

# PSB Project 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 Gwilym Dyfri Jones, University of Wales Trinity Saint David

<b>Project Group Membership</b> <i>(Names in <b>bold</b> signify attendance at the meeting)</i>			
Ceredigion County Council	<b>Cllr Ann Bowen Morgan, Bethan James, Carwyn Young, Cathryn Morgan</b> , Catrin Evans, Connor Cook, <b>Dai Jones</b> , Eirlys Lloyd, Elen James, Joy Lake, Rachel Auckland, Rhiannon John, Rhidian Harries, Rob Starr, Sarah Evans, Sian Salcombe, Steffan Rees, Tesni Woodfall, <b>Laurie Hughes, Iwan Davies</b> PSB Support Team: <b>Timothy Bray, Sara Dafydd, Teleri Elias</b> , Lynne Walters, Anwen Thomas	Mid & West Wales Fire Service	<b>Wayne Thomas</b> , Hannah Lodder-Rodda
Hywel Dda University Health Board	Jina Hawkes, Peter Skitt, <b>Terri-Ann Patrick</b> , Nathan Davies, Dr Phil	University of Wales Trinity Saint David	Emyr Jones, Hazel Thomas, <b>Laura Cait</b>

	Kloer, Trina Nealon, Robert Allen, <b>Geinor Jones, Rhian Rees, Beth Cossins, Jan Batty</b>		<b>Driscoll, Catrin</b> Morgan-Jones
Dyfed-Powys Police	Insp. Matthew Howells	Natural Resources Wales	Aled Davies
Barcud	<b>Catrin Owen, Sian Lewis</b>	CAVO	Hazel Lloyd-Lubran, Teleri Davies, <b>Chesca Ross</b>
Home-Start	Sharon Morris	Ysgol Bro Pedr	Ffion Davies
Lampeter Food Bank	<b>Julia Lim</b>	Lampeter Family Centre	Elin Miles, Jen Leigh
Arts4Wellbeing	Mike Hotson, Sara Wentworth	Wales and West Housing Association	Rhiannon Ling
Co-production Network for Wales	Vikki Butler, <b>Mererid Lewis</b>	Area 43	Becca Head
Lampeter Town Council	Councillor Elen Page	Stage Goats	Tracey O'Grady
Rural Health and Care Wales	Mari Lewis		

### SYNOPSIS OF PROJECT GROUP MEETING

#### Key Points discussed at Delivery Group meeting: 17.10.2024

#### **12.1 Regional Whole Systems Approach to Healthy Weight Workshop Session – Hywel Dda Public Health Team**

The majority of the session was allocated to a workshop session hosted by the Public Health Team on the Regional Whole Systems Approach (WSA) to Healthy Weight. The Whole System Approach encourages a different way of thinking and working, and seeing the system as a whole. By understanding how the system operates, and the parts which it is comprised of, the aim is to identify where the greatest opportunity for change may be and to reach an agreement as to how a healthy weight environment can be

achieved by working and acting differently. To do this, the WSA Team is working to bring together partners with a role and interest, including the Regional Partnership Boards, Public Service Boards, Local Authorities, Third Sector, and communities.

By building on the findings of the Participatory System Mapping workshops carried out in Spring 2023 which looked to gain a shared understanding of the causes of excess weight and our local system, the Delivery Group was given the opportunity to prioritise eight objectives which emerged as priority topics and areas of focus. The WSA Team will also be attending the Well-being in Cardigan Delivery Group meeting on 24 October to host the same workshop, and the outcomes, including any emerging themes, will be presented at the next Public Services Board (PSB) meeting on 2 December. Following the workshop sessions, the WSA Team intend to continue to collaborate with the PSB, with plans to also engage with the community and identify local assets.

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

The minutes from the meeting held on 09.07.24 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.

- Invite Rob Starr to a future meeting to provide an update on the Lampeter Poverty and Deprivation Report.  
**Ongoing:** *It's hoped that this can be included on the Agenda for January's meeting.*
- Dates of the Lampeter Health and Well-being Show 2024 to be shared with the group once confirmed.  
**Ongoing:** *This is still in discussion – It's hoped that the event can take place during February 2025.*
- A written update to be circulated to the group following the Local Food Partnership meeting.  
**Action:** *Ann Owen will be invited to the next meeting to provide an update.*

**Apologies were noted for the following:** *Teleri Davies, Sarah Evans, Rhidian Harries, Gethin Jones, Joy Lake, Robert Allen, Mari Lewis, Sandra Mitchell, Jina Hawkes, Sharon Morris, Gwilym Dyfri Jones.*

### **12.3 Standing Item: Feedback from Public Services Board meeting (16.09.24)**

Timothy Bray (TB) confirmed that the Ceredigion Local Well-being Plan Annual Report for 2023-2024 has now been published, and uploaded on the [Ceredigion Public Service Board's website](#). In compliance with the Well-being of Future Generations (Wales) Act, copies have also been forwarded to the following:

- Welsh Ministers
- The Future Generations Commissioner for Wales
- The Auditor General for Wales
- Ceredigion County Council's Overview and Scrutiny Co-ordinating Committee

TB noted that the PSB's spotlight session in September was delivered by Melanie Walters (*Co-ordinator Carers & Community Development North Ceredigion, Ceredigion County Council*) on Age Friendly Ceredigion. The spotlight session at December's meeting will focus on the WSA to Healthy Weight and Active Travel.

TB confirmed that Gillian Perry, Chair of the Climate and Nature Delivery Group, will be moving on from her role at Natural Resources Wales (NRW) at the end of October. With this in mind, a decision has been made to temporarily suspend the Climate Change and Risk Assessment (CCRA) until the new year, when a new Chair has been identified and resources identified within NRW to support the piece of work.

#### **12.4 Low Level of Health Support for Young Transgender People**

Cathryn Morgan (CM) gave a summary of the recently formed Ceredigion LGBTQ+ Stakeholder Forum. CM noted that a social event is being arranged in November at Aberystwyth, with hopes to carry out a similar event in Lampeter following this. CM explained that during their most recent meeting, the low-level of health support for young transgender people in Ceredigion was highlighted as an issue. CM queried whether those present were aware of any support or intervention already established that could be reported back to the Forum at their next meeting. Laurie Hughes (LH) confirmed that counselling support is offered to students in school settings, and DJ suggested that the matter was raised at the Children and Young People's Providers Forum as well. CM also noted that 2 Hate Crime incidents that occurred during an Aberystwyth Running Group session was raised at the meeting. This was subsequently reported at the weekly Tension Monitoring meetings, where contact details for Victim Support and the Local Hate Crime Police Officers were provided.

**Action: Low Level of Health Support for Young Transgender People to be included as an Agenda item at the next Children and Young People's Providers Forum meeting.**

#### **12.5 Standing Item: Lampeter Youth Project – Steering Group Update**

David Jones (DJ) gave an update on the activity of the Lampeter Youth Project Steering Group, who met on 18 September. The Steering Group are currently working through the recommendations outlined in the feasibility study carried out by Laura Cait Driscoll (LCD). Dr Mz Youth Project Carmarthen attended the meeting to give an overview of their work, and to share good practice and learning. Updates were also given on the progress of 'Feelz on Wheels', who will be at the University of Wales Trinity Saint David's (UWTSD) Lampeter Campus on Saturdays for 12 weeks, and by Ceredigion County Council's (CCC) Youth Service who held a number of activity days and residentials over the summer. Discussions have commenced with Ysgol Bro Pedr around presenting to the School Council on the aims of the Steering Group, and collating the thoughts and views of local young people to create a Community Profile. The next meeting is scheduled for 6 November.

LCD and Councillor Ann Bowen Morgan (ABM) reinforced the need for youth provision in the town, as a number of concerns around anti-social behaviour has been raised in recent months.

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

Rhian Rees (RhR) gave a presentation on the Social Model for Health and Well-being (SMfHW). Hywel Dda University Health Board (HDdUHB) is committed to a SMfHW, and during recent years, a programme of work has been carried out to consider how HDdUHB can move from a Medical Model towards a more SMfHW. This has included three interrelated pieces of work:

- A literature review carried out by Aberystwyth University designed to define the SMfHW, and identify examples of organisations that have successfully implemented it.
- Expert interviews (Conversations with a Purpose) with the aim of understanding the social model, its merits and key considerations around its implementation.
- As part of a wider Public Health survey, asking a question to determine public understanding of the importance of a move towards a SMfHW.

Triangulation work undertaken identified broad areas of focus to help support a shift towards a SMfHW – One of which was to establish a Steering Group to consider how the SMfHW is being implemented across the region. So far, the Steering Group have focussed on finalising a definition for the SMfHW, and have identified 8 principles. A Task and Finish Group has also been set up to facilitate embedding the principles in ways of working. The next steps for the Steering Group will be to produce a suite of products, including a logo, charter, website and summit. The multi-agency county-level 'Creating Change Together in...' groups continue to take place, which is a space which facilitates information / resource sharing and networking opportunities.

**Action: The Partnerships Team to circulate the Social Model for Health and Well-being presentation with the group.**

*\*Please contact the Partnerships Team if you require another copy.*

### **12.7 Partner Updates & Any Other Business**

Chesca Ross (ChR) noted that CAVO have allocated a small amount for funding for projects already established in Lampeter that would benefit from additional funding to extend their initiatives. ChR confirmed that CAVO will specifically be looking of ways to support the Sustainable Communities Project, and the Lampeter Patch Based Intermediate Care Pilot / Multi-Agency Team (MAT) development.

Iwan Davies (ID) reported that Ceredigion have now been accepted by the World Health Organisation (WHO) to be a part of the UK Network of Age Friendly Communities.

Terri-Ann Patrick (TAP) explained that the MAT meetings are progressing well. The meetings are held weekly, and focus on those at risk of deterioration. The intention is to improve access to services in the Lampeter and Llanybydder area.

Catrin Owen (CO) confirmed that a new housing development is in progress in Lampeter, and that registration for these properties will commence shortly. The Creuddyn Centre provide units for start-ups or development opportunities for existing businesses – There are currently 2 business units available to rent.

DJ informed the group that a [consultation is currently open](#) regarding a new statutory framework for youth work in Wales.

**Action: The Partnerships Team to share the new statutory framework for youth work in Wales consultation with the group.**

Mererid Lewis (ML) noted the Co-production Network for Wales (CPNW) are available to provide guidance on engagement and involvement, and moving forwards, will be supporting the WSA to Healthy Weight work, and advising the Youth Project Steering Group on various consultation methods.

Greg Jones (GJ) reported that the Well-being Centre had now been operational for a year. The Centre will now be looking at providing more drop-in session opportunities for agencies, and exploring different ways to utilise the facility.

ABM informed the group that there will be a Winter Warmer event held in Lampeter on 26 October from 2-8pm.

RhR noted that conversations have been held with TAP and the Community Connectors around Arts and Health. Funding has successfully been secured to carry out 2 eight-week programmes targeting individuals identified by the MAT. The programmes will provide an opportunity for individuals to engage in art activities that promote holistic well-being.

The Chair thanked members for their time and brought the meeting to a close.

**12.8 Date of next meeting: 30 January 2025 at 10:00-12:00**

**Summary of Actions:**

1.)	<b>Ongoing:</b> Invite Rob Starr to a future meeting to provide an update on the Lampeter Poverty and Deprivation Report.
2.)	<b>Ongoing:</b> Vikki Butler and Geinor Jones to discuss opportunities for CPNW to support engagement and involvement.
3.)	<b>Ongoing:</b> Dates of the Lampeter Health and Well-being Show 2024 to be shared with the group once confirmed.
4.)	Invite Ann Owen to the next meeting to provide an update on the Local Food Partnership.
5.)	Low Level of Health Support for Young Transgender People to be included as an Agenda item at the next Children and Young People's Providers Forum meeting.
6.)	The Partnerships Team to circulate the Social Model for Health and Well-being presentation with the group.
7.)	The Partnerships Team to share the new statutory framework for youth work in Wales consultation with the group.