



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

20/09/18  
12.00 noon - 13.30

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

In attendance:

Lynsey Cross	Swansea Uni Data Science Dept
Sue Smith	Community Resource Team CCC
Julie Price	Stroke Association
Jackie Dorrian	CAVS
Clare Pilborough	CAVS
Peter Loughran	Age Cymru Sir Gar

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

Rebecca Rosenthal	Spice Time Credits
Andrea Osborn-Evans	Cartrefi Cymru

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

The Minutes were agreed as an accurate record.

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

- There was a discussion regarding the British Red Cross Connecting Communities project which had been presented by Cathy Boyle at the last meeting.
- The Connecting Communities Project is not linked specifically to CUSP but it was suggested that this might be a good idea.
- Sue Smith gave an outline of the Dementia Friendly Communities and Carmarthenshire is Kind projects.
  - Dementia Friendly Communities
    - There is a [training session for Dementia Champions](#) 1<sup>st</sup> November in St. David's Park. CAVS need to promote this on website and e-bulletin.
    - Next goal is for Carmarthen to become a Dementia Friendly Town.
    - Training sessions can be booked to train Dementia Friends
  - Carmarthenshire is Kind
    - Training works in a similar way
      - there are Carmarthenshire Friend training sessions
      - there will be Carmarthenshire is Kind Champions

### **5. Cyflwyniad gan / Presentation by – Lynsey Cross, Swansea University**

- Lynsey gave a presentation covering the work of the Data Science Dept.

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

- The new Volunteering website [www.volunteering-wales.net](http://www.volunteering-wales.net) still needs improvement. It is proving difficult to get organisations to upload their volunteering opportunities.
- Infoengine <https://en.infoengine.cymru/> and Dewis [www.dewis.wales](http://www.dewis.wales) are now linked. Infoengine lists all 3<sup>rd</sup> Sector services and Dewis lists Health and Well-being services. Because there is an overlap they are now linked so that a search on either website will show results from both.

## **7. Diweddariad ar Grwpiau Cyflenwi PSB / Update on PSB Delivery Groups**

- Clare Pilborough –
  - The PSB delivery groups working to deliver the [Carmarthenshire Well-being Plan](#) are having their first meetings this month.
  - The main development has been that the Healthy Habits - Coordinated Campaigns delivery group has become a cross-cutting group that works to promote messages on behalf of the PSB and the other delivery groups.
  - CAVS aims to start recruiting 3<sup>rd</sup> Sector representatives to attend the groups as soon as appropriate.

## **8. Siaradwr / Slot trafod ar gyfer y cyfarfod nesaf / Speaker / Discussion Slot for next meeting**

- Julie Price from Stroke Association offered to give a presentation at the next meeting

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

- Peter Loughran mentioned the [Ageing Well Plan for Carmarthenshire](#) which is from 2015 to 2018. It was not known if there is a new plan in development.

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

- Next meeting will be in January.