

## PSB Project Group Report

Prepared by: Teleri Elias

<b>Well-being Plan Aim</b>	All place-based pilot projects will aim to address the 6 well-being aims as outlined in the Ceredigion Local Well-being Plan 2018-23. A place-based delivery framework will prioritise integration and will incorporate a deep-dive holistic approach to both community and individual resilience.
<b>Our Values</b>	Welsh Language, Tackling Inequalities, Involvement, Sustainability, Leading by Example.
<b>Project Group Name</b>	Improving Community Wellbeing and Tackling Hardship in Cardigan
<b>Chair</b>	<b>Hazel Lloyd-Lubran</b> , Ceredigion Association of Voluntary Organisations (CAVO)

### Project Group Membership *(Names in **bold** signify attendance at meeting)*

Ceredigion County Council	<b>Cllr Elaine Evans</b> , Llyr Hughes, Non Davies, Meleri Richards, Mari Hopkins, Rob Starr, <b>Carys Owens</b> , Cerys Purches-Phillips, Martin Gillard, Catrin George, Catrin Cond, <b>Alison Heal</b> , Dr Sarah Groves Phillips, Carwyn Young, Connor Cook, Bethan James, <b>Robin Stanley</b> , Rob Star, <b>Emily Edwards</b> , Rhiannon John, <b>Cathryn Morgan</b> Partnerships Team: <b>Timothy Bray</b> , Sara Dafydd, <b>Lynne Walters</b> , Anwen Thomas, <b>Teleri Elias</b>	Wales & West Housing	<b>Rhiannon Ling</b> , Elizabeth Morgan
		Ceredigion Association of Voluntary Organisations	<b>Chesca Ross</b>
Hywel Dda University Health Board	Vicki Howell-Williams, Sue John, <b>Terri-Ann Patrick</b> , Jackson Reynolds, Megan Harris, Jan Batty, <b>Geinor Jones</b>	Ben Lake's Office	Carys Lloyd
Mid & West Wales Fire & Rescue Service	William Bowen, Wayne Thomas, Ritchie Felton	Natural Resources Wales	Aled Davies, Peter Frost, Sarah Coakham

Barcud Ceredigion	Catrin Owen, <b>Sue Thomas</b>	Menter a Busnes	Ann Owen
CAB Ceredigion	Glynis Llewelyn, Juliet Morris, Sue Lewis	Co-production Network for Wales	Vikki Butler, Roxanne Treacy

## SYNOPSIS OF PROJECT GROUP MEETING

### Key Points discussed at Project Group meeting: 24.04.24

#### **12.1 Welcome, Introductions and Apologies:**

Hazel Lloyd Lubran (HLL) introduced everyone to the meeting and the following formal apologies were noted:

Catrin George, CCC

Vikki Butler, Co-production Network for Wales

At the start of the meeting the Chair explained that unfortunately Melanie Walters, Carers & Community Support Coordinator, CCC was unable to attend this morning's meeting and therefore the presentation from Geinor Jones, Healthy Weight: Healthy Wales, Focus on Cardigan and South Ceredigion would be recorded for the purposes of sharing with her following today's meeting.

#### **12.2 Minutes and matters arising from the previous meeting 18.01.24**

The minutes of the previous meeting (18<sup>th</sup> of January) were noted, and it was agreed that all matters arising from the discussions had either been addressed or have now been reflected within the agenda for today's meeting and will subsequently be completed.

A discussion was held around the following actions from previous meeting:

- Partners to receive an update presentation at the next meeting detailing what's planned for the future and what projects have been funded this year, which will have direct impact on the Cardigan area.

Lynne Walters (LW) noted that Catrin Owen will provide an updated presentation at the next meeting (17.07.24) on the Shared Prosperity Fund (SPF) with a particular focus on themes of interest in the town. HLL noted that the SPF is active until the end of December. The panel have met regularly to shortlist projects that have been submitted. The number of projects currently receiving eligibility checks is high. Emily Edwards (EmE) noted that she had tried applying but it was closed, HLL will notify EmE if this re-opens.

- Contact to be made with Ann Owen and a project update on the Ceredigion Food Network to be shared with the group membership. The original project came to an end at the end of March '24, they have received funding from the Welsh Government for a further 12 months to enable the network to continue.

**Action- Circulate Ann Owen’s written report, mapping out the details and locations of all the projects and initiatives across the County.**

HLL informed the panel that she attended a Cardigan Town Council meeting in January, where they had a discussion on the town’s priorities and future plans. The two key issues that were raised at this meeting were digital literacy and transportation issues.

LW notified the group that the Arfor Programme had held sessions in Cardigan focusing on housing and Community Land Trusts.

**Action- Updates on the Arfor programme will be shared with panel members.**

### **12.3 Presentation: Whole Systems Approach: Healthy Weight : Focus on Cardigan, South Ceredigion.**

Geinor Jones (GJ) introduced herself as Senior Public Health Practitioner within the Public Health Team at Hywel Dda University Health Board (HDdUHB). GJ provided a presentation on the Whole Systems Approach (WSA) to healthy weight.

In 2019, WG launched the Healthy Weight Healthy Wales Strategy with the aim of preventing and reducing obesity in Wales. The approach is co-ordinated nationally by Public Health Wales (PHW) and implemented locally.

A link to the Hywel Dda Healthy Weight Healthy Wales – Phase 1 Report is provided here :



HDda Healthy Weight  
Healthy Wales Phase 1

The aim of this work is to enable local stakeholders to come together to agree actions and work together in an integrated way to bring about sustainable, long-term system change, focussed on creating the conditions which promote healthy weight in the context of improved health and well-being.

Please find a link to the BBC news article on obesity in Wales (24<sup>th</sup> of April):

<https://www.bbc.co.uk/news/articles/c3q59412wjzo>

In February 2023, the Public Health Team, supported by Leeds Beckett University, facilitated a series of three ‘whole system’ mapping workshops with stakeholders. Over the course of the workshops, participants developed 14 system maps on paper. These were then transferred on to system mapping software. GJ noted their next steps will be to share the maps and outputs of the work to date widely with partners and communities. A summary report has also been prepared.

Click here to watch a short video which explains what a systems approach to healthy weight is:

**12.4 Following the above presentation there will be an open discussion session based upon placing the focus and the initial priorities on co-productive solutions in Cardigan.**

**This will encompass the following matters:**

- **Governance & Delivery Framework for Ceredigion PSB – Including feedback from the PSB.**
- **Terms of Reference & Group membership**

GJ informed the panel that the Whole Systems Approach (WSA) project has not been communicated to the public yet, this will be one of the next steps. GJ noted that rurality and breastfeeding were themes that also came out of the strategic workshops in this area.

HLL stated that the WSA links in well with the public health data report received from Jan Batty on the Ceredigion cluster at the previous meeting. At this meeting members were informed of the high level of cardiovascular disease, diabetes, and level of obesity in this area. All agreed that this work needs to be a focus area in the programme of work moving forward.

Terri Ann Patrick (TAP) noted that children are vulnerable when it comes to the food they eat in their homes and the high cost of healthy food is a big factor in this. There are several organisations that deliver cooking programmes/classes in the area. EE suggested inviting a representative from one of these groups to future meetings. LW noted that there are links to parent groups through the Cardigan primary and secondary schools to possibly deliver cooking classes as Coleg Ceredigion. Sam Everton a former student at Coleg Ceredigion's catering department, he's been recognised as one of the leading young chefs of the year, LW suggested this work could be linked in with Coleg Ceredigion to strengthen the role of education in the matter and to deliver and support cooking classes.

Rhiannon Ling (RL) noted Wales and West Housing are hoping to include healthy cooking and growing produce into their activities with families for this summer and this will form part of their programme of activities.

Cathryn Morgan (CM) discussed the importance of being active, and suggested cycling projects, HLL suggested having a discussion with Cardi Sheds and explore the possibility of e-bikes. LW noted the Healthy Travel Charter by Rhian Rees public health, this project links in well with this piece of work that reports to the other delivery group, Climate and Nature. This matter will be raised at their next meeting next week.

HLL suggested they need to re-visit projects that have been funded by Cynnal y Cardi over the last year, focusing on projects that are around food and activity. HLL suggested looking at the membership and including some of these groups linked to food and activity. Chesca Ross (CR) informed the panel they have been working with Jane Powell on the food network and are hosting the map on Connect, CR suggested reverting back to this map, working with what is there already.

Alison Heal (AH) informed the panel about this year's allotment support grant that is specifically targeted at creating new plots and growing spaces. A work plan was put forward to the Welsh Government in March, AH noted they are looking for suitable sites in the Cardigan area. There is a capital fund grant opening soon with Local Places for Nature, administered by the Local partnership co-ordinator Rachel Aukland, this funding is for nature but also includes food growing.

**Action– Share information about the Local Nature Partnership capital fund when it opens with panel members.**

TB provided an update on the PSB's delivery plan, which is currently being translated and will be published before the next PSB meeting. It was agreed at the previous PSB meeting that they will be holding spotlight sessions within meetings; the Climate and Nature group will be the first group to trial this looking at the priorities for the group along with the Climate Change Risk Assessment which is a piece of work for each and every PSB and this will be presented NRW. TB and HLL attended a learning event at Wrexham where they were presented with details of shared experiences and potential new ideas on how other PSB's are operating and how best practice could assist across other areas, one idea that has been implemented in other areas centred around governance and the use of the gold, silver, and bronze model as a framework on how they operate. This has now been incorporated within the delivery plan and there is an action tracker included which will be updated at each PSB meeting. All groups are responsible for the wellbeing objectives. A task and finish group met recently to discuss the launch, they are currently gathering the suggestions from the meeting and a proposal will go to the next PSB meeting. TB noted the launch might be centred around the three PSB subgroups, looking at events in these focus areas to unite the launch.

TB informed the panel that the Commissioner will be visiting local authorities in the near future to discuss rural poverty. It was also referenced that a 'Ways of Working' progress checker has been published on the wellbeing site which is a useful tool that enables PSB's and organisations to check their progress against ways of working under the Wellbeing Act. In a recent letter to public bodies, the Commissioner encouraged public bodies to use the tool and these results are to be shared by 9 September 2024. TB informed the panel about the PSB's bulletin. This resource is to be considered by the PSB over the next few months.

HLL noted they will continue to explore opportunities around food and activity. The distribution group will invite GJ back to a future meeting.

**Action- Lynne Walters will share the recording from this morning's presentation by Geinor Jones with Melanie Walters and the main points of information discussed around the Whole System Approach, including the video link will be shared with the PSB Climate and Nature delivery group.**

HLL informed members that there's a launch session at the beginning of May, '24 looking at the "Shaping Places" work which is being undertaken by the Public Health team.

**Action – A further update is to be provided at a future meeting of this group around the launch of the "Shaping Places for Wellbeing in Wales" work by Public Health.**

### **12.5 Standing Items: Partner updates on projects and initiatives including the following:**

#### **- Cardigan Town Council priorities.**

HLL confirmed that they will continue the conversations with Cardigan Town Council.

#### **- Community School**

EmE notified the group that they have been successful with a grant for establishing garden projects and this work is now commencing. Cardigan Primary School has also received a grant to run the Food and Fun project this year, taking place over the summer holidays. Cardigan Secondary School pupils will also be embarking on a new project over the coming weeks where they will be going into care homes to provide and receive support under a “buddy assistance” framework.

#### **- Forward work plan for the Cardigan Well-being Centre.**

Carwyn Young (CY) has asked if he can update the panel at the next meeting in July. CY had informed LW that the reports and findings must go through the internal process first. HLL suggested, (and if required) having a one-off meeting if anything does come up between now and the next meeting for CY to provide updates to the panel.

**Action- Carwyn Young to update panel members of the forward work plan for Cardigan Well-being Centre at the next meeting in July.**

### **12.6 A.O.B –**

CM informed members of a Poverty Stigma Toolkit that the Poverty subgroup are currently considering. This toolkit will raise awareness of the impact that language can have on people experiencing hardship and poverty. They hope to progress this toolkit to enable organisations to undertake a self-assessment which will evaluate their use of appropriate language in the delivery of their services. A small task and finish group has been set up to carry this work forward, and an initial meeting is set to take place with the Wales Centre of Public Policy.

RL informed the group that plans for the old hospital site have now reverted to the old plans which include 20 apartments, the Wales and West’s main office, a cafe, and a sensory garden. It is hoped that this return to the original plans will facilitate the re-commencement of the work at the site.

LW informed members that Welsh Wildlife Centre & Teifi Marshes in Cardigan are currently implementing a new project which is being funded via the Heritage Lottery Fund, they are currently consulting on links with the area and this work is being led on their behalf by Sue Davies. The consultation period is currently open with submissions being requested by the end of May, '24.

**Action - Lynne Walters will contact the Welsh Wildlife Centre and will share further details of the project and its consultation timetable with members.**

HLL informed the group that the developments surrounding the old Tabernacle Chapel continue and this includes consideration of the establishment of an Arts & Heritage project centred around the music industry and “Fflach”. Further updates on this initiative will be provided at the next meeting.

To end this section a discussion was held around creating a directory of service with themes that could also support the Whole Systems Approach (WSA).

**Action- Cllr Elaine Evans will check if the Town Council are looking at any directory of services or projects.**

LW advised members of Fforwm Bwrlwm, an initiative running under the ARFOR programme, LAFAN are arranging an open space for partners to gather and discuss various topics via TEAMS. Fforwm Bwrlwm is held through the medium of Welsh and aims to positively encourage the use of the Welsh Language in businesses and across communities. LW has been in contact with LAFAN and has requested their forward work programme and these details will be shared with members. Members are encouraged to consider participation and to also share the Fforwm Bwrlwm link with their colleagues and networks.

**Action- Lynne Walters will share information with partners on the Fforwm Bwrlwm networking activities.**

In response to a direct request for partner support from RL, who is considering establishing wellbeing walks & talks in the Town over the coming months a discussion followed around their set up. Several suggestions were brought forward by members naming individuals who have either been directly involved in organising walks in the area or have supported others in their implementation. Reference was made to Dawn Forster who has co-ordinated a project on walking for wellbeing in Ceredigion, Paul Jones, the health interventions co-ordinator with a direct link to the well-being centres, Alison Pierce who works at Aberystwyth University, Glen Johnson, the local historian who holds informative walks in the Cardigan area and Julie Graham who has been involved in the provision of demand-led well-being sessions in Lampeter and other areas across the County.

**Action- Invite the following people/representatives to join the distribution list of this group: Ann Owen, Ceredigion Food Network/Partnership, Jigso Children’s Centre, Cardi-sheds, Welsh Wildlife Centre, Cooking/Activity groups and Coleg Sir Gâr/Ceredigion.**

**Actions – Members to forward any additional suggestions for new members of this group to [partnerships@ceredigion.gov.uk](mailto:partnerships@ceredigion.gov.uk)**

**Dates of future meetings: 17<sup>th</sup> July 2024.**