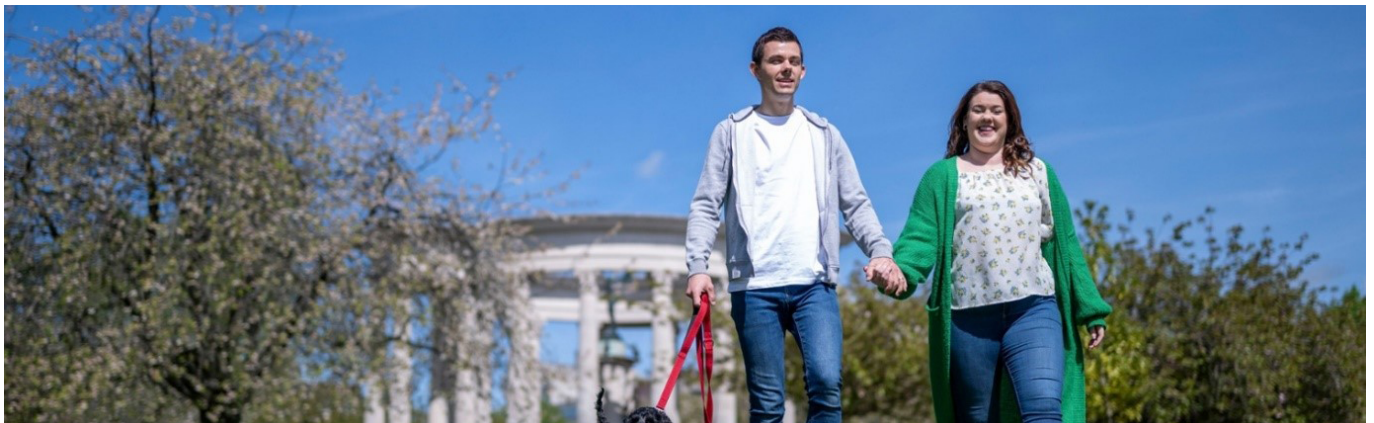


Cardiff and Vale Public Health Team Newsletter



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Welcome to the Cardiff and Vale Public Health Team Newsletter June 2025.

It has been another busy and productive month for the team, and I am delighted to share a few key updates with you. Firstly, I'd like to extend my heartfelt thanks and best wishes to Siân Griffiths, our recently retired consultant, and psychology interns Mollie Little and Alice Maybury, as they move on from the team. Your dedication and contributions have been invaluable, and you will be greatly missed. We wish you all the very best in your next chapter.

I am incredibly proud of the ongoing commitment and hard work demonstrated by everyone across the team. Whether it has been through our community health initiatives across Cardiff and the Vale, data-driven interventions, or strategic partnerships - our efforts are focused on making a tangible difference every day.

Thank you to all our partners for your continued dedication to building a healthier future for our communities. If you missed our May edition of the newsletter, you can catch up [here](#).

Claire Beynon
Executive Director of Public Health

This month:

- No Smoking Enforcement Officers to patrol hospital grounds
- Understanding the barriers to flu vaccination
- Age-Friendly Cardiff sexual health initiative
- New family guide to help keep children healthy
- Minister visits UHL to find out more about award-winning animation
- Help shape diabetes care in Cardiff and Vale
- Food Vale at the Cowbridge Food and Drink Festival
- Sian Griffiths' retirement
- June awareness days

No Smoking Enforcement Officers to patrol hospital grounds

Despite it being illegal to smoke on hospital grounds since March 2021, Cardiff and Vale UHB still receives regular complaints about smoking on our hospital sites.

Smoking remains the leading cause of preventable ill-health and premature death in Wales, and as a Health Board we have a legal responsibility to protect everyone from the harmful effects of tobacco smoke.

With this in mind, we are taking additional action to protect people from the dangers of cigarette smoking by introducing 'No Smoking Enforcement Officers' who will start patrolling our hospital sites in the coming weeks.

To ensure patients, visitors and staff are familiar with the changes, the enforcement will be implemented in a phased way. Initially, officers will approach anyone seen smoking on hospital grounds, ask them to put out their cigarette and signpost them to the free NHS service, Help Me Quit.



However, following this initial 'education' period anyone who is seen smoking on hospital grounds will be issued with a Fixed Penalty Notice, requiring them to pay a Fixed Penalty Notice of £100.

We need to do everything we can to combat the harmful effects of smoking, and we hope this action will be the catalyst to healthier, smoke-free hospitals across Cardiff and Vale UHB for years to come.

Signage informing patients, visitors and staff about the new enforcement officers and the Fixed Penalty Notices will soon be installed across Cardiff and Vale UHB hospital sites. There will also be further information for staff, including FAQs, on the intranet (SharePoint).

Key Health Awareness Days

- June 2- 6: [Volunteers' Week](#)
- June 14: [World Blood Donor Day](#)
- June 17-23: [Cervical Screening Awareness Week](#)
- June 19: [Clean Air Day - Healthy Working Wales](#)
- June 22: [Windrush Day](#)
- July 7-13: [Alcohol Awareness Week - Healthy Working Wales](#)

Understanding the barriers to flu vaccination

We know there are many reasons why people choose not to have the flu vaccine at winter. Whether it's down to timing, concerns, or something else entirely, it's important to understand the barriers to vaccination so, as a health service, we can overcome them.

To get a better idea of behaviours and attitudes among the Cardiff and Vale UHB workforce, a short survey has been developed which will launch on July 1. It will be available to employees online (via this [link](#)) and through drop-ins and walkabouts at various Health Board sites.

The anonymous and confidential survey will help inform the operational side of the winter vaccination programme for 2025/26 - and will also assist in targeting communications at groups where vaccine hesitancy appears more prevalent.

For those reading this who are not Health Board employees, it would still be useful to get your thoughts on the annual flu vaccination programme and any potential barriers you've faced accessing it. Please email Principal Public Health Practitioner Emma Davies-McIntosh on emma.davies-mcintosh2@wales.nhs.uk if you would like to contribute.



Age-Friendly Cardiff sexual health initiative

Age-Friendly Cardiff sexual health initiative
There is no age limit on intimacy. Older adults are often left out of conversations about sex and relationships - but they shouldn't be.

Clinicians are also reporting an increasing number of sexually-transmitted infections among older adults.

With these in mind, the Cardiff and Vale Public Health Team has been working in partnership with Cardiff Council and Public Health Wales to produce Age-Friendly Cardiff branded condom packets.

Each packet contains two Passante condoms, together with some key messaging. The purpose of the initiative is to challenge the stigma and stereotyping that exists around the sexual lives of older adults, and to start conversations about the topic.

The initiative was officially launched in June, coinciding with the Centre for Ageing Better's Age Without Limits Day (June 11) and Pride Cymru (June 21-22).

You can collect the packets for free from hubs and libraries across Cardiff, and organisations can request a supply by contacting agefriendly@cardiff.gov.uk. You can also visit [Sex in later life - Age Friendly Cardiff: Age Friendly Cardiff](#) to learn more.



New family guide to help keep children healthy

A new guide has been developed to help parents and carers feel more confident when their child is unwell.

'A Family Guide to Keeping Your Child Healthy and Common Childhood Illnesses' is a free booklet that offers clear, straightforward advice on everything from coughs, colds, fevers and rashes to safe sleeping, challenging behaviour and mental health.

It helps parents and carers understand what might be wrong, what they can do at home and when to get further help - whether that's from a community pharmacy, GP, NHS 111 Wales or the Emergency Unit.

The Public Health Team developed the guide in partnership with the Cardiff and Vale Health Inclusion Service and Cardiff Council. It is available in 10 community languages including Arabic, Farsi and Albanian.

The booklets can be access and downloaded for free here: [Common Childhood Illnesses Booklet](#)



Minister visits UHL to find out more about award-winning animation

Dawn Bowden, the Welsh Government's Minister for Children and Social Care, visited the Children's Centre at University Hospital Llandough recently to learn more about an award-winning animation known as QuickChange.



Developed by podiatrists in collaboration with the Local Public Health Team, [QuickChange](#) aims to engage young children in daily physical activity to aid healthy development of their feet and posture.

The fun interactive video, led by a range of colourful characters, gets children performing a series of strengthening and stretching exercises without the need for additional equipment or a change of clothes.

The animation has been successfully trialled in several primary schools in Cardiff and the Vale of Glamorgan, with teachers reporting improved mood and energy levels among their pupils.

You can read more about the visit via [this link](#). The QuickChange animations can be found on the [Keeping Me Well page](#).

Help shape diabetes care in Cardiff and Vale

We want to improve care, services and outcomes for people with diabetes across Cardiff and Vale. Complete this short survey and help shape better health and health services in your community.

Link to the survey [here](#).



Food Vale at the Cowbridge Food and Drink Festival

The Food Vale team were at the Cowbridge Food and Drink Festival over the spring bank holiday weekend (May 25-26) to launch the third year of the Vale Food Trail.

Over two days, the Food Vale tent in the Old Hall Gardens offered a host of family-friendly activities. More than 200 people engaged in hands-on educational games, learnt about growing food and discovered healthy recipe ideas.

Both children and adults had fun with the banana game hosted by the Dinas Powys Fairtrade and guessing how many grapes were in the jar. Ediculture were on hand to answer gardening questions and offered a variety of salad leaves for tasting. The Public Health Dietetic team provided a range of activities including testing knowledge about sugar content in various food and drinks.

The Vale Food Trail featured a variety of events spread over 10 days, celebrating the great food culture in the Vale of Glamorgan. It aimed to connect people with where their food comes from, offering inspiration and education about sustainable food production in the region.



Sian Griffiths' retirement

Siân Griffiths, a valued member of the Cardiff and Vale Public Health Team, has retired after dedicating more than two decades of her career to public health.



She has been described by her colleagues as a “calm, steady and quietly reassuring” presence who can “turn her hand to anything”.

Her public health portfolio has covered a wide range of topics over time, including prevention in healthcare settings, tobacco, health protection and screening. She has also supported the development and implementation of the team’s communications plan.

Claire Beynon said: *“Siân is a star! She has dedicated the last 14 years to improving and protecting the health and wellbeing of the people of Cardiff and Vale. She has worked with determination and persistence and retained her sense of humour and humility throughout. I am truly grateful to have worked with such a brilliant colleague.”*