

Cardiff and Vale Public Health Team Newsletter



Welcome to the May 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've included articles which link directly with our key priorities - smoking, healthy weight and vaccination - and given the warm weather we've experienced recently, we've also highlighted some great work around sun safety.

Please take some time to read on. 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 practice.

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

Warm regards,
Claire Beynon
Executive Director of Public Health

This month:

- Live Well Age Well - giving over-50s the tools to stay healthy and active
- Help Me Quit stop smoking service quality - equitable and person-centred
- 'Planet card' initiative shows how public funds can help low-income households eat five a day
- Cardiff and Vale UHB nurses shine a light on sun safety
- Importance of hand hygiene emphasised in Barry hepatitis A outbreak
- Measles prevention campaign takes to the airwaves
- Public Health Team member profile: Dalia Alhusseini
- Key health awareness days

Live Well Age Well - giving over-50s the tools to stay healthy and active

Throughout her life, Annette Brown has loved staying active, enjoying long walks and devoting countless hours to Welsh gymnastics.

So when the opportunity came up to join Live Well Age Well - a free NHS course designed to maintain physical and mental wellbeing - she jumped at the chance.



Run by rehabilitation coaches at Cardiff and Vale University Health Board, Live Well Age Well gives people over the age of 50 the chance to learn more about how to look after their health as they age.

The hour-long sessions, run twice a week for six weeks, start with a group discussion on healthy ageing, followed by a variety of simple exercises to improve movement and function.

"The course is absolutely inspirational," said Annette, 79, from St Mellons, who took part in the course run at Eastern Leisure Centre, Llanrumney, on Mondays and Wednesdays. "It's not just about the little exercises; it's learning about how to keep yourself healthy and fit - because you get a bit complacent as you get older."

"We are given a lot of tips on nutrition, balance and how to keep yourself safe. It's also the social side of it that's important as you're mixing with other people who all have the same mindset."

People can be referred to the course in a variety of ways, but anyone can sign up themselves via the Keeping Me Well website [here](#).

Rob Jones, Live Well Team Lead, said: *"The course is all about prevention. We want to support people earlier in life, helping them build the skills and confidence to look after themselves, become more physically active and play a bigger role in their communities."*

A key area of focus for the Cardiff and Vale Public Health Team is physical activity which is a vital in reducing risk of falls. Falling is not an inevitable part of ageing, and there are many services and interventions across Cardiff and Vale that aim to prevent falls and help people to age well. For more information please go [here](#).

Key Health Awareness Days

- May 5: [World Hand Hygiene Day](#)
- May 11-17: [Mental Health Awareness Week](#)
- May 18-24: [Learning at Work Week](#)
- May 17: [World Hypertension Day](#)
- May 18-22: [No Falls Week](#)
- May 18-24: [Dementia Action Week](#)
- May 1-31: [National Walking Month](#)
- May 1-31: [Skin Cancer Awareness Month](#)
- May 31: [World No Tobacco Day](#)
- June 8-14: [Bike Week](#)
- June 8-14: [Diabetes Week](#)
- June 14: [World Blood Donor Day](#)
- June 15-21: [Men's Health Week](#)
- June 18: [Clean Air Day](#)

Help Me Quit stop smoking service quality – equitable and person-centred

Over the past few months, our Help Me Quit community team has reflected on quality within the service, with a particular focus on ensuring it is person-centred and equitable.



Alongside maintaining high standards of safety, timeliness, effectiveness and efficiency, we continue to look for ways to improve access, experience and outcomes for the people who use our service.

Our expert Help Me Quit practitioners deliver around 20 in-person clinics each week, supporting an average of 100 people weekly to quit smoking across Cardiff and Vale.

Clinics are mainly located in areas of greatest need and, where possible, are co-located with GP practices and community pharmacies to strengthen links with other primary care services. To maximise accessibility, clinics run on different days and at varying times, including evenings.

Every Help Me Quit consultation begins with a client-centred conversation, ensuring support is tailored to individual needs and motivations. Practitioners receive regular training to keep practice aligned with current evidence and guidance. We have also adapted delivery where needed to improve access and experience, including arranging interpreters and British Sign Language (BSL) support. Feedback from

clients who have benefited from this flexible approach has been very positive.

Alongside our existing service, we have recently introduced the Allen Carr Easyway programme for Cardiff and Vale residents who want to quit smoking. Using an evidence-based cognitive behavioural therapy approach, this initiative complements our traditional Help Me Quit offer and aims to reach people who may not otherwise engage with stop smoking support. We are monitoring uptake and impact closely.

Listening to service users and stakeholders remains central to our improvement work. In the coming weeks, we will introduce a routine client feedback survey to help us better understand client experiences and outcomes, and to support continuous improvement in equitable access and service quality.

Please contact us with any feedback or suggestions for improving our service.
Please email Catherine.perry@wales.nhs.uk

‘Planet card’ initiative shows how public funds can help low-income households eat five a day

An initiative running in Cardiff giving low-income households weekly credit for organic fruit and vegetables has helped participants eat more than five portions a day while supporting local growers and community connections.

The findings were presented at an event in Cardiff Bay on May 11, where Food Cardiff and Food Sense Wales launched a report examining how public funding can improve access to healthy food while strengthening local economies.

The Planet Card scheme, developed in Cardiff as part of the UK-wide Bridging



the Gap programme, provided eligible households with £11 a week to spend on organic and sustainable produce at Cardiff Farmers Markets in Roath and Riverside.

Coordinated by Food

Cardiff with Cardiff Farmers Markets, the initiative supported 120 households and generated around 1,744 market visits. Participants spent £19,000 in vouchers with local farmers, alongside more than £1,000 of their own money.

An independent evaluation by Cardiff University Business School found the scheme improved healthy eating, food knowledge and community cohesion. Participants described the markets as welcoming spaces where they could connect directly with growers, learn new cooking skills and shop with confidence. One member said: *"Sundays became very happy days for me."*

The report argues that schemes like Planet Card can tackle food poverty while delivering wider benefits for public health, local farming and the environment. Economic modelling across nine Bridging the Gap initiatives found that every £1 of public investment, combined with £1.10 from shoppers, generated £8.78 in social value.

The report recommends expanding Planet Card and creating a Wales-wide organic fruit and vegetable voucher scheme for low-income households. It also calls for greater investment in Welsh horticulture and local food infrastructure, including farmers markets and community food hubs.

- To read the full Planet Card 2023–2025 report by Food Cardiff and Food Sense Wales, [click here](#).
- The independent Cardiff University Business School evaluation, Planet Card: Good Food for All, is also available [here](#).

Cardiff and Vale UHB nurses shine a light on sun safety

After reading last month's edition of the newsletter, Cardiff and Vale UHB Dermatology Consultant Rachel Abbott contacted the Public Health Team to explore opportunities to collaborate and promote key sun safety messages during Sun Awareness Week (May 11–17).

As part of the collaboration, Macmillan Skin Cancer Clinical Nurse Specialist Anwen Nicholas became the face of three information videos which were published and widely shared across the University Health Board's social media channels.

One of the short videos focuses on simple but effective ways to stay safe in the sun and reduce your risk of skin cancer, while another tackles common misconceptions around sun safety, including the perceived benefits of sunbeds and the level of protection offered by SPF in makeup. The videos also highlight the wider risks associated with prolonged UV exposure, including premature skin ageing, sunburn, eye damage and the increased risk of melanoma and other skin cancers.

The campaign has been particularly timely given the exceptionally warm weather experienced across the UK this May, with temperatures provisionally breaking national May heat records for two consecutive days. With warmer, sunnier conditions expected to continue into the months ahead, these practical sun safety messages will stand us in good stead for the summer and help encourage healthier habits when spending time outdoors.

To view the videos please go to the [Cardiff and Vale UHB Facebook page](#). There is also a wealth of sun safety advice on the Health Board's website [here](#).

Importance of hand hygiene emphasised in Barry hepatitis A outbreak

Members of the Cardiff and Vale Public Health Team have been working closely with Public Health Wales, local authority and other partners to assess and manage risks from an outbreak of hepatitis A in Barry.

Hepatitis A is a viral infection that affects the liver and can make people feel unwell with a fever, sickness and cause yellowing around the skin or eyes. However, in most cases it is a mild illness that most people make a full recovery from without long-term health problems.

A small number of hepatitis A cases of the same type have been identified across Barry. A multi-agency Outbreak Control Team established to manage and mitigate infection risks and further spread has implemented a range of control measures:

- Those unwell have received appropriate care and are recovering well.
- Hepatitis A vaccine has been offered to anyone who has been in close contact with those infected. Public Health Wales has already contacted everyone identified as needing a vaccine, so there is no need to contact your GP to request a vaccine unless you need one for travel to a country where hepatitis A is common.
- A broader 'warn and inform' letter has

also been sent to parents and carers with children in Barry primary schools to encourage them to be extra vigilant with hand washing.

Susan Mably, Consultant in Health Protection for Public Health Wales, said: *"The best way to prevent the spread of Hepatitis A is to wash hands thoroughly with soap and water. This is important after using the toilet, changing nappies and before preparing or eating food."*

"Some young children who are infected may not show any symptoms but can spread the infection to others who can then become unwell. Parents and carers should help and remind young children to wash their hands properly."

"If you or your child feels unwell and have symptoms such as a fever, feeling very tired, a loss of appetite, feeling sick or being sick or have yellow skin or eyes you should contact your GP or NHS 111 Wales."

Further information about Hepatitis A is available on the [NHS 111 Wales website](#).



Measles prevention campaign takes to the airwaves

For the past six months, the Cardiff and Vale Public Health Team has been running a communications campaign to raise awareness of the harmful impacts of measles and the importance of vaccination.

The campaign has included posters displayed at bus stops and on digital screens across Cardiff, targeted social media content, and the launch of a dedicated 'Measles and Vaccination' page on the Cardiff and Vale UHB website.

The campaign has now taken to the airwaves, with three new adverts currently being broadcast on Bro Radio, reaching thousands of listeners across the Vale of Glamorgan.

Measles spreads very easily from person to person, and for those who are unvaccinated it can lead to serious long-term health problems. While measles is sometimes thought of as a mild childhood illness, it can cause severe complications including sight loss, hearing loss, pneumonia and meningitis. In some cases, measles can be fatal.

Recent outbreaks of measles have been reported in Wales, and there is the potential for more outbreaks in the future. Vaccination remains the best way to protect children and communities and slow any spread of circulating virus.

The two-dose measles, mumps, rubella and chickenpox (varicella) MMRV vaccine is safe and highly effective, with gelatine-free options also available. The vaccine is routinely offered at GP practices when children are 12 months old and again at 18 months old. It is never too late to catch up and get vaccinated against measles, mumps and rubella.

In Wales:

- Children aged 6 years and under can receive the MMRV vaccine (measles, mumps, rubella and chickenpox).

- Children 7 years and older can receive the MMR vaccine (measles, mumps and rubella).

Contact your GP practice today to book your child's vaccination appointment and protect them against these diseases. You can check your vaccination status either by contacting your GP surgery or our Immunisation Coordinators on [Immunisations.Co-Ordinators.Cavuhb@wales.nhs.uk](mailto:Cavuhb@wales.nhs.uk) or 07980 991088 / 07974115707.

Team member profile

Dalia Alhusseini, Equity and Health Improvement Officer

Dalia joined the Cardiff and Vale Public Health Team in February 2026. She is a Cell and Molecular Biologist and an experienced Project Manager having worked in a variety of organisations including pharmaceutical, biotech, education, third sector as well as various roles within the Health Board.

Dalia's focus in the first few months of her new role is to build relationships with key partners to understand the barriers to achieving health equity across Cardiff and the Vale. Her initial priority is to refresh the Vaccine Equity Strategic Plan but over time, she will work across the Public Health Team's other priorities, including healthy weight and smoking cessation.

She is keen to link with anyone with a role that involves working with vulnerable groups, community leaders and groups that can provide insights into challenges and opportunities for health equity.



Outside of work, Dalia enjoys spending time with her family and travelling. She set up and manages a community group of volunteers preventing food waste and helping communities across Cardiff and Newport who are struggling with food poverty. This project has been going strong for over seven years now, with over 100 volunteers.

Since the Covid-19 pandemic, Dalia set up a WhatsApp group called 'Household Items to Those in Need' which has almost 500 members, supporting individuals and families across Cardiff and the Vale.