

time to care 2016

Providing and managing health services means caring for people. Preventing, assessing, treating or managing an illness means caring. Pain relief and ensuring a patient is nourished and hydrated means caring. Nursing is caring. Caring for someone requires time, time to learn, time to listen and talk, time to assess, time to provide care, delegate or escalate, time to reflect and improve practice. It takes time to care.

Caring for people effectively means our society is a healthier and happier one. It means that less money is spent on treating sickness and more on keeping people well. It means that people are more able



The budget of the Welsh Government is set by the UK Government. If the UK Government continues to cut public spending heavily then the Welsh Government faces some very difficult choices. The 2015-16 Welsh Budget for example was around 10% lower in real terms than it was in 2010-11.

Whilst spending on health in Scotland and England has been protected, spending on health in Wales has not. The 2014 Nuffield Trust report on NHS finance in Wales has estimated that the 2015/16 NHS budget was 3.6% lower in real terms than it was in 2010/11 and there will be a funding gap of £2.5 billion for the NHS in Wales by 2025/26.

The Royal College of Nursing believes the time has come to protect public spending on health in Wales. Services must be safely delivered and they must be offered equitably throughout Wales. Any further cuts to health spending will jeopardise this goal.

It is true that funding by itself is not sufficient. Services must be focused in maintaining people's health (such as health visiting, practice nurses and occupational health nurses) rather than treating illness.

The Royal College of Nursing believes

Physical activity is an important way of keeping fit and healthy. It improves mental wellbeing and can also be a way of socialising. The 2014 Wales Health Survey showed that around a third of adults reported not being physically active on any day in the previous week. Only a third reported activity of 30 minutes on at least 5 days a week. Activity rates are significantly lower for women. Activity rates have also not improved significantly for a decade.

However there is some good news for young people! The School Sport Survey showed the numbers of young people taking part in sport or physical activity three or more times a week has risen from 27% in 2011 to 40% in 2013.

We feel there are important ways in which the Welsh Government and local authorities can encourage and improve the uptake of physical activity.

Planning and the environment: Simply walking is a great way to keep active, so ensuring pedestrian routes are planned into new developments and pavements and well maintained and kept clear in the winter is important alongside safer routes and special lanes for cyclists. Good lighting and handrails on steep routes are useful. Clean and accessible public toilets keep the outdoors a place we can all enjoy.

National Exercise Referral Scheme: keep funding this! This scheme standardises exercise referral opportunities across all Health Boards in Wales. The Scheme targets clients who have a chronic disease or are at risk of developing chronic disease

and has proven a great success in raising activity rates.

Encouraging Women: Women have lower physical activity rates than men and are less likely to participate in sport. The limited research available indicates that women prefer taking part in non-competitive and varied activities provided at times that suit daily schedules. The Welsh Government should fund initiatives aimed at increasing women's participation and also fund further research in this area to provide evidence of successful initiatives. Leaving school, working long hours, caring or retirement can be factors



3 = 10%