

Cardiff and Vale Public Health Team Newsletter



Welcome to the June 2026 edition of our Cardiff and Vale Public Health Team newsletter.

In this issue, we are pleased to share updates on some of the work we're doing to help reduce inequalities and improve and protect the health and wellbeing of people across our communities.

We include articles which link directly with our three key priorities - smoking, healthy weight and vaccinations - but also promote some of our broader public health work with communities and partner organisations.

As we enter the summer months and temperatures continue to rise, I want to emphasise the importance of staying safe in the sun and [taking simple steps](#) to protect ourselves, our families and those who may be more vulnerable to the effects of hot weather.

On 24 June, in interviews with BBC Wales and ITV Wales, I was able to raise awareness of the actions the Health Board took to help keep staff and patients safe during the spell of extremely hot weather we experienced.

You can find important advice on sun safety on the [Cardiff and Vale University Health Board website](#).

This month:

- Catch-up vaccinations: get you and your loved ones protected
- More than 1,300 blood pressure monitors loaned out from libraries and hubs
- Dozens of women receive contraceptive coil in single day as part of 'Larcathon'
- Food Vale launches new cooking and nutrition programme
- Public Health Team supports primary care clusters through CPET Programme
- Cardiff and Vale Public Health Team at Cardiff Mela 2026
- New animations created to promote Help Me Quit service
- Public Health Team member profile: Rebecca Lewis
- Key awareness days



I also want to take the opportunity to highlight that a range of catch-up vaccination sessions are taking place across Cardiff and the Vale throughout July (see the next article for more detail). Vaccination remains one of the most effective ways to protect individuals and communities from serious illness, so I encourage everyone to check that they and their families are up to date with recommended vaccinations to improve protection against preventable diseases.

Please take some time to read through the rest of this newsletter. We would welcome your feedback and the opportunity to learn more about how we might strengthen collaboration across these and other areas of public health.

Thank you once again for your continued support and dedication to creating a healthier future for our communities across Cardiff and the Vale of Glamorgan.

Warm regards,
Claire Beynon
 Executive Director of Public Health

Catch-up vaccinations: get you and your loved ones protected

A host of catch-up vaccinations are taking place across Cardiff and the Vale of Glamorgan in July to improve the public's protection against preventable diseases.

Cardiff and Vale UHB's vaccination teams will be out in force administering vaccinations to all those who may have missed the opportunity the first time around.

In summary, this includes:

- Meningitis B vaccines for 17 and 18-year-olds (all the key information [here](#)).
- HPV vaccines for those in school years 8-11 (all the key information [here](#)).
- RSV vaccines for over 75s and pregnant women from 28 weeks gestation (all the key information [here](#)).

"Vaccination is one of the greatest public health achievements of our time," added Dr Claire Beynon.

"Thanks to high vaccination uptake, diseases that once caused serious illness, disability and death for thousands of people have been eliminated or become extremely rare in the UK."

"However, these diseases have not disappeared completely, and when vaccination rates fall, we can see them return. That is why it is so important that everyone takes



the opportunity to catch up with any missed vaccinations. Vaccines not only protect us as individuals, but they also help protect others across our communities - babies, older people and those with weakened immune systems - who may be at greater risk of serious complications from infectious diseases. "By ensuring we are up to date with our vaccinations, we are helping to safeguard our families, our communities and future generations. I would encourage everyone to check their vaccination status and take advantage of the catch-up opportunities available across Cardiff and the Vale this summer."

More than 1,300 blood pressure monitors loaned out from libraries and hubs

A pioneering scheme that allows people to borrow blood pressure monitors for free from local libraries is helping residents across Cardiff and the Vale of Glamorgan take charge of their health and detect and manage potential problems earlier.

Launched in Cardiff in January 2025, the initiative enables residents to borrow clinically validated blood pressure monitors from libraries and community hubs, just like borrowing a book. The scheme has proved hugely popular, with more than 1,300 loans recorded across Cardiff and the Vale of Glamorgan to date.

High blood pressure is one of the leading causes of heart attacks, strokes and other cardiovascular diseases. Often known as the "silent killer", it can have no symptoms, meaning many people are unaware they have it. It is estimated that thousands of people in Wales are living with undiagnosed high blood pressure.

The scheme was developed through a partnership between Cardiff and Vale University Health Board and local council library services, with the aim of making blood pressure monitoring easier and more accessible for everyone. By removing the cost of purchasing a monitor and providing clear guidance on what readings mean, the programme supports people to monitor their health from the comfort of their own home.

Levels of uptake have been greatest in communities with high rates of socio-economic deprivation and general ill-health, so this scheme is helping to reduce inequalities by improving access to preventative healthcare amongst those who might need and benefit from it most.

Feedback from users has been positive, with people reporting increased confidence in monitoring their blood pressure and understanding when to seek advice. The scheme aims to help identify previously undiagnosed cases of hypertension, reducing the need for routine blood pressure checks in GP surgeries.

Residents can borrow a monitor free of charge from participating libraries across Cardiff and the Vale of Glamorgan. You can find your nearest hub or library in Cardiff [here](#) and Vale [here](#).



Dozens of women receive contraceptive coil in single day as part of 'Larcathon'

More than 30 women received a contraceptive coil fitting at a special weekend clinic held at Cardiff Royal Infirmary, helping to improve access to long-acting reversible contraception (LARC) and reduce waiting times for patients.

The 'Larcathon' clinic, delivered by experienced clinicians from Cardiff and Vale University Health Board's sexual health services, offered additional appointments outside of the traditional working week, providing greater flexibility for women seeking contraceptive care.

A contraceptive coil is a highly effective form of long-acting reversible contraception that is placed in the uterus and can prevent pregnancy for several years. It can also

be removed at any time if an individual wishes to become pregnant or change their method of contraception.



Helen Bayliss, Consultant in Integrated Sexual Health for Cardiff and Vale University Health Board, said: "We were delighted with the response to our weekend Larcathon clinic, which enabled more than 30 women to access contraceptive coil fittings in a single day.

"Providing appointments outside of normal working hours can make a

real difference for people who may otherwise struggle to attend. Initiatives such as this help improve access to contraception, give women greater choice and flexibility, and support our efforts to reduce waiting times for sexual health services."

The clinic focused solely on contraceptive coil fittings and forms part of ongoing work to improve access to sexual and reproductive health services across Cardiff and the Vale of Glamorgan.

Food Vale launches new cooking and nutrition programme

A new community-focused programme is set to help people across the Vale of Glamorgan build confidence in cooking, nutrition, and healthy eating through free, accessible learning opportunities.

The Vale Community Nutrition and Practical Cookery Programme is being delivered through Food Vale – the Vale's food partnership - in partnership with Cardiff and Vale University Health Board Public Health Dietetics and is funded by The National Lottery Community Fund.

The programme has been developed to improve access to healthy, affordable, and culturally appropriate food knowledge and practical cooking skills for individuals, families, and communities across the Vale.

Through a range of welcoming and inclusive activities, participants will have the opportunity to develop skills, increase confidence, and learn how to make healthier food choices on a budget.

Activities will be delivered in community settings throughout the Vale of Glamorgan

and will be designed to be accessible, inclusive, and bilingual, ensuring people feel comfortable and supported to take part.

Learning opportunities will include:

- Practical cookery sessions
- Nutrition education workshops
- Community drop-in sessions and tasters
- Pop-up community events
- Accredited Nutrition Skills for Life courses
- Training opportunities for community organisations, staff, and volunteers

Louise Denham, Food Vale Co-ordinator, said: *"This is a really exciting opportunity to bring people together through food. Whether someone wants to learn new cooking skills, gain confidence in preparing healthy meals on a budget, or connect with others in their community, there will be something for everyone. We're looking forward to working with local people and partners to make this programme as accessible, inclusive and impactful as possible."*

Marie Price, Clinical Lead for the Public Health Dietetic team, said: *"I'm delighted to be leading this programme in the Vale, bringing together partners and communities to deliver practical nutrition and cookery support, while helping to build a more connected and supportive local food system."*

The programme will be shaped in collaboration with local communities, partner organisations, and people with lived experience, helping to ensure activities reflect local needs and priorities.

Alongside promoting healthy eating, the programme will encourage sustainable and planet-friendly food practices, including reducing food waste, making the most of seasonal produce, and supporting local food initiatives.

By strengthening food knowledge, practical skills, and community connections, the programme contributes to Food Vale's wider vision of creating a fairer, healthier, and more resilient local food system. It also supports wider public health priorities in Wales, including prevention, reducing inequalities, building community resilience, and promoting sustainable food systems.



Community groups, organisations, and local settings interested in hosting sessions or learning more about the programme are encouraged to get in touch by emailing nutrition.skillsforlife.cav@wales.nhs.uk

Key Health Awareness Days

- June 15-21: [Men's Health Week](#)
- June 15-21: [Cervical Screening Awareness Week](#)
- July 6- 12: [Alcohol Awareness Week](#)
- July 1-31: [Plastic Free July](#)

Public Health Team supports primary care clusters through CPET Programme



The Public Health Team has helped deliver four primary care cluster Continuing Professional Education and Training (CPET)

sessions, providing an opportunity to strengthen connections with cluster partners and enhance collaboration around shared public health priorities.

Sessions included an overview of Making Every Contact Count (MECC) with Eastern and Western Vale clusters. This session highlighted how meaningful conversations during routine interactions with individuals/patients can help highlight and support positive behaviour changes.

The team also delivered updates on smoking cessation in Cardiff East cluster, specifically including how to refer smokers to our expert Help Me Quit stop-smoking service, helping to ensure consistent messaging and improved access to support services across primary care.

In addition, the City and Cardiff South and Central Vale clusters heard about practical work that is underway with local communities to increase the uptake of vaccinations, and how cluster partners can actively support this approach within their settings.

These sessions have built knowledge and strengthened partnerships as well as supported a consistent approach to prevention across clusters. The team has enjoyed supporting the clusters with this and will look for further opportunities as part of ongoing work.

A primary care cluster is a local network of health and care professionals working together in a specific geographical area to meet community needs. A cluster includes GP practices, community pharmacies, dentists, opticians, allied health professionals, mental health community nurses and clinics, and voluntary organisations. The aim is to bring care closer to home and better co-ordinate local healthcare services for everyone.

If you're interested in arranging an information/training session on any of our priority areas for your team, or if you attended a recent cluster CPET session and would like further information or to get more involved, please get in touch by emailing cav.publichealthteam@wales.nhs.uk

Cardiff and Vale Public Health Team at Cardiff Mela 2026

On Sunday, June 21, members of the Public Health Team attended Wales' largest multicultural festival, Cardiff Mela, which was celebrating its 20-year anniversary.

The team were positioned next to health protection colleagues from Public Health Wales (PHW) and the blood-borne viruses (BBV) testing area. It proved to be a great opportunity to promote our key prevention priorities including smoking cessation, immunisation, Good Food and Movement, and alcohol harm reduction.

Festival goers were invited to share their views on vaccination as part of a new engagement survey, the answers of which will help shape service design.

A particular highlight of the day was the strong collaboration across teams. Nursing colleagues from Cardiff and Vale UHB worked closely with PHW colleagues to provide free BBV screening, with more than 100 participants screened during the event.

The Lord Mayor of Cardiff, Councillor Michael Michael, was also in attendance and took part in screening, helping to raise the profile of this important public health offer.

Overall, Cardiff Mela was described as an “*electrifying and inclusive space to connect with communities, promote health and wellbeing, and strengthen partnership working across organisations*”.

We are grateful to everyone who visited our stall and spoke with us.



New animations created to promote Help Me Quit service

The Cardiff and Vale Public Health Team has collaborated with award-winning studio, Savage and Gray, to produce a short animation to promote the NHS specialist stop smoking service, Help Me Quit.



Help Me Quit supports people to stop smoking with free expert support and free stop smoking medication. The animation highlights that people are three times more likely to quit with the service than trying to stop alone.

In Cardiff and the Vale, we have a team of local stop smoking experts who run clinics in community settings. The team can support people to quit close to where they live and they can also offer support over the phone.

To watch the animation, please go to the Cardiff and Vale UHB YouTube channel [here](#), and to find out more about Help Me Quit please [go to their website](#).

Team member profile

Rebecca Lewis

Rebecca Lewis is a Principal Public Health Practitioner and has been with the Cardiff and Vale Public Health Team (CAVPHT) since August 2024.



She previously worked in the team from 2012-2015 as a Senior Public Health Practitioner working on tobacco control, then left her post to re-locate with her family to Oxfordshire to support her husband's job.

She has worked in public health for 21 years, across both NHS Wales and NHS England in a range of roles covering areas such as: alcohol, sexual health, physical activity, oral health promotion as well as spending many years focusing on the tobacco control agenda, gaining experience at a local and national (Public Health Wales) level.

In her current role with the Public Health Team, she works closely with primary care and clusters to provide public health advice and support the delivery of prevention-focused work/interventions. Alongside this, she also works with the local authority planning teams to help embed health into planning decisions, with the aim of shaping healthier environments for our communities.

She has recently completed a 'Healthy Cities' module at University of the West of England (UWE), Bristol, which means she can bring the latest evidence and best practice into her work in a practical and applied way.

Outside of work, Rebecca enjoys spending time with her family, preferably outdoors, as well as playing netball for a local social team. She is also enjoying trying to learn (very slowly!) to play the saxophone.