



Appendix 1 Community Planning Quarterly Briefing January to March 2014

This is a quarterly briefing designed to give everyone involved in the community planning process across the Caerphilly County Borough, as well as wider audiences, an overview of progress on the Community Strategy. Information has been supplied by each of the co-ordinators leading on different themes of the Community Strategy please get in touch directly with the co-ordinators for further information.

Community Planning (Jackie Dix, Alison Palmer & Howard Rees)
communityplanning@caerphilly.gov.uk

Caerphilly Delivers – The Single Integrated Plan 2013-2017

Work has now begun in earnest in forming the delivery structure of the Single Integrated Plan. Each of the five outcome areas: Prosperous Caerphilly; Learning Caerphilly; Healthier Caerphilly; Safer Caerphilly and Greener Caerphilly - are all developing scorecards to ascertain and measure progress in delivering their priorities.

A Local Delivery Group has been established of officers responsible for delivering the outcome priorities. Sitting on the group are the lead officers for the five outcome areas, which come together into a Leads Group, responsible directly to Caerphilly Local Service Board for achieving the outcome priorities. A joint inaugural meeting of the two groups was held in January. A separate meeting of the Local Delivery Group was held in February, with meetings now being convened on a monthly basis.

The work around collaborative improvement, strategy integration, partnership rationalisation and developing the Single Integrated Plan has received three year funding from the European Social Fund, which comes to an end in August 2014. The project has recently been evaluated, and the Caerphilly Local Service Board will be considering how to take the work forward.

Caerphilly Local Service Board

The Board met on the 12th February 2014, and considered the following:



Please contact the relevant co-ordinator if you require further information on any of the above or Community Planning, Penallta House Tredomen Park, Ystrad Mynach CF82 7PG

- Commission on Public Service Governance and Delivery (Williams Commission)
- Improving Information Sharing and update on Caerphilly Local Service Board European Social Fund project
- Update on Caerphilly Local Service Board Work Programme: Delivery of *Caerphilly Delivers- the Single Integrated Plan*
- Safer Caerphilly Outcome scorecard
- Caerphilly Local Service Board Forward Work Programme: Tackling the Impact of Poverty
- Voluntary Sector: Changes at Gwent Association of Voluntary Organisations, and Voluntary Sector project updates
- Caerphilly Armed Forces Community Covenant Scheme
- Caerphilly Local Service Board update report to the Welsh Government: for October to December 2013.

Caerphilly Local Service Board will next be meeting on 7th May, and subsequently on 20th August, and 5th November 2014.

There are now two new representatives sitting on Caerphilly Local Service Board. There has been a change of Welsh Government representation with James Owen (Deputy Director, Expert Services & People) now on the Board. Additionally following the retirement of Mike Bridgman (Caerphilly Assistant Director, GAVO), the Third Sector will now be represented by Martin Featherstone (Chief Executive, GAVO).

The next Caerphilly Local Service Board Community Strategy Standing Conference is taking place on Friday 13th June between 9.30am to 1pm at Llancaiach Fawr Manor. Further details are available from Alison Palmer on telephone: 01443 864409 or email: palmea@caerphilly.gov.uk

There will also be an additional meeting of Caerphilly Local Service Board Standing Conference Partners on 9th May to consider the Local Development Plan. The event will consist of a number of workshop sessions to allow partners to shape and actively influence the future of the County Borough up to 2031. The meeting will take place at Llancaiach Fawr Manor between 9am to 1pm. Again further details are available from Alison Palmer.

For further information on the work of Caerphilly Local Service Board please visit the website - <http://your.caerphilly.gov.uk/communityplanning/content/welcome>

Armed Forces Community Covenant

Caerphilly County Borough Council has signed up to the Armed Forces Community Covenant as part of a Government initiative to promote a greater understanding between the military and the general public.

The Armed Forces Community Covenant is a voluntary pledge to encourage charities, local authorities, businesses, communities and individuals to work

together with the military, to offer support to service personnel and their families as well as reservists and veterans.

The Armed Forces Community Covenant is made between the serving and former members of the Armed Forces and their families, working, visiting or residing in Caerphilly county borough, and Caerphilly Local Service Board and other members of the civilian community. It also recognises and remembers the sacrifices made by members of this Armed Forces community, particularly those who have given the most. This includes in-Service and ex-Service personnel (Veterans), Reservists, their families and widow(er)s throughout the Caerphilly county borough.

The Caerphilly Armed Forces Community Covenant is a voluntary statement of mutual support between a civilian community and its Armed Forces community at the local level.

Please visit the Armed Forces Community Covenant website, by double clicking the link below.

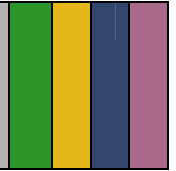


Caerphilly County Borough Council Website.url

This site contains much useful information for serving personnel, veterans, reservists and their families including:-

- Armed Forces Community Covenant Funding for projects in the Caerphilly County Borough area
- Details of the meetings of the Caerphilly Armed Forces Forum
- Defence Discount Service - purchasing scheme for goods bought on line or in shops, together with new car purchase discount scheme
- Free swim at all Caerphilly County Borough leisure centres, together with reduced charges for using the gym & fitness suites
- Royal British Legion 'SORTED' employment support for serving armed forces personnel, veterans & reservists
- Useful links are provided to Royal British Legion, SSAFFA, Combat Stress, Welsh Government Armed Forces Publications.

For further information on the Community Covenant and related armed forces issues please contact Howard Rees – Armed Forces Lead Officer on 01443 864754 E-mail howardrees@caerphilly.gov.uk or John Elliott - Senior Research Officer on 01443 864415 E-mail ellioj@caerphilly.gov.uk



COMMUNITY REGENERATION

Building Resilient Communities – Taking Forward The Tackling Poverty Action Plan (July 2013) set out the Welsh Government's plans to help people out of poverty, including a proposal to create 5,000 training and employment opportunities for people living in workless households by the end of 2017. Caerphilly Basin has been chosen as one of 8 cluster areas to have additional Communities First funding to enable the recruitment of employment brokers or mentors to help people from workless households into training or employment opportunities. The pilot is being called *LIFT* and will commence in April 2014.

Construction That Works took place in the Upper Rhymney Valley. 10 residents looking for work in the construction sector completed an 8 week programme that developed confidence and skills for employment. 8 out of the 10 residents successfully passed their CSCS test at the end of the programme.

Youth Hubs have been established in youth unemployment hotspots in Senghenydd, Abercarn and Crumlin in partnership with Job Centre Plus, Careers Wales and Communities First. Young people are able to drop in to get employment advice and support. 55 young people have been supported to date with outcomes including attending adult education, gaining work experience, creating a CV and applying for Jobs Growth Wales placements. An additional hub will be opening in Rhymney by April.

Youth Mentor - White Rose Resource and Information Centre were successful in a bid to the Department of Work and Pensions (DWP) Flexible Support Fund to employ a youth mentor to support young people to address barriers to work and improve employment outcomes for young people in the Upper Rhymney Valley. The project has been called *Going Places* and engages young people through mentoring, positive mental attitudes and voluntary work placements with Rhymney Furniture Revival to build confidence, motivation and raise aspirations. The project has been further supported by Caerphilly's WHQS programme and Community Regeneration to extend the project to October 2014.

Get Caerphilly Online continues to prove successful. The project has so far helped nearly 4,000 people get online for the first time and to use the internet to enrich their lives. Digital Fridays, a free drop in IT provision, is now being run at 6 libraries across the borough every Friday. So far just over 700 people have benefited from the Digital Fridays sessions. Get Caerphilly Online currently has 20 active Digital Champion volunteers supporting the project and 3 of the Digital

Fridays sessions are run solely by these volunteers each week. Get Caerphilly Online is currently funded until end September 2014 and work is on-going to obtain funding to continue this project. There are still approximately 40,000 people digitally excluded in the Caerphilly borough therefore extending the Get Caerphilly online project is vital to continue supporting these people, many of whom are the most vulnerable in local communities.

STRATEGY AND FUNDING

Convergence Successor - the UK partnership agreement with the European Commission is delayed pending the outcome of judicial reviews for two of the English regions. Discussions between the Welsh Government and the European Commission are ongoing on an informal basis. The Welsh Government is still confident that the new programme will be open for business by late spring/early summer.

Regional project proposals are now being developed in task and finish groups and Caerphilly County Borough Council representatives continue to meet on a regular basis to ensure a joined up approach within the Council. The most recent meeting on 30th January has helped to identify key development locations, following the Welsh Government's guidance that infrastructure investment must focus on areas of economic opportunity. The Urban Regeneration Task & Finish Group will be commissioning a report from CREW Regeneration Wales to establish what those key locations should be across South East Wales.

Rural Development Programme

RDP Business Plan 2 - most projects are performing well and are on target to spend according to their respective profiles. However, funding is still available in the Training Grant – individuals, community groups, voluntary sector organisations and businesses in the rural wards are invited to discuss proposals to access this grant. Anyone interested should contact the Coalfields Regeneration Trust on 01443 404455.

A Welsh Government consultation on the new RDP Programme was launched on 17 February 2014, with a consultation deadline of 14th April 2014.

In January, Caerphilly County Borough Council submitted an Expression of Interest on behalf of the Cwm a Mynydd Partnership and Local Action Group (LAG) to form a LAG under the new Programme, which is due to commence in 2015.

HOUSING

The UK Government has introduced a wide range of welfare reforms via the Welfare Reform Act 2012. One of the measures which took effect on April 1st 2013 is a reduction in Housing Benefits for social housing tenants of working age who are deemed to be under- occupying their home. The changes in Welfare

benefits have been seen as a priority by Caerphilly County Borough Council, and a senior officer level Programme Board was established in July 2012 to oversee projects that would prepare the authority and its residents for the changes. The under-occupation benefit change was a key project within the programme

Four Tenancy Support Officers were appointed in the housing division and are continuing to visit the under-occupying tenants to offer relevant support. Considerable expenditure reduction initiatives for council tenants are being identified and other specific support and referral (for example debt advice) is provided and evidenced.

Key outcomes of the support offered are highlighted below:

- 1,754 tenants visited by Tenant Support Officers and provided with budgeting and housing advice
- 846 Discretionary Housing Payment assessments have been completed with 700 being successful
- £286,555 saved by tenants through reduction of expenditure on utilities (Welsh Water Assist, Warm Home Discounts, Water Meter installation)
- 229 tenants referred to Caerphilly and Blaenau Gwent Citizens Advice Bureau for debt/budgeting advice
- 240 tenants referred to Job Centre Plus for fast track support. Of those tenants receiving support:
 - 30 entered employment
 - 45 undertaken training.

The Housing Options Service based in Williams Street, Gilfach, primary aim is to prevent homeless, and works with people across housing tenures. The Service provides a Mortgage Rescue scheme to help owner occupiers who find themselves in financial difficulty and at risk of losing their homes. The Mortgage Rescue Scheme was a finalist in the Chartered Institute of Housing Awards last year. The Mortgage Rescue Scheme has assisted over 200 households, by providing advice and assistance to allow clients to remain in their homes, and also where necessary by a Housing Association purchasing the property.

Safer Caerphilly (Kathryn Peters & Natalie Kenny)

saferrccbc@caerphilly.gov.uk

Partnership Performance

Safer Caerphilly continues to work in partnership to reduce crime and disorder in the Caerphilly county borough. For the period 1st April 2012 – 16th February 2014 there has been an increase of 5.2% in crime and an increase of 5% in anti-social behaviour when compared to the same period of the previous year. Analysts state that these increases are a result of the long hot summer that has been experienced this year. Expectations at this stage are that these figures will level off by the year end. The increases are also on the back of continuing reductions

over previous years such as the 54% reduction in ASB over the last three year period.

ASB Victim/Witness Champion

The Victims Champion continues to attend all multi-agency groups to tackle anti-social behaviour, liaise closely with all departments within the local authority and outside agencies whilst supporting victims in the community and throughout the court process. Throughout April 2013 – December 2013, there have been 259 referrals made to the service. The victim's Champion has supported over 1000 victims and witnesses of anti-social behaviour since she has been in post from 2010. The Victims Champion (Lana Harrison) can be contacted on 01495 235441.

The Safer Caerphilly Volunteer Network

The Safer Caerphilly Volunteer Network incorporates the diverse range of individuals who are actively involved in their communities and have an interest in working alongside other partner agencies to tackle crime and anti-social behaviour. The Volunteer Network is made up of 236 individuals from groups such as Neighbourhood Watch, Crime Prevention Panels, Community Groups and Partnerships, Street Pastors and Tenants and Residents Associations. Recent sessions have included a variety of presentations and workshops where residents had the opportunity to discuss any crime and disorder issues in their area. If you would like to attend the next meeting or would like further information on the Volunteer Network please contact the Safer Caerphilly office on 01495 235350.

Partnership Communications

The information provided below is based on three projects that the Safer Caerphilly partners are currently working on:

Project Bernie - the Safer Caerphilly Fire Safety Action Team has now started the planning process for Project Bernie 2014. Project Bernie is based on a social marketing concept, which aims to reduce deliberate grass fires by addressing behaviours and attitudes within the community. The project will be officially launched on 28th March at the Morrison's store in Bargoed. The project will then run for a further six weeks in the Bargoed area of the county borough. The project will include; advertising and marketing campaign, patrols of the area and youth activities throughout the Easter School Holidays including a 3 day rugby camp run by the WRU. All of the activities will focus on addressing the problem of deliberate grass fires.

Junior Community Safety Warden Scheme - the Junior Community Safety Warden Scheme continues to be rolled out to all schools across the Caerphilly county borough. The Community Safety Wardens have visited a total of 72 schools so far this year reaching more than 1800 young people.

The Community Safety Wardens inform the young people about anti-social behaviour issues such as littering and graffiti and promote general community safety messages. The young people also have the opportunity to take part in a quiz and competitions that will encourage them to think about community safety issues. At the end of each session they will also receive a goody bag and a certificate and card to say that they are now a Junior Community Safety Warden. The Safer Caerphilly website has also been developed to include a specific section just for the Junior Wardens which promotes safety messages; photos and includes interactive games.

If you would like more information on this scheme or would like to see our video of one of the sessions please visit our website on the below:

<https://your.caerphilly.gov.uk/saferccb/junior-wardens/junior-wardens>

After Dark Initiative - the Safer Caerphilly After Dark initiative has been set up to tackle night-time economy issues. Organisations signing up to the scheme include departments within Caerphilly County Borough Council, Gwent Police, and volunteer agencies including the Street Pastor Scheme. The three agreed aims of the scheme are to:

- To reduce night time economy (NTE) related crime (specifically violence, damage, and hate crime)
- Improve communication with NTE agencies and coordinate action
- Making Caerphilly and Blackwood town centres safer.

The project was officially launched by the Police and Crime Commissioner on the 2nd December 2013 at Caerphilly Castle. Throughout December all of the partners involved in the project have been working to achieve the above aims and a variety of actions have taken place including the following:

- Regular Town Safe high visibility patrols
- Crime prevention packs were given out to all pubs/clubs/late night refreshment premises
- Regular multi agency visits to problematic premises
- Daily reviews of disorder relating to licensed premises
- Comprehensive media campaign including the development of an After Dark logo
- Test purchases conducted
- Night time economy vehicle purchased for use by partners
- Promotional items
- Enforcement of Designated Public Place Orders (DPPOs).

Following the launch in December promotional items have been distributed including After Dark umbrellas and coffee mugs given to door staff and Street Pastors. The After Dark logo was also displayed on the Caerphilly Castle at

certain periods throughout December. Caerphilly County Borough Council and Gwent Police Facebook / Twitter have also been used to convey the messages of the initiative.

In addition to the above Safer Caerphilly and its constituent responsible authorities of Gwent Police, Caerphilly County Borough Council, Aneurin Bevan Health Trust, the South Wales Fire and Rescue Service and the Wales Probation Trust, together with other public and voluntary sector colleagues, continue to deliver core activity and services, striving to reduce and prevent crime, disorder, the impact of substance misuse, domestic violence and in doing so make Caerphilly county borough a safer place to live, work and visit.

For more information visit the Safer Caerphilly Caerphilly website at - <https://your.caerphilly.gov.uk/saferccb/>

Learning Caerphilly (Lynne Bosanko Williams)

cyp@caerphilly.gov.uk

Families First Programme new commissioning - the Families First programme commissioning process commenced in October 2013 and was completed by December 2013. Twelve Families First projects were commissioned, and the new projects will commence April 1st 2014. The projects have been developed and improved based on information found and lessons learnt from the independent Families First Evaluation and Families First monitoring procedures. An outline of all projects can be found at the Children and Young People Partnership Families First website -

<http://www.caerphilly.gov.uk/familiesfirst/>

Pilot Projects - the Caerphilly and Blaenau Gwent Citizens Advice Bureau has been commissioned to deliver a new pilot project that will aim to provide financial inclusion for families. The Confident with Cash project will offer a proactive and preventative programme to assist families to deal with short term crisis situations and develop financial knowledge and skills with families. More information about the project will follow.

Self Evaluation and Recognition Award (SERA) Award Ceremony - with the successful launch of the SERA in September 2013, organisations that have applied for, and achieved an award will be celebrated at the next Interact event. The Tri-County Play and Groundwork Caerphilly will be awarded with their SERA certificates for demonstrating their hard work and commitment in making a difference for children, young people and families. Their applications showed how they are delivering an exceptional service and raising the aspirations of the children and young people that they work with, whilst at the same time reflecting and evaluating on what they do to constantly improve their service.

This Interact event is a celebration event where the work and achievements of organisations and Families First projects will be showcased. Short films involving interviews with service users will be played to show how organisations are making a difference.

Interact will take place at Llancaiach Fawr on the 10th March 2014. Further details can be obtained from the Families First Team email: cypp@caerphilly.gov.uk.

Communication - following an audit conducted with partners and projects in early 2013, the Families First Programme has recently developed and improved methods of communication in order for information to be easily given to families and the general public. As of January 2013, the Caerphilly Families First Face Book page was launched, which has already reached 80 'likes'. The page can be found at -

www.facebook.com/caerphillyfamiliesfirst

A Families First 2014 calendar was finalised and distributed to community centres and groups across the borough. The calendar is free to families, and includes children's drawings following an art competition in August 2013. The art competition received 150 entries and was judged by Caerphilly Parent Network and Keith Towler, Children's Commissioner for Wales.

What is Families First?
Families First is a programme set up to support families throughout the Caerphilly county borough.

How can Families First help you?
Everyone faces challenges at some time in their lives, so knowing how to get help when you need it can make all the difference. Families First aims to support and work with families and their children to help them overcome these challenges. By working with community and setting up family focused projects, the Families First Programme helps you and the families you care for. It offers support, advice or guidance on the Families First Programme to a range of projects that can help you get through those difficult times. The Families First Programme also includes the Parent Network that works with parents, ensuring that parents are involved in the planning of services that impact on children, young people and their families.

Families First Projects
There are many projects set up to make sure families are supported and children and young people are safe.

Issues that are touched upon can include:

- Being Around the Family (BAP)
- Parenting & Family Support
- Engagement
- Disability
- Mental Health
- Domestic Abuse
- Housing Issues

There are projects set up to make sure that all children, young people and families have improved work related skills and school achievement. There is a project set up to make sure that all children and young people are listened to and are involved with us too.

There are projects set up to make sure children, young people and families are as healthy as possible based on their individual needs. Issues that are touched upon can include:

- Smoking
- Mental Health
- Alcohol
- Children's Dental Health

Contact details:

- Families First Central Support Team
01443 864809
- Team around the Family & Parenting Co-ordinators
01495 232322
JF@CGTFFRY.GOV.UK
- Caerphilly Family Information Service
01443 863232
- Advice
0800 804 1001 NWS Centre
02768 82807 NWS Co-ordinator

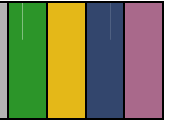
For additional information on the Families First Programme, please visit the Families First website:
www.caerphilly.gov.uk/familiesfirst
or contact us via email:
CYPP@caerphilly.gov.uk

f Caerphilly Families First

The pictures featured in this calendar have all been drawn by children who entered the Families First art competition at the GŵYD Yn Eidd, August 2013. The top 17 were chosen by parents from Caerphilly Parent Network. The three winners were chosen by The Children's Commissioner for Wales, Keith Towler.

Prizes were kindly donated from partner organisations: Tower Point, Caerphilly Library Service, Caerphilly Leisure Service & Llancaiach Fawr Manor.

A quarterly Families First newsletter has been finalised and will be available across the borough from community centres, schools and via Families First projects. The newsletter will include project updates and successes for families and professionals, as well as relevant information from partner organisations. This will be available from March 2014.



Caerphilly County Borough Council rewarded for disability sport provision

The Executive Director and Chair of Disability Sport Wales presented Caerphilly County Borough Council with an award recognising the work being done to provide opportunities for disabled people to access sport. Gareth John MBE and Jon Morgan presented the insport Ribbon Award to Cllr Michael Gray, Mayor of Caerphilly County Borough Council, and Cllr Dave Poole, Cabinet Member for Community and Leisure Services in front of a meeting of Full Council on 28th January 2014.

Cllr Dave Poole commented,

The Council's excellent Sport Caerphilly Team were recently awarded with the insport Ribbon for their dedication in providing access to inclusive and quality sporting opportunities for disabled people in our county borough. It shows that we are well on our way to becoming completely inclusive and are committed to developing disability sport in Caerphilly.

insport is a four tiered identification and accreditation system, and the Ribbon award is just the first step. The Sport and Leisure Services Team will now work toward achieving the Bronze, Silver and Gold insport accreditation.

Gareth John MBE, Chair of Disability Sport Wales said,

Caerphilly County Borough Council should be commended for this significant step forward in how they integrate disability sport into their culture and planning. We want disability provision to be the norm in every club and organisation in Wales - that way we'll have even more opportunities and access to coaches and competition for everyone.

There are a number of sports clubs across Caerphilly County Borough which offer disabled people the chance to get involved including sports from swimming to wheelchair basketball.

To find out more about the sporting opportunities for disabled people in the county borough contact Paul Taylor, Disability Sport Officer, by email: taylop1@caerphilly.gov.uk or by calling: 02920 869265.

For more information about the insport Programme visit –

www.disabilitysportwales.com.

Community Chest helping Caerphilly Sport Clubs - representatives from local sports clubs had the opportunity to apply for up to £1500 in Community Chest Grant funds on 23rd January 2014. Over £80,000 of Community Chest funds were allocated to community clubs in the county borough before the event, and over 40 clubs attended to find out more information and to apply for a £1500 grant.

The week following the event a Community Chest panel meeting was held, and worthy projects were selected for funding. In total, over £100,000 has been given to community sports clubs in Caerphilly County Borough in 2013/14.

Cllr Dave Poole, Cabinet Member for Community and Leisure Services, commented,

Every local club in Caerphilly County Borough do their bit to improve the health and wellbeing of our residents and this pot of funds will help them continue their great work. Caerphilly County Borough Council is committed to improving awareness, access, variety and use of leisure, community and sporting facilities and these types of grants really work in supporting those clubs who are working to get more people, more active, more often.

Jonathan Morgan, Assistant Coach at Caerphilly Tennis Club, attended the event and commented,

Caerphilly Tennis Club have successfully applied for the grant for the past few years and it has helped us fund equipment and last year helped us put on Cardio Tennis Sessions using pedometers and heart monitors so users could see how hard they were working. This year is the club's 25th anniversary so we would hope to put some of the funds towards plans to celebrate that. It has been an informative evening and it has been great to make contacts with other clubs across the Caerphilly County Borough.

Community Chest Grants are a Lottery Funded Grant Scheme run in partnership with Sport Wales every year, which offers £1500 grants to community sport projects that encourage more people to become more active more often.

Pensioners are fighting fit thanks to Leisure Centre scheme - two Risca pensioners have praised Caerphilly County Borough Council's Exercise Referral Scheme, saying - *it has definitely improved my general fitness and mobility.* Mr and Mrs Aldridge attend a Mixed Ability Exercise Referral Class at Risca Leisure Centre twice a week as rehabilitation from a heart attack and from problems with arthritis.

Only 29% of adults in Caerphilly County Borough are achieving the recommended minimum guidelines for physical activity, which could explain why the authority has the highest proportion of residents being treated for a heart condition in Wales.

In December 2010, Graham Aldridge, aged 65, became one of those being treated for such a condition when he suffered a heart attack and underwent Triple Bypass surgery. He recuperated slowly at the local St Woolos Hospital, and was initially referred into the cardiac rehab exercise class at Risca Leisure Centre. He has now progressed into the Mixed Ability Class, and attends twice a week, and also visits the fitness suite every Sunday morning on his own. He comments,

The class is great because everyone is at a different level of fitness and has a number of different problems so we are able to work at our own pace. The instructors who run the class are great, they know all of our strengths and weaknesses so there is no pressure. I was reasonably fit before my heart attack so it has been great to get back into the gym on my own too.

Graham's wife, Carol, aged 63, was referred to the class by her GP with arthritic problems in her knee and a condition which affects the bones, osteopenia, which risked developing into the more serious osteoporosis. Since attending the class, her knee gives her fewer problems with mobility and the lifestyle change has reduced her chance of developing osteoporosis. Carol added,

I love coming to the class. The instructors are helpful and approachable yet still professional so that I know I could ask for any advice from them. My son is a physiotherapist and has noticed the improvement. It has definitely improved my general fitness and mobility since we started coming. I am so happy that the GP referred me to the class.

Cllr Dave Poole, Cabinet Member for Community and Leisure Services, commented,

Evidence clearly suggests that exercise and an active lifestyle work brilliantly at reducing health problems. While evidence shows us this, it is wonderful to hear from two active older people who are truly feeling the benefit a more active lifestyle can have on their overall health and wellbeing.

Referrals to the Exercise Referral team also come from physiotherapists and other rehabilitation centres including pulmonary, stroke, back care and diabetes. The classes are also used alongside gym sessions to help people lose weight and improve their general health and fitness.

The National Exercise Referral Scheme (NERS) is a Welsh Government funded scheme which has been developed to standardise exercise referral opportunities across all Local Authorities and Local health Boards in Wales. The Scheme targets clients who have a chronic disease or are at risk of developing chronic disease.

Rhymney Integrated Health & Social Care Centre

One of the biggest developments for Caerphilly Borough in recent years came to fruition in December when the Rhymney Integrated Health & Social Care Centre

opened its doors for patients. The first services to move in were the two local GPs, the optician and the dentist and, in January, the Redwood Suite admitted their first in-patients. Oaklands, the Borough's Day Centre, also moved in after Christmas to provide extensive new facilities for their Service Users.

The centre also provides a base for; District Nurses; School Nurses; Health Visitors; a Community Mental Health Team; the Older People's Assessment team; and the Children's Services team. This innovative approach brings these teams together for the first time allowing a truly integrated approach to Health and Social Care.

The next major event for the Centre will be the official opening ceremony. This is pencilled in for March 17th and, although final details are yet to be confirmed, it is hoped that a major national figure will be visiting Rhymney to carry out this duty.

50+ Positive Action (Mandy Sprague)

50plus@caerphilly.gov.uk

This quarter has focused on dignity and access to information -

Maximising Income:

- Following the Autumn 50+ Positive Action Poverty Event, work to support the Neighbourhood Care Network's is progressing well. There are now 7 GP surgeries prepared to take part in a pilot project to provide information and support to 50+ residents and their families. The 50+ maximising income group are undertaking this pilot in partnership with Communities First.

Dignity, Respect and Age Equality (DRAE)

- The Dignity and Respect Code of Practice was launched on February 1st National Dignity Action Day. The Commissioner for Older People in Wales acknowledged this important work. The development of this code of practice happened as a direct result of feedback from residents and relatives of residents living in Caerphilly County Borough residential care homes. 50+ Positive Action will be working with Social Services staff, residential homes residents and staff in the coming months to ensure residents and staff know about and understand the code of practice.
- To ensure those more isolated and potentially vulnerable older people understand what is abuse, and how to get support a DVD is being produced. This will be distributed through a range of networks.

Information and Empowerment

- This quarter has seen agreement and funding for a one stop shop style Caerphilly County Borough Council website that will be designed *to help people to help themselves*. This has been large piece of work and is an excellent example of collaboration and integrated working between 50+

Positive Action and a range of partners across the third sector and all Council directorates.

- Funding has been obtained for reminisce books and displays that will support those with dementia, enabling them to enjoy reading and share memories with their carers, friends and family. These resources will be accessible through residential homes and community libraries.

For more information please contact Mandy Sprague on 01443 864277 or email spragm@caerphilly.gov.uk