



RHWYDWAITH IECHYD CYHOEDDUS CYMRU PUBLIC HEALTH NETWORK CYMRU



June 2020

Safer Active Travel

Welcome

Welcome to the June edition of the e-bulletin which this month has a focus on Safer Active Travel.

The Welsh Government advises that only essential travel should be undertaken. If you do need to travel, think carefully about the times, routes and ways you travel as this means we will all have more space to stay safe. This will ensure the transport network can keep running and allows people who need to make essential journeys to travel.

The guidance [Travelling safely during the coronavirus pandemic: guidance for the public](#) provides advice for travelling by foot, cycling and private vehicles and by taxis and public transport.

This e-bulletin looks at the impact that Coronavirus (COVID-19) is having on Active Travel and the measures being taken to ensure safer Active Travel.

As the public health institute for Wales, our staff are continuing to support the national COVID-19 response so all events are on hold until further notice.

However we are planning a series of webinars to be held over the next few months related to COVID-19, the first of which will hopefully be held in July and will give a broad understanding of the basics of the disease. We will send further details when we have them but in the meantime if there are any topic areas you would like to see covered as part of the series please contact us.

We would love to hear about any additional information, case studies or tips to share with the wider public health community in Wales in future e-bulletins and our website so please get in touch with us at publichealth.network@wales.nhs.uk.



Contents

Covid-19 Information



PHNC: Podcasts



PHNC: Press Play



The Grapevine



PHNC: Headlines



PHNC: Calendar



PHNC: Topics



Next Issue



Contact us

You can contact Public Health Network Cymru in a variety of ways

Email us

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Social media

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@PHNetworkCymru

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[Publichealthnetworkcymru](https://www.facebook.com/PublicHealthNetworkCymru)

COVID-19 INFORMATION FOR PROFESSIONALS

Latest information on coronavirus disease (COVID-19)

Coronavirus disease (COVID-19) is a new disease that can affect your lungs and airways. It's caused by a virus called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)

Public Health Wales is working closely with the Welsh Government and the other UK public health agencies to carefully monitor the situation and implement our planned response, with measures in place to protect the health of the public.

The guidance on the measures needed in response to Coronavirus changes rapidly. It's worth always checking the [latest information from Public Health Wales](#). The pages include a wide range of comprehensive information for public and professionals.

Public Health Network Cymru - Coronavirus (COVID-19)

You can find links to a wide range of sources on Public Health Network Cymru's Coronavirus (COVID-19) page [here](#).

Public Health Network Cymru welcomes feedback on this selection, and suggestions for additional sources that may be of interest to the public health community in Wales.

New Webinar Series

COVID-19 : The Basics

22 July 2020

What we currently know
(and don't) about the virus
and its impacts

Dr Christopher Williams
Consultant Epidemiologist
Public Health Wales

[Save the Date](#)



How are we doing in Wales?

Public Engagement Survey on Health and Well-being during Coronavirus Measures

Each week Public Health Wales is conducting interviews with hundreds of people aged 18 or over across Wales, to understand how Novel Coronavirus (COVID-19) and the measures being used to prevent its spread are affecting the physical, mental and social well-being of people in Wales.

Findings also look at how coronavirus is affecting people within each health board area across Wales, and themed reports have focused on demography and ethnicity. Over 5,000 Welsh residents have participated in the survey to date.

In the most recent report, the survey revealed that people think stronger relationships between people in communities will be a positive long-term impact of Coronavirus restrictions.

Professor Mark Bellis, Director of Policy and International Health at Public Health Wales said:

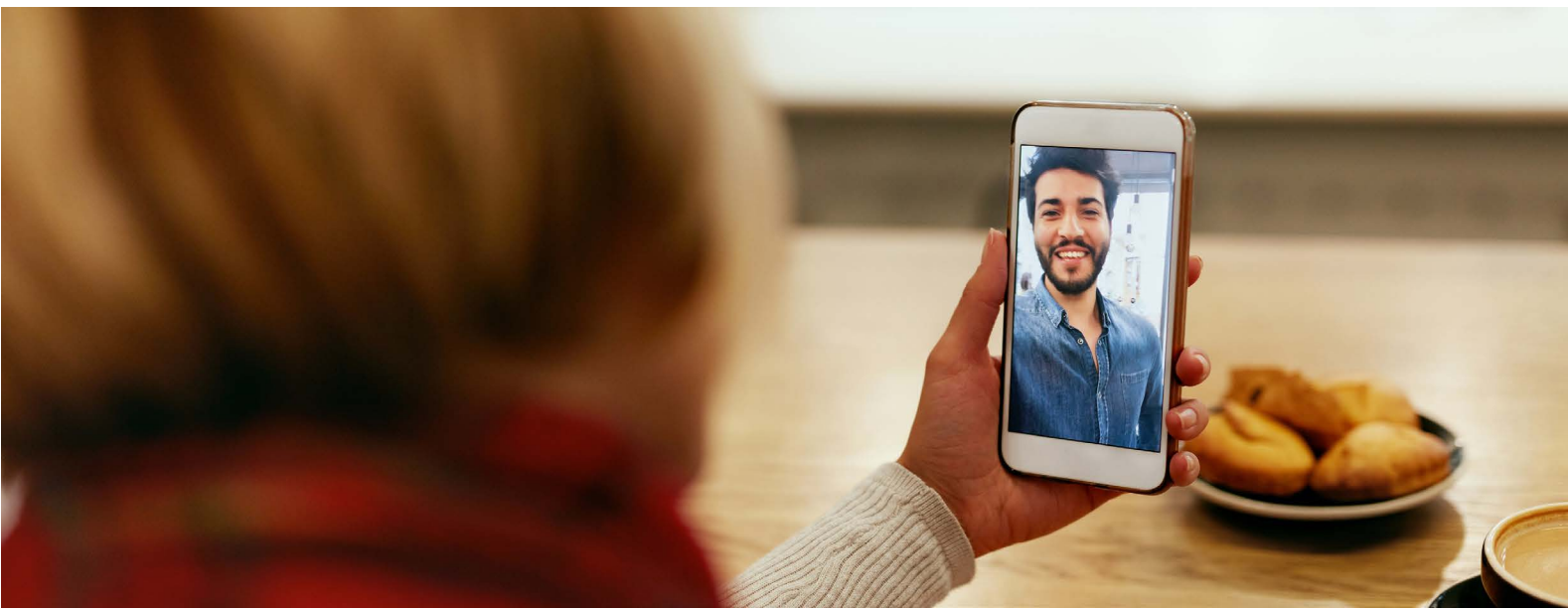
"Despite all of the difficulties created by Coronavirus it is encouraging that so many people are still seeing potential benefits that might come out of these challenging times."

"People across Wales have responded to Coronavirus restrictions by checking in more with friends, relatives and neighbours and most believe these will be changes that last even after the restrictions have ended."

Considering Public Health Network Cymru's focus on active travel this month, in last week's report (week 8), 64 per cent of people think less travel resulting in less pollution may be one of the positive long term impacts of Coronavirus.

The survey is part of Public Health Wales response to support public health and well-being through COVID-19, including the ['How are you doing?'](#) well-being campaign to support the people of Wales and ensure public health is protected.

For further information on the survey please visit [National Public Engagement Survey](#) or email generalenquiries@wales.nhs.uk



How are the responses to the Covid-19 impacting on active travel in Wales?

Sustrans Cymru's [webinar](#) explores how responses to the Covid-19 pandemic are impacting on active travel in Wales and how this is driving changes in the approach to designing and implementing infrastructure.

It looks at both temporary interventions to support key workers and help social distancing, and more permanent changes to create greater resilience and sustainability for the future.

The webinar focuses on selected case studies from emerging best practice from expert practitioners in the field, what lessons can be learned from early approaches and interventions, and how these can be applied specifically within a Welsh context.

Speakers include:-

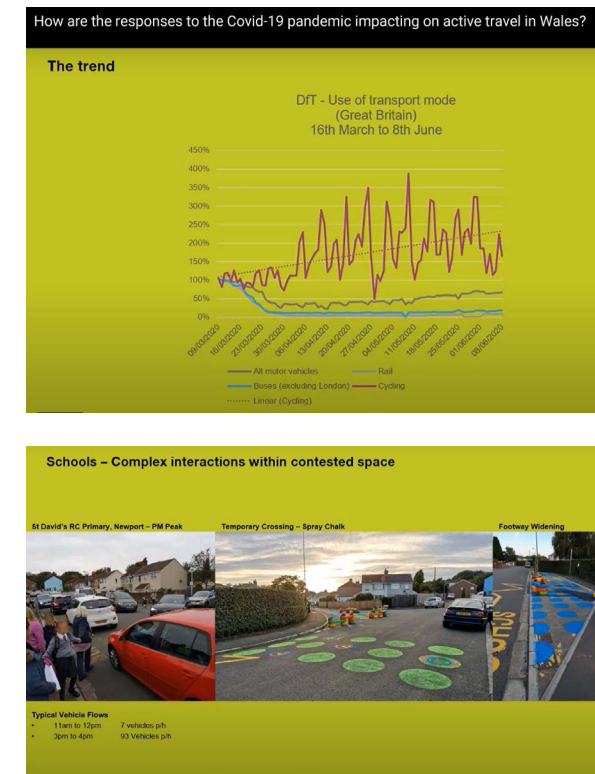
Patrick Williams, Sustrans Cymru National Programme Manager, Active Travel Fund

Rory Davis, Sustrans Senior Engineer in England North

Giulio Ferrini, Sustrans Head of Built Environment in London

Tom Bailey, Director of Streets Systems

This webinar is part of a series, keep an eye out on @SustransCymru for information on the next episode. If you'd like to be added to the invitation list email sara.jones@sustrans.org.uk



Share, respect and enjoy the National Cycle Network

During the COVID-19 outbreak many paths and routes have been busier than usual. It is fantastic to see so many people discovering the joys and benefits of walking and cycling. For us all, it is important now more than ever to be considerate of each other and plan our journeys ahead.

It is important that everyone is able to use the National Cycle Network safely, confidently and in line with government guidelines and Sustrans have put together some tips that can be used before and during a trip, to stay safe. ([Sustrans, 2020](#))

Vale of Glamorgan - Public Sector Organisations sign Healthy Travel Charter

Eight leading public sector organisations which work in the Vale of Glamorgan signed a [Healthy Travel Charter](#) in October 2019, committing themselves to supporting and encouraging their staff and visitors to travel in a sustainable way to and from their sites.

Through fourteen ambitious actions, the charter promotes walking, cycling, public transport and ultra-low emission vehicle use. The actions include establishing a network of sustainable travel champions, developing targeted communications campaigns for staff, offering and promoting the cycle to work scheme and increasing the availability of video-conferencing for meetings to reduce the number of journeys staff need to make across sites.

Between them, the organisations will commit to reducing the proportion of journeys commuting to and from work made by car, and increase the proportion of vehicles used during the day which are plug-in hybrid or pure electric.



Organisations which signed the charter at a launch event at the Vale of Glamorgan Council Civic Offices were: Vale of Glamorgan Council, Cardiff and Vale University Health Board, Cardiff Airport, South Wales Fire and Rescue Service, South Wales Police, HM Prison and Probation Services, Welsh Government and Welsh Ambulance NHS Trust.

By working together with a view to the long-term, public sector organisations across the Vale aim to increase the proportion of journeys made to and from workplaces which are sustainable, reducing the impact on the environment and health of people in the Vale for current and future generations.

Healthy Travel Wales

[Healthy Travel Wales](#) has grown out of this work which began in Cardiff, and later the Vale of Glamorgan, to develop an approach across the public sector to healthy and sustainable travel. The work is being led by Dr Tom Porter from the Cardiff and Vale Local Public Health Team, working with the two Public Services Boards (PSBs), and other public bodies.

Following the successful launch of the Charter, there has been interest in introducing Charters elsewhere in Wales and in different sectors, with roll out of the Charters more widely commencing during 2020. As the work rolls out, local leads in each area are responsible for implementing the Charter.

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Becoming a Cycle Friendly Employer



Cycling UK has been championing the cause of cycling for over 140 years. We promote all forms of cycling, protect the interests of existing and would-be cyclists. We aim to make cycling mainstream, making a lasting difference to the lives of individuals and communities.

In the midst of the current crisis we're seeing a much wider recognition of the valuable part cycling has to play in many aspects of daily life and whilst cycling may not yet be mainstream many people, young and old have had the confidence to return to cycling as the roads have been less dominated by cars. We have also seen a significant number of key workers without access to a car commuting by bike and feel safer doing so.

As shops, businesses, and schools begin to reopen there is a realisation that our towns and cities won't work if we return to 'normal' ways of travelling. With capacity on public transport being drastically reduced and with 30% of households in Cardiff for example not having access to a car something needs to be done.

The health and wellbeing benefits of active travel are well evidenced and yet the benefits to employers maybe not so well sold. Research shows that active commuters take fewer sick days, are more productive in work and importantly in the current climate, cycling allows the commute to work to be done in a safely distanced way.

In Cardiff, 2/3 of residents agree that more cycling would make their area a better place to live and work, so businesses in the city who choose to support cycling to work can be assured that this has their employees backing, the same is no doubt true in towns and cities across Wales

So what can employers do to support an active travel commute and how can Cycling UK help? Our [Cycle Friendly Employer](#) scheme is a straight forward accreditation scheme that ensures that the necessary facilities are in place and sends out a clear message that cycling to work is both supported and encouraged.

It is the only international standard for workplace cycling and helps organisations and businesses to integrate cycling in a positive and simple way, supported by our cycle to work experts throughout the simple three stage process;

1. Register for CFE-UK and complete a Self-evaluation
2. Site visit for an onsite audit
3. Bronze, Silver or Gold accreditation is awarded.

Continued overleaf...

Organisations that are accredited have told us that the process itself is hugely beneficial as it enables them to identify gaps in provision and helps create a positive cycling community within the organisation. In Wales we are also supporting the development of a network so organisations can support each other to develop as Cycle Friendly Employers.

There has never been a better time to make cycling to work the easiest option and we are pleased to be able to work with a wide variety of businesses and organisations to help make this happen.

If you would like to know more then please get in touch www.cyclinguk.org/wales

A Health Impact Assessment of the 'Staying at Home and Social Distancing Policy' in Wales

The Wales Health Impact Assessment Support Unit, WHO Collaborating Centre on Investment for Health and Well-being, Public Health Wales has published ['A Health Impact Assessment of the Staying at Home and Social Distancing Policy in Wales in response to COVID-19 pandemic. Executive Summary'](#).

The report provides an overview of the potential health and wellbeing impacts of the Staying at Home and Social Distancing Policy (commonly referred to as 'Lockdown') on the population of Wales in the short, medium and long term. It draws upon learning from international evidence, latest data and intelligence and the views of expert stakeholders.

According to the report, the Welsh Government's 'Staying at Home' policy has reduced the spread of coronavirus, but has also had other positive and negative impacts on the wellbeing of Welsh society, affecting virtually all aspects of life in Wales.

Positive impacts of the policy include increased levels of volunteering, communities coming together to protect those who are more vulnerable, and a reduction in vehicle traffic leading to reduced pollution and improved air quality. In terms of negative impacts, the economic downturn has reduced income and increased unemployment, with low income households being most affected; this is despite national support measures such as furloughing of employees.

The report aims to help inform organisations in their response to the pandemic by identifying where action is needed to mitigate against negative impacts and enhance positive impacts. It also aims to inform pandemic recovery strategies, with the overall aim of improving population health and wellbeing and reducing inequity.

This Executive Summary is published ahead of the Main Findings Report and Supplementary Information Report, which will be published shortly.

Opening Streets for Play

The impact of the car

Parents and children often report traffic as a barrier to stopping them from playing in local neighbourhoods. The volume of traffic has increased over the years and the UK Government's Department for Transport has predicted that it is likely to double by 2035.

Such is the impact of the car on children's play, that innovative and creative neighbourhood and community-based highways initiatives need to be encouraged and supported to raise awareness and foster positive solutions to local problems.

Hearts and minds

Welsh Government's decision to adopt a 20mph national speed limit in all residential and built up areas might have the most wide-reaching and positive effect in supporting more children to play. In addition, by slowing traffic down, this initiative will reduce the risk of serious injury and improve air quality.

In addition to environmental improvements, there is a need to address the attitudinal issues which have led to children's ability to access play in their own neighbourhoods diminishing over time. Some areas have addressed this by reclaiming streets for play through resident-led street play projects where roads are closed for short times to allow children to play.

A 2017 University of Bristol report suggests that supporting local residents to temporarily close their streets for play could make a meaningful contribution to children's physical activity levels. Children are three to five times more active during playing outside sessions than they would be on a 'normal' day after school. The study also demonstrates that street play sessions increase children's confidence in playing outside and parents feel more comfortable in allowing this.

Opening streets for play in Wales

Cardiff is the first Welsh council to work towards global recognition as part of the Unicef Child Friendly City programme. As part of this, the council brought partners together to develop a Street Play project, joining nearly 70 other UK councils delivering similar schemes. The project streamlines the road closure application process to enable residents to close their street for short times to enable children to safely play close to their homes.

The council and Play Wales have worked with residents to make streets and communities play friendlier places for children and teenagers. Residents across the city are closing their streets to traffic for two hours a month for street play sessions.

Continued overleaf...



Opening Streets for Play

(continued)...

Nine year old Jack recently wrote about his play street in the [Play for Wales magazine](#). He explains why he thinks play streets are awesome:

'Sometimes I go on my scooter or bike or when it's wet play football or other games. I don't have a very big garden so playing on the road you have much more space.'

'I have created new friends that I never knew and who I now know. They like some of my favourite things. My two younger sisters have had fun playing with their friends too. Also my sister has become more confident riding her bike because of play street. In addition my sister has gained lots of friends from play street and she's only two!'

The benefits of street play have caught the attention of Cwm Taf Morgannwg University Health Board. Claire Beynon, Consultant in Public Health, said:

'We know that play is good for the health and well-being of children. We are working with Play Wales to increase the opportunities for outdoor play across Cwm Taf Morgannwg.'

Why play streets are important now

Since the coronavirus restrictions which were put in place at the end of March, most councils across the UK have put a pause on allowing play streets. As we emerge from some of the stricter elements of restrictions due to coronavirus, street play projects are a really good fit to support community-based play when we begin to emerge from the lockdown:

- Play, particularly outdoor play, is essential for children during times of uncertainty to help them make sense of confusing times.
- Enabling children and their families to play and meet safely in line with physical distancing guidelines will support greater health and well-being for all.
- There is a general feeling that our streets have been better places to be in recent months – for safety, community cohesion and playfulness (such as chalked rainbows, teddy bear hunts, painted rocks).
- Older and vulnerable neighbours can take part from a safe distance, in doorways and front gardens.
- They are local and small outdoor gatherings with plenty of space.
- They are low cost and easy models exist for councils in Wales to support.



Street play resources

Play Wales supports initiatives that reclaim the streets and neighbourhoods for children and teenagers to be able to play. To support street play projects, we have worked with Playing Out – the national organisation that supports street play throughout the UK – to develop resources for residents, local authorities and partners in Wales.

How to organise playing out sessions on your street is a step-by-step guide for residents organising street play sessions. It's based on the experience of parents and residents across the UK. Additional supporting materials for parents to organise play sessions on their street are also available on our website.

Opening streets for play is a toolkit designed to provide clear and concise information about street play for local authorities and their partners. It's intended to help local authorities to develop policies and procedures to enable resident-led street play projects in their areas. It is also useful for housing associations, school communities, community workers and local residents to understand the opportunities and challenges.

Both publications are available to download at:
www.playwales.org.uk/eng/publications/streetplayresources

For advice and information about kickstarting street play in your area, get in touch with [Play Wales](#).



Public Health Network

Cymru Podcast

Latest Podcast

Welcome to our new PHNC Podcast Page of the Ebulletin. Here you can listen to the the previously released Podcasts.

The Latest Podcast in the series is on Learning Disabilities.

If you are interested in recording a podcast with us in the future, please contact us via email:
publichealth.network@wales.nhs.uk

Click to view the Sound
and Vision Pages



- Learning Disabilities: Multi-Sport ▶
- Arts and Health: Roadshow ▶
- Health Impact Assessment: WHIASU ▶
- Heart Health: BHF ▶
- Nutrition: Early Years with Andrea Basu ▶
- International Health: Migrant Health ▶
- Community Care: OP who are Neurodiverse ▶
- Dementia: World Toilet Day ▶
- Sustainability: Sue Toner and Bronia Bendall ▶
- Love Activity, Hate Excercise ▶
- Sexual Health ▶
- Alcohol: Drinkwise Age Well ▶
- Sun Safety: Skin Cancer ▶
- Gambling: The living room ▶

Public Health Network Cymru Press Play

Latest Video



Welcome to Press Play, here you can get the latest PHNC videos from youtube! Every month we will add new videos as they get uploaded. We have a number of events planned over the next few months so keep your eyes peeled for the latest streams on our twitter feed or come back and visit Press Play after the event!

Our latest video is from our Homelessness Seminar that was held in Cardiff.

Click to view the Sound and Vision Pages

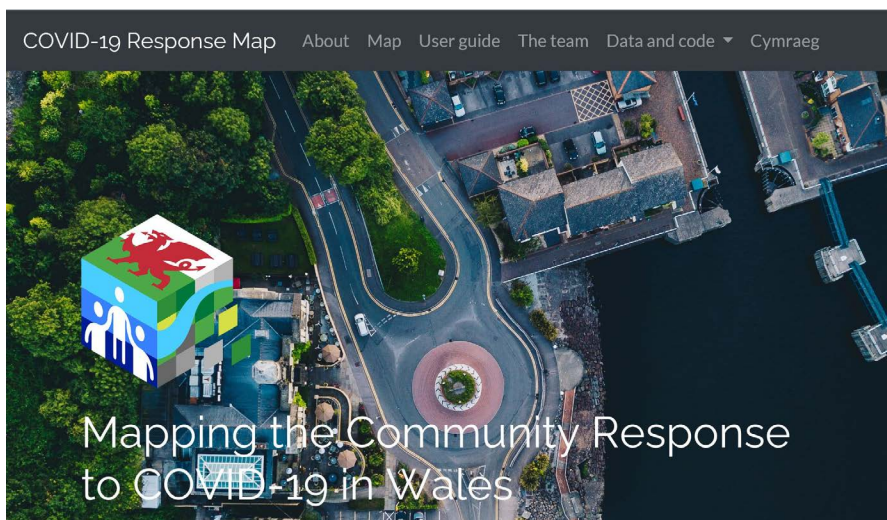
- Beth Jones - Homelessness
- Dr Peter Mackie - Homelessness
- Emma Williams - Homelessness
- LD Seminar: Simon Rose and Karen Warner
- LD Seminar: Sam Dredge
- LD Seminar: Ruth Northway
- LD Seminar: Karen Everleigh and Hazel Powell
- Public Health Network Cymru in Numbers
- Shaping our Future: Cat Tully
- Shaping our Future: Sophie Howe
- Shaping our Future: Highlights
- Early Years Nutrition: Highlights
- Early Years Nutrition: Andrea Basu
- Early Years Nutrition: Judith John

The Grapevine

Can we better join support and needs in response to COVID-19?

The lockdown implemented across many countries, including Wales, to control the coronavirus pandemic, has meant that many people faced being potentially cut off from access to food, medicines, and sources of essential social support. This is particularly the case for those more vulnerable in society and those more socially isolated.

This has been accompanied by a groundswell of community support from others wanting to help, with a doubling in volunteers registering with Third Sector Support Wales since March 2020. These volunteers have supported their local communities either through coming together, co-ordinating efforts via social media, or aligning with existing grass roots organisations. Despite the positive response, third sector agencies and public sector organisations urgently need to better understand where to place limited resources to support those in greatest need.



To address this challenge, a collaboration between the Research and Evaluation Division in Public Health Wales, the MRC Integrative Epidemiology Unit at the University of Bristol and the Alan Turing Institute, has mapped information on vulnerability (including data on circulating COVID-19 cases and the number of people at higher risk) and levels of citizen-led community support (identified through social media sources, self-organising communities and third sector organisations) across Wales.

The [COVID Response Map Wales](#) has been designed to help identify areas where there are more people who may be more vulnerable to COVID-19, where there is potentially less community support. Whilst the map does not capture all community support, nor does it imply that all vulnerable groups are in need of support, it can help inform the public, community groups and public sector on which areas might benefit from extra support. It also provides the links to local community groups identified helping to raise awareness of the support available locally.

Better understanding the community led support can help to target the limited national and regional resources supporting vulnerable individuals and households during the COVID-19 pandemic.

COVID – 19

Influencing the redesign and recovery of NHS health and care services for people with heart and circulatory diseases during the pandemic and beyond

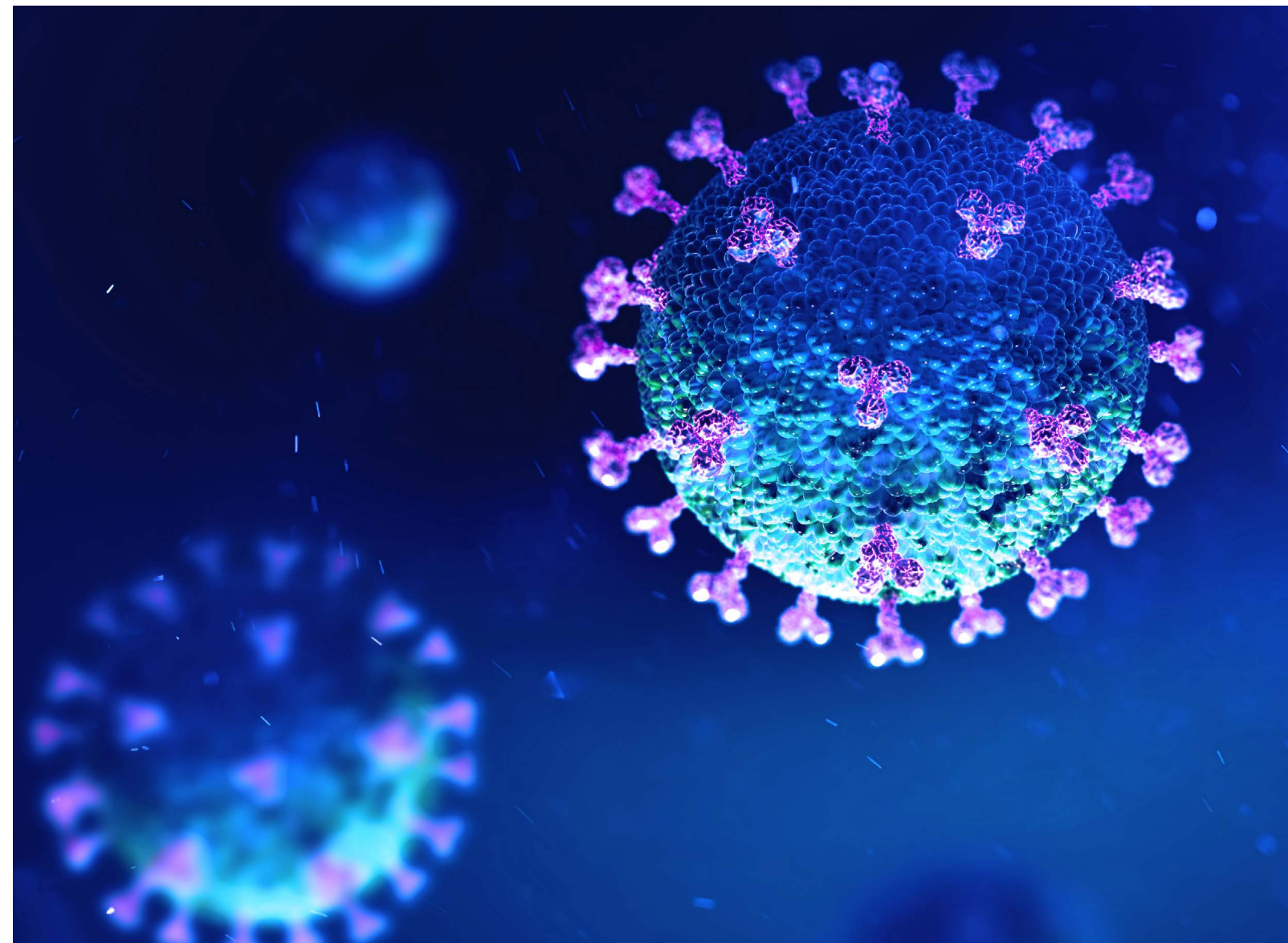


**British Heart
Foundation
Cymru**

Patients who have heart and circulatory conditions are known to be at an increased risk of complications and death when infected with COVID-19. Early detection of the major risk factors for heart attack and stroke remains even more important at this time just as is provision of care, support and information.

['COVID – 19 Influencing the redesign and recovery of NHS health and care services for people with heart and circulatory diseases during the pandemic and beyond'](#) is a British Heart Foundation report that summarises some of the insight gained and utilised to support Health Care Professionals, patients and the public at this time. The report also set out key recommendations to influence decision makers such as civil servants, parliamentarians and health system leaders.

It is now imperative that plans are devised and shared for how vital services can be provided and sustained throughout all levels of lockdown to ensure that we do not see a huge increase in non-COVID-19 related ill health.



Public Health Network

Cymru Headlines

Latest News

Care homes benefiting from digital devices rollout

Care homes across Wales are benefiting from digital devices being delivered to them as part of a Welsh Government scheme to help residents keep in touch with friends and family, and to assist with video medical consultations.

Over the past few weeks the Digital Communities Wales: Digital Confidence, Health and Well-being Programme, delivered by the Wales Co-operative Centre, has been distributing the devices to care homes in all parts of Wales, and is providing remote support and training to key workers on how to use and operate the technology with people in their care.

To date, 745 devices have been delivered to 401 care homes as part of the scheme, with 313 care homes receiving staff training on the NHS Wales Video Consulting Service.

Derek Walker, Chief Executive at the Wales Co-operative Centre, said:
"The pace of the digital revolution in health and care has picked up dramatically as a result of this crisis. We know from experience that digital skills can transform lives and providing devices is an important part of improving digital inclusion along with good connectivity."

Click to view the News Pages

Welsh Government publishes first results from its major new COVID-19 survey

Survey on Escalating Concerns Guidance for the Closure of Care Homes in Wales (2009)

Guidance published to help schools, colleges and childcare settings

Two new funds announced to help Welsh communities create places for nature

New risk assessment launched to support BAME workers in NHS and social care

Welsh Government announce new £20m fund to transform homelessness services

Public Health Network

Cymru Calendar

		1	2 "Virtual" Child Development Inaugural Symposium of the BSG Care Homes Research SIG	3
6	7 "Virtual" Knife Crime Online Course	8 Webinar: The Later Life Audio and Radio Network (LLARN)	9 "Virtual" Supporting Young People's Mental Health & Wellbeing - Online Course	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Visit www.publichealthnetwork.cymru for more info on events

Topics

Accident and Injury Prevention ▶	Obesity ▶
Alcohol ▶	Oral Health ▶
Arts and Health ▶	Physical Activity ▶
Brexit Health Hub ▶	Policy ▶
Gambling ▶	Sexual Health ▶
Health and Social Care ▶	Sleeping and Health ▶
Human Rights ▶	Smoking ▶
International Health ▶	Substance Misuse ▶
Mental Health ▶	Sun Awareness ▶
Noncommunicable Diseases ▶	Violence and Abuse ▶
Nutrition ▶	

Communities ▶	Lifestyle ▶
Education ▶	Poverty ▶
Environment ▶	Unemployment ▶
Families and Social Care ▶	Work ▶
Health Inequalities ▶	

Early Years ▶	Older People ▶
Maternal and New Born ▶	Children and Young People ▶
Working age adult ▶	

Asylum Seekers ▶	LGBT ▶
Carers ▶	Migrants ▶
Ethnic Groups ▶	Parents ▶
Faith Groups ▶	Learning Disabilities ▶
Gender ▶	Prisioners ▶
Gypsies ▶	Veterans ▶
Homelessness ▶	



Next Issue

Digital Health