

# PSB Project Group Report

Prepared by: Kieran Metson & Sara Dafydd

<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>	Well-being in Lampeter
<b>Chair Vice-Chair</b>	<b>Elen James</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>Cllr Anne Morgan Bowen</b> , Catrin Evans, <b>Carwyn Young</b> , Cathryn Morgan, Connor Cook, Sarah Groves-Phillips, Gethin Jones, Llinos Hallgarth, Lowri Evans, Lynne Walters, <b>Rachel Auckland</b> , Alison Heal, Sian Salcombe, <b>Sara Humphreys</b> , <b>Rob Starr</b> <b>PSB Support Team: Timothy Bray, Sara Dafydd, Kieran Metson</b> <b>Presenting: Eirlys Lloyd, Iwan Davies, Mari Jefferis</b>	Natural Resources Wales	Aled Davies, <b>Rachel Jarvis</b> , Thomas Vetter
Hywel Dda University Health Board	Jina Hawkes, Peter Skitt, Terri-Ann Patrick, Dr Philip Kloer, Nathan Davies, William Beharrell	University of Wales Trinity Saint David	Emyr Jones, <b>Hazel Thomas</b>

Dyfed-Powys Police	Insp. Matthew Howells	Mid & West Wales Fire Service	<b>Wayne Thomas</b>
Barcud	Catrin Owen, Helen Draycott	CAVO	Hazel Lloyd-Lubran, <b>Teleri Davies</b>
Home-Start	<b>Sharon Morris</b>	Ysgol Bro Pedr	<b>Deiniol Williams</b>
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 <b>[Helen Hapgood]</b>
Co-production Network for Wales	Roxanne Treacy, Vikki Butler		

## SYNOPSIS OF PROJECT GROUP MEETING

### Key Points discussed at Project Group meeting: 03.05.23

#### **6.1 Welcome, Introductions and apologies**

The Chair welcomed members to the meeting. Apologies were noted for the following:  
*Catrin Evans, Dr Phil Kloer, Gethin Jones, Insp. Matthew Howells, Jan Batty, Jen Leigh, Nathan Davies, Peter Skitt, Rhiannon Ling, Roxanne Treacy, Sian Salcombe, Llinos Hallgarth.*

#### **6.2 Minutes and matters arising from the previous meeting**

The minutes from the meeting held on 12 January 2023 were agreed as a true record of discussions. Sara Dafydd (SD) gave an update on the actions from the previous meeting, the majority of which were marked as complete or presentations to be given at the meeting. With regards to the Action Plan template, it was agreed with the Chair that this should be put on hold until the group's priorities to deliver on the new Local Well-being Plan had been decided. SD also noted it had been agreed that Task & Finish group meetings would be postponed for the time being in order to consider the update provided by Eirlys Lloyd (EL) at the meeting, and to ensure no duplication of the work carried out as part of the Local Food Partnerships Grant. Finally, limited availability meant that Dr Phil Kloer

(PK) was unable to attend this meeting as well as the upcoming meeting in July to present on 'Creating Change in Ceredigion', and a request was made for members to consider whether an extraordinary meeting of the sub-group could be arranged with a specific focus to hear this presentation.

### **6.3 Appointing a Vice Chair**

The Chair reported that discussions had been held with Gwilym Dyfri Jones (GDJ) prior to the meeting regarding appointing a vice-chair for the sub-group. As part of these discussions, GDJ was offered and accepted the position, which was then proposed to the sub-group for approval. The proposal was unanimously approved by sub-group members. The Chair will be commencing a new seconded post as Chief Education Officer imminently, and confirmed that discussions will need to be held with her successor as Corporate Lead Officer (CLO) for Porth Cymorth Cynnar as to the arrangements for taking over as Chair of the sub-group. It was confirmed that the new CLO for Porth Cymorth Cynnar will be appointed in the next few weeks. The Chair noted that a discussion and decision regarding the length of time a Chair remains in their role will be required, and proposed that these details are confirmed at the next meeting. SD and GDJ thanked the Chair for her hard work and commitment to the sub-group since its establishment, and wished her well in her new role.

### **6.4 Update: Local Well-being Plan 2023-28 – Sara Dafydd**

SD announced that following the departure of Naomi McDonagh from the Local Authority, Tim Bray (TB) has been successfully appointed as Partnerships and Civil Contingencies manager. SD gave an update on the Local Well-being Plan for 2023-28, which was formally approved by the Ceredigion Public Services Board (PSB) on 24 April 2023, and published on the PSB webpage on 2 May 2023. SD confirmed that the Local Well-being Plan for 2023-28 will be circulated to the sub-group, and noted that a discussion will need to be had at the next meeting as to which priorities the sub-group will focus their efforts on for the next year in the first instance, and look to pull together an Action Plan to ensure these priorities are delivered upon.

It was also confirmed that the Terms of Reference (ToR) for Ceredigion Public Services Board (PSB) is currently being reviewed and updated to ensure that the content is reflective of the new Local Well-being Plan and respective sub-group arrangements. A ToR document will also be put together for each of the PSB sub-groups, which will provide clarity on the duration of time Chairs will remain in their roles.

**Action: SD to circulate the Ceredigion Local Well-being Plan for 2023-28.**

**Action: Delivery of the Local Well-being Plan 2023-28 to be added as an Agenda item for the next meeting.**

### **6.5 Update: Ceredigion Local Food Partnership Grant – Eirlys Lloyd**

Ceredigion County Council (CCC) has secured funding from the Ministry of Social Justice, via Wales Local Government Association (WLGA) and Food Sense Wales to develop a county-wide local food partnership. The funding of £97,000 runs from April 2023 – March 2024. EL reported that this funding provides an opportunity to develop pieces of work already being undertaken such as the Ceredigion Food Network, and the conversations had around food and well-being through this PSB sub-group.

Local Food Partnerships bring individuals and organisations together with the aim of working towards an inclusive, equitable, sustainable local food system. They also facilitate cross-sector activity that supports the local economy, enhances health and wellbeing, promotes social and cultural regeneration, fosters nature recovery and contributes to the reduction of emissions towards net zero ambitions. The work programme for this year will focus on commissioning and appointing an organisation to facilitate and administer the Partnership, and EL confirmed Menter a Busnes as the successful candidates that would deliver on the commission. The first task will be map existing activity within the county, then facilitate regular networking engagement events, involve key stakeholders to gather feedback to inform develop and synthesise findings and to work to co-ordinate a co-produced vision, mission and action plan for the county. They must also work with stakeholders to identify how to progress to a sustainable local food system that delivers the above benefits, devise actions to develop the aims both within and beyond the 12-month period, and managing the local partnership development fund.

EL confirmed that a meeting has been scheduled with Menter a Busnes in the next 10 days to discuss the details around delivery of the commission. Working through the Cynnal y Cardi Local Economic Regeneration Partnership will allow access to a wide network of relevant contacts. EL confirmed that Food Sense Wales have also been allocated a number of hours to support this piece of work.

**Action: SD to circulate the Ceredigion Local Food Partnership Grant presentation slides.**

**Action: SD and EL to liaise with regards to inviting Menter a Busnes to attend the next meeting to provide an update on progress.**

### **6.6 Presentation: Ceredigion Community Connectors – Sara Humphreys**

The Carers and Community Support Team develop opportunities, and services that support people in their communities. The team works with people of all ages, connecting them to individual and group support accessible to them. This is achieved by working in close partnership with colleagues across the Local Authority, Health and with those in the 3rd Sector to ensure people get the right support at the right time. As well as the team being through age, and working with the general public, within the team there are also a focus on specialist areas, namely Ageing Well in Ceredigion, the Family Information Service, the Community Connectors and the Carers Information Service.

Sara Humphreys (SH) noted that there are 6 Community Connectors within the Carers and Community Support Team, and each have their own dedicated area for providing support. The Community Connector for Lampeter is Sian Salcombe (SS) who already attends sub-group meetings. SS holds a monthly drop-in session at the local library in Lampeter, also attends St Thomas' Church and Lampeter Food Project on a fortnightly basis. The Connectors provide information, advice, hold training and workshops on a wide range of subjects with interventions tailored to specific need. SH also shared information of Dewis Cymru, a database / search engine for social care and well-being that allows people to search for information, support groups and initiatives in their local area to help look after their well-being. The Dewis Cymru website can be accessed here: <https://www.dewis.wales/>

Carers and Community Support Coordinators, Carers Development Officers and Digital Connectors also sit within the team in addition to the Community Connectors – SH shared the organisational structure on screen, which will be circulated to members following the meeting. Contact details for the Carers and Community Support Team are: [connecting@ceredigion.gov.uk](mailto:connecting@ceredigion.gov.uk) / 01545 574200.

**Action: SD to circulate the information slide on the Carers and Community Support Team.**

The Chair noted her apologies, and left the meeting at this point due to another commitment. The remainder of the meeting was chaired by the vice-chair GDJ.

#### **6.7 For information: Porth Cymorth Cynnar Events at Aberystwyth Bandstand – Iwan Davies & Mari Jefferis**

Utilising Substance Misuse Action Fund, Iwan Davies (ID) and Mari Jefferis (MJ) reported that two events were held by Porth Cymorth Cynnar at Aberystwyth Bandstand in January 2023 called 'A Good Start to the New Year'. The aim of the events was to bring together a number of Local Authority services to direct people to well-being services, provide information, guidance on safe alcohol use, and undertake various workshops. Linking with the Through-age Well-being Strategy, the event promoted new beginnings, eating healthier, getting active and starting new hobbies. The events were very well received, with a 175 people attending and positive feedback received.

Following the update, discussion took place regarding the possibility of hosting a similar event as a sub-group in Lampeter's new Well-being Centre once opened. The aim would be for local residents to be invited to see the new Centre, and to learn about local groups, services, support and events in their local area of Lampeter. The sub-group were keen to take this idea forward, and it was agreed that further discussion would take place at the next meeting following the appointment of the new Chair.

**Action: Item on a potential event at Lampeter Well-being Centre to be included to the Agenda for the next meeting.**

**6.8 Update: Lampeter Well-being Centre – Carwyn Young**

Carwyn Young (CY) reported that it's hoped that the Well-being Centre will be handed over to the Local Authority on 12 May, with some minor works to take place after this. CY confirmed that community open days are looking to be held at the Centre, to encourage local residents to come into the Centre and see what it has to offer. CY also supported the idea of holding an event as part of the sub-group's work at the Centre. Gratitude was extended to the University of Wales Trinity Saint David for hosting activities previously held at the Leisure Centre whilst the work was carried out to ensure a continuity of provision for Lampeter residents. Significant developments are now coming to fruition, and CY encouraged sub-group members to visit the Centre when it opens in the coming weeks.

SD proposed that once details are known, that information on the open days are circulated to sub-group members for sharing amongst their networks in order to maximise attendance. In response to a query by Julia Lim (JL) as to how the open days will be promoted, CY confirmed that a Marketing Officer has been appointed which will facilitate the process.

**Action: CY to share details of any community open days at the Well-being Centre, and SD to circulate the information to sub-group members.**

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

SD reminded sub-group members that the PSB are fortunate to have the support of Co-Production Network for Wales (CPNW), who have been facilitating the production of the Local Well-being Plan, and will now be assisting with the various aspects of its delivery. It was noted that this standing item will act as a reminder of this resource, as representation from CPNW at all sub-group meetings may not be feasible due to the allocation of time given to support various PSBs across Wales. Reflecting on conversations held at the meeting, it was agreed that CPNW would be approached to discuss facilitation of the potential sub-group event at the Well-being Centre following further discussions at the next meeting.

**6.10 Any Other Business**

CY confirmed that the steering group of Hywel Dda University Health Board's (HDdUHB) 'Creating Change in Ceredigion' project is still in its infancy, and that there is interest in working with the community in the Lampeter area as part of their shift towards a Social Model for Health and Well-being. It was agreed that a special meeting of the sub-group would be arranged in order to hear a presentation by PK on the project, and consider how co-operation between groups can be encouraged and ensure no duplication.

**Action: SD to arrange a special meeting of the sub-group focussed on the 'Creating Change in Ceredigion' project.**

GDJ brought the meeting to a close, and thanked members for their contributions.

**Next meeting:** 20.07.23, 10:00-12:00

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