

Cardiff and Vale Public Health Team Newsletter



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Welcome to the Cardiff and Vale Public Health Team newsletter August 2025.

Another busy and impactful month is ending for our team - and I'm thrilled to share some key updates with you.

As the summer season winds down, it's a great time to reflect on staying safe and healthy. We have experienced several heatwaves over the past few weeks, and we would love to hear about your experiences through our heatwave impact survey.

As autumn approaches, the flu and COVID-19 vaccination campaigns are being rolled out to protect our vulnerable and loved ones. The Public Health Team and our Health Board colleagues remain committed to health prevention and promotion activities for our communities.

This month, we warmly welcomed our new Consultant in Public Health, Dr Huw Brunt, to the team. We are delighted to have him join us and look forward to using his wealth of experience to further improve our work. A big part of our strength lies in community engagement and collaborating with other teams and organisations. These efforts are

This month:

- Unhealthy food advertising set to be restricted in the Vale
- Autumn/winter flu and COVID-19 vaccination rollout set to start
- Heatwave impact survey: your input matters
- Food and Fun programme held at 11 schools
- Boosting cycling confidence with free online sessions
- Team member profile: Dr Huw Brunt
- Key health awareness days

key in making a difference to the lives of people across Cardiff and the Vale. Thank you to all our partners for your unwavering commitment to fostering a healthier future for our communities.

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

Claire Beynon
Executive Director of Public Health

Unhealthy food advertising set to be restricted in the Vale

Foods categorised as high in fat, sugar and salt (HFSS) will no longer be promoted at bus stops or on boards along the Vale of Glamorgan's highways should recommendations be approved by the local authority's Cabinet.

This move would also prevent such products from being marketed on the council's website. The recommendation to restrict HFSS advertising will feature in a report to be considered by the Cabinet in September.

It follows collaborative work with Cardiff and Vale University Health Board and Cardiff Council through the regional Amplifying Prevention Partnership. The partnership recognises the need for collective action on specific issues relating to public health to increase their prominence.



Board (RPB).

This work builds on the Move More Eat Well Plan and its successor the Good Food and Movement Framework developed by the Vale of Glamorgan Public Services Board (PSB), Cardiff Public Services Board (PSB) and the Regional Partnership

Claire Beynon, Executive Director of Public Health for Cardiff and Vale UHB, said: "We are absolutely delighted that the Vale of Glamorgan Council is planning to restrict advertising across their assets of foods and drinks high in fat, sugar and salt.

"We know that what surrounds us shapes us - the places where we live, work and play make all the difference. Evidence shows that advertising on our streets influences what we buy and what we eat, and particularly for children this can lead to strong brand awareness and preferences for high fat, sugar and salt foods.

"Shifting the food environment by changing the advertising landscape will help to support and enable opportunities for good food and is a significant contribution to our local work through our Good Food and Movement Framework 2024-2030."

Key Health Awareness Days

- August 19: [World Humanitarian Day - National Library of Wales](#)
- September 1-30: [Urology Awareness Month - The Urology Foundation](#)
- September 8- 14: [Know Your Numbers Week - Healthy Working Wales](#)
- September 17: [Healthy travel webinar - Healthy Working Wales](#)
- September 17: [World Patient Safety Day campaign](#)
- September 15- 21: [Adult Learner's Week - Healthy Working Wales](#)

Autumn/winter flu and COVID-19 vaccination rollout set to start


Flu and COVID-19 remain a serious threat to our communities and can have a profound impact on health and care services.

Vaccination remains the best line of defence against both infections, so it's vital to get immunised as soon as they become available to you.

While the eligibility criteria for the flu vaccine will remain the same as previous years, the COVID-19 vaccine eligibility this winter will be narrowed to ensure that the programme focuses on those most vulnerable to the disease.

For a comprehensive list of eligibility for both vaccines, please go to the Cardiff and Vale UHB website [here](#).

For parents and guardians, a comprehensive webpage has been designed on the flu vaccination programme in primary and secondary schools, containing key information, frequently asked questions (FAQs) and a timetable of when school immunisation nurses will visit. You can access it [here](#).



Meanwhile, a webpage has also been created for CAVUHB colleagues on the flu vaccine, including dates and locations of drop-in sessions. Uptake of the vaccine among staff last winter was less than 40%

which is some way off where we need it to be. We need to increase our uptake to prevent widespread infection and protect ourselves, our patients and our loved ones. You can read this in full [here](#).

Team member profile

Dr Huw Brunt

Huw Brunt is a Consultant in Public Health who joined the team this month. He brings over 25 years of public health experience to the team, having worked previously in various roles across local government, Welsh Government, academia and NHS Wales organisations.



Notably, he worked as a specialist public health advisor to CMO Wales during the COVID-19 pandemic response and actively supported national policy development and implementation. Huw has a background in environmental public health, and he has a specialist interest in health inequalities; his PhD focused on air pollution, health risks and inequalities.

Huw will take on a diverse portfolio of public health work in his new Consultant role, including a lead role on tobacco, screening and prevention as part of primary care. He will also support development and implementation of the team's communications plan.

Outside of work, Huw is a keen photographer, cook and footballer (not all at the same time!).

Heatwave impact survey: your input matters

Cardiff and the Vale has experienced some very high temperatures in recent weeks, and as the climate continues to change, the UK is likely to see more frequent and intense heatwaves. These temperatures affect both our communities and our workplaces.

As part of our commitment to staff wellbeing and building climate resilience, Cardiff and Vale UHB is undertaking a Climate Change Risk Assessment which will inform the development of a comprehensive Climate Adaptation Plan.

We encourage you to reflect on recent experience and click on [this link](#) to complete a short, anonymous Heatwave Impact Survey about how rising temperatures are affecting your ability to work, treatment pathways and patient wellbeing. Your feedback will help us assess the impact of heat on productivity, wellbeing and patient care.

The survey will take less than five minutes to complete, and your insights will directly contribute to shaping future policies and improvements. It will also serve as one of the evidence bases in our climate adaptation planning.



Please email Environmental Sustainability Improvement Manager Arjun Padmavathy on Arjun.Padmavathy@wales.nhs.uk if you would like more information about the survey.

Boosting cycling confidence with free online sessions

In July, the Vale of Glamorgan Council organised free online cycling confidence sessions to celebrate cycling as a healthy, environmentally-friendly way to commute to work. The council shared the sessions with partner organisations signed up to the Healthy Travel Charter, including the Cardiff and Vale UHB.

Dr Tom Porter, one of our Public Health Consultants and the lead coordinator for Cardiff's Healthy Travel Charter said: "It was great to see colleagues from across the Health Board taking up the offer enthusiastically, signalling widespread interest in active and sustainable travel. This is a good example of commitment to the Wellbeing of Future Generations (WFG) collaboration/integration."



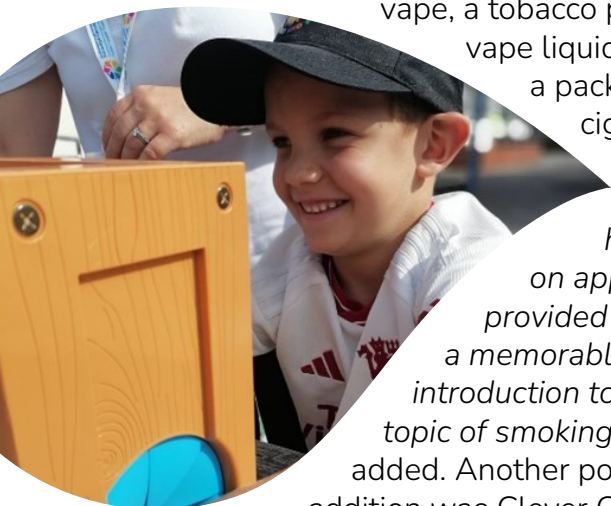
Food and Fun programme held at 11 schools

This summer marked the second successful year of the Public Health Team delivering the Food and Fun programme - and it was bigger and better than ever.

Over the course of the holidays, Public Health Practitioner Lauren Thomas visited 10 primary schools and one secondary school delivering hours of engaging, educational activities that blended movement, learning, and play.

One of her highlights was the return of the stethoscope activity, where children listened to their heartbeats after physical exercise. She said: "This simple yet powerful experience sparked thoughtful conversations around heart health and the harmful effects of smoking, especially its impact on the cardiovascular system."

To keep things fresh and exciting, Lauren introduced three new activities, all of which were enthusiastically received. The first was 'What's in the Box?', a sensory guessing game that encouraged pupils to identify hidden items by touch. Items included matches, a lighter, a rechargeable vape, a tobacco pouch, vape liquid, and a packet of cigarettes.



"This hands-on approach provided a memorable introduction to the topic of smoking," she added. Another popular addition was Clever Catch Ball, a fast-paced Q&A game that combined movement with learning, keeping pupils active and engaged.

The feedback from schools was overwhelmingly positive, with one teacher commenting: "The session was very informative and child friendly. The children were fully engaged from start to finish. We even had a child say 'I'm going to make my mum stop smoking'."

Lauren concluded: "I've loved delivering Food and Fun this summer - the energy, laughter, and curiosity from the children made every session a joy. Seeing them engage, ask questions, and take away important health messages was incredibly rewarding."

Meanwhile, members of the Public Health Team also attended the Flying Start family fun day at Pencoedtre Fields in Barry. It was a busy day filled with discussions around the importance of being healthy, play, and food and hydration. Conversations around immunisations and smoking also took place with parents, carers and other family members attending the event.

Attendees took away bilingual healthy recipe cards that were developed with Vale Healthy and Sustainable Pre-School Scheme settings. They also had access to information and links to [QuickChange](#) - a new digital resource for preschool and primary school aged children to improve their strength and balance.