

Cardiff and Vale Public Health Team Newsletter



Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Tim Iechyd Cyhoeddus
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Public Health Team

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



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

Our team continues to work tirelessly to protect and improve the health and wellbeing of our communities in Cardiff and the Vale. We are committed to evidence-based practices, collaborative partnerships, and a proactive approach to addressing the diverse health needs of our population.

In this newsletter, you will find updates on a collaborative screening initiative, the personal efforts of our team members to raise funds for charity, and details of a plan to improve services for diabetes patients. I encourage you to read through these articles and share them with your networks.

Thank you for your ongoing support and commitment to building a healthier future for Cardiff and the Vale.

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

Claire Beynon
Executive Director of Public Health

This month:

- Vaccinations: COVID-19 Spring Booster
- Public Health Team wins Vaccination Saves Lives Award
- Screening: People experiencing homelessness offered vital TB checks
- New plan to improve care for diabetes patients
- Lauren and Kim set to take on 10YFan challenge
- Team Member Profile: Pearl Costello
- Key Health Awareness Days

Key Health Awareness Days

- The whole of April: [Stress Awareness Month](#)
- April 7: [World Health Day](#)
- April 24-30: [World Immunization Week](#)
- The whole of May: [National Walking Month](#)
- May 5: [World Hand Hygiene Day](#)

Vaccinations

COVID-19 Spring Booster

Our COVID-19 spring booster campaign launched on April 1, 2025, and will run until June 30, 2025.

All those eligible for the free vaccine will be invited to attend a Community Vaccination Centre (CVC) near their home. This campaign, more CVCs have been created within Cardiff and the Vale of Glamorgan to ensure access to the vaccine is more convenient and requires less travel time.

The Joint Committee of Vaccination and Immunisation (JCVI) has advised that COVID-19 vaccinations should be offered to:

- adults aged 75 years and over
- residents in a care home for older adults
- people aged 6 months and over who are immunosuppressed

Dino Motti, Consultant in Public Health Medicine, said: *“Getting vaccinated is one of the most important things you can do to protect yourself against COVID-19 and to avoid passing it onto our loved ones.”*



“Even if you had the vaccine this winter, new types of the virus can circulate in our communities, and protection wanes over time, so it’s vital to keep up-to-date with your immunisations when they’re offered to you.”

You can read more about the campaign on the Cardiff and Vale UHB website.

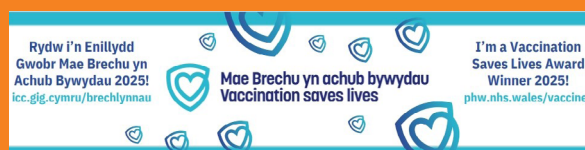
Public Health Team and collaborators win Vaccination Saves Lives Team Award

The Public Health Team works in partnership with the two local authorities, the Immunisation Service, Mass Vaccination and Testing, and our School Nursing Immunisation Team to significantly enhance immunisation outcomes for people in Cardiff and Vale.

Our key aim is to improve uptake of vaccination through innovative strategies, effective teamwork, and an inclusive approach that enables vaccine equity for all.

The team strives to target underserved areas by engaging with parents through the schools, carrying out health promotion campaigns and taking vaccines closer to people’s homes.

The exceptional efforts of everyone involved have not only increased vaccine uptake and fostered a sense of trust and unity, but have led to the team winning the ‘Vaccination Saves Lives Team Award’.



The Vaccination Saves Lives Awards are organised by Public Health Wales every year to celebrate the hard work and dedication behind immunisation efforts across the country. This year it will take place during the Welsh Immunisation Conference 2025 at Swansea.com Stadium on Thursday, 1 May, 2025.

Screening

People experiencing homelessness offered vital TB checks

Almost 100 people experiencing homelessness took up the offer of vital checks for tuberculosis (TB) and blood-borne viruses (BBV) at two special clinics held in the heart of Cardiff.

University College London Hospitals (UCLH) brought their 'Find and Treat' mobile unit to the Huggard Centre in the morning of March 25, followed by a visit to Adams Court in the afternoon.



Working together, the UCLH team, specialist clinical teams from Cardiff and Vale UHB (including the Public Health Team) gave people the opportunity to have chest X-rays and blood tests to check for both active and latent TB, a serious but treatable bacterial infection.

People were also offered tests for the BBVs hepatitis B, C and HIV, alongside access to specialist health advice and support.

You can read more about it on the [Cardiff and Vale UHB website](#).

New plan to improve care for diabetes patients

Patients with type 2 diabetes are at increased risk of heart disease, stroke, and many other health conditions. Due largely to obesity trends in the population, people are also developing diabetes at a younger age.

With the number of diabetes cases rising across Wales, there is an urgent need to invest in better prevention and care. If current trends continue, around one in 11 adults in Wales could be living with diabetes by 2035, putting an immense strain on the NHS.

With this in mind, Cardiff and Vale Public Health Team developed a partnership with health economists at the Centre for Health Economics and Medicines Evaluation (CHEME) at Bangor University, along with a panel of health experts and patients, to identify where funding should be focused to have the biggest impact in future.

Six priority areas for investment were identified in the evaluation. The top recommendations included more diabetes specialist nurses (DSNs) in the community, an expansion of the All-Wales Diabetes Prevention Programme and exercise support for people at risk of diabetes. You can read the full report [here](#).



Lauren and Kim set to take on 10YFan challenge

Two members of the Cardiff and Vale Public Health Team are set to don their hiking boots for a gruelling charity mountain climb this May.

Health Promotion Practitioner Kim Wilyman, alongside Public Health Practitioner Lauren Thomas, have signed up to the [10YFan challenge](#) which involves 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 which puts into perspective the enormity of the challenge.

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.

Read more about their challenge on the [Health Board website](#).



Team member profile

Pearl Costello

Pearl Costello is the Sustainable Food Places Manager for Food Sense Wales who are co-creating a food system for Wales that's good for people and the planet. She is part of the Cardiff and Vale Public Health Team.



Since 2019, Pearl has been co-ordinating Food Cardiff, a city-wide partnership of individuals and organisations that acts as a hub for connecting the people and projects working to promote healthy, environmentally sustainable and ethical food across the city.

She successfully led the bid for Cardiff to become the first Gold Sustainable Food Place in Wales ([which you can read about in more detail here](#)).

Due to her experience and success in nurturing a Food Partnership, she is now taking the lead on supporting the development of the Local Food Partnership network across Wales and sitting on the UK Programme Management Board for Sustainable Food Places.

Prior to joining Food Sense Wales, Pearl previously led an ambitious and transformational sustainability programme at the Royal Agricultural University and developed innovative sustainability engagement and behaviour change programmes with the National Union of Students.

Outside of work, Pearl can usually be found in and around the sea: coastal walking, swimming and paddle boarding, or taking too many photos of her dog.