

Cardiff and Vale Public Health Team Newsletter



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

A very warm welcome to this month's edition of the Cardiff and Vale Public Health Team newsletter - a chance for us to showcase our work, our partners' contributions, and the impact they've had across Cardiff and the Vale of Glamorgan.

Temperatures are beginning to drop to single digits as autumn gradually gives way to winter. To help protect ourselves and others and stay healthy as it gets colder, here are some practical steps we can all take:

1. Get your winter vaccinations

The flu season has started earlier than anticipated in Wales, and there are predictions that the peak could be high this season. This could have a significant impact on our hospital services. If you are eligible, please play your part by getting vaccinated against flu, COVID-19 and RSV. More information can be found on the [Cardiff and Vale UHB website](#)

2. Reduce your alcohol intake: The Christmas party season is almost upon us, so please celebrate safely by pacing yourself, knowing your limits, and avoiding mixing

This month:

- *'I'm positive about being positive': Paulo explains why HIV is nothing to fear*
- *New measles campaign highlights the importance of vaccination*
- *Smoking enforcement patrols begin across hospital sites*
- *CAVUHB staff are winners when it comes to helping patients quit smoking*
- *Vale of Glamorgan achieves Silver Sustainable Food Places Award*
- *CAVUHB partners with Cardiff Mind for special parkrun event*
- *Making Every Contact Count - Alcohol Brief Intervention Online Training*
- *Public Health Team member profile: Patrick Collins-Walsh*
- *Key health awareness days*

alcohol with drugs or medication. Make sure you also plan your way home, keep your phone charged and stay hydrated and well-fed. These simple steps will help keep our emergency departments free for those who truly need them.

3. Reduce your risk of falls: People can reduce their risk of falls by wearing appropriate footwear and taking extra care on icy or uneven surfaces. Keeping homes well-lit and clutter-free also helps prevent slips and trips indoors. Staying active and maintaining strength and balance can further improve stability throughout the colder months.

I hope you find this newsletter interesting and informative. Thank you for your continued commitment to improving health and wellbeing in our communities. Together, we can make this season healthier and happier for everyone.

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

Claire Beynon
Executive Director of Public Health

'I'm positive about being positive': Paulo explains why HIV is nothing to fear



When Paulo Machado was told he had HIV in 2007, he feared it was a death sentence. But fast forward 18 years and not only is he managing the condition with ease, he is also living life to its fullest.

"I'm positive about being positive," said the 55-year-old, who lives in the Splott area of Cardiff.

"I have been healthy and strong for so long that HIV isn't a big part of my life. You can live successfully with it - and it doesn't define you."

Despite many success stories, HIV stigma remains a major barrier. Misinformation,

Key Health Awareness Days

- October 19- 25: infectionpreventionandyou.org
- October 29: [World Stroke Day 2025](#) | [Stroke Association](#)
- November 3-7: [International Stress Awareness Week - Healthy Working Wales](#)
- November 12: [World Pneumonia Day - Every Breath Counts](#)
- November 14: [World Diabetes Day - Healthy Working Wales](#)
- November 17: [World Cervical Cancer Elimination Day 2025](#)
- November 1-30: [November - Healthy Working Wales](#)
- November 1-30: [Pancreatic Cancer Awareness Month \(PCAM\) - Pancreatic Cancer UK](#)

outdated beliefs, and persistent associations between HIV and certain marginalised communities fuel prejudice and silence.

People living with HIV still face discrimination in healthcare, employment, and personal relationships. In rural or close-knit communities, fear of being "outed" can prevent individuals from accessing testing or treatment.

With this in mind, the Cardiff and Vale Public Health Team has teamed up with [Fast Track Cymru](#) to intensify efforts to reduce HIV stigma. Please visit our [dedicated webpage](#) to find out more and get access to resources and useful websites.

To read Paulo's inspirational story in full, please visit the [Cardiff and Vale UHB website](#)

New measles campaign highlights the importance of vaccination



Measles is an extremely contagious disease that could have major health consequences for those who become infected and are unvaccinated.

While measles can be a mild illness, it has the potential to cause severe complications such as sight loss, hearing loss, pneumonia and meningitis. In extreme circumstances, measles can be fatal.

Recent outbreaks of measles have occurred across the UK, including in Wales, and more outbreaks could occur in future. However, we can slow the spread and protect our children and ourselves with the measles, mumps and rubella (MMR) vaccine.

The simple, two-dose MMR vaccine is extremely effective and safe, and there are gelatine-free options available. They are routinely given at GP practices when children are 12 months old and again at 3 years and 4 months - but it is never too late to catch up.

To help raise further awareness of the dangers of measles and the vaccinations available, [a dedicated webpage has been developed on the Cardiff and Vale UHB website](#). It features key information on measles, signs and symptoms, the potential consequences of being an unvaccinated close contact, and frequently asked questions. New digital posters are also appearing across parts of Cardiff, so keep an eye out for those!

Team member profile

**Patrick Collins-Walsh (Paddy),
Public Health Programme Manager**



Paddy joined CAVUHB in 2021 and worked in many different areas before joining the Public Health Team in July 2025.

Since he joined the Health Board, he has worked in genetics, improvement, innovation, projects, programmes, leadership and training. His expertise involves project and programme management, improvement and implementation, and digital transformation. He holds an ILM Level 7 and an MSc in Leading Digital Transformation.

Presently, Paddy leads on the programme management of the Good Food and Movement framework as well as Prevention and Early Years work. This includes providing data analysis and financial monitoring of all the projects under these two areas.

Outside of work, Paddy is a keen runner looking to take part in several half marathons over the next year. He also enjoys cooking, travelling and always trying new things.

Smoking Enforcement Patrols begin across hospital sites

Cardiff and Vale University Health Board has a responsibility to ensure that everyone using our hospital sites can do so without harming their health.

Despite it being illegal to smoke on hospital grounds since March 2021, people are continuing to light up outside hospital entrances, on walkways and in our car parks.

As a result, the Health Board is taking additional action to protect people from the dangers of second-hand tobacco smoke by introducing No Smoking Enforcement Officers across our hospital sites from November 2025.

To ensure people are familiar with the changes, they will be implemented in a phased way. Initially, officers will approach anyone seen smoking on hospital grounds, ask them to stop smoking and signpost them to the free NHS service, Help Me Quit.

However, following this initial period - which will last for a maximum of six months - anyone who is seen smoking on hospital grounds will be issued with a Fixed Penalty Notice, requiring them to pay a fine of £100.

In addition, any Cardiff and Vale UHB employees found smoking could also face disciplinary action from their line managers as they will be breaching Health Board policy.



CAVUHB staff are winners when it comes to helping patients quit smoking

Ten CAVUHB teams were presented with certificates and edible goodies for recording the highest proportion of staff completing a new online training course.

The ESR module, entitled 'Supporting Smokers in Secondary Care', aims to help clinical and non-clinical staff initiate conversations with inpatients about quitting smoking, deliver personalised advice and offer support and resources.

The training, which can be accessed by NHS staff from the [ESR Learner Home Page](#), takes around 30 minutes and needs to be undertaken every three years. Impressive numbers of staff have completed the module less than a year after its launch.

To ensure all colleagues were aware of this training opportunity, the Cardiff and Vale Public Health Team joined forces with the Hospital Smoking Cessation Service to organise a friendly competition - rewarding the teams with the highest proportion of staff completing the training.

Two presentation events took place this month where Nicola Hutchinson, Consultant in Respiratory Medicine, and Huw Brunt, Consultant in Public Health, presented prizes to the winning teams.

The winning teams were as follows:

- Waiting Well Team
- Cystic Fibrosis CNS UHL
- Lung Function Team, UHL
- Penarth District Nursing Team
- Ward East 2 UHL
- Breast Centre UHL
- Ward East 8 UHL
- B4 Haematology UHW
- Research Delivery Team UHW
- Vascular B2 UHW

Huw Brunt said: “There is so much to be gained by helping people quit smoking since it remains a leading cause of preventable disease and ill-health. With well trained, knowledgeable staff, our patients will be getting the best possible help to quit for good.

“Congratulations to everyone who has completed the ESR training ‘Supporting Smokers in Secondary Care’ - it takes just 30 minutes but could make a real difference to the long-term health and wellbeing of our patients.”

Vale of Glamorgan achieves Silver Sustainable Food Places Award

The Vale of Glamorgan has achieved the prestigious Silver Sustainable Food Places Award in recognition of the significant positive change made to our local food system.

The [Sustainable Food Places Award](#) is designed to recognise and celebrate the success of those places taking a joined up, holistic approach to food.

The Vale of Glamorgan first became a part of the Sustainable Food Places (SFP) network in 2020, going on to achieve the Bronze Award later in 2022. The Silver Award application was particularly strengthened by recent achievements including:

- The Vale of Glamorgan Council’s new [Healthy Advertising Policy](#)
- The collaboration between Big Fresh Catering, the Vale of Glamorgan Council, and local producers and wholesalers on the [Welsh Veg in Schools scheme](#) which is getting locally produced organic vegetables into school dinners
- The promotion of local good food businesses through the annual [Vale Food Trail](#) and the new [Vale Food Producers Directory](#)

- And our holistic, joined-up approach to tackling the root causes of household food insecurity in a way that upholds the dignity of our communities, first piloted with the [Llantwit Food Project](#) and now being rolled out to the rest of the Vale by the [Vale Food Insecurity Working Group](#).

The application was developed and submitted by [Food Vale](#), the local sustainable food partnership for the Vale of Glamorgan hosted in the Cardiff and Vale Public Health Team but with strong membership from cross-sector partners from across the Vale.



CAVUHB partners with Cardiff Mind for special parkrun event

CAVUHB has teamed up with Cardiff Mind for a very special parkrun event in Ely later this month.

Parkrun is a free, fun and friendly 5k event for people of all ages and abilities to walk, jog, run, volunteer or spectate.

People are welcome to walk or jog 1,2 or the full 3 laps of the park or help in a volunteer role. Those completing the full 5km distance can go through the finish line.

On **Saturday, November 29 at 9am**, parkrun is teaming up with Cardiff Mind for a special parkrun at Trelai Park in Ely, Cardiff, to further boost awareness of its mental health services to the wider community.

Every year one in four of us will experience a mental health problem, and since 2017 the number of young people struggling with mental health has doubled. People can find out more about Mind support and the work they are doing by visiting [Cardiff Mind - The Mental Health Charity](#).

People need to register via [this link](#) before they come to the Trelai Park parkrun. If you have any questions, please visit their FAQs page [here](#). Please also see their [volunteer page](#) for information on how you can get involved.



Making Every Contact Count - Alcohol Brief Intervention Online Training

A new online training module designed to develop people's skills to encourage others to reduce their alcohol intake has been launched.

The new Level 2 Making Every Contact Count (MECC) - Alcohol Brief Intervention (ABI) online training module is evidence based and was created by colleagues in Public Health Wales.

Completing this training aims to empower people to:

- Recognise their role in preventing alcohol-related harm
- Initiate behaviour change conversations
- Use the Audit-C screening tool and behaviour change techniques effectively
- Signpost to appropriate support services.

The training is aimed at staff across health services, local authorities, voluntary organisations, education providers, and the criminal justice system - particularly those who regularly interact with the public. Here's how you can access the training:

- NHS staff: via ESR: Search [000 NHS Wales - MECC Alcohol Brief Intervention Level 2 \(English\)](#)
- Non-NHS staff: via [Learning@Wales Login](#) and search for MECC Alcohol Brief Intervention Level 2
- More information on how to access available on the MECC website: [MECC // Public Health Network :: Home](#)