

# The Gwent Public Health Team Quarterly Newsletter

July- September 2025



Tîm Iechyd Cyhoeddus  
**Gwent**  
Public Health Team

A proud part of the Aneurin Bevan University Health Board, **the Gwent Public Health Team** transferred across from Public Health Wales in October 2022 to enable a more local focus on improving the health and wellbeing of the local community. Now part of the Health Board the team work with communities and NHS partners to build a healthier, fairer, safer and stronger Gwent for all.

That's why we are working together with our partners - including the NHS, local authorities, voluntary organisations, and communities - to create a fairer, healthier, safer, and stronger Gwent for all. Find out more about our work:

[Click Here.](#)



## Welcome

This week, as we celebrate #PublicHealthWorkforceWeek, I'm delighted to share the launch of our new quarterly newsletter. It's all about the amazing work happening across Gwent - showcasing how, by working together with local communities, organisations, and partners, we can help everyone live well for longer.

Everything we do starts with listening, learning, and collaborating. This newsletter shares some of the initiatives and partnerships that are making a real difference, and I hope it inspires you as much as it inspires us to keep building a healthier, fairer, safer and stronger Gwent together.

**Prof Tracy Daszkiewicz**

**Director of Public Health & Strategic Partnerships**



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

October 6<sup>th</sup> 2025



## The Gwent Joint Strategic Assessment (JSA)

The 2024/25 Gwent JSA is a summary slide deck that presents key indicators of health and well-being in local areas across Gwent, grouped into six chapters.

It provides evidence of challenges and opportunities for local communities, describes some of the disparities in health and social outcomes that exist within Gwent's different local authority areas, and highlights opportunities for working together to build a healthier, fairer, safer and stronger Gwent.



The data and insight from the Gwent JSA has been used in a number of projects throughout this newsletter, the Health Board and Gwent. Click the button below to explore it for yourself.

[CLICK HERE](#)

## Best Start in Life supporting School Readiness across Gwent

We're excited to announce the launch of a new project in Gwent, funded by the Welsh Government's Child Poverty Support Communities and Innovation Grant. The project supports children and families living in poverty to reach key developmental milestones and start school ready to thrive. This collaborative initiative brings together a number of partners from across Gwent, informed by work on the [Best Start in Life Joint Strategic Needs Assessment](#).

Poverty can hinder child development, affecting learning and long-term outcomes. This project aims to co-create innovative approaches with families and early years professionals to help close the developmental gap. Home-Start Cymru is now accepting referrals for eligible families. For more information or to refer a family, email [readytolearn@homestartcymru.org.uk](mailto:readytolearn@homestartcymru.org.uk).



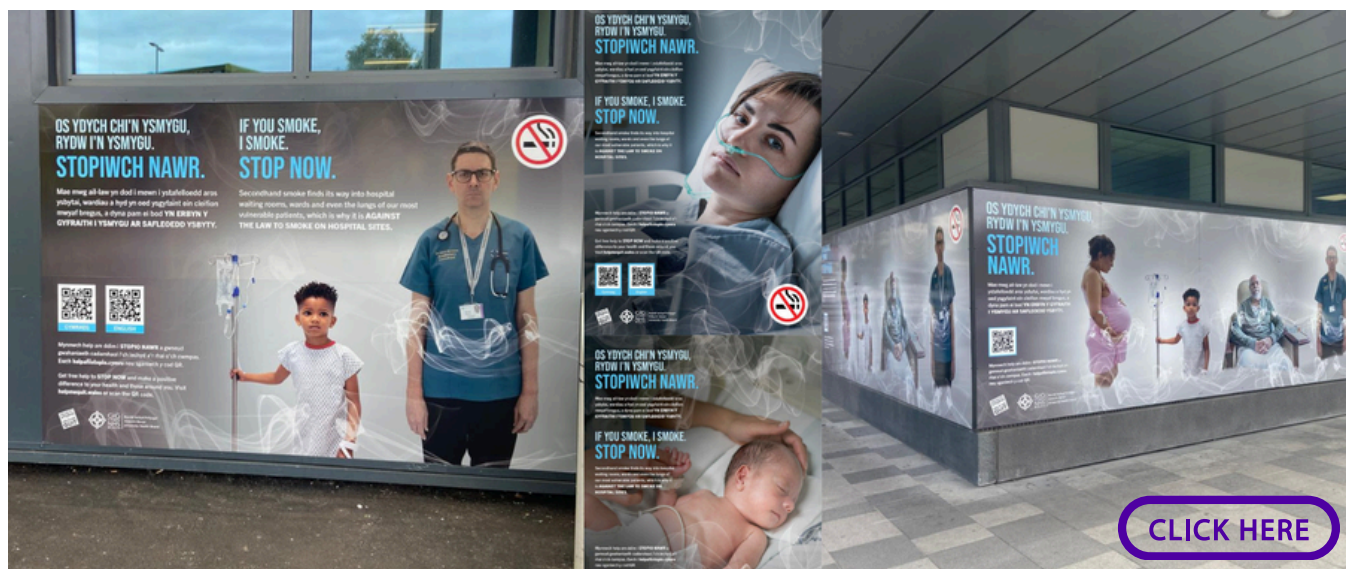
[CLICK HERE](#)

**Barod i Ddysgu Ready to Learn**  
**Barod i Dyfu Ready to Grow**

# The Gwent Public Health Team Quarterly Newsletter

July- September 2025

## "If You Smoke, I Smoke" – Hard-hitting campaign targets illegal smoking at Gwent Hospitals.



This Summer we launched a bold new campaign to tackle illegal smoking on hospital grounds, using striking visuals and audio to show how second-hand smoke harms our most vulnerable patients – including children, pregnant women and people with serious health conditions. Smoking is the leading cause of preventable death in Wales, responsible for one in four cancers and many other life-limiting illnesses. With the powerful message “If you smoke, I smoke. Stop now,” the campaign reminds people that second-hand smoke doesn’t stay outside – it drifts into entrances, waiting rooms, wards, and ultimately, into patients’ lungs.

The campaign promotes free quit support and nicotine replacement products for inpatients, and includes hospital signage, posters, digital assets, and a new loudhailer system – soon to feature children’s voices at The Grange – urging people to stop smoking.

## Nicotine Discovery Report

The Nicotine Discovery Report examines why people in Gwent choose to use or avoid nicotine products. Phase one gathers views from residents and professionals, while phase two focuses on teachers and students. Findings from phase one will be presented to the **Gwent Nicotine Control Alliance** in March, and phase two in the summer. These insights will guide the Alliance’s action plan and priorities for Gwent.

**Have you ever smoked or vaped?**  
**We want to hear from you.**

**Your story could make a difference.** Whether you’ve vaped, smoked, chewed, or used other nicotine products – **Complete our survey now.**





# The Gwent Public Health Team Quarterly Newsletter

July- September 2025



Tîm Iechyd Cyhoeddus  
**Gwent**  
Public Health Team

## Skin Cancer Campaign

This summer, the Public Health, Communications and Cancer Services team came together to launch a bold campaign to raise awareness of skin cancer.

Driven by public health data, and brought to life with human stories, the campaign highlights the risks of developing skin cancer, how to prevent it, and recognising signs and symptoms.

The campaign received a strong media uptake, mass sharing from partners across Gwent and an increase in skin cancer referrals of 31% on the previous year.



[CLICK HERE](#)



## Empowering Communities in Weight Management

[CLICK HERE](#)

The Level 2 weight management programme, commissioned by the Gwent Public Health Team, is available to support people across the five ABUHB local authority areas in living healthier, more active lives. The service helps individuals make positive lifestyle changes through personalised guidance on physical activity, healthy eating, and behaviour change, all tailored to their unique health needs. There are two ways to take part, an in-person programme delivered through local leisure centres, and a digital option hosted by Gro Health. Both are easy to access and designed to reduce and manage weight, build confidence, and improve overall wellbeing. The programme places a focus on supporting individuals to take control of their health through accessing support in their local community.

**FREE ACCESS**

  Health and Wellbeing  
Research Board  
University Health Board

### DON'T DO WEIGHT LOSS ALONE!

Join Gro Health and get support from a community of like minded people



[Check your eligibility](#)

**FREE ACCESS**

  Health and Wellbeing  
Research Board  
University Health Board

"I still eat the things I like but I'm just more mindful of what I'm doing. I've also gone from 107kg to 91kg in 5 months"



[Check your eligibility](#)

**FREE ACCESS**

  Health and Wellbeing  
Research Board  
University Health Board

### GET READY TO FEEL YOUR BEST



[Check your eligibility](#)



# The Gwent Public Health Team Quarterly Newsletter

July- September 2025

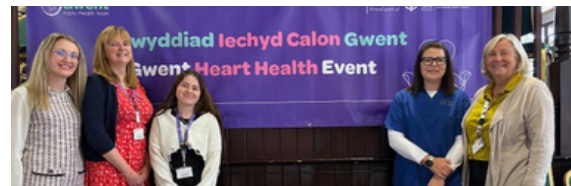
## Gwent Heart Health Event

With heart disease causing one in four premature deaths in Gwent, the Gwent Public Health Team and Cardiac staff hosted an inspiring World Heart Day event on 29th September 2025.

Around 60 people attended the event focused on understanding and improving heart health. The day featured expert insights from consultant cardiologists Dr Freya Lodge and Dr Campbell, plus a moving personal story from Mr Peter Heathcote about living with heart disease.

Attendees enjoyed practical sessions including Tai Chi, mindfulness practice, and presentations on staying active, heart-healthy eating, and medication management. Information stands from the Alcohol Care Team, Help Me Quit specialists, local groups like the Dicky Tickers, and others offered resources and free blood pressure checks.

The event successfully brought together clinical expertise, lifestyle guidance, and practical support to help our communities protect their heart health and live longer, healthier lives.



## Gwent Becomes a Fast Track Region

Public Sector Senior Leaders in Gwent have officially signed a pledge to become a Fast Track Region, launching Fast Track Gwent - a bold commitment to end new HIV transmissions in the region by 2030, and reduce HIV stigma across Gwent. A powerful collaboration of partnership via the Gwent Public Services Board, supported by the Gwent Public Health Team, this commitment will make Gwent a place where people feel safe to get tested, supported in their diagnosis, and never judged. That's how we'll reach zero transmissions - and build a kinder and healthier Gwent for all.



[CLICK HERE](#)

**We pledge to..**

**..end HIV transmission and..**

**..stigma across our communities..**

**..in Gwent. **



# The Gwent Public Health Team Quarterly Newsletter

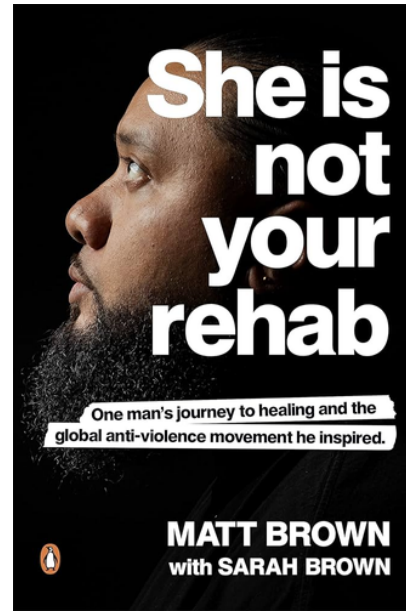
July- September 2025

## She is not your rehab - Matt Brown returns to Gwent

We were delighted to host Mataio Taimalelagi Brown and his wife Sarah in Gwent, with support from Our Voice Our Journey, for a powerful event focused on ending violence against women which took place on October 6<sup>th</sup> at Llanhilleth Miners Institute.

Matt shared his life experiences and the journey that led him to inspire a global movement, highlighting the vital role men and boys play as changemakers in tackling violence and abuse against women.

Partners from across Gwent came together not only to hear Matt's story but also to take part in a collaborative design lab hosted by Our Voice Our Journey, sparking new ideas and commitments for driving real change. It was an inspiring day filled with energy, honesty and hope. Thank you to everyone who contributed to making it such a success.



## Warmer Homes in Gwent

The Warmer Homes project is a collaborative initiative designed to tackle fuel poverty and its impact on health. Cold and damp homes can worsen conditions such as asthma, bronchitis, arthritis, and cardiovascular disease, while also increasing vulnerability to infections and falls. The NHS spends an estimated £1.36 billion annually on the health consequences of inadequate housing. Despite the availability of funding for energy efficiency improvements like heating systems, insulation, and solar panels, many eligible households remain unaware of the support they can access. By combining health and housing data, the Gwent Public Health Team identifies people who may qualify for free improvements and connects them with funding or advice, helping to create warmer, healthier homes.

In its first phase, Warmer Homes partnered with Monmouthshire and Newport county councils to contact over 1,500 residents with respiratory or cardiovascular conditions living in cold homes. Some have already engaged with the scheme, receiving advice and progressing toward home energy upgrades, while others have been signposted to alternative support such as grants and fuel vouchers. The project is now expanding through discussions with Caerphilly, Torfaen, and Blaenau Gwent councils, with growing interest from neighbouring health boards. This demonstrates strong potential for scaling the initiative across Wales, improving health outcomes while contributing to climate and decarbonisation goals.



# Team Spotlight

## Meet our Integrated Wellbeing Networks Team

Integrated Wellbeing Networks improve and strengthen wellbeing by connecting and enhancing community assets for people to build relationships and find the things that matter to them. Meet our IWN team below, and press 'click here' to see their local websites.

### Caerphilly: Kate & Heather

Kate loves the variety and meeting people dedicated to building better communities. She views community as belonging and connection—turning neighbours into friends. Her standout moment was the Diabetes Headliner event at Penallta Park Run.

Heather finds fulfilment promoting services that impact residents' lives. For her, community is a safe space for connection and support. Being highly commended at the ABUHB Staff Recognition Awards 2024 was her career highlight.



[CLICK HERE](#)



### Torfaen: Jordan

Jordan is excited to make a real difference in his own community through his new IWN role. He looks forward to working collectively with partners to sustain and improve wellbeing across Torfaen, bringing positive change to the area he calls home.

[CLICK HERE](#)

### Newport: Victoria & Chloe

Victoria excels at connecting people, services, and resources to improve health. For her, community means safe, supportive places.

Her highlight: co-producing the Nature Prescribing project.

Chloe loves the variety and learning from diverse projects. She sees community as people sharing interests and values. Her highlight is working with talented colleagues to make tangible change.



[CLICK HERE](#)



### Blaenau Gwent: Kath & Rosalind

Kath loves helping communities grow and work together, embracing the variety where every day brings new learning. She sees community as people supporting each other through life's moments, united by a common voice for positive change. Her highlight has been hearing how IWN has transformed lives, improving health, connections, and social capacity.



# Out Across Our Communities

## Parkrun for Diabetes & Cancer

As a Public Health Team, we strive to make it everyone's mission to support our communities to live well for longer. This means partnership building is vital for us. We are delighted to continue our partnership with parkrun across Gwent, supporting communities with free access to local exercise and building community through physical activity.

This year, we saw the introduction of headline events for raising awareness around both diabetes and cancer. Both events saw a high footfall of attendees and an opportunity for people to learn more about reducing their risk around both diabetes and cancer. A number of NHS and third sector partners were in attendance to provide information to attendees. We look forward to more events coming up soon, including Heart Health and Mental Well-being.



[CLICK HERE](#)



### Fresher's Fayres

Together with the Vaccination Service, Help Me Quit, Sexual Health, Melo and Corporate Engagement Teams, Public Health colleagues attended Gwent's Fresher's Fayres. Sharing vital information and obtaining feedback from young people within Gwent provides vital opportunities for insight into how to connect and engage with this crucial audience.



### Gwent Suicide Prevention Conference

Over 50 partners joined the Gwent Suicide Prevention and Self Harm Workshop on 9th September at Newbridge Memo, hosted by ABUHB's Gwent Public Health Team. The event reviewed the new Welsh Government strategy, began shaping a local delivery plan, and featured updates from key partners, a keynote from Claire Cotter, and a moving "Poem of Hope." The local plan will be shared via the Melo website for ongoing collaboration.

# The Gwent Public Health Team Quarterly Newsletter

July- September 2025



Tîm Iechyd Cyhoeddus  
**Gwent**  
Public Health Team

## Coming Up

### The Big Gwent Vaccination Conversation

This year's Director of Public Health Annual Report focuses on changing the local narrative around vaccinations by listening to our communities to understand their current views and exploring how we can work together to improve confidence and trust.

The work comprises a number of focus sessions with groups across Gwent, including parents, men, faith groups, young people, and school pupils. A summit event with local community leaders will provide an opportunity for open conversation, helping us further understand public views and gather suggestions on how to support people in making informed decisions about vaccinations. Insights from this work will inform this year's report, which will be published in November.



## Keeping Well Over Winter

Everyone is more vulnerable to colds, flu and infections in winter. Cold weather can bring on an abundance of illnesses, particularly for older people or those living with a long-term health condition, such as asthma, diabetes or a heart condition.

We have a vast range of information on how to keep yourself well over Winter- including washing your hands, attending vaccination appointments, exercising, eating well and more. Visit our Live Well for Longer page to find out more.

[CLICK HERE](#)



# Gwent

Live Well For Longer



### Key Awareness Campaigns (Oct- Dec)

- Sober for October
- Stopitober
- World Mental Health Day (Oct 10th)
- Public Health Workforce Week (Oct 6th)
- National Self Care Week (Nov 17th)
- World Diabetes Day (Nov 14th)
- International Men's Day (Nov 19th)
- HIV Testing Week (Nov 24th)
- World Aids Day (Dec 1st)

Our webpage: [Click Here](#)

Get in touch: [Admin\\_ABGPHT@wales.nhs.uk](mailto:Admin_ABGPHT@wales.nhs.uk)