

## PSB Project Group Report

Prepared by: Anwen Thomas

<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	Cllr Elaine Evans, Llyr Hughes, Non Davies, Meleri Richards, Mari Hopkins, Rob Starr, Carys Owens, Cerys Purches-Phillips, Martin Gillard, <b>Catrin George</b> , Catrin Cond, <b>Alison Heal</b> , Dr Sarah Groves Phillips, <b>Carwyn Young</b> , Connor Cook, Bethan James, <b>Robin Stanley</b> , Rob Star, Emily Edwards, Rhiannon John, <b>Cathryn Morgan</b> , <b>Melanie Walters</b> Partnerships Team: <b>Timothy Bray</b> , Sara Dafydd, <b>Lynne Walters</b> , <b>Anwen Thomas</b> , Teleri Elias	Wales & West Housing	Rhiannon Ling, 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, Geinor Jones	Ben Lake's Office	Carys Lloyd
Mid & West Wales Fire & Rescue Service	William Bowen, <b>Wayne Thomas</b> , 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

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

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

Cerys Purches-Phillips  
Emily Edwards  
Rhiannon Ling  
Rob Starr  
Caitlin Theodorou  
Juliet Morris

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

The minutes of the previous meeting (24<sup>th</sup> April) 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. Sue Thomas (ST) noted that the previous minutes noted 'Catrin Owen' under item 12.2 where 'Catrin George' should have been noted.

Lynne Walters (LW) confirmed that Ann Owen has now recommenced in her post and will provide an update at a future meeting. This return has been achieved following the confirmation of additional funding which will see Ann working 2 days per week on the Ceredigion Food Network. Ann will also be working under a different contract at the Dyfi Biosphere.

**ACTION: LW to arrange that Ann Owen presents the food mapping project at a future meeting.**

**ACTION: HLL to send LW the small grant scheme food project information to be shared with partners, the closing date is not until the 10<sup>th</sup> August.**

#### **13.3 PSB Update: Governance & Delivery Framework for Ceredigion PSB – Including feedback from the PSB and an update on the promotional video for the Annual Report.**

Timothy Bray (TB) confirmed that he will be presenting the final version of the delivery plan to the PSB tomorrow (18.7), this includes the organogram which has been developed and highlights the different connections the PSB and its subgroups have amongst different

project/initiatives/networks etc. Due to the nature of the organogram it was noted that it provides a snapshot in time and will require subsequent review.

**ACTION: TB to circulate the organogram with the group for information.**

Volunteers from a PSB Task + Finish group have met to discuss the launch of the wellbeing plan, and the suggestion has been made to attend various activities throughout the Summer and Winter months to promote the PSB and the initiatives they are working on. Events such as the 'Summer of Fun', Winter Wellbeing Events' and future 'Local Nature Partnership Meetings' were suggested. The Partnership team would be available to assist with these events alongside partner organisations who would represent the specific initiatives and work of the PSB within different fields.

**ACTION: All members to share any local events/activities which would be suitable for the PSB to attend and be promoted at with the Partnerships team.**

A draft version of the annual report in video form will be presented at tomorrow's PSB meeting for feedback. HLL requested that any Cardigan based videos/photos from partners which could be included in the video should be shared with the Partnerships team. The video Company has provided the opportunity for edit and due to resource/scheduling considerations this will be undertaken in a collective session following feedback from partners.

TB noted that the PSB will also receive a presentation on the 'Shaping Places' programme, the board will explore how we can use the capacity behind the shaping places programme to assist with the board's initiatives.

#### **13.4 Presentation and discussion: Age Friendly Communities.**

Melanie Walters (MW) introduced herself to the group as the Carers and Community Support Co-ordinator for the Local Authority with specific responsibility for the Age Friendly Communities Strategy. She provided a presentation to the group on Age Friendly Communities and the details can be accessed via the attachment included below.



AFC PRESENTATION  
FOR 25.6.24.pptx

The key dates to note within the project are: Meeting arranged with the local community on the 29<sup>th</sup> August, Launch Event scheduled to take place on the 30<sup>th</sup> September (please see poster enclosed below).



IOPD poster (FINAL)  
A4e.pdf

Age -Friendly Communities Newsletter to be circulated in November, Forum to be held in January with a view to handing over aspects of the forum/initiative to community representatives. MW also confirmed that an update of the service directory has been undertaken and this is now available on the Council's website. Members can gain access via the following link and were asked to share the content with their colleagues and networks.

### [Age Friendly Ceredigion Directory](#)

Following the presentation and discussion there was specific interest in accessing the walkability and accessibility tool developed by the team.

**ACTION: MW to share the link to the walkability tool and to share the accessibility tool once it is finalised.**

In discussion HLL suggested that the PSB could attend the launch event as a way of promoting the PSB. HLL noted that the baseline information MW's team have gathered could be useful to this group and would help to suggest areas of work for this group and other subgroups to focus on.

**ACTION: MW to return to provide another presentation on the Age Friendly Baseline information.**

**ACTION: MW to share information with LW on the areas in Ceredigion they have broken down into 41 geographic focus areas.**

### **13.5 Update on Plans/Projects for Cardigan, including the SPF fund and developmental projects being considered jointly with the Town Council.**

Catrin George (CG) provided the group with a presentation on the SPF funding and projects which have been supported, please see below:



CYNNAL Y CARDI  
UPDATE 17.07.pptx

The information provided was both detailed and informative and members were asked to note the details and consider the links with individual projects within the town.

In discussion HLL noted that there still has not been a decision on the funding post December when this SPF funding comes to an end. Further details will be released in due course.

**ACTION:CG to share further funding details post December 2024 with members of this group when it is both timely and appropriate to do so.**

### **13.6 Update and discussion – “Communities Count Scheme” – Multiply Programme (Adult Learners Wales)**

HLL noted that CAVO have been able to support a variety of numeracy related activities which are likely to move towards formal numeracy qualifications. These initiatives are proving valuable in their initial support for individuals and groups and have the potential to provide a springboard to future actions. There will be another push over the summer months to allocate the remaining funding to further numeracy activities.

### **13.7 Activity Presentation – “Summer of Fun”**

Emily Edwards had sent apologies to this meeting but had provided the below written update:

*‘Very busy working with the community members to plan this year’s summer of fun sessions, which will begin next Thursday, and will run every Thursday during the school holidays. A shed is being delivered and installed at Pentop park playing field very soon, to allow residents to store play equipment. The residents have been very involved in getting T-shirts and have even talked about getting a constitution to ensure the stability and sustainability of this event. We have several services booked in, and will be working with Ceredigion Local Nature Partnership, Men’s Sheds, RAY, JigoSo, Ceredigion Actif, PCSO’s, Mid and West Wales Fire and Rescue Service, Hywel Dda Community Development Outreach Team, New Life Church, and the RNLI. I will also be running Food and Fun programme which starts with me in school on Monday.’*

LW explained that this work is being developed in partnership and Rhiannon Ling, Wales & West Housing had fully endorsed the update and had noted a positive increase in both attendance and participation this year. The momentum at these community events continues to strengthen as individuals within the community lead on the arrangements. Initiatives are having a positive impact on the wellbeing of the communities and their residents and everyone is looking forward to a full schedule of events over the summer period.

### **13.8 Standing Items: Partner updates on projects and initiatives, including future ideas.**

#### **- Winter Wellbeing Plans**

CAVO will be reaching out to partners over the summer months to confirm what initiatives organisations are planning around winter wellbeing. The aim here is to avoid duplication and to support with promotion of facilities which will be made available to communities. Partners were asked to share this ask with their colleagues and networks and to contact CAVO directly to provide notice of provision.

**ACTION : Partners to contact CAVO to share any information, knowledge regarding winter wellbeing initiatives via [gen@cavo.org.uk](mailto:gen@cavo.org.uk)**

#### **- Child Poverty Grant**

Members were informed that Cathryn Morgan (CM) has initially drafted a bid for £25,000 which is to be spent by end of March 2025. The bid highlights the need for an officer to gather information and lived experience from food banks, warm space hubs etc. This is important within the context of identifying whether there are any gaps in the way information is being shared with communities. The officer will be responsible for

creating a report which should suggest improvements to communication between all partner organisations and the people who need information on grants etc. Partners are being asked for their feedback on the draft bid prior to its submission.

### **13.9 Presentation: Feedback from the consultation on the possible establishment of a Wellbeing Centre in Cardigan.**

Carwyn Young (CY) provided the group with an update on the Cardigan Wellbeing Centre. These details have followed formal consultation and assessment and this presentation can be found below:



2024 07 17

Wellbeing Centre 2.pc

CY confirmed that the next steps are to present to Scrutiny and Cabinet with a preferred building/location for the proposed wellbeing centre. This will then allow for more detailed planning and discussions to take place. Alison Heal (AH) commented on the importance of remembering that the team are expecting a nutrient report for the Cardigan area which could have implications on any planning applications. HLL noted the importance of the chosen building having plenty of outdoor green space to benefit wellbeing. Rhian Rees (RR) suggested communicating with communities the impact of potentially losing a site for the new wellbeing centre to be built. HLL was interested in the offer of services at the centre and suggested that they need to compliment what is already available in the area as well as provide the services the community have asked for such as Health services. Teri Ann-Patrick (TAP) noted that there is a genuine commitment from all involved to collaborate on a new approach to delivering the services that are required within the community, such as mental health services.

It was suggested that given that the next meeting of this group is scheduled to take place in October this would be a good opportunity to bring local community groups together to provide further feedback on the Wellbeing Centre.

**ACTION : HLL, CY and the Partnerships team to discuss the timing and content of a possible partner focus group to support the proposed plans for a wellbeing centre in Cardigan.**

### **13.10 A.O.B:**

**Baby Bundles** – There is a need for volunteers specifically in the Aberystwyth area. If members have any suggestions please contact Vicky Thomas @ [vicky@plantdewi.co.uk](mailto:vicky@plantdewi.co.uk). Further details of the service are included below :



BWwndel Babi Baby  
Bundle leaflet.pdf

**ARFOR programme** – LW thanked members who have engaged with the ‘Bwrlwm Trafod’, there will be consideration at tomorrow’s PSB meeting regarding a request which has come from the team at ARFOR for support to a regional initiative (entitled Llwybro) which will track the movements and futures of young people from within the area. Possible PSB involvement in this initiative will be considered.

**Consultations** – LW requested all partners share information on any consultations taking place within their organisations to try and encourage support and engagement. The link to CCC’s consultations is here - [Engagement and Consultations - Ceredigion County Council](#)

**Dates of future meetings: October 2024 (Day TBC).**

#### **Action Summary Log**

- a) LW to arrange that Ann Owen presents the food mapping project at a future meeting.
- b) HLL to send LW the small grant scheme food project information to be shared with partners, the closing date is not until the 10<sup>th</sup> August.
- c) TB to circulate the organogram with the group for information.
- d) All members to share any local events/activities which would be suitable for the PSB to be promoted at with the Partnerships team.
- e) MW to share the link to the walkability tool and to share the accessibility tool once it is finalised.
- f) MW to return to provide another presentation on the Age Friendly Baseline information.
- g) MW to share information with LW on the areas in Ceredigion they have broken down into geographic 41 areas.
- h) CG to share funding details post December 2024 with members of this group.
- i) Partners to contact CAVO to share any information, knowledge regarding winter wellbeing initiatives.
- j) HLL, CY and the Partnerships team to discuss the timing and content of a possible partner focus group to support the proposed plans for a wellbeing centre in Cardigan.