

# Cardiff and Vale Public Health Team Newsletter



Bwrdd Iechyd Prifysgol Caerdydd a'r Fro  
**Tim Iechyd Cyhoeddus**  
Cardiff and Vale University Health Board  
Public Health Team

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[Cardiff and Vale Local Public Health Team](#)



## Welcome to the Cardiff and Vale Public Health Team Newsletter May 2025.

I'd like to start by thanking all those who attended the launch of my Director of Public Health Report at the Cardiff City Stadium, especially the speakers for sharing their expertise and knowledge.

It was fantastic to see so many of our partners come together to discuss how we can work together to improve outcomes for the youngest in our population.

There is much to celebrate in this edition, from award wins to amazing efforts of endurance for charity. Thank you for your ongoing support and commitment to building a healthier future for Cardiff and the Vale.

If you missed the April edition of our newsletter, you can catch up [here](#).

*Claire Beynon*  
*Executive Director of Public Health*

## This month:

- Official launch of Director of Public Health report
- Public Health Team wins vaccination award
- Gelatine-free vaccination animations
- Emergency planning exercise: synthetic opioids
- Lauren and Kim complete 10YFan challenge
- What is Making Every Contact Count (MECC)?
- Team member profile: Kate Roberts
- Key health awareness days

## Official launch of Director of Public Health Report

Organisations across Cardiff and Vale came together on April 28 for the formal launch of the new Director of Public Health annual report.



Held at the Cardiff City Stadium, the event was a chance to share the [findings and recommendations from the DPH report](#) - and accompanying Early Years Health Needs Assessment - and explore how partners could collaborate to improve outcomes for our youngest population.

Entitled 'Prioritising the Early Years - Investing for the Future', the report underscores the critical impact of early childhood (0 to five years) on lifelong health and community prosperity. It also highlights the widening gap in health outcomes between the most and least affluent areas of Cardiff and Vale.

The report outlines actionable recommendations, from strengthening childhood vaccination programmes, to enhancing support for breastfeeding, to investing in physical activity and nutrition programmes. You can read the report in full [here](#).

Speakers on the day included colleagues from Play Wales, Cardiff and Vale UHB and its Youth Board, Vale of Glamorgan Council, Cardiff Council and the Royal College of Paediatrics and Child Health.

The speakers shared their knowledge and experience from their roles and inspired those in attendance to discuss ideas to take forward as actions for the Regional Partnership Board's Starting Well Programme for oversight.

## Public Health Team wins vaccination award

Cardiff and Vale University Health Board was recognised twice for excellence at the Vaccination Saves Lives (VSL) Awards 2025.

The Team Award was given to the Cardiff and Vale Public Health Team and vaccination colleagues for their outstanding partnership work with Cardiff Council and Vale of Glamorgan Council, while the Champion Award was given to CAVUHB Healthcare Assistant Julie Morgan.

Held on Thursday, 1 May, the annual VSL Awards recognise, reward and celebrate the hard work and dedication that goes into immunisation programmes across Wales.



Claire Beynon said: "I'm immensely proud of everyone across our local area, including our key partners, whose dedication, collaboration, and hard work made this recognition at the Vaccination Saves Lives Awards possible.

"These achievements are a testament to the incredible partnerships that we have locally with our local authority colleagues. Vaccinations are one of the most powerful tools we have to protect public health, and these awards reflect our continued commitment to keeping our communities safe and healthy together."

## Gelatine-free vaccination animations

Gelatine is a stabiliser used to make sure vaccines are stable whilst they are being stored. It is currently used in the nasal spray flu vaccine and the measles, mumps and rubella (MMR) vaccine.

However, there are now gelatine-free versions of these vaccines which are suitable for all cultures and beliefs. To help raise awareness of the alternatives, Cardiff and Vale Public Health Team worked alongside Cardiff Council to produce posters and animations in six different languages, including:

- Urdu
- Arabic
- English
- Somali
- Bengali
- Welsh

You will find the posters and animations across Cardiff and Vale UHB hospital sites, as well as local bus stops and on Facebook. If you would like to share them, please get in touch with us at [cav.publichealthteam@wales.nhs.uk](mailto:cav.publichealthteam@wales.nhs.uk).



## Emergency planning exercise: synthetic opioids

The emergence of synthetic opioids has become a widespread problem globally and pose significant public health risk due to their increased potency effects compared to traditional opioids such as heroin.

In response to this issue, we held an emergency planning exercise aimed at bringing together partner organisations to discuss and identify procedures, capabilities and capacity to respond if required.

The exercise involved partners from across 15 different organisations, including CAVUHB, Cardiff Council, Vale of Glamorgan Council, South Wales Police, South Wales Police and Crime Commissioner Office, His Majesty's Prison and Probation Service, Substance Misuse Teams, and Third Sector Housing and Homelessness Services.

Throughout the event, attending organisations were presented with a series of scenarios. This encouraged attendees to draw upon past experiences, reflect and identify existing structures and resources in place, and highlight existing challenges and gaps to provide an effective response in a real-world scenario.

All the discussion points and recommendations drawn from the exercise are being documented in a summary report for action.

## Lauren and Kim complete 10YFan challenge

Two members of the Cardiff and Vale Public Health Team have completed a gruelling multiple mountain climb for charity.

Health Promotion Practitioner Kim Wilyman and Public Health Practitioner Lauren Thomas took part in the [10YFan challenge](#) which involved scaling Pen Y Fan 10 times in the space of 24 hours.

Climbing the 2,907ft-high mountain 10 times, in the beautiful Bannau Brycheiniog (Brecon Beacons), is the equivalent of conquering Everest.

All the money raised by the two individuals will go towards the [Cardiff & Vale Health Charity](#), the official charity supporting all the wards and departments within Cardiff and Vale University Health Board.

Lauren said: "Taking on 10YFan has been, without a doubt, one of the toughest things I've ever done - physically exhausting and mentally draining. But I'm absolutely thrilled to have completed it. Once I can walk again, I'll start thinking about what challenge to tackle next!"

Huge congratulations to the pair of them!



## Team member profile

### Kate Roberts

Kate Roberts is a Senior Public Health Practitioner who joined the team in 2018 after working in a range of public health roles including community development and project-based work.



Since joining she has contributed to a range of public health priorities, including Making Every Contact Count - a training programme designed to build confidence among professionals in having meaningful conversations about health and wellbeing. Kate also works on alcohol prevention and elements of the Good Food and Movement Framework. In the past year, she supported the coordination of the 2024 Director of Public Health Annual Report.

Kate enjoys working in partnership with other colleagues and organisations to build strong and trusted relationships and supporting others to grow in their roles. Outside of work she loves walking, gardening and trying to get through the unread pile of books she can't resist buying!

## What is Making Every Contact Count (MECC)?

The principle of MECC is simple. It recognises the fact that locally the public sector organisations have hundreds of contacts with the public every day, and we have the ability to use those contacts to help change people's behaviours for the better. We can use these contacts to have a quick chat about healthy lifestyles and signpost people on for more information and support if needed.

Online training is available [via this link](#). The training offers public sector employees' practical advice on how to have positive opportunistic conversations with local people, and where to signpost people for more support.

The Public Health team also works with partner organisations including Cardiff Third Sector Council (C3SC) and Cardiff Metropolitan University to deliver training to members of third sector organisations, community volunteers and staff such as Community Connectors to spread the knowledge and skills to more people. If you would like to access this training, please email [cav.publichealthteam@wales.nhs.uk](mailto:cav.publichealthteam@wales.nhs.uk)



## Key Health Awareness Days

- May 1-31: [National Walking Month - Healthy Working Wales](#)
- May 1-31: [Skin Cancer Awareness Month - Healthy Working Wales](#)
- May 12-18: [Mental Health Awareness Week - Healthy Working Wales](#)
- May 12-18: [Learning at Work Week - Healthy Working Wales](#)
- May 17: [World Hypertension Day - World Hypertension League \(WHL\) - World Hypertension League](#)
- May 19-25: [Dementia Action Week - Healthy Working Wales](#)
- May 31: [World No Tobacco Day](#)
- June 9-15: [Bike Week 2025 | Cycling UK](#)
- June 9-15: [Men's Health Week - Healthy Working Wales](#)
- June 9-15: [Diabetes Week - Healthy Working Wales](#)