Public Health Wales

What we did in 2015-16

and what we plan to do

Find us on:

Twitter

Facebook
The artwork on the cover was done by the Real Lives Group from Vale People First.

It says what a healthy community means to them.

**Picture of kite**
“It shows my freedom and independence where I live. It makes me feel free.” Anne Slattery

**Picture of bus**
“I need to get around safely and meet my friends and family. My bus pass helps me stay in touch with my community, it’s very special to me.” Quentin Jones

**Picture of hands**
“We crossed hands to show we are a team, we want to be good members of our community, it makes us feel equal. It looked like the shape of grass so we put it at the bottom to look like grass growing.” Ian Swannick
Picture of church and married couple
“I married my husband Gwyn. It was the best day of my life, my family and friends from my community all came to celebrate. It meant everything to me.” Gloria Harrison

Picture of tennis
"Exercise is important for our health, we need to use what we have in our community to keep us fit. We could meet new friends and have fun." Kelly Anne Rideout

Picture of wheelchair
“This is me in my chair out on my own with my friends without mum. It's my bit of independence, I love my mum, it's only for a little while.” Danielle Bridge

Picture of rainbow
All group members created the Rainbow. It represents hope and happiness in the future for their community.
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Hello

Public Health Wales was set up in 2009. It is part of the NHS. Public Health Wales wants Wales to be healthier, happier and fairer. This can only happen if everyone works together.

We work with organisations like community groups, local councils, charities and schools. This report tells you about some of our work last year.

Tracey Cooper, Chief Executive

The Chief Executive is the boss of the paid staff.

Our website tells you more. www.wales.nhs.uk/sitesplus/888/home
Thank you

Thank you for taking the time to read this report.

Public Health Wales needs your help.

We need you to tell us:

- if we are doing a good job
- your ideas for making Wales healthier

Professor Sir Mansel Aylward CB,
Chair of Public Health Wales
The Chair is the boss of the Board.

The Board are volunteers. They make sure Public Health Wales is doing a good job.
Things we have done
Film about smear testing

The challenge

A Smear test is one way to check women’s health.

More women with a learning disability need to have a smear test.
What we did

We made a film with Cardiff People First Pink Ladies.

Cardiff People First is run by people with learning disabilities. Pink Ladies is their women’s group.

The film tells you about cervical screening and smear tests.

We trained women from Pink Ladies to talk to other women about smear tests.

You can see the film here:

www.youtube.com/watch?v=JhyX9ZihXwo
You said

“The film has helped me. Now I know a smear test could stop me from being very ill.”

Next steps

We will support Pink Ladies to talk to more people.

We will train more women across Wales to talk about smear tests.
Healthier weight

The challenge

1 in 4 children is overweight when they start school.

Most overweight children are still overweight when they grow up.
What we did

We came up with a '10 steps' plan.

We will use '10 steps' with:

- People who want to have children
- Pregnant women
- Parents of babies and young children
You said

“We like '10 steps'.”

Next steps

We will make sure people across Wales know about '10 steps'.

We will help people to eat less sugar.
Stop smoking

The challenge

Most adults started smoking at school.

We want fewer young people to start smoking.
What we did

We trained young people aged 12 or 13 about smoking. They talk to their friends.

They make it easier for their friends to

- not start smoking
- give up smoking

Here is a picture of young people who were trained to help their friends.
You said

“We learnt new facts about smoking. We now know how addictive smoking is and why it is important to stop people from starting to smoke.”

Addictive means very hard to give up

Next steps

1
2
3

We will keep working with young people.

We will do more to help pregnant women stop smoking.
Learning from experience

The challenge

Sometimes we make mistakes or there is an accident.
We made a mistake and an accident happened.

Mr Jones told us.

We did not listen very well.
So Mr Jones wrote to us again.

This time we listened.
We made sure staff got extra training so the mistake will not happen again.

Mr Jones kindly let us make a DVD about his story.

We use the DVD to train staff to listen.

We also made a poster. The poster says it is important to:

- listen to people
- learn
- change
You said

“You got it wrong.
But you learned from your mistake.”

Next steps

We will check how we listen to people.

We will make it easier for you to:

- tell us what you think
- complain
Looking after your heart

The challenge

Some people have a heart problem called Atrial Fibrillation.

Atrial Fibrillation means your heart does not beat regularly.
If you know, then it can be treated.

But many people do not know.

If you do not know, you may get very ill.
What we did

We made a toolkit to help family doctors find more people who have Atrial Fibrillation.

We tested the toolkit with doctors in one part of Wales.

The toolkit is working.
You said

“The toolkit is a big help.”

Next steps

We will work with doctors all over Wales and show how to use the toolkit.
Healthy children, healthy adults

The challenge

If life is difficult as a child, you are more likely to be ill as an adult.
What we did

We worked with a university.

They did a study of how people grow up in Wales.

The study tells us what helps children grow into healthy adults.

We are passing on the information to organisations that work with children.
You said

“You said **must** help children to get a good start in life.”

Next steps

We need to keep finding out more.

We need to keep telling people what we find out.
Tripping and falling

The challenge

Some older people fall over.

They may hurt themselves badly.

They may be upset and worry that they will fall again.
What we did

We told older people about 3 ways to help themselves.

We helped write a book for older people called ‘Get Up and Go’.
You can get it from:
www.wales.nhs.uk/sitesplus/888/page/83453/
You said

“My Mum has had such fantastic success with the exercises in this book. She can now move much more freely as a result”

Next steps

We will set up a group to find the best ways to:

- stop people falling
- get on with life after a fall
British Sign Language Film

British Sign Language is called BSL

The challenge

We have a course for people with long term illnesses.

But the course was not in British Sign Language.

So Deaf people could not take part.
What we did

We worked with Deaf people to plan and run the course in British Sign Language.

Some of the Deaf people are now trainers who can run the course for other Deaf people.

We also worked with a Health Board and Bridgend Deaf Club to make a DVD called “Take Time For Yourself”.

The DVD is about stress and learning to relax.
You said

“Thank you!”

Next steps

We will work with more Deaf people across Wales.

We want more people trained to run the course in British Sign Language.
Saving your sight

The challenge

Eye problems need sorting quickly.

Eye problems mean pain in your eye, seeing flashes or losing part of your sight.

People need to know where to go if they have eye problems.
What we did

We told people how to look after their eyes.

We told people to go to their opticians if they have an eye problem or an emergency.
You said

“This is a good way to stop some people going blind.”

Next steps

We will check people with diabetes’ eyes.

We will make sure people know what causes eye problems.
Flu Vaccination for children age 2 to 6

Flu vaccination for children is a spray up their nose. It stops them catching flu.

The challenge

Flu can make you very ill.

Children can spread flu more than adults.
What we did

We vaccinated school children aged 4, 5 or 6 at school.

We asked parents to take children aged 2 or 3 to their doctor’s surgery.
What you said

“Whatflu spreads so easily. It is good to protect young children from flu.”

Next step

We want even more people to have the flu vaccine.

We want more of our staff to have the flu vaccine.
Active staff

The challenge

Sitting down for too long is not healthy.
We want our staff to be healthy.
What we did

We gave free fruit to people who cycled or walked to work.

We have lunchtime walks.

We set a buzzer to remind people to stand up every half hour.

People stand up for meetings.
You said

“This is great.”

Next steps

We will keep looking for ways to help our staff to be healthy.
Work for us!

The challenge

Some people find it hard to get jobs.
We want to help them.
What we did

We used the LIFT programme to help some people.

To find out more about the LIFT programme, go to:

We used Elite Supported Employment Agency to help some people.

To find out more about Elite Supported Employment Agency, go to:
www.elitesea.co.uk
You said

“This help is very important.”

Next steps

We will try new ways to help people who find it hard to get jobs.
We would like you to:

- tell us your ideas
- tell us how we are doing
- help us to do a better job
How to contact us

Phone: 029 2022 7744

Email: general.enquiries@wales.nhs.uk

You can find us on:

Twitter
Facebook

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