



Delivery Plan 2018-2023 (Updated and Reviewed Feb 2021)

Action Area 3: Good health and wellbeing

This review has taken place at a halfway point of delivery and during the COVID-19 pandemic. The transformation of health and wellbeing services which consists of integrated and whole systems approach is continuing. The impact of the COVID-19 pandemic is an increased demand on health services and possible longer-term health implications as many health services have been on hold or working with reduced provision.

Additionally, demand for healthcare is growing because of many factors such as an ageing population, patients living longer and with more complex needs which intensifies the challenges faced by the NHS, social care providers, local authority and our third sector partners.

The actions within this delivery plan have been reviewed and updated to reflect PSB partnership working within the Covid-19 pandemic.

Context:

People in the most deprived areas of Wales live more years in poor health compared to those who live in the least deprived areas. In Caerphilly county borough between 2010 and 2014, the healthy life expectancy was over 13 years longer for males living in the least deprived areas compared to those living in areas with higher levels of deprivation, and over 14 years longer for females. These inequalities are having a profound effect with more of the adult population living in poor health, which has a direct impact upon their quality of life. Covid-19 has highlighted the impact these inequalities are having on our populations health and again emphasised the need for healthy lifestyles. Additional services have been commissioned to provide extra capacity in direct response to the pandemic. The additional services provide an opportunity to focus on a wellbeing centred economy which is regenerative, collaborative, and recognises that real wellbeing depends on creating a world where all can prosper and flourish.

It is known that preventing ill health across the population is generally more effective at reducing health inequalities than clinical interventions. A key enabler for all health interventions is a whole system approach to improve the population’s health and wellbeing. A whole systems approach aligns services and resources and encourages delivery based on shared outcomes which are developed with services and residents.

A collaborative approach with an emphasis on prevention and public health will help address the current future health, social and economic challenges for residents in Caerphilly County Borough. Fundamental to this is to incorporate integrated approaches that create the conditions to make it easier for people to adopt health promoting behaviours and reduce harmful health behaviours.

The development of integrated community-based services will lead to improved well-being for the citizens of Caerphilly County Borough and help reduce the demand for costly secondary care health services.

Roles	Names	Email address
Lead PSB Member Champion	Nick Wood - Aneurin Bevan University Health Board	nick.wood@wales.nhs.uk
Lead Officer (s)	Alison Gough - Aneurin Bevan University Health Board Tracey Deacon – Aneurin Bevan Gwent Public Health Team	alison.gough@wales.nhs.uk tracey.deacon@wales.nhs.uk
Policy Support Officer (s)	Sonya Foley. Policy Officer Caerphilly County Borough Council Sian Wolf-Williams, Policy Officer Caerphilly County Borough Council	foleys1@caerphilly.gov.uk WOLFES@CAERPHILLY.GOV.UK
Delivery Partners		
Name	Organisation	
Eira Turner	Aneurin Bevan University Health Board	
David Llewellyn	Aneurin Bevan University Health Board	
Tina McMahon	PSB Workstream: Caerphilly cares	

AGENDA 04e

Keith Meredith	PSB Workstream: Preventing vulnerability/ inequality
Rhian Kyte	PSB Workstream: Town centre recovery
Donna Littlechild	PSB Workstream: Protect and enhance the local natural environment
Alison Gough	NCN Management Team, ABUHB
Ralph Stevens	Caerphilly 50 + Forum
Tony Husein	Age Cymru Gwent
Jill Lawton	Caerphilly MIND
Alison Palmer / Laura Brosnan-James	GAVO
Alison Gough	Llamau, Iris programme

Number	Priority Areas of Activity
AA 3.1	Improve joint working with an emphasis on prevention to address current and future health challenges
AA 3.2	Invest in the well-being of our staff
AA 3.3	Provide an integrated system of health, social care and well-being closer to home through the Neighbourhood Care Network
AA 3.4	Create a supportive environment that enables communities and residents to manage their health and wellbeing, appropriately in partnership with services.

Outcomes to be worked towards under this Action Area (need to include local and national outcomes)	Measures for this Action Area
<p>AA.3.1 Outcome 1 – Working with public health on promoting good health such as smoking cessation.</p> <p>AA.3.1 Outcome 2 – Working with public health to achieve uptake in childhood vaccinations flu vaccinations and Covid -19 vaccinations</p>	<p>Smoking prevalence reduced to 16% by 2020. No new updates on this area.</p> <p>There should be a 95% uptake in childhood vaccinations, an uptake in flu immunisations as follows - 75% in 65-year olds and over and 55% in at risk groups aged 6 months to 64 years. No new updates on this area.</p> <p>Covid-19 targets – Total number of Covid-19 vaccines given across our Health Board area (combination of 1st and 2nd doses) 228,843 Total 1st dose 190,444 Total 2nd dose 38,399 (up to 08/03/2021)</p> <p>Vaccination figures (up to 08/03/2021) Age 80 years 94.5% and over Age 75-79 95.1% years Age 70-74 95.3% years Age 65-69 91.8% years Group 6 46.6%</p> <p>More detailed Caerphilly specific statistics will be included in future updates.</p>
<p>AA.3.1 Outcome 3 – Achieve targets in national screening programmes.</p>	<p>There should be an uptake in the following areas for national screening: 60% uptake for bowel; 70% uptake for breast; 80% for cervical. No new updates on this area.</p>
<p>AA3.1 Outcome 4 – Working with partner agencies to promote good mental health and awareness of available services such as counselling with Caerphilly Mind, Hospital Discharge Service with Age Cymru Gwent, MELO website and the Green Nature Prescribing Initiative.</p>	<p>Working with GP's to ensure working knowledge of the Green Nature Prescribing initiative. Promote MELO website and resources. Promote resources and access to Caerphilly MIND and Age Cymru Gwent.</p> <ul style="list-style-type: none"> • Mind have delivered counselling to every referral over the past six months. 22 referrals have been received and 144 sessions offered. Going forward Mind are offering 40 sessions of counselling per week.

	<ul style="list-style-type: none"> • Age Cymru Gwent’s Hospital Discharge Service (HDS) had 23 new service users on the last day of the quarter accessing the HDS. • MELO website and resources have been rolled out and is also available on Dewis Cymru. • The Green Nature Prescribing Initiative is being promoted and an update on targets will be provided at the next review.
<p>AA3.2 Outcome 1 – Ensure relevant information sharing and access to up to date resources such as Care First and MELO Connect 5 training. Caerphilly Council staff will have access to an Employee Volunteering Scheme.</p>	<p>Roll out MELO Connect 5 training to staff and evaluate uptake. Work with communications teams to distribute documents and resources related to well-being. The Employee Volunteering Scheme is linked to staff well-being and provides benefits to partner agencies. No updates regarding Connect 5 training to date</p>
<p>AA3.3 Outcome 1 – Improved delivery of preventative and effective services in each geographical area. Improved awareness and access to services provided locally.</p>	<p>Ensure strategic priorities between the NCN, IWN and PSB are linked and are working together.</p>
<p>AA3.4 Outcome 1 - More communities and residents engaged and involved in place-based discussions and decisions regarding health and wellbeing.</p>	<p>Feedback from community groups and uptake in services for health and well-being groups in local areas.</p> <ul style="list-style-type: none"> • Place based collectives held in focus areas: Bargoed, Rhymney, New Tredegar and Rhymney held bimonthly. • Monthly well-being coffee mornings taking place partners. • V for Vaccination training has been delivered across Caerphilly to respond to vaccination hesitancy and promote reputable resources for additional information. • Covid IMT supported by IWN lead re community intelligence and information

	<ul style="list-style-type: none"> Community Wellbeing budgets and initiatives determined by communities in IWN focus areas
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	Key Tasks	Task Lead(s)	When will it be completed? (consider 5-year timeframe of plan)		
			Short – term 1-2 years	Medium – term 3-4 years	Long – term 5+ years
A A3 .1	<p>One of the consequences of Covid-19 is that people are not accessing other health services – in part because they have not been able to operate as usual and possibly because people are unaware that services are continuing.</p> <ul style="list-style-type: none"> Promote and encourage people to avail of smoking cessation support and details of how this can be accessed. Promote and encourage people to avail of screening services with details of how these can be accessed. Promote positive messages about vaccinations and encourage reading from reputable resources. Promote services to support mental health and ensure clinicians and partners are aware of services and how to access them. 	<p>Tracey Deacon PHW</p> <p>Ali Gough ABUHB</p> <p>David Llewellyn ABUHB</p>	✓	✓	✓

<p>A A3 .2</p>	<p>Invest in the Wellbeing of our staff.</p> <ul style="list-style-type: none"> • Ensure that Connect 5 training is rolled out to staff and monitor uptake and feedback. • Ensure up to date resources shared on Care First and alternative internal communications. 	<p>Ali Gough ABUHB</p> <p>David Llewellyn ABUHB</p>		<p>✓</p>	<p>✓</p>
<p>A A3 .3</p>	<p>Provide an integrated system of health, social care and well-being closer to home through the Neighbourhood Care Network</p> <ul style="list-style-type: none"> • Ensure synergies between the strategic priorities of the PSB, the three Neighbourhood Care Networks (NCN) and the Integrated Wellbeing Networks: encourage opportunities and promote delivery through: • Green and community-based creative wellbeing initiatives, including appropriate social and more formalised ‘prescribing’ routes. • Ensure synergy with other PSB workstreams especially: <ul style="list-style-type: none"> ○ Caerphilly cares ○ Preventing vulnerability/ inequality ○ Town centre recovery 	<p>Ali Gough ABUHB</p> <p>David Llewellyn ABUHB</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>
<p>A A3 .4</p>	<p>Create a supportive environment that enables communities and residents to manage their health and wellbeing, appropriately in partnership with services.</p> <ul style="list-style-type: none"> • Develop place-based approaches to enable community wellbeing and empower residents to access support services and get involved in funding opportunities. 	<p>Ali Gough ABUHB /</p>		<p>✓</p>	<p>✓</p>

	<ul style="list-style-type: none"> • Ensure promotion and awareness of local services in the following areas: Reducing loneliness through ‘Ffrind i mi’ • Mental health services to residents in partnership with Caerphilly MIND and MELO • Promotion of support for digital exclusion • Support the roll out of Iris in partnership with Llamau • Ensure complementarity with tasks detailed in AA3.3 (above) 	<p>David Llewellyn ABUHB</p>			
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Actual Risk	Risk Rating (Low / Medium / High)	How will you manage/mitigate this risk - what are you doing to reduce the risk and by when?	Risk Owner
<p>Reduced numbers engaging with Public Health services: screening, vaccinations, smoking cessation and community mental health services.</p> <p>Vaccination hesitancy regarding the Covid-19 vaccination.</p>	<p>High</p>	<p>Engagement and promotion in the local community and ensuring awareness amongst partners.</p> <p>Vaccination messaging will be delivered regularly with signposts to reputable resources.</p>	<p>PSB & Primary Care & Community Services</p>
<p>Aging population with complex needs</p>	<p>High</p>	<p>Assessing services to meet future needs of patient/population. Acuity of patients are becoming far more complex</p>	<p>PSB & Primary Care & Community Services</p>
<p>Estates management – ABUHB and local authority.</p>	<p>Medium</p>	<p>Fit for purpose buildings to deliver services</p>	<p>PSB & Primary Care & Community Services</p>
<p>Ensuring service provisions are sustainable across health, social care and well-being services</p>	<p>High</p>	<p>Exploring issues with packages of care – provision by private contractors</p>	<p>PSB & Primary Care & Community Services</p>

AGENDA 04e

Realignment of resources to early intervention / prevention	Medium	Ensuring services are responding to health and well-being needs of the community and analysing feedback about services from community residents.	PSB & Primary Care & Community Services
Joint funding / commissioning arrangements	Medium	Ensure clarity about funding and service provision.	PSB & Primary Care & Community Services
Joined up mental health service provision for adults and children	High	Ensure joined up discussions with partners	PSB & Primary Care & Community Services
Lack of effective engagement with communities.	Medium/High	Continued effective engagement with communities through an ABCD approach	Integrated Network Well-being

The Future Generations Framework should be used when developing and agreeing all content of this Delivery Plan. This framework helps translate the legal concepts (of the FG Act) into easily understandable and project focused prompts, which when followed will help design better / more robust principles. Following the framework prompts for each proposed area of activity / task will ensure:

- 1) the connections are made between the content of the Caerphilly County Borough Area Assessment of Local Well-Being 2017 and the Caerphilly Public Services Board Well-being Plan 2018-2013 and its well-being objectives.
- 2) the Five Ways of Working are embedded to maximise contribution to the Seven Well-being Goals
- 3) early thinking to reflect and demonstrate change

<p>Well-being Objectives</p> <p>Check to see if there is a connection between your proposed activity / task and the relevant Public Bodies and/ or Public Services Board's Well-being Objectives and Plans</p>	<p>Initial Project Development</p> <p>Good Health and Well-being is one of 5 Action Areas within The Caerphilly We Want Well-being Plan 2018-23. It supports the achievement of the plan's 4 Well-being Objectives :</p> <table border="0"> <tr> <td>Objective 1: Positive Change</td> <td>A shared commitment to improving the way we work together</td> </tr> <tr> <td>Objective 2: Positive Start</td> <td>Giving our future generations the best start in life</td> </tr> <tr> <td>Objective 3: Positive People</td> <td>Empowering and enabling all our residents to achieve their own potential</td> </tr> <tr> <td>Objective 4: Positive Places</td> <td>Enabling our communities to be resilient and sustainable</td> </tr> </table> <p>The plan states :</p> <p>The Board member organisations exist to provide services for, and on behalf of, residents and the environment in which they live. However, there needs to be a fundamental shift in how we plan, shape and deliver services in collaboration with each other, but more importantly, with communities. We want residents to be able to access the services they need to help them look after their own well-being. As well as actions that empower residents to look after their own physical, mental and well-being needs, we want to support them to become productive and active community members.</p> <p>Our older population is increasing and is predicted to rise even more sharply in the years to come. The positive contribution older residents provide to society is significant and recognised. By supporting residents to have a healthy and independent life for as long as possible, this contribution can be maximised and the demand on already stretched services can be reduced.</p> <p>Currently, most services are delivered when our residents are in need, such as treating an illness or dealing with a family that is in crisis. We need to shift all public services to become more preventative in nature, so that problems are identified and addressed before individuals reach crisis point or require treatment for a health condition, for example. This will also include providing residents with the support, advice and guidance they need in order to be able to take ownership of and manage their own lives.</p> <p>Equipping residents to adopt healthy behaviours will help them to take responsibility for and manage their own physical health, mental health and well-being. Lifestyle choices are a key cause of health inequalities and can have a major impact on healthy life expectancy.</p>	Objective 1: Positive Change	A shared commitment to improving the way we work together	Objective 2: Positive Start	Giving our future generations the best start in life	Objective 3: Positive People	Empowering and enabling all our residents to achieve their own potential	Objective 4: Positive Places	Enabling our communities to be resilient and sustainable
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<p>Five Ways of Working</p> <p>Using the Five Ways of Working is a key element of the legislation. They must be used throughout the lifetime of a project, from design to review.</p>	<p>Initial Project Development</p> <p>Long Term – All actions aim to support our current and future generations to improve their health and well-being. Many of the issues identified in the Assessment of Well-being are due to the historical legacy of the area and cannot be addressed in the short term. Reducing inequalities and developing integrated community-based services will help reduce the demand for costly secondary care health services. This plan considers the needs of current residents, future demands as well as those not yet born.</p> <p>Prevention – This is a key element throughout this plan. The Board recognises that preventing problems from occurring is more effective than dealing with the effects when problems do occur and therefore is committed to embedding prevention into all that they do. Creating the conditions to make it easier for people to adopt health promoting behaviours and reduce harmful health behaviours can be achieved through collaboration.</p> <p>Integration – This Action Area is a key priority for all Caerphilly PSB organisations and is reflected within their own organisation’s Well-being Objectives. It also connects to the other three PSB Well-being Objectives as well as all Enablers and other Action Areas. The success of this Action Area is reliant on organisations maximising their contributions towards both the PSB’s Well-being Objectives and their own internal Well-being Objectives which will support the achievement of the National Well-being Goals.</p> <p>Collaboration – This Action Area was prioritised through two years of engagement work with residents, businesses, community groups and strategic partners. This ethos of collaboration will continue to design and deliver the actions within this plan. Successful outcomes can only be achieved through true collaboration and requires a strong commitment from all stakeholders to achieve shared outcomes. This requires an holistic outlook from all involved to tackle the wider determinants of health.</p> <p>Involvement – This plan has been developed through a wealth of engagement with residents, communities, partner organisations and stakeholders. This will continue throughout the life of these initiatives. Where improvements are required to ensure better co-production, these will be made.</p>
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<p>Seven Well-being Goals</p> <p>The well-being goals must be considered as an integrated set of seven, and the well-being objectives (considered above) should maximise contribution to all seven</p>	<p>Initial Project Development</p> <p>The following text is an excerpt from ‘The Caerphilly We Want’ Caerphilly Public Services Board Well-being Plan 2018-23</p> <p>Contribution to the National Well-being Goals</p> <table border="1" data-bbox="730 472 1471 762"> <tr> <td data-bbox="730 472 887 619"> <p>A Prosperous Wales</p> </td> <td data-bbox="887 472 1471 619"> <p>Good health and personal resilience will ensure that residents are able to fully engage with the labour market and help contribute to a prosperous Caerphilly county borough. A well-educated and highly skilled population will enable residents to take full advantage of the employment opportunities that exist in the local area and wider region.</p> </td> </tr> <tr> <td data-bbox="730 619 887 762"> <p>A Resilient Wales</p> </td> <td data-bbox="887 619 1471 762"> <p>A good education and well developed skill-set will enable residents to respond positively to the constantly changing world that we all live in, and enable them and their families to be more resilient and adaptable to change in the future. Individuals with improved health will be empowered to contribute positively to society.</p> </td> </tr> </table>	<p>A Prosperous Wales</p>	<p>Good health and personal resilience will ensure that residents are able to fully engage with the labour market and help contribute to a prosperous Caerphilly county borough. A well-educated and highly skilled population will enable residents to take full advantage of the employment opportunities that exist in the local area and wider region.</p>	<p>A Resilient Wales</p>	<p>A good education and well developed skill-set will enable residents to respond positively to the constantly changing world that we all live in, and enable them and their families to be more resilient and adaptable to change in the future. Individuals with improved health will be empowered to contribute positively to society.</p>
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<p>A Healthier Wales</p>	<p>Equipping our residents with the skills and knowledge they need to improve and manage their own health and well-being is an important part of ill health prevention. Lack of employment has a huge impact on individuals' physical and mental well-being. Being in employment improves feelings of self-worth, self-confidence, encourages better social interaction and helps individuals to feel that they have a place and value in society. Demand on already stretched services can be reduced by supporting residents to have a healthy and independent life for as long as possible.</p>
<p>A More Equal Wales</p>	<p>Every individual deserves the opportunity to fulfil their potential, regardless of their socio-economic characteristics, background or circumstances. The right education enhanced with the appropriate skills will provide them with the tools necessary to enter and maintain employment, and take advantage of ongoing development and training opportunities that may be available. Those living in areas of deprivation are at greater risk of poor health, so adopting healthy behaviours and reducing the inequality gap in life expectancy should promote equality.</p>
<p>A Wales of Cohesive Communities</p>	<p>A lack of educational qualifications, poor literacy and numeracy levels, high unemployment, long-term sickness and lack of aspiration are unfortunately entrenched in many of our deprived communities and smaller pockets across the county borough. This can feel like a self-fulfilling prophecy, with individuals unable to break out of these circumstances. This can lead to a lack of interaction within the community, and increased levels of crime and anti-social behaviour, together with increased levels of alcohol and drug use. Empowering and enabling individuals to break these cycles and encouraging them to become more involved with their local communities will help to ensure that all our communities become better places to live and work in the future.</p>
<p>A Wales of Vibrant Culture and Thriving Welsh Language</p>	<p>A lack of interaction with the local community will mean that individuals and families do not take advantage of the social opportunities that exist. In addition, lower household income will limit the opportunities that both adults and children have to participate in activities such as sport, leisure and the arts. Improving health empowers individuals to be active members in their community.</p>
<p>A Globally Responsible Wales</p>	<p>A strong local economy where there is high employment will help to contribute to the economy both regionally and nationally, and thereby contribute to a strong global economy. Improving resident's health will prevent higher healthcare costs.</p>

