

Cardiff and Vale Public Health Team Newsletter



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Welcome to the April 2026 Cardiff and Vale Public Health Team newsletter.

Our team continues to work hard to reduce inequalities and protect and improve health and wellbeing across Cardiff and the Vale of Glamorgan communities. In this edition, we are pleased to update you on some of the work we're taking forward with partners which is helping us to achieve this. We also wanted to take the opportunity to appreciate the huge contribution that a key team member, Heather Kean, has made to improving local public health as she retires after 34 years of service!

Most of the articles featured here align closely with the priorities we've set out in our [long-term public health plan](#) - smoking, obesity and vaccination - and once again show just how diverse our work is across these topics. Please do take a moment to read; we're keen to hear your feedback and find out about any opportunities to collaborate more on work across these, and broader, areas of public health practice.

Once again, thank you for your ongoing support and commitment to building a healthier future for Cardiff and the Vale. I hope you find this newsletter informative and motivating, and that it supports ongoing

This month:

- People in most disadvantaged communities offered free access to nutrition and fitness app
- Partnership working to reduce impacts of poor housing on health
- Spring COVID-19 and RSV vaccination programme begins
- CAVUHB staff flu vaccine uptake improves as Chief Exec issues 'thank you'
- Healthy Lives Event: Taking prevention into the heart of the community
- Smokers in Cardiff and Vale given more support to quit smoking
- GP surgeries win Help Me Quit referral competition
- Happy retirement, Heather Kean!
- Key health awareness days

work to protect and improve health and wellbeing.

Warm regards,

Claire Beynon

Executive Director of Public Health

People in disadvantaged communities offered free access to nutrition and fitness app

A new pilot programme is being launched to tackle obesity in disadvantaged communities using a popular nutrition and fitness app.



A total of 1,000 people living in the most disadvantaged areas of Cardiff and the Vale of Glamorgan will receive free access to the Nutracheck app which helps users track food intake, monitor nutrients, log physical activity

and access peer support. Nutracheck is already used by more than 500,000 people and provides a simple, effective way to support healthier lifestyle choices.

Obesity remains one of our most significant public health challenges, contributing to conditions such as cardiovascular disease, diabetes, osteoarthritis and sleep apnoea, as well as poor mental wellbeing. These largely preventable conditions place considerable pressure on NHS services. Rates of obesity are around twice as high in more disadvantaged communities, contributing to widening health inequalities.

Co-delivered by the Cardiff and Vale Public Health Team and Cardiff Metropolitan University, the pilot programme is targeted at those most in need. Free annual subscriptions will be offered to residents in the most

disadvantaged fifth of the population (based on postcode), while those in less disadvantaged areas will be able to access the app for a fee.

The pilot, starting in April 2026, will be evaluated by Cardiff Metropolitan University. It aims to support weight loss, improve health outcomes and explore a scalable, prevention-focused approach to reducing long-term demand on NHS services.

Key Health Awareness Days

- April 1-30: [Stress Awareness Month](#)
- April 1-30: [Bowel Cancer Awareness Month](#)
- April 1-30: [Testicular Cancer Awareness Month](#)
- April 7: [World Health Day](#)
- April 24-30 April: [World Immunisation Week](#)
- May 11-17: [Mental Health Awareness Week](#)
- May 18-24: [Learning at Work Week](#)
- May 17: [World Hypertension Day](#)
- May 18-24: [Dementia Action Week](#)

Partnership working to reduce impacts of poor housing on health

We know that poor housing can have a significant impact on people's physical and mental health and their wellbeing. Whether it be from factors such as cold, damp and mouldy homes or from wider issues such as overcrowding or a lack of nearby green space, where we live can affect our health and health outcomes.



We also know that some people in our communities are more affected by poor housing than others, such as older people, children, and people with existing health conditions. In this way, poor housing can also worsen health inequalities.

Recognising the important influence of housing on health, the Cardiff and Vale Public Health Team has recently begun to develop new work on housing. This includes work on warmer homes, which is being developed in collaboration with clinical colleagues in Cardiff and Vale UHB, the Regional Partnership Board team, our local authorities and wider community partners, including third sector organisations such as Warm Wales. The work is focussed on developing a targeted programme of support to help people in our communities keep their homes warmer, through both income maximisation and home energy improvements.

The new partnership approach was launched with a successful stakeholder workshop at the All Nations Centre in Cardiff on February 25. Around 50 stakeholders came together to discuss how health services can work more effectively

with wider partners to ensure warm home support is reaching people with underlying health conditions who might benefit the most from it.

The day provided everyone with an opportunity to learn from similar work that has been undertaken elsewhere, including from the Aneurin Bevan and Cwm Taf Morgannwg UHB Public Health Teams, to discuss what support already exists in Cardiff and the Vale of Glamorgan, and what more needs to be done locally. A steering group of local partners has now been convened to build this work together so we can strengthen the support in place ahead of winter 2026.

Spring COVID-19 and RSV vaccination programme begins

This spring, targeted vaccination programmes are being rolled out to protect those most at risk from COVID-19 and respiratory syncytial virus (RSV).



People aged 75 and over, residents of care homes for older adults, and those aged six months and over who are immunosuppressed will be invited to receive a COVID-19 vaccine. In parallel, RSV vaccination will be offered to adults aged 75 and over, care home residents, and pregnant women.

While COVID-19 remains a familiar concern, the ongoing evolution of the virus and waning immunity underscore the importance of booster vaccination to maintain protection, particularly among clinically vulnerable groups.

RSV, though less widely discussed, remains a significant cause of respiratory illness, with the potential for severe outcomes including pneumonia and death in older or frail individuals.

Vaccination remains a key intervention to reduce the risk of serious illness and hospitalisation from both viruses. Eligible individuals are encouraged to take up their invitation promptly upon receipt. Healthcare professionals and partners are urged to actively promote awareness of both COVID-19 and RSV vaccination programmes. Please support eligible patients and communities by reinforcing the importance of timely vaccination and encouraging uptake wherever possible.

If you have questions about the vaccine or an appointment, please contact our call centre by calling 02921 841234 or go to our [dedicated webpages on the topic](#).

CAVUHB staff flu vaccine uptake improves as Chief Exec issues ‘thank you’

According to the latest figures, flu vaccination uptake among Cardiff and Vale UHB staff has significantly improved over the last year.

During the 2025/26 winter flu vaccination programme, a host of drop-in clinics were held across our hospital sites, and vaccination teams roamed hospital wards and departments. Occupational Health, based at Woodland House, also offered open-access flu vaccinations.

Posters featuring familiar faces from the CAVUHB workforce were displayed around communal areas in a bid to raise awareness of this winter’s vaccination programme and encourage colleagues to get immunised.

Don't forget your flu vaccine



“I get the flu vaccine every year so I can remain well and support my team at the busiest time of year.”

Jill Freestone -
Cardiff and Vale UHB
Healthcare Support
Worker in Emergency
Medicine



Scan the QR code for a list of flu vaccination dates and locations for Cardiff and Vale UHB staff in 2025-26. You can also visit SharePoint.



Recent data confirmed that 11,283 flu vaccinations were administered to CAVUHB staff in 2025/26 - a substantial rise on the 6,345 given in 2024/25.

Following the release of the new data, Chief Executive Officer Suzanne Rankin issued a “thank you” to all colleagues who took the time to get vaccinated, keeping themselves, their loved ones, colleagues and patients safe.

“By doing so, you have demonstrated your unwavering commitment to patient safety and to one another,” she said. “Many of the people we care for are particularly vulnerable to flu, and even a mild infection can have serious consequences for them. By getting vaccinated over the winter period, you helped reduce the risk of passing flu on to those who rely on us most.

“You also protected yourselves and your colleagues. Winter always brings additional pressure on our services, and when staff are unwell it becomes even harder to deliver the safe, high-quality care our communities expect. The flu

vaccine is a quick, safe and effective way to reduce illness and absence, helping us keep our teams strong and resilient.” Suzanne also extended her heartfelt thanks to colleagues who organised and administered the vaccinations.

“From planning clinics and managing logistics to delivering each vaccination with care and professionalism, your efforts make this programme possible,” she added. “Your dedication ensures that our staff can access the vaccine quickly and conveniently, and your work is a vital part of keeping our Health Board safe and prepared.

“Getting vaccinated is a simple action with a powerful impact. Thank you for playing your part to protect our patients, support your teams and strengthen our NHS over the winter period.”

Healthy Lives Event: Taking prevention into the heart of the community

Colleagues in the Cardiff and Vale Public Health Team offered practical support and information at a special community engagement event earlier this month.

The Healthy Lives Community Engagement Event took place on Saturday, April 11 at Grange Pavilion in Grangetown, Cardiff.

Across the afternoon, the Public Health Team shared health promotion resources and held one-to-one conversations on immunisations, quitting smoking, healthier food choices, healthy weight and alcohol moderation.

The team also supported delivery of the measles, mumps and rubella (MMR)



vaccine, with five members of the public vaccinated on the day.

One team member said: *“It was a brilliant chance to meet people and help turn questions into actionable next steps.”*

For anyone looking for practical guidance and local support, our updated [‘Ways to Improve Our Health’ webpages](#) on the Cardiff and Vale UHB website offer advice and signposting across key topics including smoking, healthy eating, vaccinations and alcohol.

Smokers in Cardiff and Vale given more support to quit smoking

People living in Cardiff and the Vale of Glamorgan who want to give up smoking can now access an award-winning seminar free of charge.

The Cardiff and Vale Public Health Team is funding places on Allen Carr Easyway (ACE) seminars, an evidence-based cognitive behavioural therapy approach which helps tackle smoking as an addiction.

The seminars aim to help people understand their addiction, how societal influences have shaped them, and remove their fear of quitting. Unlike our more traditional [Help Me Quit smoking cessation service](#), no medication is involved in helping people quit through the ACE approach.

Run by trained therapists, the seminars involving up to 25 smokers last for around five hours. The target is to get people to leave the seminar and never touch a cigarette again. The approach complements the existing, well-established [NHS Help Me Quit service](#) available across Cardiff and the Vale of Glamorgan.

People aged 18 or over can sign up for a free seminar [through the ACE website](#) by putting in their postcode (to verify they are a Cardiff and Vale resident). There are a selection of dates to choose from. The intervention is subject to full evaluation.

GP surgeries win Help Me Quit referral competition

Congratulations to Clifton Surgery, Llanedeyrn Health Centre and Rumney Medical Practice who have been announced as the winners of our Help Me Quit referral competition.

GP practices in communities with the highest smoking prevalence were invited to take part in a competition to increase referrals to Help Me Quit, the free NHS stop smoking service in Cardiff and Vale.

Our friendly Help Me Quit team hold community clinics across Cardiff and Vale. Clients receive expert behavioural support and access to free nicotine replacement therapy and stop smoking medication.



A big 'thank you' to all of our health professional colleagues who refer patients to Help Me Quit. Primary care settings play a vital role in advising patients about the benefits of quitting smoking and telling them about our service.

When you have the opportunity, remember to ask your patient: "Do you smoke?"

Advise: "Help Me Quit is the NHS stop smoking service that provides expert support and free stop smoking medication. You are three times more likely to quit with Help Me Quit than quitting alone. I can refer you now, it will only take a minute."

Act: Refer using the Professional Referral Page on the HMQ website.

Well done to the teams at Clifton Surgery, Llanedeyrn Surgery and Rumney Medical Practice for supporting your patients to quit. Each practice was awarded a £100 Marks and Spencer voucher.

To find out more about promoting [Help Me Quit](#) and how to refer, please contact Laura.wilson3@wales.nhs.uk

Happy retirement, Heather Kean!

As Heather Kean hangs up her mouse and keyboard after an incredible 34 years, we want to express our deepest appreciation for everything she has brought to the Cardiff and Vale Public Health Team.



Her journey has been nothing short of remarkable, transitioning from hairdressing to mental health nursing, then boldly reinventing herself once more and joining Cardiff and Vale UHB and the Team back in July 1992 as a part-time administrator.

Over the decades, Heather has been a steady and supportive presence through countless organisational changes, office moves, new faces, and evolving ways of working. She did not only keep the team running smoothly through her business management and administrative leadership but has also brought warmth, humour, and humanity into every space she occupied. The laughs, camaraderie, and shared memories will stay with us long after she steps into this exciting new chapter.

While we will miss her greatly, we couldn't be happier knowing that her days ahead will be filled with the things she loves - time in her garden, cherished moments with friends and family, school holiday adventures with her grandchildren, and new activities like swimming and Tai Chi. After such a dedicated and energetic career, she's certainly earned every joyful moment to come.

Thank you, Heather, for your unwavering commitment, your kindness, and the legacy of care and excellence you leave behind. It truly has been a real blast having you as part of the team. Wishing you a retirement filled with peace, laughter, and wonderful new discoveries.