

PSB Delivery Group Report

Prepared by: Gaenor Parry

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

| Delivery Group Membership <i>(Names in bold signify attendance at meeting)</i> | | | |
|--|--|-----------------------------------|---|
| Ceredigion County Council | Alison Heal, Bethan James , Caitlin Theodorou, Carwyn Young, Carys Huntley, Carys Owens, Cathryn Morgan , Cerys Purches-Phillips, Connor Cook, Eirlys Lloyd, Cllr Elaine Evans, Emily Edwards, Erin McCudden, Mari Hopkins, Martin Gillard, Melanie Walters, Non Davies, Rhiannon John, Rob Starr , Sarah Evans, Dr Sarah Groves Phillips <u>Partnerships Team</u> : Anwen Thomas, Lynne Walters, Neris Davies, Sara Dafydd, Steffan Gruffudd, Teleri Elias , Timothy Bray | Wales & West Housing | Rhiannon Ling |
| | | Hywel Dda University Health Board | Conrad Hancock, Geinor Jones , Jackson Reynolds, Janet Knill , Rhian Rees , Terri-Ann Patrick, Trina Nealon, Vicki Howell-Williams |
| Ceredigion Association of Voluntary Organisations | Chesca Ross | Ben Lake's Office | Carys Lloyd |

| | | | |
|--|--------------------------------|---------------------------------|---|
| Mid & West Wales Fire & Rescue Service | Steven Davies | Natural Resources Wales | Aled Davies |
| Barcud Ceredigion | Catrin Owen, Sue Thomas | Mentera | Ann Owen |
| CAB Ceredigion | Glynis Llewelyn, Juliet Morris | Co-production Network for Wales | Mandy Williams, Mererid Lewis |
| Area 43 | Becca Head | Age Cymru | Lynne Hughes-Davies |

SYNOPSIS OF DELIVERY GROUP MEETING

Key Points discussed at Delivery Group meeting: 7.5.2025

16.1 Welcome and Apologies

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

Apologies were noted for the following: Martin Gillard, Melanie Walters, Erin McCudden, Elinor Ashworth-Chandler, Cllr Elaine Evans and Juliet Morris

16.2 Minutes and matters arising from the previous meeting (15.1.25)

The minutes of the previous meeting held on 15th January 2025 were noted and 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.

16.3 Standing Item: Update from the Public Services Board meeting (3.3.25)

Timothy Bray (TB) gave an overview of discussions held at the Ceredigion Public Services Board (PSB) meeting on 3 March 2025:

- Members of the public attended the recent PSB meeting to share their views on NRW's decision on the closure of Ynys Las.
- The Action log for the previous meeting was discussed which will soon be available on the website.
- The Activity Tracker was updated with any actions highlighted.
- The Annual report is due, a draft document will be presented to the PSB in June.

- The Partnerships team are in the process of purchasing a gazebo and promotional materials to use whilst attending numerous events and activities to promote the PSB's wellbeing plan. A Calendar of events has been developed which will be located on the Council's website to inform partners and the public of the events which the PSB team will attend, it also provides the opportunity for suggestions from partners and the public. Partners were requested to send any information on upcoming events to the Partnerships team: partnerships@ceredigion.gov.uk. The Partnership team will be attending the Health and Wellbeing Show in Aberporth this June. CM mentioned that the Community Connectors shared a drop-in list that is available on CCC MS Teams, this is already publicly available. HLL suggested this may need to be coded where they differentiate between public events or drop ins. A link navigating this page to the Partnerships events calendar was suggested.

When promoting events, Sue Thomas (ST) highlighted the importance of considering digital inclusion, noting that not everyone has access to or is comfortable using online platforms.

- The Chair provided an update on the Community Transport event held in December 2024; the report will be presented to the PSB once it has been translated.
- The PSB Chair attended a workshop on the Shared Prosperity Fund, an important funding source for the PSB. The workshop report is awaited and will be circulated once received.
- The Regional Partnership Board is reviewing its governance and engagement with PSB's. Barry Rees proposed merging PSB's to improve attendance and reduce duplication across meetings. A review is underway to assess the potential benefits and implications of combining representatives from Carmarthenshire, Powys, Pembrokeshire, and Ceredigion.
- Russell Hughes-Pickering provided a presentation on Ceredigion Council's 'New Ways of Working' including hybrid working and the accommodation aspects. Opportunities to develop sharing accommodation and resources is now being considered before the next PSB meeting in June.
- The Climate and Nature group has paused pending the appointment of a new Chair for the group. In the meantime, Ceredigion are working alongside Carmarthenshire to develop and complete the Climate Change Risk Assessment.

16.4 Age Friendly Ceredigion Update

Melanie Walters (MW) shared an update with the Partnerships Team ahead of the meeting, due to being unable to attend:

- Elinor Ashworth-Chandler is their recently appointed Ageing Well Project Lead.
- The Age Friendly Ceredigion Forum will be on Weds 28th May 2-4pm, the theme is digital connectivity.

- An Age Friendly Hour has been launched monthly in Lampeter, with plans to expand to Tregaron and Theatr Felinfach. Sessions will include guest speakers on topics like nutrition, finances, and digital support, with the first event scheduled for May 15th. HLL suggested exploring potential venues in Cardigan to support the monthly Age Friendly Hour initiative.
- Discussions with the Penparcau Hub manager led to the idea of a quarterly health event offering checks like diabetes, hearing, and blood pressure. The first event will be on June 18th, with plans to repeat it every three months and expand to the south of the county.
- Version 2 of the Age Friendly Ceredigion directory has been printed and distributed, with 5,000 copies placed at various locations.

Action: The Partnership team will share Melanie Walters' email update on Age Friendly Ceredigion with partners following the meeting.

Lynne Hughes-Davies (LHD) from Age Cymru Dyfed provided an overview of their work:

- Funding is currently limited, reducing the support available.
- The service is currently open Monday to Wednesday for drop-ins only, with no home visits.
- An overview of the Byw Adref project was provided and clinics that they run in Ceredigion.
- They receive funding through HSG for part-time support during the week for people living with dementia.
- Digital support is being offered in the community.
- They have a Befriending Life Links Coordinator who will be setting up community groups, 1-to-1 befriending, and telephone befriending.
- Their office is based in Aberystwyth.

Bethan James (BJ) informed the group that Community Connectors will be sending out a request for contributions to the next edition of the Carers Magazine. The issue will be released in August 2025, and articles should be submitted by June 6th, 2025.

16.5 Whole Systems Approach to Healthy Weight – Community Engagement – Asset Mapping

Geinor Jones (GEJ) confirmed that they have been working with Project Dewi to provide 'Train the Trainer' asset mapping training with the Cardigan and Lampeter subgroups. 15 people attended in total. Attendees have been asked to facilitate asset mapping sessions focusing on access to food and to send their findings back to the team. It is hoped that opportunities to work with communities can be

identified. GEJ confirmed that her team is arranging follow-up meetings with the subgroup chairs to review the progress of the asset mapping.

GEJ informed the group about the Local Policy Innovation Partnership (LPIP) and upcoming workshops on innovation. One workshop will be held in Llangybi on June 20th, focusing on 'Grow, Cook, and Eat Together.

Interesting insights have emerged from the mapping done by partners, and there may be future work on how to share these results with the public.

Alison Heal (AL) shared that her team, in partnership with the local nature partnership, is planning a mapping workshop at the bandstand at Aberystwyth on Friday, the 11th of July .

Ann Owen noted that they have completed mapping work on all the allotments and community spaces they were responsible for.

Following the mapping training conducted by Project Dewi, Co-Production Wales has produced an [asset mapping guidance sheet](#).

Action- The Partnership team will share a link to the Asset Mapping guidance sheet by Co-Production Wales with the group.

16.6 Ceredigion Local Food Partnership Update

Ann Owen (AO) provided an update on Ceredigion Local Food Partnership:

- The Community Food Strategy was published last week, outlining the Welsh Government's plans. It also confirmed that funding for all local food partnerships across Wales is secured for the next two years.
- Funding has been made available through the Protected Characteristics Grant. This grant aims to ensure that individuals with protected characteristics are able to participate in activities. <https://connectceredigion.org.uk/grants/partneriaeth-bwyd-ceredigion-small-grant>

Action – The Partnership team will circulate the Partneriaeth Bwyd Ceredigion Small Grant link with the group.

- Partneriaeth Ceredigion have applied for membership in the Sustainable Food Places initiative and are currently awaiting confirmation of their success.
- The Good Food survey will be analysed by a professional company, with results expected to be available by the beginning of next month.

- AO's team, in collaboration with neighbouring local food partnerships, is focusing on food resilience, specifically examining how food supply is affected during disruptions.
- In collaboration with Pembrokeshire Local Food Partnership, the team is exploring the Meals on Wheels service due to the high delivery costs. They are currently investigating alternative models.
- The team is also collaborating with LPIP, contributing to their focus group on the Rural Wellness Project, specifically focusing on food. One key area of focus is social dining, which aims to address several issues, including loneliness and malnutrition.
- The team continues to offer Good Food Conversation, they are open to any request.
- Ceredigion will be one of the counties providing Welsh-grown vegetables to local schools.
- All the allotments at Nanteos are fully occupied. Unfortunately, the building has been sold, resulting in the loss of toilet facilities

16.7 Forward Work Plan discussion

The group discussed key areas of focus moving forward. A summary of the discussion included:

- Advancing the Food Agenda by fostering more local, community-driven initiatives.
- The development of a wellbeing hub in Cardigan with the desire for greater integration across services.
- Further developing the Asset Mapping initiative to better engage with the community, identifying local resources and strengths to support growth and collaboration seeking guidance from Healthy Weight Wales on demographic gaps.
- Investigate the broader determinants of health and their impact on well-being.
- Continue the Let's Talk initiative in Cardigan, actively engaging with and reaching out to local communities.
- The Future Generations Focus, focusing on food and access to a repair cafés locally. - ([Future Generation Report 2025](#))

A discussion was held around Benthyc Cymru an initiative supporting a library of things ; however, there is currently no presence in Ceredigion due to the lack of suitable venues. A discussion was held around the ongoing challenge of limited venue availability. HLL noted that the team should consider how they engage with and involve Cardigan-based groups more effectively.

Action: The Partnerships Team will share a summary of the Forward Work Plan discussion with the group following this meeting.

Action: Keep the Forward Work Plan on the agenda for future meetings.

16.8 Partner Updates / A.O.B

HLL informed the group about CAVO's Connect and Inform Grant. More information can be found [\[here\]](#).

HLL informed the group about the CAVO Cardigan and Lampeter Town Funds that aim to enhance the accessibility of food or reduce social isolation in Lampeter and Cadigan, more information can be found here [\[here\]](#).

Rhian Rees (RR) highlighted the Welsh primary care model's shift toward a social model of wellbeing, encouraging collaboration with GP clusters to shape local services.

CM informed the group about the 'Ein Cegin' event, which involved cooking at the first Let's Talk event in Lampeter. The event focused on bringing people together in a more relaxed setting, fostering better conversations. Another event is scheduled in Aberporth on 7.5.25.

Action: Cathryn Morgan to provide an overview of the report following the completion of the Let's Talk initiative.

TB suggested holding a future PSB/PSB subgroup meeting in the format of the Let's Talk initiative. HLL noted that herself, TB, and CM need to meet after this meeting to discuss extending Nic Pryor's capacity beyond June to conduct more focus group work with the PSB, particularly in Lampeter and Cardigan.

HLL noted that she has been in discussion with the Community Development Outreach Team about the possibility of a wellbeing event in Cardigan. They are interested, and a date will be shared once available.

Janet Knill (JK) mentioned that the Integrated Care Centre was open every weekend from mid-December to early March, covering a total of 12 weekends. The service, facilitated with 50-day challenge funding, 1,444 people were supported during this time. A business case has been written, as there is demand for the continuation of the service.

JK informed the group about the Warmth on Prescription research, which helps people with asthma improve warmth in their homes. This initiative is in collaboration with respiratory consultants at Hywel Dda and Severn Wye.

CM noted that at the last Poverty Subgroup meeting, the Partnership Team was tasked with bringing together those providing energy advice in Ceredigion. An overview was provided by Nest, Ceredigion Citizens Advice, Severn Wye, and Care and Repair. HLL suggested that the Poverty Subgroup arrange a second meeting to explore what can be done with existing projects.

CM informed the group that the council's Participation and Engagement policy will be reviewed this year, with a new policy set to be published next year. An engagement plan has been developed to understand how people want to engage with the council, which will inform the drafting of the policy. Focus group sessions will be held, with two planned in Cardigan. CM will keep the group updated with further information on this.

A discussion was held regarding the closure of the Cardigan swimming pool and the importance of having a pool in the area.

Action: Carwyn Young to provide an update on the wellbeing hub in Cardigan at a future meeting, including its links to other services in the area.

The Chair thanked members for their time and brought the meeting to a close. The meeting concluded at 11:50.

Action:

16.9 Date of next meeting: 8 July 2025 at 10:00-12:00

Action Summary Log

1. The Partnership team will share Melanie Walters' email update on Age Friendly Ceredigion with partners following the meeting.
2. The Partnership team will share a link to the Asset Mapping guidance sheet by Co-Production Wales with the group.
3. The Partnership team will circulate the Partneriaeth Bwyd Ceredigion Small Grant link with the group.
4. The Partnerships Team will share a summary of the Forward Work Plan discussion with the group following this meeting.
5. Keep the Forward Work Plan on the agenda for future meetings.
6. Cathryn Morgan to provide an overview of the report following the completion of the Let's Talk initiative.
7. Carwyn Young to provide an update on the wellbeing hub in Cardigan at a future meeting, including its links to other services in the area.