

PSB Delivery Group Report

Prepared by: Teleri Elias

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

Delivery Group Membership (Names in bold signify attendance at meeting)			
Ceredigion County Council	Alison Heal , Bethan James, Caitlin Theodorou , Carwyn Young, Carys Huntley , Carys Owens , Cathryn Morgan, Cerys Purches-Phillips, Connor Cook, Eirlys Lloyd, Cllr Elaine Evans , Emily Edwards, Erin McCudden, Mari Hopkins, Martin Gillard, Melanie Walters, Non Davies, Rhiannon John, Rob Starr, Sarah Evans, Dr Sarah Groves Phillips <u>Partnerships Team</u> : Anwen Thomas, Lynne Walters, Neris Davies, Sara Dafydd , Steffan Gruffudd , Teleri Elias , Timothy Bray	Wales & West Housing	Rhiannon Ling
		Hywel Dda University Health Board	Conrad Hancock, Geinor Jones , Jackson Reynolds, Janet Knill, Rhian Rees, Terri-Ann Patrick , Trina Nealon, Vicki Howell-Williams
Ceredigion Association of Voluntary Organisations	Chesca Ross	Ben Lake's Office	Carys Lloyd

Mid & West Wales Fire & Rescue Service	Steven Davies	Natural Resources Wales	Aled Davies
Barcud Ceredigion	Catrin Owen, Sue Thomas	Mentera	Ann Owen
CAB Ceredigion	Glynis Llewelyn, Juliet Morris	Co-production Network for Wales	Mandy Williams, Mererid Lewis
Area 43	Becca Head		

SYNOPSIS OF DELIVERY GROUP MEETING

Key Points discussed at Delivery Group meeting: 15.01.2024

15.1 Welcome and Apologies

Hazel Lloyd Lubran (HLL) introduced everyone to the meeting.

Apologies were noted for the following: *Emily Edwards, Melanie Walters, Carwyn Young and Rhian Rees.*

15.2 Minutes and matters arising from the previous meeting (24.10.24)

The minutes of the previous meeting held on 24 October 2024 were noted and agreed as a true record of discussions. It was agreed that the actions recorded had been completed or included on the agenda for the meeting.

15.3 Standing Item: Update from the Public Services Board meeting (02.12.24)

Timothy Bray (TB) gave an overview of discussions held at the Ceredigion Public Services Board (PSB) meeting on 2 December 2024:

- A discussion on Healthy Travel was held, with presentations given by the TraCC Regional Transport Plan Projects and Programmes Manager for Growing Mid Wales (GMW) on the Regional Transport Plan, and the Transport Development Manager for Hywel Dda University Health Board (HDdUHB) on the Mid & West Wales Healthy Travel Charter.
- An update on the Whole System Approach (WSA) to Healthy Weight programme was given by Geinor Jones (GJ), including the findings from the workshops held in October at the Cardigan and Lampeter Delivery Group meetings. It was confirmed that the outcomes from both Delivery Groups were in line with the findings of 3 other workshops held across the region – With this in mind, the sub-system proposed for focus moving forwards is Accessibility of Food, which will encompass the affordability

and accessibility of healthy and unhealthy food. The PSB agreed to support Accessibility of Food as the sub-system of focus. The next steps will be outlined by GJ under Agenda item 15.6.

- TB confirmed that Gillian Perry, Chair of the Climate Nature Delivery Group, has now left her role with Natural Resources Wales (NRW). With NRW currently undergoing a staff restructure, a replacement and consequently a new Chair has yet to be assigned. It is hoped that NRW's new staff structure will be in place from the start of the next financial year, and a new Chair appointed to continue the work of the Delivery Group.
- Following a discussion at July's PSB meeting around Fair Work, a Task and Finish Group was established and facilitated by the Poverty Sub-group. Councillor Catrin Davies gave an overview of discussions held at the Group's first meeting held in November, which resulted in the identification of a number of recommendations which were presented for PSB consideration. Recommendations included drafting a Charter to demonstrate the PSB's commitment to Fair Work.
- The Activity Tracker, a working document which is updated to monitor the PSB's activity against the Local Well-being Plan, was circulated for the Board's consideration ahead of the December meeting. TB noted that members of the Delivery Group could contact the Partnerships Team if they wished to see a copy of the Activity Tracker.
- The next Spotlight Session will focus on ways of working, organisational assets and estates.

HLL reported that ideas for other future Spotlight Sessions include digital inclusion, transportation, skills and engagement. It was also noted that conversations are underway with other PSBs across the region around working closer across borders, and enhancing links with the Regional Partnership Board.

TB confirmed that the Partnerships Team continue to log upcoming events that the PSB could attend to promote the work of the Board, and raise awareness of the Local Well-being Plan. The PSB will have a stall at the Lampeter Health and Well-being Show, which is scheduled for 26 February 2025. The Group discussed approaching HDdUHB's Community Development Outreach Team (CDOT) who are hosting the event to explore opportunities to host a similar event in Cardigan.

Action: The Partnerships Team to circulate information on the Lampeter Health and Well-being Show to the Group.

Action: Hazel Lloyd Lubran to contact the CDOT Team to discuss the possibility of hosting a Health and Well-being show in Cardigan.

15.4 Age Friendly Ceredigion Update

Melanie Walters (MW) shared an update with the Partnerships Team ahead of the meeting, due to being unable to attend:

- A meeting of the Age-Friendly Ceredigion Forum was held in November – The theme for the meeting was Transport, which also promoted the CAVO Transport Hackathon held a few weeks later. As a result, Dolen Teifi have made links with the Department for Work and Pensions regarding the over 50 support available.
- A mapping workshop was recently held where interested groups and organisations attended to find out in more detail how Rupert Allan's mapping project could be of benefit. Rupert is meeting with the Youth Service regarding an intergenerational project, Dolen Teifi regarding transport, Yr Ardd regarding mapping of support services in Llandysul, Sam Nicholls 3rd sector facilitator (HDdUHB) regarding the mapping of support services for patients in Ceredigion, and PACTO (Pembrokeshire Association of Community Transport Organisation).
- Interviews are underway for the role of the Age Friendly Ceredigion Project Lead.
- Planning is underway for an Information Day, which coincides with Action Against Ageism Day on 20 March, at the Centre of Independent Living, Penmorfa. Citizens Advice Bureau (CAB) are arranging a further event in June.
- Venues have been arranged for the next Forum meeting on 26 February 2025 at Canolfan Rheidol in Aberystwyth, Centre of Independent Living in Aberaeron, and Aberporth Village Hall. There will also be the option of joining online. A Community Dietician will be presenting at the meeting on nutrition.
- The final draft of the second Age Friendly Ceredigion Directory is in the process of being reviewed.
- 17 Age Friendly Grants have been distributed in partnership with CAVO, whereby groups are invited to apply for up to £500 for Age Friendly / intergeneration activities. Applications have been received from Aberporth, Ceredigion Trefoil, Blaenporth, Coed y Bryn, NCE Rugby Club, and Tysul Youth.
- Planning is commencing to promote Global Intergenerational Week, which is held during the last week of April.
- Ceredigion County Council's (CCC) Dementia Steering Group in partnership with HDdUHB and the Centre for Ageing Better, are working on the first draft of a Dementia Friendly Business Guide and self-checklist.

Action: The Partnerships Team to circulate the Age Friendly Ceredigion update via email.

Action: Keep Age Friendly Ceredigion on the Agenda for future meetings.

15.5 Cardigan Well-being Centre Update

Carwyn Young (CY) shared an update with the Partnerships Team ahead of the meeting, due to being unable to attend. There has been minimal progress regarding the Well-being Centre in Cardigan since the last Delivery Group meeting. It is hoped that a focus group session can be arranged prior to the Delivery Group's next meeting in April to support the proposed plans for the Centre.

15.6 Whole Systems Approach to Healthy Weight – Update from Workshops and Next Steps

GJ provided an update on the WSA to Healthy Weight. It was confirmed that Ceredigion PSB members committed to support the Access to Food sub-system, which had been identified during the October workshops as the most popular system of focus for future work. During the workshop session, GJ confirmed that participants expressed an interest in collaborating with the Co-Production Network for Wales' (CPNW) Prosiect Dewi on strengthening engagement with communities. Prosiect Dewi are in the process of developing a Train the Trainer programme, which will allow members of each Delivery Group to develop asset maps alongside the community around access to food. The proposed date for the Cardigan session is 20 February 2025. The session will be held in-person, although no venue has been agreed yet. The Group put forward some suggestions including Coleg Ceredigion, Theatre Mwldan, Small World Theatre and Area. Further information, including the confirmed venue, will be circulated to the Delivery Group via email in due course. The Group also discussed the possibility of undertaking the training in other areas across the County in the future, such as Aberporth.

Action: The Partnerships Team to co-ordinate venue arrangements and bookings for the Train the Trainer Asset Mapping session.

Ann Owen (AO) reported that the Ceredigion Local Food Partnership commissioned a survey of community growing in Ceredigion. The final report can be read [here](#), and the map of Ceredigion's growing spaces can be seen [here](#).

AO also referred to an opportunity to hear more about the [First Love Foundation](#) – Initially a Food Bank, the First Love Foundation have created a holistic model that tackles poverty by considering individualised complex cases to help people permanently out of crisis. AO has arranged a session with Denise Bentley (CEO of the First Love Foundation) for 16 January 2025 at 14:00-16:00, which will include an opportunity to hear about the Foundation's work and ask questions.

Action: The Partnerships Team to circulate information regarding the First Love Foundation session.

15.7 Ceredigion Local Food Partnership Update – Good Food Survey Results

AO provided a summary of the Ceredigion Local Food Partnership's current projects. With the aim of informing a Good Food Strategy, the Local Food Partnership are in the process of conducting a Good Food Survey. The Survey has received 200 responses to date, which will be used to guide the Partnership's future actions and projects. The resulting Strategy will aim to foster good governance, public awareness, improve access to affordable and nutritious food, cultivate a sustainable food economy, encourage change in catering and procurement practices, as well as address the climate crisis through nature-friendly growing practices and minimising

food waste. Partners agreed that the number of responses was significant, and HLL proposed that the methodology was shared as an example of good practice with the PSB to replicate during future consultations.

AO confirmed that the Ceredigion Local Food Partnership are looking to arrange a Food Security Summit later this year, with the intention of bringing partners involved in this area of work together to develop a work plan on Food Security. AO noted that a letter from Welsh Government (WG) was recently received acknowledging the achievements of Local Food Partnerships, and confirming continued funding of 45 grants per partnership.

Alison Heal (AH) informed the group that CCC's Policy Team have been co-ordinating a Baseline Assessment of CCC County Farms. Whilst the findings are not yet available, partners will be updated once the Assessment has been completed.

15.8 Partner Updates / A.O.B

HLL noted that Shared Prosperity Funding will be available for 2025-2026, however, the precise amount and allocation remain undetermined. Cynnal Y Cardi are awaiting further information. HLL suggested that partners begin to consider project concepts for the Cardigan area, with a potential focus on food related initiatives.

AH reported that WG have issued a funding continuation letter to the Ceredigion Local Nature Partnership (LNP), securing their funding for the next two financial years. This ensures the continuation of the Biodiversity Team, allowing the development of a Work Plan outlining priorities and grant applications for the upcoming year, as well as drafting a Plan for the subsequent year. This year, the Biodiversity Team allocated £350,000 in capital funding for public accessibility biodiversity projects, with a maximum award of £50,000 per project. Recent themes have included meadows, grassland, pollinators, food growing, fruit trees and prioritising care homes, social housing and schools. The Biodiversity Team are looking to build on the themes of previous years, by developing a new theme for the next 2 years – AH asked that any suggestions are sent to biodiversity@ceredigion.gov.uk.

HLL noted that CAVO have funding to run projects focussing on green spaces. Information will be shared with partners when available.

The Chair thanked members for their time and brought the meeting to a close. The meeting concluded at 11:18.

15.9 Date of next meeting: 3 April 2025 at 10:00-12:00

Action Summary Log

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| 1. The Partnerships Team to circulate information on the Lampeter Health and Well-being Show to the Group. |
| 2. Hazel Lloyd Lubran to contact the CDOT Team to discuss the possibility of hosting a Health and Well-being show in Cardigan. |
| 3. The Partnerships Team to circulate the Age Friendly Ceredigion update via email. |
| 4. Keep Age Friendly Ceredigion on the Agenda for future meetings. |
| 5. The Partnerships Team to co-ordinate venue arrangements and bookings for the Train the Trainer Asset Mapping session. |
| 6. The Partnerships Team to circulate information regarding the First Love Foundation session. |

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