

Cardiff and Vale Public Health Team Newsletter



Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Tim Iechyd Cyhoeddus
Cardiff and Vale University Health Board
Public Health Team

Email: cav.publichealthteam@wales.nhs.uk
Website: Cardiff and Vale Local Public Health Team



Welcome to the February edition of the Cardiff and Vale Public Health Team newsletter - and thank you for taking the time to read it.

Whether you're a long-standing partner or a new colleague, I hope this gives you a useful snapshot of the breadth and depth of work happening across our team.

Public health is, by its nature, wide-ranging, and that is reflected in the programmes you'll see highlighted here. From health protection and emergency preparedness, to improving population health through prevention, early intervention and tackling inequalities, our work spans the life course and cuts across organisations, sectors and communities.

Much of what we do is only possible because of strong collaboration, and I'm continually struck by the commitment and creativity of our partners in responding to complex challenges.

This edition shares updates on some of our priority areas, celebrates examples of impact, and reflects the expertise of colleagues working behind the scenes to turn data, evidence and local insight into meaningful action. I hope it also gives a sense of how our team is evolving to meet new pressures while staying focused on what matters most:

This month:

- Dad who had deadly tongue tumour removed calls for children to have cancer-preventing HPV vaccine
- Dedicated menopause hub launches for women in East Cardiff
- Blood pressure machines available for free from libraries in the Vale
- Minister visits CAVDAS to find out more about new ketamine pathway
- 280 people approached by No Smoking Enforcement Patrols
- Public Health Team member profile: Michael Allum
- Key Awareness Days

improving outcomes and reducing unfair differences in health.

As ever, we welcome your feedback, ideas and opportunities to work together. Public health is a team effort, and we value being part of such a dedicated system.

Warm regards,

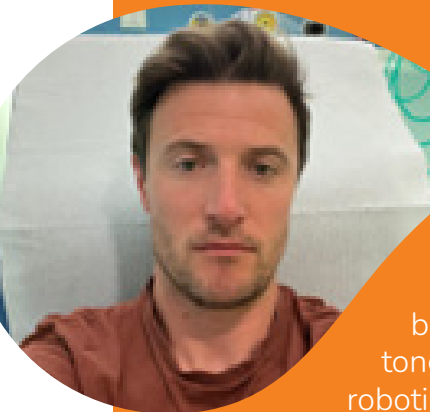
Claire Beynon

Executive Director of Public Health

Dad who had deadly tongue tumour removed calls for children to have cancer-preventing HPV vaccine

Anthony Perriam, a father of two from Whitchurch, Cardiff, noticed a small, painless lump under his jaw after a family holiday in March 2023.

Although he nearly ignored it, he decided to see his GP - a choice that proved lifesaving. He was quickly referred onto the NHS head and neck cancer pathway, where scans and a biopsy led to a diagnosis of HPV-related cancer at the age of 39.



Doctors initially found cancer in a lymph node and later located the primary tumour at the base of Anthony's tongue using advanced robotic surgery at the University Hospital of Wales.

He underwent major surgery followed by six weeks of radiotherapy and chemotherapy. While treatment was gruelling and left lasting side effects, Anthony is now in long-term follow-up care and grateful the cancer was caught in time.

Anthony is sharing his powerful story to raise awareness of HPV-related cancers and to highlight the importance of prevention. HPV is a very common virus that can cause several cancers, including head and neck cancer, which is more common in men, and cervical cancer in women.

The HPV vaccine, offered to all secondary school children in Year 8, is safe, effective and proven to significantly reduce cancer risk. Anthony strongly encourages parents to ensure their children receive the vaccine, adding it can prevent others from experiencing the suffering his family endured.

To read Anthony's story in full, please go [here](#). A dedicated webpage on the HPV vaccine programme in schools can be found on the [Cardiff and Vale UHB website](#).

Key Health Awareness Days

- February 23-March 1: [Eating Disorders Awareness Week](#)
- March 11: [National No Smoking Day](#)
- March 13: [World Sleep Day](#)
- March 17 - 23: [Nutrition and Hydration Week](#)
- March 20: [World Oral Health Day](#)
- March 24: [World TB Day](#)

Dedicated menopause hub launches for women in East Cardiff

Women experiencing menopause and perimenopause living in East Cardiff can now access tailored support at a new specialist clinic.

The East Cardiff Menopause Hub, based in the Wellbeing Hub at Maelfa, Llanedeyrn, is a new service designed to provide patient-centred advice, treatment, and community support all in one place.

The clinic offers structured menopause care from experienced clinicians, helping patients feel informed, supported and confident in managing their symptoms.

The service is available to all women aged 40 to 65 years old and registered with one of the East Cardiff GP Cluster practices, including:

- Brynderwen/Minster surgery
- Llan Healthcare
- Rumney Primary Care Centre
- Willowbrook Surgery

Patients attending the East Cardiff Menopause Hub can expect appointments with GPs who have experience in menopause care, and practice nurses will offer additional support including blood pressure checks, lifestyle advice, and guidance on hormone replacement therapy (HRT).

The extended 20-minute consultations can be carried out either face-to-face, by telephone, or online, allowing patients to fully discuss symptoms and treatment options.

A Menopause Café, open to women of any age, will also be on site, providing a welcoming space to meet others, share

experiences, and ask questions. Patients will also be put in touch with other East Cardiff Cluster services to ensure holistic and ongoing support.

This is the first Women's Health Hub developed by Cardiff and Vale University Health Board as part of its implementation of the Women's Health Plan for Wales, with the expansion of these hubs expected during 2026 and 2027.

Dr Claire Beynon said: *"Menopause can be a challenging and often misunderstood time in a woman's life, and too many women have felt unsupported or unheard when seeking help."*

"The East Cardiff Menopause Hub is a really positive step in bringing high-quality, compassionate care closer to home, with longer appointments and specialist expertise focused on women's needs."

"By combining clinical care with community support, this service helps women feel informed, confident and in control of their health. It also reflects our wider commitment to reducing health inequalities."



Blood pressure machines available for free from libraries in the Vale

People living in the Vale of Glamorgan can now borrow blood pressure monitors from community libraries and hubs.

In the same way as library card holders can borrow books and other resources from facilities, members of the public can now take advantage of the new loan scheme that will allow them to keep track of their blood pressure at home.

The Vale of Glamorgan Council worked in partnership with the Cardiff and Vale Local Public Health Team and Cardiff and Vale University Health Board to provide the scheme, delivering activity to help reduce health inequalities.



Cardiff Council has a similar scheme available at its own libraries and hubs. To find out more please visit the [Cardiff and Vale UHB website](#).

One in three adults in the UK has high blood pressure but many don't realise it. If untreated, high blood pressure can lead to health problems including stroke, heart disease, kidney disease, vascular dementia and diabetes.

Being more aware of their blood pressure can enable individuals to make

positive lifestyle changes such as such as getting active, keeping to a healthy weight, eating healthily, stopping smoking or taking medication, to avoid these negative outcomes.

However, even when people are advised to monitor their blood pressure, the cost of buying a device can be a barrier.

Now, monitors validated by the British and Irish Hypertension Society for home use are available to borrow for three-week periods to enable residents to carry out their own monitoring at home. Customers will be provided with a booklet containing information about why it's important to monitor blood pressure, causes of high blood pressure, how to use the device and record results and what to do if they are concerned about the readings they take.

Members of the community who would like to borrow a device but don't currently have a library card can sign up for one at their local hub or library.

Minister visits CAVDAS to find out more about new ketamine pathway

A new pathway is being developed to help people get earlier support for ketamine-related health problems.

Minister for Mental Health and Wellbeing Sarah Murphy visited the Cardiff and Vale Drug and Alcohol Service (CAVDAS) office in Barry on January 28 to see how local health services are leading the way in early intervention and prevention.

Ketamine use has risen in recent years, with CAVDAS seeing a 53% increase in ketamine presentations since September 2024.

Cardiff and Vale's Community Addictions Unit (CAU) has also seen contact with 73 individuals using ketamine more than once a week in the past year - a 60% increase compared to pre-2024.

The new pathway, developed by a multi-agency working group since February 2025, is already making a difference.

Ketamine can cause severe and irreversible damage to the bladder and kidneys, but early identification tools are now being used to identify bladder problems earlier and staff are better equipped to support people with complex needs.

A new schools programme developed by CAVDAS and co-designed with people who have lived experience, is also reaching Year 9 and 10 pupils with vital information about the risks associated with ketamine.

The pathway continues to develop, with plans to strengthen links with urology specialists and create dedicated support for under-18s through children and adolescent mental health services (CAMHS).



Dr Claire Beynon said: *“We were delighted to welcome the Minister to highlight the valuable work underway across Cardiff and the Vale of Glamorgan to support local people.*

“As a partnership we will continue to build on this multi-agency work on ketamine to identify need earlier, prevent harm, and improve support services.

“The visit was an important opportunity for us to demonstrate our shared commitment to developing and strengthening joined up preventative and treatment approaches for all people affected by substance use in our communities.”

Team member profile

Dr Michael Allum

Michael was appointed as a Consultant in Public Health Medicine in Cardiff and Vale University Health Board in January 2025.

He has worked in public health in both Wales and England, and has held consultant roles in both local authority and NHS public health teams. Prior to public health, he practiced clinical medicine in South West England.

Mike's current work areas include diabetes, public health programmes in schools and pre-school settings, and supporting the local implementation of the Women's Health Plan for Wales. He also has a particular interest in training and education and supports the supervision of public health registrars on placement.

Outside of work, Mike is kept busy with his young family, and (occasional!) running.

280 people approached by No Smoking Enforcement Patrols

In November 2025, Cardiff and Vale UHB collaborated with Shared Regulatory Services (SRS) to reintroduce no-smoking patrols.

It has been illegal to smoke tobacco on hospital grounds since March 2021, but that hasn't stopped some people from smoking outside hospital entrances, on walkways and in our car parks.

To ensure everyone - patients, visitors and staff - are familiar with the enhanced enforcement approach, it is being implemented in a phased way. At present, a dedicated officer is approaching anyone seen smoking on hospital grounds, asking them to stop smoking and signposting them to smoking cessation services.

However, following this initial period - which will last for a maximum of six months - anyone who smokes on hospital grounds (and is therefore not complying with the law) will be issued with a Fixed Penalty Notice, requiring them to pay a fine of £100.

According to latest figures provided by SRS, 280 people were approached for smoking in the first two months of the enforcement patrols being in place.

Here is the breakdown of activity between November 20, 2025 and January 16, 2026:

- CAVUHB staff: 32 (6 in first month and 26 in second month)
- Patients: 99 (44 in first month and 55 in second month)
- Visitors: 144 (70 in first month and 74 in second month)
- Contractors: 3 (1 in first month and 2 in second month)
- Students: 2 (1 in first month and 1 in second month)