

BRIDGEND COUNTY BOROUGH COUNCIL

REPORT TO SUBJECT OVERVIEW AND SCRUTINY COMMITTEE 2

10th October 2019

REPORT OF THE CORPORATE DIRECTOR, SOCIAL SERVICES AND WELLBEING

PREVENTION AND WELLBEING INCLUDING DAYTIME OPPORTUNITIES

1. Purpose of Report

- 1.1 To present to the Committee the range of prevention and wellbeing services and community based opportunities for support that is being developed and their strategic importance.
- 1.2 The report includes:
 - Information about the number of different opportunities and initiatives that are available and being developed as an alternative to statutory services;
 - Information on the work being undertaken with the Third Sector linked to building resilient communities;
 - The input provided by Cwm Taf Morgannwg University Health Board (CTM), Bridgend County Borough Council and other key partnerships.
- 1.3 The report will be supported by a presentation which will include details of local initiatives and perspectives of people who have accessed prevention-based opportunities.

2. Connection to Corporate Improvement Plan / Other Corporate Priority

- 2.1 The report links to the vision of the Council to act as 'One Council working together to improve lives' in an environment where people and communities are being encouraged to have more responsibility for their own wellbeing.
- 2.2 The report aligns to the principle that the Council will support communities and people to maintain their independence and resilience in order to promote their own health and wellbeing and thereby reduce dependency on the Council.
- 2.3 In particular, the report links to two of the three identified corporate priorities:
 - Helping people to be more self-reliant – taking steps to reduce or prevent people from becoming vulnerable or dependent on the Council and its services.
 - Smarter use of resources – ensuring that all its resources (financial, physical, human and technological) are used as effectively and efficiently as possible and support the development of resources throughout the community that can help deliver the Council's priorities.
- 2.4 The report identifies the importance of progressively developing a 'One Council' approach to prevention and wellbeing that collaborates with external partners to build resilient and supportive communities.

- 2.5 There are also identifiable links to other established plans and strategies including:
- Adult Social Care Commissioning Plan;
 - The Remodelling Adult Social Care Programme;
 - The Third Sector Action Plan (Building Resilient Communities);
 - Ageing Well Plan for Bridgend;
 - The Council's Medium Term Financial Strategy;
 - Bridgend Wellbeing Plan

3. Background

- 3.1 The context of the Prevention and Wellbeing agenda was initially reported to the Health and Wellbeing Overview and Scrutiny Committee in April 2015 with a review of progress presented to the Adult Social Care Overview and Scrutiny Committee in April 2016. A subsequent report on prevention and wellbeing was presented to Subject Overview and Scrutiny Committee 2 in March 2018.
- 3.2 This report reviews the progress being made within the Social Services and Wellbeing Directorate but also recognises collaborative working across the organisation, within key partnerships (including at a regional level) and also within local communities.
- 3.3 The legislative frameworks that Wales has established to improve wellbeing highlight the benefits and importance of preventative support and serve to drive policy and strategy within and between services.
- 3.4 The Social Services and Wellbeing (Wales) Act 2014 requires due regard to UN Principles for Older People (1991) and UN Convention on the Rights of the Child (1989). The duties include conducting joint population needs assessments with Health Boards, proactively improving the wellbeing of service users and carers, developing preventative services that universally promote wellbeing but also reducing escalating needs, providing wellbeing related information, advice and assistance and also the development of social enterprise and cooperative responses to needs.
- 3.5 The Wellbeing of Future Generations (Wales) Act 2015 has established seven wellbeing goals that focus on increasing prosperity, resilience, health, equality, cohesion, global responsibility, culture and Welsh language. The principles that underpin the Act of long term sustainability and developing the connectivity between organisations, services and resources, support the case for prevention and wellbeing approaches. The Act identifies five ways of working that includes long term, prevention, integration, collaboration and involvement.
- 3.6 The Bridgend Public Service Board is founded on partnership working that has led to the development of the Bridgend Wellbeing plan. The plan recognises the importance of working collaboratively as a long term commitment to preventing the underlying causes of problems or reducing their escalation in an integrated and collaborative manner. The plan identifies the importance of social wellbeing and the value placed by local people on being connected within communities. The need to develop age friendly communities based on demographic changes is identified, the negative impact that some experiences can have from early life throughout the life

course, but also the use of social prescribing opportunities to signpost people to support networks. There are 4 key objectives including best start in life, to support communities in Bridgend to be safe and cohesive, to reduce social and economic inequalities and to support healthy choices in a healthy environment. The Public Service Board has established a range of work streams to support the delivery of these outcomes.

- 3.7 At a national level, Welsh Government has produced 'Prosperity for All – the National Strategy' (2017), recognising the need for an agile public sector to do things differently and also do different things to contribute to the wellbeing goals for Wales. The prevention and wellbeing approach being developed in Bridgend connects particularly to the 'healthy and active' and 'united and connected' themes of the national strategy, setting long term foundations for the future. There is regional planning and partnership working being progressed across the new Cwm Taf Morgannwg health board region supported by integrated care and transformation investment provided via Welsh Government.
- 3.8 The prevention and wellbeing agenda also has strong links to the joint work that is taking place with BAVO and the Third Sector Stakeholder group that recognises the future importance of the Third Sector and the role played in developing resilient and supportive communities. In recent years there has been collaborative and cross sector working between the Council and BAVO that is now developing into delivery of strategic programmes and interventions. Both the Council and the third sector have worked together to co-produce the "Building Resilient Communities" plan.

4. Current Situation/Proposal

Prevention and Wellbeing Approaches

- 4.1 The development of preventative and wellbeing approaches is being taken forward in the Social Services and Wellbeing Directorate and a prevention and wellbeing project work stream has been established to further develop this work as part of transformation planning.
- 4.2 There is an identified need to establish a high level performance framework for preventative work, recognising the ongoing development of work to provide evidence and impact measurement by type of intervention. The investments that are being made (e.g. transformation funding) will include a focus on calculating social return on investment, cost reduction and cost avoidance where feasible to do so, in addition to measuring the wellbeing improvements for local people and reduction in managed care needs. The prevention model is still relatively new and it remains essential to share and adopt learning and good practice together with a need to expand the range of services and partners engaging in prevention and wellbeing.
- 4.3 In September 2017, the Social Services and Wellbeing Directorate carried out a realignment of structures across the whole directorate which enabled the Group Manager for Sport, Play and Active Wellbeing to change the focus of the role and to become the Group Manager for Prevention and Wellbeing. This has supported a greater focus on prevention and wellbeing and now the broader service area is contributing to community wellbeing development opportunities. This approach contributes to the collective directorate management team focus on prevention and

ensures a recognition of community and Third Sector roles is integrated in planning and evaluation. There has progressively been a growth in prevention and wellbeing work across the Social Services and Wellbeing Directorate and this focus is becoming embedded in teams. A range of data relating to prevention based outputs and outcomes has been collated as an infographic and features throughout this report.

- 4.4 At an operational level, training and development events have been held to better understand the Prevention and Wellbeing agenda including opportunities for broader partners to contribute. These sessions have seen mixed representation including social care, Third Sector, volunteers and national bodies. The focus has been based on an Asset Based Community Development (ABCD) philosophy that aims to co-produce work with communities and build on skills and capabilities. There have been specific themes also including falls prevention and dementia awareness.

Prevention and Wellbeing Services

- 4.5 The Prevention and Wellbeing service is working with partners to develop an increase in sustainable community based opportunities.
- 4.6 The 'Olympage' programmes, which supports older adults to engage in modified games and activities to increase physical activity, reduce loneliness, improve confidence, and live more active and healthier lives have continued to grow. Originally commenced within day care and residential care settings, there are now programmes linked to the community hubs, programmes for people with learning disabilities, activities in community centres and leisure / cultural venues and independent care settings also.

"We have been able to adapt activities and to plan for a series of annual activities and events to make sure that everyone can be included".

Community Hub Coordinator.

- 4.7 Partnership working with Awen has seen the creation of a 'Cultural Olympage' extension to this approach that enables cultural and creative activities to be integrated and potentially linked to social prescribing. This has highlighted the value of creative and cultural activity to improving mental wellbeing in addition to physical activity opportunities.

"Yesterday, I visited the Cultural Olympage sessions. There was a fab turnout. 15 of the group attended and had an absolute ball. Lots of conversations turned to reminiscing about music and memories and even some impromptu singing and dancing".

LCC Ogmores Valley.

- 4.8 Building on the work developed via 'Olympage', the Council has been successful in securing funding to develop a 'Super-Agers' project via the Healthy and Active Fund. This project will operate across the new Health Board footprint of Cwm Taf Morgannwg including Merthyr and Rhondda Cynon Taf County Councils and includes collaboration with the broader Third Sector, Health Board and Public Health. The work will include building resilience in our communities with ownership

of opportunities by older adults. The programme will support older adults to deliver and lead activities and also older volunteers to run vibrant community facilities.

“When we launched the Healthy and Active Fund, it was with the message that the benefits to our mental and physical health are clear. These projects show a new innovative approach to supporting people of all ages and backgrounds”.

Deputy Minister, Culture, Sport and Tourism.

4.9 There is growing engagement with primary and secondary schools, recognising their potential to contribute to Ageing Well in Bridgend, intergenerational working and the development of age friendly communities, including:

- a. Dementia friends and champions training in secondary schools (Archbishop McGrath School, Pencoed Comprehensive School). This has involved strong partnership working with BAVO. The benefits of this work will be further reviewed to identify any learning prior to increasing the scale of the programme.
- b. Inter-generational activities between primary schools and older adults (LCC programme – Ogmere Valley, nursery school visits to Bryn Y Cae etc.);
- c. Facility projects that help to bring people together (Bryn Y Cae dementia garden).

“It was fun being all together playing games”.

Primary School child.

“Fantastic event....and we’ve all really enjoyed it”.

Older Adult.

4.10 The Park Lives regional programme has been working with older adults to access doorstep opportunities in the natural environment. This programme provides locally convenient opportunities in parks and community settings. A focus on community Tai Chi and Yoga has been developed with activities led by adults who have been supported to develop skills and qualifications. There were over 4,000 visits in 2018/19.

“G has achieved great success in engaging, delivering and retaining interest from our older communities and is nothing short of amazing. He has supported regular activities in care settings and is massively passionate about improving older people’s wellbeing.”

Operations Manager, Prevention and Wellbeing.

4.11 The Love to Walk programme supports volunteer led community walking opportunities that are inclusive and contribute to mental wellbeing. There are 13 weekly opportunities and an annual Love to Walk festival to promote opportunities to new participants.

4.12 The Community Chest Scheme is managed by the Council on behalf of Sport Wales and has supported local projects with £71,892 of funding (with £5,556 put into tackling inequalities). Examples would include integrating stroke survivors into Bridgend indoor bowls centre, activity programmes with SHOUT etc.

“We actively work in partnership with the community. The Stroke Club are regular users of our facilities. We are very grateful to our volunteer members for making this happen every week”.

Ogwr Indoor Bowls

Connected Communities

- 4.13 The Council has in recent years, supported three Local Community Coordinator roles in the Ogmore, Garw and Llynfi Valleys. The objective is to help local communities to be inclusive, self-supporting places that help people to stay strong, preventing or reducing the need for services in their lives.
- 4.14 The model is founded on the Local Community Coordinator roles supporting a population of 8,000 - 12,000 people, supporting people to find solutions through community or family resources and to reduce isolation. The evaluations of these approaches have been identified as producing a social return of £4 for every £1 invested by preventing escalating needs. (Local Area Coordination Network).
- 4.15 The Local Community Coordinator roles and services is currently funded by Welsh Government legacy funding and would support a caseload of up to seventy vulnerable people per role at any given time. The focus is on developing resilience within vulnerable individuals and connecting them into supportive, community based opportunities.
- 4.16 Over the past twelve months, there has been recognition that coverage of the local community coordination approach could benefit from being across the whole County Borough and to be better connected to the local networks and hubs. This would be more closely aligned to the needs of health and social care reducing the need for managed care support. There has been a recognition that the roles are skilled in dealing with higher levels of complexity and could be supported by identifying alternative ways to deal with lower levels of individual need. There has also been a need identified to develop long term sustainability by working with the Third Sector, a need to increase the range and volume of community support opportunities and a need to accelerate the pace of change by scaling up this approach.
- 4.17 The Council, via regional transformation funding and related development plans, is aspiring to develop 'Resilient and Coordinated Communities' that support people to meet needs in community settings and reduce the need for managed care. This approach is being taken forward in partnership with BAVO and will see five 'Community Navigator' roles connected to community hubs and an investment scheme to support small, medium and large projects in the Third Sector that enhance support in community settings. The transformation fund is provided by Welsh Government and connected to Local Health Boards. Additional support is being secured by BAVO to develop this approach via GP clusters also.

"We discussed a variety of steps X could put in place to improve his quality of life....changing his sleeping habits....saving some money by cooking things from fresh....using community transport to take X to town and return when he was ready. X likes making things and I will connect him to the Men's Shed".

Community Navigator East Cluster.

- 4.18 The proposed model will allow the Local Community Coordinator resource to support people with higher levels of need and complexity whilst Third Sector and Community Navigator roles serve to address lower levels of need, connecting

people to communities and helping to develop an enhanced range of community support opportunities.

“Mrs X indicates that she prefers attending local activities and being a part of her community and there have been significant reductions in her care package. Mrs X now has a wide circle of friends who she stays in contact with outside the community groups”.

Local Community Coordinator.

- 4.19 A series of case study examples on the work of the Local Community Coordination programme is provided at **Appendix 1**.
- 4.20 The connected communities approach is founded on the ‘Building Resilient Communities Plan’ that has been co-produced with BAVO and the Third Sector, following a process of consultation with community groups and surveys. There is a strong focus in the plans for transformation investment to build the capacity of the third sector to support the prevention and wellbeing agenda. This will include a series of posts and investment funding for community groups. One of the identified challenges will be to ensure there is synergy between the various roles and programmes including working across sectors. Further details on community opportunities that are providing support can be found at **Appendix 2**.
- 4.21 An example of the above would be the The Memory Lane Café which was set up by a member of the public, who was supported by BCBC, ABMU and AWEN through a coproduction approach to do this. The individual had identified the need for developing positive peer support for carers, who support a person living with dementia. It was also seen as a positive and safe environment for carers and people they support to socialise and participate in activities. It supports the idea of making natural connections with others and helps to assist in carer resilience. The group has between 20 and 25 people in attendance. The Group has recently branched out from the Centre and is organising trips and facilitating activities in other venues in the community.

Mental Health provision

- 4.22 The current model for mental health services in Bridgend is largely a result of incremental changes in service design in response to policy developments, local pressures and organisational transformations. There is recognition locally that there needs to be a greater investment in the development of a wider range of mental health services including the expansion of more community based help and support.
- 4.23 ARC provides structured day time opportunities and is a joint service provided by the Council and Cwm Taf Morgannwg Health Board under a Section 33 agreement. ARC supports people to regain and sustain their emotional wellbeing, delivered by a team consisting of an Occupational Therapist and support workers. The service is closely aligned to the Local Primary Mental Health Support Service (LPMHSS) which is co-located and which shares some integrated processes, referral systems and line management. It provides an alternative support to formal mental health assessment.

- 4.24 The service provides an information and signposting service for the public, who can be directed by GPs or who can access directly by attending one of a number of drop in information clinics throughout the borough. During 2018-19 there were 1,162 attendances for information and signposting. Where specialist assessment is indicated the ARC team are able to gain direct access to mental health practitioners through integrated arrangements. ARC support workers and Occupational Therapists work closely with psychological therapy staff from the LPMHSS to provide a range of interventions and there are integrated pathways being developed with mental health social workers.
- 4.25 In addition to the numbers attending information clinics ARC received 955 referrals during the year April 2018 to March 2019 from a range of mental health teams, GPs and from Bridgend College, psychological and psychotherapeutic interventions provided out of the ARC centre and in local community centres. The integrated and open access model delivered by ARC through the signposting service provides a simple route for contact with mental health services which opens up further access to specialist assessment and interventions without further referral routes. This includes:-
- Instant access to drop in sessions for information and advice sessions, and if appropriate will be referred to further support services if required
 - Low level support work can be accessed within a week following referral
 - The specialist occupational therapy support has a waiting time of up to 3 weeks for priority cases and up to 6 weeks for routine cases.
- 4.26 In terms of the Mental Health social work team, known as SCART, it is structured as different segments of mental health provision. The most recent development has been the Early Intervention and Prevention team, who sit under the heading of Developing Emotional Wellbeing and Resilience (DEWR), (meaning “bold” or “brave” in the welsh language). This service provides high-quality, person-centered support to citizens designed to enable them to achieve and sustain optimum levels of independence and mental wellbeing. It will work directly with young people, adults and their families and carers to ensure that their views, wishes and feelings are central in the planning of their future life. It offers stakeholders the opportunity to evaluate the service on an ongoing basis to ensure that we are constantly improving the information, support and planning we provide.
- 4.27 The ethos of DEWR is to promote individuals’ mental health and wellbeing through prevention and early intervention. The aim is to address social issues impacting upon individuals’ before they escalate and lead to a significant deterioration in their mental health. DEWR can only work with citizens who are motivated to make the positive changes in their life that will lead to improved mental health and wellbeing. DEWR is an inclusive, open access service so whilst referrals are accepted from other professionals and agencies, individuals and families and carers can refer if appropriate and subject to data protection requirements.
- 4.28 Social workers and support workers can introduce individuals to all community resources, support groups and activities of interest such as those described in this report. Whilst DEWR is a time limited intervention in keeping with the prevention model, the Service can offer a longer term provision for the more complex cases with fluctuating mental health

New Generation of Community Health and Wellbeing Centres

- 4.29 There is a commitment within the Social Services and Wellbeing Directorate Business Plan to work with Health partners and this approach will include the co-location of services that can contribute to wellbeing outcomes.
- 4.30 The Wellbeing Hub at Bridgend Life Centre has been supported by the Council's Integrated Care Funding and Halo Leisure and will be completed for October 2019. The facilities will support employability, community and workforce development, Third Sector engagement space and group activity rooms. The outcomes will focus on dementia support, falls prevention, combatting loneliness and isolation and physical and mental wellbeing.
- 4.31 This focus on co-location and accessibility of facilities and services will be expanded to other locations where supported by the business case. Considerations would include Maesteg Town Hall, Maesteg Sports Centre, Grand Pavilion (Porthcawl) and community centres.
- 4.32 The Social Services and Wellbeing Directorate also supports the voluntary management committees of community centres and venues. There is partnership working on developing prevention and wellbeing support opportunities particularly in relation to Local Community Coordination programmes
- 4.33 Adult Social Care has supported day time opportunities for a number of years which have been underpinned by a series of principles that focus on a philosophy whereby:-

“There should be more localised services supporting a positive community presence with relationships being developed with local people.”

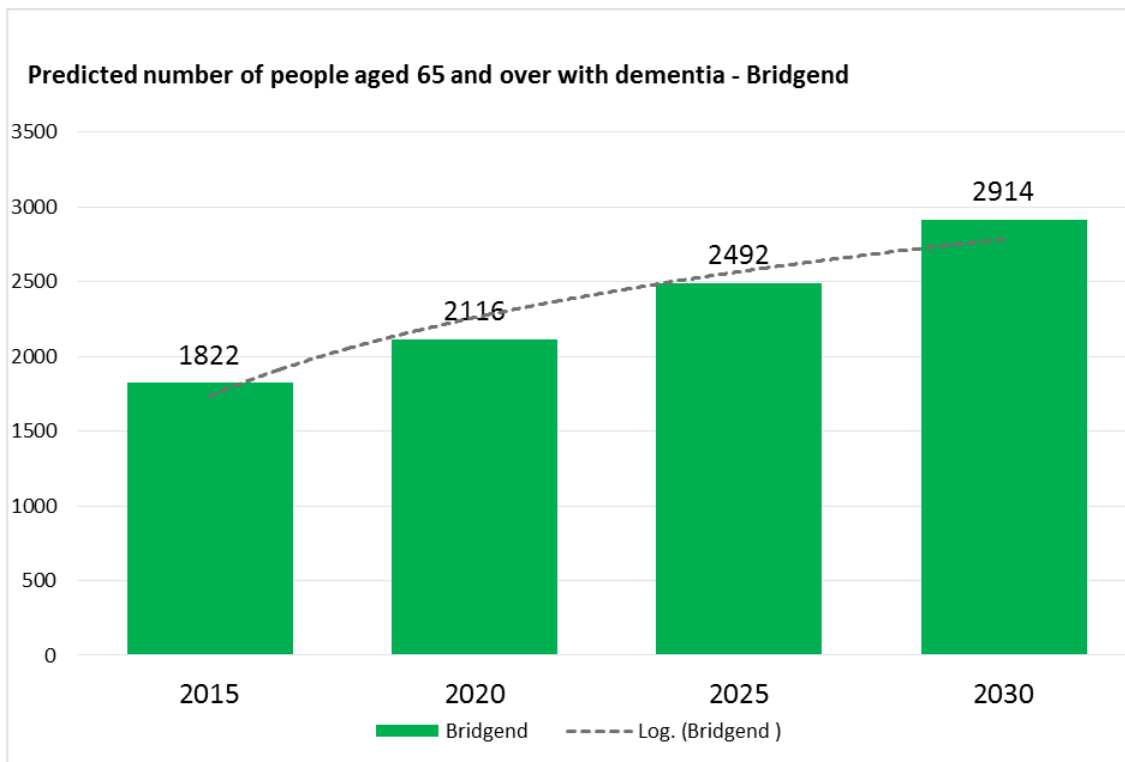
Historically, investment has been made by the Service in developing plans to establish Bridgend Resource Centre, Work Related Services (WOOD B/BLEAF), which are both work based projects for adults with disabilities at Bryngarw Park and Tondu Industrial Estate, and four strategically positioned Localised Services based on a model of “Active Citizenship” which are based at:

- Cwm Calon – Maesteg Localised Service;
- Sarn Adult Support Centre – Valleys Gateway & Pencoed Localised Service;
- Ty Penybont – Bridgend Localised Service;
- Pyle Life Centre – Pyle & Porthcawl Localised Service.

- 4.34 In 2014 the Service explored the potential of assimilating Older Persons Day Services (OPS) under one line-management structure and completed an exercise that would co-locate OPS into existing learning disability service buildings.
- 4.35 Subsequently, on completion, the OPS service delivered from the Vernon Hart Centre in Caerau was integrated into Cwm Calon (localised setting) and the service delivered at Minerva Street Day Centre, Bridgend was integrated into Bridgend Resource Centre (specialist setting).
- 4.36 The decision to locate a generic older person's Day Service in a specialist Resource Centre in favour of moving to a localised solution was not in line with the direction of travel set in terms of localising services. However, the decision served

a purpose at this point as the demand on the Service at that time outstripped the capacity of building space to offer a localised option to every individual.

- 4.37 It is projected that reliance on access to the localised service model (LD) will diminish further in the short-term in line with the model of Active Citizenship as other initiatives described in this report are developed in the Borough. This creates increased opportunities for the further development of the Community Hub model to meet the projected needs of older and more vulnerable persons locally and specifically in terms of the 'social demand' in relation to an ageing population.
- 4.38 If this proposal is achievable, there is the potential to unlock specialist capacity at Bridgend Resource that would be beneficial to meeting the projected increase in demand in terms of specialist dementia interventions, while remaining true to the original aim of providing more opportunities to meet a need locally.
- 4.39 A further review of Older Persons Day Services was undertaken between January and May 2019 with the aim of:
- Assessing the current and future projections for support with respite and socialisation and how this could be best achieved;
 - Reviewing the process maps of the current service, gaps in provision and desired future vision/service model;
 - To map future service need;
 - To complete an options appraisal for older persons day service within Bridgend County Borough Council;
 - To consider the following: themes of isolation and loneliness and how best individuals could be worked with to overcome this, Ageing Well approach, the use of signposting, information, advice and assistance activity, innovative practice nationally and internationally;
 - To link with the work being undertaken in the following areas: carer strategy, short breaks.
- 4.40 Additionally, the review looked at the following information in terms of older persons' needs and made projections based on this information from 2011 to 2030 which plots future trend:
- Between 2011 and 2030 the older adult population will have grown by 48%;
 - In this period there is expected to be a rise of 89% of adults over 85 years of age;
 - 1 in 6 people of the age of 80 has a dementia;
 - These numbers may increase as the Alzheimer's Disease Society have estimated that only 44.9% people in Bridgend living with dementia has a formal diagnosis. The following projections are made in relation the increase of people aged over 65 who have dementia:



4.41 The review was also supported by a light touch consultation that was delivered in partnership with the Research and Practice Development Office based at Swansea University's Centre for Innovative Ageing. Three consultation events were held on April 29th, May 3rd and May 10th 2019 at Cwm Calon and Pyle Life Centre with the main themes emerging from the consultations being the importance of a Day Service that provides social contact and inclusion by providing opportunity to develop and maintain friendships and relationships and to be able to access such locally to avoid lengthy travel times.

Building Resilient and Co-ordinated Communities

4.42 There is an opportunity to develop an alternative offer for many older people based on a number of factors.

These include:-

- A review of daytime opportunities
- The growth in opportunities that have been developed under the prevention and wellbeing agenda
- The additional resources via the transformation investment in terms of community co-ordination and medium term navigator roles

4.43 This will help reshape the current model operating within the Borough and will support people to access daytime opportunities that are locally available whilst providing capacity to achieve a longer term vision of specialist centralised support (dementia/learning disability) delivered from the Resource Centre at Bridgend.

4.44 Using current community assets within social care but also through broader partnerships (e.g Halo, Awen, Community centres and hubs), the Service is in a position to develop and embed the community based model in each of the four strategic areas.

4.45 Individuals will have a greater opportunity for engagement and access to a full range of community resources, facilities, activities and opportunity. This will enable people to connect people with their local communities as valued and contributing citizens, supporting people to know their communities and to be known in them, as well as providing better access to the wider community through more effective coordination and coproduction.

4.46 Subsequently, the Local Authority will be contributing towards preventing or delaying the development of people's needs for care in addition to reducing the needs for care and support. There has already been investment and development but this work needs to be accelerated as the Service shifts the emphasis away from prescribed/managed care towards support which is created through shared interests and the common commitment of people with an investment in it.

4.47 **Next Steps**

- Develop the multi-agency model to create a brokerage type service in the community areas that recognise the broader range of opportunities to connect people to.
- Ensure that stakeholders and teams have knowledge and understanding of the support that the local community co-ordination resource and the navigators can provide. This will relate to the geographical populations and locations supported and the roles and capabilities of the staff to support various levels of need and complexity.
- Ensure that there are clear pathways in place for individuals to self-refer or for professionals to connect people into community support opportunities. This will include establishing clarity on the need for people to be able to be connected into community based opportunities sustainably including those run by volunteers and the third sector.
- Development of a communication plan that ensures the range of stakeholders are aware of the objectives of the transformation investment and its objective of accelerating the pace of change for a defined period of time.
- In partnership with BAVO and the third sector, to work with navigators to identify gaps that exist within communities and to utilize the transformation related grant schemes to build third sector capacity.
- To ensure that there is a focus on medium term sustainability and to ensure that investment into the third sector and volunteer effort builds a resilient model for when funding might no longer be available for roles identified.
- In discussion with health colleagues to identify the development of a specialist dementia model.

Healthy Living Partnership

4.48 In 2012 the Council established a fifteen year partnership with GLL/Halo to operate eight leisure facilities as part of the Healthy Living Partnership.

4.49 The partnership between the Council and GLL/Halo Leisure is responding to the prevention and wellbeing challenge and supporting local people and carers to be healthy and resilient.

4.50 Bridgend delivered the highest participation in Wales by the over 60's in relation to the National Free Swimming programme with 77,011 visits recorded and for over

5,000 individual users. At a national level, this investment in the over 60's is set to reduce and a new model of support will need to be developed from December 2019.

"People from all walks of life and with differing conditions such as arthritis, lower back pain and obesity are using the hydrogym equipment and feeling mentally and physically better as a result".

NERS Coordinator (Halo).

- 4.51 The Healthy Living Partnership successfully delivers the National Exercise Referral Scheme (NERS), providing access to tailored and supervised activity for those who are inactive or at risk of or currently experiencing a long term or chronic health condition. Bridgend delivers nine specialist pathways including cardiac, falls, stroke, back care and cancer. During 2018/19 there were 2,013 referrals resulting in 29,593 visits to the seventy-two weekly classes now being delivered. The annual programme completion rate was 56% and this is becoming an area of focus as a public accountability measure (PAM). Public Health Wales will provide data on people with increased levels of activity later in the year.

"If this support had not been in place and ongoing, I would have been housebound. My family and I believe this team's guidance, encouragement and support deserves recognition for the attention they are giving"

Participant-Exercise Referral.

- 4.52 The partnership was externally assessed by Quest, the UK quality scheme for sport and recreation in regard to developing Active Communities. The assessment awarded Bridgend a score of 'excellent', the highest UK score, recognising the local focus on getting the inactive active and continued focus on older adults.

"There are longstanding high quality programmes in place including exercise referral, disability programmes, Active for Life and Access to Leisure, demonstrating a clear contribution to increasing participation over a sustained period".

Quest Assessor.

- 4.53 The Council has continued to protect changes to ensure that society's most needy can access facilities and services. The low cost 'Access to Leisure' continues to provide support to over 11% of overall usage with in excess of 2,000 people linked to the scheme. There are 1,336 members over 60 and 598 people with disabilities holding memberships.

- 4.54 There is a growth in programmes that support people living with dementia and carers. The successful dementia swimming programme was a finalist for a national award via Community Leisure UK. Additional investment has been secured (Big Lottery Fund £59,000, Peter Harrison Foundation £30,000) to develop broader opportunities at three locations for a three year period. Eight additional staff have been trained as dementia friends (125 in total) and an innovative e-learning resource in place. Halo also promoted the 'Feel Good for Life' initiative promoting dementia supportive communities.

"It's not only important for the people with dementia; it's important for the people who care for them. I've had such a benefit from all the people that I have met. He's having exercise, he's meeting people and I see a smile on his face".

Carer – Dementia Friendly Swimming

- 4.55 Halo have developed a mobile falls prevention programme in the Ogmere Valley linked to sheltered accommodation and community venues. There will be a review of the programme findings to identify ways of it becoming scalable linked to health and social care.

"I find it so beneficial because I've been unable to walk properly for 15 years....my family see a big difference in me....I feel well.....and my posture is good".

Participant – Mobile Falls Programme.

- 4.56 There is a growing focus on the importance of carer wellbeing and Halo are consulting with carers to identify activities and opportunities that could improve lives and wellbeing.

Cultural Trust Partnership

- 4.57 In 2015 the Council established a twenty year partnership with the Awen Cultural Trust to assist in the provision of facilities for culture and to jointly increase participation in cultural activities. The national growth in focus on social prescribing identifies the opportunities for the cultural sector to impact on community wellbeing.

- 4.58 Awen support the Hynt scheme which is a national access scheme that works with theatres and arts centres to support visitors with an impairment or specific access requirement (and carers or personal assistants). 506 people were supported by the Hynt scheme in 2018/19.

- 4.59 Awen support the Social Services and Wellbeing Directorate by operating the B-Leaf and Wood B supported training and employability programmes. There were 50 individuals supported in 2018/19 with 6,600 sessions attended.

"S recently completed an 'Agored Cymru' accredited course and was offered a short work experience placement at Foxtroy Residential Care Home. He has since been supported by the Caretaker in a range of duties building on his skills and gaining further life and work experiences".

Operations Manager, Awen.

- 4.60 The Council has been supported by Awen to develop a carers' choir project as a pilot social prescribing opportunity with support by Bridgend Carers' Centre. The project has successfully demonstrated what can be achieved with the group, 'Off Duty', producing a song used nationally to celebrate carers' week by Carers UK.
- 4.61 All of the Council's libraries are participating in the National 'Reading Well' programme and have been equipped with resources relating to dementia with a further focus on mental health resources to follow.
- 4.62 In 2018, Awen became the first library service in the UK to remove library fines to encourage library usage by all, but particularly vulnerable groups including those facing more complex challenges.

- 4.63 Bridgend libraries have integrated a range of social prescribing opportunities including dementia supportive activities and community cafes in partnership with community groups.
- 4.64 Awen have also introduced the 'Live and Loud' programme providing affordable access to the arts in library settings. 27,863 adults attended library events in 2018/19.
- 4.65 Awen are supporting the ability of cultural venues to engage people living with dementia and carers with staff trained as dementia friends.
- 4.66 Awen have also supported the Council to expand the number of Men's Sheds following previous work at Ogmore and Maesteg with a new project at Garw Valley.
- 4.67 The programmes offered by Awen regularly support daytime activities including craft workshops, visual arts and daytime cinema proving popular for individuals wanting to avoid night time transport. The Grand Pavilion has commenced monthly 'Sing and Smile' sessions that brings older adults together in an inclusive setting that can include carers and family members.

Additional Commissioned Services

- 4.68 The Social Services and Wellbeing Directorate also supports the prevention and wellbeing agenda and daytime opportunities via a range of additional community support opportunities.
- 4.69 Bridgend Community Transport are supported to provide an accessible transport service for people who are socially excluded or isolated to connect to community and wellbeing based opportunities. Many of the people supported are older people and/or disabled with journeys supporting the LCC programmes, shopping, socialising and attending health appointments. There are 1021 registrations for the Town Rider scheme and 131 registrations for the Community Car scheme. An efficient and effective community transport network will be critical to the impact of prevention and wellbeing initiatives. During 2019-20 67% felt community transport had reduced their social isolation and 78% felt it had improved their social networks.
- 4.70 Cruse are supported to provide bereavement counselling services and social support to anyone who has been bereaved. There has been joint working with Local Community Coordinators including a 'comfort café' project at the ARC centre (234 people were supported including referrals from G.P's.)
"CRUSE helped me when my family and friends were not able to."
- 4.71 The Alzheimer's Society are supported to offer dementia support services, dementia cafés, 'Singing for the Brain' and carers' support groups. Over a hundred people are benefitting from 1:1 support. Monthly "Feel Good Groups" are offered in Porthcawl and Ogmore with over 35 individuals and carers supported.
- 4.72 Trinity Care and Support are assisted to provide localised day support/care clubs and drop-in services together with a Saturday drop-in service including leisure activities and adult learning opportunities. The Care Club operated by Trinity includes walking, a community allotment, and a shopping project where club

members with a disability provide a weekly shopping support service for local older adults and residents unable to leave their homes.

- 4.73 Bridgend People First are supported to assist people with a learning disability with advocacy and peer advocacy to access preventative services and activities developing skills for independence. 72 people have been supported during 2018-19 with 55 engaged in wellbeing opportunities to support resilience and independence.
- 4.74 Age Connects Morgannwg are supported to offer dementia group support programmes within Bridgend Resource Centre. This support ensures there are engaging and meaningful activities to improve skills and independence. There is also support for carers including Information, Advice and Assistance (IAA).
- 4.75 The Stroke Association also receive support to provide community support and to provide a positive action group.
- 4.76 Bridgend County Crossroads are supported to run lunchtime community café opportunities as well as a Saturday social club for people living with dementia. There are around 47 people benefitting from this support. The aforementioned investments highlight current support for Third Sector partners to provide local support for vulnerable people.

Ageing Well in Bridgend

- 4.77 The Ageing Well in Bridgend plan has been an area of focus within the Bridgend Wellbeing plan and linked to the Healthy Choices in a Healthy Environment theme.
- 4.78 During 2019 the Older Person's Commissioner has refreshed the National Strategy and identified new priorities as part of an aspiration to make Wales the best place in the world to grow old.
- 4.79 The priorities identified are:
- To end ageism and age discrimination;
 - Stopping the abuse of older people;
 - Enabling everyone to "Age Well."
- 4.80 In regard to this report, the objectives of the third identified priority are relevant in relation to the following National objectives:
- Age Friendly Communities that support people to age well and do the things that matter to them are established throughout Wales;
 - Older people are empowered to affect change;
 - Older people can access the community health services needed to Age Well;
 - Older people can get where they want to go when they want to get there;
 - Older people receive the financial support they need to age well.

5. Effect Upon Policy Framework and Procedure Rules

- 5.1 There is no effect upon policy framework and procedure rules.

6. Equalities Impact Assessment

6.1 There are no equality impact implications arising from this report.

7. Wellbeing of Future Generations (Wales) Act 2015 Implications

7.1 The implementation of the duties and responsibilities under the Social Services and Wellbeing (Wales) Act 2014 is based on the fundamental principles of the Act including prevention and early intervention, voice and control, wellbeing and co-production. By promoting and developing an environment that maximises people's physical and mental wellbeing, the wellbeing goals of a healthier and more equal Bridgend and Wales are supported.

7.2 The Wellbeing of Future Generations (Wales) Act 2015 provides the basis for developing a different kind of public service in Wales, with five ways of working to guide how the Authority should work to deliver wellbeing outcomes for people. The following is a summary to show how the five ways of working have been considered in this report:

- **Long Term:** The prevention and wellbeing approach aims to provide early intervention and support to prevent the needs of people escalating in the longer term and to maintain independence.
- **Prevention:** The report describes how connecting people to their communities and local opportunities can reduce or remove the need for managed care based alternatives.
- **Integration:** The report identifies how the impact of investing in prevention and wellbeing approaches can improve the lives of local people whilst also assisting with pressures faced by Health and Social Care.
- **Collaboration:** The report identifies the importance of the Third Sector and the objective of building resilience in communities and individuals by partnership working and networking.
- **Involvement:** The report identifies the importance of co-production approaches and supporting individuals and communities to identify solutions that meet their needs.

8. Financial Implications

8.1 It is identified that many of the prevention and wellbeing interventions and programmes within this report are being resourced via external grant funding including transformation funding, integrated care funding and other Welsh Government investments.

8.2 The long term challenge will be to develop sustainable prevention and wellbeing services that prove more cost effective than traditional service delivery models.

8.3 There is also a recognition of the need to generate investment into the resilience and scale of the Third Sector to provide wellbeing support to people and communities.

9. Recommendation

- 9.1 It is recommended that the Committee notes the contents of the report and comments on the future direction of prevention and wellbeing opportunities across the Borough of Bridgend.

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10 Background documents

None