

PSB Project 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.
Project Group Name	Improving Community Wellbeing and Tackling Hardship in Cardigan
Chair	Hazel Lloyd-Lubran , Ceredigion Association of Voluntary Organisations (CAVO)

Project Group Membership <i>(Names in bold signify attendance at meeting)</i>			
Ceredigion County Council	Cllr Elaine Evans, Llyr Hughes, Non Davies, Meleri Richards, Mari Hopkins, Rob Starr, Carys Owens, Cerys Purches-Phillips, Martin Gillard, Catrin George, Catrin Cond, Alison Heal, Dr Sarah Groves Phillips, Carwyn Young , Connor Cook, Bethan James , Robin Stanley, Rob Star, Emily Edwards , Rhiannon John, Cathryn Morgan, Melanie Walters, Rhidian Harries, Greg Jones <u>Partnerships Team</u> : Timothy Bray, Sara Dafydd, Lynne Walters, Anwen Thomas, Teleri Elias, Steffan Gruffydd	Wales & West Housing	Rhiannon Ling, Elizabeth Morgan
		Ceredigion Association of Voluntary Organisations	Chesca Ross, Callum Jones

Hywel Dda University Health Board	Vicki Howell-Williams, Sue John, Terri-Ann Patrick , Jackson Reynolds, Megan Harris, Jan Batty, Geinor Jones, Suzanne Griffiths, Rhian Rees, Beth Cossins	Ben Lake's Office	Carys Lloyd
Mid & West Wales Fire & Rescue Service	William Bowen, Wayne Thomas, Ritchie Felton	Natural Resources Wales	Aled Davies, Peter Frost, Sarah Coakham
Barcud Ceredigion	Catrin Owen, Sue Thomas	Menter a Busnes	Ann Owen
CAB Ceredigion	Glynis Llewelyn, Juliet Morris, Sue Lewis	Co-production Network for Wales	Vikki Butler, Roxanne Treacy, Mandy Williams
PRTA Green Dragon Community Transport	Caroline Wilson	Friends of Cardigan Hospital	Sue Lewis
Jig-so	Alison Sinclair, Sarah Hollingbery-Simpson	Area 43	Rachael Eagles
Dwr Cymru	Sion Griffiths		

SYNOPSIS OF PROJECT GROUP MEETING

Key Points discussed at Project Group meeting: 24.10.2024

14.1 Welcome and Apologies

Hazel Lloyd Lubran (HLL) introduced everyone to the meeting.

Apologies were noted for the following: *Cathryn Morgan, Sarah Evans, Cllr Elaine Evans, Martin Gillard, Juliet Morris, Caitlin Theodorou, Matt Hatter.*

14.2 Age Friendly Ceredigion

Melanie Walters (MW) provided an update on the International Older Persons Day 2024, ideas for recruitment in South Ceredigion and information on the Age Friendly Communities Grant. The submission has been approved, and Ceredigion has officially earned the

designation of 'Age Friendly Ceredigion'. A Forum has been established for the community that will meet quarterly, with the next meeting scheduled for 28 November. The primary focus of the next meeting will be transportation. There is currently a grant opportunity available through CAVO for community groups seeking funding of up to £500 for projects aimed at enhancing age-friendliness – <https://connectceredigion.org.uk/grants/age-friendly-ceredigion-fund>. Further to the International Older Person's Day event, an additional 12 residents have expressed interest in becoming citizens' representatives, bringing the total number of representatives to 21. The Age Friendly Ceredigion [website](#) is regularly updated, where the initial version of the directory can be accessed. The second version will be uploaded shortly. Partners were asked to contact MW if aware of any interested parties keen to be involved in the Age Friendly Forum.

14.3 Cardigan Well-being Centre Update

Carwyn Young (CY) provided an update on the Cardigan Well-being Centre. The decision has been made to utilise the site of the current Cardigan swimming pool as the location for the Cardigan Well-being Centre. Accessibility was a primary consideration, as this location is situated in the heart of the town. Ceredigion County Council's Overview and Scrutiny Co-ordinating Committee have received an on-site visit, and all democratic processes have been followed. CY noted that the Welsh Government's (WG) funding scheme criteria has shifted slightly, and now includes more of a focus on the services provided as opposed to the development of facilities. With this in mind, the Team are in the process of preparing a formal presentation of plans for WG. Conversations with organisations are also underway to determine what services could be delivered from within the Centre. HLL suggested that the Well-being in Cardigan Delivery Group should be used to facilitate the process of linking with the community, and provide guidance on the desired appearance of the site. A discussion was also held regarding the swimming pool, and whether the Well-being Centre will utilise it. The next steps will include publishing a draft proposal detailing the design and features of the proposed Well-being Centre, which will provide an opportunity for community members to review and provide feedback on the project.

14.4 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 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.

Dates of future meetings: 15 January 2024, 10:00-12:00

Action Summary Log

1.) Ongoing: Arrangements to be made for Ann Owen from Partneriaeth Bwyd Ceredigion to attend an upcoming meeting and provide an update.

2.) Ongoing: The Partnerships Team to circulate the Annual Report and Delivery Plan (inc. the Organogram) to members.

3.) Ongoing: All members to share any local events / activities which would be suitable for the PSB to be promoted at with the Partnerships team.

4.) Ongoing: MW to share the link to the walkability tool and to share the accessibility tool once it is finalised.

5.) Complete: MW to return to provide another presentation on the Age Friendly Baseline information.

6.) Ongoing: MW to share information with LW on the areas in Ceredigion they have broken down into geographic 41 areas.

7.) Ongoing: CG to share funding details post December 2024 with members of this group.

8.) Ongoing: MW Partners to contact CAVO to share any information, knowledge regarding winter wellbeing initiatives.

9.) Ongoing: HLL, CY and the Partnerships Team to discuss the timing and content of a possible partner focus group to support the proposed plans for a wellbeing centre in Cardigan.