



ENVIRONMENT AND SUSTAINABILITY SCRUTINY COMMITTEE - 25TH JUNE 2019

**SUBJECT: WELL-BEING OBJECTIVE 5 – 2018/19 END OF YEAR PROGRESS
UPDATE**

REPORT BY: INTERIM CORPORATE DIRECTOR - COMMUNITIES

1. PURPOSE OF REPORT

- 1.1 This report is for information only and provides a progress update at the end of 2018/19 against Wellbeing Objective 5 'Creating a county borough that supports a healthy lifestyle in accordance with the Sustainable Development Principle within the Well-being of Future Generations (Wales) Act 2015'.

2. SUMMARY

- 2.1 The Well-being Objectives are set for five years 2018-2023. This is the end of year progress update of Well-being objective 5 'Creating a county borough that supports a healthy lifestyle in accordance with the Sustainable Development Principle within the Well-being of Future Generations (Wales) Act 2015'.
- 2.2 This Well-being Objective has 2 outcomes which are noted in 5.1. Following a review of the outcomes at this stage of the 5-year plan the objective is judged to be progressing well.

3. RECOMMENDATIONS

- 3.1 Members are requested to consider the content of the report and to satisfy themselves that progress is being made at the end of the first year of the 2018-2023 Well-being Objective assessment.

4. REASONS FOR THE RECOMMENDATIONS

- 4.1 That members are informed and have the opportunity to call the objective to the agenda in having assurance that the Council is working towards delivering the objectives within its Corporate Plan 2018-2023.

5. THE REPORT

- 5.1 Well-being Objective 5 has 2 outcomes which are:
- Aim to reduce inequalities in health across the county borough
 - Creating a place that supports a healthy lifestyle including:

- Contributing towards the Welsh Government target to reduce smoking prevalence rates to 16% by 2020
- Reducing the overweight and obesity rates in children
- Understand and address what helps to encourage people to become more physically active.

5.2 What has gone well

Flying Start continues to deliver support services to approximately 2500 children in the most disadvantaged areas of the borough annually. The responsive feeding team pilot has enabled many mums to access the right support at the right time for their feeding needs reducing anxiety for the parents and ensuring the baby continues to thrive. All targets have been met. Parents have accessed wider support due to trust in service developed.

As stated above the Council's adopted Sport and Active Recreation Strategy 2019-29 recognises the multiple challenges of poor levels of health, particularly in certain areas of the County; reducing budgets; the large number of facilities across the County and the deteriorating quality of our older buildings; and increasing population and consumer demand. Over the 10 year life of the Strategy the Council intends to invest in 4 high class strategic multi-functional facilities. The range of opportunity for all sectors of the community to engage with and lead physically active lives continues to expand. The service is making good progress towards its aim of More People, More Active, More Often.

A variety of interventions have been delivered by Sports Development and the recent school sport survey (Oct 2018) showed that the gender gap of participation is closing with 41% of girls now participating in sport & Physical activity at least three times a week. Our sport based social inclusion programme Positive Futures, has had 700 young people registering this year and our 8 outreach sessions which happen in the hot spots of anti-social behaviour have worked with Gwent Police to contribute to reducing antisocial behaviour by up to 75%. We have over 350 skilled and passionate volunteers actively deployed in the community who have delivered over 6000 hours in community sport.

After a review of the Elite Caerphilly Scheme 2018, athletes are now able to apply all year round as this allows the athlete to access the support at the time of selection rather than at a single point in the year which may not coincide with their selection. This has proven a great success with over 20 athletes currently signed up to the programme accessing our leisure centres.

The number of recorded visits to our country parks continues to increase. Usage in 2018/19 is the highest level recorded to date, the most popular activity being walking. The country parks are popular facilities that offer a range of experiences and events and the good summer of 2018 undoubtedly increased visits.

The Healthy Hearts programme, run in partnership with Aneurin Bevan University Health Board, continues to be a popular and beneficial initiative. It is becoming more sustainable as trained volunteers take more of a lead and expand the walking programme, with at least 4 healthy walks taking place each week. Each of these walks attracts 20 – 60 participants.

The adoption and implementation of the Council's Tree Strategy provides a managed approach to risks from trees ensuring that our green and public spaces are accessible and safe.

5.3 What has not gone well

Resourcing interventions that will result in a positive shift in population health outcomes is always likely to be a challenge. However, we continue to look for ways to ensure the best and fairest distribution of resources at our disposal and seek to work with partners to maximise collaborative opportunities.

We continue to promote proof of age cards to deter underage sales, but no longer facilitate these in schools due to changes in requirements associated with GDPR.

The attainment of every child swimming 25m by age 11 continues to be a challenge. The service has adopted an intervention at an earlier stage to address a clear gap in participation and progress. The role of schools is vital to support developing this aspect further.

5.4 What impact is there (if any to date) on the citizens

It is difficult to demonstrate impacts on health outcomes on a year to year basis, but we are able to demonstrate good levels of service user and community participation across a broad range of interventions and initiatives. Feedback from families engaged in Flying Start is very positive and has highlighted their increased awareness of support available to families through the health team

5.5 **Conclusion**

The objective is judged to be progressing well.

6. **ASSUMPTIONS**

6.1 No assumptions.

7. **LINKS TO RELEVANT COUNCIL POLICIES**

7.1 This report provides a progress update of Well-being Objective 5 of the Corporate Plan 2018-23.

7.2 **Corporate Plan 2018-2023**

This report provides a progress update of Well-being Objective 5.

8. **WELL-BEING OF FUTURE GENERATIONS**

8.1 This Objective contributes to the Well-being Goals as set out in Links to Strategy above. It is consistent with the five ways of working as defined within the sustainable development principle in the Act:

Involvement – This depends on the involvement of individuals to improve individual quality of life. We work with and involve a range of partners such as Public Health Wales, schools and parents (for initiatives like the Daily Mile initiative). The nature of preventing ill health requires the involvement of the individual to sustain initiatives as well as health services, GPs, Health Visitors, the voluntary sector and local groups such as walking groups. For example, the ‘Healthy Hearts’ Walking Initiative with the NHS, has 3000 participants in Caerphilly.

Long term – The objective is framed in the long term from a generational life course to deal with the long term implications of poor health which affects the quality of life and the wider economy if we do not improve on the current position. This objective starts from pre-pregnancy and 0-3 within the Flying Start programme through to healthy places for adults and children. Opportunities for health improvements with the development of the Valleys Landscape Park is a long term generational commitment and will probably run for the next 25 years.

Collaborate – As noted under involvement we must collaborate to improve this aspect, there are too many partners to list here but staff from the Aneurin Bevan University Health Board, Public Health Wales, Sport Wales all carry out activities in partnership. National Resources Wales (NRW) have a passion and willingness to allow the public use of their sites for outdoor recreation and the South Wales Countryside Officers group collaborate to ensure both local and region initiatives are developed and implemented that promote benefits to health, particularly through the Sustainable Management of Natural Resources.

Integration – Good Health underpins all the other Well-being objectives as without good health many other objectives such as maintaining sustainable employment, making the most of education and general quality of life opportunities is simply not possible. Success of this objective will meet the goals of the other organisations listed here seeking the same outcomes.

Prevention - This objective in its totality is about preventing poor health and building more resilience in our citizens over the life course to enable a better quality of life. At the heart of people's ability to work, learn and enjoy a good quality of life, good health and well-being is the starting point for all other opportunities. Demand on already stretched services such as social care, primary and secondary health care, can be reduced by supporting residents to have a healthy and independent life for as long as possible.

9. EQUALITIES IMPLICATIONS

- 9.1 An EIA screening has been completed in accordance with the Council's Strategic Equality Plan and supplementary guidance. No potential for unlawful discrimination and/or low level or minor negative impact has been identified; therefore a full EIA has not been carried out. The Well-being Objective however will benefit different groups of citizens if achieved will contribute to the national Wellbeing Goal of 'A More Equal Wales'.

10. FINANCIAL IMPLICATIONS

- 10.1 There are no direct financial implications arising from this report.

11. PERSONNEL IMPLICATIONS

- 11.1 There are no direct personnel implications within this report.

12. CONSULTATIONS

- 12.1 All responses from consultations have been incorporated in the report.

13. STATUTORY POWER

- 13.1 Well-being of Future Generations (Wales) Act 2015.

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Background Papers:
Corporate Plan 2018-23

Appendices:
Appendix 1 2018/19 update of WBO5 'Creating a county borough that supports a healthy lifestyle in accordance with the Sustainable Development Principle within the Well-being of Future Generations (Wales) Act 2015'.

Caerphilly County Borough Council Well-being Objectives

5. Creating a borough that supports a healthy lifestyle

2018/19 progress update

BYWYDAU IACH, MANNAU IACH
HEALTHY LIVES, HEALTHY SPACES



CCBC Well-being Objectives - 2018/19 Year End Update

1. Overall Summary Statement

The objective is judged to be progressing well. It is difficult to demonstrate impacts on health outcomes on a year to year basis, but we are able to demonstrate good levels of service user and community participation across a broad range of interventions and initiatives.

The adoption of the Caerphilly Sport and Active Recreation Strategy 2019-29 in November 2018 achieved a significant milestone. It sets out the future purpose and direction for the provision of sport and active recreation in Caerphilly County Borough - it establishes the key principles and vision which will inform future decisions and actions over the next 10 years. For the purposes of the Strategy we define sport and active recreation as the range of sport and physical activity opportunities provided by Caerphilly County Borough Council in conjunction with our key partners.

Subject to some minor changes it is considered that the Objective remains appropriate.

2. What has gone well?

Flying Start continues to deliver support services to approximately 2500 children in the most disadvantaged areas of the borough annually. The responsive feeding team pilot has enabled many mums to access the right support at the right time for their feeding needs reducing anxiety for the parents and ensuring the baby continues to thrive. All targets have been met. Parents have accessed wider support due to trust in service developed.

The Council's adopted Sport and Active Recreation Strategy 2019-29 recognises the multiple challenges of poor levels of health, particularly in certain areas of the County; reducing budgets; the large number of facilities across the County and the deteriorating quality of our older buildings; and increasing population and consumer demand. Over the 10 year life of the Strategy the Council intends to invest in 4 high class strategic multi-functional facilities. The range of opportunity for all sectors of the community to engage with and lead physically active lives continues to expand. The service is making good progress towards its aim of More People, More Active, More Often.

A variety of interventions have been delivered by Sports Development and the recent school sport survey (Oct 2018) showed that the gender gap of participation is closing with 41% of girls now participating in sport & Physical activity at least three times a week. Our sport based social inclusion programme Positive Futures, has had 700 young people registering this year and our 8 outreach sessions which happen in the hot spots of anti-social

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behaviour have worked with Gwent Police to contribute to reducing antisocial behaviour by up to 75%. We have over 350 skilled and passionate volunteers actively deployed in the community who have delivered over 6000 hours in community sport.

After a review of the Elite Caerphilly Scheme 2018, athletes are now able to apply all year round as this allows the athlete to access the support at the time of selection rather than at a single point in the year which may not coincide with their selection. This has proven a great success with over 20 athletes currently signed up to the programme accessing our leisure centres.

The number of recorded visits to our country parks continues to increase. Usage in 2018/19 is the highest level recorded to date, the most popular activity being walking. The country parks are popular facilities that offer a range of experiences and events and the good summer of 2018 undoubtedly increased visits.

The Healthy Hearts programme, run in partnership with Aneurin Bevan Health Board, continues to be a popular and beneficial initiative. It is becoming more sustainable as trained volunteers take more of a lead and expand the walking programme, with at least 4 healthy walks taking place each week. Each of these walks attracts 20 – 60 participants.

The adoption and implementation of the Council's Tree Strategy provides a managed approach to risks from trees ensuring that our green and public spaces are accessible and safe.

3. What has not gone well?

Resourcing interventions that will result in a positive shift in population health outcomes is always likely to be a challenge. However, we continue to look for ways to ensure the best and fairest distribution of resources at our disposal and seek to work with partners to maximise collaborative opportunities.

We continue to promote proof of age cards to deter underage sales, but no longer facilitate these in schools due to changes in requirements associated with GDPR.

The attainment of every child swimming 25m by age 11 continues to be a challenge. The service has adopted an intervention at an earlier stage to address a clear gap in participation and progress. The role of schools is vital to support developing this aspect further

4. Reflection & Review

Tracking Progress through Measures and Actions (see section 5 for detail)

It is difficult to demonstrate progress on health outcomes on a year to year basis, but in Section 5 below the numbers of participants and service users indicates a good level of engagement in activities that make a positive contribution to health. Feedback from partners and those engaged is also positive.

The public consultation in relation to the Sport and Active Recreation Strategy revealed widespread support for the Outcomes identified.

5. Tracking Progress – Our Steps to Deliver (2018-2023)

Outcome	Progress 2018/19 (Completed? Ongoing? Behind?)	Dates
1: Aim to reduce inequalities in Health		
Continue to increase the 'Daily Mile' programme in schools across the county borough.	Currently there are 43 schools signed up to deliver the daily mile as of April 2019. Schools have found this very beneficial and have also been able to link it with cross curricular work through the use of pedometers in maths as an example. Some schools have also used the daily mile as preparation for the pupils who entered the Caerphilly 10k in May 2019. This community exit route is a good example of how the daily mile can link with the community.	2018-2023
Continuation of the Healthy Hearts programme in partnership with Aneurin Bevan Health Board.	Continues to be a popular with at least 4 healthy walks taking place each week. Each of these walks attracts 20 – 60 participants.	2018-2023
Continue to run our Flying Start programme which provides a wide range of support 0-3 years and their families for improving life in early years. This includes activities such as: <ul style="list-style-type: none"> • Get Cooking - recipes and cookery sessions for family foods. • Henry (Healthy Exercise and Nutrition for the Really Young) - nutrition and exercise course for parents to know the most up-to-date information on the best foods and exercise for their child's development. • Healthy Start scheme - Healthy Start vouchers for fresh fruit and vegetables and vitamins 	Flying Start continues to deliver support services to more than 2483 children in the most disadvantaged areas of the borough annually. The health programme has changed from cooking groups to deliver more early support activities including responsive feeding support on discharge from hospital, and baby clubs which include weaning, child development, healthy eating and physical activity information. Health Visitors continue to promote the Healthy Start voucher scheme.	2017-2021

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Outcome	Progress 2018/19 (Completed? Ongoing? Behind?)	Dates
Run our health outreach (shared contract) 'On the Move and On to Food' (to support parents with solid feeding and nutrition moving onto HENRY (Health Exercise Nutrition for the Really Young).	Health outreach team deliver the responsive feeding support on discharge from hospital following the birth of every child and offer referral based baby clubs to families which offer support on weaning, healthy eating and physical activity through the early years.	2017-2021
Promote the Healthy Schools programme (a Welsh Government, Public Health and Education Programme) to provide specific actions to improve child health.	14 schools have achieved the Local Phase 6 Award and 14 schools have achieved the Healthy schools National Quality Award. Five schools are awaiting NQA accreditation between June – September 2019.	2018/19
Disability in Sport – providing sporting opportunities for individuals with disabilities.	Disability sport engaged with over 3,600 participants in 2018-19 offering a variety of opportunities for those with disabilities to take part in sport and physical activity. This contributed to the department figure of over 84,000 people in 2018-19. Our Disability Six Nations in its 15 th year was held at the Centre for Sporting Excellence, the flagship event attracted over 320 young people from schools across South Wales for a day of rugby and fun with the Dragons Rugby stars. We were also joined for the second time by the Deputy Minister for Culture Sport & Tourism, Dafydd Elis-Thomas AM and the leader of Caerphilly Council Cllr David.	2018-2023
Participation in 'large scale change' collaborative programme: Let's Go Girls (Campaign to get more girls and women aged 14-40 more active, more often through different forms of engagement through physical activity).	The recent school sport survey (Oct 2018) showed that the gender gap of participation is closing with 41% of girls now participating in sport & Physical activity at least three times a	2018/19

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Outcome	Progress 2018/19 (Completed? Ongoing? Behind?)	Dates
	<p>week. A variety of interventions have been delivered by Sports Development such as Hooked on Hoci which provided primary school teachers with the ability to deliver hockey in a fun environment and support that transition of children from schools into their local clubs. 22 schools have received 6 sessions of Hooked on Hoci with a total of 1,745 individual participations and 22 teachers attended the 4689 training course.71% of girls in Caerphilly are now confident in trying new activities. (SSS 2018)</p>	
<p>Supporting greater physical activity through continued delivery of targeted programmes on a local and regional basis such as ‘Positive Futures’, which is a sport based social inclusion programme that uses sport as a tool to engage young people in local community facilities, and through a referral process from a range of partnership agencies.</p>	<p>Our sport based social inclusion programme Positive Futures, has had 700 young people registering this year and our 8 outreach sessions which happen in the hot spots of anti-social behaviour have worked with Gwent Police to contribute to reducing antisocial behaviour by up to 75%. After engaging with the young people in our communities we linked with some of our local Boxing clubs to provide outreach provision at the club through Positive Futures. Caerphilly ABC created a new session specifically for the young people from Lansbury Park between 4pm-5pm every Monday. After a programme of school taster sessions we are proud to say that the club has grown in membership and is attracting those who were causing some of the antisocial behaviour in the community</p>	<p>2018-2023</p>

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Outcome	Progress 2018/19 (Completed? Ongoing? Behind?)	Dates
<p>Sporting Pathways – a targeted approach to helping clubs develop their playing, coaching and volunteer base.</p>	<p>Our work with the 16 national governing bodies of sport continues to make a big impact. This year we have seen improvement in Boxing in particular, with the likes of Cwmcarn ABC and Caerphilly ABC linking up with the police to reduce antisocial behaviour and increase members at the clubs</p> <p>We have over 350 skilled and passionate volunteers actively deployed in the community who have delivered over 6000 hours in community sport. This year we invested in a coach observation specialist and the results have been amazing. Yet again our workforce development pathway is turning out some of the best coaches in Caerphilly with Alice Corden achieving, Welsh Gymnastics’ Young Leader of the Year in 2017, Sport Caerphilly Young volunteer of the Year 2018 and shortlisted for the British Gymnastics 2019 National Young Leader of the Year.</p>	<p>2018-2020</p>
<p>Complete a Play Sufficiency Assessment to assess gaps in provision and identify improvement actions</p>	<p>Play Sufficiency assessment was produced in March 2019 and submitted to Welsh Government. This is a 3 year assessment with a 1 year action plan for 2019-2020. A cabinet report was also written for Environment and Sustainability Scrutiny Committee on 14th May 2019 as an information only report and shared on the members’ portal.</p>	<p>March 2019</p>

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Outcome	Progress 2018/19 (Completed? Ongoing? Behind?)	Dates
2: Creating a place that supports a healthy lifestyle.		
Implement a county borough wide Sport and Leisure Strategy to establish a vision and specific actions to sustain	The Sport & Active Recreation Strategy (SARS) was formally adopted in November 2018.	Summer 2018
Set up a Health and Well-being employee group to provide lifestyle improvements that can benefit the wider communities.	This group is in place and has met regularly. A review has been agreed along with the officers involved to provide a sharper focus	2018/19
Promote and run the Elite Caerphilly Scheme 2018 (This aims to reduce the financial burden of training costs for talented athletes, many of whom aspire to represent both Wales and/or Great Britain in their respective sports on the international stage.	After reviewing the programme, athletes are now able to apply all year round as this allows the athlete to access the support at the time of selection rather than at a single point in the year which may not coincide with their selection. This has proven a great success with over 20 athletes currently signed up to the programme accessing our leisure centres.	2018-2023
Promoting access and use of our parks and countryside (Rural Development Programmes), through cycling and walking and events such as the 'Caerphilly Challenge'.	There were 512 entrants to the Caerphilly Challenge series with 50 volunteers involved with pre planning and delivery on the day totalling 440+ volunteer hours.	2018-2023 (ongoing)
By 2020 aim towards Welsh Government target to reduce the smoking rate to 16% <ul style="list-style-type: none"> • Trader education/awareness on 18 age limit for purchases of tobacco products, No Proof No Sale packs issued to traders which include guidance for traders, shop display items and information for employees. • Promote and facilitate take up of Proof of Age cards to young people 16 to 18 via schools and colleges. 	Three successful prosecutions against "private sellers" for the sale of illicit tobacco. No sales made during underage during test purchase attempts. Trader education/awareness ongoing, No Proof No Sale packs and advice issued to new businesses and during programmed inspections. Promote proof of age cards but no longer facilitate in schools due to changes in requirements associated with GDPR.	2020

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Outcome	Progress 2018/19 (Completed? Ongoing? Behind?)	Dates
Delivering on our Tree Strategy Actions	Resources have put in place to enable the Council's Tree Strategy to be implemented. Relevant staff are in post and a programme of surveys has been developed and is underway. Actions arising from those surveys are categorised according to risk. A monitoring regime is in place to ensure that necessary works are undertaken.	2018-2023

Performance Against Adopted Tracking Measures	Outcome	17/18 Actual	18/19 Target	18/19 Actual	Comment
Increase the number of schools participating in the 'daily mile'.	1	20	40	43	Full audit of schools still to take place.
Increase the number of schools achieving Welsh Governments National Quality Award for Healthy Schools.	1	13	14	14	This is measure by academic year. 3 more scheduled before the end of summer term.
Number and % of participant parents benefitting from an evidence-based parenting programmes.	1	100	28 (100%)	28 (100%)	Families First – this figure is quite low as it only includes special evidence-based programmes. In addition 611 parents benefited from parenting interventions in more informal parenting groups.
			271	271	Flying Start – attendance at formal evidence programmes. An additional 81 attended the Steps to Success evidence programme in 2018/19.
Number of clubs signed up to be part of the 'Lets Go Girls' campaign.	1	5	7	7	

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Performance Against Adopted Tracking Measures	Outcome	17/18 Actual	18/19 Target	18/19 Actual	Comment
Engage with a minimum of 5 new settings in promoting the Healthy and Sustainable Preschool Scheme (Hey Scheme)	1	17	5	5	5 new settings recruited onto the scheme.
Reduce smoking rates.	2	18	No target set	Not available yet	Data from the National Survey for Wales; there has not been any further data released since 17/18. The rate of adult smokers has continuously declined over the last decade Welsh Government's Tobacco Control Action Plan for Wales (2012) set a target to reduce adult smoking to 16% by 2020.
% of children age 4/5 who are overweight or obese.	2	27.3%	No target set	Not available yet	Reported from the Child Measurement Programme run by Public Health Wales. The 2017/18 figure is higher than the Gwent average and higher than any regions in England. 2018/19 report has not been published yet.
Percentage of children at 11 years who can swim 25 meters.	2	54%	76%	46%	Caerphilly Sport and Leisure Services encourage younger age participation in school swimming sessions and therefore in Caerphilly the children that attend school swimming are year 3/4 rather than year 6
Increase the number of visits to our parks and countryside.	2	1.45m	1.5m	1.5m	
'Increase numbers participating in a broadened 'Healthy Hearts' initiative.	2	902	900	910	The strong partnership between ABUHB and CCBC continues. Existing groups are becoming more sustainable supported by strong group of committed volunteers. The

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Performance Against Adopted Tracking Measures	Outcome	17/18 Actual	18/19 Target	18/19 Actual	Comment
					expiry of Lets Walk Cymru funding may limit further expansion of the scheme.
Number of people participating in the Health Referral scheme.	2	1124	1008	1419	There has been an increase predominantly in the attendance of class based activities.
Adopt a 'Valleys Landscape Park strategy'.	2	N/A	N/A	N/A	This is in progress for completion in 2019.
Street Scene Cleanliness Index LEAMS Score for the whole of the county borough (STS005a)	2	67.31%	67%	68.2%	
% of highways & relevant land inspected of a high or acceptable standard of cleanliness (STS005b).	2	96.40%	97%	96.7%	
Average number of working days taken to clear fly-tipping incidents reported to the authority during the year.	2	N/A	5	2.5	This has replaced "% of reported fly tipping incidents cleared within 5 working days" as a National Indicator from 2018/19.
The percentage of reported fly tipping incidents which lead to enforcement activity.	2	0.9%	1%	0.5%	
Number of enforcement actions issued for Dog Fouling.	2	30	100	61	This figure now includes enforcement where dog walkers are not carrying an appropriate receptacle for dealing with dog waste (Public Spaces Protection Order).