



Cymru Can Newsletter October 2024



An appeal from Derek - fix our food system

We should be proud that Wales is the first nation in the UK to provide free school meals for primary school children, but up to 1,500 children living in poverty in Wales are still missing out.

Free school meals should be universal – for all children, regardless of their caregivers’ immigration status or age.

In collaboration with the Bevan Foundation, the Children’s Commissioner and 35 other organisations, [I signed a letter](#) to the First Minister, Eluned Morgan, calling on the Welsh Government to extend entitlement for Free School Meals to children whose parents have no recourse to public funds and those of secondary school age.

We can make sure no child goes hungry at school – find out more on the [Bevan Foundation website](#) and get involved in the campaign.



I was delighted to hear of the three areas of Wales which were recently presented with a Sustainable Food Places Award to recognise their efforts to increase access to sustainable food and support healthy diets.

This year [Torfaen](#) achieved silver status, [Swansea bronze](#) and Cardiff became one of only four cities in the UK to be awarded [Gold status for Food Cardiff](#), their city-wide food partnership work.

The partnership is now in its tenth year, promoting healthy, environmentally sustainable and ethical food across the city. It’s supported by several organisations including Cardiff Council, Cardiff & Vale University Health Board, Cardiff University, Cardiff Farmers Markets, WWF Cymru, Action in Caerau and Ely and more.

Food Cardiff have launched a [‘planet card’](#) which provides a free £11 weekly voucher to low-income families to redeem at organic fruit and vegetable growers in Cardiff’s Farmers Markets.

Developed through co-production workshops, the planet card is now in its second phase, establishing a digital system for retailers and shoppers to encourage those further afield in Cardiff to participate.



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I’m calling on Welsh Government and the wider public sector to follow these examples to develop long-term strategies on food.

My team contributed to the Abergavenny Food Festival in September including chairing a panel on how food production can be used to enhance nature and sharing good practice around improving food education for children and young people.

We visited [Bwlchwernen Fawr](#) in Lampeter, Wales’ longest-certified organic farm since 1973, and heard more about the farm’s work to supply carrots to the [Welsh Veg in Schools](#) project. Diolch yn fawr to Patrick and Becky Holden at Bwlchwernen Fawr for hosting our team and facilitating very useful conversations on this topic.

In November, I will be speaking at the 2024 REAL Food and Farming conference alongside Denise Bentley, the co-founder and CEO of First Love Foundation, a charity tackling poverty and social injustice in Tower Hamlets.



Change is happening – Building Resilience to Flooding

One in seven homes are already at risk of flooding in Wales, and the danger to people’s lives and livelihoods is increasing.

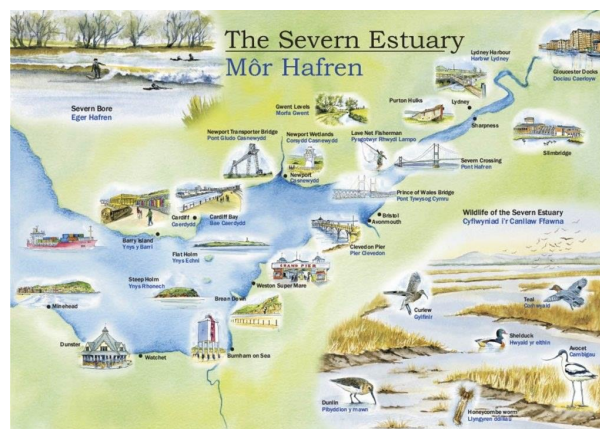
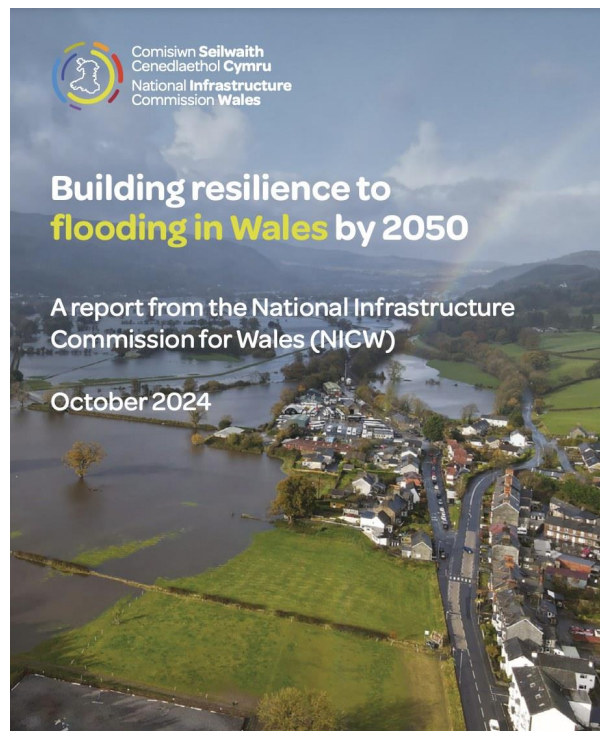
The [National Infrastructure Commission for Wales \(NICW\)’s](#) new report, [Building Resilience to Flooding in Wales by 2050](#), sets out a long-term vision and approach for a flood resilient Wales within the next 30 years. For the first time, it puts communities and nature at the centre of flood risk management.

Framed by the Well-being of Future Generations Act and informed by community stories and lived experience, the report includes 17 recommendations on how Wales can combat the impacts of flooding through working collaboratively to upscale nature-based solutions which combat climate change while also saving public money.

Speaking at the launch, our Director of Strategic Planning, Climate and Nature welcomed the report and emphasised the importance of a preventative approach especially around decisions on land use

planning, housing and agriculture; and the connection between flooding and the decline in water quality that we're seeing in our seas and rivers.

Read NICW's report and recommendations [on their website](#).



1 - [Severn Estuary Partnership](#)

Some of the case studies highlighted in the report include:

- The [Severn Estuary Partnership](#) (SEP), hosted by Cardiff University, is an independent initiative which brings local organisations and people together on issues facing the Severn Estuary including how to sustainably plan, manage and develop the Estuary.
- Dŵr Cymru's [RainScape projects](#) in Llanelli were built to manage Estuary surface water and reduce flooding and pollution. Solutions included planters and swales which catch and naturally clean water running from roofs and roads, and porous paving which soaks more water into the ground, rather than letting it run straight into our sewers and causing flooding.

- [Faith in Nature](#) has made Nature a director on its board. With a legally bound proxy to speak on behalf of the natural world, Nature's interests are better represented and involved in business decision making, fundamentally changing how the company operates.

Making a difference – meeting our missions

Implementation and Impact - Well-being of Wales Report 2024

Welsh Government's annual [Well-being of Wales report](#) assesses to what extent as a country we're making progress towards the seven national well-being goals. This year, it finds inequalities are continuing to widen.

We can't accept that worsening lives are inevitable for our most vulnerable people and their children, and while many public bodies are already taking the report into account, many are not.

I committed in Cymru Can to spotlight the Well-being of Wales report to help ensure that public bodies use the national indicators to drive decision-making.

I've spoken with the Rt. Hon. Mark Drakeford MS, Cabinet Secretary for Finance and Welsh Language and called on Ministers to use the report to guide the Welsh Government budget in December, [as is the case in Ireland](#).

My team also convened more than 100 people from public bodies including councillors, CEOs and senior officers, to raise awareness of the report and support them to consider it in their own objectives and plans.

The fiscal climate might be difficult, but if we don't act on the trends and evidence we can see in the report and in our communities, we'll have fewer choices and people's lives will continue to get harder.



A Well-being Economy - Free toolkit for businesses

Achieving long-term change for future generations requires mobilising people from all sectors and backgrounds to plan for the future.

Welsh businesses are already contributing to the vision of the Act and increasingly ask what more they can do to contribute to the well-being goals.

Working with Welsh businesses, we've developed a [free, practical and easy-to-use business planning toolkit](#) to support sole traders, SMEs and global organisations to:

- create sustainable business plans and targets,
- measure their progress, and
- report their impact to their teams, customers, investors and funders.

Find the **Business and the Well-being of Future Generations Act toolkit** on [our website](#).

Prevention for health and well-being

[Prevention](#) is better than cure. So why haven't we shifted our focus from treating illness to supporting good health and well-being? And how can we get out of the hamster wheel and ensure our current and future generations don't have to face problems we ignored?

That's what we discussed at our 'Prevention for well-being' event in Cardiff this month.

From the barriers we're facing, to the solutions and case studies already happening across Wales, we heard from passionate experts and health advocates on the urgency and importance of acting on our health and well-being in a preventative way that works for us now *and* long-term.



Some of the positive examples of prevention in health we highlighted from across Wales include:

- Public Health Wales' [Shaping Places for Well-being in Wales](#) programme and [prevention framework](#)
- North Wales' [2025 Movement](#)
- Velindre NHS Trust's [Arts in Health project](#)

There's no shortage of examples, we need to turn our focus on replicating and growing these at a national level.

What are your experiences of the biggest barriers and solutions you've found when trying to move to prevention? Let us know and join in the conversation.

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Climate and Nature - 2025 must be the year we save our waterways

The UK and Welsh Governments have launched the [largest review into the water sector](#) and its regulation since privatisation in 1989.

This major, overdue review is a once-in-a-generation opportunity to overhaul the way we protect the long-term health of our rivers, seas and the water that's essential to life. I look forward to the Government's findings being published early next year.

People are fed up with excuses and want accountability. I've been working alongside the Interim Environmental Protection Assessor for Wales on [whether the laws to protect Wales' waterways are fit for purpose](#), the findings of which will be published in early 2025.

With the Welsh Government's Agricultural Pollution Regulation review also due for completion in the Spring, together these should be a major step towards a fundamental water clean-up.



Black History Month

As part of this year's Black History Month theme of Reclaiming Narratives which highlights untold stories of Black heritage and culture, join the movement to support a More Equal Wales and learn about our important Black history in Wales.

Hwb have collated resources to support learning today and throughout the year [on their website](#).



Get involved – free events and training

Well-being Economy Cymru Conference

Join the inaugural Well-being Economy Cymru conference we're holding with 4theRegion, Well-being Economy Cymru, Oxfam Cymru and Cwmpas to learn more about how Wales can have an economy that puts people and planet above profit.

Panel discussions include doing business in the well-being economy and our health in a well-being economy, and world-renowned economist Kate Raworth, author of Doughnut Economics, will be delivering a keynote speech.

- Monday 18 November 2024 – Swansea Arena

[Sign up to join us](#) on the day and find more information on the [Well-being Economy website](#).



Understanding the Act

We've held more than a dozen Understanding the Act sessions and in our September event, reached more than 100 individuals from across the public, private and voluntary sectors who want to learn how to implement the Act's ways of working and goals to create practical change.

Join our next session on **Tuesday, 4 February 2025 10am–12.30pm** (registration closes 21 January 2025).

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 19 November, 13-14:30 (Bilingual)
- Monday 2 December, 10:30-12 (Cymraeg)

[Book online.](#)



Thinking long-term – in person training

Do you want to know more about how to think long-term and apply futures techniques to your work? Join our Hwb Dyfodol in-person session in **Wrexham on 13 November, 10:30-13:30** - sign up via [our form](#).

Our Cardiff dates sold out quickly but we'll be adding more dates in the new year – keep an eye out on our social media.

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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