



Cymru Can Newsletter: Health and Well-being



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Cymru Can prioritise prevention

Wales cannot afford to keep treating preventable diseases without addressing their underlying causes.

We know [spending on prevention returns £14 for every pound invested](#) but we are still spending more than half of the country's budget on the NHS every year.

In my [Future Generations Report 2025](#) I called for public bodies to invest progressively more upstream towards primary prevention and include prevention as a core strategic objective in corporate strategies and planning.

Wales is yet to make this shift; this is why I have launched a national conversation through a series of roundtables to take place over the next 12 months.

I started by convening Directors of Finance and Resources from health and care bodies across Wales to discuss how we can shift our respective approaches.

Some of the challenges and opportunities for change raised included:

- Organisations reinventing the wheel instead of learning from already existing practice – we need to improve how we share and replicate good prevention practice.

- Progress is measured based on different frameworks, leading to siloed working and watered down action – we need to use the Well-being of Future Generations Act as the main framework for guiding and measuring impact.
- Communities are leading on prevention, but money is being funnelled to hospitals and urgent care – we need to reprioritise money into long-term solutions in communities and primary care.



While there is a long way to go before prevention is at the heart of how we operate in Wales, we are already making progress.

Marmot Cymru – next steps

Three local authorities in Wales (Neath Port Talbot, Denbighshire and Merthyr Tydfil) are [being supported to reduce health inequalities](#) and become Marmot places – a recommendation in our Future Generations Report 2025.

Through Welsh Government’s Marmot Cymru project, the local authorities will re-design their approach to public services alongside communities and the voluntary sector, and take action on the root causes of poor health including poverty, insecure housing, unequal access to education, and limited access to nature.

Cardiff and Rhondda Cynon Taf are also involved as ‘early adopters’, receiving some support and sharing good practice, and our team will be working with Welsh Government and the Institute for Health Equity to integrate the eight Marmot principles with the WFG Act’s seven well-being goals.

Budgeting for prevention

How we spend our money to support health is financially unsustainable. We need to transform how we structure our budgets in Wales, remove barriers to preventative spend and prioritise investment in things that make us healthier for the long-term.

We've worked with four public bodies (one Local Health Board, one national body and two local authorities) and [CIPFA](#) on a prevention mapping tool. We will launch the mapping tool in the next few months.

32 other public bodies have also committed to mapping their preventative spend and we will be offering practical support as they do this.



1 - [Movement 2025](#)

Over the next 12 months we will be following up across sectors to progress this work and ensure prevention is prioritised in how our public bodies operate.

Prevention is how we will keep our NHS and public services afloat. Prevention is how we become resilient and thriving, how we improve our health, protect our environment and create strong communities.

Cymru can.

Responses to the Future Generations Report

My [Future Generations Report 2025](#) set out 50 practical recommendations to public bodies in Wales on where they needed to take action to improve our health, climate, economy and culture.

Our new publication, [Future Generations Report 2025: How public bodies are responding and progressing](#), summarises what public bodies have told us on how they're implementing the recommendations including barriers they're facing, and outlines what our team will be doing to support them.

We've seen positive change connected to our recommendations:

- **Food:** 22 public bodies (47%) have said they support developing a local food resilience plan and we are already working with three of them to do it, helping more people access affordable, healthy, local food.
- **Real Living Wage:** There has been a 38% increase in public bodies becoming Real Living Wage accredited, meaning many more people will be paid a fair wage, helping with the the cost of living and to reduce poverty.



2 - [Real Living Wage](#)



3 - [Hwb Dyfodol](#)



4 - [Food - Area of Focus](#)

- **Placemaking:** 19 public bodies have signed the [placemaking charter](#). That's 5 more since the publication of my recommendation.
- **Prevention:** Work on the Marmot nation is advancing in partnership and at pace. We have been working with five public bodies on a prevention mapping tool, with 32 others committed to mapping their preventative spend to shift budgets from short-term fixes to long-term improvement.
- **Hwb Dyfodol:** The Futures Hub membership has grown by 300%, increasing the capability of public servants to prepare for the future.
- **Climate and Nature:** All 13 PSBs are now working on climate change risk assessments, compared with only half before the Future Generations Report, ensuring a joined-up approach to plans that prevent flooding and prepare for heatwaves.

Read **Future Generations Report 2025: How public bodies are responding and progressing** [on our website](#).

Untangling the Web: A Smarter Partnership Model for Wales

In our [Future Generations Report 2025](#), we found that partnerships in Wales weren't operating effectively, lacked long-term vision and were too complex to ensure accountability and improve outcomes for people.

I called on Welsh Government to assess and streamline partnership structures to reduce complexity and improve coordination across Wales.

Based on work commissioned by the NHS Directors of Planning Peer Group, this blog by Christopher Dawson-Morris, Director South East Wales Regional Planning, suggests solutions to simplify partnership working, improve collaboration and achieve better health outcomes for people in Wales.

Read **Untangling the Web: A Smarter Partnership Model for Wales** [on our website](#).

Share your thoughts and ideas with us by emailing contactus@futuregenerations.wales.



5 - Christopher Dawson-Morris, Director South East Wales Regional Planning

Cymru Can in Action: Health and Well-being

QuickChange – Cardiff and Vale UHB

Obesity in childhood is becoming more common in Wales and without action today to prevent increased risk of chronic diseases and musco-skeletal problems, our children's health will suffer, and our NHS won't be able to cope.

That's why Cardiff and Vale University Health Board's Podiatry Team in collaboration with the Local Public Health Team developed [QuickChange – an eight-minute animation](#) designed to get children moving in their classrooms and aid healthy development of their foot and ankle muscles. Share it with the children around you.

"I'm asked daily by the children 'Are we doing QuickChange today?' which is fab.

"It fits into the new curriculum well because the area of health and well-being promotes physical activity, improving energy and mood levels. QuickChange encompasses all of those things."

Jo Knill-Jones, Year 1 teacher in Pendoylan CIW Primary



How parkrun is embracing social prescribing

With more than 88 parkruns across Wales each week, [parkrun](#) has evolved from a physical activity provider to a community connector.

Recognised by Public Health Wales and Aneurin Bevan University Health Board for its contribution to public health in 2017, parkrun is working with organisations across the UK to bring people together and improve their health.

- More than 120 GP practices are prescribing and signposting patients and staff to local parkruns through the [parkrun practice initiative](#), delivered in partnership with the Royal College of General Practitioners.
- Cardiff Council have launched a staff workplace well-being pilot with parkrun, encouraging their staff to get involved in local schemes to improve their health.
- [Parkrun primary](#) scheme has connected more than 100 schools to junior parkrun events with 67% of parents reporting it improves their child's enjoyment of physical activity.
- [Their survey](#) showed volunteering at parkrun delivers even greater well-being benefits than running or walking alone with volunteers reporting higher boosts to happiness (86%), mental well-being and sense of community.



The Hangout – young people’s mental health hubs

[The Hangout](#), youth-led open access mental health and well-being hubs for young people aged 11-18, have helped 2,745 young people in Cardiff and the Vale of Glamorgan to access well-being support.

Platform, a mental health and social justice charity, with funding from Cardiff and Vale University Health Board, have created Hangouts in Cardiff and Barry where young people can access one-on-one and group support in a non-clinical setting that is tailored to their needs.

15,556 hours of support have taken place in The Hangout spaces since April 2023, and the [EWMH](#) crisis team have seen a reduction in the number of young people attending A&E experiencing a mental health crisis.

“I like coming here because sometimes I don’t want to be at home but there is nowhere to go that feels safe.”

“I really appreciate how I am able to get unlimited support here in The Hangout and that there is no set number of sessions that I can have.

The vibe is very nice, and I feel very comfortable”.



Cae Felin farm joins Welsh Veg in Schools

[Cae Felin Farm](#), a community-supported agriculture project near Morriston Hospital in Swansea has joined the [Welsh Veg in Schools initiative](#) and will be growing food for local children’s school meals. Cae Felin is a not-for-profit focused on creating an equitable and regenerative food system.

Their community green space, located on land owned by Swansea Bay University Health Board, brings also people together through horticultural workshops and food growing sessions with local schools, and provides healthy food boxes for low-income areas.

Wales' young leaders graduate Academy

29 more young people from across Wales have graduated from our [Future Generations Leadership Academy](#) and are leading the way in creating a better future.

After 70 hours of training through the lens of the Well-being of Future Generations Act, the graduates developed their own Change Plans, projects designed to enable practical change in their organisations and communities on a variety of issues including using the arts to improve young people's long-term health, tackling structural barriers in Ethnic Minority career progression and rewilding through the Welsh language.

Graduates will now join the [growing alumni network of 150 young people](#) and be ambassadors for the WFG Act.

For more information on the Academy and how to sponsor / apply, [visit our website](#).





In case you missed it...

Wales' collaboration with the World Health Organisation

Our Deputy Commissioner joined representatives from more than 20 countries in a World Health Organisation policy dialogue on [Unlocking funding for health and well-being](#).

Coinciding with the launch of WHO's report, [Unlocking funding for well-being, equity and healthy societies](#), leaders from across health, finance, government and civil society explored the concept of impact investment (investment that improves social and environmental well-being alongside financial return) and creating well-being economies that improve our long-term health.

The people of Wales must help shape the next chapter of the Future Generations Act

The Senedd's [Equality and Social Justice Committee have published their report](#) following its post-legislative scrutiny of the WFG Act.

[Recognising our office's value for money](#) in supporting public bodies, the report also echoed my calls for a formal review of the WFG Act, influenced by another Wales We Want involvement exercise to ensure communities across Wales have a say in the next chapter of the legislation.

Culture Act for Wales: Green Paper

Our [Culture Act for Wales: Green Paper](#) calls on the next Welsh Government to introduce a dedicated Culture Act, ensuring that culture is safeguarded for future generations, rather than treated as an optional extra.

[Share your response to the Green Paper's findings and ideas](#) with us to ensure that a future Culture Bill delivers real protection and priority for culture across Wales.



6 - [The people of Wales must help shape the next chapter of the Future Generations Act](#)



7 - [Culture Act for Wales: Green Paper](#)

Public Health Network – Better Join Up, Better Outcomes for Child Poverty

Building a Healthier Wales's [Better Join Up project](#) is supporting public bodies to reduce child poverty and improve long-term health through better collaboration.

The project heard from a wide range of people working together to reduce child poverty in Wales to find out what was working well and not so well, and used these views to develop a practical self-assessment tool, guidance and [examples of effective collaboration](#) to strengthen collaboration, centre lived experience and support long-term, preventative action.



**Adeiladu Cymru
Iachach
Building a Healthier
Wales**

Contact us

Want to catch up on previous issues of the newsletter? You can find them on our website [here](#).

For more information get in contact here:

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