

Appendix 1 - Community Planning Quarterly Briefing July to September 2014

Welcome to this quarterly community planning briefing designed to give everyone involved with *Caerphilly Delivers - The Single Integrated Plan 2013-2017* an overview of progress on delivering the priorities of the five outcomes: Prosperous Caerphilly; Safer Caerphilly; Learning Caerphilly; Healthier Caerphilly and Greener Caerphilly. Information has been supplied by the officers coordinating delivery on the outcomes, so please feel free to get in touch directly with the named officers for further information.

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

Well-being of Future Generations (Wales Bill)

The Well-being Bill was laid before the National Assembly for Wales on 7th July 2014, and is intended to make public bodies look at what they do in the long term as part of their decision making processes. The bill introduces a local well-being plan (replacing existing community planning Single Integrated Plans) to be produced by Public Service Boards (replacing the current Local Service Boards), which will now be statutory requirements.

Key to the Bill is an understanding of what people want. The Bill will establish an independent statutory Future Generations Commissioner for Wales, who will produce a report in relation to the better safeguarding of future generations' needs, informed by engaging citizens through periodic conversations. The Bill is intended to change the law to provide stronger governance for achieving a prosperous, resilient, healthier, more equal Wales. The Act sets out 6 well-being goals against which all public bodies must set and publish well-being objectives that are designed to maximise its contribution to the achievement of these well-being goals:

1. **A prosperous Wales** - an innovative and productive, low carbon emission, economy that makes more efficient and proportionate use of resources; and which generates wealth and provides employment opportunities for a skilled and well-educated population.
2. **A resilient Wales** – a bio diverse natural environment with healthy functioning ecosystems that support social, economic and ecological resilience and the capacity to adapt to change.

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

3. **A healthier Wales** – a society in which people’s physical and mental well-being is maximised and in which choices and behaviours that benefit future health are understood.
4. **A more equal Wales** – a society that enables people to fulfil their potential no matter what their background or circumstances.
5. **A Wales of cohesive communities** – attractive, viable, safe and well connected.
6. **A Wales of vibrant culture and thriving Welsh language** – a society that promotes and protects culture, heritage and the Welsh language, and which encourages people to participate in the arts, and sports and recreation.

The Bill seeks to end the practice of public bodies only working independently of one another instead requiring collaborative solutions. It requires planning to deal with challenges before they arise grasping all available opportunities in future planning.

The statutory members of each Public Services Board will consist of the main public services in an area:

- Local Authority, who will be responsible for convening the Public Services Board, facilitating its work and secretariat functions;
- Local Health Board for the area;
- Fire and Rescue Authority for the area; and
- Natural Resources Wales

The Board will also have powers to invite other individuals or bodies to participate in its activities as it deems appropriate, so long as they exercise functions of a public nature.

Hyper links to Bill, and accompanying Memorandum –

[PRI-LD9831 - Well-being of Future Generations \(Wales\) Bill](#)

[PRI-LD9831-EM - Well-being of Future Generations \(Wales\) Bill - EXPLANATORY MEMORANDUM](#)

Caerphilly Local Service Board – met on 20th August 2014. Key topics for discussion were:

- Tackling the Impact of Poverty – a priority project for the Local Service Board
- Gwent Substance Misuse Area Planning Board presentation, delivered by Chief Superintendent Julian Knight (Co-Chair of GSMAPB & Gwent Police)
- Healthier Caerphilly Outcome presentation, delivered by Sam Crane (Lead Officer for Healthier Outcome & Head of Partnerships/Networks, ABUHB)

- Voluntary Sector & GAVO update, a report from Martin Featherstone (Chief Executive, GAVO)

Caerphilly Local Service Board Standing Conference met on 12th June 2014 at Llancaiach Fawr Manor, and focused on - *Tackling the Impact of Poverty*. The Conference workshop sessions developed helpful information on how poverty can be better tackled in the borough, which is being considered by Caerphilly Local Service Board. A follow-up Standing Conference is taking place on 2nd December 2014 at Llancaiach Fawr Manor and will be taking a more in-depth look at tackling poverty in the borough using the information already collated.

For further information on *Caerphilly Delivers The Single Integrated Plan 2013-2017* and the work of Caerphilly Local Service Board, and for a report of the last Standing Conference please visit –

www.caerphilly.gov.uk/communityplanning

Prosperous Caerphilly (Antony Bolter)

regeneration@caerphilly.gov.uk

Priority 1 Improve local employment opportunities including access to opportunities across a wider geographical area

The Training & Education Forum is holding a series of sector specific workshops to identify skills gaps and opportunities in the Caerphilly borough. One has been held on the Energy and Utilities Sector, with workshops planned for later in the year on hospitality/ retail and construction.

The Local Investment Fund (LIF) project has recently had an extension request approved and can now provide an additional £200k worth of grants for local businesses with a new job creation target of 40 jobs by June 2015. Efforts are ongoing to secure EU funding to run the programme again up to 2020.

Council industrial premises occupancy stands at nearly 98%. This is an exceptionally high figure, bearing in mind the weak local economic growth. The property portfolio supports 220 businesses that employ nearly 1,500 local people.

Local tourism events continue to be successful and make an important contribution to the economy. During 2014 the following events have been held:

- The second Caerphilly 10k event on 22nd June, which was a resounding success with an increase in participant numbers of over 30% compared to the first event held in 2013.
- The Blackwood Beach Party held 28th June to 29th June which, despite the mixed weather, attracted a healthy crowd to the town centre for the themed activities that included an urban beach, hula hoop demonstrations, Punch and Judy and a Surf simulator.
- To celebrate all things American, a community Hoe Down and Showdown event was held in Risca Park on 12th July that included a Wild West show, Pulled Pork and Hot Dogs, Rodeo rides and more.
- Finishing off a packed summer programme was the Big Cheese weekend 25th -27th July, celebrating its 18th year, and hosting a clue for BBC Radio Wales' Saturday afternoon summer show, 'Clueless'.

In terms of visitor numbers to local tourist attractions the borough received nearly 160,000 visitors to: Llancaiach Fawr; Cwmcarn Visitor Centre; the Winding House Museum and Heritage Centre, and Visit Caerphilly (April to June 2014). This is 30% above target.

Priority 2 Improve standards of housing and communities giving appropriate access to services across the County Borough

Caerphilly County Borough Council Housing Department has continued to provide significant support to local people, including:

- The return of Ty Croeso as a homelessness facility for single persons which improves access to housing support services.
- Changing the way people apply for social housing in the borough by developing a common housing register and common allocation policy.
- Working closely with United Welsh Housing Association on the provision of additional temporary accommodation at Maes y Derwen, Nelson.
- Considering establishing a social lettings agency to improve access for people to the private rented sector.
- Increasing the number of empty properties brought back into beneficial use – including a successful enforced sale of a private property in Caerphilly empty for at least 14 years. The property is now being prepared as private rental. Another long-term empty property in Blackwood was also brought back into (rental) occupation. An Order of Sale on this one was conducted, and again the property had been empty for 14 years.
- The formal adoption of a revised Private Sector Housing Renewal Policy by Cabinet on 30th April 2014.

Priority 3 Provide support to enable local people to compete for all employment opportunities

Communities First has continued to develop its support for unemployed people, including:

- The establishment of Self Help Groups and a Working Towards Well-being programme (designed to increase self-esteem, confidence and general well-being).
- In Caerphilly Basin, the Leadership Integrated for Tomorrow (Lift) Project commenced in June 2014, aiming to engage with residents in workless households who have multiple barriers to work.
- Routes to Work, which is an eight week programme of sector specific accredited training. Courses commenced during the first quarter of 2014-15 have focused on catering and outdoor work, with a carpentry route commencing in July. Other sector specific activities included:
 - Construction That Works has been run in Caerphilly Basin, with 14 participants.
 - Art That Works has been run in the Upper Rhymney Valley with 8 participants.
- A one to one triage system has been set up in Mid Valleys West, with 66 sessions, supporting 31 people in the quarter.
- Voluntary work placements are being organised in partnership with GAVO.
- Support for the Passport Programme, with Communities First supporting 57 young people.
- Youth Employment Advisors have also supported 55 young people who are either Not in Education, Employment, Training (NEET) or are at risk of becoming NEET.
- Work Clubs in each of the clusters are ongoing with a total of over 400 people supported during the quarter.
- Outreach provision on financial literacy – this project is delivered by Citizens Advice Bureau and 15 sessions have been run in Cefn Fforest to date.
- Significant levels of support on digital inclusion, to improve computer literacy levels, including:
 - Basic ICT courses
 - Drop in advice sessions
 - Web for Work EssentialsDigital Fridays (drop in sessions in local libraries).

In terms of the transport related priority action:

- Rhymney Park & Ride was completed in June 2014. An official opening ceremony is being planned.

- Work is ongoing on Ystrad Mynach rail station access for all and station improvements scheme.
- The Crumlin junction tender exercise has been completed and a start on site in August/September 2014 is expected (subject to funding from the Welsh Government being confirmed).
- Pwll-y-pant roundabout: detailed design commenced with a view to a construction start in early 2015 (again subject to securing Welsh Government funding).
- Work on preparing the Local Transport Plan is ongoing. Welsh Government has given local authorities an extra month to complete this, i.e., by January 2015.

Safer Caerphilly (Kathryn Peters & Natalie Kenny)

saferccbc@caerphilly.gov.uk

Anti-Social Behaviour Victim Services Manager - 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. During the first quarter (April 2014 to June 2014) a total of 51 referrals were received and contacted. The Victim Service Manager has supported over 1000 victims and witnesses of anti-social behaviour since she has been in post from 2010. The Victims Services Manager - Lana Harrison can be contacted on telephone: 01495 235441 or e-mail: harril5@caerphilly.gov.uk

Safer Caerphilly Criminal Damage Campaign – has now been delivered to comprehensive school pupils across the borough. The campaign involved Police Officers attending schools during a lunch hour and engaging and educating pupils on the costs of criminal damage. At each event the children were encouraged to complete a questionnaire in order to be entered into a prize draw. This encouraged young people to think about the true cost of criminal damage. The winners of the campaign were girls from Lewis Girls School and Rhymney Comprehensive who each won an X-Box funded via the Police and Crime Commissioner.

Safer Caerphilly After Dark Initiative - has been developed to address night-time economy (NTE) issues. Organisations who have signed up to the scheme include Caerphilly County Borough Council, Gwent Police, and volunteer agencies including the Street Pastor Scheme. The three aims of the scheme are to:

- reduce NTE related crime (specifically violence, damage, and hate crime)
- improve communication with NTE agencies and coordinate action
- make Caerphilly and Blackwood town centres safer.

Since the project launched the initiative is continuing with Townsafe operations in Blackwood and Caerphilly town centres. Engagement with partners working in the NTE is ongoing for example with Street Pastors, Community Safety Wardens, Door staff etc. Further promotional work was also conducted around the Six Nations campaign and Football World cup.

The initiative has also been temporarily extended to include the Bargoed area due to recent problems surrounding Cleopatra's Nightclub. Street pastors are looking into the possibility of splitting their time between Blackwood and Bargoed.

Consideration is being made for a Taxi workers forum to be set up to facilitate dialogue between drivers and the night time economy staff.

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.

At the last session in February the Police and Crime Commissioner for Gwent attended to give an overview of his role and take questions. The meetings are now held every six months with a newsletter being sent to members in between meetings. 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.

Safer Caerphilly Twitter - Safer Caerphilly now has its own twitter account @SaferCaerphilly. This will be used to provide community safety messages and updates by all partners whilst also promoting the Safer Caerphilly brand. The following is an example of a recent tweet that has gone out - *1 in 4 women will be affected by domestic abuse. If you need help please call our multi-agency centre on 01443 819317.*

If you have any information you would like to tweet under Safer Caerphilly please e-mail Nadine Hudson-Featherstone on: Hudson@caerphilly.gov.uk or telephone: 01495 235357.

Learning Caerphilly (Lynne Bosanko Williams)

cyp@caerphilly.gov.uk

There have been several developments which are benefitting children, young and families in the Caerphilly borough:

- **Joint working between Education and partners** - there have been a number of initiatives and agencies working together to improve the attendance in schools. Welfare Officers, Community Police Officers and Schools Liaison Officers have been working together to tackle truanancies. The focus has been through schools, communities, and homes. In the last briefing it was reported that attendance had improved in Bedwas, St Martin's & St Cenydd schools. Ongoing joint working with a wide range of agencies and initiatives over the last year has had an impact on improving school attendances. In relation to the secondary schools, the most improved school was Oakdale followed by Heolddu and Rhymney. If 2 or more services are needed to support a family attending school, coordination is provided through Team Around the Family.
- **Youth Service Strategy**
 During the spring of this year the Youth Service wrote a draft Strategy and Operational Plan for 2014-19. This includes a vision and priorities for the development of a 21st Century Youth Service for Caerphilly. A rigorous consultation process with young people, parents, staff, partners and Elected Members was conducted between April and June with a view to publishing the document in September. An electronic copy can be secured from Paula Lewis on telephone: 01443 864105 or by email: lewysp2@caerphilly.gov.uk
- **Pupil Deprivation Grant Project**
 Each of the 4 pilot schools: Lewis Pengam Boys, Pontllanfraith, Rhymney and St Martin's Comprehensive Schools, have refurbished a classroom and developed an informal learning environment to welcome and encourage children and family members to engage in informal learning opportunities. The four youth and family workers were appointed in June and will commence delivery of support for children, young people and their families in September.
- **A focus on family learning**
 The results of having a dedicated project focusing on whole family learning is impacting on the attendance and learning of children and young people as well as the parents. The Integrated Family Learning project in the Families First Programme targets parents particularly where there are literacy and numeracy needs. In some communities in the borough over half of the working population have no formal qualifications, and high numbers lack the literacy or numeracy skills to achieve qualifications. Over the last year the project has engaged with 18 schools and ran numeracy and literacy programmes involving parents. A number of parents have undergone accreditation this year, and 15 parents are now attending Basic Skills courses. In total, 223 adult and children have successfully completed a Family Learning programme this year (110 adults and 113 children). Programmes have taken place in both schools and community settings with

a good balance of 12 schools and 8 community settings. This year the project also ran Language and Play programmes have reached a total of 357 individuals.

- **Families First Working with Flying Start**

Good practice in Flying Start has been extended to non-Flying Start areas and together the Programmes have jointly commissioned two projects. One is an Health Outreach Service which enhances the Health Visiting and work delivered by Nursery Nurses focusing on obesity and dental health. The projects provides: Ante natal exercise groups, Baby massage, antenatal assessments and home safety visits, speech and language support, Nutrition programmes and Health Visiting support. The second one is called Extending Family Provision, which coordinates accessible parenting programmes and individual support, and also includes creche and transport facilities.

For further information on the Families First Programme and the projects which have been commissioned to deliver services for children, young people and families, please visit the Families First website -

www.caerphilly.gov.uk/FamiliesFirst

Healthier Caerphilly (Lianne Dallimore)

HSCWB@caerphilly.gov.uk

SOCIAL SERVICES

Annual Directors Report on the Effectiveness of Social Care Services

2013/14 - each year a statutory requirement is placed on Directors of Social Services to produce a report on the effectiveness of the Social Care Services delivered in their area. This will be the fifth report for the Caerphilly borough, which has seen many positive developments in the Directorate, some of which include:

- Undertaking a range of collaborate ventures. For example:
 - The Rhymney Integrated Health and Social Care Centre which opened in March 2014
 - Participation in the Gwent Wide Adult Safeguarding Board
 - Participation in the establishment of the Regional South East Wales Adoption Service which became fully operational on 1st April 2014
 - A series of successful bids to the Intermediate Care Fund.
- The development of a range of new services such as:
 - The refurbishment of Ty Croeso to accommodate single people

- Ty Osborne a new supported housing project for people with mental health issues
- Ty Ni a new Residential Children's Home that opened in October 2013
- The establishment of the 16plus Team.

The Directorate of Social Services has a strong track record of managing expenditure within its budget. This has continued during the 2013/14 financial year with the Directorate reporting an under-spend. This under-spend is largely due to a number of savings being delivered in advance of the 2014/15 financial year to address budget cuts arising from reductions in Welsh Government funding. The financial outlook is challenging with savings of just over £2m already approved for financial year 2014/15. Budget reductions for future years will also impact on the Directorate and work is already underway to develop a range of proposals to meet anticipated savings targets.

For 2014/15 the Directorate has set itself a number of priorities all of which are driven by the imminent implementation of the Social Services and Well-being (Wales) Act. Meeting the requirements of the Act over the coming year will be a key priority for the Directorate.

Within the Adult Services division the focus for 2014/15 remains unchanged and clear priorities have been set around safeguarding vulnerable adults, supporting carers, developing new ways of working and commissioning the right services to meet identified need.

In the Children's Services division work will continue to ensure that children and young people receive a quality and timely assessment of their needs, and that they actively participate in the development of support plans. The division is also preparing to make a number of improvements to its services in 2014/15, such as:

- Reconfiguring the Team Around the Family and Supporting Family Change projects into one team;
- Re-tendering of its Family Support Services, and
- Permanently establishing the Immediate Response Team.

The full Annual Directors Report is available to read on the Caerphilly County Borough Council website at - www.caerphilly.gov.uk/socialservicesacrf

HEALTH AND WELL-BEING

Caerphilly County Borough Centre for Sporting Excellence - is now officially open and in use. The new flagship facility is providing the Newport Gwent Dragons with a first class training venue helping develop their strength and skills using the commanding conditioning suite and the two international standard 3G pitches.

Cardiff City FC and the Welsh Rugby Union regional development academies and age grade teams also plan to utilise the grounds. In the new school term students from Coleg y Cymoedd will also have access to the facilities and community clubs have been benefiting from pre season training sessions on the 3G pitches.

The development of the Caerphilly County Borough Centre for Sporting Excellence has been supported by Sport Wales, Welsh Government, the Welsh Rugby Union and the Welsh Football Trust.

Caerphilly 10k - thousands of people descended on Caerphilly Town Centre on 22nd June for the second annual 10k road race organised by Sport and Leisure and the Council's Events Team. On what was arguably the hottest day of the year, runners and spectators crowded around Caerphilly Castle with nearly 200 children taking part in a Junior 2k around the castle before the main event kicked off giving youngsters a chance to get active.

Residents lined the streets of the 10k route, which led the runners in a loop around the town centre before finishing back in the shadow of Caerphilly Castle.

Elite and competitive runners completed the 10 kilometre course in incredible times with Owain Jones from Bristol and West Athletics Club beating the previous winner's time by almost an entire minute. He breezed across the line in 31 minutes and 22 seconds. He was followed shortly after by the first female to cross the line, Emma Wookey from Lliswerry Running Club, with a time of 36 minutes and 33 seconds.

This year there was also one participant who took on the undulating route in her wheelchair. Sian Hughes finished the course in an impressive 1 hour and 11 minutes.

In addition to the elite runners, nearly 2000 amateurs took on the challenge. Spectators and families were also able to take part in fun sporting activities in the Sport and Leisure Commonwealth Park.

Summer Sport Schemes - Caerphilly, Risca, Newbridge and Heolddu Leisure Centres all played host to Sport Caerphilly Summer Sport Schemes. The Sport Caerphilly team linked up with community partnerships in Llanbradach and Rhymney to offer FREE sporting opportunities to children from these areas. The Sport Schemes featured activities to suit all, with football, cricket, tennis and athletics to name just a few.

There was also a Disability Summer of Sport for disabled children and their siblings/friends. This included opportunities to try indoor sport, and trips to take part in outdoor activities such as climbing, canoeing, surfing and orienteering.

Over the summer young people were also been able to access FREE public swim sessions at all Caerphilly county borough swimming pools, and FREE aquatic activities at Leisure Centres, including water polo, rookie lifeguard, water walkers and canoeing.

New swimming lessons - swimming instructors are now using a poolside portable device to keep class registers and to record each child's progress during a lesson. This enables parents to view their child's progress on a specially designed website. This site also provides more freedom for parents, allowing them to move their child on to the next class online for a smoother re-enrolment process. This innovative new scheme teaches children this vital life skill from an early age, giving them the chance to develop their competence and confidence in the water and their understanding of water safety. Parents are also able to spread the cost of lessons with monthly Direct Debit payments instead of paying an upfront fee at the start of a course.

Thousands enjoy Play Day at Caerphilly's Morgan Jones Park - an estimated 5,000 people attended a family play day at Morgan Jones Park in Caerphilly. A host of free activities were available to families throughout the day, and the good weather also played its part. The event was organised by GAVO and supported by Caerphilly County Borough Council, the Welsh Government and Families First.

Lisa Williams, of GAVO said: *It's really about celebrating play for children, young people and families, and celebrating the importance of play but also their right to play as well. There's lots of cuts at the moment and everyone is being squeezed that little bit more, but we do have a lot of flexibility in the voluntary sector to try and go for extra grants and to really make these things happen.*





The Health Improvement Team together with Communities First and Groundwork Caerphilly provided families at Playday with the opportunity to try some new tastes. Great fun was had trying new foods in Bushtucker Trials as well as making new flavour drinks on the Smoothie Bike. Families then signed up to the national initiative Change4Life. For more information about Change4Life visit: www.healthchallengecaerphilly.org.uk

Community allotment in Senghenydd celebrates 10 years of growing success - by holding an open day for the community to come along and find out what they do. The Aber Valley community allotment welcomed guests along for a tour of the facility and to sample treats made from produce grown there. Carrot cake, fruit crumble and iced mint tea were on offer for visitors to try.



Aber Valley community allotment first started in 2004 as a lifestyle, healthy living and environmental initiative by the community partnership supported by Caerphilly County Borough Council and its Health Improvement Team, Groundwork Caerphilly, Barclays Bank, SYDIC, GAVO and B&Q.

Most allotments are set up to enable people to eat their own healthy produce - but the project in Senghenydd was opened purposely to educate local people about a healthy lifestyle and healthy eating.

For more information about Community Allotments visit - www.healthchallengecaerphilly.org.uk

Bedwas Rocks



Promoting well being through healthy lifestyles and looking after your mental health was the theme for *Bedwas Rocks*. After enjoying a spectacular and vibrant Colour Run, the Health Improvement Team in partnership with Caerphilly Borough Mind was on hand to share guidance and support to the public.

For more information on Caerphilly Borough Mind visit -

<http://www.caerphillymind.co.uk>

Community Health Champions – the Caerphilly borough has 130 trained Champions who share information on health services and ways to improve health with friends, family and neighbours. Anyone interested in leading a healthier lifestyle over the age of 16 can become a Community Health Champion and join a growing network across Gwent to take part in training and awareness sessions on a number of lifestyle factors including healthy eating, alcohol consumption, smoking and managing long term health conditions.

Physical Activities Upper Rhymney Valley

Want to get fit or try something new? Why not try out some of the activities that are on offer:

- Dance Class - White Rose - New Tredegar (Mondays)
- Boxing Club - Rhymney Leisure Centre/Comp (Tuesdays & Thursdays)
- Women only aqua Swim - Heolddu Leisure Centre - Bargoed (Tuesdays)
- Parent & Toddler Swim - Cefn Forest Leisure Centre (Wednesdays)
- Disability Horseriding - Haylemma Riding School - Rhymney (Wednesdays)
- Low Level Exercise Class - White Rose - New Tredegar (Thursdays)
- Streetgames Sites - Abertysswg, Ael-y-Bryn, (Rhymney), Pontlloyn, Gelligaer, Cwmefelinfach. Markham, Wattsville, Bedwas, St Cenydd, Trecenydd.

Three Peaks Challenge 2014 in aid of Caerphilly Miners Project – taking place Sunday 14th September 2014 - covering Garth Mountain, Rockwood Mountain and Caerphilly Mountain. Total distance 13.25 KM. *Interested?* visit: <http://www.caerphillyminerscentre.org.uk/>



Brits could add 4,700 years to their lives and £34.5 million to their wallets - each October, smokers in the UK are invited to take up the Stoptober Challenge and give up smoking for 28 days from 1st to 28th of the month. Evidence shows that if a smoker can quit for 28 days they are five times more likely to stay smoke-free. Nearly a quarter of a million people in England and Wales turned their back on their cigarettes in October 2013 to reap the financial, social and health benefits from taking part in Stoptober.

Taking part in Stoptober saves money, saves time and extends life...

Will you take up the Stoptober Challenge?

www.stoptober.smokefree.nhs.uk

Stop Smoking Wales – Freephone 0800 085 2219

Caerphilly Health Improvement Team will be out and about throughout September to offer support and advice.



COMMUNITIES FIRST

Health & Wellbeing Work Upper Rhymney Valley - future work planned includes 4 cycles of Foodwise and Healthy Cooking from September through to the end of November in conjunction with Parent Network. Health Officers for Communities First will be attending X-Pod training in September and will be looking to put this into practice following completion of the course, in addition to this *healthy hearts* training will be provided within the community over the coming months.

New Street Games sites – have been established at Wattsville and Cwmfelinfach launched by the Communities First Mid Valleys East Cluster. Local volunteers have been identified to run the sites and will be supported by Sports Development Coaches during the first few months until they are fully established.

Working Towards Wellbeing programmes - have been run in the Mid Valleys East cluster and Mid Valleys West cluster. The programme aims to increase self esteem, confidence and general wellbeing with participants. There are currently 3 established Self Help Groups running in the Mid Valleys East Cluster on a weekly basis in Ty Sign, Panside (Older people focus) and Markham.

Bereavement and Loss group - has been established in Gelligaer. The aim of the group is to provide a mutually supportive peer group environment, positive activities and the teaching of specific skills, to enable people to reduce social isolation, improve coping mechanisms and boost well-being.

Environmental/energy saving/healthy homes healthy bodies - the *Green Doctors* project focuses on engaging with community members who are in fuel poverty or at risk of fuel poverty, and are struggling with balancing their household debt. Through workshops and home visits community members will be given specialist impartial advice on energy saving measures and review the community's current energy providers. The key purpose of this project is to increase participant's confidence in managing their fuel bills, reducing their level of household fuel poverty and subsequently contributing to reduced household debt and improved mental health.

SINGLE INTEGRATED PLAN

Caerphilly Delivers 2013-17 - the Healthier Outcome Scorecard has now been fully updated to show progress achieved within 2013-14. For further information please email Rhianon Urquhart on: urquhr@caerphilly.gov.uk or telephone: 01495 235401

Greener (Paul Cooke)

sustainabledevelopment@caerphilly.org.uk

Greener Caerphilly has produced an Annual Report for 2013/14, which includes case studies and further information on projects undertaken in partnership. The report includes a section on the contribution that the partnership work of the Greener Outcome is making towards the other Single Integrated Plan outcomes. For an electronic copy of the report contact Paul Cooke, Team Leader, Sustainable Development & Living Environment at: cookepa@caerphilly.gov.uk

Outcome G1 Improving local environmental quality

Each year Caerphilly County Borough Council has provided funding from its Community Schemes budget, to the partnership of the Greener Outcome, to be

managed as a small grants fund, to facilitate and stimulate partnership working. The criteria are that projects should be undertaken by at least two partnership organisations, and should provide at least £1 for £1 match funding. The Greener Caerphilly Leadership Group has received £14,200 for projects in 2014/15, and has approved 8 projects. This fund is aimed at maximising the benefits of joint working on environmental projects in the borough.

The following 4 projects will make a particular contribution to Priority G1 in 2014/15:

- Rural Skills Project
- Delivering Real Improvements in the Community via the Literacy and Numeracy Framework
- Managing Giant Hogweed
- River Schools.

Watch this space for reports on how these projects contribute to improving the local environmental quality in Caerphilly.

Outcome G2 Reducing the causes of, and adapting to the effects of Climate Change

The Maes yr Onn off grid living project is a partnership project, which has created a farmhouse at Manmoel that is dependant on renewable energy. The remote location of the farmhouse means that it has no access to mains water, electricity, gas or sewerage service. It is one of the projects being led by Caerphilly's Rural Development Programme Sustainable Energy Team in partnership with the Building Research Establishment, Scottish and Southern Energy, Constructing Excellence Wales, Cardiff University and the Davies family whose home it is.

The project is being hailed as an exemplar in sustainable low carbon living, and has won several high profile accolades including the top prize at the Royal Town Planning Institute Wales awards. In June 2014 the project was visited by one of the most senior UK representatives in the European Union, when Shan Morgan, UK Deputy Permanent Representative to the EU visited the farmhouse. She was most impressed with the project and in particular was interested in how the technology could be replicated in properties both on and off the grid to encourage people to change their behaviour and use energy and water more sustainably.



G3 Maximising the use of the environment for health benefits

A considerable amount of work is ongoing across the borough, both as part of the Greener Outcome and the Healthier Outcome. There are strong links with the Well-Being Improvement Network, which leads on this within the Healthier Outcome.

John Griffiths, Minister for Natural Resources, Culture and Sport, visited Parc Penallta on 17th July to join in with an event to celebrate the achievements of a programme to help people get fit in the great outdoors. The Come Outside! Programme is a partnership initiative that has enabled community and youth officers to involve their groups in over 100 outdoor activity sessions, often engaging with people not previously participating in any outdoor activity. It works by linking up the expertise of local outdoor activity providers and community groups to promote and run outdoor activities such as mountain biking, gardening and star gazing events.

The Minister attended the Come Outside! Summer Celebration where people had the chance to try out exciting new activities such as geo-caching and learn bushcraft skills. To date, the programme has supported over 400 people from Communities First areas to get outside and exercise in their local woodland and other green spaces.

Equalities (David Thomas)

equalities@caerphilly.gov.uk

Landlord Guidance on Equalities

Working with Caerphilly County Borough Council Housing Department and the Landlord's Forum, the Equalities and Welsh Language Team have developed a guidance document for Landlords around equalities issues when dealing with tenants.

In addition there is good news for social and private landlords as the Team were successful in winning £5k in grant funding towards the project, which means that the range of Equalities and Welsh Language training the council offers its staff is now also free to access for landlords until March 2015.

50+ Positive Action (Mandy Sprague)

50plus@caerphilly.gov.uk

Maximising Income:

- Work is being undertaken a number of partners and Caerphilly County Borough Council's Customer First to display the **Don't Miss Out Find out!** information on the side of the new mobile unit, hopefully encouraging 50+ residents to check if they are getting everything they are entitled to.

Dignity, Respect and Age Equality (DRAE)

- **POVA DVD pilot:** 2000 DVD's have now been produced that have 5 short films on them to help those who are likely to be isolated to understand what is abuse and how to keep safe. Delivery is being staggered enable impact analysis through the feedback forms.
- The RVS Community Voice Project "**Care to listen... listen to Care**" held a 'Launch' tea with residents and family members at Beatrice Webb Care Home to introduce them to the project. The tea was well attended and those attending were supportive of the project idea.

Information and Empowerment

- **The world of Twitter has been joined!** Please follow [@50plus_AgeWell](https://twitter.com/50plus_AgeWell) and share the tweets with your followers - so helping us to keep people informed and connected.
- The possibility of working with Caerphilly Housing is being explored to develop a **Keeping Safe calendar** for 2015 that will go to out to tenants and more isolated 50+ residents across the borough.
- Extensive work has been undertaken on the new Caerphilly County Borough Council website, which will be launched in the autumn. The new site is designed to enable residents to help themselves and will make it much easier to find and *do* things on the Council's website - but more importantly it will also now provide access to information about services and support in the local community.
- Two workshops have been held to help identify what opportunities there are across the borough for **volunteering** and also how those organisations supporting volunteers can work together to develop a more joined up approach to recruitment and training.
- Work is progressing with Communities First and a range of other partners to explore options for a **Time banking** initiative across the borough.

- Work is also being undertaken with the **Caerphilly County Borough 50+ Forum** to redesign their website to meet the changing information needs of the forum.

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