



Cymru Can Newsletter: August 2024



Foreword

Let's work together to keep Wales' beautiful castles standing for future generations

Alongside air pollution and loss of the vital nature around us, climate change is the biggest threat our children and future generations face. And it won't just affect our health and environment.

We've worked with Dr Lana St Leger, Cardiff Metropolitan University, to study the impact climate change will have on our heritage sites and cultural assets in her white paper, [Culture and Climate Risk](#).

Launched during the National Eisteddfod in Pontypridd, it outlines how unless we take action on climate change and better protect our castles, museums, historic buildings and cultural community spaces, these national treasures will be damaged, inaccessible, and lost from extreme weather, rising sea levels, wind and coastal erosion.



Where are we already seeing the impacts?

Clwb y Bont in Pontypridd and St Fagans Museum in Cardiff have been affected by flooding – and the Smallest House in Great Britain, in Conwy, Wrexham's Holt Bridge and Holt Castle, and Pontypridd's National Lido of Wales are at risk.

[Sky News](#) covered the report, and quoted Smallest House owner and manager, Jan Tyley, who said she hopes the report will raise awareness of the issue.

Children from Ysgol Y Ferch O'r Sger told Dr St Leger and I, during an Ogmore Castle visit, how much culture matters.

"It's important to look after our castles and places, so people in the future can see how beautiful Wales is. To keep you happy". Anorkor, age 7

"If I were a superhero, I'd want to keep castles alive for the future." Nia, age 7

"When people visit our beautiful castles, they go away knowing what Wales is about and it's not just one thing." Graci, age 9

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src="https://www.youtube.com/embed/EI032eUgOL0?si=v4cYmsKsi1fd-4JH" title="YouTube video player" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture; web-share" referrerpolicy="strict-origin-when-cross-origin" allowfullscreen></iframe>



A big thank you to Matilda, a year six pupil and Student Voice Committee advocate from the school who joined our panel at the Eisteddfod to speak urgently on the need to protect cultural heritage from climate change.

Councils, national parks, health boards and other national bodies have to, by law, work together to improve our well-being, including our cultural well-being.

While references to 'language' and 'Welsh' have increased in public bodies' 2023 well-being plans, direct references to 'culture' and 'heritage' have decreased. We can, and must, do better.

Let's see action plans to promote and preserve local culture and heritage assets.

Public bodies need Welsh Government support to do so in these difficult financial times, so we're calling on Welsh Government to establish a taskforce to help maximise the benefits of a heritage sector which contributed £1.72 billion to the Welsh economy in 2018-19.



We must use the Well-being of Future Generations Act to protect our national treasures so tomorrow's children can run around our castles, rather than just reading about them in story books or watching them in videos.

CADW and partners are already taking action with their work to capture and preserve information about historic sites at threat from coastal erosion including Dinas Dinlle coastal hillfort in Gwynedd, and St Patrick's Chapel at Whitesands Bay, Pembrokeshire.

Find out more about the report on [our website](#).

Interested in this work and have experiences, insights or success stories to share around the importance of culture and Welsh language to our well-being? Please email us via contactus@futuregenerations.wales.

Movement for Change – Arts in Health

This month we spoke to Sally Thelwell of Velindre NHS Trust on how they're supporting patient and staff well-being through art.

We all deserve joyful and creative lives that support our health and well-being, and art and culture is shown to be an enabler for this.

At Velindre Cancer Centre in Cardiff, Velindre NHS Trust is embedding art in its work with the **Arts in Health programme**.



Some of the programme's work so far includes:

- Artist residencies, where an artist is embedded into a hospital department and invited to respond using their creative practice.
- Hospital concerts delivered by BBC National Orchestra of Wales where world class musicians perform to patients as they receive chemotherapy.
- Singing workshops led by Welsh National Opera which use vocal coaching techniques to increase the recovery of lung patients.

- A well-being project at St Fagans which invites patients monthly to take a mindful walk around the museum site and take part in a creative activity like writing poetry; supporting patients to develop a support network and express themselves.
- Therapeutic workshops for patients on the ward delivered at the bedside. This gives patients some entertainment and opportunity to engage creatively while in hospital.
- A creative writing project for palliative patients to give them space for self-reflection and an opportunity to express what they are going through.
- A staff choir which invites staff to focus on their own well-being.

The programme recognises how the impact of cancer is more than just physical and providing creative outlets for people going through difficult life changes supports their well-being and mental health.

For more information on Velindre's Arts in Health work, please email Sally.TheIwell@wales.nhs.uk.

10,000 Black Interns

We've collaborated with the [10,000 Black Interns](#) programme as a host employer for a second year.

Run by the [10,000 Interns Foundation](#), it provides paid internships to Black students and graduates, building a network of Black talent and supporting them into work and leadership.

Tumi Ajulo joined our team. Here's what she had to say about her experience...

"This summer, I had the incredible opportunity to intern at the Office of the Future Generations Commissioner for Wales and learn more about the important work being done across Wales to safeguard its future.

My six-week internship started with a bang as I shadowed the commissioner in his meeting with Vaughan Gething, the then First Minister of Wales, to discuss the Cymru Can missions and the importance of embedding the Well-being of Future Generations Act in high-level policy development.

I also worked with the Climate and Nature mission team on their work around water and river quality. A particular highlight for me was attending the Royal Welsh Show and listening to panel discussions which brought diverse voices together to address critical environmental concerns.

On a team day in Porthkerry Park, Barry, I learned more about their work supporting public bodies and other organisations to take action on the climate and nature emergencies, and had the chance to volunteer with Restore the Thaw, building snake nests and planting wildflowers.

The biggest challenge during my internship was around grasping the scope and depth of the work in such a short time frame but my experience with the team has given me a newfound appreciation for the complexities of public service and the importance of long-term thinking in governance.

Their office culture has also left a lasting positive impression on me with the team's wide range of expertise helping them work collaboratively towards a better future for Wales."





No one left behind – PHW report

What does the future hold for our social lives and community connections?

Public Health Wales' Polisi Team's new report, [No one left behind](#), examines the potential impact of future trends on our social connections.

Looking at four megatrends – demographic change, technological change, the future of work and the changes in democratic and civic participation - it's aimed at policy makers, community leaders and those in the public and voluntary sector who are working with communities to address long-term challenges.

Read the report (launched at Pobl Group's community well-being hub, The Hive, in Newport) and its findings on [their website](#).



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Public Health
Wales



World Health Organization
Collaborating Centre on Investment
for Health and Well-being

No one left behind

A forward-thinking approach to improving health and well-being for all in Wales through stronger social connections

July 2024



Free Abergavenny Food Festival brunch event

We're holding a friendly, informal brunch to help food enthusiasts connect, in partnership with Abergavenny Food Festival and Food Educator Kim Smith.

Fast Food Talks will guide on overcoming barriers around food education, covering what healthy foods look like, being more connected to where our food choices come from, and how our food choices impact our planet.

Join us at Abergavenny Community Centre on September 22 from 11am to learn, share experiences and inspire others, over a free vegetarian brunch.

[Book your place](#) on the [Abergavenny Food Festival website](#).



Housing is fundamental to well-being in Wales

Houses aren't just assets, they're our homes.

Everyone should have a right to adequate housing, and we need a long-term approach in Wales to ensure this.

Alongside the Welsh Language Commissioner and Children's Commissioner for Wales, we've published a blog about the importance of access to housing and its impact on our most basic human needs.

Read the full blog on our website - [Housing is fundamental to well-being in Wales](#).



Free training on the Well-being of Future Generations Act

Understanding the Act

Our Refresher on the Act sessions are designed to help you create practical change as you learn about and implement the Act's ways of working and goals.

- 12.30pm - 3pm on Tuesday, September 24 2024 (registration closes 10 September)
- 10am – 12.30pm on Wednesday, November 6 2024 (registration closes 23 October)

Sign up via [our survey](#) and e-mail contactus@futuregenerations.wales with queries.

Putting the Act into practice

Hear the latest behavioural science you can apply now in practical and effective ways, with the hour-long top-up sessions on the WFGA, by Welsh Government and Academi Wales.

- Tuesday 10 September 10:30 – 12 (Bilingual)
- Monday 30 September 2:30 – 4pm (Bilingual)
- Thursday 10 Hydref 10-11:30 (Cymraeg)
- Thursday 31 October 3-4:30 (Bilingual)
- Tuesday 19 November 1-2:30 (Bilingual)
- Monday 2 December 10:30-12 (Cymraeg)

Sign up by emailing sustainable.futures@gov.wales.



u-lab 2024

Trying to learn and lead in times of disruption when you cannot rely on the experiences of the past? You might be interested in Theory U training...

Welsh Government is encouraging people to try a [self-paced, online course](#) on the framework of Theory U and how to apply it when enacting transformative change.

If the short course grabs your interest, you can find more resources on [Academi Wales' repository](#) and try the [longer free course](#).

If you have questions or want to **join the u-lab Cymru email list** to hear more about what's happening about Theory U in Wales, email Sustainable.Futures@gov.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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**Cenedlaethau'r
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