

# 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

[cav.publichealthteam@wales.nhs.uk](mailto:cav.publichealthteam@wales.nhs.uk)  
Cardiff and Vale Local Public Health Team



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

Our team is committed to reducing health inequalities and improving the health and well-being of local people. From exciting partnerships ground-breaking initiatives, this edition of the newsletter highlights the incredible work being done to improve local people's wellbeing. Whether it's promoting life-saving vaccines, encouraging movement, or ensuring access to nutritious food, every effort counts in creating a healthier future for us all.

On February 25 I was delighted to visit the Teddy Bear Trust Nursery on the University Hospital of Wales site to begin the promotion of my Director of Public Health Annual Report, which focuses on the health and wellbeing of children from birth to age five.

Too many children in our communities start life at a disadvantage. Whether it's living in poverty, struggling with preventable diseases, or lacking access to safe places to play, these barriers are holding our children back.

My report highlights where we're falling short and what we can do to fix it. We've

## This month:

- **Vaccinations:** Miss Wales promotes importance of HPV vaccine
- **Emergency preparedness:** pandemic planning workshop
- **Smoking Cessation:** No Smoking Day
- **Healthy Eating:** Food Sense Wales
- **Health and Wellbeing events**
- **Team Member Profile:** Allen Joshy John, Smoking Cessation Practitioner

laid out clear recommendations, from improving access to healthy food to ensuring every child has a safe space to grow, learn, and play. You can read the report in its entirety [here](#).

If you missed the earlier editions of our newsletter, you can catch up [here](#).

*Claire Beynon*  
**Executive Director of Public Health**

## Vaccinations

### Miss Wales promotes HPV vaccine to protect against cancer

Mille-Mae Adams, the current Miss Wales, has partnered with Cardiff and Vale UHB to create an educational video about the importance of the human papillomavirus (HPV) vaccine.

HPV is the name given to a very common group of viruses that are passed on through skin-to-skin contact and are usually found on the fingers, hands, mouth and genitals.



Most people who become infected with HPV will clear the virus from their body and won't become unwell. But for some it can cause genital warts, or even develop into some types of cancer including head and neck cancer (most common in men) and cervical cancer in women.

Since 2008, the HPV vaccine has been given for free to children in Year 8 of secondary school. In that time, it has reduced cervical cancer rates by almost 90% in women in their 20s.

You can read more about Millie-Mae's amazing work with the Health Board [here](#).



## Emergency preparedness: pandemic planning workshop

Are we ready should a pandemic strike again?

Although the COVID-19 pandemic remains fresh in our minds, another similar event could happen at any time. Therefore, it is important for the Health Board to have robust plans in place, and learn from previous experiences, to respond quickly and effectively.

The Public Health and Emergency Preparedness, Resilience and Response teams hosted engaging workshops in February and March in a bid to sharpen our pandemic response strategies.

Specific objectives included:

- identifying areas of best practice, and processes that worked well, during the COVID-19 response;
- identifying what didn't go so well and where there are gaps in our planning;
- hearing from our staff and stakeholders about what our priorities should be included in future plans.

## Smoking Cessation

### No Smoking Day

No Smoking Day 2025 took place on Wednesday, March 12. This year in Wales, the theme was “Every Minute Counts” to highlight the significant impact smoking has on our lives.

Recent research from University College London reveals that each cigarette smoked reduces life expectancy by approximately 20 minutes. This means that by quitting, individuals can reclaim valuable time to spend with loved ones and enjoy life’s precious moments.



Find out more about the ASH Wales campaign [here](#).

## Healthy Eating

‘Food Cardiff’ and ‘Food Vale’ are part of the Public Health Team, and partner with local schools, restaurants, and community groups to make nutritious eating easy and delicious.

The priorities for these partnerships are ensuring a good meal for everyone, everyday; valuing and supporting local food businesses to thrive; and thinking globally while eating locally grown food.

Find out more about the Sustainable Food Places network [here](#).

- Llantwit Community Food Project tackles food insecurity, increases community resilience and ensures access to fresh, local produce for hundreds of households across Llantwit Major and St Athan. Find out more [here](#).

## Key Health Awareness Days

Health awareness days play an important role in educating the public, encouraging healthy behaviour, and fostering conversations about important health issues. Here are some important dates for March:

- Whole Month: [Ovarian Cancer Awareness Month in the UK](#)
- Whole Month: [Prostate Cancer Awareness Month](#)
- March 12: [No Smoking Day 2025](#)
- March 14: [World Sleep Day](#)

## Health and Wellbeing Events

Cardiff and Vale Public Health Team has been involved in organising several successful events over the past few weeks.

On January 30, schools across the Vale of Glamorgan came together at Barry Memorial Hall to share best practice in supporting the mental health of pupils and staff.

Representatives from the Cardiff and Vale Health Schools team said: *“Bringing everyone together for the event was a perfect chance to share ideas, network and gain a greater understanding of the work schools are undertaking around emotional and mental wellbeing.”*

Meanwhile on February 25, a Community Fun Day and Health Inequalities Fair took place at Star Hub in Splott. The well-attended event included face painting and magic shows for the children, with experts providing free vaccinations and vital public health advice.



## Team member profile

### Allen Joshy John, Smoking Cessation Practitioner



Allen joined the Public Health Team in December 2024 as a Smoking Cessation Practitioner. He supports people who want to quit smoking to make the commitment and stick with it. The ‘Help Me Quit’ Service triples the chance of a successful quit attempt.

Allen is a dedicated healthcare professional with a background in medicine, public health, and mental health support. He has gained experience across diverse healthcare settings, from frontline pandemic response to psychiatric care and smoking cessation in maternity services.

Passionate about holistic, patient-centred care, Allen combines clinical expertise with public health insights to improve individual and community wellbeing.

Beyond his professional life, Allen finds solace and inspiration in nature. An avid hiker and trail walker, he enjoys exploring scenic landscapes, whether trekking through the rugged terrains of Northern Ireland or discovering the hidden beauty of the Welsh countryside.

Allen said: *“Being outdoors is more than just a pastime; it’s a way to recharge, reflect, and maintain a healthy balance between a demanding career and my personal wellbeing”*. His love for adventure mirrors his approach to life: always seeking new challenges, embracing growth, and staying deeply connected to the world around him.