

## PSB Delivery Group Report

Prepared by: Teleri Elias

<b>Well-being Plan Aim</b>	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.
<b>Our Values</b>	Welsh Language, Tackling Inequalities, Involvement, Sustainability, Leading by Example
<b>Project Group Name</b>	Well-being in Lampeter
<b>Chair Vice-Chair</b>	<b>Greg Jones</b> , Ceredigion County Council <b>Gwilym Dyfri Jones</b> , University of Wales Trinity Saint David

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

Ceredigion County Council	<b>Timothy Bray, Sara Dafydd, Carwyn Young</b> , Rhidian Harries, Rob Starr, <b>Cathryn Morgan, Connor Cook</b> , Sarah Groves-Phillips, Gethin Jones, Llinos Hallgarth, Lowri Evans, Lynne Walters, Rachel Auckland, Alison Heal, <b>Cllr Ann Bowen Morgan</b> , Sian Salcombe, Sara Humphreys, <b>David Jones</b> , Bethan James, Anwen Thomas, <b>Teleri Elias, Eirlys Lloyd</b> , Rachel Cutler, <b>Joy Lake</b> , Rhiannon John	Natural Resources Wales	Aled Davies, Thomas Vetter
Hywel Dda University Health Board	Jina Hawkes, Peter Skitt, <b>Terri-Ann Patrick</b> , Meinir Harries, Nathan Davies, Dr Phil Kloer, Jan Batty, Angela Burns, Trina Nealon, <b>Sandra Mitchell, Robert Allen, Geinor Jones, Mari Lewis</b>	University of Wales Trinity Saint David	Emyr Jones, Hazel Thomas, <b>Laura Cait Driscoll</b>

Dyfed-Powys Police	Insp. Matthew Howells	Mid & West Wales Fire Service	Wayne Thomas, Iwan Cray
Barcud	Catrin Owen, Helen Draycott	CAVO	<b>Hazel Lloyd-Lubran, Teleri Davies</b>
Home-Start	Sharon Morris	Ysgol Bro Pedr	Deiniol Williams
Lampeter Food Bank	Julia Lim	Lampeter Family Centre	Elin Miles, Jen Leigh
Arts4Wellbeing	Mike Hotson, Sara Wentworth	Wales and West Housing Association	<b>Rhiannon Ling</b>
Co-production Network for Wales	<b>Vikki Butler</b>	Area 43	Becca Head
Lampeter Town Council	<b>Councillor Elen Page</b>	PLANED	<b>Sue Lewis</b>

### SYNOPSIS OF PROJECT GROUP MEETING

#### Key Points discussed at Project Group meeting: 18.04.24

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

The Chair welcomed members to the meeting. Apologies were noted for the following: *Catrin Owen, Nathan Davies, Jina Hawkes, Elen James, Rhiannon John, Mike Hotson, Sara Wentworth.*

##### **10.2 Minutes and matters arising from the previous meeting:**

The minutes of the meeting held on 29 January 2024 were agreed as a true record of discussions. It was agreed that the majority of actions recorded had been completed or included on the agenda for the meeting. The following action remains open: *Sara Dafydd to contact Eco Hub Aber to establish whether the Delivery Group can support the community growing spaces mapping exercise.* **Ongoing: This will be revisited at the next meeting as part of a wider discussion around well-being and food in Lampeter.**

##### **10.3 Standing Item: PSB Update: Governance & Delivery Framework for Ceredigion PSB – Including feedback from the PSB (04.03.24):**

Timothy Bray (TB) gave an update on the Ceredigion Public Services Board (PSB) Delivery Plan, which includes an Action Tracker focussed on medium-term priorities. At a recent PSB Learning Event, an idea was presented regarding introducing a 'spotlight session' focussed on a specific well-being objective at each quarterly PSB meeting – TB reported that PSB members were keen to adopt this approach to allow a deep-dive into activity. The Climate and Nature Delivery Group will be presenting the first spotlight session at the next PSB meeting in June, with a particular focus on the Climate Change Risk and Opportunity Assessment. A Task and Finish group meeting has been scheduled for 22 April to discuss the launch event for the Local Well-being Plan.

TB noted that a reference document was shared prior to the meeting, which outlined key actions identified for the Delivery Group in the medium-term (2024-2026) Priority Delivery Plan. These key actions will provide progress against the priorities identified for increased development during the workshops at the end of 2023. Sara Dafydd (SD) explained that whilst the Delivery Group need to consider all elements of the Well-being Plan, the majority of the group's work will naturally deliver against Objective 2 (Social Well-being).

#### **10.4 Terms of Reference, Priorities, and Membership:**

The draft Terms of Reference (ToR) were circulated prior to the meeting for members' consideration. Whilst there were no requests for amendments by members, SD noted that inclusions had been made to the draft to reflect the cross-cutting theme of Poverty and Hardship – These amendments were highlighted for ease of reference. SD reported that it was also agreed at the most recent PSB Poverty Sub-group meeting that a member would attend Delivery Group meetings, and vice versa, to ensure links. There is reference within the ToR to the Poverty and Deprivation report produced in 2023 by Ceredigion County Council's (CCC) Performance and Research Team on behalf of the Ceredigion PSB, which explored the main poverty and deprivation issues in the town and immediate surrounding areas. This report, amongst others, will continue to help guide the group's work and the actions taken in Lampeter to tackle hardship and improve well-being. SD proposed that Rob Starr (Performance and Research Manager, CCC) is invited to present an update on the report at a future meeting. Finally, it was noted that a reference to the Asset Based Community Development (ABCD) approach had been included to the ToR.

SD presented a copy of a draft Activity Tracker for the group's consideration – The purpose of this document is to monitor the group's activity, and link actions back to ambitions within the Local Well-being Plan. SD proposed that the Tracker will be a working document which will grow with the group as areas of work develop. So far, the Activity Tracker covers 3 areas of work –

- 1.) Exploring the feasibility of a Lampeter Youth Project.
- 2.) Addressing Hardship and Deprivation in Lampeter.

### 3.) Primary and Secondary Preventative Activities in Lampeter.

The PSB Support Team have also been monitoring the attendance list for the Delivery Group's meetings, and have established that some members included on the distribution list have not attended for some time. SD asked that members contact the Partnerships Team if they would like to be removed, or should they wish to nominate a colleague to attend instead.

**Action: Sara Dafydd to directly contact members who haven't attended for a period of time.**

**Action: The Partnerships Team to re-circulate the amended ToR for members to consider and feedback for final sign off.**

**Action: Invite Rob Starr to a future meeting to provide an update on the Lampeter Poverty and Deprivation Report.**

#### **10.5 Hywel Dda Community Development Team Presentation\*:**

Sandra Mitchell (SM) introduced herself as Community Development Outreach Team Manager at Hywel Dda University Health Board (HDdUHB), and Rob Allen (RA) as Community Development Outreach Officer for Ceredigion. The Team covers 3 counties and work with diverse communities and vulnerable groups to promote early prevention health messaging. They provide rapid response to refugees and asylum seekers who arrive in Wales. The Team also has interpretation cards available in 40 different languages, which allow people to ask for interpretation services when visiting the GP or hospital.

RA gave an overview of his work in the Lampeter area, which includes engaging with Mind's Eye, CAMFAN Support Hub, local faith groups and monthly veterans' drop-in sessions funded by Woody's Lodge. Examples of health messaging include smoking cessation and promoting the MMR vaccination. University of Wales Trinity Saint David (UWTSD) supported by CCC are hosting an event on 27 April, which looks to bring the community together to celebrate diversity and make those who have sought sanctuary in Wales feel welcome and supported.

#### **10.6 Standing idem: Youth Engagement Project:**

The Chair of the Youth Project Steering Group, David Jones (DJ), gave an update on the group's first meeting on 16 April. The steering group received an overview of the feasibility study by Laura Cait Driscoll (LCD), which included a number of short, medium and long-term recommendations. DJ noted that the group also considered a draft ToR for the steering group, and reflected on the membership. There were suggestions from steering group members as to other representatives that could be invited to attend future meetings, such as the local Neighbourhood Police Team (NPT) officer, Longwood Community Woodland, and Ysgol Bro Pedr. SD confirmed that contact had been made with the INTACT PCSO for Ceredigion, who would be attending the next meeting. The

group will consider Anti-social Behaviour (ASB), and it was proposed that recorded crime figures are considered to identify any trends or potential hotspots. The next meeting is scheduled for 13 May.

Gwilym Dyfri Jones (GDJ) reported that UWTSD had recently experienced ASB incidents on campus. GDJ noted that the Police and the community have been pulling together to resolve this issue, and there appears to have been some recent improvement.

**Action: The Youth Project Steering Group to review crime figures for Lampeter, and identify trends and hotspots.**

### **10.7 Regional Whole Systems Approach to Healthy Weight\*:**

Geinor Jones (GeJ) introduced herself as Senior Public Health Practitioner within the Public Health Team at HDdUHB. In 2019, Welsh Government (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. 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. A short video which explains the systems approach to healthy weight: [Systems - Healthy Weight Healthy You](#)

In February 2023, the Public Health Team, supported by Leeds Beckett University, facilitated a series of three 'whole system' mapping workshops. Over the course of the workshops, participants developed 14 system maps on paper. These were then transferred on to system mapping software. GeJ noted that the 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 produced, and can be shared with the group.

GeJ specified that the next steps will include identifying and mapping local levers, enabling accessibility to health food, drink and travel, as well as ensuring safe spaces for physical activity. The Public Health Team will focus on facilitating community involvement and engagement in Cardigan and Lampeter, and it was proposed that this could be supported by the Co-Production Network for Wales (CPNW) as part of Project Dewi.

Rhiannon Ling (RL) noted that Wales and West Housing Association (WWHA) worked alongside RA last year on a successful community event called 'Summer of Fun' in Cardigan. These events will be run again this year, with an activity programme to bring neighbours and communities together. RL stated that WWHA also host a number of community events in Lampeter, which could be utilised to engage with the community.

**Action: The Partnerships Team to circulate the Mapping the Healthy Weight System Across Hywel Dda Summary Report.**

**Action: Vikki Butler and Geinor Jones to discuss opportunities for CPNW to support engagement and involvement.**

**Action: Geinor Jones to be invited back to a future meeting to update on the Whole Systems Approach to Healthy Weight work.**

### **10.8 Caru Llambod – Lampeter Town Council Presentation\*:**

Councillor Elen Page (EP) provided an overview of the Caru Llambod sub-committee of Lampeter Town Council. EP noted that the Caru Llambod sub-committee looks to put the Place Plan for Lampeter into action, by working with people from a range of backgrounds to give the town a new lease of life.

Lampeter has seen 8 new businesses open recently, and grants from Cynnal y Cardi has allowed rejuvenation of the town. Funding has been obtained for a feasibility study to ascertain the need for a skate park in the town, and a location has been identified. Market Street is also a focus for development, and several events are planned whereby new cabins received last year through funding will be used. Funding has also been received for a new interactive noticeboard to promote well-being activities and events in the area. Lampeter Town Council have also been modernising their website, and utilising social media to promote events. EP reported that a Welsh heritage event 'Calan Mai' will take place on 5 May, which will host a range of activities for families. It's also hoped that a showcase event will take place in September called 'Llwyddiannau Llambod' to celebrate local successes.

### **10.9 Catalyst for Care Project\*:**

Sue Lewis (SL) and Hazel Lloyd-Lubran (HLL) presented the Catalyst for Care project, which is funded until December 2024 through the UK Government Shared Prosperity Fund. A partnership between PLANED, CAVO and CCC, the regional project supports people with a caring nature and a good idea to set up their own care or support enterprise. The aim is to expand the choice of small, local care and support enterprises in Ceredigion so that people can choose from a range of personal, flexible services that work for them. There are 2 main elements to the project –

- **Community Micro-Enterprise Programme** – A small care or support business that helps people to live independently and well.
- **Social Enterprise Programme** – A Social Enterprise is a business that trades to tackle social problems, improve communities, people's life chances or the environment.

There are 13 micro-enterprises currently on the Ceredigion directory, which contains small, independent care and support services in the county. Next steps are to inform the community and professionals of the resource available, and to grow the directory to offer more choice and support. SL and HLL noted that engagement will be carried out in Lampeter in due course. See more about the Catalyst for Care project and the directory of services for Ceredigion here: [PLANED | Catalysts for Care](#)

#### **10.10 Standing Item: Social Model for Health and Well-being – Creating Change Together in Ceredigion:**

SD provided an update on HDdUHB's Social Model for Health and Well-being on behalf of Nathan Davies (HD). The Health Board's Executive Director of Public Health, Ardiana Gjini (AG), has now taken over leadership of the Social Model for Health and Well-being programme. The last 'Creating Change Together in Ceredigion' meeting took place on 29 January, and included a presentation by the Community Outreach Development Team. There was also discussion around whether partner organisations could use the 'Elemental' software for Social Prescribing via read-only licencing arrangements – The feasibility of this will be explored further.

It's hoped that an evaluation of the 'Creating Change Together' groups will be carried out soon to ascertain their effectiveness. The next 'Creating Change Together in Ceredigion' meeting will take place on 22 April.

#### **10.11 Partner Updates / Any Other Business:**

- **Food in Lampeter – Hazel Thomas**

As Hazel Thomas extended her apologies for this meeting, it was agreed that this item would be carried over to July's meeting. Eirllys Lloyd (EL) reported that additional funding has now been obtained from WG, and therefore the Local Food Partnership Co-ordinator Ann Owen will continue in post for another 12 months.

- **Discussion: Directory of Services & Activity:**

The group had previously considered a piece of work undertaken by Jubilee Storehouse in Penparcau, whereby the food bank had printed leaflets outlining local support services and included them in food parcels. Whilst the idea to recreate a similar resource in Lampeter wasn't progressed at the time, SD queried whether the group wished to consider revisiting this by establishing a directory of services and / or activities in Lampeter and the surrounding area. This could link with the Whole Systems Approach to Healthy Weight identification of local levers and the Catalysts for Care Directory of Care and Support Enterprises. GJ suggested that the Community Connectors should be involved in this piece of work, and to utilise the digital screens at the Lampeter Well-being Centre.

**Action: Sarah Evans to collate a list of activities and groups in the Lampeter area and share with Sara Dafydd.**

**Action: The Directory of Services & Activity discussion to remain as an item on the agenda for the next meeting.**

No other business was raised. The Chair thanked members for their time and brought the meeting to a close.

*\*Presentation slides have been circulated to Delivery Group members – Please contact [partnerships@ceredigion.gov.uk](mailto:partnerships@ceredigion.gov.uk) if you require another copy.*

**10.12 Date of next meeting: 9 July 2024 at 14:00-16:00**

**Summary of Actions:**

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| <b>a.)</b> | Sara Dafydd to contact Eco Hub Aber to establish whether the Delivery Group can support the community growing spaces mapping exercise. |
| <b>b.)</b> | Sara Dafydd to directly contact members who haven't attended for a period of time.   |
| <b>c.)</b> | The Partnerships Team to re-circulate the amended ToR for members to consider and feedback for final sign off.                         |
| <b>d.)</b> | Invite Rob Starr to a future meeting to provide an update on the Lampeter Poverty and Deprivation Report.                              |
| <b>e.)</b> | The Partnerships Team to circulate the Mapping the Healthy Weight System Across Hywel Dda Summary Report.                              |
| <b>f.)</b> | Vikki Butler and Geinor Jones to discuss opportunities for CPNW to support engagement and involvement.                                 |
| <b>g.)</b> | Geinor Jones to be invited back to a future meeting to update on the Whole Systems Approach to Healthy Weight work.                    |
| <b>h.)</b> | Sarah Evans to collate a list of activities and groups in the Lampeter area and share with Sara Dafydd.                                |
| <b>i.)</b> | The Directory of Services & Activity discussion to remain as an item on the agenda for the next meeting.                               |