

# PSB Project Group Report

Prepared by: Teleri Elias & Sara Dafydd

<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

<b>Project Group Membership</b> (Names in <b>bold</b> signify attendance at the meeting)			
Ceredigion County Council	<b>Timothy Bray, Sara Dafydd, Carwyn Young, Rhidian Harries,</b> Rob Starr, Cathryn Morgan, <b>Connor Cook</b> , Sarah Groves-Phillips, 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, Rachel Cutler</b>	Natural Resources Wales	Aled Davies, Thomas Vetter
Hywel Dda University Health Board	Jina Hawkes, Peter Skitt, Terri-Ann Patrick, Meinir Harries, Nathan	University of Wales Trinity Saint David	Emyr Jones, <b>Hazel Thomas, Laura Cait Driscoll</b>

	Davies, Dr Phil Kloer, <b>Jan Batty,</b> <b>Angela Burns</b>		
Dyfed-Powys Police	Insp. Matthew Howells	Mid & West Wales Fire Service	Wayne Thomas, Iwan Cray
Barcud	Catrin Owen, Helen Draycott	CAVO	Hazel Lloyd-Lubran, <b>Teleri Davies</b>
Home-Start	<b>Sharon Morris</b>	Ysgol Bro Pedr	Deiniol Williams
Lampeter Food Bank	<b>Julia Lim</b>	Lampeter Family Centre	Elin Miles, <b>Jen Leigh</b>
Arts4Wellbeing	Mike Hotson, Sara Wentworth	Wales and West Housing Association	Rhiannon Ling
Co-production Network for Wales	Roxanne Treacy, Vikki Butler		

## SYNOPSIS OF PROJECT GROUP MEETING

### Key Points discussed at Project Group meeting: 07.11.23

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

The Chair welcomed members to the meeting. Apologies were noted for the following: *Mike Hotson, Sara Wentworth, Alison Heal, Rachel Auckland, Wayne Thomas, Phil Kloer.*

#### **8.2 Tour of the Well-being Centre:**

Project group members attending the meeting in-person received a tour of the Well-being Centre's facilities by Carwyn Young (CY) and Rhidian Harries (RhH). Teleri Davies (TD) and Sharon Morris (SM) emphasised the importance of liaising with third sector organisations and community groups to ensure that specific sessions do not compete with events which are already established within the community. Greg Jones (GJ) and CY confirmed that the Well-being Centre aims to complement rather than compete with activities and initiatives already happening in Lampeter, and noted that conversations will continue with partners and the

community to ensure this. Julia Lim (JL) proposed a pay it forward initiative could be implemented at the Centre, to allow those experiencing hardship to make use of the facilities.

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

The minutes from the meeting held on 20 July 2023 were 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.

### **8.4: PSB Update: Local Well-being Plan 2023-28 Governance & Delivery Framework Including initial feedback from the PSB**

#### **Workshops:**

Tim Bray (TB) provided an update on the progress made on the Local Well-being Plan 2023-28 Governance & Delivery Framework. Following discussions with the Public Services Board (PSB) Chair and Vice-Chair, it was agreed that 4 workshop sessions would be held with each centred around one of the 4 objectives included in the Local Well-being Plan, with tackling hardship and poverty as a cross-cutting theme across each workshop.

TB confirmed that all 4 workshops have now taken place with good attendance of around 20 participants in each. The first workshop facilitated by Dr Rhodri Llwyd-Morgan focussed on working together to enable communities to feel safe and connected and promote cultural diversity and increase opportunities to use the Welsh language (Objective 4). The second was facilitated by Professor Phil Kloer on working to reduce inequalities in our communities and using social and green solutions to improve physical and mental health (Objective 2). The third was facilitated by Gillian Perry, and focussed on working to deliver decarbonisation initiatives within Ceredigion to protect and enhance our natural resources. Finally, the fourth workshop looked at ways to achieve a sustainable economy that benefits local people and builds on the strengths of Ceredigion, and was facilitated by Russell Hughes-Pickering. The workshops were hosted using the online interactive platform Mentimeter, which allows insight to be collated from participants using Word Clouds, Polls, and Quizzes. Reflecting on the discussions which took place across all 4 workshops, TB noted that effective communication appeared to be an area which could be improved upon.

With the workshops now complete, the feedback from participants will be considered and a report prepared ahead of the next PSB meeting, which is scheduled for 4 December 2023. With regards to implementation, the PSB will need to agree which steering committees or partnership groups will be delivering upon the identified actions, and ensure that appropriate reporting mechanisms are in place for each.

### **8.5 Presentation: Empowering Lampeter's Future: Youth Engagement Project**

Laura Cait Driscoll (LCD) presented the findings of the Youth Engagement Project feasibility study undertaken by the University of Wales Trinity Saint David (UWTSD). The study explored the reasons as to why this project is needed, and examined ways through which it could become a reality. The recommendations provide a strong framework for developing impactful programs and activities that will benefit Lampeter's young people, whilst working alongside initiatives already in place in the town. Investing in the holistic development of the area's young people, will ultimately mean investing in the long-term prosperity of Lampeter.

The aim is to empower the youth of Lampeter by focusing on personal growth, boosting self-esteem and confidence, provide opportunities for skill development, and promote active participation in the community. The heart of the project lies in its activities and initiatives. Some proposed activities and initiatives include skill development workshops to equip young people with essential life skills, community engagement activities to actively encourage participation in local initiatives, and a variety of recreational activities to foster social interaction, teamwork, and the exploration of diverse interests.

Funding will be essential for the success of the project, and various funding opportunities have been identified and considered including monetary donations, volunteer contributions, grants, sponsorships, community investments, and partnerships. Before applying for funding, the budget required for the project will need to be considered and plans drawn up to ensure transparency and accountability. LCD confirmed that it's hoped a steering group made up of a wide range of stakeholders can be established to ensure all opportunities are considered with regards to time and investment of resources.

Dai Jones (DJ) noted that the project would fit in well with what the Local Authority's (LA) Support and Prevention Service are hoping to achieve, and would be open to further discussion around working collaboratively. DJ reported that the service recently hosted bike maintenance sessions with young people in secondary schools which resulted in positive engagement. Sara Dafydd (SD) reinforced that the project reflects tasks agreed as part of the Local Well-being Plan 2023-28, in particular the skills development aspect and empowering young people to improve community spaces. With this in mind, SD noted that involvement in this project would be valuable.

Ahead of the next Well-being Plan, Jan Batty (JB) reflected upon the best way to engage with young people and ensure their voices are heard as part of the development of the next Plan. LCD gave an overview of the Anti-consultation Consultation method, which refers to consulting with young people in a non-formal way as a means of gathering their views and opinions. TD reported that Cardigan Youth Charity Area 43 have been leading on a youth project which aims to hear the voices of young people and

ensuring they're empowered through hosting pizza nights and other activities as conversation starters. Eirlys Lloyd (EL) reminded the group of the ARFOR project, which is a joint venture by Carmarthenshire, Ceredigion, Gwynedd and Anglesey Councils which seek to use entrepreneurship and economic development to support the Welsh language. One of its objectives are to create opportunities for young people and families to stay in our communities by supporting them to succeed locally by engaging in enterprise or developing a career. EL reported that there are opportunities for young people looking to start their own business through the ARFOR project.

Gwilym Dyfri Jones (GDJ) reinforced the importance of the Youth Engagement Project, and the need to put something in place for young people in Lampeter. GJ noted that conversations are underway with regards to developing services in the Well-being Centre for families and young people to use, such as their family room which has access to a kitchen.

**Action: Laura Cait Driscoll to circulate the full report to the Partnerships Team for sharing with the project group.**

**Action: Project group members wishing to be involved in further discussions on the Youth Engagement Project to contact Sara Dafydd.**

#### **8.6 Presentation: Primary Care Cluster Profile for South Ceredigion:**

Jan Batty (JB) presented the Primary Care Cluster Profile for South Ceredigion, which was previously circulated along with the papers for this meeting. JB noted that this profile complements the Baseline Report presented at the previous meeting by Rob Starr from Ceredigion County Council's (CCC) Research and Performance Team – Whilst the focus of the Baseline Report is poverty and deprivation, the Primary Care Cluster Profile is specific to health. The profile provides an overview of data compiled from several sources, including, the Office for National Statistics (Census Data), Primary Care Data Portal and the Welsh Index of Multiple Deprivation. This information is intended to provide an overview of some of the key issues, at the smallest geographical level available, that have the biggest impact on health for the cluster. The data should be used in conjunction with the Regional Partnership Boards Population Needs Assessment. Public Health Wales (PHW) are currently developing a Primary Care Dashboard, which may replace this tool in the future. Ceredigion is split into 2 clusters (North and South) – There are 5 GP practices that operate in the South Ceredigion Cluster area, which includes Lampeter GP. The profiles take health equity as the underlying principle i.e., avoidable and unfair differences in health because of protected characteristics, socio-economic deprivation etc.

JB explained that figures suggest that cardiovascular disease is a specific area that requires additional attention in the Lampeter area, and GJ confirmed that there is opportunity for the Well-being Centre to work alongside GP surgeries to tackle the risk factor of

obesity. JB suggested the group to explore the [Health Maps Wales website](#), which allows for exploration of a wide range of health indicators by area, map trends in data over time and make comparisons at local and national levels.

**Action: Sara Dafydd to recirculate the Primary Care Cluster Profile for South Ceredigion along with Jan Batty's presentation.**

### **8.7 Update: Creating Change Together in Ceredigion:**

Angela Burns (AB) was welcomed to her first Ceredigion PSB project group meeting by the Chair. AB reported that various proof of concept projects are underway across the Hywel Dda University Health Board (HDdUHB) region which aim to improve social innovation by using well-being as the driver. HDdUHB and UWTSD launched their first session of Wednesday Walks in Lampeter at the end of October, which was well attended. All ages and abilities are encouraged to attend, and it's hoped that this initiative can be replicated across West Wales. AB reported that this is the first of a number of initiatives in the pipeline, and proposed returning to provide a further update once these projects are further developed. AB confirmed that they are also linked in with the Ceredigion co-ordinator of West Wales Walking for Well-being.

JL confirmed that the Wednesday Walks are now included on the events page of Lampeter21 <https://lampeter21.co.uk/>, which is a new service providing news and information to the Lampeter area. GJ noted that [Dewis Cymru](#) is another valuable source of information and advice on well-being activity in Ceredigion.

**Action: Julia Lim to share the contact details of Lampeter21's co-ordinator with Sara Dafydd.**

### **8.8 Presentation: Ceredigion Local Food Partnership Update**

Ann Owen (AO) gave an update on the Ceredigion Local Food Partnership, and explained that these Partnerships have been set up with the understanding that food is a vital part of tackling social and economic challenges ranging from various matters such as obesity, food poverty, climate change and biodiversity. AO's role is focussed on collaborative action, bringing networks together and facilitating communication. Local Food Partnerships were generated by [Sustainable Food Places](#), and AO confirmed that Ceredigion is currently working towards becoming an acknowledged Sustainable Food Place. The framework for action for Local Food Partnerships identifies 6 key issues that should be addressed together to achieve fundamental food system change:

1. Food Governance and Strategy: Taking a strategic and collaborative approach to good food governance and action.
2. Good Food Movement: Building public awareness, active food citizenship and a local good food movement.
3. Healthy Food for All: Tackling food poverty, diet related ill-health and access to affordable healthy food.

4. Sustainable Food Economy: Creating a vibrant, prosperous, and diverse sustainable food economy.
5. Catering and Procurement: Transforming catering and procurement and revitalizing local supply chains.
6. Food for the Planet: Tackling the climate and nature emergency through sustainable food and farming and an end to food waste.

AO noted that funding has been secured to work collaboratively with organisations such as schools, community gardens, Health Boards and food banks. In order to raise awareness of this funding and promote collaborative working, 3 in-person events have been arranged in Aberystwyth, Lampeter and Cardigan respectively, as well as online events. Local Food Partnerships work on both a strategic and delivery level. AO reported that during the event held in Aberystwyth, a food specialist expressed a desire to map all growing spaces, including allotments, across Ceredigion. AO asked if the group were aware of a partner which could collaborate on this project, to get in touch.

**Action: All project group members to consider whether they are aware of a suitable partner which would be interested in collaborating on the mapping growing spaces project.**

**Action: Ann Owen to share further details of the mapping growing spaces proposal to Sara Dafydd for sharing with the project group.**

AO confirmed that the grant scheme in question opened on 7 November and has a tight turnaround, with the aim that the successful project would commence in the new year. A total of £500- £5000 is available for projects that are focussed on any aspect of the food system, and requires a minimum of 2 partners from different sectors. AO proposed another project which could be considered is opening communication channels between grass root organisations and the PSB. EL proposed that the grant scheme could be promoted via CCC's social media channels.

**Action: Ann Owen to send the grant scheme's criteria and application form to Sara Dafydd for sharing with the project group.**

#### **8.9 Standing item: Do we need to liaise with Co-Production Network for Wales on any of the matters raised?**

It was noted that Co-Production Network for Wales might be able to support work carried out as part of the Youth Engagement Project, and that this would be explored further as discussions progress.

#### **8.10 Any other business**

SD noted that Citizen's Advice Bureau (CAB) have started running drop-in sessions in Lampeter on Monday, and that information with regards to this has been circulated across various forums.

EL suggested that an update is given at the next project group meeting on the UK Shared Prosperity Fund (UKSPF) projects in Lampeter which is focussed on transforming towns.

**Action: An update presented by Eirlys Lloyd on the UKSPF projects in Lampeter to be included on the Agenda for the next meeting.**

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

**8.11 Date of next meeting:** 29.01.24

DRAFT