

## **Whole Systems Approach Regional Team Update (Healthy Weight)**

- Asset Mapping Trainer Training facilitated with members of Carmarthenshire's Food subgroup – Facilitating Inclusive Access to Sustainable Food – at Bremenda Isaf Farm on 14th May 2025. The main objective after attending the training is for the participants to hold a group session with members of the community to build an asset map for Access to Food. This will help build relationships with local people to co-opt solutions in this area of work in the future.
- The first meeting of the Systems Thinking Learning Network was held online (26th July).
- A workshop held with all Food Partnerships co-ordinators across the region (Hywel Dda and Swansea Bay) on Monday 7th July.
- Work is progressing in Pembrokeshire in terms of: joining our work and we are in the process of sharing the work we have achieved so far with them. In the meantime, we are keen to continue the conversation about working collaboratively with Carmarthenshire PSB and Ceredigion PSB and hope that eventually the three PSBs can work together on Access to Food.
- An announcement of the two-year Healthy Weight: Healthy Wales Delivery Plan (2025-2027) is expected ahead of the Welsh Government's summer holidays.
- The Healthy Eating in Schools consultation was launched on 20 May 2025 and closes on 29 July 2025. Wales is at the forefront of the UK in providing free school meals to all primary school children. This important step helps tackle child poverty and hunger, supports learners to achieve, and contributes to improving health, making a real difference in schools and communities across Wales. They are looking to update: what food and drinks can be provided in schools; guidance on responsibilities for promoting healthy eating and drinking. These changes will help children to: develop healthy eating habits; access to healthier food during school hours; make healthy food choices. Good nutrition helps children perform better and reach their full potential.