose or more casually wearable, and able to transmit to central units for storage of data or further analysis possibly in real time e.g. to provide targeted advice, or to raise an alert about an urgent need or situation.
Management of our health and well-being is ideally suited to being served, and likely is only able to be supported sustainably, with digital technology. Digital technology can provide the capability for professionals to serve citizens and citizens to support themselves at times and in places which are more convenient for them and their families or carers.

To become digitally-enabled we will all need to adopt new health and care digital-related behaviours, in terms of the way we do things, and in terms of those with whom we work or interact. People’s different life experiences with digital (our collective cognitive diversity) are vital to us helping each other to achieve the new health and care system that digital technology enables.

The use of digital technology spans a continuum from being a substitute for paper-based information to be an agent for valuable new services not possible by any other means. Digital technology is poor at just replicating the use of paper in a previously manual process. That can even increase non-value-adding processing time. However, once information on paper needs to be comparable, customisable, editable, organisable, remotely accessible, reproducible, researchable, searchable, shareable, standardisable, storable or transportable, a digital alternative starts to create value. Blend digital technology ingredients and use digital technology to manipulate immense data repositories and large real-time data flows predictively and prescriptively and achieve interoperability between digital systems and digital connectivity between people, and entirely new health and care capabilities emerge as shown in the figure below.

How can this digital integrated health and care system be progressed?

At the core must be a straightforward interface for citizens and health and care professionals. A citizen-facing digital portal and platform for health and care and an ecosystem of health and care partners and organisations providing information, signposting, learning zones, software applications and bots, and connectivity with all types of technology-enabled care devices, such as smart speakers, for it are therefore required. Each citizen or health and care professional can access those services that matter to them, indicated by the red and green lines in the figure below.
The portal and platform will be for all citizens in Wales and open to all Health Boards, Trusts, local authorities and partner and third sector health and care organisations for the provision of digital services to citizens and their staff. Some of the services are currently available but not all of them are consistently and comprehensively deployed, adopted and utilised in our health economy. Others are in development and only expected to be deployed by NHS Wales organisations or their partners or expected to be brought into public use by other organisations, in the next five years or more. Together they have the potential to provide complete end-to-end digital processes in health and care, with a focus on prevention as much as on treatment. They will provide a significant new opportunity for local technology companies in alignment with, and leveraging City Deals, and offer the opportunity for Wales to showcase a world-leading citizen-centred system.
Assembly Committee Recommends School Sport Enhancements

£2m to Improve Mental Health and Well-Being at Welsh Universities

Michael Sheen leads launch of Wales’ Youth Homeless Helpline

One in Thirty Children Starting School in Wales is Severely Obese – New Report

Caerphilly school awarded Sustrans Silver School Mark

Children’s health in Wales facing national crisis
<table>
<thead>
<tr>
<th>Alcohol</th>
<th>People with Disabilities</th>
</tr>
</thead>
<tbody>
<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>
<tr>
<td><strong>All News</strong></td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
</tr>
<tr>
<td>------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>1</td>
<td>The Wellbeing Symposium</td>
</tr>
<tr>
<td>2</td>
<td>NHS: Delivering the 10 Year Plan</td>
</tr>
<tr>
<td>3</td>
<td>Connecting Generations: Celebrating and Learning</td>
</tr>
<tr>
<td>4</td>
<td>Population Health: Prevention is better than cure</td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Health Economics for Public Health Practice and Research</td>
</tr>
<tr>
<td>9</td>
<td>Health Economics for Public Health Practice and Research</td>
</tr>
<tr>
<td>10</td>
<td>Health Economics for Public Health Practice and Research</td>
</tr>
<tr>
<td>11</td>
<td>Connecting Generations: Celebrating and Learning</td>
</tr>
<tr>
<td>12</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></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>22</td>
<td></td>
</tr>
<tr>
<td>23</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>29</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Population Health: Prevention is better than cure</td>
</tr>
</tbody>
</table>
Next issue...

Shaping our future in Wales