

PSB Delivery Group Report

Prepared by: Anwen Thomas

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	Well-being in Lampeter
Chair	Greg Jones , Ceredigion County Council

Project Group Membership *(Names in **bold** signify attendance at the meeting)*

Ceredigion County Council	<p>Cllr Ann Bowen Morgan, Bethan James, Carwyn Young, Carys Huntly, Cathryn Morgan, Catrin Evans, Connor Cook, Dai Jones, Eirlys Lloyd, Elen James, Gethin Jones, Iwan Davies, Joy Lake, Laurie Hughes, Rachel Auckland, Rhiannon John, Rhidian Harries, Rob Starr, Sarah Evans, Sian Salcombe, Steffan Rees</p> <p>PSB Support Team: Timothy Bray, Sara Dafydd, Teleri Elias, Lynne Walters, Anwen Thomas, Steffan Gruffudd, Gaenor Parry</p>	Mid & West Wales Fire Service	Hannah Lodder-Rodda, Wayne Thomas
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Hywel Dda University Health Board	Jina Hawkes, Peter Skitt, Terri-Ann Patrick , Nathan Davies, Dr Phil Kloer, Trina Nealon, Robert Allen , Geinor Jones , Rhian Rees	University of Wales Trinity Saint David	Catrin Morgan-Jones, Emyr Jones, Hazel Thomas, Laura Cait Driscoll
Dyfed-Powys Police	Insp. Matthew Howells, Sgt Esther Davies	Natural Resources Wales	Aled Davies
Barcud	Catrin Owen	CAVO	Hazel Lloyd-Lubran, Teleri Davies
Home-Start	Sharon Morris	Ysgol Bro Pedr	Ffion Davies
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	Mandy Williams, Mererid Lewis	Area 43	Becca Head
Lampeter Town Council	Councillor Elen Page	Stage Goats	Tracey O'Grady
Mentera	Ann Owen	Rural Health and Care Wales	Mari Lewis

SYNOPSIS OF DELIVERY GROUP MEETING

Key Points discussed at Delivery Group meeting: 30.04.2025

14.1 Welcome and Apologies

Apologies were noted for the following: Hannah Lodder, Mari Lewis, Sandra Mitchell and Joy Lake.

14.2 Minutes and matters arising from the previous meeting (30.01.2025):

The minutes from the meeting held on 30.01.2025 were agreed as a true record of discussions. Greg Jones (GJ) welcomed Teleri Elias (TE) into the partnership officer role who will be covering Sara Dafydd's role whilst she is on maternity leave. It was agreed that the actions recorded at the previous meeting had either been included on the agenda or carried over to the next meeting.

14.3 Standing Item: Update from the Public Services Board meeting (03.03.2025)

Tim Bray provided the below update:

- Members of the public attended the recent PSB meeting on 3rd of March to share their views on NRW's decision on the closure of Ynys Las. The Chair reassured the attendee's that their feedback would be passed onto the relevant organisation.
- TB confirmed that 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 bulletin 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. The link to this will be circulated when this is live.

Action: The Partnership team will share the Events Calendar link to support PSB and Well-being Plan promotion once available.

- The Chair provided an update on the community transport event which was held in December 2024, a video summarising the workshop will be shared when ready.
- The regional partnerships board is considering the governance of the board and the ways in which it engages with PSB's. The PSB chairs have met to discuss this and will proceed with engaging the Regional Partnership Board. Barry Rees suggested merging PSB's to assist with the level of attendance on a national basis and fewer meetings which cover similar topics. A piece of work is being explored to consider the benefits as well as implications of bringing together Carmarthenshire, Powys, Pembrokeshire and Ceredigion representatives.
- Russell Hughes-Pickering provided a presentation on Ceredigion Council's 'New Way's of Working' including hybrid working and the accommodation aspects. Opportunities to develop shared accommodation and resources are being considered ahead of the June PSB meeting, Aberystwyth will be the focus area for creating a focus group to explore potential opportunities for new ways of working and resource sharing.
- 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.
- The next PSB meeting will be held on June 2nd via Teams.

14.4 Review of Youth Work Provision Across the County

Gethin Jones (GJO) provided an update on national and local matters as well as an overview of upcoming events:

WG have been consulting on a new legislative basis for youth work in Wales. This would include introducing a new statutory framework for youth work which will impact local authorities (LA). For further information, follow the link below:

[Written Statement: Youth work in Wales: delivering for young people \(7 October 2024\) | GOV.WALES](#)

Three key areas were highlighted within the report:

1. A statutory definition for youth work which underpins the requirement for youth workers to register with the education workforce council.
2. A new entitlement approach which embeds children's rights, a national expectation in terms of what young people should be able to access within their communities.
3. A statutory requirement for LA's to complete a 5yr plan, this needs to consider a collaborative approach with young people, partner organisations and voluntary services.

GJO noted that the council have already had discussions with key partners to discuss the changes in legislation and have started considering developing the 5yr plan. Consideration is being given to how the wider youth sector can be engaged.

The Youth Council recently held a 'Rhoi Dy Farn' ballot with over 2000 young people in Ceredigion taking part. 8 'hot topics' were identified as important factors which need focus. The number 1 topic voted for was 'Job Opportunities' and the opportunities in place to support young people to find employment and stay in Ceredigion. The Youth Council are now creating a series of questions that will go to panellists that have been invited to their summer 'Pawb a'i Farn' question time event held in July.

A discussion was held regarding opportunities for young people to remain in Ceredigion and access to apprenticeship opportunities.

Cathryn Morgan (CM) noted that the Poverty subgroup is developing a 'Fair Work' charter alongside HR and Procurement professionals from a variety of organisations. This Charter includes information on developing apprenticeships and making them more accessible to individuals. This Charter will be presented to the PSB in June, with a request for them to sign up. Any feedback from young people towards this Charter would be beneficial. GJO agreed to share the Fair Work Charter with the Youth Council for feedback.

Please find below the 'Rhoi Dy Farn Results 2025'



Rhoi Dy Farn Flyer
Results 2025 - Eng.pd

GJO confirmed that Promo Cymru have been commissioned to develop a project focusing on online threats to young people through Serious Violence duty funding. They have held a series of testing meetings and developed test questions aimed at young people and professionals. There is an opportunity to take part in the survey by following the below link:

[Life Online Young People's Survey \(English\)](#)

[Life Online Professionals Survey \(English\)](#)

Hotspot funding has been received through the DPP OPCC, the council are working with them to prepare a problem orientated policing plan to strengthen the core targeted activities already available in Cardigan, Lampeter, Aberystwyth and rural communities.

23-30 June is national youth work week, a range of events and activities are being arranged to highlight good practise and share positive news stories.

ACTION- Gethin Jones will share information on the 'Rhoi dy Farn 2025' Ceredigion Youth Council campaign and link to the 'Life Online for Young People' survey with the group.

14.5 Benthyc Cymru

Eirlys Lloyd (EL) recently met with [Benthyc Cymru](#) on a place making conference for town centres and felt the information may be useful for this group.

Benthyc Cymru is a non-profit initiative that supports communities in developing a 'Library of Things' model tailored to their local needs. There are 25 libraries in Wales but none in Ceredigion which are registered with Benthyc Cymru. They are looking for a space in Lampeter, Aberystwyth or Aberporth and hope to work alongside a location where there's already a repair café. EL has requested that they develop a webinar which can be circulated to share the initiative.

ACTION: EL and TE to invite Benthyc Cymru to present an overview at a future meeting.

Geinor Jones (GEJ) mentioned that there's a climate shop based in Lampeter which could be suitable to work alongside. EL noted that empty buildings are also being considered as potential locations.

14.6 Neighbourhood Policing – Anti-Social Behaviour update in Lampeter

Sgt Esther Davies (ED) noted that the most frequent reports of ASB in Lampeter have been criminal damage, graffiti, door knocking and drug and alcohol use which are mostly within the town but also on the University grounds. The NPT have created an anti-social behaviour risk investigation which records all the relevant data, reports and action logs on one database. The NPT have been working with partners such as schools, town council, parents and youth services. Anti-social behaviour warning letters have been produced and issued to identified children on an educational basis.

The problem orientated policing plan (POP Plan) is in place which uses the 'SARA' model as well as utilising trained officers to undertake site surveys and develop security measures to deter crime. A ASB questionnaire has been distributed around Lampeter to gather feedback on the local town's main concerns and assist with responding to concerns. A WG initiative to target ASB is continuing this year, Aberaeron was identified as the 'hotspot' area last year and a bid has been made for Lampeter to be the focus area this year.

ACTION: ED to send TE the ASB questionnaire for wider circulation.

£19,000 worth of funding has been provided to the force to tackle ASB in Lampeter, this includes targeted patrols for ASB officers on Friday's and Saturday's as well as more engagement with the community.

ED noted that feedback from the communities shows that they feel there's a lack of youth services in Lampeter and no 'safe space' for young people to spend their time. Area 43 Wales has been granted funding to open a youth café in Lampeter, which is set to open later this year.

GJ noted that the wellbeing centre are also hoping to run youth focused activities, specifically after school clubs initially. CM noted that a 'Let's talk' event has been arranged for the 7th of May in Aberporth which aims to bring together professionals and people with lived experience. It is hoped that a youth specific event will be arranged at the Lampeter wellbeing centre.

GJ queried whether shoplifting was still being reported as an issue in Lampeter? ED confirmed that this is still a trend, support and security advice has been provided to local businesses.

ACTION: Keep the Neighbourhood Policing and Anti-Social Behaviour update in Lampeter as a standing item on future meeting agendas.

14.7 Whole Systems Approach to Healthy Weight – Community Engagement / Asset Mapping

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. Attendee's 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 thanked CM for establishing connections between organisations related to food. GEJ confirmed that her team is now arranging follow-up meetings with those contacts. Additionally, GEJ has signed up for the Innovation Workshop on "Grow, Cook, and Eat Together" in Llangybi at the end of May.

GEJ noted that yesterday, the Commissioner's 'Well-being of Future Generations' report was released, with food featuring prominently. The Community Food Strategy was also released on the same day.

14.8 Forward Work Plan Discussion

GJ noted that general discussions around the forward work plan have taken place in between meetings, it was queried whether Wellbeing in Lampeter was ready to transition to a different focus area or whether there's aspects which haven't yet been explored.

Teleri Davies (TD) stated that the subgroup relies heavily on attendance from LA officers and partner organisations, however there is no representation from any volunteers or Lampeter based community groups. GJ noted that the attendance had recently been reviewed but agreed that more engagement from local groups who can commit to attending regularly would be beneficial.

TB clarified the role of the Place-based Wellbeing Group and presented the objectives of the Well-being Plan under the PSB, reminding partners of the key priorities and short-term goals. TB emphasised that lessons learned from the Lampeter Wellbeing Group would be applied countywide, which was the purpose of establishing the Place-based Group. The PSB action tracker was reviewed, noting that most actions for the Lampeter group had been completed. GJ suggested assessing how the group's activities have influenced the work in Lampeter and the impact on the local community.

CM reiterated the need to ensure the subgroup is working with the people of Lampeter based on their needs.

ACTION: Any feedback or reflections on the forward work plan to be sent to partnerships@ceredigion.gov.uk for the Chair to consider.

14.9 Feedback regarding the Lampeter Health and Wellbeing Show

Robert Allen (RA) confirmed that the Lampeter Health and Wellbeing show took place on the 26th of Feb at the Lampeter Wellbeing centre between 10am-3pm. 27 teams attended the event with representation from Hywel Dda University Health Board, Ceredigion County Council teams and the 3rd sector. Various activities and mindfulness tasks were on offer to attendees to partake. The feedback evaluation shows that the majority of those who attended were 56+ years of age.

There was a large amount of promotional work undertaken before the event via social media platforms, leaflets and visits to drop-in sessions.

20 attendees completed and returned the evaluation form. The feedback was positive which included many '5 star' ratings and visitors felt as though it was a good opportunity to engage with services and pass on information to those who couldn't attend. Suggestions were made in terms of the need to provide refreshments and organising all stalls into 1 room.

GJ noted that it was beneficial to arrange the event on a day where there's a high number of exercise referrals. GJ suggested establishing this as a recurring event. RA noted that a similar event on a slightly smaller scale is being scheduled in Aberporth.

Laurie Hughes (LH) stated that secondary schools have started arranging similar evening events to allow families to discuss wellbeing. Positive feedback has been received. RA noted that he would be interested in being involved in the school-based events moving forward. Could the list of those who attended the Lampeter Wellbeing show be sent across between RA and LH. LH noted that several services, including a dietician, Healthy Schools, and CAMHS, attended the first secondary school wellbeing event.

ACTION: RA to send the list of Lampeter Health and Wellbeing show attendees to TE and LH.

14.10 Standing Item: Social Model for Health and Well-being

Rhian Rees (RR) provided a presentation on the Social Model for Health and Wellbeing Summit which took place on the 20th of March. Please see below:



SMfHW Summit
summary presentation

CM queried whether the Social Model for Health and Well-being had an action plan to target specific areas such as the Meals on Wheels provision? RR confirmed that the model will cover elements of various workstreams but will not specifically focus on elements such as Meals on Wheels. However, the feedback regarding the need for this provision will be considered. Volunteering is also an aspect which the model aims to focus on to encourage more people to volunteer and support an ageing community.

ACTION: The Partnerships Team to circulate the SMfHW Briefing document with the group following the meeting.

14.11 Partner Updates / A.O.B

RR shared details of the Hywel Dda Arts Referral Pathway Project, supporting people in mid Ceredigion, South Pembrokeshire, and Carmarthenshire who regularly attend GP surgeries and experience chronic conditions, pain, social isolation, or mental health challenges. The programme uses visual arts, crafts, and mixed media to promote health and wellbeing and is delivered by experienced arts organisations. In Lampeter, it is being run by Arts for Wellbeing and will continue until August. A final report on the programme's outcomes will be produced by Tri Tech, reflecting on key learning and impact. This report is expected to be available for sharing in January 2026.

14.12 Date of next meeting: 17 July 2025 at 14:00-16:00

Summary of Actions:

1.)	Chesca Ross (CAVO) to be invited to the next Delivery Group meeting to present on the Community Transport Hackathon. Moving onto the next meeting.
2.)	The Partnership team will share the Events Calendar link to support PSB and Well-being Plan promotion once available.
3.)	Gethin Jones will share information on the 'Rhoi dy Farn 2025' Ceredigion Youth Council campaign and link to the 'Life Online for Young People' survey with the group.
4.)	Eirlys Lloyd and Teleri Elias to invite Benthg Cymru to present an overview at a future meeting.
5.)	Esther Davies to send Teleri Elias the ASB questionnaire for wider circulation.
6.)	Keep the Neighbourhood Policing and Anti-Social Behaviour update in Lampeter as a standing item on future meeting agendas.

7)	Any feedback or reflections on the forward work plan to be sent to partnerships@ceredigion.gov.uk for the Chair to consider.
8.)	Robert Allen to send the list of Lampeter Health and Wellbeing show attendees to Teleri Elias and Laurie Hughes.
9.)	The Partnerships Team to circulate the Social Model for Health and Well-being Briefing document presented by Rhian Rees to the group following the meeting.