

PSB Project Group Report

Prepared by: Teleri Elias & Sara Dafydd

Well-being Plan Aim	All place-based pilot 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)*

Ceredigion County Council	Timothy Bray, Sara Dafydd, Carwyn Young, Rhidian Harries, Robb Starr , Cathryn Morgan, Connor Cook , Sarah Groves-Phillips, Gethin Jones, Llinos Hallgarth, Lowri Evans, Lynne Walters, Rachel Auckland , Alison Heal, Cllr Ann Bowen Morgan, Sian Salcombe, Sara Humphreys, David Jones, Bethan James, Anwen Thomas, Teleri Elias	Natural Resources Wales	Aled Davies, Rachel Jarvis , Thomas Vetter
Hywel Dda University Health Board	Jina Hawkes, Peter Skitt, Terri-Ann Patrick, Meinir Harries, Nathan Davies , Dr Phil Kloer	University of Wales Trinity Saint David	Emyr Jones, Hazel Thomas

Dyfed-Powys Police	Insp. Matthew Howells	Mid & West Wales Fire Service	Wayne Thomas , Iwan Cray
Barcud	Catrin Owen, Helen Draycott	CAVO	Hazel Lloyd-Lubran, Teleri Davies
Home-Start	Sharon Morris	Ysgol Bro Pedr	Deiniol Williams
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	Roxanne Treacy, Vikki Butler		

SYNOPSIS OF PROJECT GROUP MEETING

Key Points discussed at Project Group meeting: 20.07.23

7.1 Welcome, Introductions and Apologies: The Chair welcomed members to the meeting. Apologies were noted for the following: *Cllr Ann Morgan, Elen James, Deiniol Williams, Gethin Jones, Jina Hawkes, Julia Lim, Dr Phil Kloer, Peter Skitt, Sarah Groves-Phillips, Sian Salcombe*. It was noted that Gethin Jones has been seconded to Welsh Government, and David Jones (DJ) will be attending these meetings moving forwards.

ACTION: The Partnerships Team to make contact with DJ, and make the necessary amendments to the distribution list.

7.2 Minutes and matters arising from the previous meeting:

The minutes from the previous meeting held on 03.05.23 were presented by Greg Jones (GJ). All actions were agreed to be complete or in progress. It was confirmed that as the new Corporate Lead Officer (CLO) for Porth Cymorth Cynnar, GJ will be taking over as Chair of the project group. GJ also extended his thanks to Gwilym Dyfri Jones (GDJ) for accepting the role of Vice-Chair at the last meeting. With regards to the extraordinary meeting of the project group to be arranged in order to hear Dr Phil Kloer's (PK)

presentation on Creating Change Together in Ceredigion, GJ reported that this had taken place on the 10th of July 2023, and that Nathan Davies (ND) will be giving an update as part of this meeting.

7.3 Update: Local Well-being Plan 2023-28, Well-being Plan Governance and Delivery Structure:

With the new Local Well-being Plan for 2023-2028 published in May, Tim Bray (TB) reported that a Governance and Delivery Structure is currently in progress which outlines how each objective and task included in the Well-being Plan will be delivered upon over the next 5 years. TB confirmed that he and Diana Davies (DD) had recently met with the new Chair and Vice-Chair of the Public Services Board (PSB), Hazel Lloyd-Lubran (Ceredigion Association of Voluntary Organisations) and Gavin Bown (Natural Resources Wales), to discuss and agree as to how best to proceed with delivery. As the Well-being Plan includes a number of tasks under each objective, it was agreed at this meeting that the tasks should be sequenced and prioritised to ensure that a smaller number of activities were carried out effectively and successfully. Hazel Lloyd-Lubran suggested holding 4 hybrid workshops, with each centred around the 4 objectives included in the Local Well-being Plan. TB confirmed that the workshops will be held between September and December, and contact will be made with PSB members to ascertain their availability to act as facilitators for each session. This proposed course of action will be presented at the next PSB meeting in September. TB reported that whilst discussions have been held at PSB with regards to the launch of the Local Well-being Plan, it was agreed that this should be progressed once the prioritisation of tasks has been confirmed.

ACTION: The Partnerships Team to circulate the draft Local Well-being Plan 2023-2028 Governance and Delivery Structure.

GJ enquired as to whether the names of the project groups will be amended now that the pilot period is over. TB confirmed that whilst the 3 project groups are currently place-based, consideration will be given specifically to the Carbon Neutral Aberystwyth and Decarbonisation Strategy project group as discussions have suggested that this would benefit from being a thematic group due to the broad nature of activity. Both Lampeter and Cardigan project groups have a specific focus on place-based activity, and this appears to be the best way to deliver at the moment.

7.4 Presentation: Lampeter Baseline Report:

Rob Starr (RS) introduced the Lampeter Poverty and Deprivation Baseline Report produced by Ceredigion County Council's Performance and Research Team on behalf of the Ceredigion PSB. The aim of this document is to supplement the original baseline data by bringing together the evidence available at small geographical areas to strengthen our understanding of poverty and deprivation issues in Lampeter. In defining the geography of Lampeter, data has been presented at its lowest available level. In

most cases this is at lower layer super output area where the Lampeter 1 and Lampeter 2 areas make up the town and its immediate surrounding areas respectively. RS highlighted some of the key headlines and main findings. Of particular note are the specific areas of deprivation across the 2 areas, as below:

Lampeter 1	Lampeter 2
<ul style="list-style-type: none"> • Housing (within 10% most deprived) • Community Safety (within 20% most deprived) 	<ul style="list-style-type: none"> • Access to services (30% most deprived) • Education, Employment and Community Safety (within 40% most deprived) • Income (within 50% most deprived)

The full report can be viewed below. It was confirmed that the report would also be circulated to members following the meeting, and would also be made available on the project group's Teams site.



Lampeter Poverty and Deprivation Basel

In response to a query by Nathan Davies (ND) regarding the population figures for the 2 areas, RS noted that there is only a slight difference – Lampeter 1 has a population of 1,385 and Lampeter 2 has a population of 1,476. Rachel Jarvis (RJ) queried as to whether the project group had any links with the [Longwood Community Group](#) based just outside Lampeter, which is entirely owned by the community and managed as a limited company on a not-for-profit basis. It was agreed that contact would be made with Longwood to ensure any links are made.

ACTION: Contact to be made with Longwood Community Group.

ACTION: The Partnerships Team to circulate the Lampeter Baseline Report and ensure it's also made available on the Teams site.

7.5 Update: Lampeter Well-being Hub:

It was confirmed that the Well-being Centre in Lampeter is now open. It has been a phased opening, as the Hub is awaiting a final delivery of furniture but are hopeful that installation will be complete by the end of the month. Carwyn Young (CY) noted that there will be an official opening in September, and discussions are currently underway with Welsh Government (WG) as primary funders for

the Centre. It is also hoped that a community fun day can be arranged. CY reported that the services offered are being broadened – They currently hold referral classes, fitness suites, training events and are hoping to see the level of activity in the area increase to reflect the recent increase in membership. A grant has been received to re-surface the tennis court area by the carpark opposite the Well-being Centre by October, which will also enhance provision. There is currently no information on the capacity of rooms, but it is hoped that plans for each room can be drawn up once the furniture is in place. Requests to book rooms at the Well-being Centre should be directed to Rhidian Harris (RhH).

ACTION: Any interest in meeting room bookings for the Lampeter Well-being Centre to be sent through to Rhidian Harries.

ACTION: Details of the official opening for the Lampeter Well-being Centre to be shared following confirmation from WG.

RJ suggested holding one of the PSB workshops at the Well-being Centre in Autumn, and GJ also proposed that the next project group meeting scheduled for the 19th of October at 10am – 12pm was also held at the Centre. The group agreed for the next meeting of the project group to be held in person at the Centre, and arrangements will be made via RhH.

Rachel Auckland (RA) queried as to whether there was capacity for growing trees in the sports court area as part of the Tiny Forest movement. CY responded that as the current intention is to re-surface the whole area, there wouldn't be capacity to grow trees but would keep the initiative in mind should the opportunity arise. RA noted that there is WG funding available for this at the moment, and asked members to get in touch should they be aware of any sites suitable for this project.

7.6 Update: Creating Change Together in Ceredigion:

ND gave an overview on Creating Change Together in Ceredigion, which is underpinned by Hywel Dda University Health Board's (HDdUHB) shift towards a Social Model for Health & Well-being (SMfHW). It has been acknowledged that the healthcare system has some systematic problems such as performance issues, waiting times, access to GP surgeries and dentists, as well as inequalities and access to services. There are also workforce challenges in terms of recruitment and retention. HDdUHB's 20-year strategy for Mid and West Wales took a commitment to shift service delivery from a Biomedical Health Model towards a SMfHW, which considers the wider determinants of health such as education, income and housing. To date, this work has consisted of 3 significant pieces of work:

- A review of the academic literature undertaken by Aberystwyth University (AU) based on the term SMfHB. The aim of this was to provide a solid evidence base for the Health Board and partners to make strategic and operational changes, to provide a

mutual learning resource for all interested parties, to learn from what is already written and identify the gaps for future developments.

- 1-2-1 virtual conversations with a purpose with leaders across Wales who have experience of influencing at least one of the social determinants of health to gather their thoughts as to what's working well in the healthcare system, and how the shift between models can be made.
- Finally, direct engagement with the public was carried out as part of a post Covid service evaluation.

ND reported that the literature review found that there is currently no agreed definition of SMfHW, and although the model can be applied to specific departments (e.g., maternity), there are no examples as to how it could be applied to a full service. Triangulation work was carried out to identify whether there were any common themes across these 3 areas of work. From this, 9 common themes were identified including inequality and the need to listen, engage and empower communities. In order to streamline these themes into more manageable areas of work, it was decided that the focus would be on 3 areas: Workforce, Partnerships and Communities. HDdUHB's intention is to think of collaborative ways to deliver services differently by supporting what's already going on in Lampeter with partners to drive the shift towards the SMfHW. Whilst there is currently no timeline for the project, an overarching plan was presented to HDdUHB's Board which was approved and it's hoped that the activity proposed within the plan can commence during the summer. It was agreed that this item should remain on the agenda as a standing item moving forward.

GDJ noted that the University of Wales Trinity Saint David (UWTSD) have been planning well-being walks with Angela Burns (HDdUHB). It's hoped that these park walks on campus will commence from September, and will take place every Wednesday.

ACTION: Creating Change Together in Ceredigion to remain a standing item on the project group's agenda.

ACTION: Future link-up between Greg Jones / Carwyn Young and Dr Phil Kloer / Nathan Davies to be considered as work progresses.

ACTION: Details regarding the Wednesday Well-being Walks to be shared with the group when available.

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

Sara Dafydd (SD) reminded the group that Co-production Network for Wales (CPNW) are currently working alongside the PSB until 2026 to support practical implementation and develop meaningful engagement. CPNW facilitated the consultation element of the Local Well-being Plan, and are now supporting delivery. SD suggested it would be beneficial to consider how CPNW can support the work of the project group moving forwards once the workshops have been held, and priorities identified and sequenced.

ACTION: Sara Dafydd to recirculate the Co-production Wales Presentation from January's meeting as a reminder.

7.8 Any Other Business:

RA reported that the Local Nature Partnership (LNP) have received funding from WG for local nature projects. The Allotment Support Grant has been utilised to develop allotments across the county, including Gwel Y Creuddyn in Lampeter. RA is also hopeful that this work will tie in with projects at the Creuddyn Centre, and confirmed that a launch event of their Climate Garden will take place on the 29th of July. Food growing and edible food walks are also taking place on campus at UWTSD, and RA hopes that all these initiatives can be connected going forwards. UWTSD will also be hosting a Sustainability Event later in the year.

Eirlys Lloyd (EL) who provided an update the Local Food Partnership Grant at the previous meeting was unfortunately unable to attend, but shared the following developments prior to this meeting – Menter a Busnes have been commissioned to facilitate coordination of the Local Food Partnership, and their first report on the mapping work being conducted will be presented at the end of August. It was suggested by EL that a presentation is provided by Menter a Busnes at the next meeting.

GDJ requested that Laura Kate O'Driscoll who is a student at UWTSD is invited to present her research 'Lampeter Young Person's Project'. GDJ also informed the group of upcoming events at UWTSD campus, including an open-air cinema event on the 21st of July, and a similar event on the 12th of August.

ACTION: The Partnerships Team to share details of UWTSD's Sustainability Week.

ACTION: Agenda items for the next meeting to include Ceredigion Food Partnership and invite student Laura Kate O'Driscoll to present her research 'Lampeter Young Person's Project'.

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

7.9 Next meeting: 19.10.23 10:00-12:00 at the Lampeter Well-being Centre