

Cardiff and Vale Public Health Team Newsletter



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

Once again, I am pleased to share updates on some of the work we're doing with our partners to help reduce inequalities and improve and protect the health and wellbeing of our communities.

With the school summer holidays now underway, many families will be looking for ways to keep children active, entertained and healthy over the coming weeks. A walk in one of our local parks, a visit to the beach, cycling, playing games outdoors or exploring local green spaces are all simple ways to enjoy time together while supporting both physical and mental wellbeing. Such small, everyday [and inexpensive] activities can make a real difference and help build healthy behaviours which last well beyond the summer.

I hope you enjoy reading this newsletter. As always, feedback is welcomed and it would be great to hear from you about more opportunities to work together to improve public health and wellbeing.

Thank you for your continued support and dedication to creating a healthier future for our

This month:

- 'Trust your instincts - it could save your life': Mum's skin cancer warning
- More people supported to quit smoking in Cardiff and Vale of Glamorgan
- Patients helped to quit smoking before surgery
- Vaccination catch-up sessions begin
- Have your say on vaccinations in your community
- People in most disadvantaged communities offered free access to nutrition and fitness app
- Family fun this August at the Healthy Lives Community Engagement event
- Public Health Team member profile: Siôn Lingard
- Key health awareness days

communities across Cardiff and the Vale of Glamorgan.

Warm regards,
Claire Beynon
Executive Director of Public Health

'Trust your instincts - it could save your life': Mum's skin cancer warning

A mum-of-three who was treated for skin cancer is urging people to "trust their instincts" and seek medical advice if they notice any unusual changes to their body.

Julie Phillips-Spurway, from Barry, was first diagnosed with melanoma in 2022 after noticing a skin mole while on holiday. Her GP made a referral to the dermatology team

at University Hospital of Wales and the mole was removed.

Almost two years later, after hearing a radio advert encouraging

people to check for unusual swelling, Julie noticed a small lump under her arm. Although it seemed minor, she trusted her instincts and sought medical advice. Tests revealed that the melanoma had spread to one lymph node, requiring further surgery.

Julie later received preventative immunotherapy and has since received four consecutive clear scans.

Reflecting on her experience, the 55-year-old hopes her story encourages others to act quickly if something doesn't feel right.

"If you notice something different, however small it seems, don't ignore it. You know your own body better than anyone. Catching melanoma early can save your life."



Read her full story [here](#).

Many of us enjoy spending time outdoors, especially when it's sunny outside as it has been lately, but it's important to remember your skin can be easily damaged by the sun. For the best public health safety tips please visit the ['Sun Safety' section of the Cardiff and Vale UHB website](#).

For signs and symptoms of melanoma, please go here: [Melanoma Signs and Symptoms: A Simple Guide to Early Detection - Cardiff and Vale University Health Board](#).

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

A Cardiff and Vale research study is offering free one-year access to the Nutracheck nutrition and fitness app to 1,000 residents living in the most disadvantaged areas of Cardiff and the Vale of Glamorgan. Delivered by the Cardiff and Vale Public Health Team in partnership with Cardiff Metropolitan University, the programme aims to support healthier lifestyles, improve health outcomes and help tackle health inequalities through a scalable, prevention-focused approach. The study has been extended, and applications remain open for eligible participants until 30 September 2026. Please scan the QR code for more information and to apply.



More people supported to quit smoking in Cardiff and Vale of Glamorgan

The number of people receiving professional support to quit smoking in Cardiff and the Vale of Glamorgan is on the rise, new figures have shown.

Data from the Cardiff and Vale Public Health Team show that 342 people were supported to quit by specialist community, hospital and pharmacy smoking cessation services in just the last few months of 2025/26.

This is an increase of 55 people over the same quarter the previous year. In fact, the number of people supported to quit was higher across all quarters in 2025/26 than in 2024/25. For the whole of 2025/26, a total of 1,315 people living in Cardiff and Vale of Glamorgan received expert support to quit smoking; an increase on the 1,094 people helped in 2024/25.



The Welsh Government has set an ambitious target to make Wales smoke-free by 2030. To achieve this, smoking prevalence – the proportion of people smoking in our population – needs to reach 5% or less. Our specialists smoking cessation services are making good strides towards this.

According to the latest survey data, smoking prevalence in Cardiff and Vale of Glamorgan has fallen to 9%, down from 13% a couple of years ago. While this is positive news, it does mean that around 38,000 Cardiff and Vale of Glamorgan residents are still smoking tobacco, particularly in areas of higher deprivation.

Smoking remains a lead cause of preventable illness, death and inequalities. We want to do everything we

can to support people to quit smoking, and that's why reducing smoking rates remains one of the top three priorities for the Cardiff and Vale Public Health Team (alongside increasing vaccination rates and reducing overweight and obesity).

If you'd like – or you know someone who would like – expert NHS advice and support to quit smoking, please contact the free NHS service Help Me Quit by:

- Calling freephone 0800 085 2219
- Texting HMQ to 80818 (text cost is one standard rate message)
- Going to the [Help Me Quit website](#) here and requesting a call back

Remember, you are three times more likely to quit with NHS support than quitting alone.



Helping patients quit smoking before surgery

Preparing for surgery involves much more than planning the procedure itself. The Pre Operative Assessment Clinic (POAC) plays a vital role in helping patients get ready for their operation, making surgery as safe as possible, reducing the risk of complications and giving patients the best chance of a smooth recovery.

One important part of that preparation is encouraging patients who smoke to consider quitting. Smoking can slow the body's healing process, meaning recovery after surgery may take longer and the risk of complications can be higher.

To support patients, the Help Me Quit service is now working alongside the Pre Operative Assessment Clinic as part of a new initiative. Allen Joshy John, a Help Me Quit adviser, will be based in the clinic each

week, offering friendly, non-judgemental advice and support to anyone wanting help to stop smoking.

For many people, preparing for an operation is a time when they reflect more carefully on their health. This creates a unique “teachable moment”; an opportunity to make positive changes which can improve recovery and benefit long-term health.

By meeting patients during their pre-operative assessment appointment, the service is making it easier for people to access support without needing to return to hospital for an additional visit. The aim is to help patients feel as well as possible, as quickly as possible, after their surgery.

The initiative has been developed through a collaboration between the Cardiff and Vale Public Health Team and the Pre Operative Assessment Clinic at University Hospital of Wales.

Patients who would like to find out more about stopping smoking or access support can contact the Help Me Quit service [here](#).

MenB, RSV and HPV vaccination catch-ups begin

Catch-up vaccination programmes for meningitis B, RSV and HPV are all taking place across Cardiff and Vale of Glamorgan this July.



Cardiff and Vale UHB's vaccination teams are currently out in communities, 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](#) and a useful explainer video [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](#) and a useful explainer video [here](#))

Claire Beynon said: “Vaccination remains one of the most effective ways to protect ourselves, our families and our communities from serious infectious diseases.

“I encourage all NHS colleagues and our valued partners to continue having positive conversations with patients and communities about the importance of staying up to date with their vaccinations.

“By working together to improve vaccine uptake, we can help prevent illness, reduce pressure on health services and protect those who are most vulnerable. Every conversation about vaccination has the potential to make a real difference.”

Key Health Awareness Days

- July 24: [Self-Care Month](#)
- July 28: [World Hepatitis Day](#)
- July 28: [World Nature Conservation Day](#)
- August 1 – 7: [World Breastfeeding Week](#)
- August 5: [National Play Day](#)
- August 7: [Cycle to Work Day](#)

Family fun this August at the Healthy Lives Community Engagement event

A free family fun day with a focus on health and wellbeing is taking place in Cardiff this August. The Healthy Lives Community Engagement Event, held at the Cardiff City Stadium in Leckwith (CF11 8AZ), is an opportunity for people of all ages to speak to a range of health professionals.

More than 70 stalls and exhibitors will be in attendance, and free blood pressure and weight checks will be on offer.

For the children, there will be balloon modelling and a magician. The event runs from 11am to 3pm on Tuesday, August 25. Everyone is welcome!



Have your say on vaccinations in your community

Are you a resident of Grangetown, Butetown, Cathays, Splott, Adamsdown, Cardiff Bay or surrounding areas? If so, we want to hear from you. The Cardiff and Vale Public Health Team are carrying out a City & South and South-East Cluster Vaccine Survey to gather local people's views, experiences and opinions about vaccines. We particularly want to hear from adults aged 65 and over, unpaid



carers and parents of children under 5. The feedback will help shape and improve local services, information and support for communities across the area.

The survey and promotional materials are available in a range of languages, including Welsh, Arabic, Urdu, Bangla, Czech and Somali, making it easier for more residents to take part.

Please pass this onto anyone who you believe is suitable to complete it.

Survey link: [What do you think about vaccines?](#)

Somali: [Maxaad ka aaminsan tahay talaalada?](#)

Team member profile

Siôn Lingard

Siôn Lingard is the new Deputy Director of Public Health (DDPH) at Cardiff and Vale UHB. He joined the Public Health Team in June 2026.

Siôn grew up in Aberystwyth before moving to Cardiff to go to university and train as an Environmental Health Officer. He worked in Wrexham and Cheshire before moving back to Cardiff to work for Vale of Glamorgan Council.



In 2007, he left local government to work for the National Public Health Service before joining the Specialty Training Scheme in 2010. Since 2014, Siôn has worked as a Consultant in Public Health Wales Health Protection Team and with Swansea Bay UHB before joining Cardiff and Vale UHB.

In addition to his Deputy Director responsibilities, Siôn is leading on health protection. The focus of this work is prevention activity aimed at reducing inequalities and supporting the health board and partners to collaborate to be able to address current and any future challenges. This includes continuing to support a local health protection partnership and delivering against action plans for eliminating HIV, hepatitis B/C, and TB as a public health threat by 2030.

Outside work, Siôn enjoys watching rugby and paddleboarding when the weather is good. He likes to make the most of the countryside in Wales and further afield.