



## Caerphilly Public Services Board Well-being Plan Performance Report

7 monthly report Oct 2021 – April 2022

### Action Area 3

#### Good Health and Well-being

Good Health and Well-being is one of 5 Action Areas within The Caerphilly We Want Well-being Plan 2018-23. It supports the achievement of the plan's 4 Well-being Objectives:

**Objective 1: Positive Change** - A shared commitment to improving the way we work together

**Objective 2: Positive Start** - Giving our future generations the best start in life

**Objective 3: Positive People** - Empowering and enabling all our residents to achieve their own potential

**Objective 4: Positive Places** - Enabling our communities to be resilient and sustainable

**Alison Gough**

20/05/2022

## Performance Levels

| Outcome   | Is there a risk this will not be achieved |
|---|---|
| <p><b>AA.3.1 Outcome 1</b> – Working with public health on promoting good health such as smoking cessation. Smoking prevalence reduced to 16% by 2020.</p> <p><b>AA.3.1 Outcome 2</b> – Working with public health to achieve uptake in childhood vaccinations flu vaccinations and Covid -19 vaccinations<br/><b>There should be a 95% uptake in childhood vaccinations, an uptake in flu immunisations as follows - 75% in 65-year-olds and over and 55% in at risk groups aged 6 months to 64 years.</b></p> <p><b>See below for Caerphilly area Covid 19 vaccinations update.</b></p> <p><b>AA.3.1 Outcome 3</b> – Achieve targets in national screening programmes.<br/><b>There should be an uptake in the following areas for national screening: 60% uptake for bowel; 70% uptake for breast; 80% for cervical.</b></p> <p><b>AA3.1 Outcome 4</b> – Working with partner agencies to promote good mental health and awareness of available services such as counselling with Caerphilly Mind, Hospital Discharge Service with Age Cymru Gwent, MELO website and the Green Nature Prescribing Initiative. Working with GP’s to ensure working knowledge of the Green Nature Prescribing initiative. Promote MELO website and resources. Promote resources and access to Caerphilly MIND and Age Cymru Gwent.</p> <p><b>AA3.2 Outcome 1</b> – Ensure relevant information sharing and access to up-to-date resources such as Care First and MELO Connect 5 training. Caerphilly Council staff will have access to an Employee Volunteering Scheme. Roll out MELO Connect 5 training to staff and evaluate uptake. Work with communications teams to distribute documents and resources related to well-being. The Employee Volunteering Scheme is linked to staff well-being and provides benefits to partner agencies.</p> | <p>No</p>                                 |

**AA3.3 Outcome 1** – Improved delivery of preventative and effective services in each geographical area. Improved awareness and access to services provided locally. Ensure strategic priorities between the NCN, IWN and PSB are linked and are working together.

**AA3.4 Outcome 1** - More communities and residents engaged and involved in place-based discussions and decisions regarding health and wellbeing.  
Feedback from community groups and uptake in services for health and well-being groups in local areas.

## EVIDENCE

(See Appendix below)

## Key Tasks

| Ref       | Task  | Progress  |
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| AA<br>3.1 | Promote and encourage people to avail of smoking cessation support and details of how this can be accessed. Promote and encourage people to avail of screening services with details of how these can be accessed. Promote positive messages about vaccinations and encourage reading from reputable resources. | Outcome 1 - Data for Q4 2021/22 was not yet available for Caerphilly. In 2020/21 we treated 3% smoking population in ABUHB and will need to achieve 0.8% in Q4 – at the moment we are 2.2%. This may be a challenge this year as Varenicline, a Prescription Only Medication, has not been available for nearly all 2021/22 and community pharmacies only include that data in their Q4 returns..   |
|           |   | Outcome 2 - There was good uptake in the older age group, however it will be important to work with colleagues across health and social care to ensure an improved uptake in the next seasonal flu immunisation campaign. The NCNs are working with partners to develop alternative models of programme delivery. As at 15 <sup>th</sup> Mar, Flu uptake was as follows - Children aged 2-3 years = 49.5% ; Clinical risk 6months – 64 years = 51% ; Age 65+ = 78.3%. Additional data on Child immunisation uptake (Oct |

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|           |  | 2021- Dec 2021) is contained in the Appendix below  |
|           |  | Outcome 3 (Achieve Targets in National Screening Programmes) – See Appendix below   |
|           |  | <p>Outcome 4 – Working with partner agencies to promote good mental health and awareness of available services – It is recognised that one impact of the pandemic is an increased need to support key interventions for local populations around good mental health and wellbeing.</p> <p>Caerphilly NCNs have again this year invested in the Psychological Wellbeing Practitioner role which is now fully recruited and are aligned to our 21 GP practices.</p> <p>The NCNs have actively promoted and invested in the IRIS Training and support programme which enables GPs and GP practice staff to identify patients affected by domestic violence and abuse and refer them to specialist services, benefiting the patient and saving NHS resources.</p> <p>Investment has already been agreed to continue with the additional counselling capacity with Caerphilly Mind who support the primary care mental health service to address the volume of referrals received.</p> <p>The NCNs will continue to use and promote these services as well as working and engaging in the Green Nature Prescribing Initiative, MELO website and all other resources available.</p> |
| AA<br>3.2 | <p><b>INVEST IN THE WELL-BEING OF STAFF</b></p> <ul style="list-style-type: none"> <li>· Ensure that Connect 5 training is rolled out to staff and monitor uptake and feedback.</li> <li>Ensure up to date resources shared on Care First and alternative internal communications</li> </ul> | <p>Outcome 1 - Ensure relevant information sharing and access to up-to-date resources such as Care First and MELO Connect 5 training. Caerphilly Council staff will have access to an Employee Volunteering Scheme. Roll out MELO Connect 5 training to staff and evaluate uptake. Work with communications teams to distribute</p>   |

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|                   |   | <p>documents and resources related to well-being. The Employee Volunteering Scheme is linked to staff well-being and provides benefits to partner agencies..- Caerphilly NCNs have undertaken a recent pilot of mindfulness sessions with staff groups to support their wellbeing. A review of the pilot will be undertaken and if proven of value to staff and service delivery will consider extending this in 2022-23 period. The ABUHB intranet webpages has a dedicated wellbeing section and staff can access this and signpost to support and advice. We have funded them for the delivery of 132 modules of Gwent Connect 5 – each GC5 course has 3 modules. 44 full courses. About one a week (allowing for holidays).</p>  |
| <p>AA3.<br/>3</p> | <p>Provide an integrated system of health, social care and well-being closer to home through the Neighbourhood Care Network Ensure synergies between the strategic priorities of the PSB, the three Neighbourhood Care Networks (NCN) and the Integrated Wellbeing Networks: encourage opportunities and promote delivery through: Green and community-based creative wellbeing initiatives, including appropriate social and more formalised 'prescribing' routes Ensure synergy with other PSB workstreams especially: Caerphilly cares Preventing vulnerability/ inequality Town centre recovery</p> | <p>The NCNs continue to work towards place-based care and service delivery working collaboratively with partners to achieve this. From a third sector perspective, we have seen an increase in groups setting up to support various health conditions, namely dementia and mental health support. Particularly following the pandemic, mental health groups will likely be the theme going forward, and we need to ensure they are set up appropriately and have the correct support. Partnership between GAVO's Community Development and HSCW teams on developing a Wealth Building Partnership model to promote to communities to increase localised collaboration and empowerment, in line with the wellbeing economic model promoted by Welsh Government. Participatory budgeting - the mapping element will be a big task going forward, to map both public and third sector provision. Financial wellbeing - with rising costs of living, energy prices surging and no increases in pay, financial wellbeing could become a huge issue for all sectors in the coming months and years. This will have a direct impact on people's overall physical,</p> |

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|                   |   | <p>mental and emotional health. We need to start working more collaboratively with CAB, and local credit unions on how we mitigate these issues. Financial issues could also see a rise in crime and substance misuse.</p> <p>Vaccination uptake - David Llewellyn and Laura Brosnan- James will look at revamping the V for Vaccination talks to focus specifically on families of children who are unsure about the Covid vaccine, following various comments seen from parents who are worried about their children getting vaccinated.</p>   |
| <p>AA<br/>3.4</p> | <p>Create a supportive environment that enables communities and residents to manage their health and wellbeing, appropriately in partnership with services. Develop place-based approaches to enable community wellbeing and empower residents to access support services and get involved in funding opportunities. Ensure promotion and awareness of local services in the following areas:<br/>Reducing loneliness through 'Ffrind i mi'<br/>Mental health services to residents in partnership with Caerphilly MIND and MELO<br/>Promotion of support for digital exclusion<br/>Support the roll out of Iris in partnership with Llamau</p> | <p>IWN place-based collectives were held in its focus areas - Bargoed, Rhymney, New Tredegar and Risca - in February 2022 and will continue on a quarterly basis throughout the year. These will help inform the new Participatory Budgeting opportunities being developed in conjunction with CCBC, GAVO and others which will be supported by ABUHB Connections funding for new post-COVID wellbeing activities and initiatives. New CWTSH community weekly wellbeing guides to local wellbeing activities for each focus area have been developed with Dewis Cymru, Caerphilly Wellbeing Friends and the Community Connectors. Feedback has been hugely favourable to date. These will expand their location reach as appropriate in coming months. A new CWTSH website with details of these and more wellbeing information has been created and is being enhanced. An IWN focus has been the Rhymney area. Working with partners, a new revamped weekly Talking Café (Cwtsh Café) at Rhymney Library has proved very popular in reconnecting people and helping to address isolation. A biweekly Caffi Croeso in Welsh has similarly proved popular which will become weekly in April. A new Social Strollers group along with community-led heritage walks are developing and starting to get people more connected and physically active whilst a new men's mental health</p> |

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|  | <p>group is about to commence. We produced a series of 15 short wellbeing films highlighting the work and opportunities of groups and services across Caerphilly and encourage members of the public to get involved. These are being made available to partners and are being loaded onto a new YouTube Channel. The Nature Wellbeing /Green Prescribing pilot was completed and evaluated which demonstrated its value. This will provide the basis for developing this more formally along with the opportunity for an Arts on Prescription approach for which an initial meeting, facilitated by Wales Arts and Wellbeing Network, was held with creative partners lead by the IWN and Arts Development in CCBC. GAVO worked with CCBC around the tree planting initiative, focussed on the benefits of volunteering for health and wellbeing, alongside promotion of outdoors and green space and its impact on good health. V for Vaccination sessions have been delivered on a reduced basis to continue to respond to vaccination hesitancy and promote reputable resources for additional information. Covid IMT has continued to be supported by the IWN lead re community intelligence and information Virtual Caerphilly Wellbeing Friends coffee mornings have continued to run led by GAVO working with the IWN. These will be revamped in the spring.</p> <p>Monthly Wellbeing Friends coffee mornings have continued, as requested by the attendees. These are seen as a great resource of information and a great way of connecting with others across the borough. Several new community members have joined and engaged with promoting good health and wellbeing messages. Talks during this time have included Bonesetter Reese heritage talk, Coeliac UK awareness session, Walking Friends, Community transport</p> |
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|  |  | <p>discussion, Covid restriction updates and general messages for Health and Wellbeing. Following feedback from IWN meetings, a Rhymney ‘Chatty Café’ has been formed to tackle social exclusion falling from Covid isolation. These started in February 2022 and have been extremely well attended by community members and support services alike. We have also used this as an opportunity to consult with the community on their wellbeing needs.</p> <p>Age Friendly Communities – linking to good health and wellbeing for an aging population.</p> <p>GAVO has worked on a Transport to Health scheme, ensuring transport options for communities are more suitable, affordable and accessible in order to access their health appointments. 3 transport schemes have been supported in Caerphilly, in partnership with three third sector groups.</p> |
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## Conclusion

Caerphilly Neighbourhood Care Networks (NCNs) have continued to support the response to the COVID-19 pandemic and the recovery process following the various incidence waves over the last year.

All our clinicians and support staff have worked hard to maintain operational service delivery and have had to adapt ways of working to do this. GP practices like all other independent contractors worked above and beyond to sustain accessible and timely services to their patients. Our District Nursing teams and Community Resource Team within Caerphilly have operated throughout the last year where staff shortages existed and have worked tirelessly through this difficult period to sustain services without detriment to patient care.

## Appendix 1

### AA3.1 outcome 2 additional data Childhood Immunisation Uptake (Oct2021-Dec2021)

The end of December reporting period indicating very good uptake in the majority of childhood vaccination categories. The older age groups still require some improvement and the NCN will work with colleagues to address this.

| Child's Age | Vaccination                | Uptake Achievement |
|-------------|----------------------------|--------------------|
| 1 year      | 6 in 1 primary*            | 97%                |
| 1 year      | PCV primary (2 doses)      | 98%                |
| 1 year      | Rotavirus (2 doses)        | 95%                |
| 1 year      | MenB (2 doses)             | 97%                |
| 2 years     | MMR (1 dose)               | 95%                |
| 2 years     | PCV final (3 doses)        | 96%                |
| 2 years     | Hib/MenC booster           | 96%                |
| 2 years     | MenB (Complete course)     | 96%                |
| 4 years     | 4 in 1 pre-school booster* | 92%                |
| 4 years     | Hib/MenC booster           | 97%                |
| 4 years     | MMR (2 doses)              | 92%                |
| 4 years     | Up to date**               | 90%                |
| 5 years     | 4 in 1 pre-school booster* | 93%                |
| 5 years     | MMR (1 dose)               | 98%                |
| 5 years     | MMR (2 doses)              | 93%                |

| Child's Age | Vaccination               | Uptake Achievement |
|-------------|---------------------------|--------------------|
| 14 years    | MMR (1 dose)              | 98%                |
| 14 years    | MMR (2 doses)             | 96%                |
| 15 years    | MMR (1 dose)              | 98%                |
| 15 years    | MMR (2 doses)             | 96%                |
| 15 years    | 3 in 1 teenage booster*** | 78%                |
| 15 years    | MenACWY                   | 78%                |
| 16 years    | MMR (1 dose)              | 97%                |
| 16 years    | MMR (2 doses)             | 95%                |
| 16 years    | 3 in 1 teenage booster*** | 82%                |
| 16 years    | MenACWY                   | 82%                |

The delivery of the COVID mass vaccination programme was a resounding success in Gwent as a whole has been achieved by all services responding and supporting. As at 22nd March 2022, uptake of COVID-19 vaccination of Caerphilly residents is as opposite.

The Spring 2022 booster programme for those aged 75+ and in vulnerable groups has commenced in the care home settings and will be commenced for the mass vaccination centres and housebound mobile teams in early April 2022.

Potential of holding V for Vaccination talks for parents in light of the vaccines being made available for 5 – 12-year-olds, and some vaccine hesitancy around parents. Will look at this into the next period.

GAVO continue to promote vaccination updates via networks and social media, and via the Coffee Mornings.

| <b>Uptake Dose 1</b> | <b>Uptake Dose 2</b> | <b>Uptake Booster</b> |
|----------------------|----------------------|-----------------------|
| 92%                  | 90%                  | 77%                   |

### Area AA 3.1 Outcome 3 – Achieve Targets in National Screening Programmes

BTW Screening Uptake, Latest Screening Round as at 30/04/21:

| Health Board             | Unitary Authority Name | Unitary Authority Code | Eligible / Invited | Tested | Uptake % |
|--------------------------|------------------------|------------------------|--------------------|--------|----------|
| Aneurin Bevan University | Caerphilly             | 6B2                    | 24922              | 18126  | 72.7     |

Cervical Screening Age-Appropriate Coverage as at 01/04/20, Aged 25-64

| Health Board             | Unitary Authority Name | Unitary Authority Code | Eligible / Invited | Tested | Coverage % |
|--------------------------|------------------------|------------------------|--------------------|--------|------------|
| Aneurin Bevan University | Caerphilly             | 6B2                    | 44685              | 33737  | 75.5       |

Bowel Screening Uptake 2019-20

| Health Board   | Unitary Authority Name | Unitary Authority Code | Eligible / Invited | Tested | Uptake % |
|--|------------------------|------------------------|--------------------|--------|----------|
| Aneurin Bevan University   | Caerphilly             | 6B2                    | 15016              | 9420   | 62.7     |
| <b>GAVO have worked with Bowel Cancer UK's new Wales team to promote</b> |                        |                        |                    |        |          |

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| <p><b>workplace and community free awareness sessions. Bowel Cancer UK also attended the Wellbeing Friends Coffee Morning to promote screening.</b></p> <p>Wales uptake %:<br/>Breast = 72.3<br/>Cervical = 73.2<br/>Bowel = 61.5%</p> |  |  |  |  |  |
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