

PSB Delivery Group Report

Prepared by: Liam Wheeler-Jones

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 (Names in bold signify attendance at meeting)			
Ceredigion County Council	Alison Heal, Bethan James , Caitlin Theodorou, Carwyn Young , Carys Huntley, Carys Owens , Cathryn Morgan , Catrin George , Cerys Purches-Phillips, Connor Cook, Elinor Ashworth – Chandler, Eirlys Lloyd, Cllr Elaine Evans , Emily Edwards, Erin McCudden , Mari Hopkins, Martin Gillard, Melanie Walters, Non Davies, Rhiannon John, Rob Starr, Sarah Evans, Sarah Griffiths, Dr Sarah Groves Phillips <u>Partnerships Team</u> : Anwen Thomas, Lynne Walters , Neris Davies, Sara Dafydd, Steffan Gruffudd, Teleri Elias , Timothy Bray, Liam Wheeler-Jones	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: 8.10.2025

18.1 Welcome and Apologies

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

Apologies were noted for the following: Elinor Ashworth-Chandler, Glynis Llewelyn, Mandy Williams, Eirlys Lloyd, Timothy Bray, Emily Evans, and Sue Thomas

18.2 Minutes and matters arising from the previous meeting (08.07.25)

The minutes of the previous meeting held on 8th July 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.

18.3 Standing Item: Update from the Public Services Board meeting (15.09.25)

The last PSB meeting included a visit to Holden's Farm near Lampeter and a workshop on food resilience. Edward Morgan (Castell Howell) outlined the company's work to increase local sourcing for schools and other customers. Ann Owen (AO) provided an update on the forthcoming food resilience strategy, linked to Healthy Weight Healthy Wales and recent food mapping in Cardigan. Patrick

Holden emphasised the national importance of prioritising food resilience and strengthening links with the emerging regional food partnership.

In the afternoon, the PSB reviewed the activity tracker, wellbeing plan priorities, and regional collaboration—particularly joint work with Carmarthenshire PSB on the climate change risk assessment (CCRA). A regional approach is being developed, with a technical specification underway to commission external support. A session on 8 October with potential CCRA partners reviewed existing strategies and action plans.

Updates were provided on work in Lampeter and Cardigan. A spotlight session by Amy Andrews (Aberystwyth University) focused on food and wellbeing. Four potential innovations were identified:

- A community-led kitchen network
- A whole-school “grow, cook, eat” approach
- A community farm model
- A food systems mentor role

The Chair highlighted the value of aligning climate work with Carmarthenshire and suggested regional collaboration could support the development of the next wellbeing plan. Discussions are ongoing about a possible single strategic PSB for West Wales, with continued commitment to local delivery.

The Chair also noted that stronger links with Castell Howell could help make better use of local produce. An example was surplus broccoli grown during school holidays, which might have been used by community schemes or food banks if better connections were in place.

Action: Partnerships Team to liaise with Castell Howell to explore strengthening community links.

18.4 Age Friendly Ceredigion Update

Update from Bethan James (BJ)-

Over the summer, Elinor Ashworth-Chandler (EAC) engaged with community groups and events, including summer roadshows and Fit for Life activities. The Age Friendly Forum met in August, followed by the September newsletter; the next Forum will be held in November. A

successful Penparcau Hub event in September drew over 50 attendees, and the next Health Hub is planned for 21 January 2026. The Health at Work event on 1 October was well received, though funding limitations remain a barrier to holding similar events more regularly.

Plans for further health events across the county are currently delayed due to funding constraints. Work is underway to explore additional support and coordinate future activity with Hywel Dda to avoid duplication.

Six-monthly reporting to Welsh Government has been completed. Consultation has begun on the Age Friendly and Dementia Friendly Business Guide, due to launch at the November Forum.

EAC is supporting the Fire Service-led “At Your Service: Health and Wellbeing” event at Aberystwyth Fire Station on 13 November.

18.5 PSB Fair work Charter update

The Poverty Subgroup established a task and finish group to develop a Fair Work Charter with 13 pledges for PSB organisations. Each organisation is now putting the charter through its governance process, and updates will be provided at the next PSB meeting. A paper is going to CCC Cabinet on 2 December, (and a background letter from the Chair to partners was drafted and circulated).

The Poverty subgroup also discussed encouraging fair work practices through grants and procurement. Procurement colleagues noted this should be proportionate to contract size to avoid disadvantaging smaller businesses, focusing on awareness rather than strict requirements.

Cathryn Morgan (CM) is developing an online survey for organisations to report on progress against the charter commitments, to inform the PSB annual report.

18.6 Consultations, Events and engagement –

People Panel update by Cathryn Morgan

Around 2,000 residents have signed up via My Account to receive consultation updates. A new People's Panel has been created through this system to support focus groups and quick surveys; 82 people have joined so far. The Welsh Language and Culture team plan to use the panel to inform their culture strategy. Ensuring regular use of the panel was highlighted to maintain engagement.

It was also noted that there would be great benefit to having My Account as an App, as this would greatly help to boost engagement with people, especially those who find apps easier to use.

Action: Cathryn Morgan to raise the matter of the possible use of a “My Account” App.

Social Model for Health and Wellbeing

Rhian Rees gave a presentation on the Social Model for Health and Wellbeing:



08.10.25 SmfHW

Aberteifi Llesiant mee



NotesItem 18.6

Cardigan Wellbeing G

The Chair suggested refreshing the Cardigan data dashboards to identify current priority issues, noting the good alignment with ongoing Healthy Weight Healthy Wales work.

Action: The Partnerships Team to consider the possibility of this group receiving a key-data update from Rob Starr, at a future meeting.

18.7 Community Development Outreach Team events – Update and Engagement

Rob Allen and Sandra Mitchell provided an update on their engagement; the presentation can be found below.



CDOT ppt
v08.10.25.pdf

The Chair noted that additional funding for Health at the Hub events is being secured, with Cardigan planned as a focus for the next round.

18.8 Update on Economic priorities and outcomes for Cardigan

Update from Catrin George (CAVO)

Since March, the Cynnal y Cardi team and Economy & Regeneration have been delivering 28 strategic projects under UKSPF, including several in Cardigan: Cardigan Wellbeing Centre Feasibility Study, Cysylltu Ceredigion, Ceredigion Information & Advice Network, Valuing Volunteering, Sbarc Ceredigion, and Business/Smart Business Support.

17 events received funding from the Events Fund. All Cynnal y Cardi Business Fund allocations are complete, with 6 of 21 projects in Cardigan. Three community projects in Cardigan received funding from the Community Projects Fund. Arfor funding is not available this year, but UKSPF's Rhaglen Profi continues aspects of this work.

A well-attended Ceredigion Economic Strategy Workshop was held on 11 September. Upcoming drop-in sessions, including Cardigan (12 November) and Aberporth (14 November), will gather community and business input to help shape the future economic strategy.

Transforming Towns: Placemaking funding of £2m per year (2025–2027) has been secured for Powys and Ceredigion to support local businesses, social enterprises, and public bodies. The Chancery Lane public toilets in Cardigan have been funded through this scheme.

Feasibility Study, update on Cardigan's Wellbeing Centre plans: Carwyn Young (CY) reported that UKSPF funding has been secured, the brief finalised, and work commissioned. Public consultation is planned for early next year, alongside discussions with Development Control and parking surveys.

18.9 Partner Updates

Partner Updates:

It was noted that A Volunteering & Jobs Fair is planned in Cardigan on 30 October with the Department of Work and Pensions.

CM reported on funding from Food Poverty and Warm Spaces: supported groups include Cardigan Food Bank, Tacking Food Poverty, Jig-So, Barcud, Care Society, and Cardigan Primary (kitchen in a box scheme). Warm Welcome Space funding was awarded to Depot, New Life Church, Jig-So, and Mount Zion Church.

HLL noted strong responses to the Cardigan Town Grants, with several social initiatives now funded.

Dŵr Cymru Update: Dŵr Cymru has supported Cardigan through its water-resilient communities project, offering help with bills, training 8 partner organisations, attending 20 local events, and assisting 200 people. They have also delivered school visits and workshops on key environmental issues.

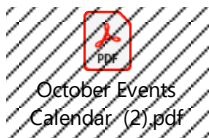
Action: Partnerships Team to invite a Dŵr Cymru representative to a future meeting and connect them with community school's project.

Tabernacle Project: HLL will consider inviting the Tabernacle Project/Hwb team to present their vision and plans to the group and explore how partners can support their development.

Action: The Tabernacle Project/Hwb team to be invited to a future meeting to present their plans and explore partner support.

Rhiannon Ling (Wales & West Housing): Tender reissued, with work expected to start spring 2026, covering the Wales & West office, Cambria depot, 20 apartments, and the New Mill development of 51 homes.

18.10 Any Other Business



18.11 Date of next meeting: TBC

Action Summary Log

1. Partnerships Team to liaise with Castell Howell to explore strengthening community links.
2. Cathryn Morgan to raise the matter of the possible use of a "My Account" App.
3. The Partnerships Team to consider the possibility of this group receiving a key-data update from Rob Starr, at a future meeting.
4. Partnerships Team to invite a Dŵr Cymru representative to a future meeting and connect them with community school's project.
5. The Tabernacle Project/Hwb team to be invited to a future meeting to present their plans and explore partner support.