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| Mehefin / June  2021 | NEWYDDION  NEWS | Cyfarfod nesaf / Next meeting  28 / 09 / 2021 10.30 – 12.30 |
| 🖰 <https://cavs.org.uk/engagement/health-and-well-being-network/> | | |
| [Eventbrite link for the next meeting](https://www.eventbrite.co.uk/e/carms-health-and-well-being-network-rhwydwaith-iechyd-a-lles-sir-gar-tickets-159091333461) | | |

🖰 [**Rhwydwaith**](https://cavs.org.uk/rhwydweithiau/rhwydwaith-iechyd-a-lles/?lang=cy)[**Network**](https://cavs.org.uk/engagement/health-and-well-being-network/)

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| **BOWEL CANCER ENGAGEMENT GROUP - CONSULTATION** | |  |
| We’re setting up a new patient engagement group for people affected by bowel cancer in Wales. This follows on from the ‘Listen Together’ event we held in 2020 and is part of our wider plan for people affected by bowel cancer in Wales.  We want to hear from both professionals and people affected by bowel cancer (including friends and family of someone who has had a bowel cancer diagnosis), to help us understand how this would work best for you.  Please complete this 10 minute survey to help us shape this service.  Survey for[**professionals**](https://www.surveymonkey.co.uk/r/7S7SSKM)  Survey for[**people affected by bowel cancer**](https://www.surveymonkey.co.uk/r/79RMP2T)  Our vision is that this group will:   * Talk to us about their experiences * Provide consultation on both existing services and potential future services * Help to shape services for people affected by bowel cancer across Wales * Give patients the opportunity to be involved in the design and delivery of bowel cancer services in Wales   We’d be really grateful if you can circulate this to both professionals and people affected by bowel cancer within your networks too please.  This survey will close on **30 June 2020 at 5pm.**  We look forward to hearing from you soon and thank you, in advance, for your input.  If you have any questions, please contact me directly on 07496 857 309 | | |
| 🖰 [bowelcanceruk.org.uk](https://www.bowelcanceruk.org.uk/) | 🖰 [sian.salkeld@bowelcanceruk.org.uk](mailto:sian.salkeld@bowelcanceruk.org.uk) | |

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| **MIND LLANELLI YOUTH BEFRIENDING** |
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| 🖰 http://www.llanelli-mind.org.uk/ |

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| **HEALTH AND CARE RESEARCH WALES CONFERENCE 2021 - REGISTRATION OPEN!** | |
| Mae cofrestru ar gyfer cynhadledd Ymchwil Iechyd a Gofal Cymru ar 14 Hydref ar agor nawr!  Thema’r digwyddiad eleni yw dysgu ac edrych ymlaen ac ar ôl llwyddiant digwyddiad y llynedd, byddwn unwaith eto’n cynnal diwrnod cwbl ddigidol.  Mae gennym ni sesiynau llawn a sesiynau cyfochrog gwych wedi’u trefnu, a byddwn yn cyhoeddi siaradwyr yn ystod yr wythnosau nesaf.  Gallwch gofrestru ar gyfer y gynhadledd drwy ddefnyddio’r [ffurflen gofrestru ar wefan cynhadledd Ymchwil Iechyd a Gofal Cymru](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fresearchwalesconference2021.com%2Fcy%2Fcofrestrwch-i-gymryd-rhan&data=04%7C01%7CCarolyn.wallace%40southwales.ac.uk%7C9e76a471ab9b426797f908d93255c837%7Ce5aafe7c971b4ab7b039141ad36acec0%7C0%7C0%7C637596166359653100%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=72VA8XxjsCKYtdzHYIiupRPr%2B00gh2bGZCtk24Id1Gg%3D&reserved=0).  Mae gennych tan **17:00 ar 4 Hydref** i gofrestru.  Dilynwch #YmchwilCymru21 ar Twitter i gael yr holl wybodaeth ddiweddaraf am ein cynhadledd.  Edrychwn ymlaen at eich gweld chi yno.  Cofion gorau,  Tîm Cynhadledd Ymchwil Iechyd a Gofal Cymru | Registration for the Health and Care Research Wales conference on 14 October is open now!  The theme of this year's event is learning and looking forward and after the success of last year's event, we will again be hosting an entirely digital day.  We have some great plenary sessions and parallel sessions lined up, and we will be announcing speakers over the coming weeks.  You can register for the conference via the [registration form on the Health and Care Research Wales conference website](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fresearchwalesconference2021.com%2Fregister-get-involved&data=04%7C01%7CCarolyn.wallace%40southwales.ac.uk%7C9e76a471ab9b426797f908d93255c837%7Ce5aafe7c971b4ab7b039141ad36acec0%7C0%7C0%7C637596166359653100%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ZZxoORD1fxgem9s%2Fev2XZTUDkSnwnD1pd7t3GdMZFR4%3D&reserved=0).  You have until **17:00 on 4 October** to register.  Follow #ResearchWales21 on Twitter for all the latest information about our conference.  We look forward to seeing you there.  Best wishes,  The Health and Care Research Wales conference team |
| 🖰 [registration form on the Health and Care Research Wales conference website](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fresearchwalesconference2021.com%2Fregister-get-involved&data=04%7C01%7CCarolyn.wallace%40southwales.ac.uk%7C9e76a471ab9b426797f908d93255c837%7Ce5aafe7c971b4ab7b039141ad36acec0%7C0%7C0%7C637596166359653100%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ZZxoORD1fxgem9s%2Fev2XZTUDkSnwnD1pd7t3GdMZFR4%3D&reserved=0) | 🖰 [ffurflen gofrestru ar wefan cynhadledd Ymchwil Iechyd a Gofal Cymru](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fresearchwalesconference2021.com%2Fcy%2Fcofrestrwch-i-gymryd-rhan&data=04%7C01%7CCarolyn.wallace%40southwales.ac.uk%7C9e76a471ab9b426797f908d93255c837%7Ce5aafe7c971b4ab7b039141ad36acec0%7C0%7C0%7C637596166359653100%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=72VA8XxjsCKYtdzHYIiupRPr%2B00gh2bGZCtk24Id1Gg%3D&reserved=0) |

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| **Special SPYN Bulletin: 3 great opportunities you don’t want to miss!** |
| <https://streetgames.cmail20.com/t/ViewEmail/t/ADEEFAA330F565542540EF23F30FEDED/89360A1CD5E7EE03E663AB054A538FBA> |
| **LEARNING AND SHARING OPPORTUNITIES AT STREETGAMES CONFERENCE 2021**  We’re excited to announce that bookings for StreetGames Annual Conference 2021 are now open, and completely free! This year’s conference is a little different and will be an entirely online event. Spread across two full weeks from Monday 21st June – Friday 2nd July, the event has been designed to be as flexible as possible and to give people the opportunity to choose the sessions and events that are most helpful for you.  Your free ticket grants you access to 30 sessions, spread over 10 days that you can attend in real time, or watch back at a time that suits you. There will be something for everyone and attendees are free to pick and choose the events that are of interest.  In particular, there are several sessions which may be of special interest to those interested in social prescribing:   * 23rd June: Poverty & Health – "joining the dots”   *Our expert speakers will provoke and inspire delegates with their thinking and evidence about why poverty and COVID are so bad for young people’s health and well-being, and what we can do about it.*   * 23rd June: Social Prescribing - The in's and out's and the shake it all about's   *Everyone is buzzing about social prescribing, but it’s all about adults. Or is it? Youth social prescribing is growing fast.  This workshop will combine the evidence, the practice and the opportunities for you to get on board.*   * 1st July: Loneliness and Young People – why are we not talking about it?   *We can all feel lonely at different times for different reasons. Young people aged 16-25 are more lonely than any other age group.  This workshop will cover the facts, the reasons, the stigma, the impact and the response.  Let’s talk.*   * 2nd July: Sport for Mental Fitness – Prevention or Cure?   *This workshop will give delegates an understanding of how sport contributes to positive mental health, whether that’s by building resilience against mental ill-health, intervening early at times of risk or responding to a diagnosis.*  This promises to be a fantastic opportunity for organisations to come together to share your work, learn from other people’s experiences, and discover new ways to support children and young people in your communities. [**BOOK HERE**](https://www.whysports.blog/the-power-of-place)    **YOUTH MENTAL HEALTH FIRST AID AWARENESS**  Mental Health First Aid builds skills and confidence to have a better conversation about mental health and mental illness.  In response to  recent network interest we are exploring the potential of hosting a Youth Mental Health First Aid Awareness 3hr online training course in the near future for SYPN members. Learners will explore the most common mental health conditions experienced by young people and explore techniques to intervene when needed.  To help understand the level of demand for such training can you please register your interest by emailing [spyn@streetgames.org](mailto:spyn@streetgames.org) with your name, contact details and number of potential places you may need.  We anticipate delivery during late July early August, full details and costs will be circulated to those registering their interest via the SPYN email above.  **FEEDBACK WANTED FOR ANNA FREUD CENTRE RESEARCH**  Our colleagues at the Anna Freud Centre need your help! They are looking at how social prescribing can improve mental health and wellbeing for young people and they are keen to hear from clinicians, link workers and organisations involved in social prescribing and of course children and young people. [**For more information**](https://www.annafreud.org/on-my-mind/get-involved/research-studies-projects/understanding-social-prescribing-for-children-and-young-people-to-improve-mental-health-and-wellbeing/)  StreetGames would like to encourage all readers to share these links with any interested individuals/organisations within their networks.  Keep up to date with all of the latest news and updates from the Young People's Social Prescribing Network by [following us on Twitter](https://streetgames.createsend1.com/t/t-l-mudthtl-edklkzti-t/)! |
| 🖰 [Social Prescribing Youth Network Membership Form | StreetGames](https://network.streetgames.org/social-prescribing-youth-network-membership-form) |

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| **Marie Curie Cymru lecture and discussion event: How do we support people to die well in Wales by 2040?** | | See the source image |
| Rydym yn falch iawn o'ch gwahodd i'n darlith a'n digwyddiad trafod Marie Curie Cymru gyntaf ers dechrau Pandemig Covid.  Bydd y digwyddiad panel ar-lein hwn yn canolbwyntio ar sut rydym yn cefnogi pobl i farw'n dda yng Nghymru dros y ddau ddegawd nesaf a bydd panel o arbenigwyr blaenllaw yn ymuno â ni.  Bydd y digwyddiad yn cael ei noddi a'i gadeirio gan Rhun ap Iorwerth MS.  Dydd Gwener 23 Gorffennaf 2021 10am – 11.30am  Arlein: Microsoft Teams  Mae poblogaeth Cymru'n heneiddio'n gyflym, gyda fwyfwy o bobl yn byw gyda chyflyrau iechyd cronig neu anorchfygol lluosog ac anghenion cymhleth. Dengys dadansoddiad diweddar y disgwylir i'r galw am ofal lliniarol yng Nghymru yng Nghymru godi dros 40% erbyn 2040.  Pa effaith a gaiff y tueddiadau hyn ar ddarpariaeth gofal mewn gwahanol leoliadau iechyd a gofal cymdeithasol ledled Cymru? Pa effaith y mae pandemig COVID wedi'i chael ar brofiadau pobl o farw gartref a sut mae'r 12 mis diwethaf wedi cyflymu'r angen i ymateb i'r galwadau cynyddol hyn?  Ymunwch â'n panel o arbenigwyr i gael trosolwg o'r amcanestyniad a'r dadansoddiad o leoliadau marwolaeth a gynhaliwyd gan Goleg Kings Llundain a sut mae Rhaglen Diwedd Oes ddiweddaraf Marie Curie wedi tynnu sylw at yr effaith ar bobl sydd wedi marw gartref yn ystod y 12 mis diwethaf.  Gwrandewch ar ein harbenigwyr mewn gofal lliniarol a gofal diwedd oes yng Nghymru sydd yn paratoi i ymateb i'r heriau hyn yn y dyfodol, a dewch â'ch arbenigedd a'ch profiadau chi er mwyn llywio'r drafodaeth bwysig hon.    **Bydd y digwyddiad yn cael ei gadeirio gan Rhun ap Iorwerth MS a'n panel o arbenigwyr yw:**  Dr Anna Bone, Ymchwilydd Cysylltiol, The Better End of Life Programme, Coleg Kings Llundain  Dr Idris Baker, Yr Arweinydd Clinigol Cenedlaethol ar gyfer Gofal Diwedd Oes yng Nghymru.  Dr Cliff Jones, GP, and Arweinydd Clinigol ar gyfer Gofal Diwedd Oes Coleg Brenhinol Meddygon Cymru.    **I gofrestru eich diddordeb cysylltwch â [Bethan.Edwards@mariecurie.org.uk](mailto:Bethan.Edwards@mariecurie.org.uk) a chadwch y dyddiad!**    Bydd cyfarwyddiadau ymuno a briff i’r sesiwn yn cael eu dosbarthu wythnos cyn y digwyddiad er mwyn amlygu'r ymchwil a fframio'r drafodaeth.  *Mae'r digwyddiad hwn yn rhan o gyfres o ddigwyddiadau trydydd sector sy'n cael eu cynnal drwy gydol yr haf a'r hydref, gan gynnwys Hospices UK Seamless and Sustainable gyda'r bwriad o gydweithio a llunio tirwedd polisi gofal diwedd oes yng Nghymru ar y cyd.* | We are delighted to invite you to our first Marie Curie Cymru lecture and discussion series event since the Covid pandemic started.  This online panel event will focus on how we support people to die well in Wales over the next two decades and we will be joined by a panel of leading experts. The event will be sponsored and chaired by Rhun ap Iorwerth MS.    Friday 23 July 2021 10am – 11.30am  Online: Microsoft Teams  Wales’ population is ageing rapidly, with more and more people living with multiple chronic or incurable health conditions and complex needs. Recent analysis shows that by 2040, demand for palliative care in England in Wales is expected to rise by over 40%.  What impact will these trends have on care provision in different health and social care settings across Wales? What impact has the COVID pandemic had on people’s experiences of dying at home and how has the 12 last months accelerated the need to respond to these growing demands?  Please join our panel of experts to get an overview of projection and place of death analysis carried out by Kings College London and how the latest Marie Curie Better End of Life Programme has highlighted the impact on people dying at home in the last 12 months.  Hear from our experts in palliative and end of life care in Wales who are preparing to meet these challenges in the future and bring your expertise and experiences to inform this important discussion.  **The event will be chaired by Rhun ap Iorwerth MS and our panel of experts are:**    Dr Anna Bone, Research Associate, The Better End of Life Programme, Kings College London  Dr Idris Baker, National Clinical Lead for End of Life Care in Wales  Dr Cliff Jones, GP, and End of Life Care Lead for the Royal College of GPs in Wales    **To register your interest please contact** [**Bethan.Edwards@mariecurie.org.uk**](mailto:Bethan.Edwards@mariecurie.org.uk) **and hold the date!**    Joining instructions and an event briefing highlighting the research and framing the discussion will be circulated a week before the event.  *This event forms part of a series of third sector events being run throughout the summer and autumn, including the Hospices UK Seamless and Sustainable with a view to collaborating and collectively shaping the end of life care policy landscape in Wales.* | |
| 🖰 [**Bethan.Edwards@mariecurie.org.uk**](mailto:Bethan.Edwards@mariecurie.org.uk) | | |

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| **MRES FUNDED OPPORTUNITY: A REALIST REVIEW AND EVALUATION OF SPARK: AN ARTS IN HEALTH INTERVENTION FOR OLDER PEOPLE IN WALES** |
| * [KESS Review](http://kess2.ac.uk/22414-2/) Link * [FindaPhD](https://www.findaphd.com/phds/project/kess2-mbyres-studentship-a-realist-review-and-evaluation-of-spark-an-arts-in-health-intervention-for-older-people-in-wales/?p133290) Link * [Funded PhDs and Research Masters Degrees | University of South Wales](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgradschool.southwales.ac.uk%2Fthinking-applying%2Fspecific-funded-studentships%2F&data=04%7C01%7Ccarolyn.wallace%40southwales.ac.uk%7C10c8803c447148f372d408d930dae0b2%7Ce5aafe7c971b4ab7b039141ad36acec0%7C0%7C0%7C637594538892141640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=qFAhnfotcXx%2B7i90Mbpa6XO18%2BKWGjC1gCyCE%2FT%2Fqu0%3D&reserved=0) |

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| **RESPOND, RECOVER, RESET UK PROJECT** |  |
| This project is focusing on the impact of COVID on voluntary and community organisations especially employees and volunteers and how they have responded to the pandemic. The project conducts a barometer survey to gather evidence and produces a monthly dashboard report.   * Barometer survey   The barometer survey is carried out each month. The survey captures key indicators about the impact that COVID-19 is having throughout the sector. This project is keen to hear from all kinds of organisations across the whole sector (from charities and community groups to social enterprises and sports organisations).  The results are updated monthly via the [barometer dashboard](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcpwop.org.uk%2Frespond-recover-reset-barometer-dashboard-archive%2F&data=04%7C01%7Cjoanna.stuart%40ntu.ac.uk%7Ccddacd8f400e4850193f08d92feecb91%7C8acbc2c5c8ed42c78169ba438a0dbe2f%7C1%7C0%7C637593524939097906%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=3kxi7pqEEJQseWlcn61EdBC68cLv4j%2BwHbJYQLs1q7M%3D&reserved=0). This allows organisations to filter the responses according to size, focus, region and level of operation. The project is keen to boost the response rate from Wales and anything you could do to help would be gratefully received. The attached  flyer tells you about the barometer survey and can provide any further information you need. I know many of you have had repeated requests to participate in research over the last 12 months or more but hopefully you may have some time to contribute.   * Interviews   This project is also conducting interviews to explore the impact of Covid-19 and lesson learnt. If you would like to take part contact [Joanna.stuart@ntu.ac.uk](mailto:Joanna.stuart@ntu.ac.uk)  This project is being conducted by researchers from Nottingham Trent University, NCVO (National Council for Voluntary Organisations) and Sheffield Hallam University and is funded by the Economic and Social Research Council. It is located in the Centre for People, Work and Organisational Practice at Nottingham Trent University. For further details please check out our project page here or email the team – [CPWOP@ntu.ac.uk](mailto:CPWOP@ntu.ac.uk) | |

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| **FALLS AWARENESS WEEK 2021 (SENT ON BEHALF OF CARE AND REPAIR CYMRU)** |  |
| Please see attached the briefing for FAW 2021. Care & Repair Cymru has a single Falls Risk leaflet, A4, back to back English/Welsh, which is not time sensitive and can be used beyond the FAW date, which has been developed using Public Health Wales principles. The leaflets and delivery are free,  if you are interested in receiving a supply please contact Neil Williams. | |
| [Neil.Williams@careandrepair.org.uk](mailto:Neil.Williams@careandrepair.org.uk) | |

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| **MEN2MEN WOODLAND THERAPY** |  |

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| Please see below and attached a [press release](https://www.nhsconfed.org/news/new-report-captures-nhs-wales-learnings-and-innovation-response-pandemic) from the Welsh NHS Confederation, NHS Wales, Welsh Government, Swansea University and partners on their joint report, [*The NHS Wales COVID-19 Innovation and Transformation Study Report*](https://www.nhsconfed.org/publications/nhs-wales-covid-19-innovation-and-transformation-study-report) and corresponding [Annex](https://www.nhsconfed.org/sites/default/files/2021-06/NHS-Wales-COVID-19-innovation-transformation-study-annex-DP.pdf) featuring case studies. Please note this is no longer under embargo and all links are live.     * Welsh translation of the [press release](https://www.nhsconfed.org/news/adroddiad-yn-cyfleur-dysgu-ar-arferion-arloesol-sydd-yn-dod-ir-amlwg-ar-draws-gig-cymru-mewn) * Welsh versions of the [report](https://www.nhsconfed.org/publications/gig-cymru-adroddiad-astudiaeth-arloesi-thrawsnewid-covid-19) and [annex](https://www.nhsconfed.org/sites/default/files/2021-06/GIG-Cymru-Adroddiad-Astudiaeth-Arloesi-a-Thrawsnewid-COVID-19-Astudiaethau-Achos.pdf) |
| **REPORT CAPTURES LEARNINGS AND INNOVATIVE PRACTICE EMERGING FROM ACROSS NHS WALES IN RESPONSE TO THE COVID-19 PANDEMIC**    A new report examining learning and innovative practice that has emerged from across NHS Wales in response to COVID-19 has been released today by Swansea University, on behalf of NHS Wales organisations and partners.    The NHS Wales COVID-19 Innovation and Transformation Study Report\* highlights emerging findings and learnings on why NHS organisations and staff could and did innovate in the face of the pandemic and outlines some next steps.   Over 1,000 responses to five studies and surveys were obtained from a broad cross-section of staff, in addition to a further five published reports from across the health and care sector in Wales. The responses and analysis have formed a broad evidence base for new and innovative practice that has emerged.    Themes and learning highlighted within the report include improved digital access, accelerated decision-making, sustaining the pace of innovation and change and staff wellbeing.    Given the renewed focus on NHS recovery, the report will act as a basis for change in service delivery in a post-Covid world.    A set of supporting case studies\*\* have been published alongside the report.    Andrew Goodall, Director General for Health and Social Services and Chief Executive of the NHS Wales, said: “Our response to COVID-19 has accelerated the implementation of many areas of A Healthier Wales - our long-term plan for health and care. As we continue into the challenging times ahead and the stabilisation and reconstruction of our services, we have an opportunity to build on the innovative examples in this report and ensure our new ways of working become firmly embedded in our healthcare system.”    Darren Hughes, Director of the Welsh NHS Confederation, said: *“*This report will enable NHS leaders to reflect upon and embed learning and innovation across the service, accelerating change to improve the way health and care services in Wales are delivered.The response to the COVID-19 pandemic has demonstrated what is achievable through cross-sector working, with integrated policies for health and social care. As we embark on a journey of recovery, we hope the report will serve as a springboard for action and service improvement across health and care in Wales.”    Tom James, Assistant Director of Innovation, Aneurin Bevan University Health Board, said:“From the beginning of the COVID-19 pandemic, we’ve seen so many health and care staff taking instinctive action to quickly and innovatively respond to new circumstances, adding significant new value. Our project team have captured a huge range of novel practice and learning through the COVID-19 Innovation Study, to provide open access to this knowledge and allow for its adoption across Wales.”    Professor Helen Griffiths, Pro Vice-Chancellor for Research at Swansea University,said: “Swansea University is continuing in its mission to support Wales in helping to create a better and healthier future for its people through our research and innovation efforts. The highly collaborative research report, prepared by a multidisciplinary partnership led by our School of Management - with cross-college and broader partnership of the Medical School, the Accelerate HTC programme, as well as ARCH and the Bevan Commission – highlights opportunity for innovation to support health and social care and will support NHS Wales and the Welsh Government’s future health and wellbeing agendas.” |

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| **AGE CYMRU: LEAVE NOBODY IN THE DARK** | Logo  Description automatically generated |
| Age Cymru Dyfed’s digital team will be part of the Nobody in the Dark campaign launched by the Good Things Foundation aiming to offer immediate support to digitally and financially excluded people in the UK, with a focus on those in poverty hit hardest by the impact of Covid-19. We will provide practical money help and support to improve digital confidence by using the Good Thing Foundation survey. This will identify if they need a benefits check, could save money using direct debit payments, online banking etc.  If you would like to find out more about this scheme or have a free digital and financial health check please email  [caroline.davies@agecymrudyfed.org.uk](mailto:caroline.davies@agecymrudyfed.org.uk) or [p.mcilroy@agecymrudyfed.org.uk](mailto:p.mcilroy@agecymrudyfed.org.uk) | |
| **SUSPICIOUS TEXT REPORTING**   * Did you know you can report suspicious text messages? * Text messages that ask for your personal or financial details are a common lure used by criminals. * Don't take the bait. Report suspicious texts by forwarding them to 7726 (it's free of charge) [#CyberProtect](https://www.facebook.com/hashtag/cyberprotect?__eep__=6&__cft__%5b0%5d=AZVuWnFB1RWgFffDXiynuK-jeLZ2sUmleLUnIwoAHP9tyO1e64Un-OY84W8SwIM2U6ZwvkovhvDtHQHZ3vfMmN1QDq3z_j7JqdjADQMTPI8Cx4AH9MGTRT59du3pcr-9XVSvO2_FV1Bg0lMgGd0KKusG&__tn__=*NK-R)   Text  Description automatically generated | |

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| **ADDITIONAL CYBER SECURITY LINKS** |
| * Check if your email has been compromised [https://haveibeenpwned.com/](https://haveibeenpwned.com/?fbclid=IwAR3P3OEJQ1Sg2OpJIPJj_eWGLqeouAuAbqh4RoCO1WzrzN0qc0e3Ra6w2BY) |
| * How secure is your password? [https://howsecureismypassword.net/](https://howsecureismypassword.net/?fbclid=IwAR2aHw72GaQuNH6txbanEaqlyyqEFVw2ffuuuKPjYwKW5IT-BeTJ57IeJQE) |

**LINKS TO OUR NETWORKS**

[Logo, company name

Description automatically generated](https://cavs.org.uk/)

[Circle

Description automatically generated](https://connectcarmarthenshire.org.uk/) [A picture containing text

Description automatically generated](https://www.connecttokindness.wales/)

[](https://cavs.org.uk/engagement/health-and-well-being-network/)[A group of hands holding a green plant

Description automatically generated with low confidence](https://cavs.org.uk/engagement/children-and-young-people-network/)[Logo

Description automatically generated with medium confidence](https://cavs.org.uk/engagement/community-centres-network/)[A picture containing green

Description automatically generated](https://cavs.org.uk/engagement/environment-network/)[A picture containing graphical user interface

Description automatically generated](https://www.facebook.com/groups/1103307530047266)[Diagram

Description automatically generated](https://www.facebook.com/groups/1090277581490231)