



A LOOK BACK AT 2025





Welcome

Welcome to the December edition of the e-bulletin where we will be having a look back at 2025 and showcasing some of the highlights from the year.

As you will see it's been another busy year for Public Health Network Cymru and we already have lots planned for 2026. If you would like to get involved with anything we are doing please get in touch.

Thank you to everyone who has contributed over the past year and we wish you all a Merry Christmas and Happy New Year.

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Articles





Events

Conferences

Building Strong Foundations:
Enhancing Mental Health and
Wellbeing for Babies, Children
and Young People - Mercure
Holland House

[20 February 2025 – South
Wales](#)

[26 March 2025 – North Wales](#)

The conference aligned with the PHNC objectives of sharing knowledge, facilitating the developments of solutions and approaches and connecting members and building a community. The day followed a structure of policy, research and practice and included an ‘open space’ element which enables conversations with peers to discuss the challenges you face and allows you to share your experiences and encourage cross sector collaboration to find solutions.

Webinars

17 July 2025 - [Brain Health
and Dementia Risk Reduction
– How can we affect change?](#)

11 September 2025 - [A
Healthier Wales for Future
Generations: the findings
and recommendations of the
Future Generations Report
2025](#)

25 September 2025 - [School
Food Environments to Shape
Healthier Futures: Sharing
Learning from Evidence to
Action](#)

1 October 2025 - [The public
health potential of housing
interventions: Could Wales
lead the world?](#)

12 November 2025 - [What
role does biodiversity play in
creating healthy, sustainable
communities](#)

11 December 2025 - [Launch
of Teg I Bawb / Fair for All:
A Strategic Action Plan to
address health inequalities
through Primary Care](#)



E-bulletin

Thank you to everyone who has contributed to the e-bulletin this year.

Alzheimer's Society Cymru
Aneurin Bevan University Health Board
Aneurin Bevan University Health Board – Weight Management Service
Ara – Recovery for All
Babi Actif
Bangor University
Barnardo's Cymru
Beicio Cymru
Betsi Cadwaladr University Health Board
Betsi Cadwaladr University Health Board – Central CAMHS Early Intervention, Prevention and Promotion Service (EIPPS)
Betsi Cadwaladr University Health Board – Public Health Dietetics
Betsi Cadwaladr University Health Board – Wales Infant Feeding Network (WIFN)
Bevan Commission

Breastfeeding Network
Cardiff City FC Community Foundation
Cardiff Council
Cardiff Metropolitan University
Cardiff School of Sport and Health Sciences
Cardiff University
Cardiff University – The School Health Research Network
Care and Repair Cymru
Carers Trust Wales
Centre for Health Activity and Wellbeing Research (CAWR)
Ceredigion County Council
Children in Wales
Coed Lleol / Small Woods
Cwm Taf Morgannwg University Health Board
FareShare Cymru
Food Sense Wales
Fuse – The Centre for Translational Research in Public Health
Glasgow Caledonian

University
Grow Cardiff
Gwynedd Nature Partnership
Gypsy and Travellers Wales
Healthy Homes Hub
Healthy Weight Healthy You
Hywel Dda University Health Board – Public Health Directorate
Liverpool John Moores University
Local Places for Nature (North Wales)
Local Places for Nature (Newport City Council)
Media Academy Cymru
Merthyr Tydfil County Borough Council
Mind in Gwent
National Centre for Population Health and Wellbeing Research (NCPHWR)
National Health Protection Support Team and Screening Division Oversight Group
Nesta
Newcastle University –

Human Nutrition and Exercise Research Centre	Royal College of Nursing
Newport City Council	RSPB Cymru
NHS Executive	Run Wales, Welsh Athletics
NHS Wales Performance and Improvement	Rural Health and Care Wales (RHCW)
NIHR – Applied Research Collaboration North East and North Cumbria	Scottish Poverty and Inequality Research Unit
One Voice Wales	SURGE Workforce Partnership
Paddle Cymru	Swansea Bay University Health Board (SBUHB)
Pembrokeshire Coast National Park	Swansea University
Play Wales	The Game Change Project
ProMo Cymru	The Open University
Public Health Wales	Torfaen Council – Health Determinants Research Collaboration
Public Health Wales – Hapus Team	Triathlon Cymru
Public Health Wales – JUSTB Smoke Free	University of South Wales – Housing and Health Research Network
Public Health Wales – Making Every Contact Count	University of Wales Trinity Saint David (UWTSD)
Public Health Wales – Primary and Community Care	Wales Health Impact Assessment Support Unit (WHIASU)
Public Health Wales – Vaccine Preventable Disease Programme	Warm Wales
Public Health Wales – Wales Violence Prevention Unit	Welsh Government – Dark Skies Working Group Cymru
Public Health Wales – Wider Determinants of Health Unit	Welsh for Kids
Queen’s University Belfast – Centre for Public Health	Wrexham Health and Wellbeing Promoting Schools Team
Rape and Sexual Abuse Support Centre North Wales (RASASCNW)	Wrexham University
Red Squirrel Trust Wales	



Advisory Group - Sam Drege

Public Health Network Cymru has an Advisory Group which meet on a quarterly basis with the purpose of using collective knowledge and experience to support PHNC to develop, deliver and monitor its objectives. Some of the things that the Advisory group do is:

- Advise on shared priorities and areas for action of PHNC
- Advise on and agree criteria for monitoring and evaluating success
- Advise and steer the future development and direction of PHNC
- Advise on and ensure an engaged network membership
- Champion and be ambassadors for the work of PHNC

One of our members is Sam Drege who is a Research Dissemination Officer at the [Welsh Institute of Physical Activity, Health and Sport](#) (WIPAHS). Here is some further Information about Sam and why he wanted to join the Advisory Group.

Having previously attended events organised by the network we wanted to become a member of the advisory group to be actively involved

in helping such an excellent network grow. Being a member of the group has allowed us to engage and collaborate with a variety of different groups across the Public Health Landscape in Wales. It has also helped us better understand ways in which to disseminate our research to the widest possible audience.

I would encourage anyone who wants to build meaningful links with groups and individuals across the network to join and see first hand the benefits that being a member of the advisory group can bring.





23,000+
website users



87,000+
website views



2 Conferences



4,500+
YouTube views

Our Year in Numbers



6 Webinars,
1,000+
registrations



12 E-bulletins,
2,300+ views



500+ New
Members

Forward look

Public Health Network Cymru Members Survey

Thank you to everyone who completed our recent membership survey. Your feedback is already helping shape our programme for 2026.

We also wanted to share that we already have several webinars in development for 2026, including:

Jan 2026 - Introducing the 'Evidence Pie' with Health Determinants Research Collaboration (HDRC)
Rhondda Cynon Taf

Feb 2026 - New Parent Health Information Resources published by Public Health Wales – Supporting Families Across Wales

-Hapus: Smoking and Mental Health
-Risk Behaviours
-Place-Based Approaches
-Financial Wellbeing as a
-Determinant of Health
-Health Determinants Research Collaboration

From your survey responses, you also told us that the following topics are important to you, and these will help inform our planning going forward:

-Gambling
-Women's Health
-Inequalities in Immunisation and Screening
-Green / Blue Active Spaces
-Digital Health
-Early Years / Maternal Health
-Breastfeeding and Alcohol

If you would like to contribute or present on any of these topics, please get in touch—we'd love to hear from you publichealth.network@wales.nhs.uk

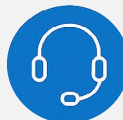
MEMBER SURVEY RESULTS 2025



WORK PRIORITIES

What are your current work priorities around improving population health and wellbeing?

- Health Inequalities and Inclusion
- Prevention and Health Promotion
- Mental Health and Wellbeing
- Environmental and Housing Factors



MEMBERSHIP SUPPORT

How does being a member of the Network support you in the delivery of your work?

- Access to information and updates
- Learning and Professional Development
- Networking and Collaboration
- Reducing Professional Isolation



MEMBERSHIP CONNECTIONS

How does being a member of the Network help you connect with others?

- Access to a Network of Peers
- Sharing Best Practice
- Exchange Ideas

Next Issue

HEALTH INEQUALITIES ACTION PLAN FOR PRIMARY CARE



Health inequalities are avoidable, unfair and systematic differences in health between different groups of people. Primary Care helps to reduce health inequalities by providing high quality, accessible equitable care. It also supports communities indirectly through employment, by procuring services and working with partners to advocate for better health.

For our upcoming e-bulletin we are inviting contributions from projects and initiatives that address health inequalities in primary care across Wales. These can be national, regional or local initiatives, policies or programmes.

Our [article submission form](#) will provide you with further information on word count, layout of your article and guidance for images.

Please send articles to publichealth.network@wales.nhs.uk by 15 January 2026

[Contribute](#)