

PSB Project Group Report

Prepared by: Teleri Elias

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

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| | Kloer, Trina Nealon, Robert Allen, Geinor Jones, Rhian Rees | | Driscoll, Catrin Morgan-Jones |
| 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 | Vikki Butler, Mererid Lewis | 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 Project Group meeting: 09.07.24

11.1 Welcome, Introductions and Apologies:

The Chair welcomed members to the meeting. Apologies were noted for the following: *Carwyn Young, Gwilym Dyfi Jones, Hazel Thomas, Dai Jones.*

11.2 Minutes and matters arising from the previous meeting:

The minutes from the meeting held on 18 April 2024 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.

11.3 Standing Item: Update and Feedback from the Public Services Board

- **Update on the Local Well-being Plan Launch – Showcase Events**
- **Update on the PSB Annual Report Video**

Sara Dafydd (SD) shared an update on behalf of Tim Bray, and confirmed that the last meeting of the PSB scheduled for 3 June was rearranged for 18 July. SD reported that the PSB Chair had agreed that the PSB's Annual Report for 2023-2024 would be delivered in video format. Filming by a video production company took place on 18 June and featured the PSB and Delivery Group Chairs being interviewed regarding their hopes and aspirations for the years ahead, as well as current projects, successes, and an outline of how the PSB's delivery has been organised. It's hoped that this format will set the scene in an accessible way and can be used during engagement events to raise awareness of the PSB and promote its work. The draft version of the Annual Report will be available for viewing and consideration by members at the next PSB meeting.

Following agreement at a previous PSB meeting, a Task and Finish Group was established to consider options for officially launching the Ceredigion Local Well-being Plan for 2023-2028. This Group suggested that showcasing activity at a series of events as opposed to one launch event would be preferable, and that this proposal would be presented to PSB at the next meeting for members' consideration. SD also noted that the PSB Support Team would be keen to hear from Delivery Group members regarding any events, seminars or roadshows taking place across Ceredigion that would provide an opportunity to promote the work of the PSB. The Team will also be looking for volunteers to attend as PSB representatives to promote the work of the Board.

The Delivery Plan for the Local Well-being Plan will be presented at PSB for members' consideration and approval. Once the Delivery Plan has been approved, it can be shared with the Delivery Group for information.

Action: The PSB Annual Report video and the Delivery Plan for the Local Well-being Plan will be shared with the PSB Delivery Groups once approved at the PSB meeting.

11.4 Lampeter Health and Well-being Show 2024

Greg Jones (GJ) confirmed that discussions have been held with Hywel Dda University Health Board's (HDdUHB) Community Development Outreach Team regarding hosting a Health and Well-being Show at the Lampeter Well-being Centre. Whilst a date was earmarked for mid-August, this has now been postponed with the aim to reschedule for October. A range of partners have already agreed to participate in the event. To avoid a clash, Teleri Davies (TD) noted that CAVO in conjunction with Job Centre Plus are organising an Opportunities Fair on 17 October.

Action: Dates of the Lampeter Health and Well-being Show 2024 to be shared with the group once confirmed.

11.5 Lampeter Patch Based Intermediate Care Pilot and MAT Development

Terri-Ann Patrick (TAP) introduced herself as the Locality Development Manager and Clinical Care Coordinator of the Lampeter Patch Based Intermediate Care Pilot and Multi-Agency Team Development. This project is aligned with a number of Strategies, including Welsh Government's 'A Healthier Wales'. The project intends to transform and build upon the way that General Practice, secondary care, community health services, Local Authority services and the third sector work together to provide integrated, patch based, patient centred intermediate care. This will be done by enabling the local community, including statutory partners in health and care, to effectively deliver services to improve resilience and ensure people can remain in their own homes or as close to their own community for as long as possible. TAP noted that there is a plethora of resource and services available, however, there is limited co-ordination between the different organisations in providing individual patient support in the community. This in turn leads to increasing demand on statutory health and care organisations, and lengthening waiting times. TAP will be the conduit between the available services, planning and co-ordinating appropriate care.

The development and implementation of a Patch Based Integrated Care model in Lampeter will help to ensure that the on-call GP and Advanced Nurse Practitioner triaging and carrying out home visits have direct access to the Clinical Care Coordinator to initiate the co-ordination and signposting of available resource to prevent hospital admission. By improving the co-ordination of care, it is anticipated there will be a reduction in need for secondary and social care, more complex cases can be managed in the community, and the health and well-being of the patient will be improved. Weekly multi-agency team meetings are held to focus on those at risk of deterioration. Wayne Thomas (WT) indicated that Mid and West Wales Fire and Rescue Service (MWWFRS) would be interested in participating in the multi-agency meeting, as the organisation could offer valuable guidance on residential safety matters, such as the Home Safety Check.

11.6 Sustainable Communities Lampeter

Mari Lewis (ML) introduced herself to the group as the Sustainable Communities Co-Ordinator for Lampeter at Rural Health and Care Wales. This community resilience project is a UK Government funded project and powered by the Levelling Up scheme through Cynnal y Cardi. The initiative facilitates weekly social gatherings at Brondeifi Vestry, with the primary objective of addressing and mitigating the prevalence of isolation and loneliness within the local community.

The project also seeks to co-ordinate and connect volunteers with vulnerable individuals to support continued independent living. Upon the project's culmination in November, a comprehensive analysis will be conducted, encompassing all gathered data and feedback to create a report. The objective is to leverage the derived conclusion to formulate a future-orientated Action Plan, thereby laying the groundwork for potential long-term initiatives of a similar nature.

Next steps include the distribution of a resident survey and analysis of the responses received. ML noted that feedback had been received from those attending the sessions that the location for the social gatherings would benefit from being in a more central location to facilitate access. ML confirmed that finding a central location within Lampeter had proved difficult, and GJ suggested that ML contacted Carwyn Young to discuss opportunities around utilising the Well-being Centre. Tesni Woodfall (TW) also suggested linking in with the Warm Welcome spaces in Lampeter.

The following link includes a timetable of upcoming events hosted as part of the Sustainable Communities project in Lampeter:
<https://www.facebook.com/profile.php?id=61557773818728>

Action: The Partnerships Team to put Mari Lewis in touch with Carwyn Young to discuss the Sustainable Communities project / Lampeter Well-being Centre.

11.7 Lampeter Youth Project Steering Group Update

SD shared an update on behalf of the Steering Group's Chair, Dai Jones. The latest meeting was held on 25 June. Area 43, who head up the lottery funded and youth-led 'Dyfodol Ni' project, shared an update on the launch of Feelz on Wheels, which looks to address 3 main issues raised by young people during consultation – Access to services, transport and safe spaces. Feelz on Wheels is a mobile youth café and support service staffed by qualified Youth Support Workers. The launch took place on 3 July at the Bandstand in Aberystwyth. Feelz on Wheels will operate all over Ceredigion on a rota basis, and will be available to anyone aged 13-25 from 12-6pm. Initially, the provision will be available for 3 days a week (Tuesday at Felinfach FC, Thursday at Plascrug Leisure Centre and Saturday at Aberporth Village Hall). It's hoped that provision can be increased to 5 times a week later in the year.

Updates from Stage Goats and Ceredigion County Council's (CCC) Support and Prevention Team were also given. Stage Goats' funding application to the Lottery to fund a Youth Café has now been confirmed as being successful. Stage Goats have also received funding from the Cynnal y Cardi Fund to run a 6-month youth-led arts pilot project.

Following on from an action agreed at the second meeting, an Action Plan was created based on recommendations and aims set out in the feasibility study. The next Steering Group meeting will be held on 31 July, where the group hope to receive updates on Feelz on Wheels, Stage Goats, as well a presentation from an already established Youth Project in the region.

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

Nathan Davies (ND) gave an update on HDdUHB's Social Model for Health and Well-being programme. The Steering Group for the programme has recently undergone restructuring, and a comprehensive Action Plan crafted. The Steering Group are also currently refining the Social Model for Health and Well-being's definition, which will be accompanied by a set of principles. The principles will outline the practical measures and actions that all participating organisations can implement to adopt the program's approach. The Health Board are hoping to hold an event at the start of next year to raise the profile of the Social Model for Health and Well-being. As part of the programme, the Health Board have also been considering an Employee Support Volunteering Scheme, however this has been put on hold due to a number of factors. In the meantime, the Health Board are promoting volunteering opportunities amongst staff.

ND confirmed that the next Creating Change Together in Ceredigion meeting is scheduled for 16 July.

This will remain a standing item on the Delivery Group's Agenda.

11.9 Directory of Local Activity & Support Services

As agreed at the previous meeting, SD reported that the Community Connectors had kindly shared a wealth of information with regards to local activity and support avenues in the Lampeter area. It has been suggested that collating this information in one easily accessible place would be beneficial, although challenges remain around keeping directories current and up-to-date. It must also be considered that directories such as [Dewis](#) and [Connect Ceredigion](#) are already in existence, and another directory could result in duplication. TD noted hesitance with regards to introducing an additional directory for this reason, and suggested that support is instead given to re-establishing the 'Grapevine' local newsletter. Rhian Rees (RR) agreed that Dewis needs to continue to be promoted, and for consideration to be given to ensuring that the webpage is more user friendly. In line with this, opportunities to support improved digital literacy should also be explored. GJ reported that Porth Cymorth Cynnar are re-establishing the Older Person's Forum, with the first meeting taking place at the end of July.

SD suggested that given the aims within the Local Well-being Plan, specifically 2.1.2 and 2.1.3, that this could be an opportunity to explore the undertaking asset mapping in the Lampeter area. It was agreed that this would be discussed further at a future meeting.

11.10 Discussion – Food in Lampeter

SD reported that the next meeting of the Ceredigion Local Food Partnership will take place on 18 July. The Local Food Partnership Co-ordinator Ann Owen is back in post after the funding was renewed. The meeting will provide an opportunity to propose a number of projects for the next funding period, as well as give an update on how the previously funded projects are doing and to plan the next achievable steps towards Sustainable Food Places membership. A written update will be circulated to the group following the Local Food Partnership meeting.

Action: A written update to be circulated to the group following the Local Food Partnership meeting.

SD has been in contact with Jane Powell from the Eco Aber Hub regarding the mapping community growing spaces exercise. Jane Powell confirmed the project has been completed, and a report has been put together. The report will be shared with the group along with the interactive map of community growing spaces.

Action: The Partnerships Team to share the Eco Aber Hub report and the interactive map of community growing spaces.

11.11 Matters of importance to raise at the next PSB.

No matters were raised.

11.12 Partner updates / Any Other Business

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

10.13 Date of next meeting: 17 October 2024, 14:00 – 16:00

Summary of Actions:

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| a.) | Invite Rob Starr to a future meeting to provide an update on the Lampeter Poverty and Deprivation Report. <i>Ongoing - Update will be provided at a future meeting.</i> |
| b.) | Vikki Butler and Geinor Jones to discuss opportunities for CPNW to support engagement and involvement. |

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| | <i>Ongoing – Update will be provided at a future meeting.</i> |
| c.) | Geinor Jones to be invited back to a future meeting to update on the Whole Systems Approach to Healthy Weight work. <i>Ongoing – Update will be provided at a future meeting.</i> |
| d.) | The PSB Annual Report video and the Delivery Plan for the Local Well-being Plan will be shared with the PSB Delivery Groups once approved at the PSB meeting. |
| e.) | Dates of the Lampeter Health and Well-being Show 2024 to be shared with the group once confirmed. |
| f.) | The Partnerships Team to put Mari Lewis in touch with Carwyn Young to discuss the Sustainable Communities project / Lampeter Well-being Centre. |
| g.) | A written update to be circulated to the group following the Local Food Partnership meeting. |
| h.) | The Partnerships Team to share the Eco Aber Hub report and the interactive map of community growing spaces. |