

Cardiff and Vale of Glamorgan Move More, Eat Well Plan Summary Progress report 2020-2021



#movemoreeatwell



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Introduction

This summary progress report highlights the work undertaken across Cardiff and the Vale of Glamorgan between April 2020 and March 2021 to progress the Move More, Eat Well Plan (2020-2023).



Background

The Move More, Eat Well Plan was developed in partnership by the Vale of Glamorgan Public Services Board (PSB), Cardiff Public Services Board (PSB) and the Regional Partnership Board (RPB) (Cardiff and the Vale) and identifies 10 priority areas for action. The Plan contributes to the delivery of a number of priorities agreed by all three partnership boards as detailed in the Area Plan and both the Cardiff and the Vale of Glamorgan Well-being Plans

The Plan was soft launched on 27th July 2020. Through the Move More, Eat Well twitter account, a series of tweets through a specific COVID-19 lens and focussed on the key priority areas relating to; active travel, workplace health and communities were promoted. Links to the Move More, Eat Well dedicated website with further information relevant to the key priority areas and local contacts was also shared.

Recruitment of the Move More, Eat Well team was delayed due to COVID, however by March 2021 all posts were successfully recruited to. The team are part of Cardiff and the Vale of Glamorgan Local Public Health Team and work closely with team members supporting healthy eating and physical activity agendas. The team can be contacted through movemoreeatwell@wales.nhs.uk

Our vision is that people in Cardiff and the Vale of Glamorgan will move more and eat well.

Context for 20/21 delivery of the Plan

The first year of delivery has occurred within the context of the COVID-19 pandemic. As such, redeployment of staff across organisations integral to the delivery of actions within the Plan, staff recruitment delays as well as the impact of coronavirus measures on intervention design and delivery, has inevitably impacted on overall progress. This will still remain a challenge for some partners as we move into the second year of the Plan.

However, despite the circumstances over the last year, innovative approaches to delivery, partnership working and local projects have enabled the people of Cardiff and the Vale of Glamorgan to move more and eat well.

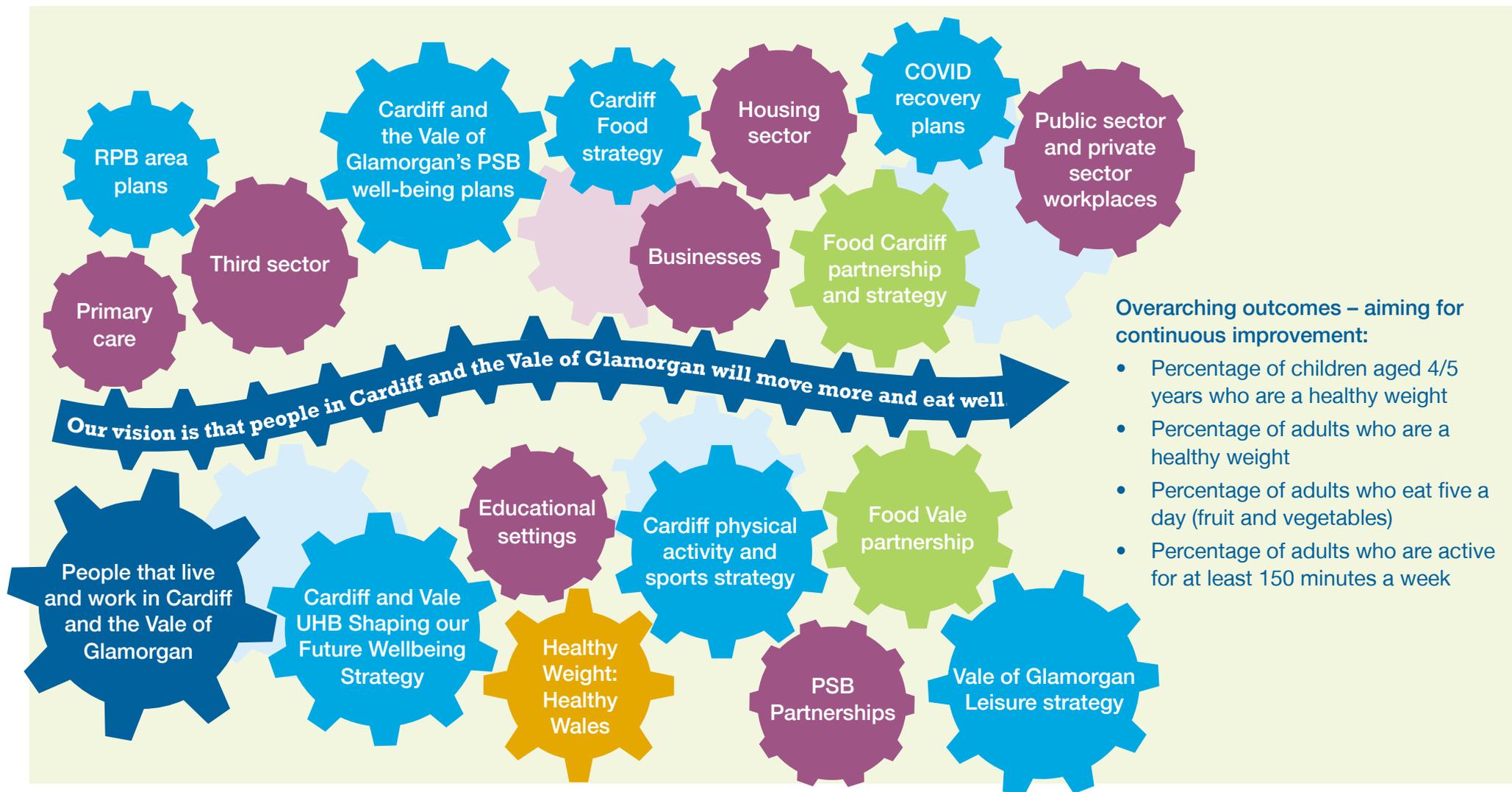
Overarching programme progress

Progress we have made	Way forward for 2021-2022	
	Key action	Key outcomes
Collaborative action and planning		
<ul style="list-style-type: none"> Commenced work with partners in January 2021 to identify 20/21 progress, further scope and develop the action areas for 21/22. Links between partner organisations made, and opportunities for organisations to work together to deliver local activity relating to healthy eating and physical activity aligned to the Plan taken forward. 	<ul style="list-style-type: none"> Seek opportunities to align the Plan to local and national strategic developments. Identify and engage additional partner organisations from across the system that can contribute to progressing the Plan and work collaboratively. Continue to link action across the Plan and combine the efforts of different organisations. 	<ul style="list-style-type: none"> An increase in the number of strategic opportunities taken to progress Move More, Eat Well related action. An increase in number of partners engaged in the Plan.
Communication and engagement		
<ul style="list-style-type: none"> Dedicated Move More, Eat Well website developed in Welsh and English providing a key platform with which to link individuals and organisations to resources, delivery partners as well as share examples of good practice. Move More, Eat Well social media presence established. This has steadily increased. By the end of March 2021, the twitter account had a total of 242 followers on the platform, with 318 mentions from other Twitter profiles and 398 likes from posts shared. Commenced development of a Move More, Eat Well communication and engagement strategy. Undertaken an equality impact assessment for the Plan which highlighted some specific population groups where further work to ensure engagement and adequate support to meet needs may be necessary. 	<ul style="list-style-type: none"> Further develop the Move More, Eat Well communication and engagement strategy by embedding a behavioural science approach to ongoing communication and engagement. Build Move More, Eat Well social media presence and further develop website to showcase local activity through 'share your story' mechanism. Gather insight relating to the specific population groups highlighted through the equality impact assessment and use findings to inform ongoing communication and engagement/intervention design. 	<ul style="list-style-type: none"> Move More, Eat Well 'Share your story' mechanism established and good practice shared. An increase in Move More, Eat Well social media followers. An increase in social media interactions. An increase in website visits. Insight relating to specific population groups to inform action gathered.
Monitoring and reporting		
<ul style="list-style-type: none"> Commenced work to identify relevant process and outcome measures that will help track the activity and progress of priority and action areas during year two and three of the Plan. 	<ul style="list-style-type: none"> Commence reporting against the process and outcome measures across the Plan, as collection and monitoring systems become embedded during year two. Continue to engage and support partners to contribute to monitoring and reporting their activity to ensure that as a collective effort, impact can be monitored. Regularly report across the partnerships. 	<ul style="list-style-type: none"> Progress updates provided at least every 6 months to Cardiff PSB, Vale PSB and the RPB. Profile of Move More, Eat Well raised across the partnerships and approach strategically endorsed.

Future opportunities across the system

At both a national and local level, further alignment of the Move More, Eat Well Plan to the strategic developments relating to healthy weight, food and physical activity will be key to moving the Plan forward and achieving system level change. The emerging link between excess weight as a risk factor for COVID-19, places greater emphasis on the importance of key stakeholders working in collaboration towards the vision outlined within the Plan.

Move More Eat Well Plan: a systems approach



Progress against the overarching outcomes

Against the overarching outcomes, data released during the first year of the Plan is presented below. Due to a lag in reporting, the figures presented relate to data captured prior to the launch of the Plan and will be taken as baseline measures. With the aim of seeing continuous improvement, an update on the collective progress made against these outcomes will be monitored and reported annually and in line with data release.

Overarching outcome		BASELINE	
		Child Measurement Programme data* <i>Data relates to measurements taken during the school year 2018/2019*</i>	
1.	Percentage of children aged 4/5 years who are a healthy weight*	C&V UHB	76.7%
		Cardiff	75.6%
		Vale of Glamorgan	80.1%
		Wales	72.4%
Overarching outcome		National Survey for Wales data** <i>Figures based on 2018 -2019 & 2019-20 combined data</i>	
2.	Percentage of adults who are a healthy weight	C&V UHB	42%
		Cardiff	43%
		Vale of Glamorgan	36%
		Wales	38%
3.	Percentage of adults who eat five a day (fruit and vegetables)	C&V UHB	32%
		Cardiff	34%
		Vale of Glamorgan	26%
		Wales	24%
4.	Percentage of adults who are active for at least 150 minutes a week	C&V UHB	57%
		Cardiff	57%
		Vale of Glamorgan	55%
		Wales	53%

* The 2020 Annual Child Measurement Programme data release was delayed due to COVID (Data released March 2021).

Data reported relates to measurements taken during the school year 2018/2019 and will be updated once more recent figures become available

**National Survey for Wales data update released July 2020. Figures based on 2018-19 & 2019-20 combined data

Progress against priority areas

Overall, progress against the priority areas of the Plan has been affected by the pandemic. However, some partners have continued their delivery adapting to meet the needs of their audience and the restrictions of coronavirus measures. This has brought about some valuable learning and experiences which will inform ongoing scoping and collaborative planning for 21/22.

The following outlines against the 10 priority areas; **key achievements during 20/21** as well as **key actions and outcomes for 21/22**



Priority pledge:

We will systematically improve the food and physical activity offer in educational settings

Some of the key achievements:

- Cardiff Healthy Schools Scheme launched their 'Healthy Lunchboxes for You' toolkit for primary schools.
- Bilingual lists of training and resources opportunities distributed amongst all pre-school settings across the Vale of Glamorgan.
- 12 additional projects in support of moving more and eating well establishing in settings through a Vale of Glamorgan Healthy and Sustainable Pre-School Scheme grant scheme.
- 29 childcare settings within Cardiff and Vale of Glamorgan provided telephone support by the Public Health Dietitians Team as part of the GOLD Snack Award.
- One school in the Vale of Glamorgan achieved a phase 6 Healthy Schools Award recognising their whole school approach to Food and Fitness.
- Families supported to remain active throughout lockdown by the Vale Healthy Living Team through; 32 loan equipment packs distributed amongst Flying Start settings and 'Healthy, Active and Outdoor' sessions enabling 64 children from a very targeted area of deprivation to become more active.
- 17 schools commenced 'Real PE' programme of training with Sport Cardiff.
- Over 6,000 participants engaged in a variety of challenges throughout the year through The Vale Healthy Living Team's virtual approach to their annual festivals and competitions.
- Partnership summer schemes; 'Cardiff Summer Squad' between Cardiff Council and Public Health Dietitians engaged over 130 children in Cardiff and 'The Pavilion' between Vale of Glamorgan Social Services and The Vale Healthy Living Team engaged 60 children in the Vale of Glamorgan.

Key actions for 21/22

- Ensure action relating to the educational settings priority area aligns to local and national strategic developments and opportunities.
- Engage pre-school and school settings in a Move More, Eat Well baseline survey that will help to inform ongoing collaborative action.
- Enable more schools and pupils to participate in holiday activities during the summer of 2021 through Welsh Government funding for school holiday enrichment programmes (SHEP) across both local authorities.

Key outcomes for 21/22

- Baseline measures across pre-school and school settings established.
- An increase in the number of settings improving their whole setting approach to food and fitness.
- An increase in the number of schools with an active travel plan.
- An increase in the number of children accessing SHEP across Cardiff and the Vale.

Cardiff Summer Squad

Cardiff Summer Squad delivered practical food making sessions during summer 2020; during which, sessions were adapted to meet the current restrictions of COVID-19 for the schools. The aim of this project was to:

- Support vulnerable children during the summer holidays
- Offer enrichment activities and opportunities for physical activity
- Learn as part of food and nutrition sessions while allowing re-engagement into education.

The scheme was run by the Cardiff and Vale Nutrition and Dietetic Service in partnership with Cardiff Council. Ten sessions for eight out of eleven schools were provided for the Cardiff Summer Squad reaching over one hundred and thirty children between Reception and Year 10. The practical food making sessions included making healthy wraps, a noodle-based dish and breakfast pots. The children were also encouraged to take the meals home to show their families what they had made during the day.

Recipe cards and certificates were also given to support making positive

changes to meals and snacks by choosing healthier options following Cardiff Summer Squad, this also recognised the children's achievements.

All of the staff who had been previously trained by Cardiff and Vale UHB as part of Nutrition Skills for Life™ programme embedded and delivered nutrition sessions in their schools as well. Over 70% of the children completed an evaluation of which 84% rated the sessions as 'good' and 74% found the sessions 'useful'. The majority of children involved stated they would share the recipes with friends and family at home. Observations from dietetic staff highlighted that children trialed new foods and enjoyed the practical elements of the sessions. Children were also pleased to be taking something home to show their families. Children were able to participate in making and tasting new healthy foods as well as being engaged in enrichment activities, physical activity and learning such as nutrition skills and healthy meals.



Vale Play Pavilion



Whole school approach to food and fitness

Oak Field Primary School worked together to achieve the Healthy Schools award and also implement a Whole School Approach to Food and Fitness. The aim of this project was to improve the food and physical activity offering within the school by:

- **Achieving the Phase 6 Healthy Schools award.**
- **Developing and undertaking an assessment of a Whole School Approach to Food and Fitness using the Welsh Network of Healthy Schools Scheme and National Quality Award Food and Fitness indicators.**

The primary school was supported by the Vale of Glamorgan Healthy Schools Scheme to audit their approach to Food and Fitness using the National Quality Award indicators during the Autumn Term 2020. As well as the support from the Healthy Schools Team and the In School Healthy Schools Co-ordinators, pupils were also involved in preparation and assessment process.

Undertaking the action plan and identifying gaps in provision, as well as changes to the provision as a result of the emergency school opening periods during COVID-19, allowed the school to be virtually assessed for the Phase 6 award in February 2020.



The assessment explored some of the initiatives to promote healthy eating and found that all classrooms have a kitchen area where pupils can learn to prepare and cook food. The youngest pupils were able to make their own snack every day and their lunch once a month. Pupils also grow vegetables, some of which are then used for cooking. The school also set up 'The Big Bocs Bywd', a scheme which provides local families with healthy food options. The school was put forward as a good exemplar to the Food Vale Co-ordinator, with pupils and the school subsequently appearing as part of their Food Vale promotion video.

Half Wower

Gladstone Primary School implemented an active start to the day initiative to encourage physical activity amongst pupils. The 'Half Wower' initiative aims to:

- **Engage children in a half hour of physical activity at the beginning of every day.**
- **Help children feel awake, energised and ready for learning.**

To offer an alternative to the 'Daily Mile' the school felt they needed something different to keep the children motivated and meet their individual needs. Gladstone Head Teacher visited Ysgol y Deri in Penarth, where they observed the schools daily 'boot camp' and this is where the idea of a 'Half Wower' at Gladstone was formed. In January 2019, the Sport and Physical Education Council (made up of children across Key Stage 2) launched the Gladstone 'Half Wower' for all children age 7-11.

The Sport and Physical Education Council embraced the challenge and surveyed the children and staff to find out what activities would be most enjoyable.

The children are able to choose to participate in their preferred activity with this changing every half term with activities such as boxing, cheerleading, circuits, football, playground games and yoga. With background music playing, and a sense of fun in the air, children and staff enjoy the active start and learn that activity is a pleasurable experience.

An important part of this initiative is that the children are able to choose their activity to take part and are more likely to positively engage with the activity. The different activity groups were made up of children of all ages, across Key Stage 2, with different age groups mixing and participating. Staff supported the initiative and also chose one activity to oversee each morning and as such the school day has been organised so that everyone can have an active and enjoyable experience. Staff have noticed improved behaviour and concentration from many pupils since the 'Half Wower' has been introduced and after the exercises the children are wide awake, more focused and ready to learn.



“It is good for the children to get fresh air and release energy each morning – it makes them calmer and more able to concentrate.”

Mrs Jefferies, Class teacher.

“We enjoy Half Wower as we love being outside with our friends first thing.”

Pupil Year 5.

Redeveloping the outside play area

Westend Playgroup re-developed their outside play area which aims to:

- **Encourage outdoor active play, by enhancing the existing outdoor area and making it more attractive and exciting for children.**
- **Help children learn to grow fruit and vegetables, which encourages them to take an interest in healthy food from a young age and learn how to nurture a living thing.**

Staff at the Westend Playgroup wanted children to use the outdoor area more and felt the space would benefit from new outdoor play equipment to add excitement and interest. Staff also wanted to encourage children to use their imagination and work together to role play, and consequently be more physically active. Using a small grant provided by the Vale of Glamorgan Healthy and Sustainable Pre- School Scheme, an outdoor play tunnel which encourages the development of gross motor skills was purchased and the grant was also used as part payment for a shelter to be used for outdoor activities when it is raining or too sunny.

The playgroup worked with the Community Centre management committee and the Vale of Glamorgan Council to advise the setting on planning for the new shelter.



The playgroup now has a well-maintained outdoor space where children grow flowers and vegetables. This is important as the experiences children have in their earliest years can influence them for the rest of their lives. As they began to use the outdoors more, the staff team noticed that the children were motivated to go outside more and wanted to increase the range of opportunities available for active play.

Subsequently, the Playgroup Manager and Deputy Manager went on a training course for 'being creative with the outdoors', as part of their commitment to developing outdoor play further. The staff team are positive about using the outdoor space and are generating creative ideas for developing use of the shelter and the vegetable and plant patch.



The children were delighted to see their 'new look' outdoor area and were keen to play outside whatever the weather and are asking staff to play outside every day. The staff found that children formed different friendships when playing outdoors and as such develops their social and emotional skills. After energetic outdoor play, children are then ready to sit and focus on an indoor activity.



Priority pledge:
We will ensure that planning will create healthy environments

Key achievements:

- Review of application of LDP health policies being used in planning decisions for major housing developments in Cardiff.
- Schemes to support green spaces and improve opportunities for formal and informal play implemented in the Vale of Glamorgan.
- Mapping of food environment (access to fruit and vegetables) in four deprived areas in Cardiff undertaken.

Key actions for 21/22

- Cardiff Council will continue the review of their LDP. As part of its review process, Cardiff Council will undertake its Integrated Sustainability Appraisal in 2021, which will include a Health Impact Assessment.
- Vale of Glamorgan will formally commence a review of its Adopted Local Development Plan (2011-2026), which will provide the Council with the opportunity to work with partners to develop policies that embed wellbeing and health agenda within land use planning framework.
- Take forward intergenerational project around planning design and health and wellbeing.

Key outcomes for 21/22

- Cardiff Integrated Sustainability Appraisal undertaken.
- Review of Adopted Local Development Plan in the Vale commenced.

Priority pledge:
We will create an environment and culture which supports healthy travel



Key achievements:

- Significant progress on agile/remote working commitments as part of Cardiff and Vale Healthy Travel Charters.
- Business Healthy Travel Charter launched.
- Nextbike expanded in Cardiff, introduced in the Vale of Glamorgan.
- E Cycle hire scheme established in Penarth.
- Interactive travel network map consultations launched in both areas.

Key actions for 21/22

- Support Charter signatories to increase the number of commitments they have met by end of 21/22, compared with April 2021 baseline, and determine whether an extension to the original timeframe of completion by April 2022, is required due to COVID-19.
- Renew focus on promoting Business Healthy Travel Charter and achieving new sign-ups.

Key outcomes for 21/22

- An increase in the number of commitments met in Cardiff and Vale Charters by end of 21-22.
- An increase in sign-ups to the business charter.

Planning and designing a child friendly community

Ysgol Plasmawr Secondary School (Cardiff) and St Athan Primary School (Vale) worked alongside Cardiff and the Vale Public Health Team, Cardiff Council, Vale of Glamorgan Council and the Child Friendly Cities Team to build knowledge and inspire children and young people about planning and designing a child-friendly community. The project aimed to:

- **Enable young people to play an active part in developing plans for housing developments, which has a focus on improving health and wellbeing, sustainability and environmental protection.**
- **Provide children and young people with education and insight into planning and design, and to empower them to design local housing developments in a way that would benefit the health and wellbeing of the people who would live there.**

Two sites were identified within Cardiff and in St Athan, which have been designated for housing development. School pupils were offered the opportunity to work with the local authorities, development consultants and architects to plan the designs of the two

housing developments, from the perspective of improving health and wellbeing.



Pupils in Ysgol Plasmawr, worked with Wates Residential and Powell Dobson Architects to plan and design a site in Cardiff, which was the location of the former Eastern High School. The pupils undertook four sessions with the design team, including a visit to the site. Elements that the pupils considered and designed included the use of low carbon energy sources, reducing pollution levels through provision of charging points for electric cars, low speed limits, and cats' eyes that inhale exhaust fumes, the inclusion of green space, sensory gardens and play areas, considering the development of communal spaces such as 'friendly benches', allotments and outdoor gyms as well as considering the design of housing so that they were efficient and incorporate communal spaces. In the Vale, pupils from St Athan Primary School utilised the Welsh Government 'Planning Our Wales' resource to learn more about the planning process.

The pupils had a lesson with a planner from the Vale of Glamorgan Council which covered what planning is, discussed ideas about environmentally friendly design and what the plans were for the land near their school.

Nextbike staff membership

Cardiff and Vale UHB have been encouraging staff to use healthy travel through the facilitation of Nextbike staff membership. The aim of this initiative is to:

- **Support staff and visitors to walk, cycle and use public transport when accessing Cardiff and Vale UHB sites.**
- **Increase and promote access to bicycles at work, through public cycle hire schemes such as Nextbike via corporate membership.**

The 2017 Director of Public Health Report, 'Moving Forwards: Healthy Travel for all in Cardiff and the Vale of Glamorgan' set out the case for changing the way people travel. Reducing society's reliance on the car has a wide variety of positive impacts including on sedentary behaviour, cardiovascular disease, cancer, employee wellbeing, social isolation, air quality and carbon emissions (noting also the recent declarations of a climate emergency by Welsh Government, Cardiff Council, and Vale of Glamorgan Council).

Cardiff and Vale UHB signed up to the Cardiff Healthy Travel Charter in April 2019, committing to fourteen actions over the next three years to support staff and visitors to walk, cycle and use public transport when accessing our sites and carrying out work. One of the commitments relates to increasing access to bicycles at work, which has been in part addressed by promoting and supporting public cycle hire schemes such as Nextbike via corporate membership.

The importance of staying active for both physical and mental wellbeing during the last twelve months and in particularly during the COVID-19 lockdowns was communicated to residents and staff with guidelines for using Nextbikes during the pandemic released. The corporate membership continued to run over the last twelve months, the fleet of bikes remained fully operational for customers, who could use the bikes to get their daily dose of exercise and for essential trips. The bikes were regularly maintained and cleaned by their service team.



The inaugural food festival brought virtual attendees from across the Vale together to celebrate local food producers and businesses, whilst highlighting Food Vale's three key aims to

1. ensure a good meal for everybody every day
2. support local food businesses to thrive
3. connect local and global food opportunities.

Activities included video cook-a-longs, scavenger hunts, Twitter takeovers, virtual garden tours, and online discussion sessions. Through these activities, the festival shone a light on opportunities for improving the local food system post-COVID-19.

Three new films were created to showcase some of the most sustainable and inspiring local food stories from the local area and shared on Food Vale's social media channels throughout the festival period. Views of the videos exceeded 5,000.



Priority pledge:

We will champion the food and physical activity offer in workplaces

Key achievements:

- Healthy food standards implementation toolkit and communication resources including food and drink signage materials developed.
- Healthy workplace principles developed and three infographics aimed at employers and employees produced. The Welsh and English infographics were shared through the Move More, Eat Well twitter account. A total of 4 posts resulted in, 28 retweets and 37 likes.

Key actions for 21/22

- Launch the healthy food standards toolkit to support PSB partners committed to offering healthier food at their sites.
- Use the 'healthy workplace principles' as a framework with which to progress PSB organisational level action from across the Move More, Eat Well Plan, prioritising actions most relevant to each PSB partner, and in support of their approach to workplace health.
- Ensure that the progress, learning and practice of PSB organisations is shared.

Key outcomes for 21/22

- An expansion in the number of PSB organisations signed up to healthy food standards.
- An increase in the number of PSB organisations working towards the Healthy Workplace Principles.

Workplaces

Workplaces have undergone many changes due to the response to COVID-19. Employees may have had breaks from working, changes to their working pattern or place of work. They are coming back to work in very different environments with social distancing and other measures in place for the foreseeable future.

We all need to move more and to eat well to stay fit and healthy and to enjoy life. Help create supportive environments for your workplace using these principles. Further information and resources can be found on our website: www.movemoreeatwell.co.uk

#MoveMoreEatWell

Stay at least 2 metres apart from others in a work environment whenever possible

Wash your hands frequently throughout the day for at least 20 seconds

Don't congregate in break rooms, work rooms or other common areas

Stagger breaks, mealtimes and working shifts if possible

Healthy Working Principles

Support employees to make healthy travel choices

Communicate regularly with employees on support and resources for their health and wellbeing

Support employees to stay hydrated

Encourage employees to maintain a work/life balance

If you provide food, ensure healthy options are available

Listen to feedback from employees on what they find helpful to support their health and wellbeing

Check your policies are supportive of employee health and wellbeing

Consider activities or wellness challenges to embed healthy habits at work

GIG
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 Cardiff and Vale
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Priority pledge:

We will ensure that advertising and marketing is healthy

Key achievements:

- Veg Power's Eat Them to Defeat Them bilingual school assets sent to 50 schools (Cardiff) and 25 schools (Vale of Glamorgan).
- Food Vale website developed and Food Vale Festival held.
- Scoping healthier food advertising across Cardiff and Vale UHB sites commenced.
- Digitalisation of training and virtual delivery of physical activity to help people move more taken forward.
- Development of a collaborative social marketing campaign to empower communities 'to move' led by Sport Cardiff and in partnership with the Central South Region underway.

Key actions for 21/22

- Recruit schools for the delivery of the Eat Them to Defeat Them campaign during June 21.
- Food Vale to host local events and festivals aligned to the charter themes and establish a Food Vale charter/pledge system.
- Build on the initial scoping undertaken across Cardiff and Vale University Health Board sites to progress healthier food advertising.
- Use the commitment to restrict junk food advertising within the Cardiff Food Strategy as an opportunity to drive forward the priority area in Cardiff and explore opportunities to align and progress in the Vale.
- Plan for a local 'healthier food advertising event' that brings together PSB partners to co-create common principles for a wider public sector approach to healthier food advertising.
- Amplify the collaborative campaign to empower communities to 'move more' through Move More, Eat Well communication channels.

Key outcomes for 21/22

- An increase in the number of engagement events and festivals hosted by Food Vale.
- Opportunities for healthier food advertising across Cardiff and Vale UHB sites, Cardiff and the Vale of Glamorgan identified and taken forward.
- PSB commitment to co-develop the region wide approach to healthier food advertising secured.
- Collaborative social marketing campaign delivered.



Priority pledge:
We will create a water refill region to promote healthy hydration

Key achievements:

- Refill workplace toolkit developed including information, social media assets, posters and a drinking chart to support organisations.
- Hygiene advice guidance created by Refill Wales and shared locally.
- Three Refill stations on Cardiff and Vale UHB sites installed, two at St David’s Hospital and one at Barry Hospital, project managed by Cardiff and Vale Health Charity.

Key actions for 21/22

- Work in partnership with Refill Wales to increase the availability of refill water stations and water across settings.
- Launch the Refill Workplace Toolkit.

Key outcomes for 21/22

- An expansion in the number of Refill water stations.
- An increase in the number of organisations using Refill Workplace toolkit.

Priority pledge:
We will create an informed workforce and population



Key achievements:

- 205 staff and 37 community members participated in Nutrition Skills for Life™ (NS4L™) courses.
- 9 health care staff participated in MECC (Level 2) training and 120 pharmacy students in MECC (Level 1) training.
- Development of a suite of training opportunities in order to grow capacity and up-skill community-based physical activity providers underway in Cardiff.
- Through the Creating Confident Coaches project in the Vale of Glamorgan, 15 courses delivered to over 100 participants from 30 different clubs/ organisations.

Key actions for 21/22

- Roll out virtual delivery of NS4L™.
- Continue to work with and support partner agencies from public and third sector organisations to embed the all Wales NS4L™ training model into their work plans.
- Promote the Making Every Contact Count (MECC) e-learning package as part of work with public sector organisations and taking forward ‘healthy workplace principles’.
- Further develop bespoke training packages to support the community-based workforce across both areas.

Key outcomes for 21/22

- An increase in the number of Level 2 Community Food and Nutrition Skills trained staff delivering Level 1 accredited programmes.
- An increase in the number of learners completing MECC training.
- An increase in the number of community-based workforce completing physical activity training opportunities.

Refill Region

Cardiff and Vale UHB have been increasing their Refill Stations for use by patients, visitors and staff. The aim of this initiative is to:

- Increase access to free drinking water for patients, visitors and staff.
- Cut down on plastic waste from single use bottles.

Three water stations were funded by Cardiff and Vale Health Charity and installed on Cardiff and Vale University Health Board sites. One opened at Barry Hospital and two at St David's Hospital to allow the free access to water. These locations will be added to the Refill app which the public can search to find Refill points once current COVID-19 restrictions are lifted.

Research has shown that the average adult buys more than three plastic water bottles every week – a startling one hundred and seventy-five bottles every year per person. In total, some 7.7 billion plastic bottles are bought across the UK each year, resulting in substantial amounts of single-use plastic waste ending up in the oceans.

The water refill station installed at Barry Hospital in June 2020 to date has re-filled almost four thousand bottles, even during the pandemic when footfall at the hospital had considerably reduced.



However, due to the current restrictions on the public using the sites, the full impact of these water stations has yet to be seen. In time, they will contribute to it being easier for people to stay hydrated whilst on Cardiff and Vale hospital sites and cut down the amount of plastic waste

Further stations are planned in the near future for other sites across the Health Board.

Local Champion Sue Dickson-Davies from Cardiff & Vale Health Charity who has been leading on this project at St. David's and Barry Hospital stated:

“The installation of the water refill station at Barry Hospital has proved so popular with staff and visitors to the site, and we have received fabulous feedback and requests for similar water machines across the Health Board.”

Little Cooks

Cooking Together Wales and Cardiff Healthy Schools and Pre-Schools Team undertook 'Little Cooks' virtual training sessions to give staff the knowledge and confidence to deliver a range of healthy cooking and food related activities within the setting. The aims of the sessions were to:

- **Discuss the importance of healthy cooking and food activities and how they can fit into day-to-day curriculum planning.**
- **Discuss ideas for cooking activities during COVID-19 restrictions.**
- **Provide ideas on how to promote healthier lunchboxes and celebrations with pupils and parents.**
- **Raise awareness of a range of online resources available to promote healthy eating and lifestyles.**
- **Discuss how food activities can be delivered safely and hygienically.**
- **Demonstrate a selection of the Little Cooks recipes and discuss a range of food activities.**
- **Undertake a virtual 'cook-a-long'**

The Healthy Schools and Pre-school Team adapted the 'Little Cooks' full day training to be carried out virtually using Microsoft Teams. With the support of Cooking Together Wales, a ninety minute session was devised to cover the key aspects of the course. All the documentation and resources linked to the session were available to participants using a link to the website. A total of three sessions took place during March 2021 for pre-schools and primary schools with staff across all primary schools and pre-school settings that are part of the CHaSPS (Cardiff Healthy and Sustainable Pre-School Scheme) being invited to take part. Pre-school settings were also sent a child-safe 'dog knife' to use in practical sessions.



The sessions were attended by seventeen primary school staff from nine different schools and thirty-three pre-school staff from fourteen different settings. Participants were enthused with ideas to take back to their settings and were asked to record any activities they organise as useful evidence for their portfolios. Participants responded well to the virtual session with supporting information being made available on the website to facilitate the session.

The returned post-training questionnaires revealed that all participants thought the training was very good and would recommend it to colleagues as well as providing increased confidence in carrying out practical cooking activities with pupils.

Participants stated:

“Thoroughly enjoyed the training, lots of ideas and resources to look into!”

“The skills provided to teach the children and the links to each Area of Learning Experience.”

“Reminding me how much fun it is to cook with children in school and the risk assessment with COVID update.”



Priority pledge:
We will create healthy and sustainable food procurement systems

Key achievements:

- Sustainable Food Procurement practical toolkit in development.
- Cross- sector procurement group establishing to include representation from Food Cardiff, Food Vale, Cardiff Council (catering and procurement), Cardiff University, Cardiff Met, supplier Castell Howell, Cardiff and Vale University Health Board, NHS Shared Services and Wales Independent Restaurant Collective to oversee this work going forward.

Key actions for 21/22

- Through the work of the cross-sector procurement group, finalise and disseminate the Sustainable Food Procurement Toolkit as part of working towards embedding principles of healthy food procurement across public sector bodies.

Key outcomes for 21/22

- An increase in the number public sector organisations engaged in developing healthy and sustainable food procurement policies.

Priority pledge:
We will support communities to be healthier



Key achievements:

- Food benefits cascade training (level 2) reached representatives from 3 organisations.
- Over 1,000 food benefits schemes leaflets distributed via partners and through food banks/food parcel distribution centres.
- National Healthy Start Scheme social media campaign undertaken and amplified locally.
- 38 Food for Life Get Togethers held since June 2019.
- 3 live virtual classes developed in the 60+ Leisure Scheme pilot with 42 community members participating across the Vale of Glamorgan.
- Sport Cardiff and the Vale of Glamorgan Healthy Living Team recruitment commenced for posts that will take forward action against the delivery of the Move More, Eat Well Plan.
- Soft launch of Hapi Cymru (Cardiff and Vale) with 4 targeted Facebook posts, generating 75 new page likes from Cardiff and Vale residents.

Key actions for 21/22

- Produce digital resources to gain further reach with public messaging and delivery of food benefits training.
- Establish and develop the 'My Food Community' programme for good food champions in Cardiff and the Vale of Glamorgan.

Key outcomes for 21/22

- An increase in the number of staff trained at level 2 and organisations delivering the food benefits cascade model.
- An increase in the number of organisations supported to hold Get Togethers in Cardiff and the Vale of Glamorgan.

Key actions for 21/22	Key outcomes for 21/22
<ul style="list-style-type: none"> • Use the opportunity presented through Sport Cardiff and the Vale of Glamorgan Healthy Living Teams' implementation of the 60+ Leisure Scheme, to target provision of physical activity opportunities to those that are currently inactive or the least active. • Launch 'Hapi Cymru' in Cardiff and Vale and the Vale of Glamorgan; target support and project activity, delivered in partnership to the most deprived communities. 	<ul style="list-style-type: none"> • An increase in the number of older people engaging in physical activity projects. • An increase in the number of people engaged in community activities delivered by the Hapi Cymru following referral.

Priority pledge:
 We will support people to become a healthy weight



<p>Key achievements:</p> <ul style="list-style-type: none"> • Scoping and mapping food and physical activity related social prescribing opportunities underway. • HealthPathway for physical activity developed. • Nutrition for Your Little One (NYLO) nutrition programme for families launched with website, digital resources and social media assets developed. • NYLO virtual group pilot held with 6 families and weekly virtual NYLO clinic established. • App to support women during pregnancy to eat well and promote a healthy weight gain under development. • Delivery of a series of motivational interviewing workshops targeted at health care staff to support them in raising the issue of weight and how to have a positive conversation around managing weight underway. • Recruitment underway and service model for weight management services in development. • Electronic clinical record for specialist adult weight management service in development. • Partnership with leisure service providers established across both areas to enable people requiring support to manage a healthy weight to access leisure services. • AWDIG (All Wales Diabetes Implementation Group) pre-diabetes pathway for Wales in place, with initial part roll out with evaluation across Wales planned. 	
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Key actions for 21/22	Key outcomes for 21/22
<ul style="list-style-type: none"> • Map current provision of food related activities by primary care cluster across key areas relating to; food access, healthy eating and food growing. • Develop and pilot social prescribing approaches for food and physical activity. 	<ul style="list-style-type: none"> • Provision of food related activities mapped and shared with Primary Care Clusters. • Social prescribing approaches for food and physical activity piloted. • An increase in the number of Foodwise in pregnancy courses and family-based programmes delivered. • Put Cardiff and Vale UHB forward to be part of the pilot.

Key actions for 21/22	Key outcomes for 21/22
<ul style="list-style-type: none">• Promote widely the physical HealthPathway amongst primary care, and disseminate the physical activity prescription pads.• Through the NYLO programme; continue to support families to build knowledge, skills and confidence in eating well, ensure staff feel confident delivering consistent food and nutrition messages to families and expand virtual NYLO groups to twice a week, enabling more families to participate.• Commence children and adult weight management service delivery.• Utilise opportunities presented through the inclusion of the pre-diabetes pathway for Wales in the Healthy Weight: Healthy Wales delivery plan (2021 to 2022) and an initial part roll out with evaluation across Wales led by Public Health Wales, to put forward Cardiff and Vale University Health Board to be part of the pilot.	

Cardiff Growing Together

In response to COVID-19 the Food for Life Get Together adapted their small grant offer to give grants of £1,000 to enable communities to respond quickly to support people with access to food across the city and delivered this project collaboratively with other partners as 'Cardiff Growing Together.'

In Cardiff, four organisations applied to provide growing kits and offer tips to people in different parts of the city.

The Food for Life Get Together team, identified the potential for joining these projects together and how the Food Cardiff team could support with the collaboration of this project. From initial discussions with the Sustainable Food City Coordinator for Food Cardiff, they identified that there were other organisations also planning similar activities, some of which had received funding from other organisations. This partnership worked together on feasibility – what kind of plants, how they would be distributed, sharing best practice and logistics.

By joining together, the four growing organisations who received a COVID-19 grant, were able to reach an additional four hundred and fifty households than planned. The collaboration between Food For Life Get Together and Food Cardiff enabled them to



have a picture of what was happening across the city so they could help with any issues and share advice and best practice. As a result, nearly fourteen thousand plants, seeds and growing kits were distributed to families across Cardiff during lockdown to encourage people to grow their own fruit and vegetables at home.

The team of seventy volunteers from sixteen community groups came together to help grow and distribute plants and seeds to more than three thousand household, care homes and foodbanks.

Additionally, the volunteers also taught people how to look after and maintain growing their own food with thirty-one different online classes. Some of the activities involved how to cook with the food grown, including four weeks of salad growing leading to creating a meal using the produce. Over 75% of people who engaged with the project, had never grown food before. Many did not have a garden and were able to grow food on windowsills, balconies and in communal areas.

Furthermore, the Autumn festival featured fifteen virtual events, thirty in person activities with at least two thousand two hundred and seventy-six people involved, five thousand vegetable plants distributed, and one thousand three hundred meals shared.

Cardiff Growing Together led to an increase in wellbeing during lockdown and helped people learn new skills whilst increasing the amount of fresh produce people had available. Participants have maintained engagement with the organisations involved, with one organisation supporting one hundred families on a WhatsApp group sharing growing tips. The project also led to Bute Park nurseries being used more by a variety of groups and supported part an Edible Cardiff funding bid which has been successful.



As part of 'Cardiff Growing Together', Grow Cardiff worked in partnership with South Riverside Community Development Centre (SRCDC) offering vegetables and plants to local residents in Riverside, Cardiff as part of its preparatory work for their Move More, Eat Well project.

Each session generated a huge amount of interest, attracting around 70 local people, all of whom took away salads, vegetables and herbs to grow at home. Some Riverside residents were farmers in their countries of origin, and they were keen to share their growing and cooking skills with the team.

Plans underway for the Edible Spring Festival will also see people from across Cardiff have the opportunity to take part in a series of events as part of; garden open days, seed and plug plant giveaways, all intended to inspire and help people to grow wherever they live.

Food Cardiff COVID-19 response

To ensure that everybody in Cardiff could afford and access nutritious food during the pandemic Food Cardiff undertook a COVID-19 response project to address the following challenges that the pandemic posed:

- **People being unable to afford food in crisis.**
- **People who are unable to access food (self-isolation, service closures etc.).**
- **Local food businesses unable to open (having knock-on effects on food supply, workers' income etc.).**

Through Ask Cardiff 2020 survey, Food Cardiff were able to identify levels of food insecurity in Cardiff (in accordance with international standard), with over three thousand people responding to the survey between October-November 2020. The result showed that 1 in 10 respondents reported they had eaten smaller meals, or skipped meals completely because they could not afford food. Additionally the survey showed that respondents who identify as disabled, those under 35 years of age, and those living in the Southern Arc of Cardiff were most likely to report they had not been able to afford or access food. The full response of the Cardiff COVID-19 Food Response including the number of food parcels delivered across the city is available [here](#).

Food Cardiff convened a COVID-19 Food Response Task Group with key partners to co-ordinate a city-wide response for supporting the most vulnerable people in our communities. This group established a network of anchor organisations and food response partners to support the response:

- Anchor Organisations co-ordinated the volunteer responses in specific areas and acted as a point of call to other organisations, community groups or grassroots movements. Where possible, Anchor Organisations also acted as Food Response Partners.
- Food Response Partners supported the physical distribution of food in an area e.g. accepting referrals of people needing food, receiving and storing food for other organisations, community groups or grassroots movements.

Foodcardiff.com was relaunched as a COVID-19 information hub covering support for business, food access, cooking at home, growing at home and launched the #GoodFoodCardiff campaign to celebrate some of the positive things happening around the pandemic (e.g. reducing food waste, shopping local) and to bolster the COVID-19 food response across Cardiff.

Over forty-nine organisations were also involved in distributing or providing food aid in the city with the Food Response Task Group including key Cardiff Council departments, Cardiff 3rd Sector Council, Fareshare Cymru, Cardiff Foodbank, Cardiff Business School and Cardiff and Vale UHB, who together co-ordinated a city-wide response for supporting the most vulnerable people in our communities. The existing food partnership infrastructure (Food Cardiff) enabled the Food Response Task Group and Anchor Organisation model, which reduced duplication and maximised impact and the holistic and responsive approach undertaken by Cardiff Council ensured Cardiff residents could both access and afford good food. Many third sector organisations changed existing or accelerated developing projects to focus on the immediate food needs of communities and new grassroots groups such as the network of Mutual Aid groups were quickly and organically established.

Mind the Gap

Sport Cardiff have been working with a range of key stakeholders from across education, health and the third sector to support the mental health and wellbeing of partnering service users. The 'Mind the Gap' project aims to:

- **Support community mental health referrals, by reducing the gaps in participation, through the delivery of physical and digital activities.**
- **Inform and establish an efficient and accessible sporting continuum through the developed project steering group that includes sector experts.**
- **Up-skill community practitioners, facilitate engagement and raise awareness of mental health services that are currently accessible through this provision.**

Sport Cardiff are using its ongoing partnership with Ty-Canna's mental health outreach workers to enable the 'Mind The Gap project' to prolong delivery through online support, physical activity sessions with service users during lockdown and as restrictions began to ease.

The sessions for service users consist of a range of functional exercises, offering alternative movements, to enable service users to select which activity they would like to do, over the course of an exercise set (thirty second interval for a forty-five minute session). These sessions are delivered in partnership with Sport Fit twice weekly and utilise home equipment (tins, socks, baskets and toilet rolls) to create fun activities; whilst incorporating a supplemented catalogue of home workout exercises, provided by Met Active. Sport Fit continues to deliver and engage service users from within Ty Canna's day service, with online sessions being delivered on a weekly basis and additional resources being provided (Exercise Bingo) to extend physical activity, beyond these scheduled sessions. Since the partnership began the digital physical activity sessions involved upwards of three hundred engagements, physically and digitally. Delivering these sessions during the pandemic physically and digitally have enabled service users to maintain physical activity and re-engage in physical activity.



As part of this project, Sport Cardiff have developed a 'Mind The Gap' multi-disciplinary steering group, which has been established to collaboratively develop

a 'mental health and sport' programme, that is appropriate and relevant to individuals at risk/diagnosed with mental illness. This steering group is informed by the services of Cardiff and Vale UHB (mental health practitioners), social prescribers (ACE and WB4U), educational trainers (PAPYRUS) and Cardiff Metropolitan University. This group has explored current 'gaps' within provision across Cardiff, that can be actioned, using sport as a tool to support better mental health and wellbeing. The group help shape and inform the current and future provision in relation to delivery, signposting to local sport clubs and training/upskilling of organisations.

As a result, Sport Cardiff were able to engage local sports club and community practitioners in 'SPEAK' - Suicide Prevention training which engaged coaches and local sports deliverers.

Single Parents Wellbeing

In 2017 Single Parents Wellbeing was established to reduce isolation and loneliness for single parents. In support of this Single Parents Wellbeing developed a Move More, Eat Well project. The project aimed to:

- **Remove barriers for single parents in attending exercise classes.**
- **Build a community that focuses on exercise as a positive way to manage mental health.**

Single Parents Wellbeing is a peer led group and has a focus on mental health, they offer workshops that utilises the skills and experience of members including online safety training, money advice and play therapy. In person and virtual gatherings around crafts, book club, art club and socials are also available. Single Parents Wellbeing encourages members to connect via social media, writing blogs, making a video for the You Tube channel and provide information for the Single Parents Wellbeing resource page. They also offer many volunteering opportunities as well as Peer Lead Approach Training.

The Move More, Eat Well project initially started with outdoor 'meet ups' and walks which later developed into workshops allowing more ways for single parents to connect. Exercise classes, led by a professional instructor (also a single parent) were offered. The classes were child friendly, aimed at every ability and provided the opportunity for single parents to connect during the week around exercise which included weekly challenges and tasks.

During COVID-19 the classes were successfully moved online and team challenges such as a four million steps challenge were developed.

Training, bid guidance and support to the project was provided by Cardiff Third Sector Council (C3SC).



Participants stated:

“The Move More, Eat Well project is a lifeline for single parents during the COVID-19 pandemic - the easy access within the home to fitness with a friendly, motivational trainer who offers a workout to suit the needs a wide range of fitness levels whilst making children feel included is priceless. It kick starts very dark days with participants feeling energised and, more hopeful. This activity really makes a difference to the lives of single parents. Diolch o galon to the Single Parents Wellbeing group for organising this activity.”



“This is the first time in years that I have got into exercise and really noticed a difference in my body and health. And it’s all down to this group as it’s so motivating and you are part of a community that gets behind you and wants to see you do well. Plus the fact that the classes are child friendly and free are such a bonus as a single parent.”

Disability Sport Wales: Cope Cakes Workshop

In 2019 Disability Sport Wales was contacted by the Child Psychology Team at Cardiff and Vale University Health Board, who had developed a new coping skills workshop for children aged 8 to 14 with a physical health condition that were experiencing anxiety. The workshop was called 'Cope Cakes'. The aim of the workshop was to:

- **Deliver a fun and engaging movement session as one of the coping mechanisms for the children's anxiety.**
- **Talk to the children and their families about the benefits of physical activity for their general health and wellbeing.**

Cope Cakes workshops took place in Community facilities across Cardiff and the Vale that provided enclosed and safe spaces for the participants. A small number of families were invited to the workshop to ensure a higher level of interaction and support. The workshop began with an introduction from members of the Child Psychology Team and included conversation with the group using a number of Disney Pixar characters to facilitate a discussion on emotions.

The movement session included a discussion on the benefits of physical activity and to find out more about the children's experiences of

PE, sport and physical activity in general. The session emphasised that physical activity is different for each individual and explores their own likes and abilities in a positive way. Physical activities included rock paper scissors, tri golf, and boccia which were all well received. The Cope Cakes workshop also included creating a sensory box, yoga, silent disco with breathing techniques and making a mindfulness jar.

The session allowed for networking with the families and signposting information to appropriate clubs and sessions their children may enjoy.

The use of the Disability Sport logo or referring to disability sport to avoid additional anxiety or worry among the children was considered, as some of the children didn't necessarily consider themselves to be disabled. The decision was made to use their own organisation logo and kit and refer to inclusive sport rather than disability sport as it was felt more appropriate within the group. Additional support for children to join with local physical activity opportunities was acknowledged through the Cope Cakes workshop and options for providing additional support with this transition will be explored.

The workshop concluded that the majority of the children have had negative experiences of PE and physical activity. Through this workshop improvements on their relationship with physical activity were made by focusing on fun and inclusion. Improvements in confidence, motivation and knowledge of movement and physical activity were also seen in the children. One major outcome was the development of a strong working relationship between Disability Sport Wales and the Child Psychology Team over the past two years. This relationship is to be further strengthened by the introduction and launch of the new Disability Sport Wales Health partnership.

Due to the success of the Cope Cakes workshops, the Child Psychology Team have developed two new workshops for children with autism who are experiencing anxiety. Calmer Chameleons is aimed at primary school aged children and Worry Warriors is aimed at secondary school aged children. Due to the value placed on the movement and physical activity sessions, Disability Sport Wales have been asked to support the new workshops.

Food benefits training

Feedback from participants that attended Food benefits training:

“Explaining to Families what they can get in exchange for the vouchers and enable the kids to eat healthily starts a conversation with them then about what they feed the kids and has enabled conversations around the Eatwell Guide and portion sizes”

“The shops where they can be exchanged for some Families and the deals available eases financial pressures”

“Families who have recently accessed Healthy Start Vouchers have found the support to purchase fruit they may not normally buy has given them confidence to get the kids to try new foods/textures”

Feedback from families supported to access food benefit schemes by training participants when asked - *how are the vouchers helping your family?...*

“Kids eat a lot more fruit and veg that I only pay pennies for. I couldn't afford the amounts they eat without the vouchers”

“Saving money and buying more fruit and veg”

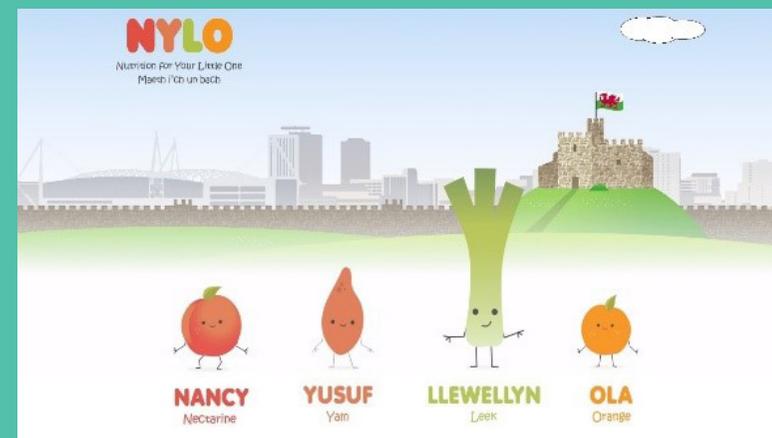
“Wouldn't be able to try new fruits without the vouchers”

Nutrition for Your Little One (NYLO)

www.NYLO.co.uk will be live early Spring.

The website will have:

- A section for parent/carers detailing the range of family courses available alongside useful information and resources.
- A section for Health Professionals containing a range of resources to share with families and details of training they can access.
- A secure log-in section for parents/carers attending the NYLO programme so they can access additional resources.



Motivational Interviewing training for midwives

Cardiff and Vale UHB midwives have participated in Motivational Interviewing training to further develop skills in broaching the topic of weight with their service users. The aim of this training was to:

- **Provide additional skills to midwives through Motivational Interviewing.**
- **Enable midwives to raise the issue of weight with service users.**
- **Enable midwives to have positive conversation about managing weight with service users.**

A series of Motivational Interviewing training workshops have been delivered during 2021 with health care staff, with the initial training delivered to midwifery staff. The training covered the core skills of Motivational Interviewing which included – Open questions, Affirmations, Reflective listening and Summaries (OARS).

In addition to the core skills, the structure and approach to sharing information and advice was also covered, each skill was presented in the context of midwifery practice to make it relatable for the learners.

Nine midwives attended the training session and gained knowledge and skills on approaches to raising the topic of weight and how to respond when a service user becomes upset or disengaged with the conversation. Videos were used along with suggested scripts to provide the participants with an opportunity to practice their skills through discussions and role play. An agenda map was used in the training workshops which the midwives found helpful in raising topics with clients, keeping focus on topics that need to be covered and more importantly, allowing clients to raise the topics that are important to them.

All the midwives who attended reported that using a Motivational Interviewing approach was relevant to their practice; with many of them reporting the use of more open questions, reflection with service users and the use of affirmations. They also reported the benefits of facilitating a Motivational Interviewing technique for delivering positive conversation about weight with service users.

The training enhances the skills of the midwives to enable complex and challenging conversations to be undertaken positively with individuals which includes the topic of weight.

Conclusion

Overall, whilst progress against the Plan has been affected by the COVID-19 pandemic and for some priority areas more than others, opportunities for collaboration, new delivery methods and engagement have also presented. As we move into the recovery phase of the pandemic, opportunities to align and progress action across the Plan to the recovery plans of each local authority, the future plans of the three partnership boards, longer term planning through Cardiff and Vale UHBs shaping our future work as well as the range of national and local strategic developments relating to healthy weight, food and physical activity should be sought. This will help to ensure that action across the Plan is driven forward system wide.

As a critical aspect of the COVID-19 recovery, it is vitally important that the people of Cardiff and the Vale of Glamorgan are supported to move more, eat well and achieve a healthy weight particularly those at greater risk. Developing an understanding of the impact that the pandemic and coronavirus measures have had on the population of Cardiff and the Vale of Glamorgan and their ability to move more and eat well is therefore key.

This will help to ensure that under the umbrella of Move More, Eat Well, ways to mitigate negative impacts as well as capitalise on the positive impacts are considered and incorporated into ongoing collaborative action and planning alongside communication and engagement.

To overcome restrictions placed on partners by coronavirus measures, many partners have had to adapt their projects and programmes and develop new approaches to delivery and engagement. Whilst it is recognised that this has at times been challenging, new approaches have also for some increased their capacity to deliver, their reach and ability to engage new audiences. It is important that lessons learned over the last year are shared and used to help shape ongoing delivery, communication and engagement.



#movemoreeatwell

Thank you to all partners that have contributed to the production of this progress report and for their continued work across Cardiff and the Vale of Glamorgan in supporting the population to move more and eat well.

For further information contact the Move More, Eat Well team

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