



## Caerphilly Public Services Board Well-being Plan Performance Report

6 monthly report May 2022 to October 2022

### Action Area 3

#### Good Health and Well-being

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:

**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

**Alison Gough**

07/12/2022

## Performance Levels

Outcome	Is there a risk this will not be achieved
<p><b>AA.3.1 Outcome 1</b> – Working with public health on promoting good health such as smoking cessation. Smoking prevalence reduced to 16% by 2020.</p> <p><b>AA.3.1 Outcome 2</b> – Working with public health to achieve uptake in childhood vaccinations flu vaccinations and Covid -19 vaccinations <b>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.</b></p> <p><b>AA.3.1 Outcome 3</b> – Achieve targets in national screening programmes. <b>There should be an uptake in the following areas for national screening: 60% uptake for bowel; 70% uptake for breast; 80% for cervical.</b></p> <p><b>AA3.1 Outcome 4</b> – 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. 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> <p><b>AA3.2 Outcome 1</b> – 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. 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.</p> <p><b>AA3.3 Outcome 1</b> – Improved delivery of preventative and effective services in each geographical area. Improved awareness and access to services provided locally. Ensure strategic priorities between the NCN, IWN and PSB are linked and are working together.</p> <p><b>AA3.4 Outcome 1</b> - More communities and residents engaged and involved in place-based discussions and decisions regarding health and wellbeing.</p>	No

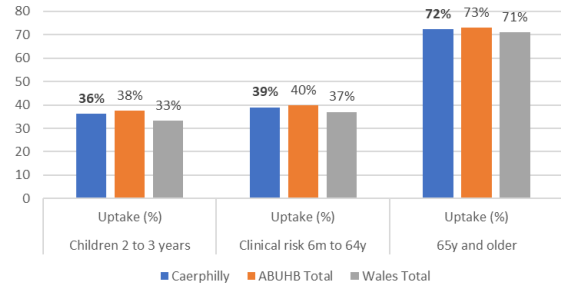
Feedback from community groups and uptake in services for health and well-being groups in local areas.	
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## EVIDENCE

### Key Tasks

Ref	Task	Progress						
AA3.1	Outcome 1 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.	3% of the smoking population in ABUHB were treated in 2021/22. In November 2021 2WTE Help Me Quit Hospital Advisors were employed in ABUHB to provide targeted support to inpatients. There continues to be challenges in the delivery of stop smoking provision including Varenicline, a prescription only medication commonly known as Champix, being withdrawn from the market in August 2021. As well as this there is continued pressure on community pharmacy services with conflicting demands including the introduction of the NHS Common Ailments Scheme.						
	Outcome 2 - Working with public health to achieve uptake in childhood vaccinations flu vaccinations and Covid -19 vaccinations	<p>The Flu 2022/23 vaccination programme commenced in September and to date there is good uptake in the older age group. Colleagues across the health board continue to promote and vaccinate at risk groups and the 2–3-year-old category.</p> <p>To 29 Nov 2022 the number and percentage vaccinated is as follows: -</p> <table> <tr> <td>36% (1324)</td> <td>2-3 Year Group</td> </tr> <tr> <td>39% (10,483)</td> <td>&lt;65 Year at Risk Group</td> </tr> <tr> <td>72% (27,768)</td> <td>Over 65 Age Group</td> </tr> </table> <p>The graph below shows how the borough compares to the region and Wales.</p>	36% (1324)	2-3 Year Group	39% (10,483)	<65 Year at Risk Group	72% (27,768)	Over 65 Age Group
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Flu Vaccination Uptake  
Report Date 29 Nov 2022

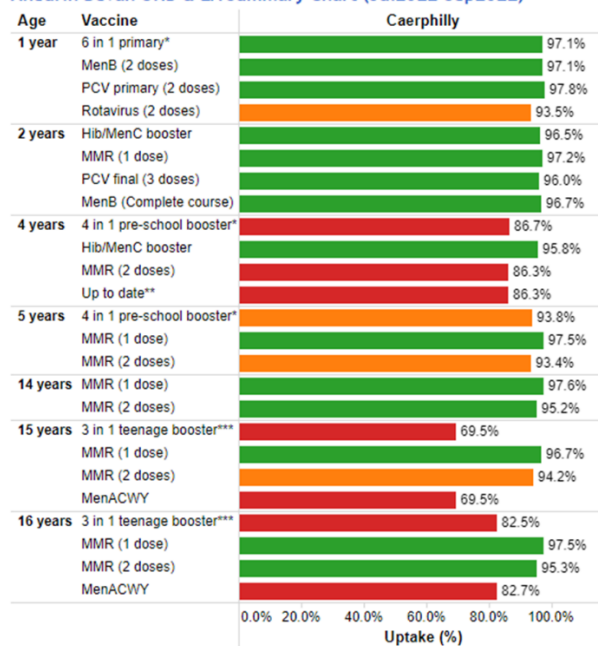


The COVID immunisation programme continues with the Autumn 2022 boosters being offered to population groups aligned to the flu programme. There has been good uptake of the booster - key reporting categories below show the uptake to 30<sup>th</sup> Nov 2022: -

- Residents in a care home for older adults = 91%
- All adults aged 65 years and older = 78%
- Severely Immunosuppressed = 69%

The national Childhood Immunisation Programme continues and Caerphilly achieves well against the target in the majority of categories. See table below-

Aneurin Bevan UHB & LA Summary Chart (Jul2022-Sep2022)



AA3.1	Outcome 3 – Achieve Targets in National Screening Programmes; Tracey Deacon to complete	<p>Uptake standard compared in the chart below:</p> <table border="1"> <thead> <tr> <th></th> <th>Standard</th> <th>Caerphilly</th> </tr> </thead> <tbody> <tr> <td>Bowel Screening</td> <td>60%</td> <td>68.70%</td> </tr> <tr> <td>Breast Screening</td> <td>70%</td> <td>72.70%</td> </tr> <tr> <td>Cervical Screening</td> <td>80%</td> <td>71.70%</td> </tr> </tbody> </table>		Standard	Caerphilly	Bowel Screening	60%	68.70%	Breast Screening	70%	72.70%	Cervical Screening	80%	71.70%
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AA3.1	Outcome 4 – Working with partner agencies to promote good mental health and awareness of available services	<p>It is recognised that one impact of the pandemic is an increased need to support key interventions for local populations around good mental health and wellbeing.</p> <p>The three NCNs have again this year invested in the Psychological Health Practitioner roles.</p> <p>There is ongoing promotion and investment in the IRIS Training and support programme which enables GPs and GP practice staff to identify patients affected by domestic violence and abuse and refer them to specialist services, benefiting the patient and saving NHS resources.</p> <p>The health board continues to commission additional counselling capacity with Caerphilly MIND who support the primary care mental health service to address the volume of referrals received.</p> <p>The NCNs will continue to use and promote these services as well as working and engaging in the Green Nature Prescribing Initiative, MELO website and all other resources available.</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. Roll out MELO Connect 5 training to staff and evaluate uptake. Work with communications teams to	<p><b>MELO</b> website has been updated and has had very favourable feedback from partners such as Supporting People and PHPs. Content is being updated still - young people’s targeted information will be added</p> <p><b>Connect 5 training</b> - Feedback and evaluation are very good. Run out by Caerphilly Mind – CCBC also training their own staff now. The Employee Volunteering Scheme is linked to staff well-being and provides benefits to</p>												

	<p>distribute documents and resources related to well-being. The Employee Volunteering Scheme is linked to staff well-being and provides benefits to partner agencies.</p>	<p>partner agencies. The ABUHB intranet webpages has a dedicated wellbeing section and staff can access this and signpost to support and advice. The first of a local staff wellbeing event was held and received extremely well by staff who deliver clinical services to our local populations. There is a plan in place to develop a rolling programme of wellbeing events for staff across the borough.</p>
AA3.3	<p>Outcome 1 - Provide an integrated system of health, social care and well-being closer to home through the Neighbourhood Care Network 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: Caerphilly cares Preventing vulnerability/ inequality Town centre recovery</p>	<p>The NCNs continue to work towards place-based care and service delivery working collaboratively with partners to achieve this. From a third sector perspective, we have seen an increase in groups setting up to support various health conditions, namely dementia and mental health support. Particularly following the pandemic, mental health groups will likely be the theme going forward, and we need to ensure they are set up appropriately and have the correct support. • Partnership between GAVO's Community Development and HSCW teams on developing a Wealth Building Partnership model to promote to communities to increase localised collaboration and empowerment, in line with the wellbeing economic model promoted by Welsh Government. • Participatory budgeting - the mapping element will be a big task going forward, to map both public and third sector provision. • Financial wellbeing - with rising costs of living, energy prices surging and no increases in pay, financial wellbeing could become a huge issue for all sectors in the coming months and years. This will have a direct impact on people's overall physical, mental and emotional health. We need to start working more collaboratively with CAB, and local credit unions on how we mitigate these issues. Financial issues could also see a rise in crime and substance misuse. • Strategic priorities between the NCN, IWN and PSB are very well linked and are working</p>

		together closely as evidenced by the NCN plan and co-development of initiatives such as Nature Prescribing.
AA 3.4	<p>Outcome 1 - Create a supportive environment that enables communities and residents to manage their health and wellbeing, appropriately in partnership with services. Develop place-based approaches to enable community wellbeing and empower residents to access support services and get involved in funding opportunities. 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</p>	<p>Melo information shown above in AA3.2</p> <p>IWN place-based collaboration was supported through two combined online meetings in July followed in September by place-based collective meetings in the focus areas - Bargoed, Rhymney, New Tredegar and Risca. These served to network wellbeing initiatives, services and hubs in those communities and identify opportunities to address existing and emerging wellbeing challenges. They will also inform the Participatory Budgeting (PB) process. The dedicated PB funding was transferred to Caerphilly CBC, and we are exploring an agreed way forward to commence the necessary implementation. ABUHB and GAVO together worked to allocate IWN Cwtsh Connections funding for new community and third sector-led wellbeing activities and initiatives focused on reconnecting people in the wake of the pandemic. In the first round in July, 18 applications were approved worth approximately £48,000. The remaining funding was made available through a second round opened in October. Amongst the initiatives were support for men's mental health groups, enhanced community green space activities, and developing creative approaches to support wellbeing, and the Rhymney Repair Cafe.</p> <p>Again, with GAVO, we are working with a selection of community centres and hubs in to improve Wi-Fi provision that will support community access to health and wellbeing activities and information.</p> <p>The Nature Prescribing pilot evaluation report was released in July with a series of recommendations for taking this approach forward to provide enhanced opportunities to support health and wellbeing and help relieve</p>

		<p>stresses on the primary care sector. These are being actively pursued. This will also provide the basis for developing this more formally along with the opportunity for an Arts on Prescription approach working with Caerphilly Arts Development and other partners.</p> <p>An initial Cwtsh Feelgood festival was held over three days at the White Rose Resource Centre in New Tredegar with the aim of highlighting wellbeing provision at the centre and developing new and further activities through community feedback and input, which has been happening. We worked with staff from to put on a Well Woman event at Bargoed library which has led to the roll out of monthly menopause cafes as intended.</p> <p>New CWTSH community weekly wellbeing guides to local wellbeing activities for each focus area have been developed with Dewis Cymru, Caerphilly Wellbeing Friends, GAVO and the Community Connectors. Feedback has been hugely favourable to date. These will expand their location reach as appropriate in coming months. A new CWTSH website with details of these and more wellbeing information has been created and will launch in December.</p> <p>An IWN delivery focus has been the Rhymney area. Working with partners, a new revamped weekly Talking Café (Cwtsh Café) at Rhymney Library has proved very popular in reconnecting people and helping to address isolation – this is supported by volunteers and those who attend and is thriving. The Caffi Croeso in Welsh similarly proved popular and is now weekly as a result. A new Social Strollers group along with community-led heritage walks to get people more connected and physically active started. This proved popular and will be more focused on activities in the winter out of the War Memorial Park</p>
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		<p>where a collaboration between the Bowls Club and the new men’s health group is developing the pavilion as a volunteer-run community (Woods) ‘café’ to serve the park and wider. This work was supported by three community events in the park to encourage greater usage. We supported the establishment of a new heritage group which now has weekly walks and supports a greater sense of belonging which can contribute significantly to wellbeing.</p> <p>The Caerphilly Wellbeing Friends FB site was restyled as Cwtsh friends to promote and enhance the initiative and provide more community wellbeing information. Monthly Cwtsh Friends coffee mornings have continued to run, led by GAVO Health and Wellbeing officer working with the new IWN Community Involvement Officer and have taken place in communities instead of online.</p> <p>To ensure Third Sector groups are more joined up and supporting their communities as best they can, GAVO hosted the One Beat event (the first since the start of Covid). This was a way for the organisations to feel more connected and to network with each other, and to also showcase their services to the community. Most of the groups attending deliver work within health and wellbeing</p> <p>On a wider scope, GAVO have done a huge amount of development work with groups across the borough around health and wellbeing, not only linking in with the Cwtsh Connections funding but also having an input with the RIF and Comic Relief funding. This is in addition to supporting groups accessing other means of funding, and supporting with wider development work (governance, networking, promotion, etc).</p>
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## Conclusion

Note that this report covers some information over the period April – to Nov 2022. Recognising the significant pressures across both the health and social care agenda the Caerphilly Neighbourhood Care Networks (NCNs) are actively working with colleagues across the borough to support sustainability of services. They are working in association with partners across all sectors to develop and implement local plans to deliver services on a place-based footing across the various level of individual and community need.

The Welsh Government directive on the implementation of the Accelerated Cluster Programme is a key deliverable in 2022-23 which is being seen as a transition year. The programme success will be dependent on the establishment of the governance structures outlined and teams across health, social and Third sector partners working in a more seamless way to deliver services to our communities.