



Vale of Glamorgan Public Services Board Meeting
27th September 2016 @ 2pm - 4 pm
Committee Room 2, Civic Offices, Barry.

Agenda

No.	Agenda Item	Lead
1	Welcome and Introductions	Cllr Neil Moore
2	Apologies for Absence	Helen Moses
3	Minutes of the Public Services Board 7 th July 2016	Huw Isaac
4	Food Poverty and School Holiday Enrichment Programme	Symon Dovey (Vale of Glamorgan Council) and Rhiannon Urquhart (C&V Public Health Team)
5	Community Strategy Annual Report 2015/16	Huw Isaac
6	Ageing Well Plan Progress Report	Helen Moses
7	Well-being Assessment Update	Helen Moses/Fran Howorth
8	UHB Big Improvement Goals (presentation)	Sharon Hopkins
9	'Making a Difference: Investing in Sustainable Health and Well-being for the People of Wales' http://www.wales.nhs.uk/sitesplus/888/page/87106	Sharon Hopkins
10	Social Services and Well-being Act update	Sharon Hopkins
11	Forward Work Programme	Cllr Neil Moore
12	Any Other Business	Cllr Neil Moore
13	Date of next Public Services Board meeting <ul style="list-style-type: none"> • 11th November – Well-being Assessment workshop • 15th December – PSB meeting 	



Vale of Glamorgan Public Services Board

7th July 2016

Minutes

In attendance:		
Name	Title	Organisation
Cllr Neil Moore (NM)	Leader	Vale of Glamorgan Council
Rachel Connor (RC)	Executive Director	Glamorgan Voluntary Services
Victoria Harris (VH)	Head for Cardiff and the Vale of Glamorgan	Community Rehabilitation Company
Mark Brace (MB)	Assistant Commissioner	South Wales Police and Crime Commissioner
Vaughan Jenkins (VJ)	Group Manager	South Wales Fire & Rescue Service
Gareth O'Shea (GOS)	Director of Operations (South)	Natural Resources Wales
Nicola Campbell (NC)	Cardiff and Vale Community Learning Partnership Co-ordinator	Cardiff and Vale College
Sharon Hopkins (SH)	Executive Director of Public Health	Cardiff and Vale University Health Board
Judith Cole (JC)	Deputy Director Reforming Local Government Programme: Finance	Welsh Government
Bryan Heard (BH)	Detective Chief Inspector	South Wales Police
Cllr Mike Cuddy (MC)	Nominated Town and Community Council Representative	Penarth Town Council
Hayley Selway (HS)	Head of Housing and Building Services	Vale of Glamorgan Council
Huw Isaac (HI)	Head of Performance and Development	Vale of Glamorgan Council
Helen Moses (HM)	Strategy and Partnership Manager	Vale of Glamorgan Council
Anne Wei (AW)	Strategic Partnership and Planning Manager	Cardiff and Vale University Health Board
Fran Howorth (FH)	Business Support Officer	Vale of Glamorgan Council
Lloyd Fisher (LF)	Policy Officer	Vale of Glamorgan Council
Apologies:		
David Bebb	Head of Cardiff and the Vale of Glamorgan	Wales Community Rehabilitation Company
Rob Thomas	Managing Director	Vale of Glamorgan Council
Martin Jones	Superintendent	South Wales Police
Emil Evans	Vice Principal	Cardiff and Vale College
Peter Greenhill	Head of Local Delivery Unit	National Probation Service Wales
Bob Tooby	Head of Operations (Cardiff and Vale)	Welsh Ambulance Trust

<p>AW asked if it would be acceptable to share the report with the Cardiff PSB as an example of a report to produce at PSB level. This was agreed.</p>	<p>AW</p>
<p>5. Well-being Assessment update</p> <p>HM provided an update on work being undertaken for the Well-being Assessment. She advised that work was progressing with the common data set and to identify other relevant data. The Board were asked to flag up any areas that they particularly want to be considered as part of the Well-being Assessment which may not be reflected in the common data set. This could for example be an issue which is complex to resolve even if it is not a high volume issue.</p> <p>HM advised that there had been over 600 responses to date to the well-being survey, which would run until the 10th August. Work had now begun to plan focus groups in September and also events over the summer. As a starting point there will be focus groups in each of the three community areas plus one with older people and one with young people. A specific one may also be held in the Communities First area of Barry. As soon as HM has firmer details she will circulate and ask for assistance from partners as the more people who can get involved the greater capacity there is to run more focus groups or attend events. HM advised that where possible work is being combined with the population needs assessment and ideas developed with the Cardiff PSB.</p> <p>HM also asked the Board to continue to promote the survey - she will circulate a poster and hard copy version of the survey shortly. Partners were asked if they are planning any events or engagement activities that could also be utilised as part of the engagement programme to let Helen know.</p>	<p>All</p> <p>HM</p> <p>All</p>
<p>6. Community Safety update</p> <p>DG updated the Board on the restructuring of the Council's Community Safety service. The new structure should facilitate a multi-agency approach and give the community greater confidence in services.</p> <p>The new structure enables links to be made across complex issues including domestic abuse, prolific offenders and anti- social behaviour and to identify any patterns e.g. common victims/perpetrators/family members. This in turn can inform the necessary interventions and preventative services.</p> <p>Work is also being undertaken to produce community profiles.</p> <p>The restructuring of the team and its being based at the police station mean that there is access to police systems and close working relationships. In addition, being part of the Council's Housing and Building Service has meant that there are better working relationships with Housing staff, and awareness raising sessions e.g. on domestic abuse have been run for Building Services staff.</p> <p>Work is planned to develop a new Community Safety Prevention Strategy and this will be presented to the PSB. It will be developed to complement the Well-being Assessment and Plan.</p>	<p>DG</p>

<p>VH confirmed that Probation Services were also benefitting from the co-location of services at the police station.</p> <p>MB advised that the direction in the Vale and focus on prevention is very positive. He also reiterated the need to understand the poverty and deprivation that exist in the Vale and to work together to tackle these issues.</p>	
<p>7. Vale of Glamorgan Council Corporate Plan 2016-20 – animation</p> <p>The Board were given hard copies of the Council’s new Corporate Plan and shown a short animation that has been produced by a local firm with input from the Youth Forum. HI advised that the animation will be used to engage staff, partners and customers with the plan and to help communicate the Council’s priorities. The animation is also being broken down in to a series of vignettes that can be promoted through social media.</p>	
<p>8. Environment Act</p> <p>GOS advised that the Environment Act which was enacted in March 2016 is intrinsically linked to the Well-being of Future Generations Act. Natural Resources Wales was created as the Environment Bill moved through its stages and has a key role within the Environment Act to ensure Wales’s natural resources are managed sustainably. This includes land, air, water, wildlife, soil and plants.</p> <p>In September 2016 a report on the state of our natural resources will be produced. This will be a high level report at Wales level detailing the threats and opportunities related to our natural assets.</p> <p>This report will be followed by a National Natural Resources policy statement from Welsh Government and then in 2018/19 area statements will be produced. GOS showed a draft map which splits Wales in to seven areas for the purpose of these statements. The Vale will be grouped with Cardiff, RCT & Merthyr. Information will also be included in the reports at different geographical levels as appropriate.</p> <p>GOS emphasised that the environment (our natural resources) underpins all that we do. He wanted to take the opportunity to highlight to the Board that the environment needs to be viewed as an asset and that NRW can play a role in assisting with a range of problems, examples including health and well-being and environmental crime. Of course there are times where the environment is under threat and where difficult choices have to be made but either way, we must use these natural resources sustainably.</p> <p>GOS then talked about three projects where NRW had piloted new ways of working promoted in the Environment Act and WFGA in resolving some local area issues. In RCT they had worked with the Fire Service, police, local conservation organisations and the community regarding wildfires and identified that land management issues were a major contributor to the problem. In Swansea they have worked with the local authority to create sand dunes and help alleviate a costly problem of sand blowing off the beach and into the town. The final project was the creation of a community woodland in Bridgend which will bring a much needed community facility, help improve life expectancy in a deprived area and</p>	

<p>help to manage local flood risk.</p> <p>GOS emphasised that NRW are keen to be an active member of the PSB. HM highlighted the need to ensure that the environmental issues and assets are reflected in the Well-being Assessment and Plan.</p> <p>MC suggested that linking to Town and Community Councils would be a good way for NRW to get involved in local projects.</p>	
<p>9. EU Referendum</p> <p>An email from Welsh Government had been circulated for the meeting regarding a statement by the First Minister advising that ‘The Welsh Government will make every effort to ensure that decisions taken by the UK Government fully address Welsh interests and our concerns about the impact on jobs, growth and the economy.’</p> <p>There was a discussion regarding the potential implications of the result of the EU referendum. HI highlighted the implications of losing European funding for projects including Creative Rural Communities. SH advised that there may also be implications for research funding at the university.</p> <p>The UHB have concerns regarding recruitment and implications for staff and have been taking steps to reassure staff in light of the uncertainty following the referendum result. The UHB have also sent out a message to staff reminding them of the importance of working together and respecting diversity.</p> <p>DG advised that they are continuing to monitor any tension within the community but to date there has not been an increase in reported incidents. MB advised that where incidents do occur people should be encouraged to report them.</p> <p>JC to send HM links to a House of Commons and Welsh Assembly report which can be circulated to partners for information.</p>	<p>JC/HM</p>
<p>10. Forward Work Programme</p> <p>NM introduced the forward programme for the PSB. AW advised that the item on major trauma services would now be later in the year. Other potential items proposed by the board included:</p> <ul style="list-style-type: none"> • Community Safety Strategy • South Wales Programme • Independent Living • Housing Act • UHB Transformation Programme <p>HM to amend and circulate with the minutes.</p>	<p>HM</p>
<p>11. Any Other Business</p> <p>MC queried the community areas for the Well-being Assessment and whether</p>	

these were the precursor for any changes to Town and Community Councils. HI advised that these had been agreed as the most practical way forward for dividing the Vale into community areas for the Assessment in terms of data and service delivery.	
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Date of Next Meeting	
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27 th September 2pm, Committee Room 2, Civic Offices, Barry	
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Vale of Glamorgan Public Services Board 27th September 2016

Background Paper: Developing the School Holiday Enrichment Programme (SHEP) in Wales - Summer 2016

Background

Non term time hunger for children and young people entitled to Free School Meals (FSM) and those living in food poverty is a growing concern in the UK. Low income families are more likely to experience food insecurity, family stress, social isolation and poor health during school holidays (Rai, 2015). Approximately 66 nutritious Free School Meals cannot be accessed during these times each year. Provision of FSM during the summer holidays has the potential to help low income families ease the financial burden of providing meals for their children as well as offering social, nutritional and educational benefits.

In March 2015 the Welsh Government revised its Child Poverty Strategy for Wales and defined food poverty as an 'inability to afford or have access to food which provides a healthy diet'. In April 2015 the Welsh Government and Public Health Wales hosted a Food Poverty Think Tank for stakeholders in the public, private and third sectors. A Food Poverty Alliance Group was established in November 2015 to take forward objectives from the Food Poverty Think Tank, including holiday provision. Gareth Thomas (Food in Schools Coordinator for the Welsh Local Government Association (WLGA)) and Katie Palmer (Food Cardiff) offered to lead or support this project.

School holiday provision is a developing area of practice and policy in the UK. The All Parliamentary Group on School Food updated their 'Filling the Holiday Gap' report in November 2015 outlining holiday provision in the UK from a variety of providers, including local authorities, charities and faith groups. In Wales small scale holiday provision already exists in Cardiff and Wrexham but there is interest from seven other local authorities.

The pilot in Cardiff during summer 2015 is currently the only school holiday provision project that has been formally evaluated in Wales. The 'Food and Fun' School Holiday Enrichment Programme in Cardiff was a multi agency project to provide good quality meals, nutrition skills and sports education to children living in areas of social deprivation in Cardiff. The pilot involved 5 primary school settings on 3 half days per week over a 4 week period. 'Food and Fun' was accessed by 171 children and families and over 1000 meals were provided. The headline result from this pilot was that 35% of children reported skipping at least one main meal on the day they did not attend 'Food and Fun' compared to 19% on day they attended. The efficacy of the intervention was shown to be statistically significant. The

projected core costs of providing catering staff, teaching assistants and food based on a unit of 40 children was £6.48 per child per half day (09:00-13:00).

The Welsh Food Poverty Alliance would like to build on the success of Cardiff's pilot project and assist other local authorities to meet their commitment to reducing childhood poverty levels, enhancing children's quality of life and reducing inequalities in health and educational attainment during the summer holidays. The WLGA and Cardiff University have offered to support five local authorities to develop and evaluate further SHEP pilot projects during summer 2016. A national stakeholder meeting was held on 16 March 2016 to discuss the project development and agree the following funding criteria.

Funding Criteria

Local authorities, local health boards and project schools must be able to demonstrate and sign up to:

1. Match fund or 'in kind' to the value of £7,000. Suggested that £3,500 should come from the local authority and £3,500 from other public bodies (e.g. local health board, Communities First).
2. Establish a local steering group including representatives from the local authority education catering service and local health board dietetics service as a minimum. A physical activity delivery representative is also recommended. Other members could include representatives from Communities First, education, social services, housing, culture, leisure, faith sectors and the third sector.
3. Offer SHEP within a primary or secondary school that includes a kitchen, a suitably sized dining space, indoor play area and outside space, accessible toilets and classrooms and a supportive Head Teacher and Caretaker.
4. Deliver breakfast and lunch using term time recipes that meet the food and drink requirements of The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 and other term time regulations (e.g. food hygiene, food labelling).
5. Provide breakfast and lunch for a minimum of 12 days, with at least one 'off day' per week, over the 6 week summer holidays 2016 (e.g. 2 days per week for 6 weeks, 3 days per week for 4 weeks, 4 days per week for 3 weeks).
6. Offer lunch to parent/carers and siblings at least once per week (e.g. on the last day of the week).
7. Provide food education activities by persons with a Nutrition Skills for Life qualification (provided by Public Health Wales), including extension activities that practice literacy and numeracy skills.
8. Provide a minimum of one hour of physical activity per day.
9. Implement relevant school policies as per term time (e.g. health and safety, safeguarding, pastoral) with a named member of school staff responsible for this.
10. Consider transport issues to and from the venue (e.g. mini bus, crossing patrol).
11. Provide a schedule of the 'enrichment activities' over the 12 days in advance of the summer holidays (May/June 2016).
12. Assist with data collection and evaluation.

Agenda Item 4

13. Engage with wider SHEP development across Wales through evaluation, sharing best practice and attendance at relevant meetings.

References

All Party Parliamentary Group (2015). *Filling the Holiday Gap: Update Report 2015*.
Rai, S. (2015). *Food Poverty: School holidays and wider impact*.
Welsh Government (2015). *Child Poverty Strategy for Wales*.

Agenda Item 4

Funding Criteria	Cardiff	Denbighshire	Neath Port Talbot	Vale of Glamorgan	Wrexham
1. Match fund	Yes	Yes	TBC	Yes	Yes
2. Steering group	Yes	Yes	TBC	Yes	Yes
3. Suitable locations	Yes – 1 secondary (transition), 1 special, 1 Welsh, up to 4 primary	Yes – 1 primary, 1 secondary (transition), 1 special (currently private holiday provision), TBC	Yes – 3 secondary (primary pupils), TBC	Yes – 2 secondary schools (transition), TBC	Yes – 1 primary, 1 secondary (transition), TBC
4 Food and drink	Yes – Brakes, Cymru Dairy, Chappel & Jenkins’	Yes – Brakes, Chalker’s, Blakemore’s, Tomlinson’s Dairy, local bread	TBC, Holdsworth, Ddolfach Dairy, Slice and Dice	Yes – Castell Howell, Brakes, Bishop’s, Cotteswold Dairy	Yes – Little Food Company, Chalker’s, Blakemore’s, Tomlinson’s Dairy
5.12 days	Yes	Yes	TBC	Yes	Yes
6. Parents and siblings	Yes	Yes	TBC	Yes	Yes
7. Food education	Yes	TBC – in discussion with local health board	TBC	TBC – in discussion with local health board	TBC – in discussion with local health board
8. Physical activity	Yes – Sport Cardiff	TBC, local authority	TBC, local authority	TBC, local authority	TBC, local authority
9. School policies	TBC – schools	TBC – schools	TBC – schools	TBC – schools	TBC – schools
10. Transport issues	Yes	Yes	TBC	Yes	Yes
11. Activities schedule	Yes	Yes – would appreciate support	TBC	Yes – would appreciate support	Yes – would appreciate support
12. Programme evaluation	Yes	Yes	TBC	Yes	Yes
14. Programme development	Yes	Yes	TBC	Yes	Yes

Agenda Item 4

Agenda Item 4

FOOD & FUN – PROGRAMME OF EVENTS – BARRY COMPREHENSIVE – W/C 25/7/16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10.00am – 10.30am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Volunteer Training for all Volunteers 10-12:15pm			University Observing all day
10.30am – 11.15am	Sports Session Group 1	Sports Session Group 1	Orienteering Group 1	Sports Session Group 1
10.30am – 11.15am	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2
11.15am – 11.30am	Activity transition	Activity transition	Activity transition	Activity transition
11.30am – 12.15pm	Nutrition Group 1	Nutrition Group 1	Nutrition Group 1	Nutrition Group 1
11.30am – 12.15pm	Sports Session Group 2	Sports Session Group 2	Orienteering Group 2	Sports Session Group 2
12.15pm – 1.00pm	LUNCH	LUNCH	LUNCH	LUNCH
1.10pm – 1.55pm	V Pod Bus Group 1	Upbeat Music Group 2	Upbeat Music Group 1	University introduction with parents -15 mins
1.10pm – 1.55pm	Upbeat Music Group 2	Transition Group 1	Arts and Crafts Group 2	University introduction with parents -15 mins
1.55pm – 2.05pm	Activity transition	Activity transition	Activity transition	Activity transition
2.05pm – 2.50pm	V Pod Bus Group 2	Upbeat Music Group 1	Upbeat Music Group 2	Upbeat Music Group 1
2.05pm – 2.50pm	Upbeat Music Group 1	Transition Group 2	Arts and Crafts Group 1	Upbeat Music Group 2
2.50pm – 3.00pm	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION

FOOD & FUN – PROGRAMME OF EVENTS – BRYN HAFREN – W/C 25/7/16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10.00am – 10.30am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Volunteer Training for all Volunteers 10-12:15pm			University Observing all day
10.30am – 11.15am	Sports Session Group 1	Sports Session Group 1	Sports Session Group 1	Sports Session Group 1
10.30am – 11.15am	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2
11.15am – 11.30am	Activity transition	Activity transition	Activity transition	Activity transition
11.30am – 12.15pm	Sports Session Group 2	Sports Session Group 2	Sports Session Group 2	Sports Session Group 2
11.30am – 12.15pm	Nutrition Group 1	Nutrition Group 1	Nutrition Group 1	Nutrition Group 1
12.15pm – 1.00pm	LUNCH	LUNCH	LUNCH	LUNCH
1.10pm – 1.55pm	Transition Group 2	VPod Bus Group 1	Arts and Crafts Group 2	(*Introduction to the programme-15mins parents)
1.10pm – 1.55pm	Upbeat Music Group 1	Upbeat Music Group 2	Upbeat Music Group 1	(*Introduction to the programme-15 mins parents)
1.55pm – 2.05pm	Activity transition	Activity transition	Activity transition	Activity transition
2.05pm – 2.50pm	Transition Group 1	VPod Bus Group 2	Arts and Crafts Group 1	Upbeat Music Group 1
2.05pm – 2.50pm	Upbeat Music Group 2	Upbeat Music Group 1	Upbeat Music Group 2	Upbeat Music Group 2
2.50pm – 3.00pm	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION

FOOD & FUN – PROGRAMME OF EVENTS – BARRY COMPREHENSIVE – W/C 1/8/16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10.00am – 10.30am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10.30am – 11.15am	Sports Session Group 1			
10.30am – 11.15am	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2
11.15am – 11.30am	Activity transition	Activity transition	Activity transition	Activity transition
11.30am – 12.15pm	Nutrition Group 1	Nutrition Group 1	Nutrition Group 1	Nutrition Group 1
11.30am – 12.15pm	Sports Session Group 2			
12.15pm – 1.00pm	LUNCH	LUNCH	LUNCH	LUNCH Visiting Dignatories for Lunch
1.10pm – 1.55pm	Paint/Smoothie Bike Group 1			(*Project Survey – Pupils - 20 minutes) Arts and crafts
1.10pm – 1.55pm	Arts and Crafts Group 2			(*Project Survey – Pupils - 20 minutes) Arts and crafts
1.55pm – 2.05pm	Activity transition	Activity transition	Activity transition	Activity transition
2.05pm – 2.50pm	Paint/Smoothie Bike Group 2			(*Project Survey – Parents - 15 minutes) Parent workshop
2.05pm – 2.50pm	Arts and Crafts Group 1			(*Project Survey – Parents - 15 minutes) Parent workshop
2.50pm – 3.00pm	CLOSE DOWN OF SESSION			

FOOD & FUN – PROGRAMME OF EVENTS – BRYN HAFREN – W/C 1/8/16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10.00am – 10.30am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10.30am – 11.15am	Sports session Group 1	Sports Session Group 1	Orienteering Group 1	Sports Session Group 1
10.30am – 11.15am	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2
11.15am – 11.30am	Activity transition	Activity transition	Activity transition	Activity transition
11.30am – 12.15pm	Sports Session Group 2	Sports Session Group 2	Orienteering Group 2	Sports Session Group 2
11.30am – 12.15pm	Nutrition Group 1	Nutrition Group 1	Nutrition Group 1	Nutrition Group 1
12.15pm – 1.00pm	LUNCH	LUNCH	Visiting Dignatories for Lunch LUNCH	LUNCH
1.10pm – 1.55pm	Nearly Wild Show Group 1	Paint Bike Group 1		(*Project Survey – Pupils - 20 minutes) Arts and crafts
1.10pm – 1.55pm	Arts and Crafts Group 2	V Pod Bus Group 2		(*Project Survey – Pupils - 20 minutes) Arts and crafts
1.55pm – 2.05pm	Activity transition	Activity transition	Activity transition	Activity transition
2.05pm – 2.50pm	Nearly Wild Show Group 2	Paint Bike Group 2		(*Project Survey – Parents - 15 minutes) Parent group
2.05pm – 2.50pm	Arts and Crafts Group 1	V Pod Bus Group 1		(*Project Survey – Parents - 15 minutes) Parent group
2.50pm – 3.00pm	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION

FOOD & FUN – PROGRAMME OF EVENTS – BARRY COMPREHENSIVE – W/C 8/8/16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10.00am – 10.30am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	<small>CARDIFF UNI OBSERVING</small>			
10.30am – 11.15am	Sports Session Group 1	Sports Session Group 1	Sports Session Group 1	Sports Session Group 1 <small>(*Discussion Group with Pupils - 1 hour)</small>
10.30am – 11.15am	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2 <small>(*Discussion Group with Parents - 1 hour)</small>
11.15am – 11.30am	Activity transition	Activity transition	Activity transition	Activity transition
11.30am – 12.15pm	Sports Session Group 2	Sports Session Group 2	Sports Session Group 2	Sports Session Group 2 <small>(*Short interview with staff – 30 minutes)</small>
11.30am – 12.15pm	Nutrition Group 1	Nutrition Group 1	V Pod Bus Group 1	Nutrition Group 1 <small>(*Short interview with staff – 30 minutes)</small>
12.15pm – 1.00pm	LUNCH	LUNCH	LUNCH	LUNCH
1.10pm – 1.55pm	Nearly Wild Show	Keep Wales Tidy- Bug Hotel Group 1	V Pod Bus Group 2	<small>(*Discussion Group with Parents - 1 hour)</small>
1.10pm – 1.55pm			Nutrition Group 1	
1.55pm – 2.05pm	Activity transition	Activity transition	Activity transition	Activity transition
2.05pm – 2.50pm	Nearly Wild Show	Keep Wales Tidy- Bug Hotel Group 2		
2.05pm – 2.50pm	True Relax	True Relax Group 1	True Relax	True Relax
2.50pm – 3.00pm	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION	CLOSE DOWN OF SESSION

FOOD & FUN – PROGRAMME OF EVENTS – BRYN HAFREN – W/C 8/8/16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10.00am – 10.30am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Cardiff Uni Observing			
10.30am – 11.15am	Sports Session Group 1	Sports Session Group 1	Sports Session Group 1	Sports Session Group 1 <small>(*Discussion Group with Pupils - 1 hour)</small>
10.30am – 11.15am	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2	Nutrition Group 2 <small>(*Discussion Group with Pupils - 1 hour)</small>
11.15am – 11.30am	Activity transition	Activity transition	Activity transition	Activity transition
11.30am – 12.15pm	Sports Session Group 2	Sports Session Group 2	Sports Session Group 2	Sports Session Group 2 <small>(*Short interview with staff – 30 minutes)</small>
11.30am – 12.15pm	Nutrition Group 1	Nutrition Group 1	Nutrition Group 1	Nutrition Group 1 <small>(*Short interview with staff – 30 minutes)</small>
12.15pm – 1.00pm	LUNCH	LUNCH	LUNCH	LUNCH
1.10pm – 1.55pm	Keep wales Tidy Group 1	True Relax – Group 1	True Relax Group 2	VPod Bus Group 1 <small>(*Discussion Group with Parents - 1 hour)</small>
1.10pm – 1.55pm	Dance Group 2	Dance Group 2	Dance Group 1	Dance Group 2 <small>(*Discussion Group with Parents - 1 hour)</small>
1.55pm – 2.05pm	Activity transition	Activity transition	Activity transition	Activity transition
2.05pm – 2.50pm	Keep Wales Tidy Group 2	Dance Group 1	Dance Group 2	Dance Group 1
2.05pm – 2.50pm	Dance Group 1			VPod Bus Group 2
2.50pm – 3.00pm	CLOSE DOWN OF SESSION			



SCHOOL HOLIDAY ENRICHMENT PROGRAMME

VALE CATERING SERVICES—SUMMER MENU



WEEK ONE

MONDAY

Pork Meatballs in Rich Gravy Sauce served with Pasta and Broccoli

Fresh Fruit or Homemade Chocolate Crunch & Chocolate Sauce

TUESDAY

Homemade Cheese Wheels served with Chipped Potatoes & Fresh Seasonal Salad or Baked Beans

Fresh Fruit or Homemade Shortbread Fingers &

WEDNESDAY

Wholemeal Margarita Pizza served with Sauté Potatoes & Seasonal Salad

Fresh Fruit or Strawberry Mousse with Shortbread

THURSDAY

Roast Topside of Beef in a Rich Gravy served with Yorkshire Pudding, Boiled & Roast Potato & Seasonal Vegetables

Fresh Fruit or Ice Cream & Fruit Slices

WEEK TWO

Chicken Burger in a Bun served with Jacket Wedges & Baked Beans

Fresh Fruit or Homemade Shortbread & Fruit Slices

Homemade Pasta Bolognese served with Wholemeal Garlic Bread & Fresh Seasonal Salad

Fresh Fruit or Chocolate Crispy Cake & Fruit Slices

Pork Meatballs in Rich Gravy Sauce served with Pasta and Broccoli

Fresh Fruit or Homemade Chocolate Crunch & Chocolate Sauce

Roast Pork & Stuffing in a Rich Gravy Sauce served with Boiled & Roast Potatoes & Seasonal Vegetables

Fresh Fruit or Ice Cream & Fruit Slices

WEEK THREE

Reduced Fat Sausages served with Mashed Potatoes & Peas in a Rich Gravy Sauce

Fresh Fruit or Strawberry Mousse with Shortbread

Pork Meatballs in Rich Gravy Sauce served with Pasta and Broccoli

Fresh Fruit or Homemade Chocolate Crunch & Chocolate Sauce

Birds Eye Fish Fingers served with Potato Smiles & Baked Beans or Coleslaw

Fresh Fruit or Homemade Luxury Chocolate Cake & Custard Sauce

Roast Topside of Beef in a Rich Gravy served with Yorkshire Pudding, Boiled & Roast Potato & Seasonal Vegetables

Fresh Fruit or Ice Cream & Fruit Slices

Our Vale Public Services Board

Community Strategy Annual Report 2015/16



1. Summary

This report provides a snapshot of some of the work that continues to be undertaken to ensure delivery against the Vale of Glamorgan Community Strategy 2011-21 and the Delivery Plan 2014-18.

The report should be read in conjunction with the detailed Core Indicators report and Delivery Plan progress reports available on the Public Services Board website. http://www.valeofglamorgan.gov.uk/en/our_council/Public-services-board/Public-Services-Board.aspx

The report highlights some of the challenges in delivering our Strategy and Plan and reflects the diversity of work being undertaken in partnership across the Vale of Glamorgan.

The Community Strategy and Delivery Plan were previously approved, delivered and monitored through the former Local Service Board (LSB) which has now been replaced by the new Public Services Board (PSB). The PSB has adopted the plans and structures of the former LSB and will continue to deliver the identified priorities until it publishes its Well-being Plan in 2018 as required by the Well-being of Future Generations Act.

2. Introduction and Overview

Introducing the Public Services Board

The Vale of Glamorgan Public Services Board, 'Our Vale' (PSB) is a new statutory partnership which was established by the Well-being of Future Generations Wales Act 2015. The Board brings a range of partners together to embed and work towards the seven national Well-being goals as outlined by the Act. Through this work the PSB will improve the economic, environmental, cultural and social well-being of the Vale of Glamorgan.

The PSB replaces the Vale of Glamorgan Local Service Board (LSB) and the following organisations are all members of the new PSB, Our Vale:

- Cardiff and Vale University Health Board
- South Wales Fire and Rescue Service
- Natural Resources Wales
- Vale of Glamorgan Council
- Cardiff and Vale College
- Glamorgan Voluntary Services
- South Wales Police
- Welsh Ambulance Trust
- Welsh Government
- National Probation Service
- Wales Community Rehabilitation Company
- Police and Crime Commissioner

Our Vale has adopted the plans, strategies and sub group structure that had been developed by the Local Service Board. Primarily this is the Community Strategy 2011-2021 and the Community Strategy Delivery Plan 2014-2018.

Our Priorities

A Unified Needs Assessment was undertaken by the LSB in 2011 which informed the Community Strategy 2011-21 and the ten priority outcomes. In 2013 the assessment was reviewed which led to the development of a four year delivery plan focused on tackling poverty. This report provides an overview of the achievements and challenges in delivering our priority outcomes and in tackling poverty in the Vale.

Our 10 **Priority Outcomes** as stated within the Community Strategy 2011-21 are:

1. People of all ages are actively **engaged** in life in the Vale and have the capacity and confidence to identify their own needs as individuals and within communities.
2. The diverse needs of local people are met through the provision of **customer focused**, accessible services and information.
3. Vale residents and organisations respect the local **environment** and work together to meet the challenge of climate change.
4. **Older People** are valued and empowered to remain independent, healthy and active. They have equality of opportunity and receive high quality services to meet their diverse needs.
5. **Children and young people** in the Vale are well informed and supported to access a broad range of quality services that enable them to take full advantage of the life opportunities available in their communities and beyond.
6. People of all ages are able to access co-ordinated **learning opportunities** and have the necessary skills to reach their full potential, helping to remove barriers to employment.
7. The underlying causes of deprivation are tackled and the **regeneration** of the Vale continues, opportunities for individuals and businesses are developed and the quality of the built and natural environment is protected and enhanced.
8. The Vale **maximises the potential of its position within the region** working with its neighbours for the benefit of local people, businesses, attracting visitors, residents and investment.
9. Residents and visitors are **safe** and feel safe and the Vale is recognised as a low crime area.
10. **Health and inequality** are reduced and residents are able to access the necessary services, information and advice to improve their well-being and quality of life.

The **Community Strategy Delivery Plan** published in 2014, focuses on tackling poverty and is aligned to the Welsh Government Tackling Poverty Action Plan. Work has been ongoing to deliver against three poverty workstreams in the Vale.

- Preventing poverty - Aligning Families First, Communities First and Flying Start programmes to help children, families and communities to escape poverty.
- Helping people into work - Improving opportunities for employment and skills development to improve access to jobs that can be a route out of poverty and to a better quality of life.

- Mitigating poverty -Improving the advice and support available for Vale residents experiencing financial and housing difficulties enabling them to maintain a suitable standard of living and to find a route out of poverty.

The groups delivering our priorities

To enable the former LSB to deliver its agreed priorities a number of boards and working groups had been established and these will continue under the PSB until the new Well-being Plan is developed in 2018. These are:

- The Children and Young People's Board; acting as the lead partnership for children and young people delivering the United Nations Convention on the Rights of the Child through the Welsh Government's 7 Core Aims.
- The Safer Vale Partnership; responsible for ensuring that crime and disorder is low and that residents and visitors feel safe within the Vale of Glamorgan.
- The Cardiff and Vale Public Health and Well-being Board; the board enables partnership organisations to work together to improve population health and address health inequalities.
- Cardiff and Vale Integrated Health and Social Care Partnership Board; ensuring that services and resources are used in the most effective and efficient way to improve the health and social care outcomes for the residents of Cardiff and the Vale of Glamorgan.
- The Poverty Alignment Group; bringing together Families First, Flying Start, Communities First and Supporting People to increase alignment between the four programmes.
- The Improving Opportunities Board; focusing on the promotion of employment opportunities and skills development for residents of the Vale.
- The Financial Inclusion Group; bringing together a range of key partners to ensure a co-ordinated approach to tackling the causes and effects of financial exclusion.

In addition to these boards and sub-groups, partnership activity is undertaken through Communities First and Creative Rural Communities; this work is also reported to the PSB and contributes to the delivery of its priorities.

Monitoring our performance

To monitor progress against our priority outcomes and tackling poverty workstreams, a robust performance management structure has been established. The PSB receives two progress reports throughout the year on the Delivery Plan. The reports provide an update on a number of 'poverty indicators' previously identified by the Board. In order to ensure progress against the Community Strategy, a set of core indicators have also been identified. The Core Indicators Report is presented to the PSB on an annual basis to provide details of performance against 30 performance indicators. Our Vale decided that these performance arrangements should remain in place while the Vale's Well-being plan is developed.



Our most recent Delivery Plan Progress report and Core Indicators report can be found [here](#).

3. What We Achieved in 2015/16

This section outlines some notable examples of what has been achieved in partnership in 2015/16. The examples given are a snapshot of the wide range of activities undertaken across the Vale of Glamorgan to deliver our ten priority outcomes and tackle poverty.

Let's Talk - Under the Well-being of Future Generations Act the PSB is required to conduct an assessment of Well-being in the Vale of Glamorgan. Our Vale, has worked in partnership with the Cardiff Public Services Board and the Integrated Health and Social Care Partnership to launch the 'Let's Talk' engagement brand

The new brand is encompassing the range of engagement activities that will be undertaken as part of the Population Needs Assessment for the Social Services and Well-being Act and the assessment of the state of well-being across the Vale of Glamorgan as part of the Well-being of Future Generations Act.



This activity is helping deliver our commitment to improve engagement.

Contact 1Vale Customer Service - In order to address emergency Carers Assessments an Adult Services Carer Support Officer is now based at the Council's Customer Contact Centre. In addition to this post an Occupational Therapist will also be recruited to work closely with the Adult Services team to address emergency issues.



This activity is helping deliver our commitments to improve customer service and also health and inequality.

Cyd Cymru Sustainable Energy - The Vale of Glamorgan and Cardiff Councils, with the support of other local authorities across Wales have continued to promote the Cyd Cymru scheme. Since 2014 the programme has helped over 4,000 households switch, saving £950,000.

This activity is helping deliver our commitments regarding the local environment and sustainability and also mitigating poverty.

Dementia Friendly Communities - A number of partners have adopted a dementia friends ethos, have received dementia friends briefings and developed their own Dementia Champions. A number of local businesses have also been recruited to become dementia friends and these organisations will receive window stickers and certificates of merit to signify their dementia friends status. This is helping raise awareness and increasing support for people with dementia.

This activity is helping deliver our commitments regarding older people and health and inequality.



Tackling Social Isolation - In 2014 the Friendly AdvantAGE project was established to reduce social isolation and loneliness and to increase confidence in older people. The volunteer project recruited 175 volunteers, who provided over 11,500 hours of volunteering to support older people, reducing loneliness and social isolation. The project was highly successful with 60% of beneficiaries agreeing that their social interaction or well-being had increased and 76% agreeing that their confidence had been positively affected. The project ended in March 2016 when funding ceased.

This activity helped deliver our commitments regarding older people and health and inequality.

Volunteering - The monetary value of volunteering in the Vale of Glamorgan is now estimated to be £36,903,499; this is a decrease in the estimated value for 2014/15 of £42,289,090. However, this figure is now considered to be more robust and accurate than previous estimates and demonstrates the significant contribution that volunteers make to their local communities.

This reflects our commitments regarding engagement and the wide range of activities promoted and supported by Glamorgan Voluntary Services contribute to all of the commitments in the Community Strategy and Delivery Plan.

Adult Community Learning - There has been an increase in the percentage of learners from deprived backgrounds from 81% to 96%; and this includes a significant increase in learners from Communities First areas from 6% to 34%.



This reflects our commitments regarding learning and skills, helping people into jobs and reducing inequalities.

Ensuring accessible Services for All - In order to ensure coordinated services for disabled children and young people, a Change Manager has been employed covering Cardiff and the Vale of Glamorgan Councils and the University Health Board. The remit of the role is to develop coordinated services that work together in the interests of disabled children, a significant part of which relates to transition.

This reflects our commitments regarding customer service, children and young people and health and inequalities.

Engaging Young People - 3,902 pupils across the Vale of Glamorgan were involved in another successful Vale Youth Forum election campaign to elect a Youth Mayor and deputy Youth Mayor for 2016/17.



This reflects our commitments regarding engagement and children and young people.

Free School Meals - Work has continued to improve the learning outcomes of those students in receipt of Free School Meals. In the last academic year, 75% of 15 and 16 year olds who received Free School Meals achieved 5 or more GCSE's at grades A*-C or the vocational equivalent.

This reflects our commitments regarding children and young people, learning and skills and mitigating poverty.

Sports and Play Development - The Summer of Play once again proved successful in 2015/16. Children, young people and their families were able to enjoy a range of opportunities including arts and crafts, den building, outdoor games, junk modelling, role play, small worlds play, Play Ranger sessions and Family Fun Days.

Over the summer there were:

- 1,895 participations across 32 playschemes.
- 42 disabled children linked into 213 sessions



This reflects our commitment to children and young people.

A Successful Year of Events – There was another successful year of events throughout the Vale of Glamorgan in 2015-16. The Vale continues to be a 'go to' destination hosting a range of events through the whole of the year.

Barry Island now welcomes in excess of 360,000 visitors a year, with a total economic impact of £12.7 million.



This reflects our commitments regarding maximising the potential of our position in the region attracting visitors and investment engagement.

Award Winning Green Spaces - Six parks in the Vale have now been awarded Green Flag status. Three Green Flag Community Awards were also won in 2015/16. Community awards are granted to green spaces managed by volunteer and community groups.

In addition to these awards, major refurbishment work has been undertaken at the George Street Play area. Work has been undertaken with the local

community who were actively involved in the new design and layout. The play area has been a great success with residents and is a great asset for the area.



This reflects our commitment to engagement, children and young people and the environment.

Rural Partnerships - The Creative Rural Communities Team have undertaken a significant asset mapping project in St Athan. The project is reviewing the types of services and assets that may already exist in the area as well as assessing the needs of the community and any gaps there may be in current service provision.

Through the project the team have developed an Asset Mapping toolkit and it is hoped that following the successful completion of the project that other areas may complete their own mapping projects.

This reflects our commitments regarding engagement and customer service. St Athan was selected for the project due to the levels of deprivation in the area.



Community Safety - Over the year the domestic abuse hardening project was re-launched with funding made available by the Welsh Government. Through the scheme house alarms and CCTV equipment have been purchased for those at high risk of domestic abuse.

Victims of domestic abuse have reported that as a result of these new improvements they feel safer within their homes, reducing their need to be rehomed or moved into a refuge.

This reflects our commitments regarding community safety and improving health and inequalities.

Alcohol Dependency - The overall percentage of adults who report drinking over the recommended level continues to fall across the Vale. The figure now stands at 42% in the Vale of Glamorgan; comparing favourably with previous annual figures for 2014/15, 42.3% and 2013/14, 43%.

Similarly the percentage of adults who report binge drinking in the last week continues to fall; this figure now stands at 23% in the Vale of Glamorgan. Again this compares favourably with previous figures for 2014/15, 23% and 2013/14, 24%.

This reflects our commitments regarding community safety and health and inequalities.

4. Our Priorities and Challenges for 2016/17

Following our successes of the previous year, and in order to address upcoming challenges, a number of priorities have been identified for 2016/17.

Healthy Eating - We will develop a food charter approach in the Vale of Glamorgan. The Charter will be informed by an investigation into the food environment in the Vale of Glamorgan, utilising a 'sensemaker' methodology.

Alongside the Charter, 25 pre-school settings have been recruited to the Vale of Glamorgan Healthy and Sustainable pre-school scheme. All settings are either working towards or have completed modules on nutrition, oral health and physical activity.

This reflects our commitments regarding children and young people and health and inequalities.

Ensuring Access to Opportunities - Through continuing to utilise European Social Funding and working in partnership with Communities First and Job Centre Plus we will increase the number of young people aged 18-24 entering employment.

Through this work we will continue to reduce the numbers of young people leaving school in Year 13 who are Not in Education, Employment or Training.

This reflects our commitments regarding children and young people, learning and skills and helping people in to work.



Tackling Poverty - We will work to implement a more joined up approach locally to a number of Welsh Government funded programmes which contribute to tackling poverty and providing support. This includes the Families First, Flying Start, Communities First and Supporting People programmes. We will also continue to explore differences in life expectancy and healthy life expectancy across the Vale.



This reflects our commitments regarding children and young people, older people, tackling poverty and health and inequalities.

Improving Outcomes for Learners - We will continue our work to secure improved outcomes for groups of learners at risk of underachievement such as those entitled to free school meals.



This reflects our commitments regarding children and young people, learning and skills and mitigating poverty.



Crime and Anti-Social Behaviour - There has been a rise in violence against the person by 16.7% in the Vale of Glamorgan. We will tackle this challenge through continued partnership working across a number of agencies. This work will include the implementation of a restorative justice approach to anti-social behaviour.

This reflects our commitments regarding community safety.

Supporting the Rural Vale - Work will continue to support rural communities to access resources and develop capacity towards improving and running community assets. This will include bursaries for young people with ideas for a business or community enterprise and work with coastal communities.



This reflects our commitments regarding engagement, regeneration and helping people into work.

Community Transport - work will continue to deliver an expanded Green links Community Transport Service across the Vale of Glamorgan. This is an important resource for local people and through our volunteers continues to meet the needs of local communities.



This reflects our commitments regarding customer service, engagement and the environment.

Health and Well-Being – Partners from the University Health Board, Council and the Third Sector will continue to work together to improve health and social care. This will include the publishing of a comprehensive population needs assessment regarding care and support services and exploring locality working.

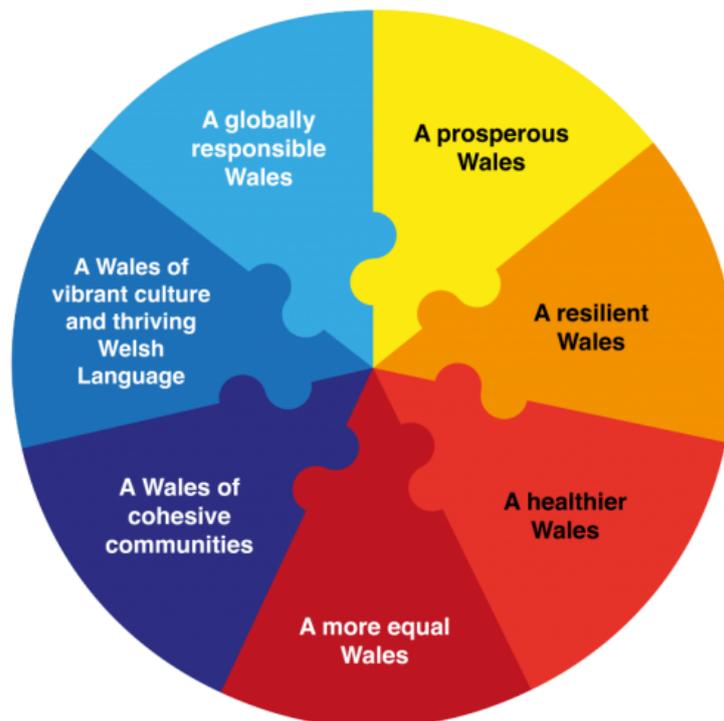
This reflects our commitments regarding health and inequalities, customer service and engagement.



The Greatest Challenge

Changing how we work – The PSB has embraced its responsibilities under the Well-being of Future Generations Act and adopted the five ways of working. This builds on work previously undertaken by the LSB but recognises the need to place an increased focus on integration, involvement, prevention, collaboration and looking to the longer term to improve outcomes for current and future generations.

We will work collectively to improve social, economic, environmental and cultural well-being across the Vale. We will publish a well-being assessment in 2017 which will be informed by a programme of engagement, performance information and data. This will subsequently inform our Well-being Plan which we will publish in 2018 and which will detail how we will contribute to the seven national well-being goals.



5. Further Information

For more information on the work of the Vale of Glamorgan Public Services Board, and to review the suite of performance reports which complement this Annual Report, please visit the 'Our Vale' [webpages](#).



**Vale of Glamorgan Public Services Board
Ageing Well Plan 2016-18
Progress report January 2016 – August 2016**



Objective 1 - Age Friendly Communities				
Outcome: Older people in the Vale live safely in an environment that is suitable to their diverse needs, with accessible services and opportunities for social activities				
Action		Responsible Officer(s)	Progress	Dates
1	Implement the Cardiff and Vale Integrated Health and Social Care Partnership 2014-2019 Framework for Older People.	Director of Social Services Vale of Glamorgan Council (VOGC)	<p>The Integrated Health and Social Partnership has progressed a number of developments within the Framework for Older People using the Intermediate Care Fund including:</p> <p>Further development of a single point of access to community health and social care services across the Vale of Glamorgan and wider University Health Board (UHB) footprint.</p> <p>All Intermediary Care Fund projects have been reviewed and the partnership is in the process of initiating a series of newly focused projects for 2016-17. To date the total Number of Alternative Solution Outcomes (First Point of Contact and Independent Living combined) are:</p> <ul style="list-style-type: none"> • Interventions provided through Independent Living Services 308. 	March 2018

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			<ul style="list-style-type: none"> • People who have maximised their income 88. • Preventative interventions provided 47. • Assisted technology referrals 40. • People removed from social isolation 38. • Percentage of new cases received from Health at FPoC 34% • Amount of additional income accessed as a result of the income maximisation process £299k. • Percentage of clients reporting that Independent Living Services had improved their quality of life 86%. <p>Following completion of an external consultant-led review, the partnership has agreed to increase the scale and pace of integration of key health and social care services across the Vale of Glamorgan and Cardiff. A Deputy Director for Integrating Health and Social Care is leading on this work with a particular focus upon commissioning for long term care.</p>	
2	Review accommodation and accommodation with care options for older people and develop a commissioning strategy for future years.	Head of Business Management and Innovation and Head of Housing and Building Services, Vale of Glamorgan Council	<p>An Accommodations Solutions Project which was set up across the Vale of Glamorgan and Cardiff funded by the Intermediate Care Fund. Staff in both councils work alongside clinical discharge teams to seek accommodation solutions for older patients who are able to leave hospital but have barriers to going home.</p> <p>To date in Cardiff and the Vale:</p> <ul style="list-style-type: none"> • 338 referrals have been made to the team. • 264 patients have been or are receiving support for a housing related issue. 	March 2017

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			<ul style="list-style-type: none"> • 613 Care and Repair referrals have been made. • 40 patients discharged have been assisted through cleaning and clearing their homes of hazards and seven patients were referred for ongoing support from specialist service providers. <p>The Project also has 9 units of ‘step down’ accommodation across the region, set in both sheltered housing schemes and residential homes. The units are used by patients whose homes require extensive adaptations or if they are in need of relocation. The units accommodate patients for up to six weeks whilst adaptations are carried out on their home or a new home becomes available. The project ensures that delayed transfers of care are minimised and ensures that patients are returned to independent living at the earliest opportunity.</p> <p>Care and Repair launched a British Gas Energy Trust funded Warm & Well Service in October 2015. Between Jan 1st 2016 to 30th June 2016 the service visited 135 older people at home across Cardiff and the Vale of Glamorgan giving advice and assistance on heating and energy efficiency.</p> <ul style="list-style-type: none"> • 55 of these received support to repair or improve their heating. • 14 of those people were helped to access £39,000 in grants to get works completed. • 22 of those people were helped to obtain £12,000 from benevolent funds to do works to the home. • 16 of the people helped were helped to raise their income by successfully applying for over £70,000 in 	
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			<p>welfare benefits.</p> <ul style="list-style-type: none"> • 57 of those helped had help and assistance to reduce the risks of falls and other accidents in their homes and make their homes more safe. <p>Care and Repair talked to 14 groups of health and social care professionals about the project to ensure they targeted those most in need.</p>	
3	Undertake effective public engagement in our strategic and operational planning by communicating with a range of networks including the Vale 50+ Strategy Forum.	Head of Performance and Development, Vale of Glamorgan Council	<p>The Council’s Performance and Development team continues to support the Vale 50+ Strategy Forum (V50+SF) through the Older Peoples Co-ordinator and a £4,000 annual budget to activities, equipment and events.</p> <p>The Older Peoples Coordinator engages with a wide range of representative, groups and communities, including Lesbian Gay Bisexual & Transgender and Black Asian Minority Ethnic.</p> <p>PSB partners have continued to engage with the V50+SF, through for example the equalities forum, Vale adult learners network and the Public Health Wales (PHW) ageing well group. The knowledge, skills and experience of forum members is greatly valued by all partners.</p> <p>Members of the Vale 50+ Strategy Forum also sit on a number of national working parties and are therefore aware of the latest trends and shared good practice. They bring this knowledge into their engagement with all the local partnerships to support high quality consultation using a range of methods.</p>	March 2018

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			<p>Since January 2016 the forum has responded to over twenty consultations including:</p> <ul style="list-style-type: none"> • The Council’s Budget Consultation - January 2016 • Welsh Gov. Consultation (February 2016) Blue Badge scheme in Wales changes to eligibility to include people with temporary impairments, assessment & enforcement 2016 • Welsh Government Consultation ‘How do we Measure the Health of a Nation’ – January 2016 • V50+SF and other citizens are currently involved in the planned changes to Older Peoples Mental Health services and Dementia Services, and the future development of the Barry Hospital site. 	
4	Consider the needs of older people in the planning of community safety initiatives.	Head of Housing and Building Services, Vale of Glamorgan Council	<p>Safer Vale considers the needs of all its citizens in its strategic and operational planning. It works to prevent crime and disorder and offers tailor made support to those that have experienced crime. In line with the 2010 Equalities Act the partnership pays particular regard to the needs of all those with protected characteristics including older people in its service delivery.</p> <p>The Barry community cohesion group has been revitalised and has five older people including V50+SF members and a representative of the Hindu community. This group will work to report and support the prevention of hate crime.</p>	March 2018

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			<p>Safer Vale staff are working in partnership with Atal-Y-Fro and the volunteers of the V50+SF to reduce over fifty domestic abuse.</p>	
5	<p>Work across the Third Sector and with the Vale 50+ Strategy Forum (V50+SF) to organise a range of events to provide information and opportunities for social interaction.</p>	<p>Older Peoples Strategy Co-ordinator, Vale of Glamorgan Council and Health, Social Care and Well-being Co-ordinator, Glamorgan Voluntary Services</p>	<p>The V50+SF continue to host a range of events to engage with the wider older populace, and support partner events. The forum organised in partnership with the UHB a public meeting to informally discuss the future strategic and operational plans for Barry Hospital. All parties report that the meeting was constructive and a follow up event is being planned for the future.</p> <p>The forum continues to support the Diverse Cymru Co-creating healthy change project, hosting a range of events promoting wellbeing. For example they hosted and promoted a PHW screening service training workshop and 6 members agreed to become screening champions. Five members are also domestic abuse champions organising coffee mornings in partnership with Atal-Y-Fro (the Vale domestic abuse service). The aim is to promote healthy relationships to the over fifties and encourage the reporting of abuse. The executive Chair of the forum has used her contacts to enable the forum domestic abuse champions and Atal-Y-Fro to attend a RAF open day in St Athan. They promote the service and offer information and advice to RAF personnel and their families. This project will also have an intergenerational element as members of the Air Training Corp will also receive information and advice.</p>	<p>March 2018</p>

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6	Promote volunteering opportunities for older people and volunteering opportunities which support older people	Health, Social Care and Well-being Co-ordinator, Glamorgan Voluntary Services	<p>Volunteering opportunities are promoted by Glamorgan Voluntary Services (GVS). Since the merger of Vale Volunteer Bureau and Vale Centre for Voluntary Services it became necessary to close the Holton Road shop premises. Prospective volunteers are now supported in the Enterprise Centre and in the Llantwit Major outreach shop. GVS also hold volunteering surgeries in Barry library. The figures for over fifties enquiries for volunteering opportunities between January and July are:</p> <ul style="list-style-type: none"> • 58 people have enquired via the Volunteering Wales Website • 48 people have enquired via GVS <p>GVS have submitted two consortia bids on behalf of the third sector which will all involve volunteers.</p> <p>Pave the Way has been successful in gaining just under £250,000 from the Big Lottery Fund (BLF) to deliver a consortium project to support people with mental health needs. The project will be led by Cardiff and Vale Action for Mental Health (cavamh), supported by GVS and Voluntary Community Service Cymru. It will work across Cardiff and the Vale of Glamorgan and will support:</p> <ul style="list-style-type: none"> • economically inactive and unemployed people with mental health needs by providing them with volunteering opportunities, with mentoring support if required • organisations to provide meaningful opportunities to the target audience and create a toolkit to assist them 	March 2018
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			<p>Connected Carers has progressed to Stage 2 (BLF) with a consortium bid led by GVS, supported by Touch Trust, Cardiff and Vale Parents Federation and Scope. It aims to support family carers of people with life-long and / or life-limiting conditions in Cardiff and the Vale of Glamorgan. It will provide advice and information surgeries, training, self-development and social networking activities to beneficiaries.</p> <p>Although neither of these projects are age specific anyone over fifty who fulfils the criteria can benefit from the service.</p> <p>Age Connect also offer the over fifties a specialist cancer support, befriending and advocacy service using volunteers over fifty who have themselves experienced cancer. This project is supported and promoted by GVS and V50+SF.</p>	
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Objective 2 - Dementia Supportive Communities				
Outcome: Those who experience dementia and their carers live independently in a community that understands and is empathic to their needs				
Action		Responsible Officer(s)	Progress	Dates
7	Reduce the waiting time from GP referral to the initial Memory Clinic appointments.	Consultant in Public Health Medicine Cardiff and Vale Public Health Team	Whilst the waiting time increased to 29 weeks, the most recent data shows that it has decreased to 22 weeks (June 2016). Plans are in place to reduce this further by March 2018 due to the setting up of General Practitioner Clinics and the use of Intermediate Care Funding.	March 2018
8	Increase the numbers of dementia friends and champions in the Vale, in particular within the workforce across all sectors.	Consultant in Public Health Medicine Cardiff and Vale Public Health Team	<p>Dementia Friends across Cardiff and Vale is on the increase, with over 4,700 friends created since the commencement of the Dementia 3 Year Plan. Statistics are not currently available at the Vale level, however there is an increase in sessions due to the Dementia Friendly pilot scheme activities.</p> <p>The Vale Council is adopting the dementia friend's ethos and staff will be receiving dementia friends briefings and becoming champions who are then able to offer a rolling dementia friends programme. Contact 1 Vale (C1V) is setting up a rolling programme for all Contact Centre staff and VOGC receptionists. The training will be facilitated by the C1V training officer who will become a Dementia Champion.</p> <p>Discussions are ongoing with the Cardiff and Vale University Health Board mental health teams for staff to receive briefings and for working environments to become dementia supportive and safe.</p>	March 2018

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9	<p>Deliver the actions outlined in the Barry Dementia Supportive Communities action plan and achieve dementia supportive status for Barry.</p>	<p>Senior Health Promotion Specialist, Cardiff and Vale Public Health Team</p>	<p>Barry achieved ‘working towards’ dementia friendly communities status in November 2015. A multi-partnership working party has been formed and progress has been both strategic and rapid.</p> <p>The partnership has recruited a number of businesses and organisations to become dementia friendly, including The Memo, Barry Island Traders, Waitrose, Bro Radio, CJ Travel and RNIB. This recruitment continues to cascade.</p> <p>A kite mark and check list has been developed and a brand is being designed to include the strapline and vision developed by the group. Traders and organisations will receive window stickers and a certificate of merit.</p>	<p>March 2018</p>
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Objective 3 - Preventing Falls and Fractures				
Outcome: Older people have an increased awareness of falls risk factors. Those who have fallen or are at risk of falls benefit from improved primary and secondary referral pathways				
	Action	Responsible Officer(s)	Progress	Dates
10	Implement a range of primary falls prevention initiatives.	Principal Health Promotion Specialist, Cardiff and Vale Public Health Team	Falls prevention specific strength and balance classes are being established across Cardiff and shortly to be set up in Barry. Care & Repair Cardiff & Vale have a Healthy at Home project which supports older people, identifying slip and trip hazards which can lead to a fall. Exercise opportunities which increase strength and balance are promoted across the area (Tai Chi, dancing).	March 2018
11	Establish GP primary fall's prevention referral pathways, supported by third sector champions and community well-being coordinators.	Principal Health Promotion Specialist, Cardiff and Vale Public Health Team	Community Wellbeing Coordinators are now in post and working in 2 GP practices in Barry, they will refer to falls prevention initiatives as appropriate. GPs are provided with information about falls prevention community classes and asked to advise their patients to attend if they meet the criteria.	March 2018
12	Integrate third sector falls prevention initiatives with statutory health and social care services multi-disciplinary teams. This will include the sighting of a third sector broker	Health, Social Care and Well-being Co-ordinator, Glamorgan Voluntary Services	The GVS H&SC Facilitator is a member of the Ageing Well Planning Group which co-ordinates, and updates on, preventative action on falls. The Age Connects Third Sector Broker in Contact1V and the H&SC Facilitator have regular update meetings to co-ordinate	March 2018

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	<p>in the Vale of Glamorgan Contact Centre, and the use of third sector champions in GP surgeries.</p>		<p>action, discuss gaps and share information.</p> <p>The H&SC Facilitator is working with GP third sector champions to improve links with the third sector. Touch Trust has had an information stand in every surgery in Barry, Hafal have also arranged stands and other organisations are in liaison about links with GPs.</p>	
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Objective 4 - Access to Employment, Education and Training				
Outcome: Older people are able to access lifelong learning courses appropriate for their needs. Over fifties NEETS (people not in employment, education, or training) have opportunities to up-skill and improve their employability				
	Action	Responsible Officer(s)	Progress	Dates
13	Develop and grow a sustainable adult community learning (ACL) leisure and well-being programme.	Adult and Community Learning Manager, Vale of Glamorgan Council	<p>The Adult Community Learning (ACL) service developed the Cost neutral programme 'Vale Courses' which engaged over 3,200 learners in its first year and we anticipate increased growth in this academic year, new data will be available in Autumn 2016).</p> <p>ACL in the Vale is provided in 23 venues throughout the Vale. Learners are offered an eclectic range of courses in Art – Computers & Photography – Crafts – General for example Family History – Health & Wellbeing – Languages – Personal development –Textiles – Welsh for Adults .</p>	March 2018
14	Secure funding to continue the ACL skills and employability courses.	Adult and Community Learning Manager, Vale of Glamorgan Council	The Department for Education and Skills (DfES) have confirmed ACL grant funding until the end of the Academic year 2017 the partnership outcomes for the previous academic year have recently been published and are very encouraging.	March 2018
15	Secure funding via Job Centre Plus flexible job funding to implement a Steps to Progress project offering training opportunities for people aged over 50 to up-skill and gain	Manager of the Barry Communities First Team, Vale of Glamorgan Council	<p>Newydd Housing Association have recently (August 2016) confirmed that they have now received a DWP flexible support fund grant to run from October 2016 to October 2017 to deliver employability activities within the Vale. The areas that are being focused on are:</p> <ul style="list-style-type: none"> • Steps into Hospitality and Retail 	March 2018

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	employment related training.		<ul style="list-style-type: none"> • Steps into Care • Steps into Stewarding and Security • Specialist Training e.g. fork lift, bricklaying etc • Steps into Construction • Ad Hoc Specialist Courses • Soft Engagement Courses <p>Due to this funding, they are now able to employ a part time Employability Project Coordinator who will be working 21 hours a week to deliver the above. The project will concentrate mainly on people 40+.</p>	
16	Develop a marketing brand across the Barry and Cardiff Communities First clusters to improve employer engagement with a focus on securing job opportunities for all including the over fifties.	Manager of the Barry Communities First Team, Vale of Glamorgan Council	Communities First have been working on this partnership initiative. The Cardiff & Vale Employer Engagement post is a partnership between the Vale Council, Cardiff Council and the 4 voluntary organisations that manage the 4 Cardiff Clusters; Cardiff 3 rd Sector Council (C3SC), Action for Caerau and Ely (ACE), Cardiff Community Housing Association (CCHA) and Butetown, Riverside and Grangetown Development Trust (BRG). The Welsh Council for Voluntary Action (WCVA) have also been involved in supporting this project with development funding. The Employer Engagement post will be in post and operational by Aug 2016.	March 2018

Objective 5 - Reducing Social Isolation and Loneliness				
Outcome: Socially isolated residents have better access to local services and increased social interaction				
	Action	Responsible Officer(s)	Progress	Dates
17	Improve the efficiency and the marketing of the current public and community transport networks.	Senior Transportation Officer, Vale of Glamorgan Council	<p>Web-based pages are constantly updated by the Public Transport Officer (including the Public Transport twitter account). More bus operators now have their own twitter accounts which provide live updates on bus services. It is recognised that older people in particular can be digitally excluded so information is also offered in non-digital formats.</p> <p>VOGC transport regularly engages with the public to improve service delivery. The Council’s Senior Transportation Officer and Greenlinks Community Transport officer regularly attend the V50+SF transport group to address issues, inform on developments and engage in consultations.</p> <p>The Vale of Glamorgan Council Public Transport guide was created and distributed in November 2015 – this was the first time the guide had been reproduced in 2 years.</p> <p>In July 2016 a Bus Users surgery was held on King Square, Barry. Bus companies and members of the Public Transport team were in attendance.</p> <p>A review of all financially supported local bus services will be undertaken later this year as all current contracts cease in March 2017.</p>	March 2018

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			A number of press releases have been made promoting new/more efficient services, including the summer 91 Penarth service, the amended 95 service that runs to Penarth Heights and the amended timetable on the 303/304 which has allowed for better running time with an extra bus added to the loop.	
18	Increase the supply and use of community transport provision in rural and urban areas including Greenlinks the community transport service.	Community Transport Officer, Vale of Glamorgan Council	In March 2016 a sixth vehicle purchased by Greenlinks was commissioned to be used in partnership with Dinas Powys Voluntary Concern (DPVC). The vehicle is used by DPVC in the morning to provide community transport to Dinas Powys Medical Centre. This initiative is essential to local residents including the fifty plus who do not own cars, as the medical centre is not on a bus route. Greenlinks utilise the vehicle in the afternoons as an additional resource to the existing community transport service.	March 2018
19	Access funding for a volunteer coordinator to support digital champions.	Digital Inclusion Wales Co-ordinator, Wales Co-operative Society	Funding has been discussed at the regular Get the Vale Online meetings and due to the success of the current delivery funding this post has not been considered a priority. The support of partners including Newydd Housing, Barry Communities First, Digital Communities Wales and the Vale Council the current delivery model of Digital Champions is fit for purpose. Last year the digital drop-ins supported 170 people including the over fifties to increase their confidence on a computer and get online.	March 2018

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20	Disseminate evaluation findings of the Friendly Advantage Befriending Project to inform future service planning and share good practice.	Health, Social Care and Well-being Co-ordinator, Glamorgan Voluntary Services	<p>The final evaluation report for Friendly AdvantAGE has been produced and disseminated widely. Unfortunately, the Friendly AdvantAGE project, despite efforts, was unable to secure further funding and closed March 2016.</p> <p>During its four and half years of operation Friendly AdvantAGE delivered excellent value for money, providing either 1-2-1 befriending or group activities to over 1,000 beneficiaries at a cost of less than £4, per beneficiary, per week.</p> <p>Friendly AdvantAGE was established to reduce social isolation and loneliness and to increase the confidence of older people, was independently evaluated by Welsh Institute of Health and Social Care, who evidenced the following:</p> <ul style="list-style-type: none"> • 60% of beneficiaries who admitted to being lonely, agreed that their social interaction or well-being had increased. • 76% of beneficiaries who had low levels of confidence, agreed that their confidence has increased during their time with the project. <p>The volunteer led project recruited 175 volunteers, who provided over 11,500 hours of volunteering to support older people reduce loneliness and social isolation.</p>	March 2016
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21	Maximise current and potential Third Sector resources to support effective signposting to the Third Sector.	Health, Social Care and Well-being Co-ordinator, Glamorgan Voluntary Services	<p>The H&SC Facilitator and colleagues in GVS, have updated the Carers Directory and the Directory of Services for Older People. Both are popular resources and have been widely distributed. They are available in print in limited numbers and online.</p> <p>The H&SC Facilitator is a member of the Dewis planning group working on promoting the Dewis Cymru online information portal. GVS has received funding to provide extra dedicated staff support to third sector organisations who wish to put their information on Dewis Cymru.</p> <p>The H&SC Facilitator organised a briefing session on the proposed information centre in Barry Hospital so that third sector organisations can provide services from there and display leaflets.</p> <p>The H&SC Facilitator has provided information about Vale and Cardiff third sector organisations to inform the locality work undertaken by the UHB and local authorities.</p>	March 2018
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Our Vale Public Services Board

27th September 2016

Vale of Glamorgan Well-being Assessment Update



1. Purpose

To update the Vale of Glamorgan Public Services Board (PSB) on work that has taken place to date to undertake the Well-being Assessment as required by the Well-being of Future Generations (Wales) Act 2015.

2. Recommendations

1. The PSB notes the progress outlined within this report towards undertaking the Vale of Glamorgan Well-being Assessment.
2. The PSB notes the updated timetable and key dates.
3. The PSB agrees the proposed structure of the assessment.
4. The PSB discusses the draft section of the assessment that has been produced to date.

3. Progress Updates

Updates on the work taken place to date can be found below and updates on the Well-being Assessment will form a standing agenda item for each PSB meeting. It has previously been agreed that the Vale's Well-being Assessment is based upon three community areas of Barry, Western Vale and Eastern Vale.

3.1 Updated Timetable

An updated version of the timetable for undertaking the assessment can be found at Appendix 1. The PSB is asked to note the key dates in relation to forthcoming workshops/ meetings and in relation to sign off for the assessment and consider any arrangements that will need to be put in place in regards to their own organisations.

3.2 Proposed Structure

PSB members will be aware of the volume of information that is required to be included in the assessment in order to produce a robust evidence base to inform the Well-being Plan. In addition matters must be considered on a community area basis and in relation to various population groups.

In order to ensure the information produced is useable by a variety of audiences it is proposed that the assessment is comprised of a range of constituent parts to form a package of information as below:

- **An overview document** – To provide a profile of each of the three community areas plus a summary of findings across the various sections of the assessment including some case studies and graphs. This document will also summarise potential areas for further ‘response’ analysis to inform the Well-being Plan in 2017-18. This document will be presented in a user-friendly format before final publication in April 2017.
- **A detailed evidence report** – This will form the main body of the assessment and will be a longer more detailed document. A summary of the proposed structure for this document and subject areas to be included can be found at Appendix 2.
- **A data and research directory** – A directory of links to the various resources used to inform the assessment should users wish to access even more information and raw data on a topic. The Common Data Set and National Indicators will be incorporated into this directory.
- **‘Let’s Talk’ Engagement Findings Report** – A detailed analysis report of the Vale of Glamorgan findings from the ‘Let’s Talk’ engagement exercise.

The above documents will be published by April 2017. In 2017/18 the following will also be produced:

- Three community area based reports providing a summary of the findings for each area. These will build upon the profiles produced for each of the communities within the overview document.
- A number of response analysis reports which explore the issues identified by the PSB from the initial ‘situation’ analysis assessment in more detail and identify the actions to take forward in the Well-being Plan.

The PSB is asked to agree the proposed structure as above and the structure of the detailed evidence report outlined in Appendix 2.

3.3 ‘Let’s Talk’ Engagement Campaign

The Let’s Talk Survey closed in August 2016 and received over 800 responses. Partners are thanked for their assistance in promoting the survey through their networks. In addition a postcard was developed and utilised at a range of events over the summer.

Further information can be found in the engagement overview report. This has been prepared for the PSB to provide an overview of the activity undertaken to date, a summary of the high level findings and the next steps. This document will be developed further alongside the Well-being Assessment to form the final ‘Let’s Talk Engagement Findings Report’ to be published by April 2017 and will include more detailed analysis of the results.

3.4 Data analysis

Throughout the summer work has taken place to compile a directory of all the information available including data, research and engagement findings to inform the Well-being Assessment. This document will be used as the basis for the data and research directory which will form one of the components of the package of documents which form the Well-being Assessment.

Work has now begun to analyse this information and to draft the various sections of the Well-being Assessment. A summary of the sections to be included can be found at Appendix 2. An example draft can also be found at Appendix 3, while not a complete section at this stage this illustrates the level of information to be included in the assessment and demonstrates one part of the detailed evidence report.

3.5 Additional Updates

In addition the Strategy and Partnership team has:

- Continued to attend the Population Needs Assessment Steering Group to ensure links between the different assessments continue to be made.
- Met with the Arts Council for Wales to discuss data that is available in relation to the Arts.
- Arranged to meet Paul Lewis (Project Manager – Embedding Children’s Rights for Future Generations) from the Future Generations Commissioner’s Office to discuss how the rights of the child can be incorporated into Well-being Plans.
- Received correspondence from the Older People’s Commissioner who will be issuing guidance and arranging a series of events to advise on incorporating the needs of older people into Well-being Assessments and Plans.
- Attended drop in sessions with Welsh Government to discuss progress on the assessment to date.
- Registered to attend the 14th November PSB conference event organised by Welsh Government for those who are working on undertaking the Well-being Assessment. Details have been circulated to the PSB previously.

4. Next Steps

- Continue to undertake data analysis and develop the assessment.
- PSB workshop to be held on 11th November.
- Draft assessment to be presented to the PSB in December 2016 to approve in order to commence the consultation process.

5. List of Appendices

1. Timetable
2. Structure of detailed evidence report
3. Example detailed evidence report section

Vale of Glamorgan Well-being Assessment – Outline Timetable and Structure

	Main Tasks	
Jan 2016	<ul style="list-style-type: none"> • Initial information gathering and discussions with partners • Timetable developed • Commence Data Matrix exercise 	 ✓ ✓ ✓
Feb 2016	<ul style="list-style-type: none"> • Data Matrix • Proposal to LSB 	 ✓ ✓
March 2016	<ul style="list-style-type: none"> • Business Intelligence Group updated • Continue desktop work 	 ✓ ✓
April 2016	<ul style="list-style-type: none"> • LSB transition to PSB finalising • Establish joint working arrangements 	 ✓ ✓
May 2016	<ul style="list-style-type: none"> • PSB Final proposal • Business Intelligence Group updated 	 ✓ ✓
June 2016	<ul style="list-style-type: none"> • Initial Engagement – Well-being Survey published 	 ✓
July 2016	<ul style="list-style-type: none"> • PSB meeting – present update on timetable and engagement • Business Intelligence Group update 	 ✓ ✓
August 2016	<ul style="list-style-type: none"> • Complete exercise on list of statutory assessments (i.e. what data is included, note any key findings) • Survey closes • Plan focus groups • Continue drafting and analysis • Common Data Set graphs from LGDU 	 ✓ ✓ ✓ ✓ ✓
Sep 2016	<ul style="list-style-type: none"> • Focus groups cancelled • Continue drafting and analysis 	 ✓

	<ul style="list-style-type: none"> • PSB updated
Oct 2016	<ul style="list-style-type: none"> • Continue drafting and analysis • BIG updated • Dialogue with stakeholders regarding emerging priorities • Complete community area profiles • Identify initial response analysis priorities
Nov 2016	<ul style="list-style-type: none"> • Continue drafting and analysis • PSB workshop to identify emerging priorities and focus for response analysis • Drafts to BIG/ PSB/ Business Cabinet
Dec 2016	<ul style="list-style-type: none"> • Partners (inc, Cabinet) to consider draft assessment • PSB approve draft assessment for consultation • Translation • Consultation – to include Future Generations Commissioner, partners and Scrutiny
Jan 2017	<ul style="list-style-type: none"> • Consultation ongoing including exploring priorities explored in more depth e.g. with staff, public, existing groups e.g. 50+ Forum, Youth Cabinet, focus groups and other groups where appropriate
Feb 2017	<ul style="list-style-type: none"> • Consultation closes • Amendments • BIG
March 2017	<ul style="list-style-type: none"> • Partner organisations to sign off • Final to PSB for sign off
April 2017	<ul style="list-style-type: none"> • Translation • Publish – To Welsh Ministers, Commissioner and Auditor General • Final to version to Local Authority Scrutiny • Continue response analysis through development of Well-being Plan

Detailed Evidence Report Sections Summary

Note: The below are currently working titles for each section and are subject to change.

Section 1 – Having an Active and Healthy Future

- Early Years
- Life Expectancy
- Healthy Actions / Lifestyle Behaviours
- Health and Social Care (to include PNA findings)

Section 2 – Being Part of Safe and Inclusive Communities

- Community Safety
- Financial Inclusion
- Digital Inclusion
- Housing
- Community Involvement
- Volunteering

Section 3 – Maximising Opportunities and Attainment

- Education and Skills
- Economy and Business
- Employment

Section 4 – Our Environment

- Ecosystem/ Natural Environment
- Landscape
- Heritage
- Transport
- Waste

Section 1 – Having a Healthy Future

Note – This is a first draft of and still needs references added. Consultation with the Public Health Team and other officers is yet to take place. The order of information is not yet finalised.

Introduction

To be completed

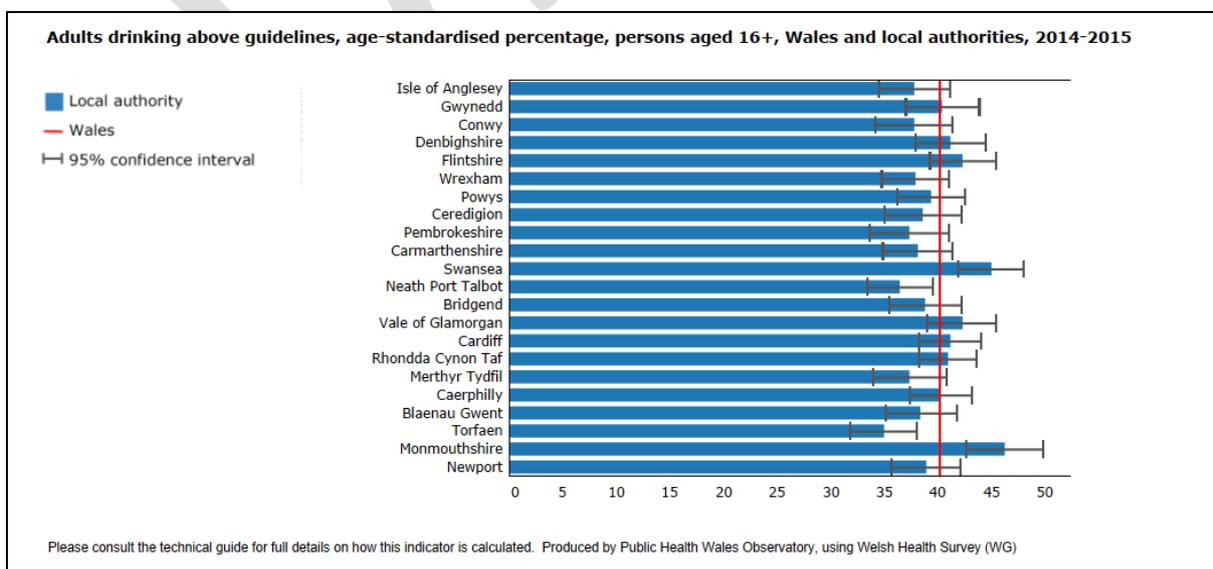
This chapter includes the following:

- To be completed

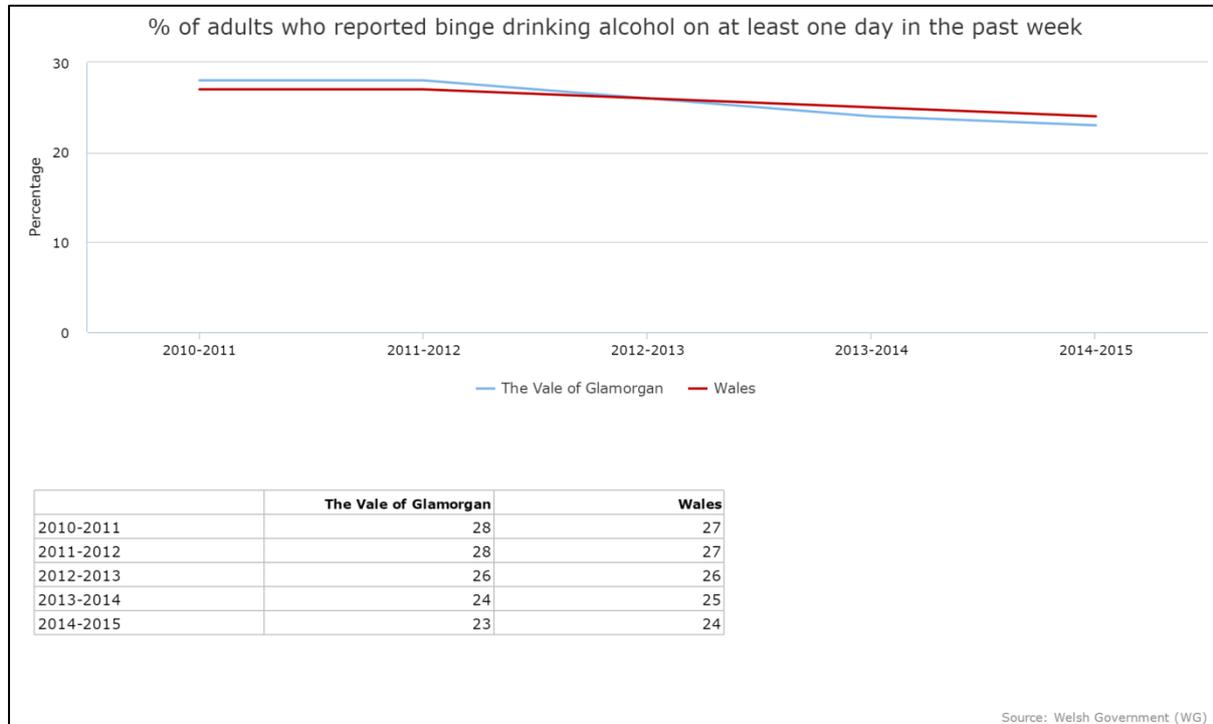
Drinking Alcohol

Harmful levels of alcohol consumption are associated with both short and long term health and social effects on individuals, families and communities. A binge drinking culture is often associated with anti-social behaviour - theft, abuse, and unwanted pregnancy as much as it is with ill-health. The costs and social consequences are therefore multiplied. Consumption of alcohol above guidelines has been recognised as an issue within the Vale and GP Cluster Plans for 2015/16 for the Vale of Glamorgan have highlighted the need to improve alcohol awareness. (2016/17 plans available?)

In relation to adults (over 16 year olds) drinking above recommended guidelines the Vale of Glamorgan is above the Welsh average as highlighted in the chart below. In 2014-15 42.3% of adults reported drinking above guidelines and the Vale has consistently been above the Welsh average. It is also important to consider that this information is recorded through the Welsh Health Survey and it is therefore likely that some respondents will underestimate the amount of alcohol consumed. As highlighted by the Public Health Wales Observatory, survey data on alcohol consumption is known to be underestimated and likely to only capture 60% of actual consumption. Furthermore it is important to consider than when asked about alcohol consumption in the past week this may be influenced by events that do not occur weekly e.g. birthday celebrations.

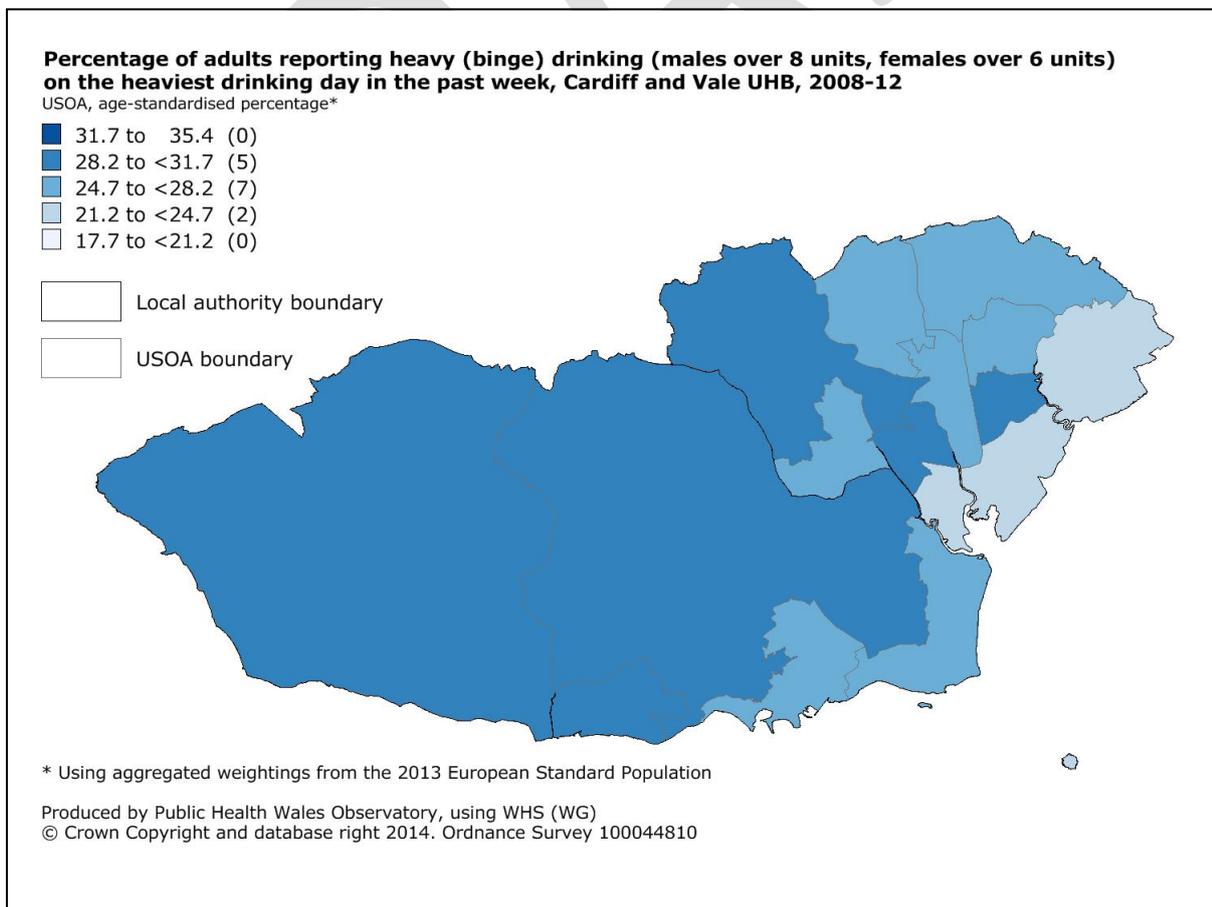
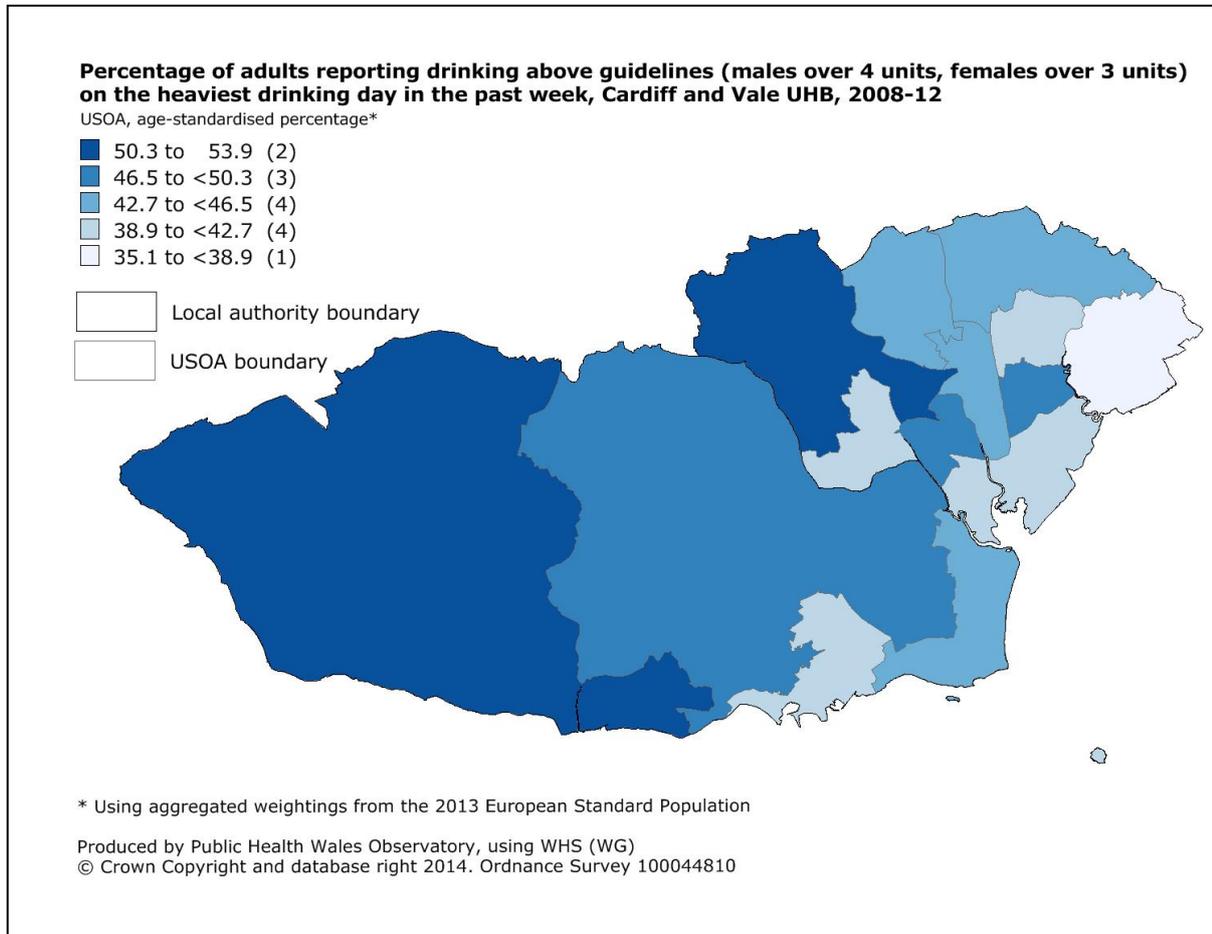


'Binge' drinking is defined as drinking over 8 units of alcohol for males and over 6 units for females in a day. In the Vale of Glamorgan The percentage of adults who reported binge drinking alcohol on at least one day in the past week has slowly declined over recent years as can be seen in the following chart and is now slightly below the Welsh average.



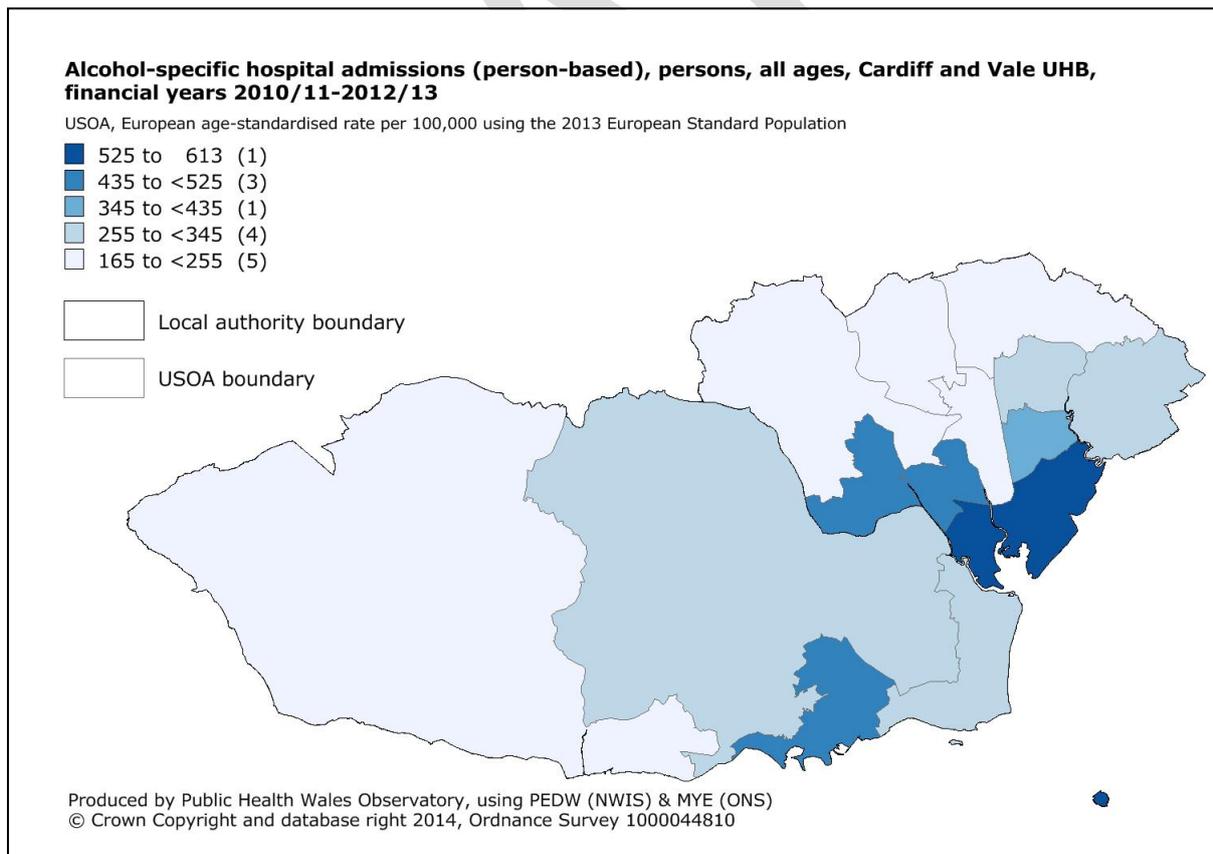
Very heavy drinking is defined as men drinking more than 12 units and women drinking more than 9 units. The percentage of Vale of Glamorgan residents who reported very heavy drinking in a day I the past week has again slowly declined over the 2008-2014 period and is now below the Welsh average. However when looking at breakdowns by sex, data for males reflects this pattern with the percentage reporting very heavy drinking on a day in the past week being 15% in the Vale compared to 17% across Wales in 2013-14. However data for females shows that following a period where the trend for females reporting very heavy drinking was declining and below the Welsh average, the rate has slightly increase again and was in line with the Welsh average in 2013-14.

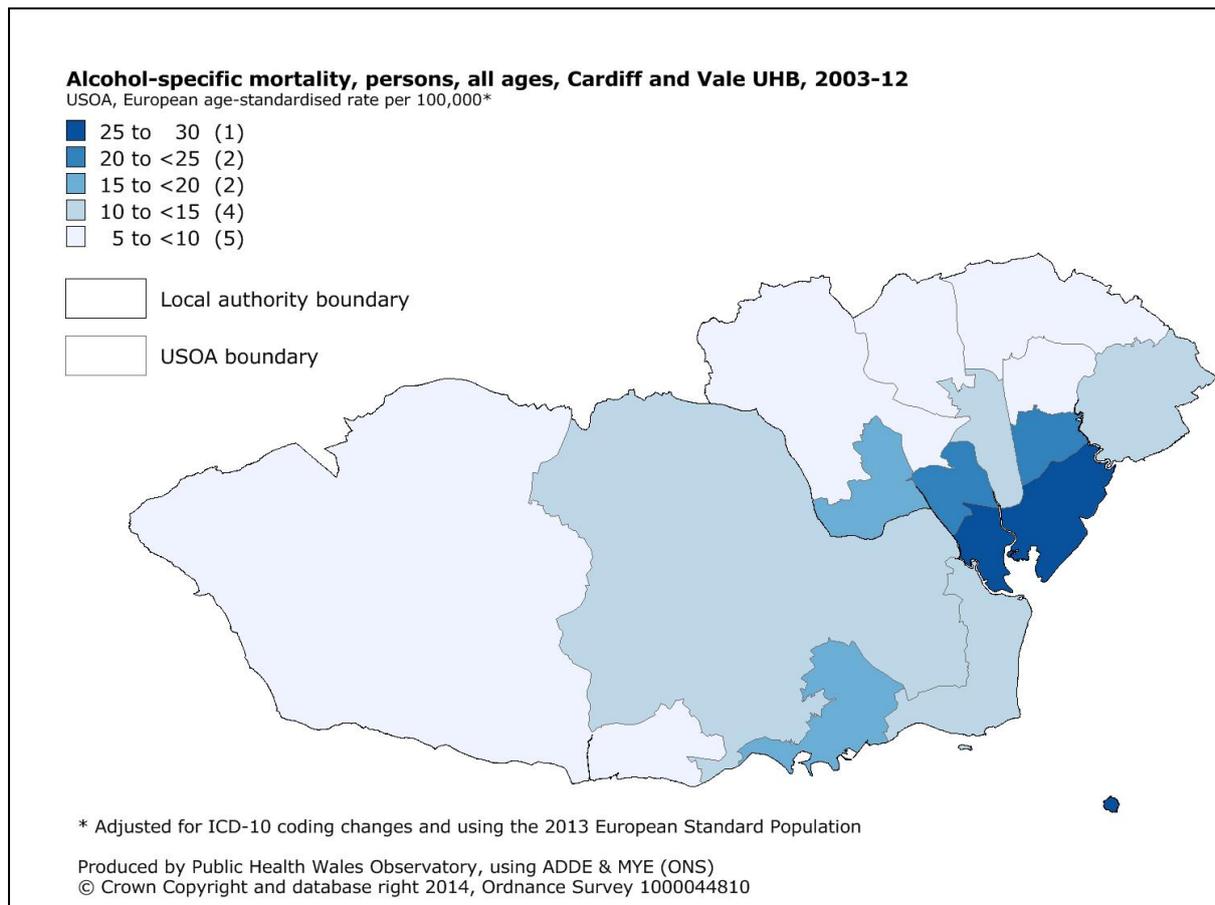
What is most interesting when considering drinking alcohol above guidelines, binge drinking and very heavy drinking is that for all three circumstances there is a pattern across the Vale of Glamorgan showing that in the less deprived Western Vale, adults reporting drinking above guidelines, binge or heavy drinking over the past week is considerably higher than in more deprived areas around Barry.



According to a recent study undertaken by the NHS Information Service, people in executive professions are more likely to drink alcohol daily above recommended unit guidelines. In 2012, “17% of the adult population working in managerial and professional households had an alcoholic drink on five or more days in the past week, in comparison to 11% of adults in routine and manual households”. Furthermore households with a gross income in excess of £1000 per week are “three times more likely to consume alcohol such as wines and spirits above unit guidelines, than those earning £200 per week who typically prefer to consume beers and lagers”. It is now being recognised that professional’ or middle class drink problems exist with often greater quantities consumed ‘behind closed doors’ and this pattern is evident within the Vale of Glamorgan.

However, the Marmot Review ‘Fair Society, Healthy Lives’ highlights that “while people with lower socioeconomic status are more likely to abstain altogether, if they do consume alcohol, they are more likely to have problematic drinking patterns and dependence than people higher up the scale.” This can be evidenced in the Vale of Glamorgan as shown in the following maps in relation to alcohol-specific hospital admissions and alcohol-specific mortality rates in the Vale of Glamorgan which show a clear higher rate around the more deprived area in Barry.





The [Cardiff and Vale UHB Alcohol Liver Disease Plan \(ALDP\) 2015](#), suggests a clear correlation between deprivation and alcohol specific mortality as reflected above.

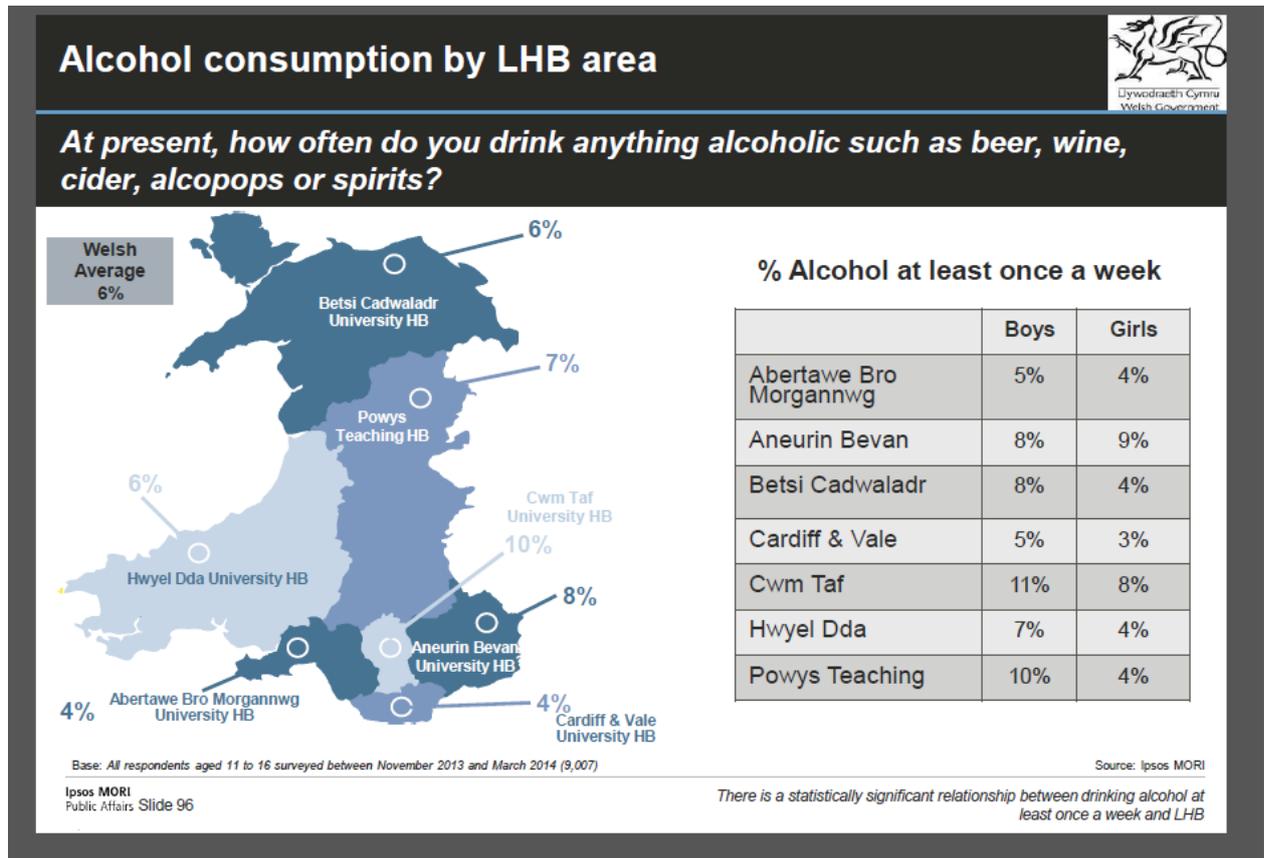
Every week in Cardiff and the Vale of Glamorgan there are approximately 138 alcohol attributable hospital admissions“. Furthermore alcohol mortality rates for males living in the C&V UHB are the highest in Wales. According to the ALDP, Prolonged heavy drinking over a sustained period of time could inevitably lead to alcohol related liver disease. In Cardiff and Vale, approximately 55 people die every year from alcohol-specific conditions, primarily from liver disease (82% of deaths in males and 81% in females). The plan sets a number of priorities in order to reduce levels of alcohol consumption and the associated health conditions which impact upon services. National level recommendations include the introduction of health warning labels, restriction of selling times and only selling in designated areas, reducing the legal limit for blood alcohol concentration for drivers, and prohibiting alcohol advertising and sponsorship. The recommendations that Health Boards can implement locally include training of all health and social care professionals to routinely provide early identification and brief alcohol advice to clients; routinely referring people who need support to specialist alcohol services and tackling the availability of alcohol through licensing legislation.

Heavy drinking and the misuse of other harmful substances is explored in further detail later in this chapter.

Although data in relation to alcohol consumption in the Vale of Glamorgan is generally higher than the Welsh average for adults, when exploring data on the number of

adolescents using alcohol the Cardiff and Vale UHB area compares favourable against other areas in Wales.

Data from the Health Behaviour in School-Aged Children study shows that the percentage of children aged 11-16 using alcohol at least once a week is the joint lowest in Wales in the Cardiff and Vale UHB area. This is also true when considering this data by sex although there is a higher percentage of boys who report using alcohol than girls across Cardiff and the Vale.



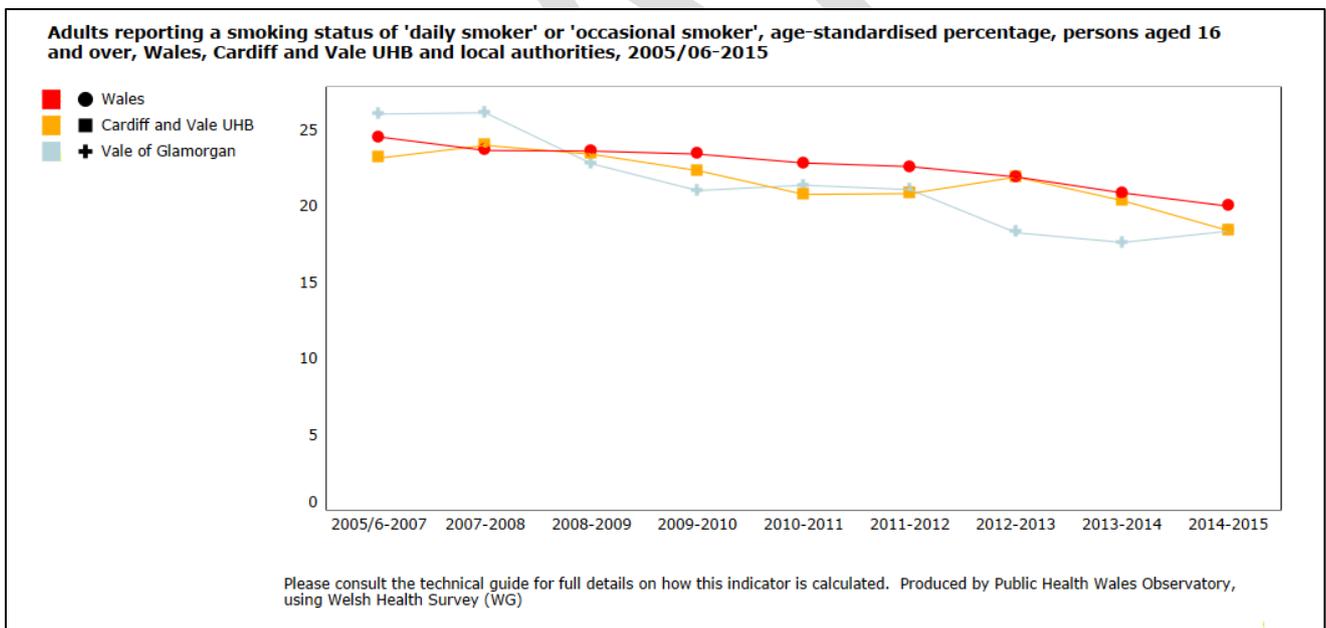
Drinking Alcohol Summary

- Alcohol consumption across the Vale of Glamorgan and Cardiff and Vale UHB area for adults is higher than levels observed elsewhere in Wales.
- Levels of binge and very heavy drinking are highest in the more affluent areas of the Vale particularly rural areas in the Western Vale.
- Despite this levels of alcohol-specific hospital admissions and mortality rates are higher in the less affluent areas around Barry.
- Levels of reported alcohol use by children in the Cardiff and Vale UHB area are lower than elsewhere in Wales.

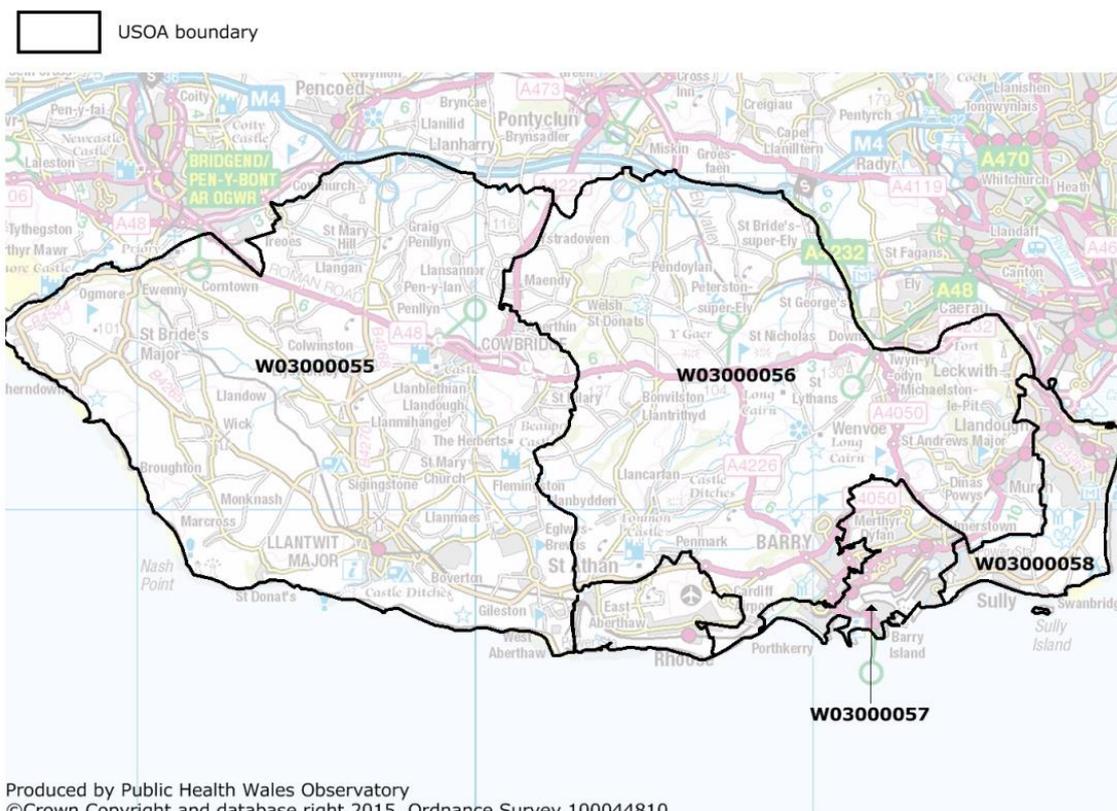
Smoking

The percentage of adults who report being a current smoker in the Vale of Glamorgan was one of the lowest in Wales for 2014-15. The rate of adults smoking in the Vale has also been below the Welsh average for a number of years as shown in the below chart. However, whereas the Welsh average has consistently decreased fluctuations at a health board and local authority level can be observed. Following a significant decline in the number of adults reporting to be a 'daily' or 'occasional smoker' from 2011- 2014, the most recent data available for 2014-15 shows that the percentage for the Vale of Glamorgan has since increased and is now the same as the percentage reporting to be a smoker across the whole of the Cardiff and Vale health board area. It can be suggested that this increase is a cause for concern given that smoking patterns can often be an indicator of trends across a range of other health indicators. Again it is also important to consider that this data is taken from the Welsh Health Survey and is therefore self-reported.

Despite this recent slight increase, there has been a significant decrease observed from 2005 when previous figures for the Vale of Glamorgan were above both the Welsh and Cardiff and Vale UHB average levels, suggesting interventions in place in the Vale of Glamorgan have been successful. It could also be suggested that a certain percentage of the population will continue to smoke despite any interventions put in place either at a local or national level and reductions previously observed in the Vale have now 'plateaued'.



In relation to smoking patterns within the Vale of Glamorgan the following map and table shows the percentage of adults who reported as being a current smoker at Upper Super Output level.



Upper super output areas (USOAs) have an average population of approximately 31,000 people but populations can vary between 24,000 and 47,000.

Adults who reported being a current smoker (age-standardised), 2008-2013

USOA	Smoker %	Lower	Upper	Unweighted Base (c)
		Confidence Interval %	Confidence Interval %	
The Vale of Glamorgan				
W03000055	17 -	15	20	1,022
W03000056	18 -	15	21	867
W03000057	29 +	26	32	1,037
W03000058	17 -	14	20	804
Wales	23	22	23	92,081

Source: Welsh Health Survey: 2008-2013

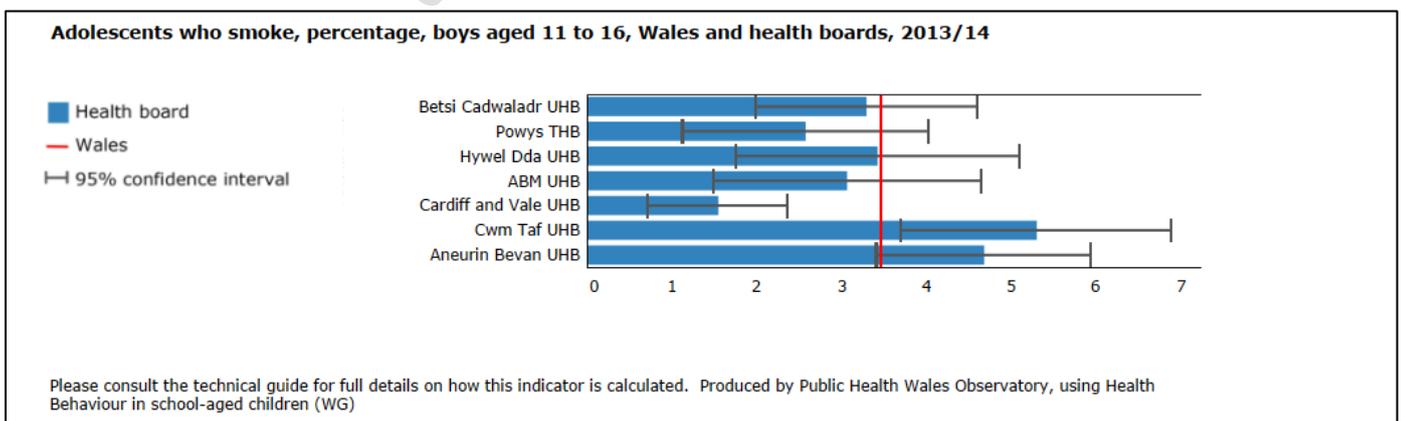
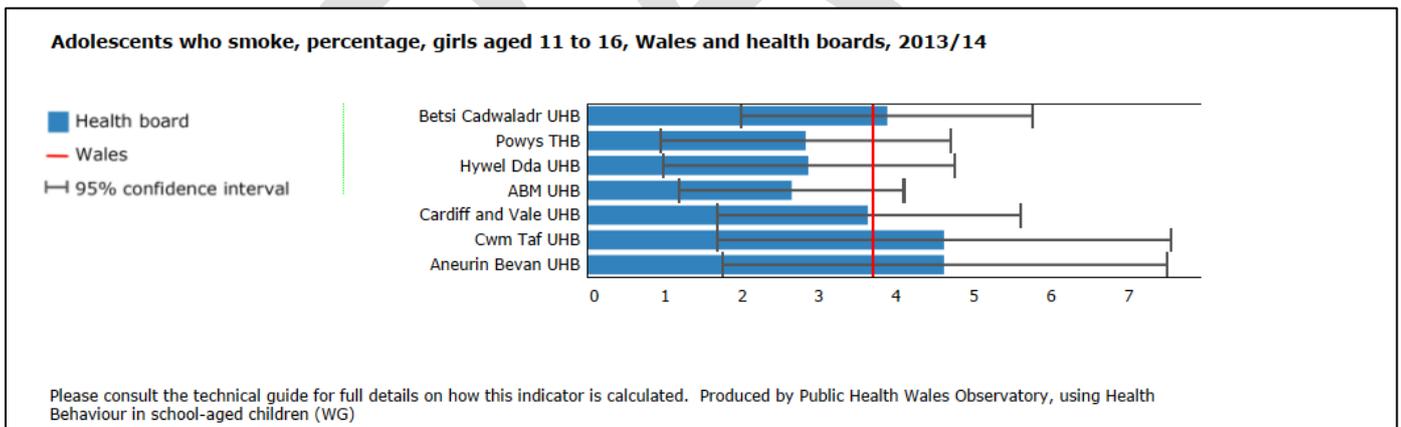
- (a) Values significantly higher than Wales denoted by '+', values significantly lower than Wales denoted by '-'.
- (c) Bases vary, those shown are for the whole sample.

There is a clear divide in relation to smoking rates within the Vale of Glamorgan between areas in Eastern Barry and the rest of the Vale of Glamorgan. The rate of smoking observed in other areas is in line with the average observed for the Vale; however rates

in the area East of Barry are more than 10% higher and are above both the Welsh and Health Board level averages. This area corresponds to the areas of the Vale of Glamorgan identified as being the most deprived through the Welsh Index of Multiple Deprivation.

This may suggest that area based programmes would be best placed to tackle these differences and in Barry the Communities First Cluster area also corresponds to those areas which observe the highest rates of smoking. Unfortunately the Barry Communities First programme no longer has smoking interventions as part of the Health programme since April 2016. Previously projects have been introduced into the Cluster working in partnership with Stop Smoking Wales and Filter but these have been discontinued due to various reasons including funding cuts. However in relation to the programme run in partnership with Stop Smoking Wales, it was apparent that numbers interested in taking part in the programme through the Communities First Cluster were low and an alternative approach is now being taken where resources have been directed to deliver the programme through a GP surgery in another area of Barry. This is seen to be having a more significant impact on the participants attending these sessions. Another initiative which may be linked to the successful reduction of smokers in the Vale of Glamorgan is the roll out of smoke free playgrounds across the authority. This initiative may also help prevent children and young people from smoking if they are less exposed to seeing adults do so at settings such as the school playground.

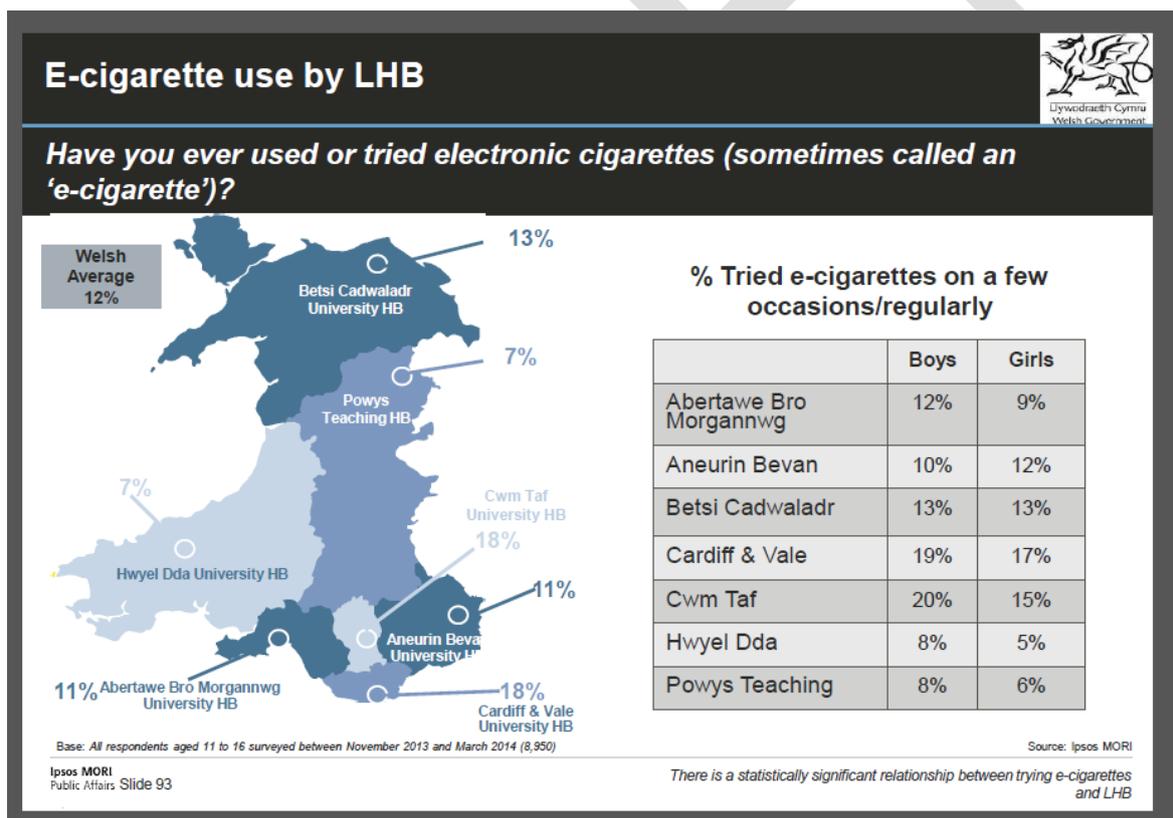
In relation to children who report being a smoker, data at a Cardiff and Vale UHB level shows that for 11-16 year olds the Cardiff and Vale area is below the Welsh average and is one of the lowest in Wales alongside Powys. However breakdown by sex shows that far more girls in the area report being a smoker than boys as shown below.



In relation to children and young people who report being a smoker, the Welsh Government 'Understanding Wales' Future' Report highlights that although the percentage who smoke tobacco is falling, Welsh 15 year olds generally compare poorly with 15 year olds in other European countries in terms of healthy lifestyles. It is important therefore to consider that although the Cardiff and Vale UHB level figures may compare favourably to the Welsh average, this national level average may not be a good indication of whether low smoking rates for children in the Vale can truly be considered successful.

In terms of working with young people, again Barry Communities First has previously run a number of brief intervention sessions; however these seem to have had little impact in terms of quitting smoking. A lot of the young people did not want the information sessions on stopping smoking as very few of the groups worked with admitted to smoking.

Although the level of children aged 11-16 reporting to smoke in the Cardiff and Vale UHB area is one of the lowest in Wales, data from the Health Behaviour in School-Aged Children study shows that the conversely the use the e-cigarettes in Cardiff and the Vale is joint highest in Wales with 18% of 11-16 year olds reporting to have tried an e-cigarette on a few occasions or regularly, above the Welsh average of 12%.



In the case of e-cigarettes, boys in Cardiff and the Vale are more likely to have used them than girls, opposite to the trend observed in relation to tobacco where girls are more likely to report being a smoker. The level of e-cigarette use by children in the Vale is also reflected in trends for adult users of e-cigarettes. For example Welsh Health Survey data for 2014-15 showed that 9% of respondents in the Vale of Glamorgan were

currently using an e-cigarette compared to 6% at a Wales level and 20% of respondents had ever used an e-cigarette compared to 15% at a Wales level.

The Public Health Wales Observatory has produced a number of projections for a range of indicators in order to shift attention from describing the past to considering the future. This includes projections the estimated percentage of adults reported to be current smokers up until 2025. However when considering these projections it must be considered that Health is a complex composite of many individual elements. Although we cannot rely on predictions to tell us what the future will be, we can use the past patterns to describe what might happen if in the future we continue down the same path.

These projections reflect a continuation of the status quo, i.e. what will happen if the current trends within individual age groups and predicted population changes continue. However, if the status quo changes during the projection period, for example due to an intervention or change of practice, then the projections will become inaccurate. The further into the future you go, the higher the likelihood that something will change the status quo and push the projections off their predicted course therefore to improve the wellbeing of future generations we expect that we will work together to change the status quo for the better, thus making the projections inaccurate.

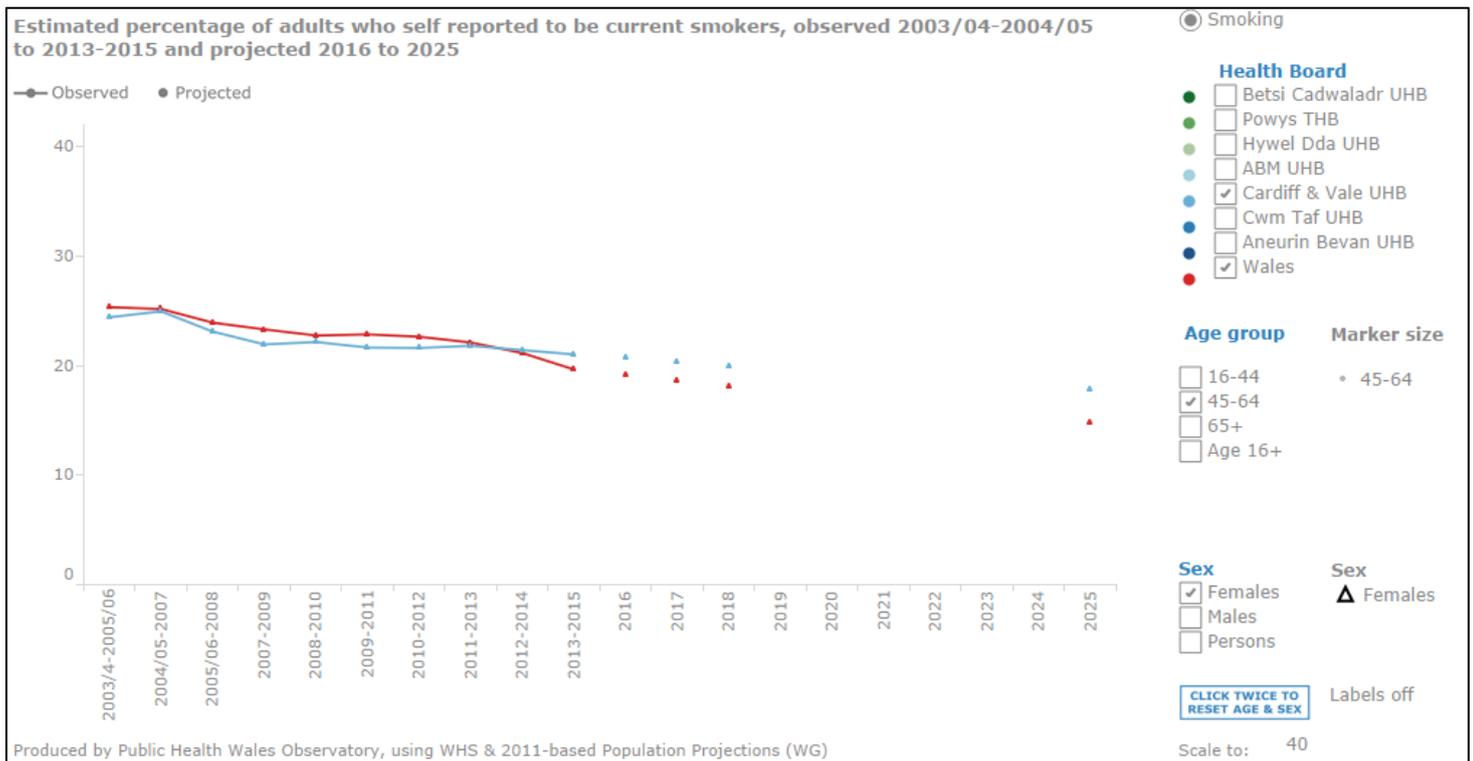
These projections can support the call for action to change the future and they provide the basis for highlighting changes in the future observed rates where more detailed evaluation would be beneficial.

In relation to the percentage of adults who report being a smoker across the Cardiff and Vale UHB area, the percentage of males age 16+ who report being a smoker is currently slightly above the Welsh average and it is predicted that this will continue in the future. Males aged 45-64 and males aged 65+ reported being a smoker are currently slightly below the Welsh average and again it is predicted that this will continue. The age category 16-44 is where the percentage of males reported being a smoker is slightly above the Welsh average and therefore influences the trend for males overall (across the age 16+ category), again this is set to continue unless the 'status quo' can be changed.

Different observations can be made in relation to females in the Cardiff and Vale UHB area predicted to be a smoker. Across all age ranges (aged 16+) the percentage is slightly below the Welsh average. For females aged 16-44 the percentage has consistently been around 4% below average and is set to continue to be so. It is interesting to consider that males in the same age category are slightly above average and the data in relation to children reporting being a smoker considered earlier. With girls aged 11-16 across Cardiff and the Vale more likely to report being a smoker it is interesting that from age 16-44 males are then more likely to smoke. Again it is important to consider that this information is self reported and projections may not be wholly accurate but this observation may indicate that females may be more likely to become aware of the risks associated with smoking and quit. There may also be a link in terms of women falling pregnant and quitting smoking for this reason.

However, despite projections showing that females reporting being a smoker across Cardiff and the Vale in the 16-44 age group are set to remain below Welsh average by approximately 4%, projections for the 45-64 age range shows that the percentage of females reported being a smoker have increased above the Welsh average in the 2013-

15 period and are set to increase to 3% above average by 2025 unless the 'status quo' can be changed. This is shown in the following chart.



Smoking Summary

- The percentage of adults who report being a smoker in the Vale of Glamorgan is one of the lowest rates in Wales, however following a period of this percentage decreasing, latest data shows smoking rates have increased slightly in the Vale.
- Levels of smoking are far higher in the East of Barry than other areas of the Vale, these areas correspond to those considered to be most deprived as according to WIMD 2014.
- The use of e-cigarettes is high in the Cardiff and Vale UHB area for both adults and children aged 11-16.
- Although the percentage of children aged 11-16 who reported as being a smoker in the Cardiff and Vale area is lower than in other parts of Wales, there are marked differences between sexes with girls more likely to report smoking than boys.
- The percentage of female smokers aged 45-64 has been consistently below average until the 2013-2015 period. Projections show that females smokers in this age group are increasing and set to remain higher than the Welsh average in 2025 unless current trends are changed.

Substance Misuse

The Cardiff and Vale Area Planning Board (APB) ensures the strategic direction and work programme for substance misuse services is consistent with and informed by evidence of need and evidence of effectiveness. The APB works across partner agencies to ensure that all substance misuse services form part of an integrated care pathway and holistic provision of service, based upon the needs of the population of Cardiff and the Vale and informed by national guidance.

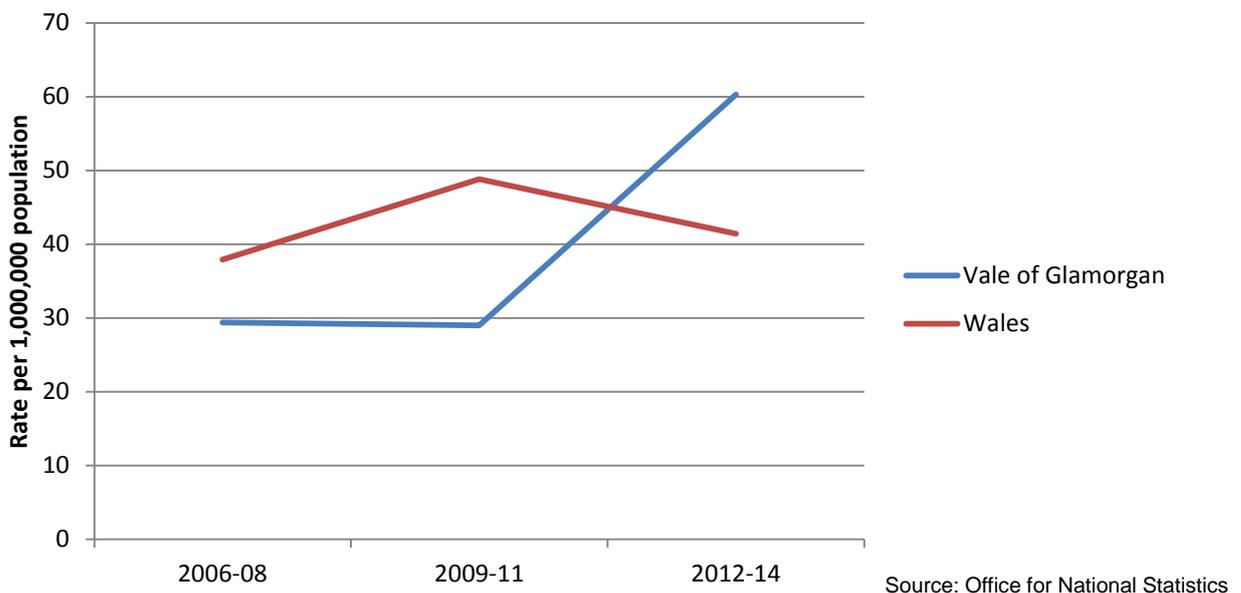
Strategic Assessment of Need

The APB produces a commissioning strategy which is informed by a comprehensive assessment of need for the Cardiff and Vale area. This was last undertaken in 2015 and was used to inform the [Cardiff and Vale Area Planning Board Substance Misuse and Well-being Commissioning Strategy 2016-2020](#).

The APB works to ensure substance misuse services are appropriate to the needs to those who are dependent upon various harmful substances. A number of the key findings of the latest needs assessment undertaken by the APB are outlined below.

- The top 3 prevalent substances in Cardiff and the Vale of Glamorgan remain unchanged since the previous needs assessment was undertaken – Alcohol, Cannabis and Heroin.
- Despite the population census suggesting a greater number of females are dwelling in Cardiff and the Vale of Glamorgan, the number of males referred to substance misuse services is consistently higher than the number for females.
- Alcohol remains the most prevalent substance used. The focus of work going forward however has to be to address the settings and environments in which alcohol use and misuse is challenged and addressed. Developing generic public services, primary care settings and the wider health and social care system to enable the use of brief interventions, and the use of tools such as Making Every Contact Count (MECC) will be important tools in tackling alcohol use at a population level.
- Drug related deaths appear to be increasing, with data showing that the Vale of Glamorgan sustained a particularly high increase when compared to All-Wales data. The following chart shows the increases observed in the Vale of Glamorgan between 2006 and 2014, calculated as a crude rate per 1 million population. The latest data available for drug related deaths produced by the Office for National Statistics relates to the 2013-15 period and is produced as an age-standardised rate and therefore is not comparable with previous years. However this shows that the Vale of Glamorgan had a high number of drug related deaths during this time period (26) in comparison to other local authorities with only Cardiff (48), RCT (50) and Swansea (64) experiencing more.

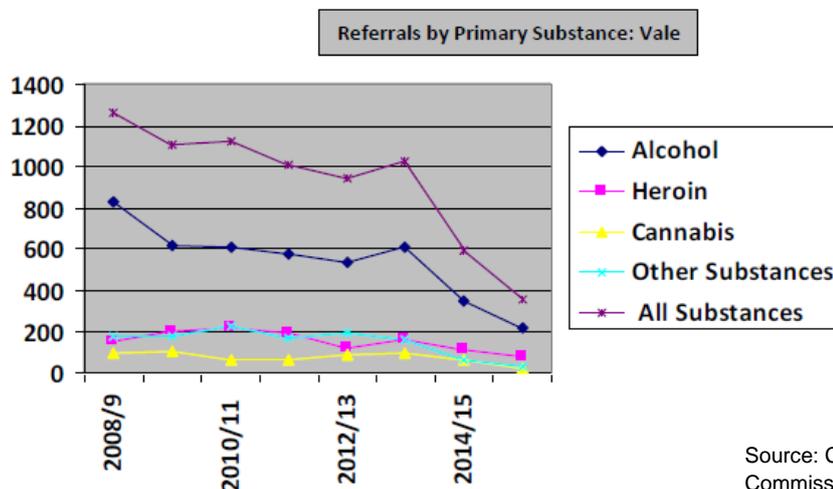
Crude mortality rate for deaths related to drug misuse, by local authority, deaths registered between 2006 and 2014



Tackling drug related deaths, and reducing the number of fatalities is a key responsibility of the APB. It is recognised that very few fatal overdoses are not preceded by at least one non-fatal overdose and so capitalising on these events as an early warning, is an important measure in reducing the number of fatalities.

- There remains insufficient use of new aftercare provision, and the rate of treatment withdrawals as a reason for case closure remains high. Therefore, the APB will need to work with the aftercare service to establish a continuous presence and operational function within structured clinical treatment services in order to support the re-engagement of service users at risk of having their treatment withdrawn, and to promote the capacity of the aftercare service to enable those in treatment to work towards moving out of clinical services and into aftercare.
- Referral rates to treatment continue to decline. This is a positive reflection of the impact of increased service availability in both open access and aftercare, with reports from service providers demonstrating that the numbers of individuals within the treatment system at any one time is significantly higher. Whilst still early days, it does appear that the availability of early structured support in open access, and the capacity of aftercare services to reduce relapse is having an impact on the volume of demand on clinical treatment services.

VALE	2008/9	2009/10	2010/11	2011/12	2012/13	2013/14	2014/15	2015/16 (up to and including Feb 16)
<i>Alcohol</i>	831	622	611	580	534	607	349	216
<i>Heroin</i>	158	204	218	194	125	159	114	83
<i>Cannabis</i>	96	102	68	67	87	98	67	24
<i>Other Substances</i>	177	178	225	167	195	159	63	32
All Substances	1262	1106	1122	1008	941	1023	593	355



Source: Cardiff and Vale APB
Commissioning Strategy 2016-2020

Service Provision

In addition to undertaking a comprehensive needs assessment, as per the key findings above, the APB Commissioning Strategy also considers achievements made against actions developed based on the findings of the previous strategy. This highlights that since 2013 identified gaps in services have been addressed with procurement exercises carried out for new Open Access services, Tier 2 services for young people, and for new Through-care and Aftercare services. However it has been recognised that the new Tier 2 service for young people has proved to have low access and take-up for structured treatment and support. It became apparent that for under 18s, substance misuse is often synonymous with a range of other wellbeing issues such as low self-esteem, self-harm, family and parental difficulties etc. To this end, the Tier 2 young persons' service was decommissioned in March 2016, and the resources were invested in partnership with Child and Adolescent Mental Health Services (CAMHS) funding into a new emotional wellbeing service that will enable a broader range of issues presented by young people to be addressed concurrently, rather than substance use related needs.

The recognition that children experiencing substance misuse issues often experience a range of other well-being issues is supported by the [Early Intervention Foundation Report 'What Works to Enhance Inter-Parental Relationships and Improve Outcomes for Children'](#). These wider well-being implications not only in relation to children who experience substance misuse issues themselves but those who have witnessed parental substance misuse are highlighted within the report which states "both parental alcohol and substance misuse are associated with increased risk of poor child adjustment. Parental alcohol misuse is associated with increased risk of child internalising and externalising problems via inter-parental conflict and parenting difficulties, with inter-parental conflict also an influence on adult alcohol and substance misuse. Paternal substance abuse has been associated with increased emotional and behavioural problems, due to children witnessing a greater incidence of inter-parental conflict, as well as a higher frequency of physical violence in families where a substance-abusing parent lived at home." The move towards a more holistic emotional well-being service for children and young people can therefore be seen as a positive action.

Future Planning

There are a range of factors recognised by the APB which will influence the future planning of substance misuse services.

The changing population in relation to a growing older population (65+) and rising life expectancy in addition to widening local level inequalities will influence how future services are planned. Particularly in the Vale of Glamorgan the ageing population is an important factor. As identified in the APB Commissioning Strategy "the Wallich Alcohol Study revealed a growing number of older people drinking alcohol in excess of national guidelines due to perceived isolation, relaxed entrenched cultural norms and lack of awareness of information". This is particularly reflected in the Vale where rural areas with an older population are the same areas where excessive alcohol consumption is high. Furthermore "the adult population aged over 50 years are more susceptible to greater harm caused by lower level use of substances than young people...acute alcohol withdrawal syndrome is [also] more protracted and severe in older people than in younger people with drinking problems of equal severity" (Welsh Government, 2014). The APB recognises that where possible outreach services would benefit this cohort who are otherwise hard to engage, again the rural nature of areas where excessive consumption is high in the Vale and where public transport links are limited would reflect a need for such services.

Within the Commissioning Strategy the APB acknowledge the need to ensure commissioning decisions respond to the need to produce age appropriate materials and approached in delivery of treatment and support. In creasing populations as a result of developments outlined in Local Development Plans also present the opportunity to ensure that health services for these localities have the information and capacity to address substance misuse related needs.

It is also recognised that more data is needed on barriers to access services in particular among different LGBT groups where greater knowledge and understanding of LGBT specific issues is required.

Finally there is recognition that the internet is continuing to revolutionise services capacity to communicate targeted information to large cohorts of people in a reasonably

cost effective way. The APB therefore recommend that new innovative technology and social media is considered in the delivery of therapeutic interventions and structured support within the home. The use 'Breaking Free Online' e-learning materials to address issues with substance misuse shows that the majority of people accessing information in this way are of working age.

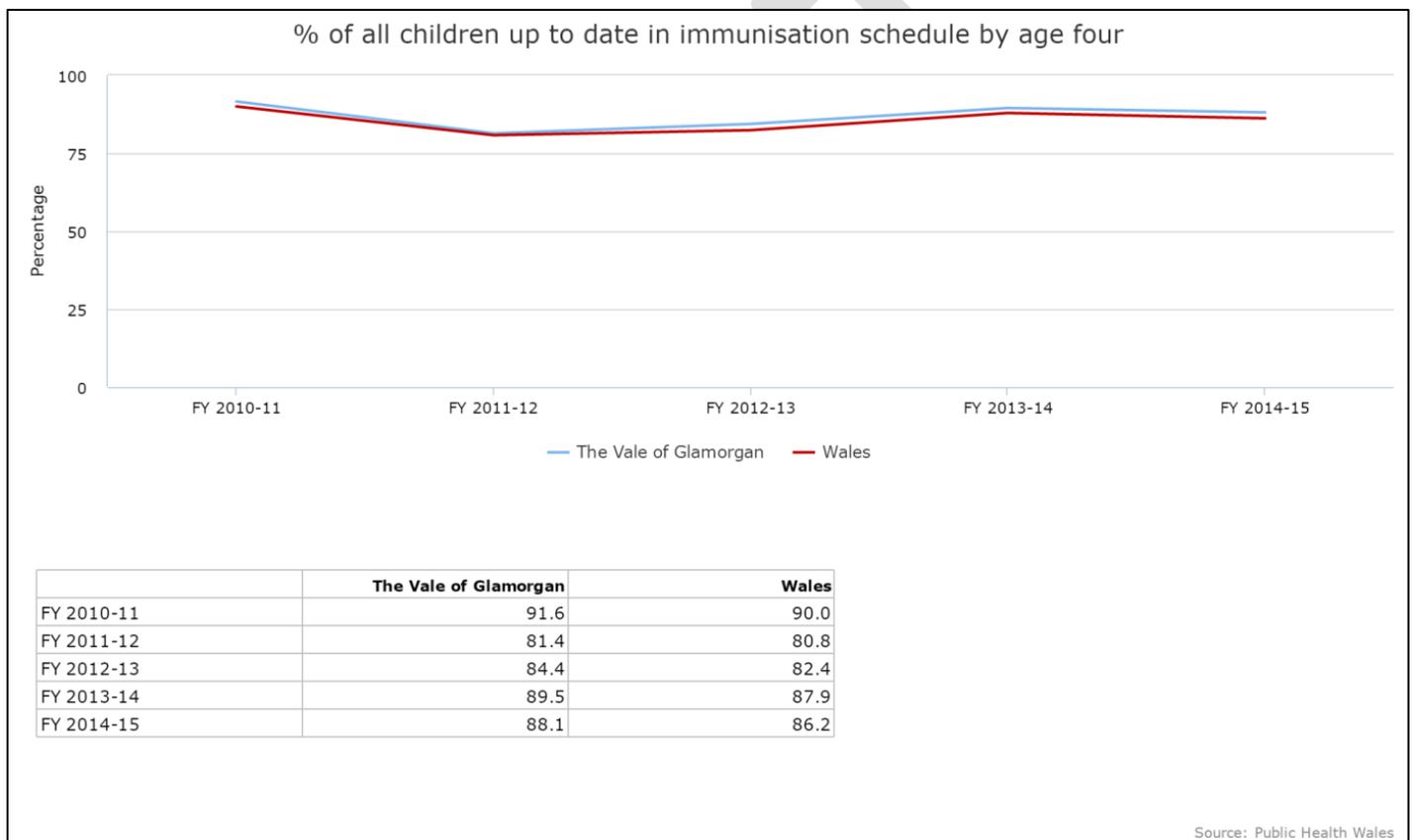
Substance Misuse Summary

- The top 3 most prevalent substances used in Cardiff and the Vale of Glamorgan continue to be alcohol, cannabis and heroin with alcohol by far the most prevalent substance.
- The number of males referred to substance misuse services is consistently higher than the number of females.
- Drug related deaths have increase in the Vale of Glamorgan and tackling this is a key responsibility of the Area Planning Board (APB). It is recognised that very few fatal overdoses are not preceded by at least one non-fatal overdose and so capitalising on these events as an early warning, is an important measure in reducing the number of fatalities.
- The APB has recognised a number of factors to take into account when planning future services including an increasingly older population, a larger population due to new developments planned through the Local Development Plan and the need to consider new innovative technology and social media to help promote and delivery some services.
- The APB has a Commissioning Strategy and Action Plan in place to address these findings.
- It is recognised that more data and insight is needed in relation to substance misuse in the LGBT community.

Immunisations

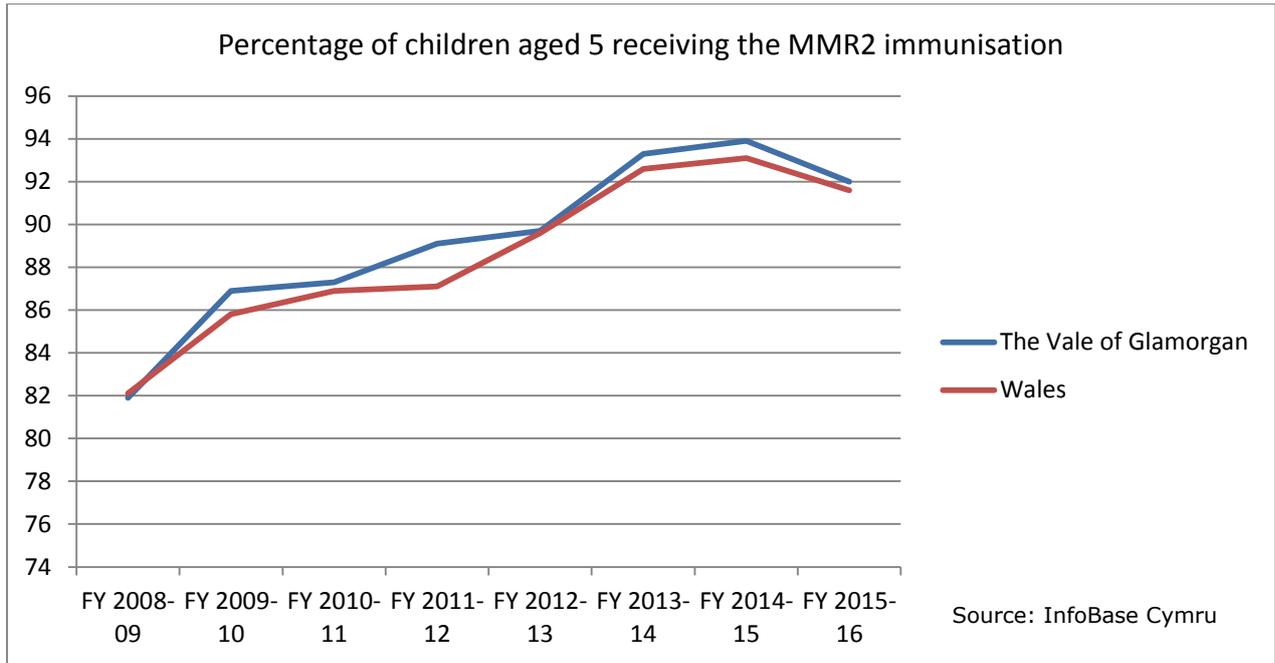
Vaccination is a safe and effective way to prevent life-threatening and disabling illnesses. When 95% of a population is fully immunised, the spread of disease can be significantly reduced. This is the so called 'herd immunity'. Targets for the uptake of all childhood immunisations are therefore set at 95% and are part of the Tier 1 target for the NHS in Wales.

It is important that all babies, children and young people are immunised against vaccine preventable diseases. In the Vale of Glamorgan the percentage of all children up to date with immunisations by age four has fallen over recent years from 91.6% in 2010-11 to 88.1 in 2014-15. This follows the same trend that has been observed nationally where the percentage has decreased slightly in recent years although the Vale remains above the Welsh average.

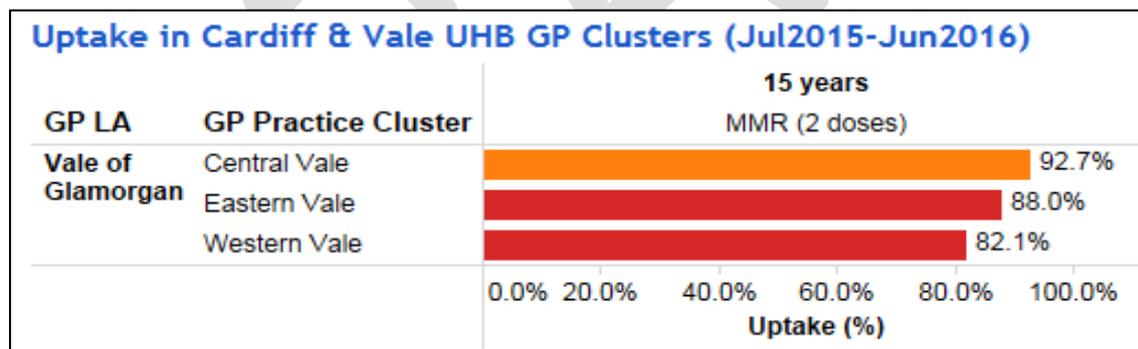


Data for 'children in need', that is children who receive social services from their local authorities, including children looked after by local authorities and those on the Child Protection Register, shows that for 2015, of the 480 children immunisation data was available for, 430 were up to date with the immunisations they should have received based on their age group.

In 2015-16, the percentage of children aged 5 receiving the MMR2 immunisation was 92%, slightly above the Welsh average of 91.6%. However the following chart shows that this has decreased slightly in recent years after almost reaching 95% target levels following a significant increase from 2012 to 2014. This may be attributed to the focus on MMR2 following the 2013 measles epidemic in Swansea.



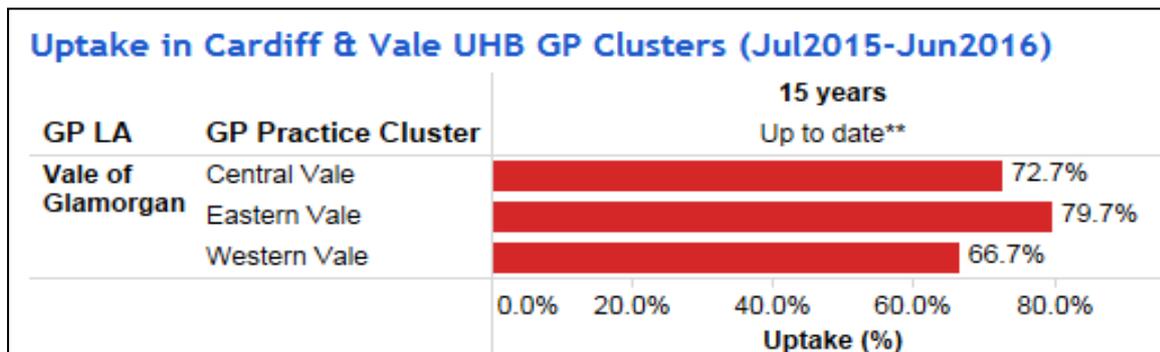
When considering uptake rates in relation to a range of vaccinations, differences can be observed across areas of the Vale of Glamorgan. The MMR2 vaccine is offered and administered in GP surgeries on a call and recall basis at 3 years and 4 months and should then be offered again if missing at 13 years and 4 months along with the teenage booster. The chart below demonstrates the differences in uptake rates across the Vale of Glamorgan by GP cluster area in relation to children who have had the MMR2 vaccine by aged 15 years.



The chart shows that uptake rates are highest in the Central Vale which is primarily comprised of GPs in the Barry area. The Western Vale displayed the lowest uptake rates in the Vale, and a similar trend can be observed for other vaccines. This may be attributable to the longer travel times involved in accessing GP services in the Western Vale. Uptake rates by GP practice also show variations within these cluster areas with uptake of MMR2 in Central Vale practices ranging from 89.7% to 96.9%, from 84.8% to 91.6% in the Eastern Vale and from 71.4% to 87.8% in the Western Vale. The Welsh average uptake rate for MMR2 by aged 15 was 89%.

A similar trend is observed when considering the percentage of children aged 15 in the Vale of Glamorgan who have completed all of their immunisations as required by the national programme which includes the teenage booster. The average for the Vale of Glamorgan as a whole was 73% compared to the national average of 89% (Check with

Nuala Mahon). Within the Cardiff and Vale Health Board area the teenage booster is administered in GP surgeries whereas all other health boards deliver this vaccination as part of the School Immunisation Programme.



Again the percentage varies within the Vale of Glamorgan with the Western Vale again displaying the lowest rate of 66.7%. As opposed to looking at only MMR2 rates, the Eastern Vale has a higher rate than the Central Vale area for 15 year olds up to date with all vaccinations. Vale of Glamorgan GP Cluster plans for 2015-16 identified increasing uptake rates for vaccinations in the Western Vale as a priority area for focus. **(2016-17 plans are available?).**

In addition to vaccinations for children and young people, influenza vaccinations are offered on annual basis to adults over 65, those considered to be in 'at risk' groups and healthcare professionals. Data for 2015-16 shows that uptake rates for flu vaccinations in the Vale of Glamorgan for over 65 year olds are slightly above the average rate for the Cardiff and Vale UHB area and the Welsh average.

Summary by Health Board and Local Authority (12apr2016)

		65y and older			Clinical risk <65y		
		Pop (n)	Imm'd (n)	Uptake (%)	Pop (n)	Imm'd (n)	Uptake (%)
Cardiff and Vale UHB	Cardiff	49,676	33,936	68.3%	39,228	19,122	48.7%
	Vale of Glam	25,133	17,606	70.1%	14,022	6,561	46.8%
	C&V Total	74,809	51,542	68.9%	53,250	25,683	48.2%
Wales	Wales	634,741	422,725	66.6%	364,317	170,664	46.8%

However uptake rates for Vale of Glamorgan patients aged under-65 in 'at-risk' groups are in line with the Welsh average and remain considerably below target levels. The rate in the Vale of Glamorgan for 2015-16 of 46.8% has decreased from uptake rates observed in previous years with a rate of 49.2% being recorded in 2014-15 and 53.4% being recorded in 2013-14. The falling uptake rates in this group are a concern at a national level and particularly in the Vale of Glamorgan as this is the one area in relation to immunisation uptake rates where the Vale perform worse than Cardiff. Again Vale of Glamorgan GP Cluster Plans for 2015-16 identified increasing uptake rates of flu vaccinations in 'at-risk' groups under 65 as a priority.

A breakdown of uptake rates within the 'at-risk' groups for the Vale of Glamorgan shows that the lowest uptake was amongst morbidly obese patients (35.8%) and the highest uptake was amongst patients with chronic diabetes (63.7%). It should be noted that the data included for uptake among pregnant women which contributes to the overall uptake rate in this group is not considered robust for 2015-16 and could therefore slightly impact the overall rate.

Risk group	Denominator (n)	Immunised (n)	Uptake (%)
65y and older	25,133	17,606	70.1%
chronic diabetes patients (<65y)	2,930	1,865	63.7%
chronic heart patients (<65y)	2,385	1,128	47.3%
chronic kidney patients (<65y)	458	234	51.1%
chronic liver patients (<65y)	254	121	47.6%
chronic respiratory patients (<65y)	7,306	3,313	45.3%
Immunosuppression (<65y)	843	471	55.9%
Morbidly obese patients (<65y)	296	106	35.8%
neurological/ stroke patients (<65y)	1,415	630	44.5%
women currently pregnant (<65y)	1,497	651	43.5%

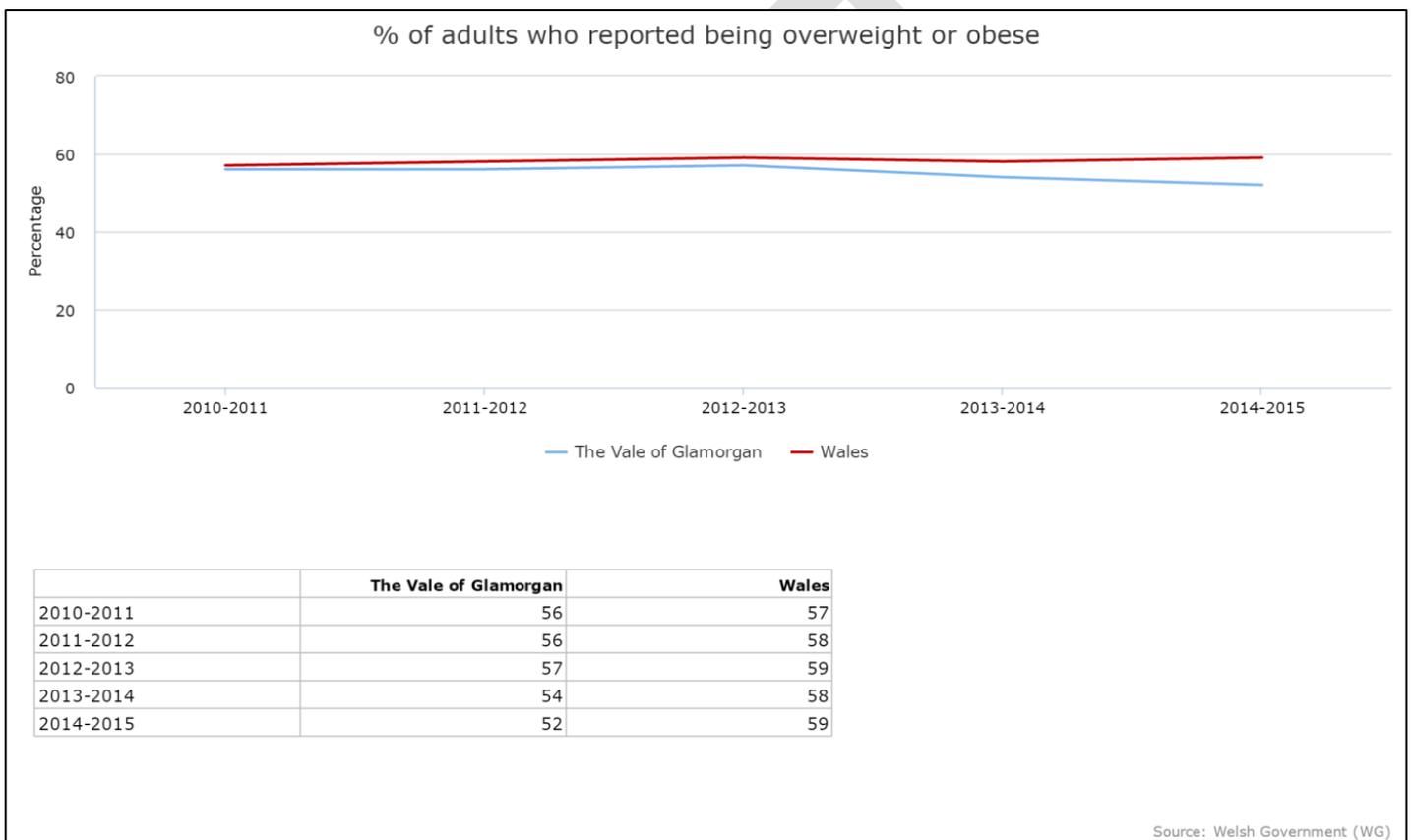
Immunisations Summary

- The percentage of children up to date with their vaccinations at age 4 as required by the national programme in the Vale of Glamorgan is above average.
- However for children aged 15 the percentage up to date was below the national average. This may be attributed to the way the teenage booster is administered in the Cardiff and Vale area where the vaccine is delivered through GP surgeries as opposed to all other areas where it forms part of the School Immunisation Programme.
- Uptake rates for vaccinations vary significantly within the Vale of Glamorgan with consistently lower uptake rates observed in the Western Vale. Increasing rates in this area has been identified as a priority through GP Cluster Plans.
- The uptake rate for flu vaccination in under-65s in 'at-risk' groups is lower in the Vale of Glamorgan than in Cardiff and than the national average. Again this has been identified as a priority through GP Cluster Plans.

Obesity

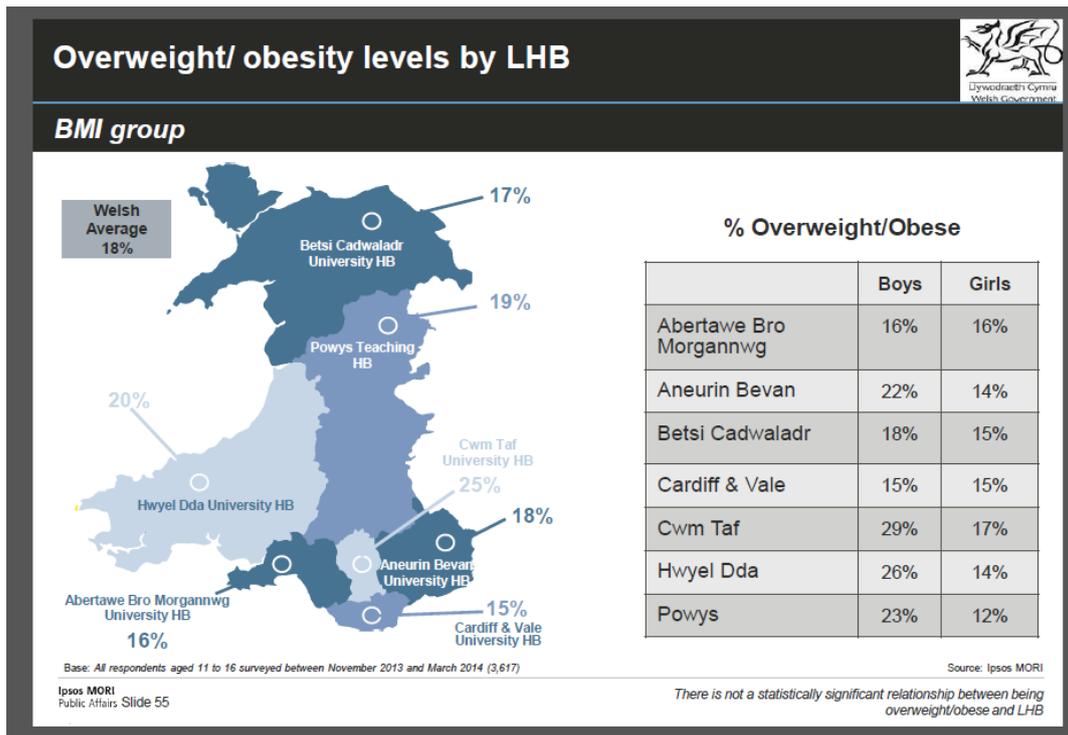
One of the most obvious impacts of eating a poor diet and not exercising is becoming overweight or obese. Healthy eating and physical activity will be explored in more detail later in this chapter.

It is important to consider the levels of obesity across the Vale of Glamorgan in order to take steps to tackle it. In addition to causing obvious physical changes it can lead to a number of serious and potentially life-threatening conditions such as type 2 diabetes, heart disease, cancer and stroke. Obesity can also affect quality of life and lead to psychological problems such as depression and low self-esteem. It is therefore clear that becoming overweight/ obese can have huge implications for a person’s well-being and places a huge burden on health services.

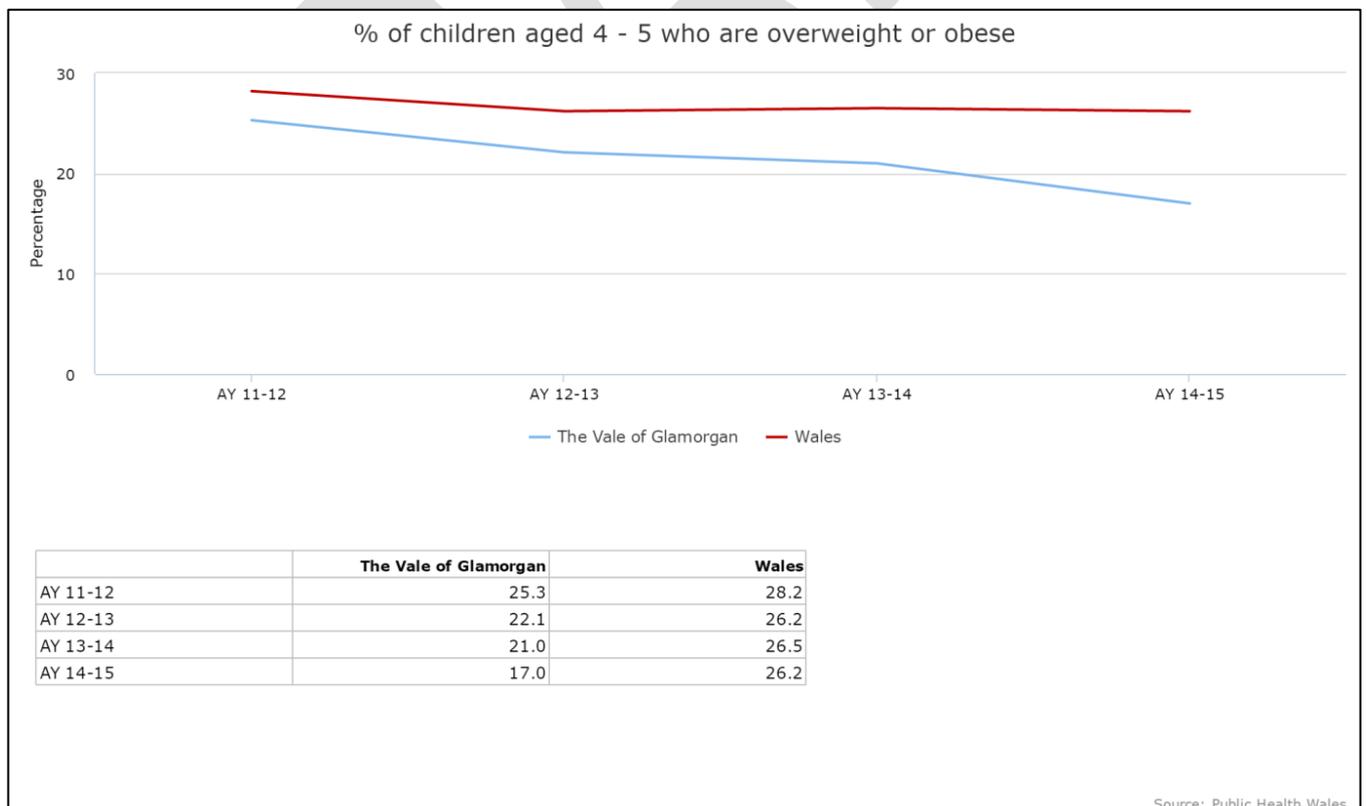


The percentage of adults who reported being overweight or obese in the Vale of Glamorgan has slightly decreased in recent years as opposed to the national trend where there has been a slight increase. The Vale of Glamorgan is below the Welsh average for the level of adults being overweight or obese and a similar trend can be observed for children.

The Health Behaviour in School-aged Children in Wales survey 2013/14 found that the Cardiff and Vale Health Board area had the lowest percentage of children aged 11-16 who were overweight or obese at 15%, below the Welsh average of 18%. However it is interesting to note that although the percentage for boys is the lowest in Wales, the percentage for girls is higher than in some other areas.



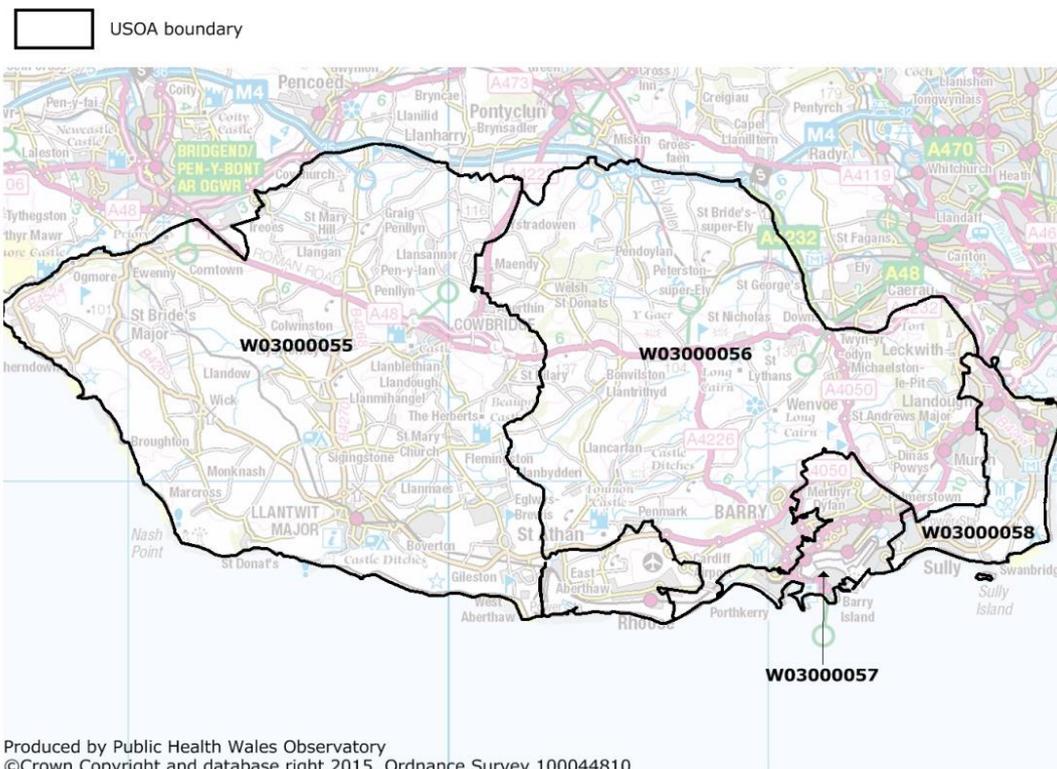
In addition to adults and children aged 11-16, the percentage of reception aged children (4 to 5 year olds) who are overweight or obese in the Vale of Glamorgan is also below the Welsh average.



For children aged 4 – 5 the percentage overweight or obese has declined in recent years in the Vale of Glamorgan and is 'turning the curve' when compared to the national trend which has remained steady. However, Public Health Wales highlight that it is important to consider that there could possibly be bias in regards to which schools have participated in the Child Measurement Programme which is used to collect this data. It is also highlighted that this rate is still higher than it should be in order to protect the health of future generations.

It is also important to consider that differences in levels of obesity can be observed across areas within the Vale of Glamorgan. The 'Understanding Wales' Future' report found that the "incidence of obesity decreases with income but levels among the richest is still a cause for concern: in line with the Marmot Report we need to both improve across the board and also target extra help on the poorest". The links between deprivation and increased levels of obesity can be observed within the Vale of Glamorgan as shown below.

Upper Super Output Area (USOA) boundaries, Vale of Glamorgan



Upper super output areas (USOAs) have an average population of approximately 31,000 people but populations can vary between 24,000 and 47,000.

Adults who were overweight or obese (age-standardised), 2008-2013

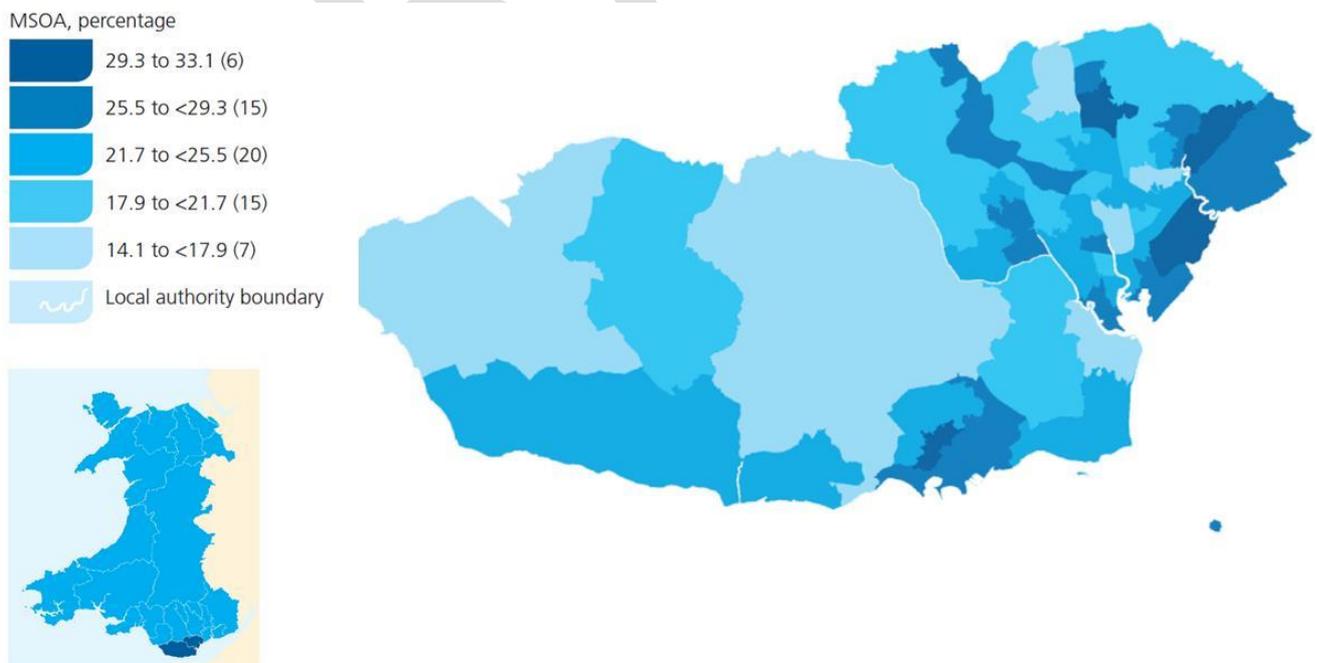
USOA	Body Mass	Lower	Upper	<i>Unweighted</i>
	Index:			
	Overweight	Interval	Interval	
	or obese	Interval	Interval	<i>Base (c)</i>
	%	%	%	
The Vale of Glamorgan				
W03000055	53 -	50	57	1,022
W03000056	56	53	60	867
W03000057	61	57	64	1,037
W03000058	51 -	47	55	804
Wales	58	58	58	92,081

Source: Welsh Health Survey: 2008-2013

- (a) Values significantly higher than Wales denoted by '+', values significantly lower than Wales denoted by '-'.
- (c) Bases vary, those shown are for the whole sample.

The chart and map above shows that levels of obesity are higher in the area to the east of Barry and it is interesting to note that a similar trend was observed earlier in relation to increased smoking levels in this area compared to the rest of the Vale of Glamorgan. Again this area correlates to those areas identified as the most deprived in the Vale of Glamorgan according to WIMD 2014. The Eastern Vale area has the lowest percentage of adults overweight or obese in the Vale of Glamorgan.

The following map shows a similar pattern in relation to children aged 4 to 5 years old who are overweight or obese with the highest rates being observed in the Barry area.



Due to smaller sample sizes at Middle super output area level, caution should be taken when making comparisons between areas. Produced by Public Health Wales Observatory, using CMP data (NWIS) © Crown copyright and database right 2015. Ordnance Survey 1000044810

Public Health Wales Observatory projections up to 2025 estimate that the number of females aged 16+ who will be overweight/obese in the Cardiff and Vale UHB area will very slightly increase but remain below the Welsh average. For males in the Cardiff and Vale UHB area again it is estimated that there will be slight increase in the percentage of males age 16+ who are overweight or obese up to 2025. However breakdowns by age group show that for males aged 45-64 there is predicted to be an increase of approximately 5% and should the current status quo continue, by 2025 77% of males aged 45-64 in Cardiff and the Vale of Glamorgan will be overweight or obese.

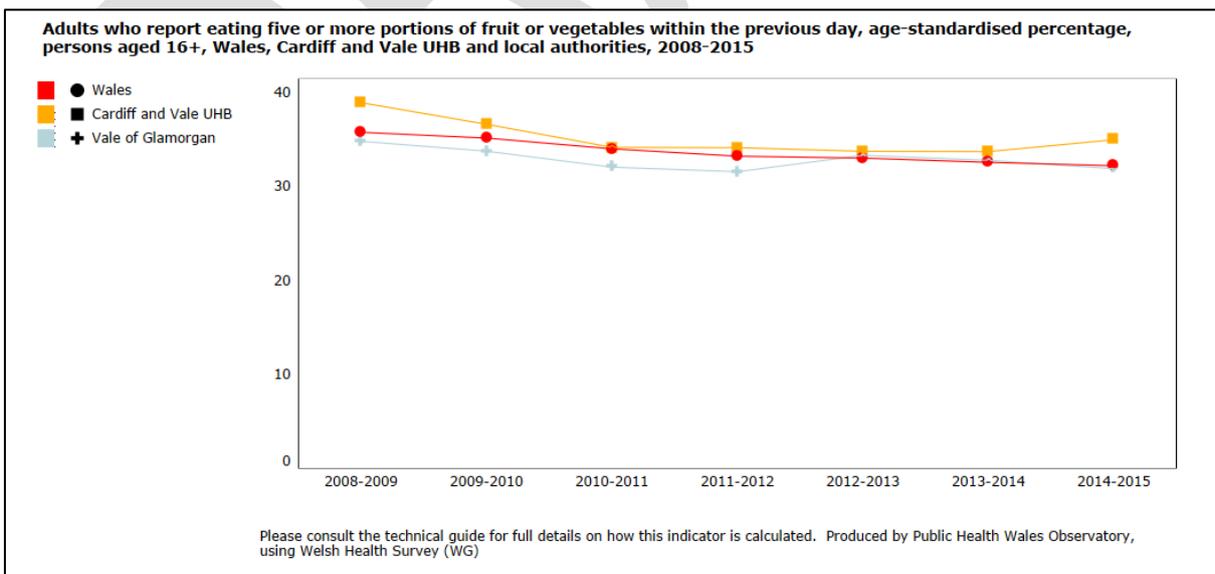
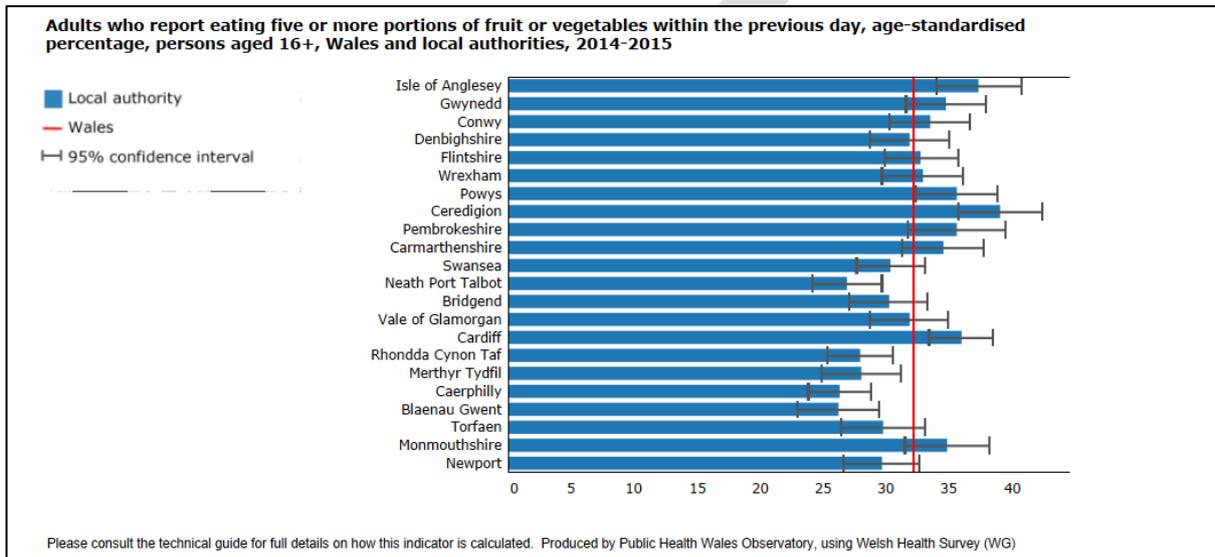
Obesity Summary

- Overall the level of obesity in the Vale of Glamorgan is decreasing for both adults and children. Tackling obesity has been a focus in recent years for the Cardiff and Vale Health and Well-being Board.
- However inequalities can be observed within the Vale of Glamorgan with the more deprived areas around Barry displaying a higher number of adults who are overweight or obese.
- The percentage of reception age children (4 to 5 year olds) who are overweight or obese in the Vale of Glamorgan has decreased in recent years and is the lowest in Wales. However this rate is still too high to protect the health of our future generations. Again there are also higher levels of children in the Barry area who are overweight or obese compared to other parts of the Vale.
- Differences can also be observed across age groups and should the current status quo continue, by 2025 77% of males aged 45-64 in Cardiff and the Vale of Glamorgan will be overweight or obese.

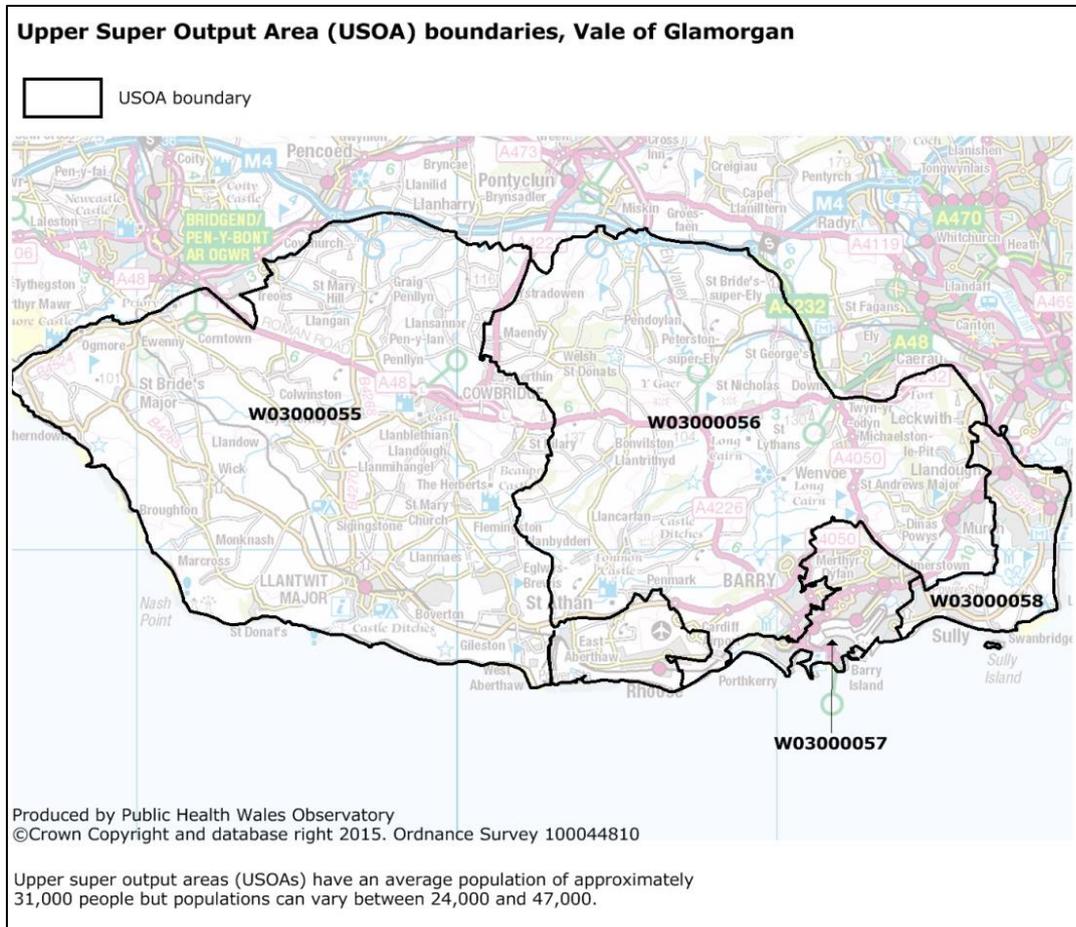
Healthy Eating

In order to maintain a healthy weight eating a balanced diet is essential. Although not the only contributory factor to having a healthy diet, eating 5 or more portions of fruit and vegetables daily is key to achieving a healthy balanced diet. The World Health Organisation recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems, such as heart disease, stroke and some cancers.

Welsh Health Survey results for 2014-15 show that in the Vale of Glamorgan 34% of adults reported eating five or more portions of fruit and vegetables on the previous day. This is slightly below the Welsh average but has increased in recent years as shown in the charts below.



As with other healthy behaviours, there is a marked difference between different areas of the Vale. As shown in the following chart, similar for trends in higher levels of smoking and obesity, the areas of Barry which are most deprived as according to WIMD 2014 display the lowest percentages of adults eating five or more portions of fruit and vegetables on the previous day. The Eastern Vale area has the highest percentage which is slightly above the Welsh average.



Adults who reported eating five or more portions of fruit and vegetables the previous day (age-standardised), 2008-2013

USOA	Consumption of fruit and vegetables: Meets guidelines %	Lower	Upper	Unweighted Base (c)
		Confidence Interval %	Confidence Interval %	
The Vale of Glamorgan				
W03000055	36	33	40	1,022
W03000056	34	30	38	867
W03000057	28 -	24	31	1,037
W03000058	37	33	40	804
Wales	34	34	35	92,081

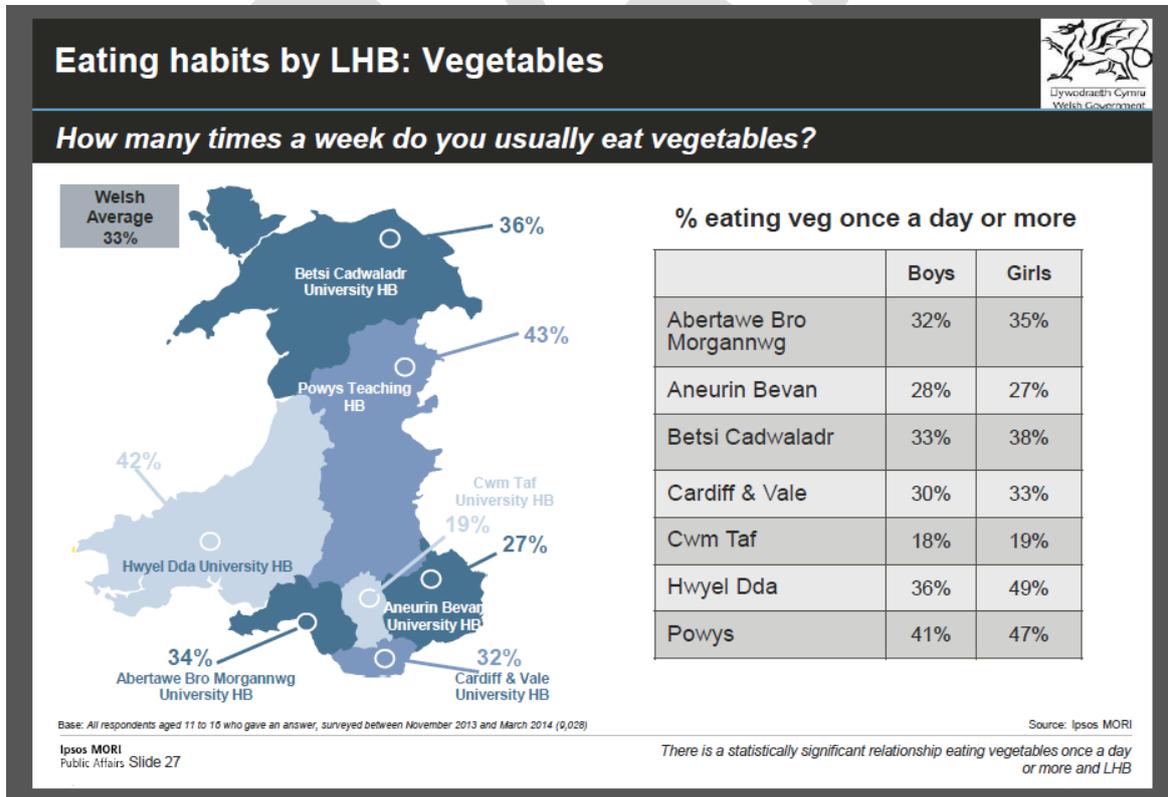
Source: Welsh Health Survey: 2008-2013

- (a) Values significantly higher than Wales denoted by '+', values significantly lower than Wales denoted by '-'.
- (c) Bases vary, those shown are for the whole sample.

It should be acknowledged that those living in lower income households may find it more difficult to access fresh fruit and vegetables in order to maintain a healthy diet and rely more on often cheaper convenience foods. The Marmot Report highlights how “low income and area deprivation are both barriers to purchasing fresh or unfamiliar foods, while lower income households are the harder hit by food price fluctuations.” **These issues in relation to accessing healthy food are explored in more detail in the xxxxx chapter of this assessment.**

In order to try and address these issues the Cardiff and Vale Eating Well Action Plan identifies the key partnership actions required to support the population to eat a varied and balanced diet to improve their health and wellbeing. The plan highlights how we see higher levels of obesity and overweight and lowest levels of 5-a-day intake in our most deprived communities. The aim of the plan is to develop and deliver actions that support these communities to eat more healthily, therefore increasing the number of children and adults who are within the normal weight range, thus contributing to reducing inequalities in health.

Similarly to adults, the percentage of children aged 11-16 who reported eating vegetables once a day or more was slightly below the Welsh average. According to the Health Behaviour in School-aged Children in Wales survey 2013/14 32% of 11-16 year olds reported eating vegetables in the Cardiff and Vale UHB area compared to the Welsh average of 33%. Across Wales girls reported consuming more vegetables than boys. Children in the more rural areas of Wales also reported a significantly higher level of vegetable consumption which could be attributed to cheaper, local produce that is often available in rural areas.

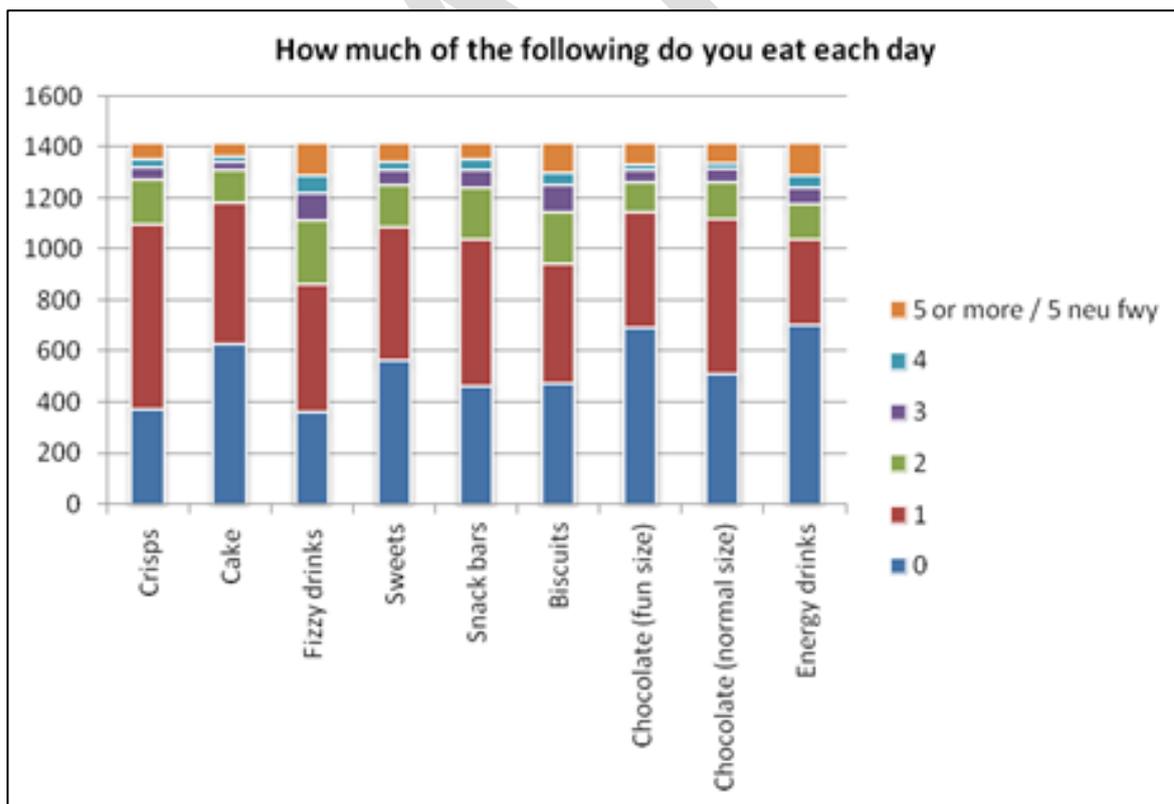


The survey also showed that in the Cardiff and Vale UHB area girls aged 11-16 who reported eating breakfast was 42%. This is the joint lowest in Wales and is 20% less than boys in Cardiff and the Vale where 62% reported eating breakfast. The importance of eating a healthy breakfast before school has been well documented.

The survey also found that consumption of sugary and energy drinks in the Cardiff and Vale area is higher than the Welsh average, with approximately 1 in 5 children aged 11-16 drinking sugary drinks such as Coke at least once a day. Similarly the percentage eating sweets once or more a day is also above the Welsh average. Across Wales the more rural areas such as mid and west Wales display lower consumption levels of sweets and sugary drinks compared to more urban areas where these products may be easier to access for children on their way to school for instance.

The findings from the Health Behaviours in School-aged Children survey results for consumption of sugary drinks across the Cardiff and Vale UHB area are also backed up at a local level by the School Survey that was undertaken in the Vale of Glamorgan in 2013. Results from this survey shows that from various categories of 'junk food', fizzy drinks are the item children are least likely to report they 'never' consume and most likely to report consuming 5 or more times a day.

Amount of 'junk food' eaten in a normal day, secondary school pupils – Vale of Glamorgan School Pupils Needs Assessment 2013.



In order to help promote a healthy diet to children there are a range of initiatives in place. The Welsh Network of Healthy School Schemes (WNHSS) was launched in 1999 to encourage the development of local healthy school schemes within a national framework. The WNHSS describes a health promoting school as one which 'actively

promotes, protects and embeds the physical, mental and social health and well being of its community through positive action'. This can be achieved through policy, strategic planning, staff development, curriculum, ethos, physical environment and community relations. The Vale Healthy Schools Scheme was launched in 2000 and is one of 22 local schemes accredited as part of the WNHSS. The Scheme is funded by Welsh Government, managed by Public Health Wales, and actively supported by Cardiff and Vale University Health Board and the local Education Authority. The Scheme works in partnership with local and national organisations to ensure a coordinated and multi-faceted approach to health within schools.

Work surrounding food and nutrition includes supporting schools to do a wide variety of activities e.g. supporting School Nutrition Action Groups, promoting cookery in schools, promoting healthy lunchbox choices, encouraging a whole school approach to food and nutrition.

Free School Meals and Free Breakfast Club schemes also operate within the Vale in order to ensure pupils from more deprived backgrounds have access to nutritious food each day. It has been identified that children from more deprived areas often go without a healthy nutritious meal during the school holidays where having to provide an additional meal when children are not in school can prove a struggle for low income families. This is often referred to as 'holiday hunger' and in the Vale of Glamorgan the School Holiday Enrichment Programme was established in summer 2016 in order to help alleviate these issues.

Insert SHEP Case Study Example

In addition to initiatives run through schools for children from deprived backgrounds, to help promote healthy eating to adults from more deprived areas the Barry Communities First Cluster deliver a range of programmes including:

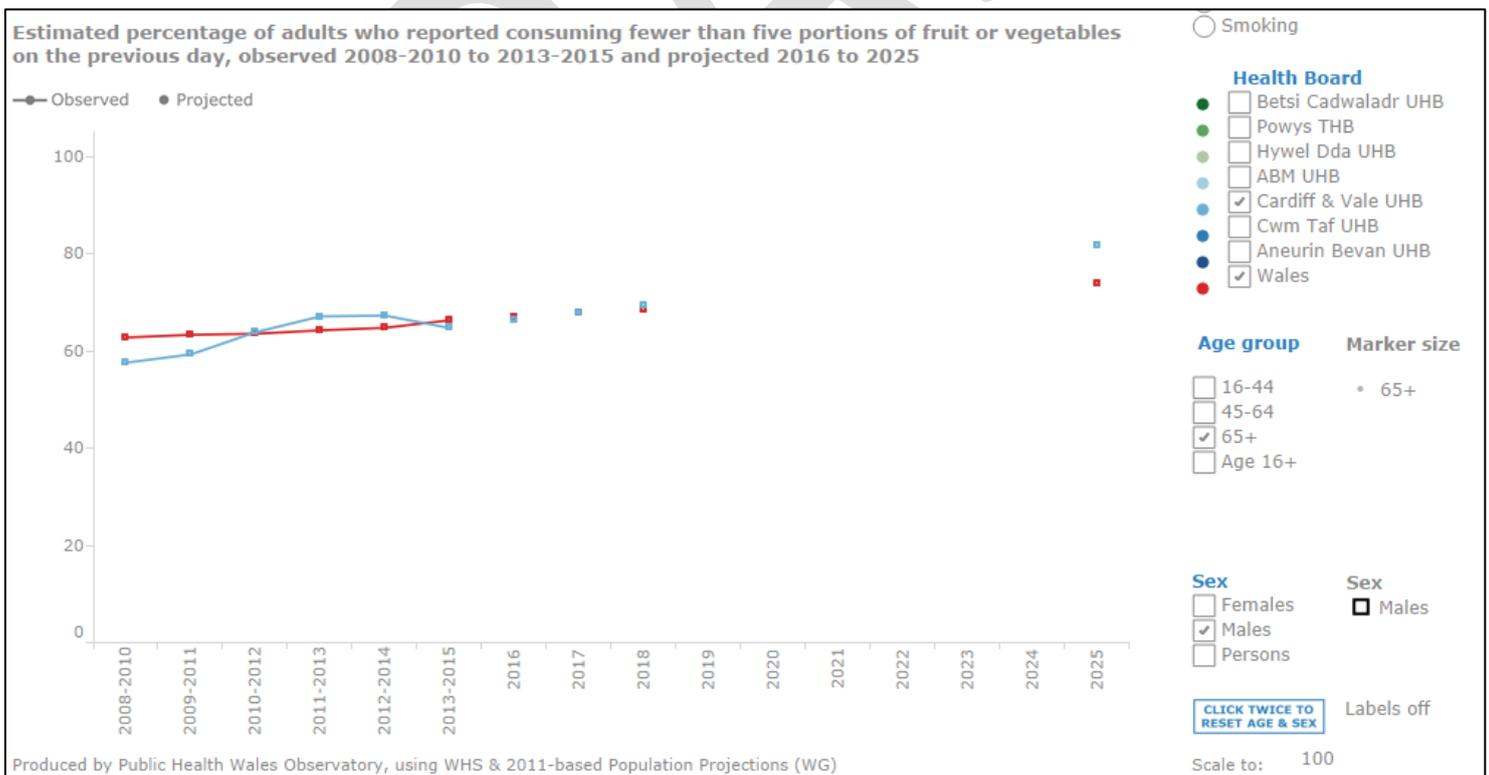
- Foodwise for Life – Public Health Wales Weight Management Programme;
- Healthy Eating Transition Toolkit – A healthy eating programme delivered to Year 6 pupils within the classroom;
- Get Cooking – Practical healthy eating cooking sessions; and

- Running courses such as the 'Community Food and Nutrition Agored Level 1 Course' where participants learn the basics of nutrition and what entails a balanced diet.

Creating a healthy food environment in the Vale of Glamorgan can be seen as essential in helping to improve our resident's well-being. There are a number of allotment sites across the local authority and the Vale of Glamorgan Local Development Plan Health Impact Assessment 2013 identifies the positive health effects that come from protecting allotments. In relation to considering healthy eating in the future the Health Impact Assessment also takes into account and recognises the potentially negative effects from change of use proposals which would involve the creation of hot food takeaways in retail centres.

Public Health Wales Observatory Projections for the percentage of male adults across Cardiff and the Vale reporting eating fewer than 5 portions of fresh fruit and vegetables a day is set to increase to above the Welsh average by 2025. Conversely the percentage of females reporting eating fewer than 5 portions of fruit and vegetables a day is set to remain below the Welsh average. The predicted increase for males may be explained by the estimated projections broken down by age group.

The percentage of males over 65 predicted to eat fewer than 5 portions of fruit and vegetables each day is set to increase by 16% when compared to the 2015 figure. This will result in the percentage being 8% higher than the Welsh average and equates to 81.7% of males aged 65+ not eating 5 portions of fruit and vegetables each day in Cardiff and the Vale by 2025 unless the status quo can be changed. This is shown in the chart below.



Conversely the percentage for females over 65 is set to decrease by 3% and would then stand at 8% below the Welsh average for those in the 65+ age range. However it is important to consider this would still equate to 62.8% of females aged 65+ in Cardiff and the Vale eating fewer than five portions of fruit and vegetables daily.

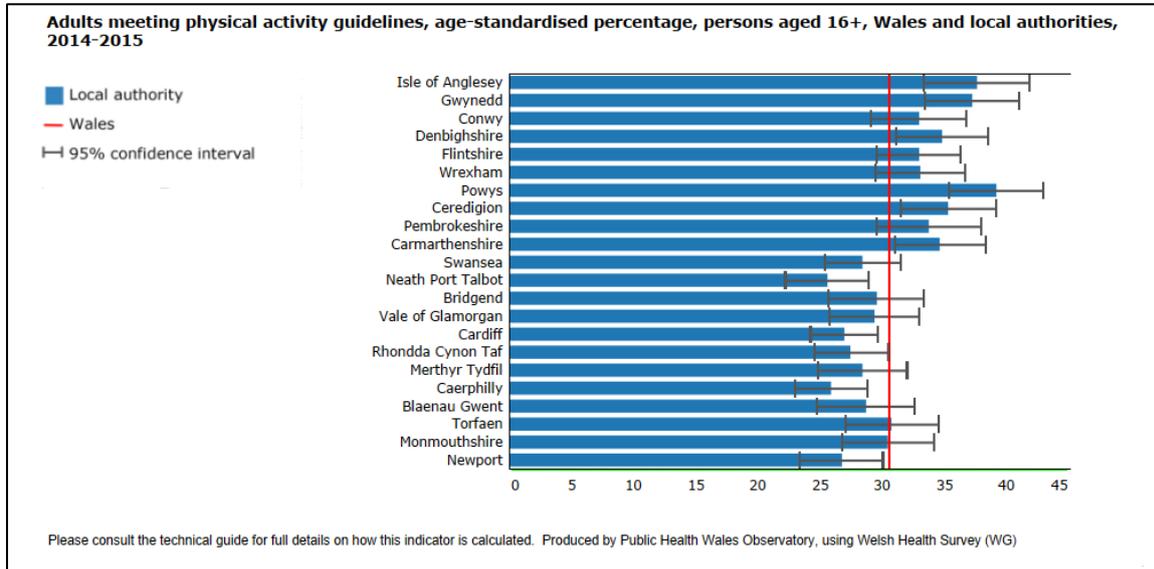
Healthy Eating Summary

- The percentage of adults consuming five or more portions of fruit and vegetables daily in the Vale of Glamorgan is slightly lower than the Welsh average but has increased in recent years.
- The lowest levels of consumption are found in Barry and correspond to the same areas that are most deprived as according to WIMD 2014, these areas also correspond to those where the highest levels of obesity are found.
- Fruit and vegetable consumption is also slightly below Welsh average for children aged 11-16 in Cardiff and the Vale with girls more likely to eat fruit and vegetables than boys.
- Girls are much more likely to skip breakfast with only 42% reporting eating breakfast before school compared to 62% of boys in Cardiff and the Vale.
- Consumption of fizzy and sugary drinks by children in Cardiff and the Vale of Glamorgan is higher than in other areas.
- Consumption of fruit and vegetables amongst older males is set to decrease. By 2025 it is predicted that 81.7% of males aged 65+ will eat fewer than five portions of fruit and vegetables daily in Cardiff and the Vale, a 16% increase from the 2015 figure.

DRAFT

Physical Activity

In addition to healthy eating being physically active can have a large impact on levels of obesity along with bringing a wide range of other health benefits and contributing to a person's well-being



In the Vale of Glamorgan the percentage of adults meeting physical activity guidelines is slightly below Welsh average. However this has increased for 2014-15 following a period where the percentage meeting physical activity guidelines was decreasing as shown in the chart below. The Vale of Glamorgan Public Opinion Survey 2014 showed that 35% of respondents reported using a leisure centre in the last 12 months in comparison to only 24% from the 2009 survey, supporting the trend that physical activity levels are increasing within the Vale of Glamorgan.



Source: Welsh Government (WG)

the same day, count towards the full 30 minutes. Respondents were asked to include physical activity which is part of their job. Examples of each type of activity are:

- light activity – housework or golf
- moderate activity – heavy gardening or fast walking
- vigorous activity – running or aerobics.

It is also important to consider that self-reported physical activity may be prone to respondent bias i.e. overestimating or underestimating their behaviour within their response.

Although levels of physical activity in the Vale of Glamorgan are lower than average, when considering participation in sport alone the Vale of Glamorgan is shown to have an active population. Sport Wales define participating in sport three or more times a week as 'hooked on sport' and the Active Adults Survey 2014 found that 45.4% of adults in the Vale were hooked on sport. This was above the Welsh average and behind only Gwynedd, Anglesey and Ceredigion. It is interesting to note that other authorities above average such as Monmouthshire and Pembrokeshire are also of a more rural nature when compared to other parts of Wales and may suggest that access to the natural environment can impact upon the likelihood of people participating in sport.

Within the Vale of Glamorgan, as in other areas of Wales differences can also be observed between males and females with males more likely to meet physical activity guidelines than females. This is also true in relation to participation in sport with 58.1% of males being 'hooked on sport' in comparison to 33.7% of females.

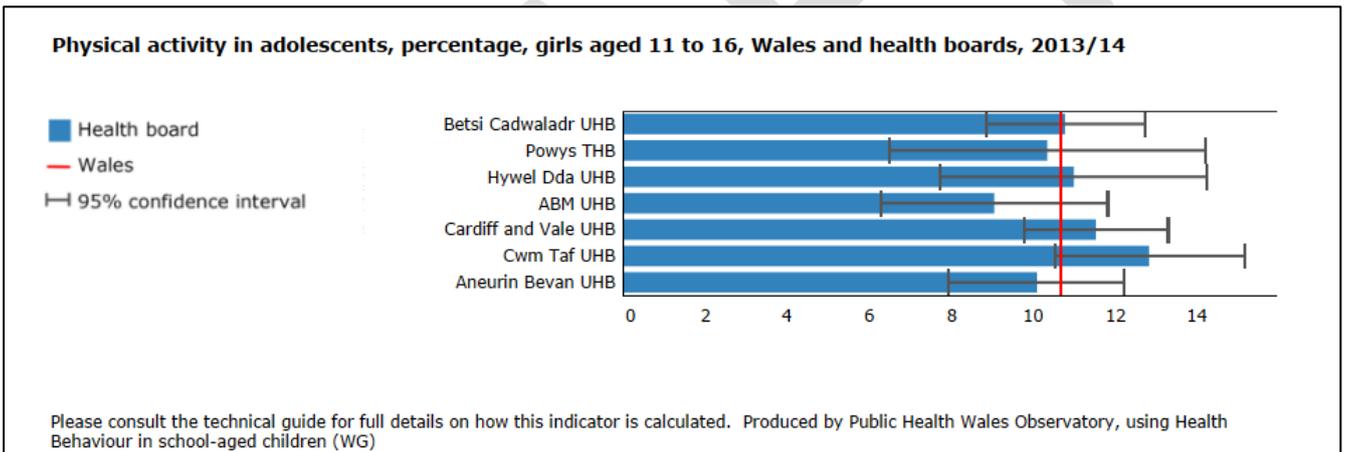
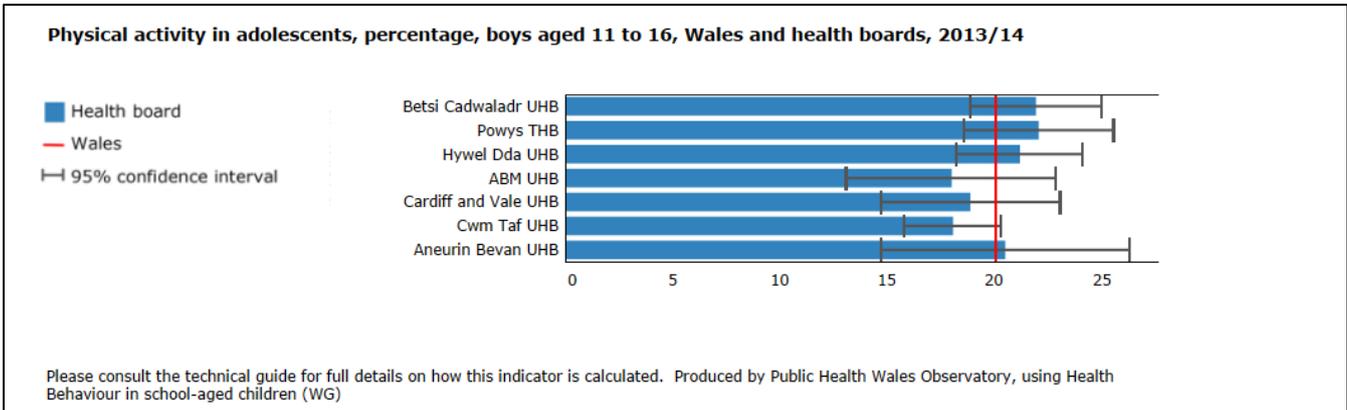
The Active Adults Survey also showed that the Cardiff and Vale UHB area had the highest percentage of adults with a long-term illness, health problem or disability who were 'hooked on sport' than other areas of Wales which may indicate a better provision of services than in other areas. Welsh speakers in Cardiff and the Vale are also much more likely to participate in sport than non-Welsh speakers. When asked whether they had participated in sport in the last 4 weeks, 93.8% of respondents who were Welsh speakers responded that they had compared to 78.8% of respondents who don't speak Welsh. A similar trend is observed across other areas of Wales.

Data from the Health Behaviour in School-aged Children Survey shows that in the Cardiff and Vale UHB area the percentage of children aged 11-16 meeting physical activity guidelines is below the Welsh average. It is also interesting to note that as young people in this area reach young adulthood, the Active Adults Survey showed that 15-24 year olds were less likely to be members of sports clubs compared to other areas in Wales.

With regards to adult males participating in sport and physical activity more than females a similar trend is observed when considering children who meet physical activity guidelines as explored below.

The percentage of girls meeting physical activity guidelines is lower than the percentage of boys, however for the Cardiff and Vale area, girls are more active than in other areas and the percentage meeting guidelines is above the Welsh average. Conversely although

boys are more active than girls in Cardiff and the Vale they are less active than their peers in other areas of Wales and are below the Welsh average as shown in the following charts. In the Vale of Glamorgan there has been a focus from the Council’s Sport and Development Team to get more girls active through the ‘Vale Girls on the Move Campaign’. This has included establishing new innovative activities that may appeal to girls such as ‘Glowminton’ which involves playing badminton in the dark using UV equipment, neon body paint and music.



The Sport Wales School Sport Survey 2015 provides more information in relation to children in the Vale of Glamorgan participating in sport. At a national level a number of interesting trends can be observed. In Wales generally Free School Meals pupils are less likely to be ‘hooked on sport’ than non-Free School Meal pupils. Mixed race and Black Ethnic groups were the most likely to be ‘hooked on sport’ and Welsh speakers were far more likely to be than those who don’t speak Welsh following the trend observed for adult participation.

As shown earlier the Health Behaviour in School-aged Pupils survey undertaken in 2013 found that children in the Cardiff and the Vale area were below the Welsh average in relation to meeting physical activity guidelines. However the more recent Sport Wales School Sport Survey 2015 which provides data by local authority area shows that the Vale of Glamorgan has one of the lowest percentages in Wales for those pupils who don’t take part in any frequent activity. The Vale was third highest for the percentage of pupils ‘hooked on sport’ and participating three or more times a week. Breakdowns by age

groups show the Vale to be the 5th highest in Wales for those in pupils in years 3 to 6 and the 3rd highest in Wales for those in years 7 to 11.

The percentage of males in years 3 to 6 'hooked on sport' was 53.3% compared to 58.6% in years 7-11. The percentage of females in years 3-6 hooked on sport was 48.2% compared to 48.1% in years 7 – 11. Although the percentage for females is lower overall and does not increase in secondary school as is observed for males, the percentage of females who are 'hooked on sport' in the Vale does not decrease with age suggesting those females engaged with sport continue to be so as they reach their teenage years. In a number of other local authority areas the percentage decreases when females reach secondary school.

However the survey also found that the percentage of females frequently taking part in community sport outside of school declines from 69.5% in years 3 to 6 to 61.9 % in years 7 to 11 suggesting females who are engaged in sport are more likely to be so through school activities. Further analysis would be required to understand the reasons for this.

It is also interesting to note that the Vale ranks 2nd highest for the average number of minutes allocated for PE in primary schools per week but is one of the lowest in relation to time allocated per week for PE in secondary schools. Overall the Vale ranks second for pupils taking part in frequent community sport outside of school and ranks first for all males. A higher than average rate of pupils enjoy doing sport when not at school 'a lot'.

In relation to barriers to participating in more sport when asked "I would do more sport if..." the most common reason in the Vale was 'there were more sports that suited me' which is consistent with the trend observed across Wales. Answers that scored more highly in the Vale than the average across Wales include 'if I had more time' and 'if I had less other things to do after school' suggesting that pupils in the Vale of Glamorgan are busy with other activities/ commitments in their free time.

The survey also found that Vale pupils were more likely to say they were very confident to try new activities without worrying but less likely to say they had competed in a match or competition against other schools than in other areas.

In relation to the type of sport and activity that pupils had taken part in over the past year the percentage of Vale pupils that had participated at least once in water based activities was higher than the Welsh average. Vale of Glamorgan pupils were more likely to have participated in canoeing or kayaking, lifesaving, rowing, sailing and surfing than the Welsh average. The Vale's coastal position may be used to explain this trend and highlights the valuable natural assets that are found in the Vale of Glamorgan which can be used to encourage healthy lifestyles.

The Vale of Glamorgan has a wealth of natural assets including the sea, beaches, country parks, lakes woodland areas and includes seven green flag parks which can enhance well-being. The Marmot Report highlights how "numerous studies point to the direct benefits of green space to both physical and mental well-being. Green spaces have been associated with a decrease in health complaints...improved mental health and reduced stress levels, perceived better general health and the ability to face problems."

This is reflected in the findings of the Active Adults Survey 2014 which found that across Wales those with a physical or mental condition were more likely to have visited the

countryside or the seaside/ coast than taken part in any other type of physical activity. This again emphasises the importance of utilising the Vale’s natural assets in a sustainable manner to improve well-being.

When considering physical activity and participation in sport by area of the Vale of Glamorgan again the natural environment can be seen as influencing participation levels. As shown below the percentage of adults being physically active on at least 5 days of the past week is highest in the more rural, Western Vale. Despite demographic data showing that this area of the Vale has an older population compared the Barry and Eastern Vale areas, as stated earlier physical activity does not necessarily have to include participation in sport and it could be stated that the natural environment found in the Western Vale can provide the older population here with the opportunity to keep active through walking in the countryside for instance.

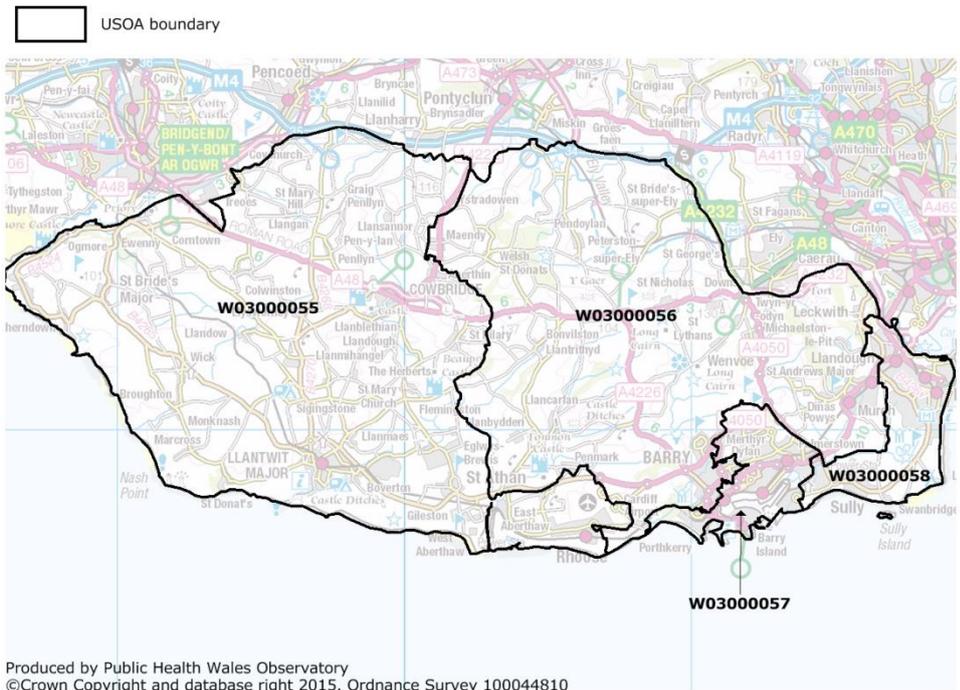
Adults who reported being physically active on 5 or more days in the past week (age-standardised), 2008-2013

	Physically active on 5 or more days in the previous week	Lower Confidence Interval	Upper Confidence Interval	Unweighted Base (c)
USOA	%	%	%	
The Vale of Glamorgan				
W03000055	31	27	34	1,022
W03000056	28	25	32	867
W03000057	29	26	32	1,037
W03000058	26	23	30	804
Wales	29	29	30	92,081

Source: Welsh Health Survey: 2008-2013

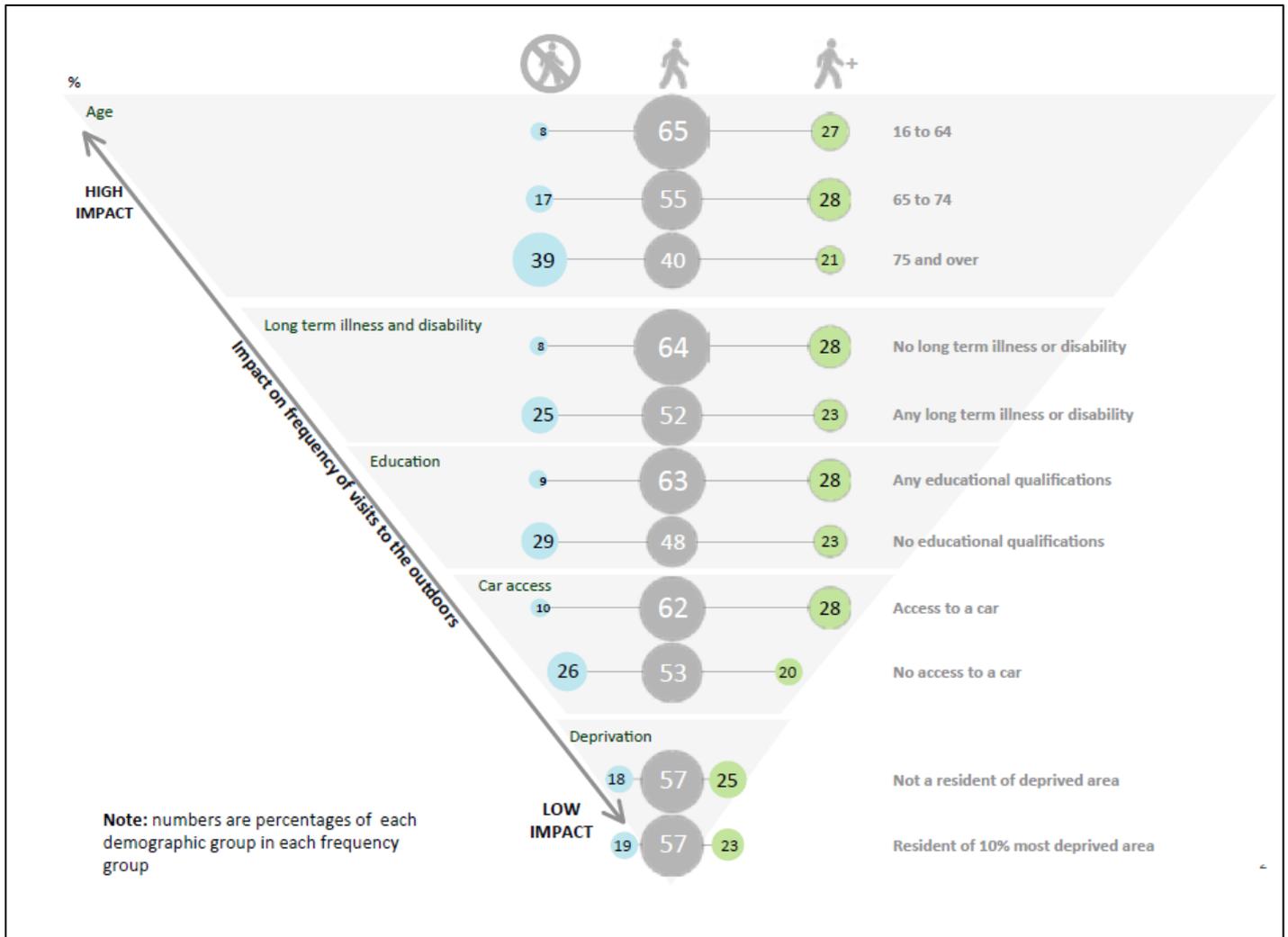
- (a) Values significantly higher than Wales denoted by '+', values significantly lower than Wales denoted by '-'.
- (c) Bases vary, those shown are for the whole sample.

Upper Super Output Area (USOA) boundaries, Vale of Glamorgan



Upper super output areas (USOAs) have an average population of approximately 31,000 people but populations can vary between 24,000 and 47,000.

As opposed to other healthy lifestyle indicators such as levels of obesity, smoking and consumption of fruit and vegetables, the Barry area ranks higher than other areas of the Vale for meeting physical activity guidelines with the exception of the Western Vale. This may indicate that a poor diet has more impact on obesity levels in this area as opposed to lack of physical activity. This is despite this area containing some of the most deprived LSOAs in the Vale as according to WIMD 2014. However the Natural Resources Wales Welsh Outdoor Recreation Survey highlights how demographics have a greater impact on participation in physical activity than deprivation does as displayed in the following diagram.



Areas of the Eastern Vale which showed the lowest levels of physical activity according to the charts above contain a number of LSOAs with a high proportion of over 65s which may explain this trend. These findings relate to physical activity which as explained can include activities such as housework and walking. In relation to participation in sport, again differences can be observed by area and different trends are observed as opposed to the wider definition of physical activity.

The Let's Talk Survey found that residents in the Eastern Vale were most likely to participate in sport daily and least likely to never participate. Respondents from the Western Vale were most likely to never participate in sport which may be reflected in the demographic profile of this area which contains a higher proportion of older people than other areas.

Participation in Sport			
	Barry	Eastern	Western
Daily %	7.9	8.6	6.1
Once or Twice a week %	28.1	30.4	29.8
Once or Twice a month %	11.4	12.8	11.6
Less Often %	24.5	24.1	20.7
Never %	28.0	24.1	31.8

Although the more rural Western Vale may offer a variety of natural assets which can be utilised for activities such as walking and helping residents here meet physical activity guidelines, in relation to sport participation access to sport clubs and venues such as leisure centres is more limited in this area and may therefore limit opportunities to participate in sport. This is demonstrated through the Let's Talk survey findings as below.

What factors stop you participating more?			
	Barry	Eastern	Western
Money %	23.6	22.6	18.8
Time %	36.1	38.6	33.9
Access %	12.5	11.8	13.5
Choice %	19.9	19.3	25.1
Other %	7.9	7.8	8.8

Across all areas of the Vale time was the factor which stopped people participating in more sport. The majority of respondents to the survey were aged over 18 and it is interesting to note that time proved a barrier to adults participating in more sport. As stated earlier, children in the Vale of Glamorgan also indicated that they would participate in sport if they had more time after school and were not busy doing other things.

The second most common reason to stop people participating in more sport was money in the Barry and Eastern Vale area whereas choice was the second most common reason in the Western Vale. Again this emphasises that there is less easy access to sport venues in the Western Vale.

The WIMD 2014 Access to Services Domain considers public and private travel time to a range of services and highlights that the average travel time on public transport to a leisure centre in most areas of Barry is under 10 minutes. Although some areas of the rural Western Vale have relatively short travel times due to being situated next to either Cowbridge or Llantwit Major leisure centres, for some rural LSOAs average public travel times can reach up to 127 minutes. Similar trends can be observed for private travel times (by car or motorbike) which although are not as long as travel by public transport there are still substantially longer travel times in the Western Vale which may limit the choice of activities residents in this area are able to access.

Sport Wales have combined the results of the Active Adults Survey with Mosaic UK segmentation profiles to create 12 profiles for Wales which explain the likelihood of people in that profile type participating in sport, the type of activity and the factors that prevent further participation. Maps are available by profile type to display the wards within the Vale of Glamorgan where each profile type is most prevalent. Analysis of these maps display a number of differences between areas of the Vale as outlined below.

Western Vale

The Western Vale contains a higher than average levels of the following profile types:

Rhys – Very likely to take part in sport and recreation and is most likely to be member of traditional sport clubs – this may indicate an ability of young males in this area to afford club membership fees compared to other areas.

Lisa – Higher than average level in St Athan, this profile type includes mums to young families who prefer personal activities e.g. going to the gym.

Sian - There is highest concentration of this segment in the less deprived areas of the Vale of Glamorgan according to WIMD 2014, for example St. Brides Major and Peterston-Super-Ely. This profile type is most likely of the female segments to take part in sport although at leisure/ fitness facilities rather than as part of a traditional sport club.

Huw - There is an above average level of this profile type in the West of the County particularly to the North in less deprived wards. This profile is more likely to participate in outdoor activities which may be reflected in the rural nature of the wards where there is an above average level for this profile type.

John and Ann – High prevalence of this profile type indicates a relatively active older population.

Western Vale summary –The Western Vale is relatively active for females and males including older people. People in this area prefer to access outdoor activities and take part in personal leisure/ fitness activities than be members of traditional sports clubs with the exception of younger males.

Eastern Vale

Lisa – Higher prevalence in the South of the county, may correspond to areas where there are likely to be more mothers to young children. Also where there is better access to Gym facilities. Lisa is likely to want to participate more often in sport, in particular indoor games and personal fitness activities

Mark - Highest concentration in the Eastern Vale – Sully, Llandough and Penarth where this profile is above average. Mark tends to be in his 30s, married with children of pre-school age, and is likely to have relatively high levels of affluence. Mark is typically part of a two-car household and tends to live on new-build suburban housing estates that are likely to be populated by similar aspiring middle-class families. This may be reflected in the close proximity of these areas to Cardiff. Mark tends to be more active than average but most likely to demand outdoor activities. Again this may be reflected in the fact that these areas are closer to Cardiff where there may be more indoor activities rather than the rural Vale with easier access to the natural environment.

Christine – Higher than average levels in Cornerswell in Penarth. This profile group is unlikely to participate in sport and recreation frequently. Household income and savings is likely to be low which may be the reason for this.

Bob and Betty - There are above average levels of this profile type found in wards in the Vale where there is typically a higher percentage of older people. Although this profile type is described as enjoying a relatively active retirement, they are unlikely to take part in sporting activities. Sully is an example.

Eastern Vale Summary – Again the Eastern Vale is relatively active with pockets where activity levels are lower due to either low income or an older population.

Barry

Gav – This profile type relates to younger males. There are higher than average levels found situated in Barry where there may be more opportunity and more clubs on the doorstep. More likely than average to take part in activities

Tony - Tony tends not to be active, and is relatively unlikely to take part in any category of activity, with the exception of social activities. As a whole there are low levels of this profile type found in the Vale of Glamorgan with the exception of Barry. Ill health is the likely barrier to participating in more sporting activity.

Dot - Dot is unlikely to participate in any activity. Dot is very unlikely to be a member of a fitness centre or traditional sports club, or volunteer in sport. Dot is unlikely to express demand for sport. Dot is likely to be an older retiree, Similar to the profile for 'Tony', as a whole there are low levels of this profile type found in the Vale of Glamorgan. The highest levels are found in the Barry area. Ill health is the most likely reason for this profile type to not participate in sport

Barry summary – This is the area where profiles associated with low levels of activity are found. This is likely to be attributable to ill health and areas correspond to those found earlier to have higher than average levels of obesity and smoking. Younger males are the population group who are likely to take part in sport. Although Barry is most likely to have purpose built sporting venues as opposed to other areas of the Vale, other areas display a more active population. It is likely that the natural environment found in more rural areas plays a part in this although Barry residents have easier access to Barry Island.

Physical Activity Summary

- The percentage of adults meeting physical activity guidelines in the Vale of Glamorgan is slightly below average. However in relation to participation in sport the Vale has an active population with a higher than average percentage of adults 'hooked on sport'. Males are more likely to participate than females.
- Boys are also more likely to be active than girls. It is pleasing that girls in the Vale are less likely to become disengaged with sport as they grow older with the percentage of girls 'hooked on sport' in the Vale remaining the same for both primary and secondary school pupils. This decreases for girls in secondary schools in other areas.
- The natural environment plays an important role in keeping Vale residents active particularly in relation to the Western Vale. Children in the Vale are also more likely to have participated in water based activities than in other areas.
- Time is the biggest barrier to increased participation in sport for both adults and children.
- There is a less clear link between deprivation and lower levels of physical activity whereas there is a much stronger link for other health behaviours such as higher levels of obesity, smoking and lower levels of consumption of fruit and vegetables in more deprived areas. However ill health being a barrier to participation in sport is more common in these more deprived areas in Barry which is a likely result of other unhealthy lifestyle behaviours. The Cardiff and Vale Physical Activity Action Plan 2015-2018 sets out a range of activities to increase physical activity in these areas.

Play

Article 31 of the United Nations Convention on the Rights of the Child, states that “Children have the right to relax and play, and to join in a wide range of cultural, artistic and other recreational activities.”

Play is the means by which children explore their environment, their world, their roles and relationships; supporting positive mental health in our future generations. It is the natural instinctive process of learning and development and provides opportunities for problem solving, language development, creativity, communication, negotiation, listening skills as well as an opportunity to learn about risk, which is an essential element of confidence building.

Play can have a big effect on a child’s development including on a range of other healthy lifestyle behaviours and is particularly linked to physical activity in keeping children healthy and active. In order to assess play within the Vale of Glamorgan, in 2016 the Vale of Glamorgan Council undertook a Play Sufficiency Assessment (PSA). A number of key findings from the 2016 PSA are as follows:

- There has been a decline in the number of play opportunities offered since the last Play Sufficiency Assessment, particularly in relation to open access afterschool provision and sessions. Clearly this is not an ideal scenario but is unlikely to change due to funding pressures.
- There is a passion and understanding of the benefits of play amongst a number of internal and external partners, who are committed to the further development of play opportunities for children and young people.
- There are many examples of good practice in play projects that have arisen as a result of partnership working but many of these projects have ceased due to discontinuation of funding sources. There is little core funding for play in the Vale of Glamorgan and there is a continued need to explore options for delivery and funding.
- There is still a distance to travel in relation to organisations sharing the information they have which has a direct or indirect link to play.
- Organisations including the Council’s Sports & Play Development Team and Mentor Bro Morgannwg have identified that there may be difficulties in the future with accessing suitably qualified play staff to meet the requirements for summer holidays provision, particularly for those services being delivered through the medium of Welsh. The development of Welsh language provision through a partnership approach between the various departments in the Vale of Glamorgan Council and Mentor Bro Morgannwg will need to be taken to address this.

Consultation undertaken with children in summer 2015 to inform the PSA found that after their garden, the next most popular places to play were local beaches/rivers, play areas and local grassy areas. This highlights the importance of the natural environment to facilitating positive play and the need to protect these valuable resources in the Vale.

In addition to being utilised by children and families on their own, these spaces are a valuable resource for the Vale Sports & Play Development team and other organisations to facilitate play activities. When planning the future provision of play activities the natural environment proves an invaluable resource within the Vale. With limited funding available to develop new play opportunities, having access to open spaces is seen as a key factor in ensuring children continue participate in play activities. It is also recognised that there must be a focus on developing 'playful communities' whereby there is an understanding of the need to widen the areas where people perceive children can play and what 'play' really means. However in relation to children playing outside there may be a challenge in relation to people's perceptions of whether it is safe for children to play outside with 2013-14 National Survey for Wales results showing that 62% of Vale residents agreed that it was safe for children to play outside in the local area compared to 64% at a national level. Areas where more people agreed it was safe for children to play outside included more rural local authorities in North and West Wales.

Whilst there is a benefit to having fixed play areas, there is a need to raise awareness amongst families about the importance of other places such as open spaces, woodlands and beaches in enabling children to experience play in its widest form. Organisations such as Penarth Town Council highlighted this point in response to the consultation exercise used to inform the PSA, indicating that their communities are rich in natural resources such as country parks and beaches, which should be promoted and considered in the wider concept of play. Therefore an awareness raising campaign is a priority area for the action plan that accompanies the PSA. The National Survey for Wales 2014-15 also showed that 74% of parents of children aged 0-10 years of age in the Vale of Glamorgan were satisfied with places for children to play which was the highest in Wales. Across Wales the percentage satisfied with places for children aged 11-15 to meet and get together is lower than for the younger age group and although the percentage of 42% in the Vale is still higher than the Welsh average it no longer ranks top with parents in a number of other local authorities more satisfied with places for children aged 11-15 to meet up. It could be suggested that children from younger age groups are those more likely to access organised play events and facilities alongside their parents. It could therefore be beneficial to target children and parents of children in the older age range to promote sustainable use of the vast number of natural assets the Vale has to offer and the wide ranging benefits that using these assets and being more active can bring. **(Enhance with engagement findings)**

There are already a range of examples of activities being promoted in the Vale utilising the natural assets found in the area. Llantwit Major Town Council, Penarth Town Council and Wick Community Council have funded Play Ranger sessions in their respective areas which encouraged children, young people and their families to utilise the outdoor space in their communities for outdoor play. It is hoped this type of provision will encourage them to continue to use the fantastic natural resources the Vale has to offer to undertake play without the support of play staff. Low cost initiatives are also being undertaken in more built up areas of the Vale in order to promote play and develop more sustainable, free or low cost provision such as the Wheelie Bin Doorstep Sports project.

Sustainable use of natural assets to facilitate play is essential to future planning of play activities across the Vale. Similarly more involvement from local individuals and community groups can be seen as a solution to increasing budget pressures. An example of this already happening is in St. Athan where an extensive asset mapping project to

identify the services in the area was undertaken by the Creative Rural Communities partnership. The project considered not only physical assets but the community networks in the area which could prove invaluable in helping to identify alternative ways of delivering non-statutory services and through detailed engagement with residents identified that better play areas were one of the services most residents felt was needed in St. Athan. The Friends of St Athan Play Areas community group was established and are now working to source funding for a new play area.

Play Summary

- There has been a decline in the number of structured play activities offered in the Vale of Glamorgan due to increasing funding pressures.
- Future provision of services in the medium of Welsh, particularly during school holidays are seen as being at risk, largely due to being unable to meet staffing requirements.
- The use of natural assets and increasing communities understanding of the need to widen the areas where people perceive children can play and what 'play' really means is seen as essential in future planning of provision.

DRAFT



Let's Talk Engagement Overview

Introduction

An important part of the well-being assessment is to ensure that we have engaged with local communities to inform our findings and we must then undertake further consultation regarding the draft assessment before it is published.

To date the engagement around the well-being assessment has fallen in to three elements:

- **The well-being survey** – the survey was available on-line and in hard copy and was promoted by partners. We have had over 800 responses to the survey.
- **Attendance at events** – we have attended a range of events across the Vale over the summer to talk to people about what matters to them. We have been asking people three questions which they have answered via a graffiti wall or by completing a postcard
 - ❖ What's good about where you live?
 - ❖ What could be better?
 - ❖ What services are important for your health and well-being?
- **Postcards** - People have also had the opportunity to tell us what they think by answering the above three questions on a postcard which has been available at events, on-line and on reception desks in a number of buildings e.g. Civic offices, libraries and Llandough Hospital.

In total across all the methods used we have engaged with around 1,000 residents across the Vale of Glamorgan.

Focus groups had been planned for September but due to the poor response to the invitations these have been cancelled and may now be held in the New Year as part of consultation on the draft assessment.

In addition to the well-being survey a super survey is currently being undertaken across all schools in the Vale and this will provide a wide range of information from children and young people. The results from this survey should be available in December.

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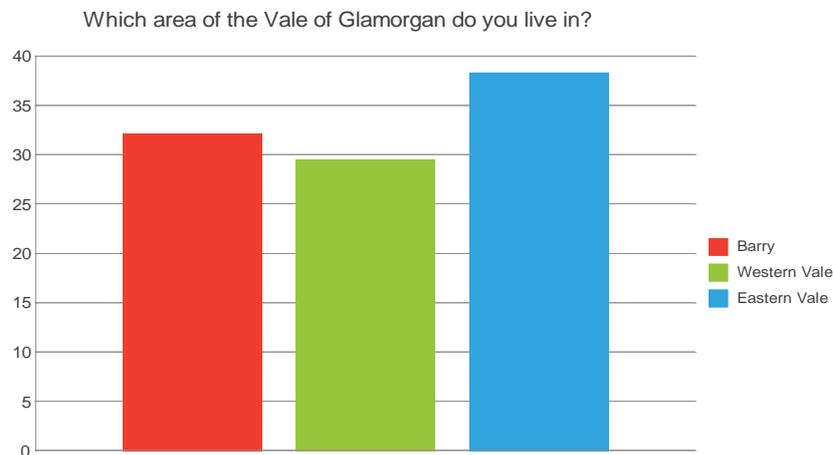
Our Well-being survey

This is the method that has reached the most people but we are also aware that those completing the survey may not be fully representative of the residents of the Vale e.g. in terms of age. The information below relates to just a select number of questions and is not for wider circulation at this stage. Further analysis of the results of the survey are being undertaken. Please note for some questions multiple answers could be given.

Respondents

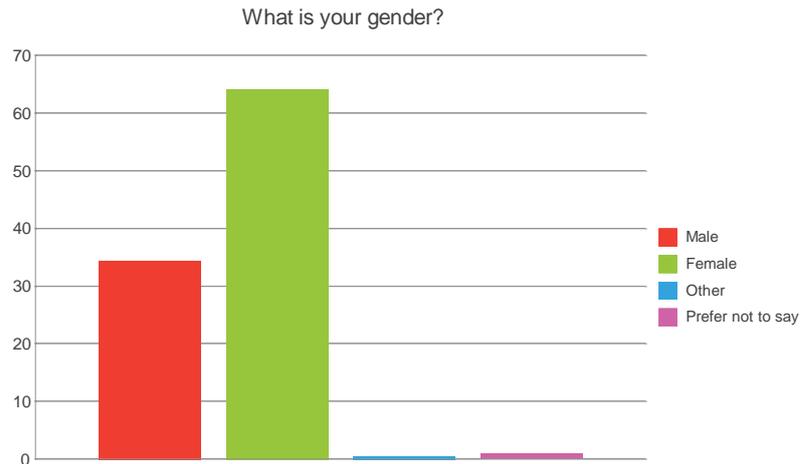
808 people completed the well-being survey

- 228 (32.2%) were from Barry, 271 (38.3%) from the Eastern Vale, and 209 (29.5%) from the Western Vale. 100 respondents chose not to give an answer to this question.

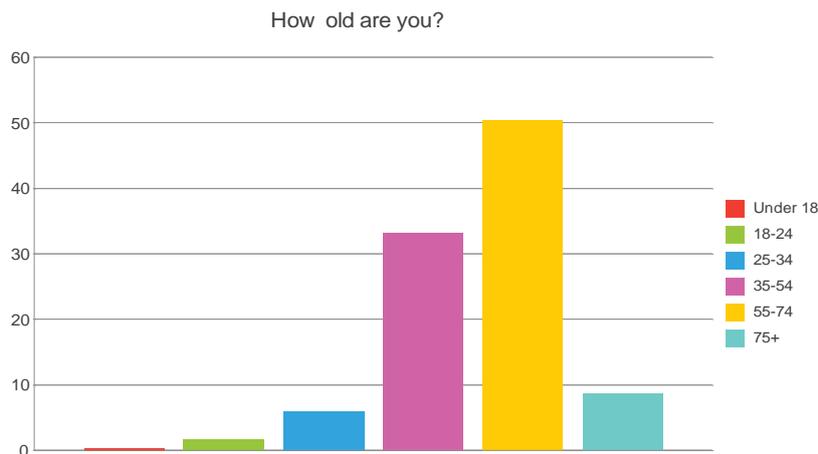


- Of the 743 respondents who answered the question on gender, the majority, 477 (64.2%) of respondents identified as Female, 255 (34.3%) as Male, 7 (0.9%) preferred not say, while 4 (0.5%) identified as other.

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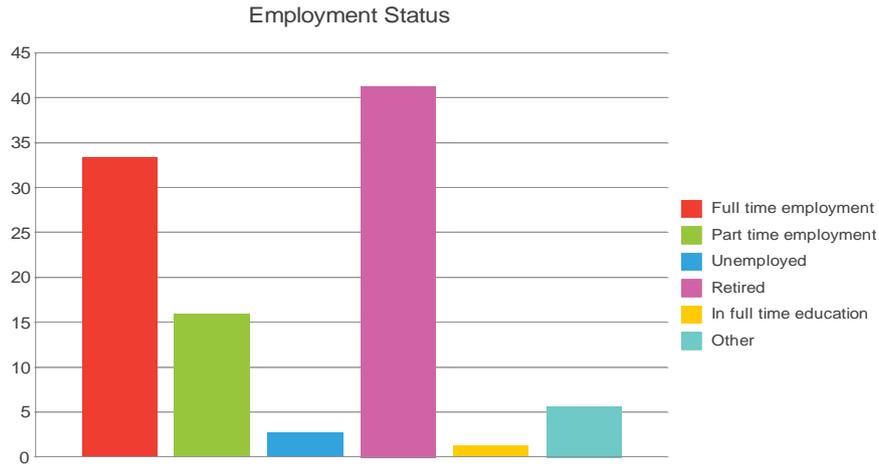


- Just over half of respondents who gave their age , 375 (50.3%) were aged between 55-74; 248 (33.2%) were aged between 35-54; 65 (8.7%) aged over 75; 44 (5.9%) aged between 25-34; 12 (1.6%) were aged between 18-24; and only 2 (0.3%) respondents were aged under 18.



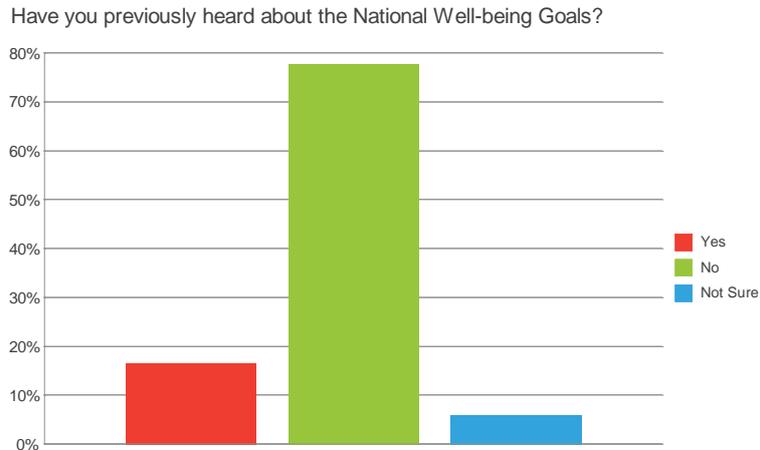
- Of the 520 respondents who answered the question on their employment status, the highest proportion 310 (41.3%) were retired, 50 (33.3%) were in full time employment, 42 (5.6%) selected other as an employment status, 20 (2.7%) respondents were unemployed, 19 (15.0%) were in part time employment, and 9 (1.2%) were in full time education.

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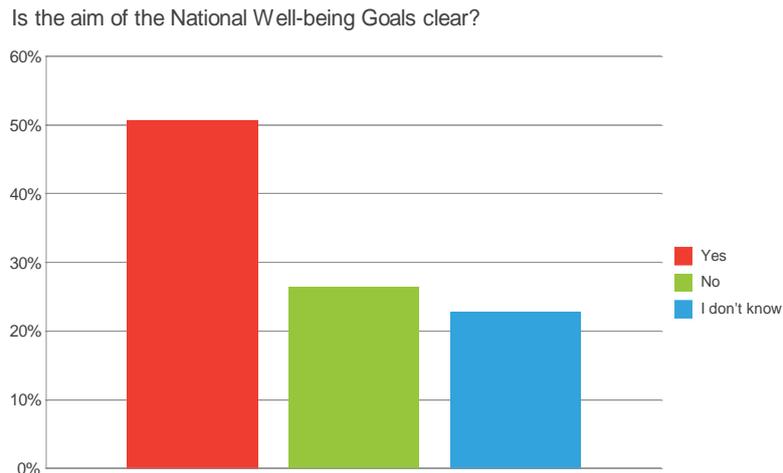
Well-being goals

Have you heard about the Well-being of Future Generations Goals and is the aim clear



Of the 803 respondents who answered this question, the majority 623 (77.6%) answered that they had not previously heard of the national well-being goals. However despite not having previously heard of the goals, 404 (50.6%) of respondents felt that the aim of the well-being goals was clear.

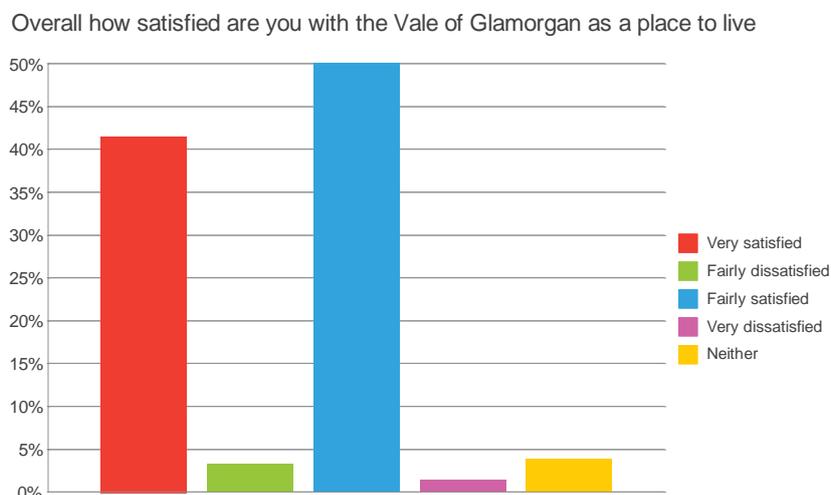
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Social well-being

Satisfaction with the Vale as a place to live

When asked about satisfaction with the Vale of Glamorgan as a place to live, the majority of respondents were either very or fairly satisfied to live in the Vale. Of the 784 answers to this question, 325 (41.5%) answered they were very satisfied and 392 (50%) answered that they were fairly satisfied with the Vale of Glamorgan; only 26 (3.3%) respondents answered that they were fairly dissatisfied with the Vale of Glamorgan as a place to live.

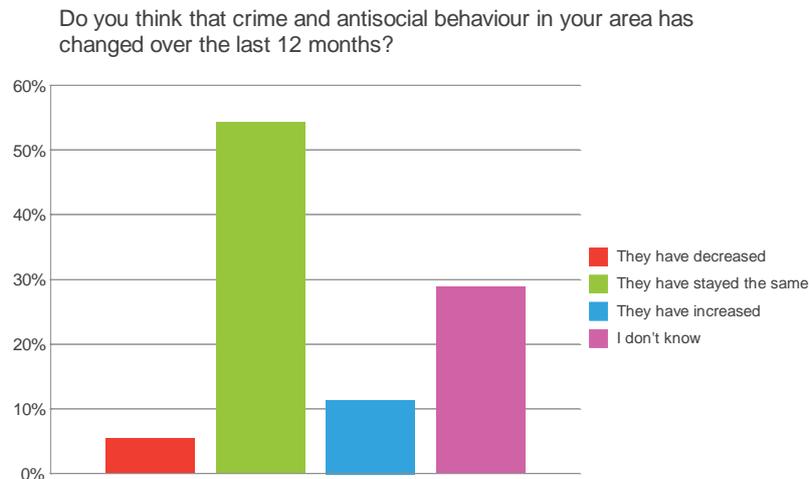


Has crime and ASB changed over the last 12 months

Respondents were asked whether they thought that crime and antisocial behaviour (ASB) had changed in their area over the last 12 months. 414 (54.3%) respondents reported they thought that crime and ASB had stayed the same. More respondents, 87 (11.4%) felt that there had been an increase in their area, than those that felt there had been a decrease, 41

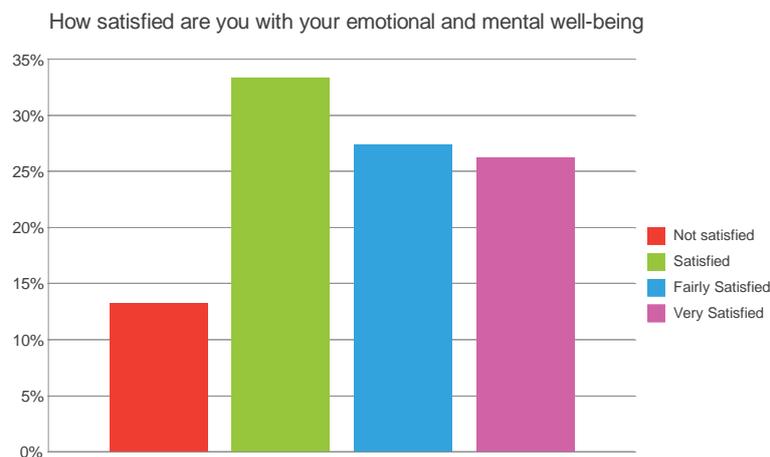
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(5.4%). However, 220 respondents (28.9%) reported that they did not know if there had been a change.



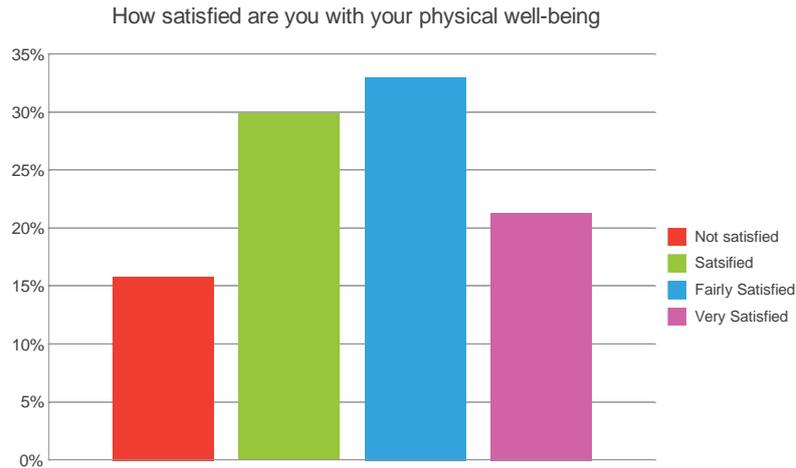
Satisfaction with emotional and mental well-being and physical wellbeing

When asked about their emotional and mental well-being the majority of respondents answered that they were satisfied, fairly satisfied or very satisfied. The highest proportion of respondents, 253 (33.3%) answered that they were satisfied with their emotional and mental well-being. 100 (13.2%) of respondents answered that they were not satisfied with their emotional and mental well-being.



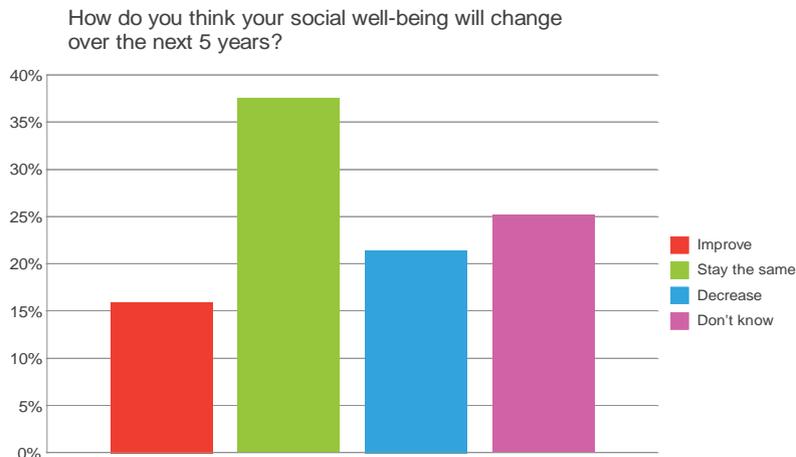
This is comparable to the answers given when asked about physical well-being, the majority of respondents answered that they were satisfied, fairly satisfied or very satisfied. In contrast to emotional and mental well-being, the highest proportion of respondents 242 (33%) answered that they were fairly satisfied, and 116 (15.8%) of respondents answered that they were not satisfied with their physical well-being.

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How do you think your social well-being will change over the next 5 years

When asked how their social well-being might change over the next 5 years the highest proportion of participants, 286 (37.5%), answered that it would “stay the same”. 163 (21.4%) respondents, answered that their social well-being would decrease, rather than increase, 121 (15.9%), over the next 5 years.



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Economic well-being

Affordability concerns

To assess the current level of concern about being able to afford certain aspects of life in the Vale of Glamorgan respondents were asked to assess the following categories.

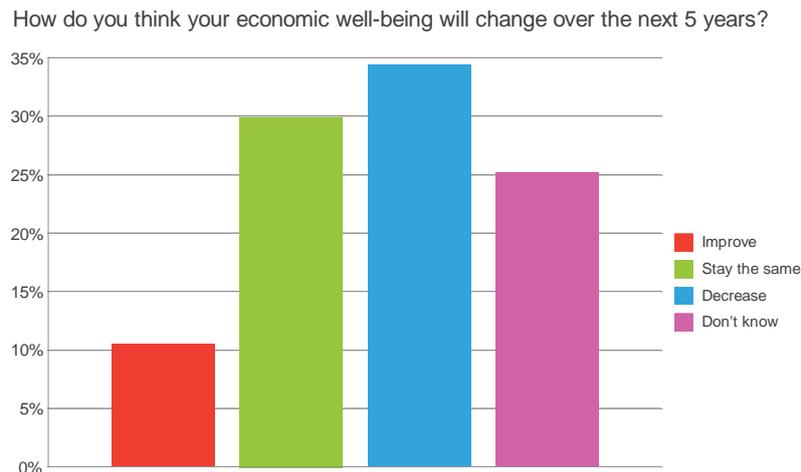
Totals	Not concerned at all	Not very concerned	Fairly concerned	Very Concerned
Housing %	22.1	12.4	14.4	18.0
Housing costs (rent/mortgage)	314	187	159	81
Energy costs %	10.3	16.1	23.3	21.4
Energy costs e.g. gas, electricity, coal	146	243	258	96
Transport %	14.0	19.0	17.4	14.5
Transport (personal and public)	200	287	192	65
Food %	23.2	17.6	10.9	7.8
Food (regular meals)	330	266	121	35
Social or leisure %	15.9	19.1	15.2	15.1
Social or leisure activities	227	289	168	68
Decent standard of living %	14.5	15.8	18.8	23.2
Decent standard of living	207	238	208	104
Totals	1424	1510	1106	449

Respondents were able to select multiple options in their assessment of affordability. Of those who answered this question, 104 (23.2%) indicated that they were “very concerned” by being able to achieve a “decent standard of living” and 258, (23.3%) of respondents indicated that they were “fairly concerned” by future energy costs.

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How do you think your economic well-being will change over the next 5 years

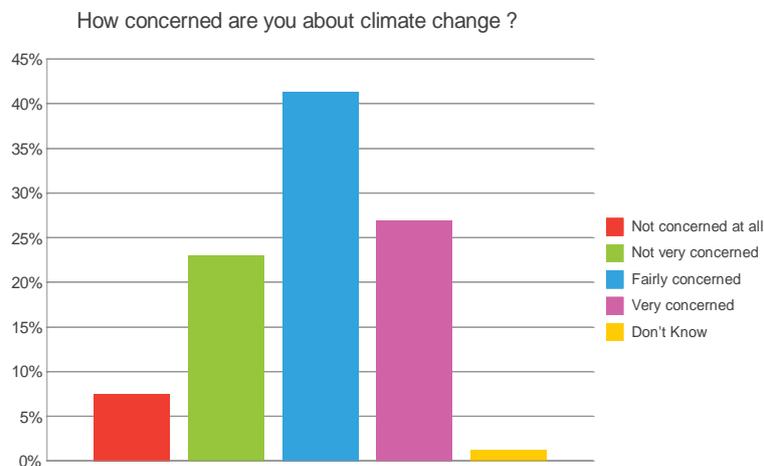
Of the 755 respondents who answered this question on future economic well-being, most, 260 (34.4%) answered that they expect their economic well-being to decrease. Only 79 (10.5%) respondents predicted that their economic well-being would improve over the next 5 years.



Environmental Well-being

How concerned are you about climate change

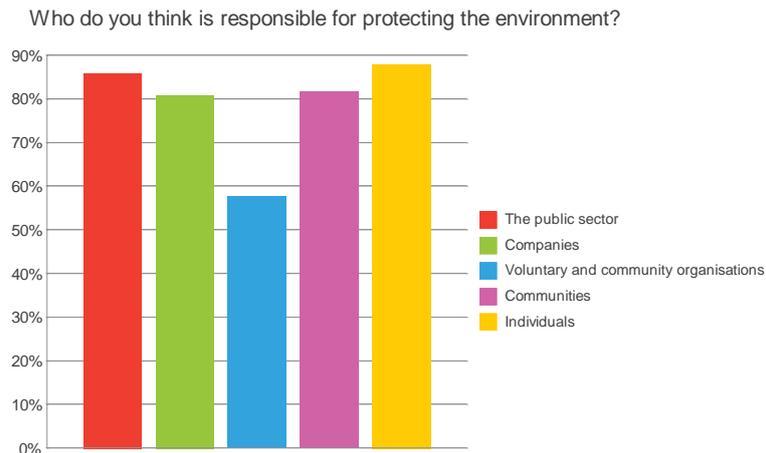
Respondents were asked whether, and to what extent, they were concerned by climate change. The majority of respondents answered that they were either “fairly” or “very concerned” by climate change. Of the 748 respondents who answered this question, 309 (41.3%) answered that they were “fairly concerned” and 201 (26.9%) that they were “very concerned”.



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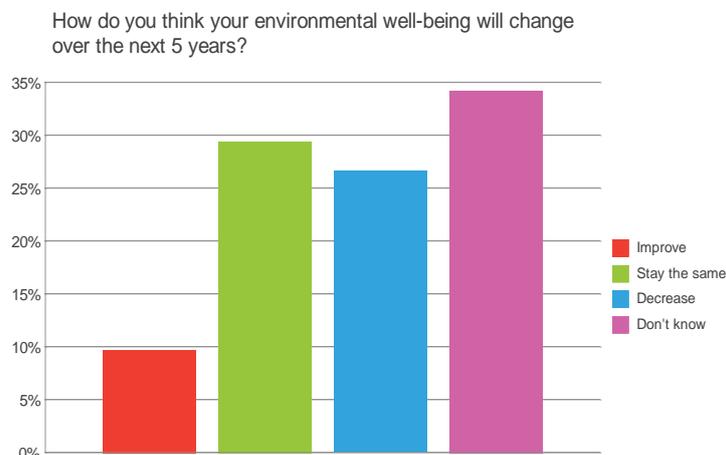
Who is responsible for protecting the environment

Following asking respondents about their concerns with climate change, we asked respondents who they thought was responsible for protecting the environment. Against this question respondents were able to select multiple answers, the majority, 655 (87.9%) of respondents selected “individuals” as responsible for protecting the environment. The next highest response given was for the “public sector”; 640 (85.9%) of respondents selected this answer.



How do you think your environmental well-being will change over the next 5 years

When asked how their environmental well-being might change over the next 5 years the highest proportion of respondents answered that they “don’t know”. Of the 751 respondents who answered this question, 257 (34.2%) answered that they “don’t know” how it will change, 221 (29.4%) answered that they thought their environmental well-being would “stay the same”, and 200 (26.6%) that their environmental well-being would “decrease”. Only 73 (9.7%) of respondents answered that their environmental well-being might “improve” over the next 5 years.

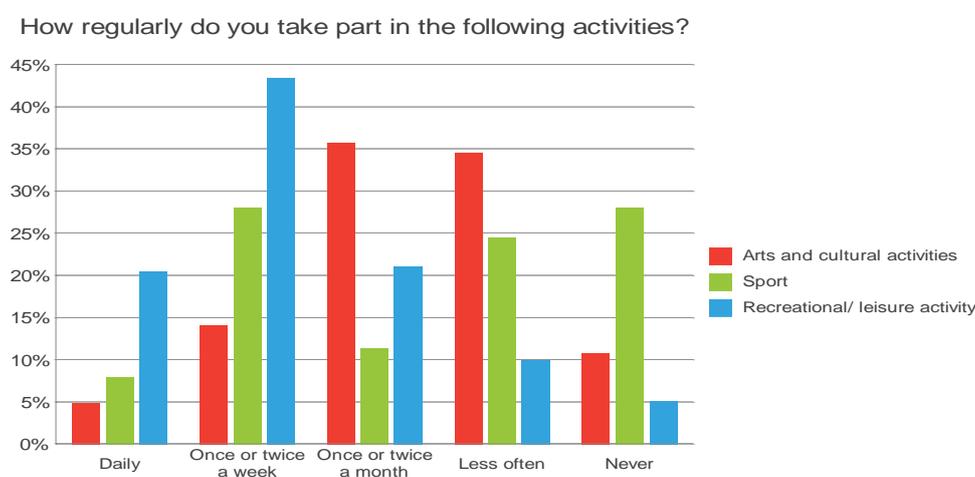


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Cultural well-being

How regularly do you take part in the following activities

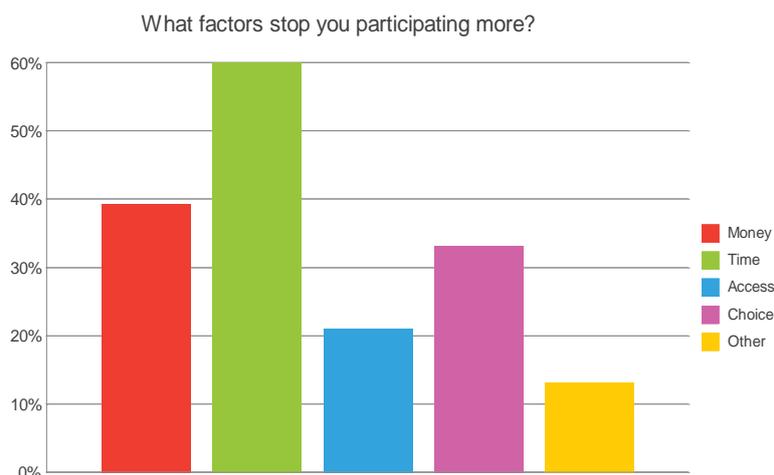
In order to assess the level of participation in the Vale of Glamorgan this question was split into three sections; respondents were asked how regularly they participated in “arts and cultural activities”, “sport” and “recreational/ leisure activity”. When looking at the answers for all options, the highest proportion of respondents, 318 (43.5%) answered that they participated in recreational and leisure activity once or twice a week. In comparison, against sport, the highest proportion of respondents, 203 (28.2%), answered that they never participate in sport. Of the 724 respondents who answered the question on arts and cultural activities, 258 (35.6%) answered that they participate once or twice a month.



What factors stop you participating more

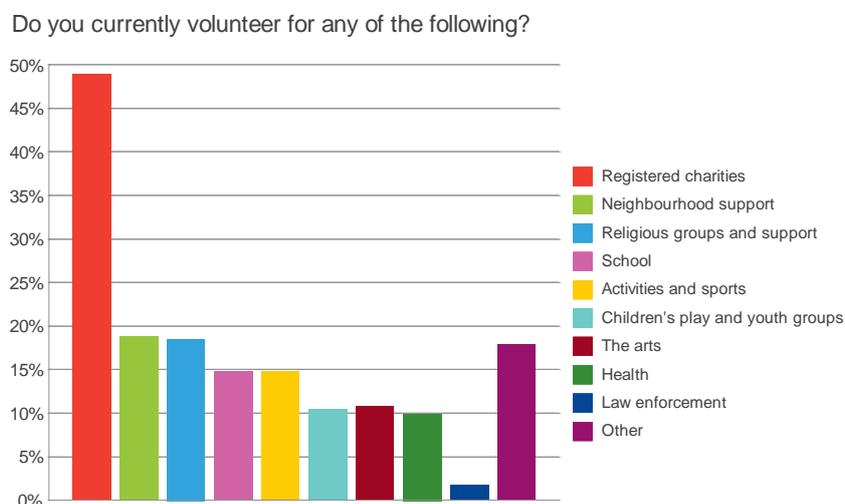
Similarly to the assessment of environmental responsibility, to assess what factors prevented respondents from participating more respondents were asked to select all answers that were relevant. The most common answer to the question of preventing participation was “time”, 426 of respondents selected this answer. The second highest answer given was “money”, 279 of respondents selected this as a factor preventing participation.

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Do you currently volunteer

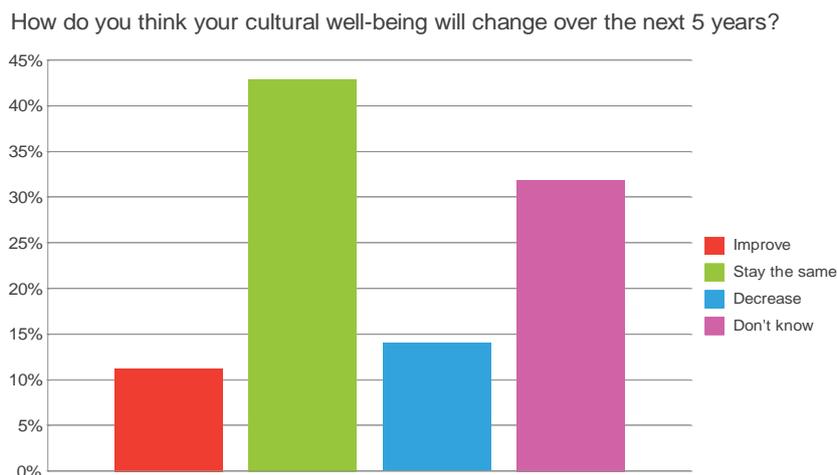
Of the 586 respondents who answered this question on volunteering, “registered charities” was the option most selected, with 172 (48.9%) of respondents answering that they volunteered for charities. The next highest option selected by respondents was “neighbourhood support”, 66 (18.8%) of respondents selected this option. This was closely followed by “religious groups and support”, 65 (18.5%) of respondents volunteered for these organisations.



How do you think your cultural well-being will change over the next 5 years

When asked about how their cultural well-being might change over the next 5 years, the highest proportion 318 (42.0%) answered that it would “stay the same”. The second highest response given to the question of future cultural well-being was “don’t know”; 237 (31.0%) of respondents selected this option.

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Events and Postcards

Between July and September 2016 we attended/are attending the following events:

- Penarth Festival
- Flying Start Fun Day (Barry)
- St Athan Fun Day
- Vale Show (Fonmon)
- Festivale (Barry)
- A day based at a Barry Island Beach Hut
- LGBT Coffee Morning (Barry)
- Vale Youth Forum (Barry)
- Vale 50+ Strategy Forum AGM (Barry)
- International Older Peoples Day (Barry)
- Well-being event for stakeholders (Barry)

By attending these events and being out and about across the Vale we have been able to speak to a wide range of people about what matters to them. Overall responses have been extremely positive with people identifying plenty that they like about the Vale. A number of recurring themes were parks, being close to the seaside and access to the countryside.

In terms of what could be better street lighting and dogs mess were recurring themes and anti-social behaviour was raised more frequently at Festivale.

The final question was about services that are important to health and well-being and this produced a wide range of answers including GPs, opportunities for physical activity, leisure activities and the local environment.

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At the Penarth Festival which was the first event we attended we trialled three different questions and although these have provided us with some useful information and 22 people spoke to us, people found the questions too complex and they were replaced with a more straightforward approach.

The questions asked in Penarth and an indication of some of the responses are detailed below:

- Please tell us what matters most to you about your health and well-being?
 - ❖ Spending time with family and friends
 - ❖ Being fit
 - ❖ Keeping mobile and healthy
 - ❖ Healthy eating
 - ❖ Access to health services
 - ❖ Access to outdoor space

- What would help you most to remain independent and prevent you needing care and support in the future?
 - ❖ Keeping fit and active
 - ❖ Good health
 - ❖ Health services
 - ❖ Screening
 - ❖ Local support
 - ❖ Transport
 - ❖ Suitable older peoples accommodation

- How should services (public, voluntary or private) change to help improve health and well-being?
 - ❖ Local facilities
 - ❖ 'public services are god at the moment'
 - ❖ Better co-ordination of services Inc. health and public transport
 - ❖ Walk in centres for health and information
 - ❖ Services open on Saturdays
 - ❖ Support people to stay at home

These questions were subsequently amended and the new questions used for the postcards and for the graffiti wall at different events.

To date a total of 108 residents have completed one of our postcards. In particular 61 were completed at Festivale which is an event organised by the Council's Housing Service and is an event for social housing tenants. Postcards were also given out to the Youth Forum at their meeting in September and at the Vale 50+ Strategy Forum AGM.

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Detailed analysis of the issues raised either via the graffiti wall or postcards has yet to be undertaken but below provides an indication of the comments being made. These comments do not include those made by the Youth Forum or 50+ Strategy Forum.

What's good about where you live?	What could be better?	What services are important for your health and well-being?
Investment in parks Nice parks Good local services Plenty of green spaces Beaches 'prettier than England' Low crime rate 'Barry is great' 'I love people from Barry' 'perfect place' Friendly people Lovely neighbours Public transport Close to the coast Access to countryside Quiet and friendly Convenient for schools and shops Regeneration Community events Sense of community 'Nothing' Lots of green Good for dog walks Affordable	Lighting at Barry Docks station Street lighting Less vandalism Less roadworks Less pot holes Public transport Tourism information Litter and fly tipping Ban dogs on beaches 'not enough sun' Clean sea More things to do Signs to show dog friendly places Anti social behaviour More activities for children splash park Community space Parking – enforcement and also places to park Transport e.g. train services Cleanliness e.g. litter and dog mess More events and advertise events Refuse collection More shops 'more imagination and entrepreneurs' Parks Tackling crime More trees Benches Speeding Noisy neighbours 'more ambition' 'less hills' Building too many houses	Police on the streets Safety bands for children at the beach Activities for children and young people Barry Hospital – unclear about services offered Visible services to show pride in the area Affordable sports clinics GP - appointments Playschemes Health services Adult education Good schools Public transport Access to beach and open space Clean environment and air Fire Police Ambulance Improved pavements Family groups for aged 2+ Walking Safety Physical activity/leisure services and facilities Play Friendship Better housing Eating healthily 'should appreciate what we have' Involvement with community groups Natural environment Libraries

Next steps

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The next stage will be to analyse the engagement findings in more detail e.g. by area/age/gender/employment status as appropriate. The findings will then be incorporated in to the well-being assessment. They will also be included in a detailed engagement report which will accompany the assessment and be used to inform further engagement as we undertake the more detailed response analysis and develop the well-being plan.



Strategic Leadership Group 15th September 2016

Consultation on the Statutory Guidance to support the implementation of the Partnership Arrangements (Amendment) (Wales) Regulations 2016 and the Care and Support (Area Planning) (Wales) Regulations 2016

(Closing Date: 3rd October 2016)

Requirements

1. Chapter 2b of the Part 2 Code of Practice sets out the requirement for local authorities in an LHB area to form partnership arrangements with the Health Board for that area in order to undertake the population assessments. This will allow for the production of a combined population assessment report. **The first population assessments must be produced by April 2017.**
2. In response to the population assessment, local authorities and LHBs must produce **area plans**. The purpose of these area plans is to provide a ***description of the range and level services proposed to be provided, or arranged, to respond to the care and support needs, and the support needs of carers, identified in the combined population assessment reports.***
3. Area plans must include the **specific services planned in response to each core theme** identified in the population assessment. As part of this, area plans must include:
 - the actions partners will take in relation to the priority areas of integration for Regional Partnership Boards;
 - the instances and details of pooled funds to be established in response to the population assessment;
 - how services will be procured or arranged to be delivered, including by alternative delivery models;
 - details of the preventative services that will be provided or arranged;
 - actions being taken in relation to the provision of information, advice and assistance services; and
 - actions required to deliver services through the medium of Welsh.
4. **The first area plans must be published by 1st April 2018.**

Engagement

5. In keeping with the process for population assessments, in preparing the area plans, local authorities and LHBs must ensure that reasonable steps are taken and a procedure established to engage with:

(a) people in the area who have or may have needs for care and support;

- (b) people in the area with parental responsibility for children who have or may have needs for care and support; and
- (c) carers who have or may have needs for support.

6. When preparing an area plan, local authorities and LHBs must engage with any **private or third sector organisation** which it believes is concerned with, or has an interest in the provision of care and support or preventative services to the population of the area covered by the area plan.

National Outcomes Framework

7. The national outcomes framework includes the well-being statement, which articulates the national well-being outcomes that people who need care and support and carers who need support should expect in order to lead fulfilled lives. It also includes national outcome indicators to measure whether well-being is being achieved. In planning the range and level of services necessary to meet need, local authorities and LHBs should ensure the area plans **describe a range and level of services which support the achievement of well-being.**

Content and presentation of area plans

8. Each population assessment report must include specific core themes dealing with:
 - children and young people;
 - older people;
 - health/physical disabilities;
 - learning disability/autism;
 - mental health;
 - sensory impairment;
 - carers who need support; and
 - violence against women, domestic abuse and sexual violence.
9. The area plans should set out the **specific services planned in response to each core theme** identified in the population assessment report. This will ensure the services planned in the area plan can be easily compared with the care and support needs identified under each core theme in the combined population assessment report.

Integration

10. Regional Partnership Boards must prioritise the integration of services in relation to:
 - Older people with complex need and long term conditions, including dementia
 - People with learning disabilities;
 - Carer, including young carers
 - Integrated Family Support Services: and
 - Children with complex needs due to disability or illness.

Area plans must set out **what actions partners will take to prioritise integration of services in these areas.**

11. The area plan should set out the **specific care and support services proposed to be provided or arranged in relation to each core theme:**
 - jointly by partners;
 - by each individual local authority; and
 - by the Local Health Board.
12. The area plans should **set out the instances and details of any pooled funds** local authorities and LHBs intend to establish as a result of the care and support needs identified in the population assessment report.

Social enterprises and delivery models

13. Area plans should include details of **how local authorities promote the development in their area of social enterprises, co-operatives, user led services and the third sector**
14. The area plans should also set out details of:
 - services that will need to be **procured from private sector** providers
 - services that will be **delivered by third sector** providers
 - services that will be **delivered by alternative delivery models**

Preventative Services/IAA

15. Each area plan must **set out the preventative services proposed** to be provided or arranged in response to the population assessment.
16. The area plans should also set out the **specific actions being taken by the local authorities and other bodies in relation to Information, Advice and Assistance**, as required by Section 17 of the 2014 Act

Welsh Language

17. The population assessment reports must identify the **actions required to deliver the range and level of services identified as necessary through the medium of Welsh.**

Other actions and resources

18. The area plans must set out **any other actions** the members of Regional Partnership Board intend to take. The area plan must also make clear **what resources will be deployed** in doing the things set out the in the plan.

Monitoring, evaluation and review arrangements

19. Partnership Boards should ensure that an evaluation of the actions set out in the area plan takes place **at least once during a local government electoral cycle.** A report of this review should be included as a **Chapter in the Board's annual report.**

20. If an amendment to a population assessment report is issued, the local authority and LHB must consider whether the most recent area plan should be revised and, if so, prepare and publish a revised area plan as soon as possible.

Timescales and publication arrangements

21. Regional Partnership Boards must prepare a report on the **extent to which the Board's objectives** (which include implementing the area plans) **are being met**. The first report **must be prepared and submitted by 1 April 2017**. Subsequent reports must be prepared, submitted and published **annually**.
22. The first area plan must be produced by **1 April 2018**. Once complete, the area plan must be submitted to Welsh Ministers. Subsequent area plans must be published within one year after the date the most recent combined population assessment report is required to be published.

Links to other Plans

23. Public Service Boards must prepare and publish a plan setting out its local objectives and the steps it proposes to take to meet them (a "local well-being plan"). **The area plan should inform, and be informed by this local well-being plan.**
24. The NHS Finance (Wales) Act 2014 requires Integrated Medium Term Plans to be produced by LHBs over a rolling three year period. These plans require each health board to set out a strategy for complying with the three year financial duty while improving the health of the people for whom it is responsible; and the provision of healthcare to such people. These plans set out how resources will be used to address areas of population health need and improve health outcomes; improve the quality of care; and, ensure best value from resources. **Population assessments and area plans should inform and be informed by the IMTPs.**

Full details of the consultation can be found at:

<http://gov.wales/consultations/healthsocialcare/regulations-and-statutory-guidance/?skip=1&lang=en>

The Social Services and Well-being (Wales) 2014

Consultation on the Regulations and Statutory Guidance regarding area plans following the population assessment

Consultation Response Form

Your name: Rachel Jones, Assistant Director – Integrating Health & Social Care

Organisation (if applicable): **Cardiff and Vale of Glamorgan Regional Partnership Board** (on behalf of Cardiff Council, Vale of Glamorgan Council and Cardiff and Vale UHB)

email / telephone number: rachel.jones41@wales.nhs.uk

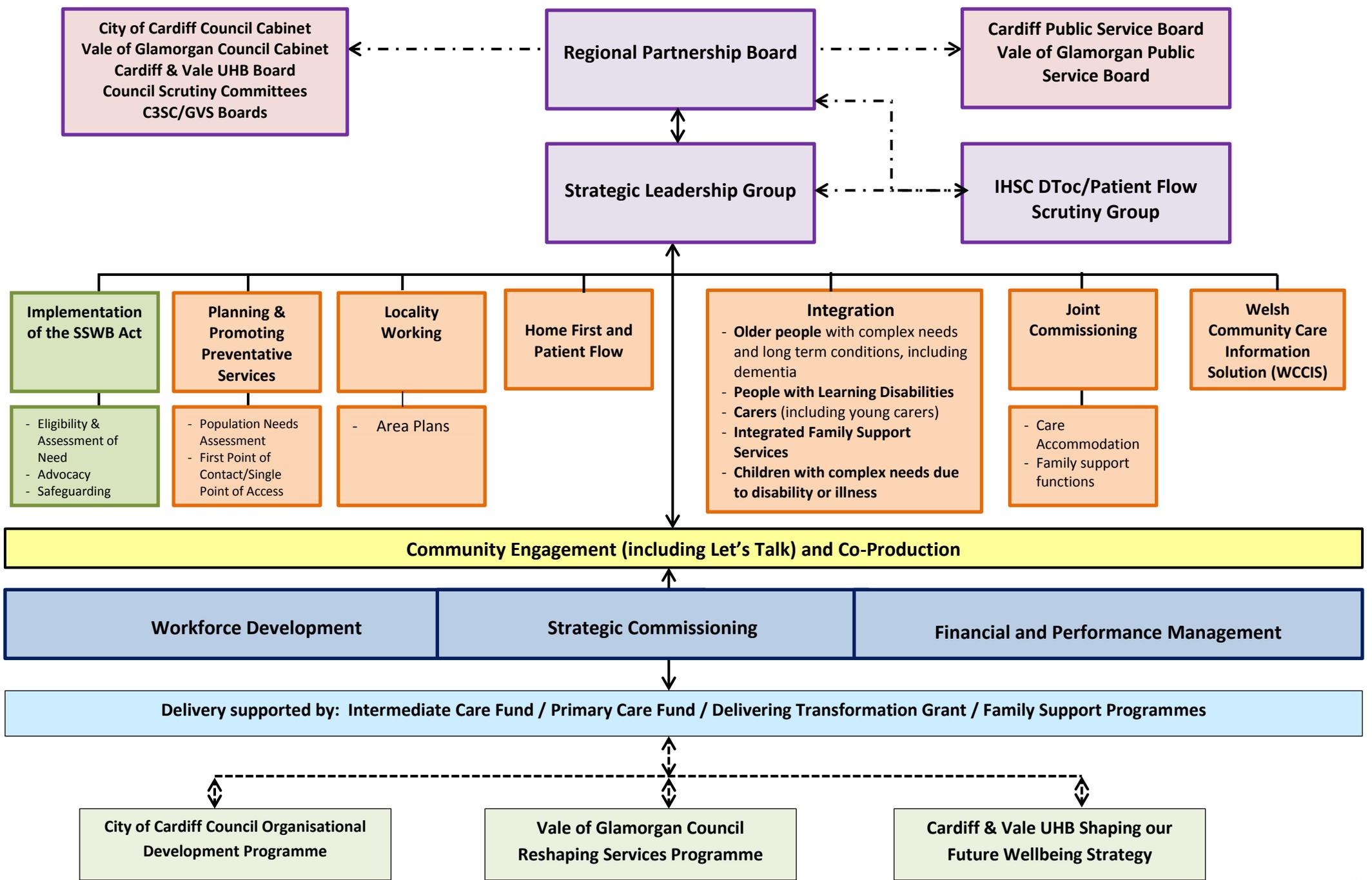
Your address: Cardiff and Vale University Health Board, 2nd Floor, Lakeside, University Hospital of Wales, Heath Park, Cardiff, CF14 4 XW

1. Is the purpose of area plans clear?			
Agree <input type="checkbox"/>	✓	Tend to Agree <input type="checkbox"/>	Tend to Disagree <input type="checkbox"/>
Disagree <input type="checkbox"/>			
What would help clarify the document?			
The purpose of the plans is clear but the document would benefit from greater clarification of the relationship with the Well-being Plans given the cross-cutting nature of the themes which are being prioritised in the assessments and area plans, and potential duplication of effort/content.			
2. Is the required content of area plans clear?			
Agree <input type="checkbox"/>	✓	Tend to Agree <input type="checkbox"/>	Tend to Disagree <input type="checkbox"/>
Disagree <input type="checkbox"/>			
What would help clarify this?			
Partnerships may benefit from a template to complete the information to clarify the level of detail required and encourage some consistency across Wales.			
There are also a number of services which will be provided by partners in response to funding from Welsh Government (eg Intermediate Care Fund). To enable partners to respond to the requirement in relation to details of services to be delivered and models to be used will require greater certainty of funding levels over the medium and long-term.			

3. Citizens must be engaged in the process of undertaking a population assessment. Do you think there is a need to again engage with citizens in producing an area plan?			
Agree <input type="checkbox"/>	Tend to Agree <input checked="" type="checkbox"/>	Tend to Disagree <input type="checkbox"/>	Disagree <input type="checkbox"/>
<p>The production of both the population needs assessment and well-being assessments are involving significant citizen engagement. This is in addition to the ongoing engagement undertaken by partners as part of their day-to-day business. There should be an opportunity for citizens/stakeholders to comment on the draft plans but this needs to be undertaken as part of an ongoing dialogue and not as a new engagement process.</p>			
4. What other arrangements do you think should be put in place to further support those undertaking area plans?			
<ul style="list-style-type: none"> • Clarification of Welsh Government funding levels for the medium and long term period across the priority groups to enable future planning and sustainable services. • Each area to receive a breakdown of all Welsh Government funding across the different policy areas to assist the information collation (currently this is not managed in a co-ordinated or coherent way which makes it difficult to understand the overview of all activity across the region). • Ongoing discussion with colleagues producing Well-being Plans to ensure there is no duplication of effort 			
5. We have asked a number of specific questions. If you have any related issues which we have not specifically addressed, please use this space to report them:			
<p>Please enter here: The ability to allocate resources will be influenced by the relevant commissioning cycle timescales which partner organisations are operating and this will need to be reflected in the plans prepared.</p>			

Responses to consultations are likely to be made public, on the internet or in a report. If you would prefer your response to remain anonymous, please tick here:

Cardiff & Vale of Glamorgan Regional Partnership Governance Structure





Vale of Glamorgan Public Services Board Work Programme	
Meeting Dates	Agenda Items
19 th May 2016	<ul style="list-style-type: none"> ✓ PSB membership ✓ Terms of Reference ✓ Name and logo ✓ Delivery Plan Progress Report ✓ Well-being Assessment update ✓ Social Services and Well-being Act update ✓ South Wales Programme ✓ Forward Work Programme
7 th July 2016	<ul style="list-style-type: none"> ✓ Well-being Assessment update ✓ Core indicators report ✓ Community Safety Report ✓ Forward Work Programme ✓ Environment Bill ✓ Vale of Glamorgan Council Corporate Plan ✓ EU Referendum
27 th September 2016	<p>Well-being Assessment update Annual Report Ageing Well Plan Progress Report Social Services and Well-being Act update Food Poverty and School Holiday Enrichment Programme UHB Big Improvement Goals 'Making a Difference: Investing in Sustainable Health and Well-being for the People of Wales' http://www.wales.nhs.uk/sitesplus/888/page/87106</p>
15 th December 2016	<p>Approve draft Well-being Assessment for consultation Community Strategy Delivery Plan (Tackling Poverty) Progress Report PAG Report Calendar of meetings for 2017</p>
March 2017	<p>Agree revised Well-being Assessment Social Services and Well-being Act update</p>



Potential Items

- South Wales Programme – Cardiff and Vale UHB
- Engagement on Major Trauma Services in South Wales - Cardiff and Vale UHB
- Community Safety Strategy – Safer Vale
- Independent Living – Vale of Glamorgan Council and Cardiff and Vale UHB
- Transformation Programme - Cardiff and Vale UHB
- Housing Act – Vale of Glamorgan Council
- Health and Well-being Network - Cardiff and Vale UHB