



## **Health and Wellbeing Group** **Grŵp Iechyd a Lles**

31/05/2018

12.00 noon - 13.30

### **1. Croeso, Coffi a Chyflwyniadau / Welcome and Introductions**

In attendance:

Ceri Fitzsimmons	British Red Cross
Claire Stupple	British Red Cross (CUSP)
Cathy Boyle	British Red Cross
Mark Bond	Mens Sheds cymru
Rebecca Rosenthal	Spice Time Credits
Andrea Osborn-Evans	Cartrefi Cymru
Ann Dymock	Age Cymru Sir Gar
Lynsey Cross	Swansea Uni
Sarah Lowther	British Liver Trust
Ed Dewar	Community Resource Team CCC
Marcia Vale	Alzheimers Society
Nico Valla	Nutrition coaching
Caroline Evans	Old Mill Foundation
David Saywell	Menter Cwm Gwendraeth Elli
Jackie Dorrian	CAVS
Clare Pilborough	CAVS

### **2. Ymddiheuriadau / Apologies**

Helen Hunt	British Red Cross
Annie Fazackarley	British Red Cross
Esther Price	Social Business Wales

### **3. Cofnodion y cyfarfod blaenorol / Minutes of previous meeting**

N/A this is the first meeting of this group

### **4. Materion yn codi / Matters Arising**

- The meeting is currently called the Health and Well-being Group. This may be reviewed.
- The agenda and aims of the group will be further developed, the intention is to
  - Link with the work of CUSP.
  - Allow 3rd Sector organisations (working in the field of health and well-being) to support the implementation of the new Carmarthenshire Well-being Plan.
- Clare Pilborough - Outline of the Carmarthenshire Well-being Plan and PSB delivery plans

- [Link to the Carmarthenshire Well-being Plan](#) which will be officially launched in the autumn.
  - The actions specified in the plan will be taken forward by 5 new PSB delivery groups:
    - Healthy Habits – Co-ordinated Campaigns
    - Healthy Habits – Environmental Risk Assessment
    - Early Intervention – Changing the Model of Delivery
    - Strong Connections – Innovative Community Assets
    - Prosperous People and Places – Education and Employment / Procurement Procedures
  - There will be representation from the 3rd sector on these delivery groups.
  - In order to ensure that the 3rd sector is involved in the implementation of the Well-being plan and that the 3rd sector voice is heard CAVS is setting up new networks to mirror these PSB delivery groups.
  - These networks will allow 3rd Sector organisations to be updated on the progress of the delivery groups and to be able to feedback and input to them through CAVS and other 3rd Sector representatives.
  - Once the delivery groups are operational we can see exactly which of them this Health and Well-being meeting will best correspond to.
- Becca Rosenthal asked if there was a formal process detailing how the 3<sup>rd</sup> sector meetings would inform the PSB Delivery groups and their accountability in order to make our work and input meaningful. There is no process determined yet but we will need to make sure there is a clear procedure. To be discussed further at the next meeting.

#### 5. **Cyflwyniad gan / Presentation by**

Cathy Boyle – British Red Cross Connecting Communities project, [redcross.org.uk/lonely](http://redcross.org.uk/lonely)

- This is a 2 year county wide project aiming to tackle loneliness and isolation, funded by the Co-op. The project is currently midway there are 2 community connectors and 10 volunteers. They are looking for a further 10 volunteers.
- The project supports many different types of people – examples being people who are:
  - young parents,
  - recently divorced, separated or bereaved,
  - suffering from ill health,
  - retired etc.
- Cathy shared the Community Connectors referral form and is available to visit groups to give talks about the project. Menter Cwm Gwendraeth and Social Prescribers may be able to collaborate.

#### 6. **Newyddion o CAVS & Ganolfan Gwirfoddoli / CAVS & Volunteer Centre news**

Jackie Dorrian - Some ways that CAVS supports the 3<sup>rd</sup> sector (1 minute outline)

- Communications - sharing information through its website and other networks
- Partnership – CAVS represents the Third sector on the Public Services Board and its delivery groups and at other meetings
- Volunteer Centre – The new look Volunteering Website is launching Friday 8th June, Rural Volunteering Project is working to encourage volunteering in rural communities

#### 7. **Cyflwyniad gan / Presentation by**

Each attendee gave a one minute outline of their organisation or project.

**British Red Cross**

CUSP focusses on preventative work, refers to partners

<b>Mens Sheds cymru</b>	Anyone can join Mens Sheds – people cannot be not referred to the project, they may just have time on their hands
<b>Spice Time Credits</b>	Community currency, positive statistics show well-being improvement
<b>Cartrefi Cymru</b>	Support people with range of issues e.g. learning disabilities, autism etc.
<b>Age Cymru Sir Gar Swansea University</b>	Work with people aged 50+ across Carmarthenshire (Medical School) Collect and analyse data to spot trends to feed back in to policy. Want public input to help frame the research.
<b>British Liver Trust</b>	Support and set up groups and events and joint events across South Wales
<b>Community Resource Team Alzheimers Society</b>	Promote Community Resilience e.g. Dementia Friendly work Aim to create Dementia Friendly communities, to normalise this condition
<b>Nutrition coaching</b>	Help and support people to change their habits to improve their health
<b>Old Mill Foundation</b>	Support cancer patients and their carers and interested in possible links with the Connecting Communities project
<b>Menter Cwm Gwendraeth Elli</b>	Provide many different activities to strengthen communities

**8. Siaradwr / Slot trafod ar gyfer y cyfarfod nesaf / *Speaker / Discussion Slot for next meeting***  
Lynsey Cross, Swansea University Medical School, agreed to give a 10 minute presentation at the next meeting

**9. Unrhyw Fater Arall / *Any Other Business***

- Jackie Dorrian - CUSP introduction
  - CUSP = Carmarthenshire United Support Project
  - CUSP partners are: British Red Cross, Carmarthenshire County Council. Age Cymru Sir Gar, Carers Trust, Carmarthenshire Care and Repair, Royal Voluntary Service, Eiriol, Crossroads, Menter Cwm Gwendraeth, Mid and West Wales Fire Service, CAVS
  - CUSP aims to work collaboratively and avoid duplication e.g. link in with Carmarthenshire is Kind and other projects
  - More information here: <http://www.cavs.org.uk/cusp-carmarthenshire-united-support-project/>
- Clare Pilborough - Our Big NHS Change 3rd Sector event - Hywel Dda presentation and Q/A session at CAVS Thursday 28<sup>th</sup> June – [Eventbrite link](#)
- Jackie Dorrian - Funding Fair at CAVS Thursday 12<sup>th</sup> July
- Everyone gave consent that their email addresses could be shared within the group.

**10. Dyddiad cyfarfodydd nesaf / *Date and time of next meetings* –**

- For the moment these meetings will be held quarterly
- Next meeting will be Thursday 20th September at 12pm (Venue TBC - Age Cymru Sir Gar offices?)