

Cardiff and Vale Public Health Team Newsletter



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Public Health Team

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

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As we move towards the end of summer and prepare for a new school year, it is a good time to think about how we can help children stay healthy, happy and ready to learn. Returning to school brings excitement, new routines and the chance to reconnect with friends, but it can also mean that germs spread more easily as children spend more time together indoors.

There are simple steps we can all take to help reduce the spread of infections. Regular handwashing, covering coughs and sneezes, and staying at home when unwell can make a real difference. It is also important to make sure children are up to date with their routine vaccinations. Vaccination provides the best protection against a range of serious and potentially preventable diseases and helps protect those who may be more vulnerable in our communities.

I encourage parents and carers to check their child's vaccination record and speak to their GP or other healthcare professional if they

This month:

- Hundreds of children in Barry vaccinated against hepatitis A
- Deputy Minister sees MenB vaccine programme in action
- Chief Medical Officer visits Public Health Team to learn more about our work
- Therapists swap cars for e-bikes to visit patients across Cardiff
- New Point of Diagnosis packs for type 2 diabetes patients
- Team member profile: Eno Usoroh
- Key Awareness Days

are unsure whether any vaccinations are due. By taking these steps, we can help give children the healthiest possible start to the new school year and support our wider communities to stay well.

Everything you need to know about childhood vaccinations can be found on the [Cardiff and Vale UHB website](#).

Warm regards,
Claire Beynon
Executive Director of Public Health

Hundreds of children in Barry vaccinated against hepatitis A

Parents and carers of children aged one to five in Barry are being urged to take up the offer of a hepatitis A vaccine for their child.

An outbreak in the Vale of Glamorgan town has seen 11 confirmed cases of hepatitis A since December 2025, but no single source has been identified.

Cardiff and Vale UHB vaccination teams have been hard at work since Tuesday, August 18 vaccinating young children to help protect themselves, their families and the wider community from infection.

Walk-in vaccinations are now being offered at Barry Hospital (CF62 8YH) to any child aged one to five who lives in Barry or attends a childcare or education setting in Barry. Simply turn up to any of the vaccination clinics, which are open from 9am to 5pm on weekdays and Saturdays, until Saturday, September 5.

Sion Lingard, Deputy Director of Public Health at Cardiff and Vale University Health Board, said: "Hepatitis A can spread easily, and young children may have few or no symptoms while still passing the virus on to others. By coming forward for vaccination, parents and carers can play

a vital role in helping us break the chain of infection and bring this outbreak under control.



"This is a simple, safe and effective step that can make a real difference to children, families and the whole Barry community."

Parents and carers with questions about the hepatitis A vaccination programme can find out more at this dedicated [webpage](#).

Deputy Minister sees MenB vaccine programme in action

Wales' Deputy Minister for Public and Preventative Health visited Llanedeyrn in Cardiff to meet young people receiving their potentially lifesaving meningitis B vaccination.

Nerys Evans MS, travelled to Maelfa Wellbeing Hub on Wednesday, August 19, where she talked to vaccination colleagues and saw the time-limited programme in action.



She was greeted at the centre by Cardiff and Vale UHB Vice Chair, Prof. Ceri Phillips[HB3.1], PCIC Head of Operations Victoria Whitchurch and Clinical Lead for Immunisation Sonya Norman.

The MenB vaccine is being offered to all young people born between 1 September 2007 and 31 August 2008, as well as those under 25 attending higher education or residential further education for the first time this autumn.

The vaccine is administered as two separate doses, one month apart, and eligible young people must complete both doses to ensure best protection. The second dose can be accessed in a student's university town if needed.

Eligibility for the programme is based on those at the greatest risk. Young people heading to university for the first time are seven times more likely to develop meningococcal disease, particularly those living in shared accommodation, with shared social and catering facilities and close mixing.

In the first four weeks of the time-limited roll out, more than 17,000 young people across Wales came forward for their vaccination[HB4.1]. Many of the young people visiting Maelfa on Wednesday were there for their second dose.

Nerys Evans said: *"I urge every eligible young person across Wales to follow the example of those I've met here in Cardiff today and make sure you go back for that vital second dose."*

All eligible young people who have not had their MenB vaccination can now walk into one of Cardiff and Vale UHB's three vaccination clinics for a MenB vaccination (no appointment needed):

- Maelfa Wellbeing Hub, Llanedeyrn (CF23 9PN): Mon to Sat, 9am-4.30pm
- Barry Hospital (CF62 8YH): Mon to Sat, 9am-4.30pm
- Riverside Health Centre (CF11 9SH): Mon to Sat, 9am-4.30pm

Chief Medical Officer visits Public Health Team to learn more about our work

On Wednesday 26 August 2026, the Public Health team welcomed Chief Medical Officer, Prof. Isabel Oliver, to Woodland House for an afternoon showcasing work to improve health and wellbeing across Cardiff and the Vale of Glamorgan.



Dr. Claire Beynon opened the session which highlighted a range of current priorities and innovative work being delivered across the region.

The programme explored the health and wellbeing of babies, children and young people, alongside progress towards a smoke-free Cardiff and Vale. This included work supporting pregnant smokers to quit and preventing children and young people from starting to smoke or vape.

The team also shared its community-based approach to vaccine equity, as well as initiatives supporting healthy weight in the early years, including Good Food and Movement in early years settings and breastfeeding support.

A key focus was the Healthy and Sustainable Preschool scheme, with colleagues showcasing both local delivery and the scheme in practice at Little Inspirations Day Nursery.

The visit provided an opportunity to celebrate the breadth of public health work,

share learning and discuss future priorities. The afternoon concluded with a summary and Q&A session, facilitated by Dr. Claire Beynon.

She said: *"It was a real pleasure to welcome the Chief Medical Officer and showcase the breadth and impact of our Public Health Team's work across Cardiff and the Vale of Glamorgan. The visit was a fantastic opportunity to celebrate the difference our teams are making to improve health and wellbeing, share learning and look ahead to our future priorities."*

Therapists swap cars for e-bikes to visit patients across Cardiff

A team of therapists are testing whether electric bikes could provide a practical alternative to driving when visiting patients.

Four physiotherapists and a speech and language therapist from the Cardiff Community Resource Team swapped their cars for e-bikes as part of a three-month initiative launched at the end of May. The team, based at the former Whitchurch Hospital site, leased five bikes using funding from the Public Health Team.

The project was coordinated by Dr. Saqif Mustafa, Specialty Registrar in Public Health Medicine, working alongside colleagues from community services. The idea was inspired by clinicians using e-bikes at Royal Devon NHS.

Physiotherapist Andrew Pratt asked:

"Why not here?" The project was developed to support environmental sustainability goals while exploring new ways of delivering care.



The Cardiff Community Resource Team provides rehabilitation in people's homes, helping people regain independence, supporting hospital discharge and helping to avoid unnecessary hospital admissions. During the first two months, the team collectively cycled more than 300 miles. Journeys to patients average just over two miles, with travel times similar to driving. Cycling also helps staff avoid traffic congestion and parking difficulties.

"It started off as a sustainability project," said Andrew, "but actually we have found there are lots of other benefits from cycling as well, both in terms of staff wellbeing and promoting healthy lifestyles to patients."

Patients have responded positively, with staff using visits to discuss exercise and active travel and signpost people to opportunities such as Pedal Power.

The e-bikes were chosen to make cycling more accessible, allowing staff to travel further without arriving fatigued. While storage, charging and changing facilities remain challenges, the initiative has already helped reduce car journeys and encouraged healthier, more sustainable ways of delivering care.

Dr. Saqif said: *"Benefits to health and the places we live in often start with rethinking everyday choices. Staff are more active during the working day, patients are exposed to positive conversations about movement and active travel, and fewer car journeys can help improve local air quality. All of this contributes to a more sustainable NHS."* The project is still being evaluated, and results will help determine whether e-bikes could play a longer-term role in supporting community healthcare services across Cardiff and the Vale.

New Point of Diagnosis packs for type 2 diabetes patients

Two new co-designed resources are helping ensure everyone diagnosed with Type 2 diabetes in Wales receives consistent, high-quality information.

The Point of Diagnosis (POD) packs include a patient guide and a healthcare professional toolkit, developed with more than 80 patients and 32 clinicians across Wales, alongside Diabetes UK Cymru. Equity of access was central to their design.

Research through the Tackling Diabetes Together Programme found significant variation in the information people receive at diagnosis.

Patients said they often received little more than a diagnosis and prescription, with limited opportunity for explanation or questions.

Some 90% wanted clear dietary guidance, 88% wanted to understand their appointments and health checks, and 82% wanted to understand the benefits of managing their condition well. Meanwhile, 67% experienced shame or guilt at diagnosis.

The POD packs directly address these gaps. They give healthcare professionals a practical, evidence-informed resource to support structured conversations, while providing patients with clear, accessible information to help them understand and live well with Type 2 diabetes from day one.



The nationally developed resources also promote greater consistency across Wales and reduce duplication of work locally.

Please champion the POD packs within your networks by sharing them with primary care cluster and GP leads, diabetes clinical leads and public health colleagues. Encourage their use within local Type 2 diabetes pathways and routine diagnostic consultations and promote them through professional forums and communications channels.

A communications toolkit, including waiting-room screens, patient SMS templates and social media copy, will shortly be available.

Patient facing pack: [Guide to living well with Type 2 diabetes](#)

Health care Professional facing toolkit: [Type 2 Point of Diagnosis toolkit](#)

Please share implementation learning and good practice with [PHW](mailto:TacklingDiabetes@wales.nhs.uk).
TacklingDiabetes@wales.nhs.uk

Team member profile

Eno Usoroh

Eno Usoroh is a Programme Support Officer in the Cardiff and Vale Public Health Team. She joined the team in October 2024.

Before joining the NHS, she worked for BAME Mental Health Support (BMHS), a not-for-profit organisation based in Swansea. In this role, she helped to support mental wellbeing in Black, Asian and Minority Ethnic communities through education, advocacy and signposting to further care.



Eno grew up and trained as a medical doctor in Nigeria and worked in Nigeria and other African countries before moving to Swansea. Her experience includes health promotion, health protection, healthcare funding and disease control. She also has a master's degree in public health (MPH) and recently completed an MSc in Health Informatics at Swansea University.

In her current role, Eno provides programme and administrative support across the team. She uses her knowledge and experience to support the team's work of improving health and wellbeing across Cardiff and the Vale of Glamorgan.

Outside work, Eno enjoys reading widely, walking outdoors, listening to music, travelling and visiting iconic places. She also enjoys watching new films with family and friends. Eno takes part and volunteers in her local parkrun and hopes to complete her 50th parkrun before her birthday in August 2027.

Key Health Awareness Days

- August 19: [World Humanitarian Day](#)
- September 1-30: [Move More September](#)
- September 1-30: [Urology Awareness Month](#)
- September 7-13: [Know Your Numbers Week](#)
- September 14-20: [Sexual Health Week](#)
- September 16: [National Fitness Day](#)
- September 17: [World Patient Safety Day](#)
- September 19: [Youth Mental Health Day](#)