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Public Health
Wales

Freedom of Information request to Public Health Wales

FOI Reference:	FOI 524
Date request received	25th November 2020
Date information is due to be sent	23rd December 2020

Information Requested:

I am not sure if this is the correct department to email but I am unable to find any other email address on the website.

I work for XXXXXX, as part of my remit I work with children that set fires, I am currently working on two booklets for children of primary school age (Foundation and Key Stage 2) that I can send to their homes and work with them virtually until we are able to go back to working in people's home again.

I found some information on the internet regarding 'Change 4 life' but have been told this is now just in England, can you please tell me what the equivalent is in Wales as we would like to include some information regarding healthy eating, exercising and keeping families healthy in our booklets. The booklet will be available in English and Welsh.

I look forward to your response.

Information provided for the answer:

Thank you for your recent request.

We have a number of bilingual resources available for families with young children under our 10 Steps to a Healthy Weight programme, including leaflets and posters such as those listed below. Normally these would all be easily accessible via the Every Child Wales website but this is currently undergoing some revisions so is not currently available, though it will be soon <https://everychildwales.co.uk/>

Item Name
10 Steps to a Health Weight A4 Poster
10 Steps to a Health Weight A3 Poster
10 Steps to a Health Weight A4 foldable leaflet
Eatwell Guide A5 Leaflet
Eatwell Guide A2 Folded bilingual Posters
Eatwell Guide A3 Poster
Physical activity wheel
10 Steps to a Healthy Weight Z-Card

There are additional resources available through Public Health Wales information and resources service, such as guides to weaning and sleep. Here's the website link to view materials and place orders directly.

<https://phw.nhs.wales/services-and-teams/health-information-resources/> and email health.info@wales.nhs.uk

Further information and resources can also be found on the Welsh Government Parenting Give it Time website <https://gov.wales/parenting-give-it-time/activities>

An alternative helpful source given that our website is currently down (but not bilingual unfortunately) is the First Steps Nutrition resources, for younger children, <https://www.firststepsnutrition.org/eating-well-resources>) these resources link into our Family food content on our website, which we are currently updating.

Further information is available from NHS Direct Wales has lots of general information about wellbeing as well as illnesses <https://111.wales.nhs.uk/LiveWell/Default.aspx>

The 5 ways to wellbeing may also be of interest. Powys Teaching Health board developed some resources for children, but the whole family can check how much they are doing each of the 5 different elements. If there is interest in these, then the Powys Public Health team may be able to provide the cards and planners direct and the link to this is provided for you below:-

Powys Teaching Health Board

<http://www.powysthb.wales.nhs.uk/freedom-of-information>

If you are unhappy with the service you have received in relation to your request and wish to make a complaint or request a review of the decision, you should write to the Corporate Complaints Manager, Public Health Wales NHS Trust, 3, Number 2, Capital Quarter, Tyndall Street, Cardiff, CF10 4BZ.

If you are not content with the outcome of your complaint or review, you may apply directly to the Information Commissioner for a decision. Generally, the ICO cannot make a decision unless you have exhausted the complaints procedure provided by the Trust. The Information Commissioner can be contacted at:

Information Commissioner for Wales

2nd Floor
Churchill House
Churchill Way
Cardiff
CF10 2HH

Telephone: 029 2067 8400

Email: wales@ico.org.uk