



Grŵp Iechyd a Lles Health and Wellbeing Group

16/05/2019

10.00 – 12.00 noon

Venue - CAVS

1. Croeso, Coffi a Chyflwyniadau / Welcome and Introductions

In attendance:

Helen Hunt	British Red Cross
Lisa Davies	British Red Cross
Ann Dymock	Age Cymru Sir Gar
Sue Smith	Community Resource Team CCC
Mark Warren	Care and Repair
Nancy Hardy	Tir Coed
Jackie Dorrian	CAVS Development Support Officer
Clare Pilborough	CAVS Engagement Officer
Hannah Martin	Threshold DAS

2. Ymddiheuriadau / Apologies

Lynsey Cross	Swansea Uni Data Science Dept
Sarah Lowther	British Liver Trust

3. Cofnodion y cyfarfod blaenorol / Minutes of previous meeting

- The Minutes were agreed as an accurate record.

4. Materion yn codi / Matters Arising

- There were no matters arising

5. Cyflwyniad gan / Presentation by – Ben North Men's Sheds

- Ben North was not present This time was used instead as an opportunity for all present to provide information on their work.
- Threshold DAS – Hannah
 - Only Women Allowed Project – Mental Health Peer support groups for women who have any experience of Mental Health issues. Sue Smith suggested that contact be made with Branching Out Mental health Group to explore any opportunities to work together
 - Hannah outlined the many different services that Threshold DAS provides including training, schemes to support children, paid placements for adults who are economically inactive and many other initiatives. More details on the website <http://threshold-das.org.uk/>

- Tir coed – Nancy Hardy
 - Tir Coed's Pilot scheme in Carmarthenshire will start in November 2019 and includes training such as 12 week courses on Woodland Management and Carpentry etc. and bespoke activity days which can be tailor designed for community groups.
<http://tircoed.org.uk>
- Care and Repair – Mark Warren
 - The hospital project is now called 'Hospital to Healthier Homes' and has been extended from the 6 week pilot for a further 6 months. <https://gov.wales/hospital-healthier-homes-pilot-scheme-extended> A coordinator has been appointed to continue the project and expand it from Prince Phillip to include Glangwili and Amman Valley hospitals.
- Community Resource Team – Sue Smith
 - There are now several Social Prescribers working successfully across Carmarthenshire.
 - Carmarthenshire is Kind is developing training sessions for Champions and has run sessions for school children.
- Age Cymru Sir Gar Ann – Ann Dymock
 - Age Cymru Sir Gar are recruiting a new Project Development Officer for their pilot befriending project which will start in the Llanelli area
 - Age Cymru are working regionally to provide Advocacy for Veterans which will involve peer veteran volunteers and fit in with other Veteran support organisations.
- British Red Cross - Helen Hunt, Lisa Davies
 - 2 new CUSP support workers have been appointed, so there will be 4 in total.
 - CUSP also has its first volunteer who has transferred from another volunteer role within British Red Cross.

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

- CUSP

Jackie gave an update on the current state of play with CUSP (Carmarthenshire United Support Project). This information will be available on the CAVS website.
Home from Hospital and Home not Hospital service.
CAVS, lead on Strategic development and the partnership
British Red Cross, lead on delivery
- CAVS meetings/events – see 9. AOB

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

- Clare Pilborough – general update on PSB delivery groups
 - Information about what progress the PSB and its delivery groups are making is available on thecarmarthenshirewewant.wales
 - CAVS intends to have network meetings corresponding to the 4 delivery groups:
 - Prevention and Early intervention (Health and Well-being Network)
 - Strong Connections (CVON)
 - Healthy Habits - Environmental Risk Assessment (New network)
 - Prosperous People and Places (New network)
 - CAVS aims to start recruiting 3rd Sector representatives to attend the delivery groups as soon as appropriate.
 - Strong Connections Delivery Group - update
This group had a workshop 30th April to discuss the current state of volunteering within the PSB and how to achieve the Strong Connections goal through volunteering.
- Jackie Dorrian - Update on Prevention and Early intervention group
 - The Chair has retired and the Lead Officer is on Maternity Leave.

- Jackie outlined the plans the group has worked on so far.
 - Develop a shared training and development framework for Wellbeing
 - Develop a County wide programme of Community Resilience
 - Develop a place based approach to well-being
- The delivery group's [Plan on a page](#) and [Project Plan](#) contain more detail.
- 'A Health and Well Being Framework for Hywel Dda' - Beth Cossins
 - [Presentation – given at 3rd Sector forum](#)
 - [More detailed presentation](#)

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

- This was not discussed

9. Unrhyw Fater Arall / *Any Other Business*

- Strategic Equality Plan – survey <https://www.carmarthenshire.gov.wales/home/council-democracy/consultation-performance/current-consultations/strategic-equality-plan/>
(A regional survey by public sector partners to seek views from residents across Carmarthenshire, Ceredigion, Pembrokeshire and Powys. As part of the survey we are asking people to have their say on the experiences they have - and the experiences of others - from using a range of public services, from health to housing.)
- Small charities Week – [Big Advice Day](#) 18th June 10am-4:30pm St Peter's Civic Hall
- Cross Hands Development and Delta Lakes Information session 11th June

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

Tuesday 23rd July 10 – 12pm CAVS