

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	Well-being in Lampeter
Chair Vice-Chair	Greg Jones , Ceredigion County Council Gwilym Dyfri Jones, University of Wales Trinity Saint David

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

Ceredigion County Council	Cllr Ann Bowen Morgan, Bethan James , Carwyn Young , Carys Huntly, Cathryn Morgan , Catrin Evans, Connor Cook, Dai Jones, Eirlys Lloyd , Elen James, Gethin Jones, Iwan Davies, Joy Lake, Laurie Hughes , Rachel Auckland, Rhiannon John, Rhidian Harries , Rob Starr , Sarah Evans, Sian Salcombe, Steffan Rees PSB Support Team: Timothy Bray , Sara Dafydd , Teleri Elias , Lynne Walters, Anwen Thomas, Steffan Gruffudd	Mid & West Wales Fire Service	Hannah Lodder-Rodda, Wayne Thomas
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Hywel Dda University Health Board	Jina Hawkes, Peter Skitt, Terri-Ann Patrick , Nathan Davies, Dr Phil Kloer, Trina Nealon, Robert Allen, Geinor Jones, Rhian Rees	University of Wales Trinity Saint David	Catrin Morgan-Jones, Emyr Jones, Hazel Thomas, Laura Cait Driscoll
Dyfed-Powys Police	Insp. Matthew Howells	Natural Resources Wales	Aled Davies
Barcud	Catrin Owen	CAVO	Hazel Lloyd-Lubran, Teleri Davies
Home-Start	Sharon Morris	Ysgol Bro Pedr	Ffion Davies
Lampeter Food Bank	Julia Lim	Lampeter Family Centre	Elin Miles, Jen Leigh
Arts4Wellbeing	Mike Hotson, Sara Wentworth	Wales and West Housing Association	Rhiannon Ling
Co-production Network for Wales	Mandy Williams, Mererid Lewis	Area 43	Becca Head
Lampeter Town Council	Councillor Elen Page	Stage Goats	Tracey O'Grady
Mentera	Ann Owen	Rural Health and Care Wales	Mari Lewis

SYNOPSIS OF DELIVERY GROUP MEETING

Key Points discussed at Delivery Group meeting: 30.01.2025

13.1 Welcome and Apologies

Apologies were noted for the following: *Sarah Evans, Tracey O'Grady, Julia Lim, Elizabeth Jenkins, Peter Skitt, and Catrin Owen.*

13.2 Minutes and matters arising from the previous meeting (17.10.24):

The minutes from the meeting held on 17.10.24 were agreed as a true record of discussions. It was agreed that the actions recorded at the previous meeting had either been included on the agenda or carried over to the next meeting.

13.3 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. The process of behavioural change was also raised, and Megan Harris (MH) reported that Public Health Wales (PHW) have received funding to support behavioural change programmes. Rhian Rees (RR) also shared the following link: [a practical, interactive tool that introduces Behaviour Change Techniques](#).
- An update on the Whole System Approach (WSA) to Healthy Weight programme was given by Geinor Jones (GeJ), 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 GeJ under Agenda item 13.7.
- 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's 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. TB noted that as a contingency, conversations are underway with colleagues at Carmarthenshire County Council around working collaboratively on the Climate Change Risk Assessment (CCRA).
- 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 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 Partnerships Team are also looking to explore user friendly and interactive ways to log upcoming events, such as utilising Google Calendar.

- The PSB continue to hold Spotlight Sessions at each meeting – The next Spotlight Session will focus on ways of working, organisational assets and estates.
- With regards to feedback from Ceredigion County Council's (CCC) Overview and Scrutiny Committee, TB explained that the low response rate to the Dyfed-Powys Police and Crime Commissioner's consultation on the new Police and Crime Plan for 2025-2029 was noted as a concern. The new Police and Crime Plan will be launched in Carmarthen on 13 February.

Further to the discussion around Healthy Travel, Greg Jones (GJ) queried whether the outcomes of CAVO and CWMPAS' Community Transport Hackathon could be presented at the next Delivery Group meeting.

Action: Chesca Ross (CAVO) to be invited to the next Delivery Group meeting to present on the Community Transport Hackathon.

Cathryn Morgan (CM) noted that the draft Regional Transport Plan will be out for consultation during February. It was agreed that the Partnerships Team would circulate the survey link to the Group when available.

Action: The Partnerships Team to circulate the link to the Regional Transport Plan consultation when available.

13.4 Discussion: Selecting a Vice Chair for the Delivery Group

GJ explained that the Delivery Group are now seeking to appoint a Vice Chair following Gwilym Dyfri Jones' (GDJ) departure from his role at the University of Wales Trinity Saint David. GJ thanked GDJ for his contribution to the Delivery Group, and wider Public Services Board over the years. GJ queried whether any members wished to put themselves forwards for the role of Vice Chair. No nominations were received, and so GJ proposed that a follow up email should be circulated for the benefit of Delivery Group members that could not be present at the meeting.

Action: The Partnerships Team to circulate an email to the Delivery Group seeking expressions of interest for the role of Vice Chair.

GJ also confirmed that Laura Cait Driscoll (LCD) has recently commenced a new role, and thanked her for contributions to the work of the Delivery Group, and specifically as Vice Chair of the Youth Project Steering Group.

13.5 Presentation: Lampeter Poverty and Deprivation Report

Rob Starr (RS) presented an updated version of the Lampeter Poverty and Deprivation Report, which was previously presented to the Delivery Group in April 2023. RS noted that the report was specifically requested as pockets of poverty and deprivation can often be hidden. It was clarified that the report covers the areas of Lampeter 1, which primarily covers Lampeter town centre, and Lampeter 2, which covers the wider rural area – The report therefore gives an overview of both urban and rural issues. An update of the Welsh Index of Multiple Deprivation (WIMD) is expected to take place this year, with results expected in 2026. The next update will also include additional data categories (such as transport times and childcare).

RS focussed on specific areas of note within the report:

- **Community Safety** – Community Safety and Housing data for Lampeter 1 shows the area is amongst the most deprived in these 2 categories nationally, whilst the other domains rank amongst the least deprived. This reflects the importance of deep dives into specific areas to identify hidden pockets of deprivation, which isn't always clear when looking at the full picture. Data suggests that recorded crimes in the Lampeter area have been declining over the last year, although figures also show an increase in shoplifting numbers. RS noted that there is often a disconnect between the public perception of crime and actual crime statistics – However, in this case, the Crime and Disorder Strategic Assessment undertaken in 2023 showed that residents' top 3 concerns aligned with the highest recorded crime types in the area, with Sexual Violence coming out on top.
- **Housing** – Average house prices vs average earnings continue to be a big trend – Since the COVID-19 pandemic, house prices in Lampeter 1 have increased dramatically. When average annual earnings are mapped alongside house prices, Ceredigion falls in the category of high house prices and low earnings.
- **Pension Credit** – Significant efforts are underway to address the current high levels of unclaimed Pension Credit in Ceredigion, with Welsh Government (WG) also carrying out a review into the low uptake nationally. Whilst there are challenges in terms of the application process, numerous local services and organisations offer support. Increased effort is required to ensure that information and guidance is widely disseminated in rural communities. Cathryn Morgan (CM) noted that the Ceredigion Cost Of Living (CoL) E-Bulletin provides information and support to help residents manage the CoL crisis and maintain financial well-being: <https://www.ceredigion.gov.uk/resident/cost-of-living-support/ceredigion-cost-of-living-e-bulletin/>. The Bulletin is widely circulated to partners, Warm Welcome Spaces, Elected Members and Town & Community Councils, amongst others. RS reported that conversations around rural and fuel poverty are ongoing, as these are likely to have increased. Whilst hard data is available to analyse, RS explained that the full picture of social poverty, such as social isolation, is difficult to capture and quantify, although this is something that the Research and Performance Team are looking into. Terri-Ann Patrick (TAP)

suggested that it would be beneficial to access the cohort of house bound patients, with consideration to be given to carrying out a piece of work with GP Surgeries, District Nurses and Befriending Services.

13.6 Lampeter Youth Project Steering Group Update:

Sara Dafydd (SD) provided an update on the Youth Project Steering Group in the absence of the Group's Chair, Gethin Jones. The last Steering Group meeting took place on 6 November 2024, and was a shorter focussed meeting to discuss the engagement plan and key questions to be asked to young people in the Lampeter area, including the School Council. These included:

1. What existing facilities / provision / organisations are there for young people to access, and what are the gaps in provision?
2. What barriers do young people face accessing existing provision?
3. What current issues are affecting young people, and how does the community view young people?

SD noted that the Steering Group has now been established for a year, and the landscape with regards to youth provision in the area has changed significantly during that time. The Steering Group Chair felt it was timely to present ongoing and future youth activity to the wider Delivery Group, to share a picture of what is happening in the area, and to help inform the direction of the Steering Group moving forwards.

Ceredigion County Council's Youth Service – 'Y Fan' has been out in the second half of the Autumn season on Friday afternoons between 2 and 4 o'clock in Lampeter. Young people between 16 – 25 and in need of support to return to employment, education or training, can get support through the Service's INSPIRE group. A Phoenix project in collaboration with the Fire Service at Lampeter Fire Station has been arranged for the week commencing 3 February. There continues to be a designated Youth Worker working at Ysgol Bro Pedr 4 days a week. The Team coordinates activities during each school holiday, which includes at least 1 day of activities for each High School group.

Area 43 & Stage Goats – Becca Head (BH) explained that Area 43 and Stage Goats have formed a partnership to pilot a Youth Café in Lampeter, opening in Spring 2025. Stage Goats will operate the Café, whilst Area 43 will provide managerial oversight. In the interim, Area 43 are currently running a weekly pop-up Café from the Victoria Hall in Lampeter – The pop-up Café is operating 1 day a week, with the aim of increasing this in the run up to the Youth Café opening. The Youth Café itself will run 5 days a week, from Tuesday to Saturday. BH confirmed that the Team are currently seeing between 30-40 young people coming to the pop-up Café, and are already engaged with a number of individuals who have previously refused to engage.

GJ congratulated Area 43 and Stage Goats on the exciting development. SD explained that during the most recent Steering Group meeting, members discussed whether hosting a showcase event to promote the local opportunities for young people would be beneficial. The Delivery Group agreed that avenues of engagement and communication with young people in Lampeter is working well at the moment, and that a showcase event would not be required at this time. SD agreed to report back to the Steering Group Chair. A discussion was also held around ensuring links are strengthened between young people and the PSB Poverty Sub-Group.

Action: Cathryn Morgan to provide an overview of the Poverty Sub-Group's work at the next S³ meeting.

Ann Owen (AO) reflected that feedback from young people is limited in response to the Local Food Partnership's Good Food Survey. BH agreed to share the survey with S³ for their information and consideration.

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

GeJ 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, GeJ 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 date for the Lampeter session is 19 February 2025. The session will be held in-person at the Lampeter Wellbeing Centre.

GeJ noted that in the coming months, the Team will also circulate a survey to ascertain what's already happening in terms of the food system in Ceredigion to establish a baseline for the WSA work. A Regional Learning Network will also be established, which will be a space to learn about systems thinking and practical approaches, as well as a place to reflect on what is discovered through the work of the 'accessibility of food' sub-system group. More information will be circulated in due course.

Action: The Partnerships Team to recirculate details of the Train the Trainer Asset Mapping sessions.

13.8 Lampeter Health and Well-being Show 2025

Rhian Rees (RR) promoted the Lampeter Health and Well-being Show hosted by HDdUHB's Community Development Outreach Team, which is due to be held on 26 February 2025, from 10:00-15:00 at Lampeter Well-being Centre. RR explained that the event is

free of charge, with activities for all the family. Stalls have been arranged for a range of health and well-being services from HDdUHB, CCC, Dyfed-Powys Police as well as 3rd sector partners. RR urged partners to share and promote the event with colleagues and their networks.

13.9 Ceredigion Local Food Partnership Update – Good Food Survey Results

AO provided a summary of the Ceredigion Local Food Partnership's current projects. The Partnership's ongoing Good Food Survey has received 200 responses to date, and will be used to inform a Good Food Strategy and guide the Partnership's future actions and projects. As previously mentioned, AO explained that there are gaps in coverage from various population groups, and therefore, the survey's closing date is being extended until February.

The Local Food Partnership are currently supporting 8 projects as part of Cynnal y Cardi funding, including an Aberystwyth allotment site, a school growing project, and a community kitchen. The next steps include applying for Sustainable Food Places status, as well as launching the Partnership's website. AO noted that the Partnership are also looking to review the Ceredigion community growing spaces mapping exercise that was initially carried out in Spring 2024, with a renewed focus on food security. There are also plans in the pipeline to host a Food Security Summit later in the year, which will look to bring together partners involved in this area of work to develop a work plan on Food Security.

13.10 Standing Item: Social Model for Health and Well-being

RR provided an update on Social Model for Health and Well-being (SMfHW). The key actions undertaken to date include agreeing on a Definition and 6 Principles, which will in turn form the basis for a SMfHW Framework and Charter – The Definition and Principles will be presented for approval at HDdUHB's Board meeting on 30 January 2025. Conversations are underway with HDdUHB's Engagement Team to consider ways in which the concept of a SMfHW and its Principles can be simplified and more accessible. A document outlining how to talk about the SMfHW is currently being developed – A draft copy will be shared with partners following the meeting. The document includes examples of how each of the Principles might present in day-to-day life.

A SMfHW Summit will be held on 20 March 2025, which will celebrate and build support for a SMfHW in Hywel Dda, showcase efforts to reduce health inequalities and improve equity for communities. The event will provide an opportunity to network with senior leaders from across the region, sharing successful projects that have reduced poverty and improved health and well-being. The Charter for a SMfHW will also be launched, giving organisations the chance to commit to its principles and drive co-ordinated,

lasting change in the region. There will be representation from the Future Generations Commissioner's Office, Welsh Government and presentations from prominent leaders working to reduce inequalities and inequity in population health.

RR reported that consideration is being given to bringing the 3 Creating Change groups together to form a meeting focussed on sharing good learning and practice in the community.

Action: The Partnerships Team to circulate the SMfHW Briefing document, and Rhian Rees to report back following the Summit at the next Delivery Group meeting.

13.11 Partner Updates / A.O.B

Carwyn Young (CY) reported that funding has been received as part of the Sport Wales Capital Grant to upgrade the swimming pool's plant room at the Lampeter Well-being Centre, which will improve the pool's water quality.

SD noted that the Partnerships Team recently met with the Local Neighbourhood Policing and Prevention Team for Lampeter to discuss opportunities for closer collaboration and improved information sharing, particularly around anti-social behaviour issues raised previously.

Action: A representative for Lampeter's Neighbourhood Policing and Prevention Team to be invited to the next Delivery Group meeting.

RR reported that an Arts & Referral programme will commence in March at Lampeter Well-being Centre. The programme will run for 8 weeks, and will focus on arts and well-being for patients who regularly present at Clinic suffering from poor mental health.

CM noted that the Ceredigion Warm Welcome Spaces scheme aims to support a network of warm spaces for people in communities across Ceredigion during the Winter months of 2024/25 by directly funding local activity that can help to alleviate pressures, create additional capacity / activity, or extend existing activity where other funds are running out. A maximum of £1,000 can be applied for by those offering safe and warm spaces.

Action: The Partnerships Team to circulate information and application details for the Ceredigion Warm Welcome Spaces scheme.

The Chair thanked members for their time and brought the meeting to a close at 11:50am.

13.12 Date of next meeting: 10 April 2025 at 14:00-16:00

Summary of Actions:

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| 1.) | Chesca Ross (CAVO) to be invited to the next Delivery Group meeting to present on the Community Transport Hackathon. |
| 2.) | The Partnerships Team to circulate the link to the Regional Transport Plan consultation when available. |
| 3.) | The Partnerships Team to circulate an email to the Delivery Group seeking expressions of interest for the role of Vice Chair. |
| 4.) | Cathryn Morgan to provide an overview of the Poverty Sub-Group's work at the next S ³ meeting. |
| 5.) | The Partnerships Team to recirculate details of the Train the Trainer Asset Mapping sessions. |
| 6.) | The Partnerships Team to circulate the SMfHW Briefing document, and Rhian Rees to report back following the Summit at the next Delivery Group meeting. |
| 7.) | A representative for Lampeter's Neighbourhood Policing and Prevention Team to be invited to the next Delivery Group meeting. |
| 8.) | The Partnerships Team to circulate information and application details for the Ceredigion Warm Welcome Spaces scheme. |