



## Appendix 1 Community Planning Quarterly Briefing April to June 2015

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](mailto:communityplanning@caerphilly.gov.uk)

### CAERPHILLY LOCAL SERVICE BOARD

***Not Standing Still...Economic Recovery in Caerphilly*** – was the title of Caerphilly Local Service Board Standing Conference on 12<sup>th</sup> June 2015 at Llancaiach Fawr Manor. The Conference received a keynote presentation by Peter Slater, Director of the Industrial Communities Alliance in Wales on *Closing the Prosperity Gap*. Further presentations included:

- *Development Planning for Growth* - Rhian Kyte Team Leader, Strategic & Development Planning, Caerphilly County Borough Council
- *The Local Business Perspective* - Denise Lovering, Chair of the Caerphilly Business Forum

Workshop sessions also took place exploring working better together in supporting and attracting businesses within the Caerphilly borough.

For further information on Caerphilly Local Service Board, and implementing *Caerphilly Delivers* the Single Integrated Plan visit –

[Caerphilly Local Service Board | Caerphilly County Borough ...](#)

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



## KEY COMMUNITY PLANNING LEGISLATION

**Well-being of Future Generations (Wales) Act 2015** - the Act is about improving the social, economic, environmental and cultural well-being of Wales, and received Royal Assent on 29<sup>th</sup> April 2015. The 44 public bodies listed in the Act (including all Local Authorities) will need to make sure that when making decisions account is taken for the impact they could have for future generations, and public bodies will also be expected to:

- work together better
- involve people reflecting the diversity of communities
- look to the long term as well as focusing on now
- take action to try and stop problems getting worse - or even stop them happening in the first place.

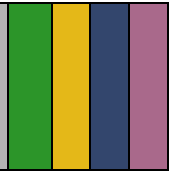
The Welsh Government have produced the following quick easy read glance at the key essentials of the Act –

<http://gov.wales/topics/people-and-communities/people/future-generations-bill/?lang=en>

The Welsh Government will be consulting on statutory guidance on implementing the Act over the summer. The intention is for Public Service Boards to come into force from April 2016.

**Environment (Wales) Bill** - has been designed to support and complement the Well-being of Future Generations (Wales) Act 2015. The Bill will put in place the legislation needed to plan and manage Wales' natural resources in a more proactive, sustainable and joined-up way. The Bill is expected to receive Royal Assent by spring 2016.

**Historic Environment (Wales) Bill** – complements goals set out in the Planning Bill and the Well-being of Future Generations Act. The Bill proposes measures that will protect against unauthorised works to scheduled ancient monuments and listed buildings as well as creating a statutory register of Wales' historic parks and gardens. Further provisions include automatic *interim protection* for any building being considered formally for listing or scheduling and clarity over the future of historic environment records. The Bill is expected to come into force in 2016.



## **NEW EUROPEAN FUNDING**

Following a meeting with the Welsh European Funding Office (WEFO), the Department for Economy, Science and Transport (DEST) and Local Government on the implications of the Regeneris Report on grants for Small Medium Enterprises (SMEs) the Welsh Government cannot see a role for a Local Investment Fund type grant support scheme or a Social Enterprise Support grant support scheme to be funded under the new European Regional Development Fund (ERDF) Programmes for Wales. The Council however, will still be able to offer Start up and Business Development Grants to local businesses, although the funding available will be limited.

## **EVENTS**

The Events and Marketing Team are gearing up for their busiest time of the year. The Caerphilly Food Festival was held on Saturday the 9<sup>th</sup> May, a free event filling the town with over 60 stalls offering a range of food products, crafts family entertainment and street theatre.

The Caerphilly 10K is on Sunday 21<sup>st</sup> June. There are over 1000 entrants so far. This event will also hold a junior run for those aged 8.

Following the Caerphilly 10K is Blackwood Beach Party on Blackwood High Street on Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> June. The free event includes an urban beach, promenade style fun photo booth, children's favourite TV costumed characters, food and craft stalls and family entertainment and funfair rides.

The annual Big Cheese Festival returns on Friday 24<sup>th</sup> July until Sunday 26<sup>th</sup> July. The weekend starts with the Great Cheese Race, traditional funfair and fireworks display on Friday. Saturday and Sunday offers over 150 food and craft stalls, traditional funfair, entertainment, dance, music and lots of activities for the whole family to enjoy.

All the events are listed on [www.visitcaerphilly.com](http://www.visitcaerphilly.com)

## **PROSPEROUS COMMUNITIES**

**LIFT Family Employment Mentors** continue to help people from workless households into training or employment opportunities. People living in households where no one has worked for more than six months and are not on the work programme should get in touch to see how they can benefit. Please note this

support is only available for people living in the Upper Rhymney Valley or Caerphilly Basin.

**Youth Hubs** continue in youth unemployment hotspots in Senghenydd, Abercarn, Crumlin and Rhymney in partnership with Job Centre Plus, Careers Wales and Communities First. Young people are able to drop in to seek employment advice and support on issues such as adult education, gaining work experience, creating a CV and applying for Jobs Growth Wales placements. The youth employment officers have supported 34 young people into employment since April: 16 have secured Job Growth Wales placements, and 48 have completed an employment related qualification. To find out more contact Greg or Lynsey on 01443 864139.

Communities First have developed a number of ...*That Works* programmes which provide individuals with the skills and training needed for a career in a specific sector of work. Routes into catering, outdoor skills and call centres have been delivered.

Work clubs continue to provide weekly drop in opportunities across the borough to offer one to one support, advice and guidance.

The Employment Support Officers now offer **1-2-1 appointments** for customers requiring more in-depth support, such as to create a CV or complete an application form. Please email [commfirst@caerphilly.gov.uk](mailto:commfirst@caerphilly.gov.uk) for further details.

**Literacy and numeracy classes** are held in the White Rose Resource and Information Centre on a Monday 6-8pm, and a Thursday 10.30-12.30pm.

**Get Caerphilly Online** has now helped over 5,000 people to get online since the start of the project, with over 1,000 people benefiting from the Digital Fridays drop in sessions alone. A lot of work this quarter is taking place in sheltered housing schemes across the borough with sessions currently taking place in Wattsville, Ynysddu, Rhymney and Bedwas. Work with people over 50 has included Internet Safety, Tablets and Social Media workshops.

Thanks to the support of Digital Champion volunteers, **Digital Fridays** sessions are continuing across six library locations in the Caerphilly borough every Friday. New volunteers are actively being sought all the time to ensure effective delivery across the borough.

**Caerphilly and Blaenau Gwent Citizen Advice Bureau** provides outreach advice surgeries for residents to drop in to gain information on a number of social welfare topics including managing debt, housing, employment and accessing benefits. Since April, 1124 people have accessed the outreach service, of which 551 have accessed benefits they are entitled to.

<b>Caerphilly and Blaenau Gwent Citizen Advice Bureau Outreach Venues and Opening Times</b>		
<b>Venue</b>	<b>Day</b>	<b>Time</b>
Community First Cefn Fforest Community Centre	Mondays	9.00 – 11.30
Community First office Lansbury Park	Wednesday afternoons	1:30-4pm
Community First Trecenydd Community Centre	Mondays closed until the 2 <sup>nd</sup> June	9:30-11:30
Community First Cefn Hengoed Youth Centre	Wednesdays	9.15 – 11.30
Graig YRhacca Resource Centre	Suspended at present	
Bedwas Council Chambers	Alternate Wednesday from 29/1/2014	9:30-12.00
Newbridge Tabernacle Church	Thursdays	9.30 - 12.00
Senghenydd Community Centre	Thursdays	9:30-12.00
Rhymney Day Centre	Fridays (except last Friday of Month)	9:30 -12:00
Customer First Pontlottyn Customer First Office	Last Friday in Month	9:30-11.00
Rhymney Valley Food bank <b>St Dingat's Church, Church Terrace</b>	Thursdays	10:30-12:30

## **COMMUNITY EDUCATION EUROPEAN SOCIAL FUND PROJECTS**

### **Bridges into Work and Working Skills for Adults**

In April 2015 the two projects closed following six highly successful years of operation. The projects were based together in the Bargoed Institute. This location provided easy public transport access for participants, a fully equipped training room and on site Care and Social Services Inspectorate Wales (CSSIW) registered crèche facilities.

The project teams provided one to one mentoring, advice and guidance through a team of specialist Learning Advisors. This support was delivered in the Caerphilly borough through a network of Libraries and Adult Community Education centres. These facilities have been a key part to the project's success in breaking down the

barriers of disengaged adults by providing easily accessible, informal and welcoming learning environments.

In close partnership with the Adult Community Education team a wide programme of courses were delivered including essential skills, vocational qualifications, ICT, employability skills and the Pacific Institute STEPS programme. The crèche allowed participants with child care responsibilities to access support and attend training whilst having their children cared for within the same facility, breaking down a significant barrier for some local residents.

Significant success has been achieved through collaborative working with Caerphilly County Borough Council partner local authorities and all the projects targets were met or exceeded. Over 370 residents were supported into employment; over 4000 people achieved accredited qualifications, and over 1000 went onto further learning.

Businesses plans have been written and submitted to the Welsh European Funding Office for new projects under the next round of Cohesion funding 2014-20 to continue this work. It is hoped the plans will be approved in June 2015, with project delivery starting in September 2015.

### **ONE BEAT – Voluntary Sector Showcase**

*One Beat* symbolises the tremendous partnership work that exists between the Voluntary Sector together with the Council and the other Compact Partner organisations signed up to the Compact Agreement with the Voluntary Sector: Gwent Association of Voluntary Organisations, Gwent Police, Aneurin Bevan University Health Board, South Wales Fire and Rescue Service, Gwent Police and Crime Commissioner Office, Caerphilly county borough Community/Town Councils and Caerphilly Business Forum - who all work together to improve local communities. This year, *One Beat* will hit the road as the event is taken into the heart of the community for four new *One Beat Roadshows*.

Working In partnership, Gwent Association of Voluntary Organisations and Caerphilly County Borough Council, agreed more could be done to engage the local community so that residents can find out about the voluntary sector within the borough. As a result, *One Beat* will be taken out into the community. The Roadshows are planned to take place over the next 12 months at four locations in different parts of the borough. These new events will replace the annual event previously held at Penallta House and will take place as follows:

**Saturday 11th July 2015** - Blackwood (Methodist Church, Blackwood)

**Wednesday 7th October 2015** – Rhymney (St David’s Community Centre, Rhymney)

**February 2016** (date to be confirmed) – Caerphilly (Twyn Community Centre)

**April 2016** (date to be confirmed) - Risca (Moriah Baptist Church, Risca).

You may be interested in attending all four roadshows or just one which is geographically convenient and applicable to your organisation. Roadshows will be open from 10.00am - 2.00pm, with tea and coffee available. For further details contact [gina.jones@gavowales.org.uk](mailto:gina.jones@gavowales.org.uk)

**Safer Caerphilly (Kathryn Peters & Natalie Kenny)**

[saferccbc@caerphilly.gov.uk](mailto:saferccbc@caerphilly.gov.uk)

## **COUNTER-TERRORISM AND SECURITY ACT 2015**

The Counter-Terrorism and Security Bill, which is currently before Parliament, seeks to place a duty on specified authorities *to have due regard, in the exercise of its functions, to the need to prevent people from being drawn into terrorism*. The specified authorities listed include Local Authorities, Police, Probation, Education and the Local Health Board. Listed below are some of the requirements within the Act listed specifically for the Local Authority:

- Set up a multi-agency group to co-ordinate Prevent activity
- Use the counter-terrorism local profiles (CTLPs) to begin to assess the risk of individuals being drawn into terrorism
- Incorporate the duty into existing policies and procedures, so it becomes part of the day-to-day work of the authority
- Ensure appropriate frontline staff are, trained to understand Prevent, recognise the vulnerability of being drawn into terrorism and refer into the Channel process where appropriate.

## **COMMUNITY ENGAGEMENT**

**Urdd Eisteddfod** - Safer Caerphilly had a presence at the Urdd Eisteddfod in May which included an information stand with interactive quizzes on anti-social behaviour and social media harassment. The Safer Caerphilly Social Media Harassment campaign was launched at the event to promote the problem of harassment via social media sites such as Facebook and Twitter. This was identified as a problem in the anti-social behaviour meetings where incidents of this nature seem to be on the increase. The presence at the Urdd Eisteddfod was to inform people attending the stand that they may be committing a criminal offence when posting certain messages.

**Project Bernie 2015** - the Safer Caerphilly Fire Safety Action Team once again ran Project Bernie over the two week Easter period. The project was officially launched at the Morrison's store in Bargoed on 27<sup>th</sup> March and was attended by various partners such as Gwent Police, South Wales Fire & rescue Service and Crime Prevention Panel members. Over 400 shoppers supported the scheme and signed up to the Bernie pledge. Project Bernie is based on a social marketing concept, which aims to reduce deliberate grass fires by addressing behaviors and attitudes within the community. The project ran in the Bargoed area over the



Easter period and involved a multi-agency response to the problem which has included advertising and marketing campaign, patrols of the area and numerous youth activities, which all focused on addressing the problem of deliberate grass fires. Due to the amount of grass fires across Gwent this year the Fire Service are now working with all partners to develop new initiatives to address the issue.

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

- 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 night-time economy is ongoing for example, Street Pastors, Community Safety Wardens, Door staff etc.

A trial move of the taxi rank in Caerphilly is currently taking place. The rank has been moved into the bus station area from outside the *Irish Thymes* in a bid to reduce the amount of congestion and increase safety outside the public house at the end of a night out.

**Domestic Abuse Awareness Raising** - throughout March residents, groups and organisations were encouraged to join forces in *standing together* against domestic violence in the Caerphilly borough as part of a new social media awareness raising campaign. The *#caerphillystandingtogether* campaign aimed to raise awareness of domestic violence and the support services available in the borough, and to ultimately empower anyone who is experiencing domestic violence to seek support.

People were asked to *tweet their feet* and upload a photo of their feet to Twitter to show they believe violence in all forms is wrong using the hashtag. Throughout the month Caerphilly domestic abuse support services also tweeted using the same hashtag to promote services which are available to those experiencing domestic abuse and their families.

The campaign was highly successful with over 90 organisations and people sharing pictures of their feet and in excess of 250,000 people were reached throughout the month.

For more information regarding the campaign or domestic abuse please contact the Community Safety Team on: 01495 235350.





Join our campaign and tweet your feet to say

**#caerphillystandingtogether**



against domestic violence

@safercaerphilly



<http://your.caerphilly.gov.uk/saferccb>



**ASB Victim Services Manager** - the Victims 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 through the court process. During 2014/2015 (April 2014 to March 2015) a total of 274 referrals have been received and contact made. The Victims Service Manager has supported over 1000 victims and witnesses of anti-social behaviour since she has been in post from 2010. Following a successful recruitment period this year a number of volunteers have joined the scheme, which has enabled the service to provide outreach sessions. This will be expanded further in 2015-16. Lana Harrison the Victims Services Manager can be contacted on 01495 235441 or e-mail: [harril5@caerphilly.gov.uk](mailto:harril5@caerphilly.gov.uk)

**Learning Caerphilly (Lynne Bosanko Williams)**

[familiesfirst@caerphilly.gov.uk](mailto:familiesfirst@caerphilly.gov.uk)

**Urdd Eisteddfod** - the Families First Team has worked closely with all the projects in the Families First Programme and also Flying Start, Communities First and the Youth Service to coordinate innovative community engagement opportunities and to publicise all services at the Urdd Eisteddfod this year. The Families First Programme ran lots of fun activities for families throughout the week, including face painting, a colouring competition, chatterbox sessions, messy play, storytelling and making Welsh love spoons using clay. There were stalls from each of the projects, with lots of information about the different support they offer for families across the Caerphilly borough.

**Families First Celebration Awards** – Families First will be holding their first Celebration to commend the outstanding work that staff and service users have achieved throughout the year. Award categories include:

- Practitioner of the Year Award
- Innovative Partnership Award
- Development and Learning Award
- Young Achiever of the Year Award (0-25 years old)
- Adult Achiever of the Year Award (25+ years old)
- Family Together Award
- Family Journey Award

The award ceremony will be taking place on Friday 26<sup>th</sup> June 2015 at Llancaiach Fawr.

**Supporting Family Change (SFC) project** and Action for Children coordinated the delivery of Non Violent Resistance and Motivational Interviewing training for practitioners throughout the Families First Programme. This was attended by agencies such as Psychology, Inclusion and Support, Family Intervention Team and Families First Parenting. Two members of SFC staff became accredited and one staff member became a champion in the area and both are using the skills learnt in their roles.

**Health Outreach Project** – during this quarter all the baby massage groups have incorporated a Paediatric First Aid session in the programmes which have proved popular with parents. Parents report that the first aid session gave them confidence to try lumpy foods and finger foods with their babies safe in the knowledge that they were now confident to cope with any incidences of choking.

**Integrated Family Learning Project** Language and Play staff have been trained in autism which has been especially useful for home sessions where young children are showing signs of being on the autistic spectrum.

The Super Shell-By team have delivered a total of 653 speech and language sessions and supported 38 children with speech, language and communication needs. Five school-based staff also attended training course to identify and support children with Speech, Language Communication Needs to enhance the services for families.

The Adventure part of the project has worked with 35 family members who have gained a range of accreditations: 18 National and Young Star Navigation Awards, 9 Children University, and 8 Millennium Volunteers awards. Caerphilly Adventures has also delivered progression outdoor education sessions at three schools (Tynewydd Primary, Pontllanfraith Primary & St. Martin's Comprehensive).

**Family Engagement Project** delivered a range of engagement services:

- In Upper Rhymney Valley an eight week cooking course was delivered with Communities First focusing on how to make healthy family meals on a budget. This is also Open College Network /Agored recognised. In addition in this area, and also Risca, job skills sessions were delivered with Youth Service Engagement and Progression project
- Through a dedicated Dads Group a range of initiatives have been facilitated including a DIY project (making and decorating children's bedroom furniture), cooking, job skills workshops, professional development and careers in the workplace Open College Network
- Through the Fitness Agored - young people have taken part in a ten hour fitness programme delivered by the Youth Service Accreditation Officer. Through participating in this project the young people have found a variety of new physical activities to enable them to lead healthier lives which can improve their self-esteem
- Through the Confidence Agored - 6 young people have completed a ten hour course. This project gave the young people the opportunity to talk openly about their confidence issues and set goals around improving their confidence.

**Interact (Learning Sets)** – are structured partnership events for all services and organisations that deliver services for children, young people and families (0-25 years). Interact events deliver Learning Set workshops in response to needs identified by the support services, embedding the principles of Families First, and providing a networking opportunity through *Market Place Displays* where projects and organisations share information and good practice.

The most recent event was held in March 2015 at Llancaiach Fawr Manor. It was attended by 76 individuals, representing 39 different organisations with good representation from both voluntary and statutory organisations.

At the last event the Learning Set workshops were focused on:-

- Social Media Safeguarding and Internet Safety
- Cyber-bullying
- Self-Harm.

Interact continues to be positively evaluated by participants who report that they value the Learning Set approach and the opportunities to network with a diverse range of practitioners and agencies from different sectors.

The Families First Programme has continued to develop and reach more families over the last year. From April 2014 to March 2015 the projects reported that they worked with 11,061 individuals. Although some individuals would have accessed more than one project, due to their need requirements at the time, it is still a substantial number of children, young people and families who have received a bespoke service to prevent their needs escalating into crisis or requiring further intervention.

Further details can be obtained from the Families First team by emailing:  
[familiesfirst@caerphilly.gov.uk](mailto:familiesfirst@caerphilly.gov.uk)

**Healthier Caerphilly (Lianne Dallimore)**

[HSCWB@caerphilly.gov.uk](mailto:HSCWB@caerphilly.gov.uk)

## **HEALTHY COMMUNITIES**

### **Poverty and Health**

Signposting the public to services which can provide support, advice and help on issues relating to poverty can massively reduce the burden on families. There is a wealth of excellent community based support services in the Caerphilly borough, and Neighbourhood Care Networks are working with Communities First and the Third Sector to raise awareness of these, and simplify signposting and referral into them. Many Communities First programmes are being delivered from health venues.

Public Health Wales advise there is evidence that a handful of health behaviours, cause the vast majority of premature mortality and morbidity. Smoking, obesity, poor diet, physical inactivity and alcohol misuse, are the major causes of years of life lost or of years lived with a disability.

Caerphilly borough has some of the poorest levels of health in Wales, and significant inequalities between and within individual wards. 26.3% of the population have a limiting long-term illness, the fifth highest proportion in Wales, with the highest proportions being in the north of the borough, and the lowest in the south. Premature (under 75 years of age) death rates remain significantly higher than the Wales average.

With this in mind, the Wellbeing Improvement Network (WIN) has drafted a revised/refreshed action plan based on best practice and public health advice to help progress the health and wellbeing agenda in the Caerphilly borough.

**X Pod** – six week programmes are available for people who are diagnosed with pre-diabetes (impaired glucose tolerance), or those who want to reduce their risk of developing type 2 diabetes. X Pod can help people improve blood glucose levels, aid weight loss and raise understanding of healthy foods. The XPod Programme is currently being delivered in Gelligaer Surgery and at the North Rhymney Integrated Centre.

**Foodwise** – weight management programmes are available to help people manage their weight the healthy way. Sessions last one hour a week for eight weeks and include reading food labels, portion sizes and healthy balanced diet.

**Community Cooking** – practical cooking sessions take place in community venues to show people how fun and easy healthy eating can be. Residents can also gain an Agored accreditation as recognition for what they have learnt.

**Living Life To The Full** – this free course has been designed to tackle the everyday problems that everyone faces from time to time. It teaches key life skills that will help people feel better, happier and more in control of life. Also called *Twelve hours that can change your life*, the course uses Cognitive Behavioural Therapy (CBT) techniques to help people with mild to moderate depression or anxiety.

**Self Help Groups** – community mental health officers provide self help sessions for individuals over 18 years of age with an aim of improving mental well being, self help strategies and recovery. Sessions take place weekly in community venues.

**StreetGames** – Street Game sites are available across the borough for young people to access physical activity opportunities on their doorstep. Activities are held weekly and range from football, rugby, street golf, and many more. Young people can also volunteer with Street Games and gain free accredited training.

**Physical Activity Programme** – from April Communities First has been developing a new partnership with the National Exercise Referral Scheme (NERS). Four Communities First Physical Activity Workers will be employed to work with NERS to run programmes and consultations for level 3 participants to improve physical activity and reduce risk factors.

Discussions are being held regarding setting up the Communities First Physical Activity Project in partnership with the National Exercise Referral Team at the North Rhymney Integrated Centre in the near future. The Foodwise programme, also based there, continues to go from strength to strength.

***Living Well, Living Longer*** – is a new project to reduce the number of premature deaths from cardiovascular disease and cancer. The Upper Rhymney Valley Communities First Cluster, working in partnership with Aneurin Bevan University Health Board's inverse care law *Living Well Living Longer* started in March 2015.

*Living Well Living Longer* has identified cardiovascular disease and cancer as the major causes of premature mortality in the local area as they place a disproportionate burden on communities with the greatest socioeconomic deprivation. Cardiovascular disease and cancer share many factors, such as poor diet, little exercise, smoking and excess alcohol intake.

In the first phase of the *Living Well Living Longer project*, targeted support will be provided by identifying those at the greatest risk of developing cardiovascular disease, through *health checks*, if found to be at risk, information is then passed to GP's for signing onto local schemes to address people's needs.



Advice about diet and exercise, referrals to exercise and support schemes will be offered through Communities First, as will medical treatment for high blood pressure and raised cholesterol, where needed. Smoking cessation services are also being set up in the North Rhymney Integrated Centre, increasing the availability of community based smoking cessation support.

## ILLEGAL TOBACCO

Caerphilly Trading Standards Service together with Health Challenge Caerphilly have launched a campaign to encourage residents to report sales of illegal tobacco and cigarettes.



Illegal tobacco is a national problem and not unique to the Caerphilly borough, with sellers often specifically targeting children and people on lower incomes due to the affordability of the cheap tobacco. It may be sold in many places – from houses, in pubs and even at car boot sales. All tobacco products are harmful. Whether they are bought legitimately from a retailer or illegally on the black market, all tobacco products contain over 4,000 chemicals, at least 60 of which are known to cause cancer. One in two long-term smokers will die as a result of their addiction

Anyone who has any information on the sale of illegal tobacco in the Caerphilly borough can report it in confidence by telephoning 01495 235291 or visiting [www.caerphilly.gov.uk/illegal-tobacco](http://www.caerphilly.gov.uk/illegal-tobacco)

## INTRODUCING THE NEW GWENT ADULT DRUG, ALCOHOL AND FAMILY SUPPORT SERVICES

On the 1<sup>st</sup> May a Gwent Wide substance misuse service was launched. This service is provided by a consortium made up of Kaleidoscope, Drugaid and G4S, and is known as the Gwent Drug and Alcohol Service (GDAS). The service provides a full range of recovery orientated activities for adults over 18 who are motivated to make changes including:

**Drug and alcohol** - brief interventions, detoxification, medication prescribing to support abstinence from alcohol, structured psychosocial interventions, mutual aid and peer support programmes, outreach services, needle exchange, harm

reduction advice and support, substitute prescribing for opiate dependency, relapse prevention groups, crisis support, assessment, health promotion advice and support, aftercare programme, recovery coaching, criminal justice specific interventions, access to training, volunteering and peer mentoring opportunities.

**Family and concerned others** - information and advice, crisis management, mutual support, safety planning and safeguarding, structured counselling, structured psychosocial interventions, recovery groups and Parent and Carer Training.

**Professional support** - training to agencies on screening and substance misuse and guidance and consultancy to professionals regarding issues affecting adults who use substances.

The service also incorporates criminal justice substance misuse interventions.

The service can be accessed through a single point of contact telephone number: 0333 999 35 77 Email: [info@gdas.wales](mailto:info@gdas.wales) Website: [www.gdas.wales](http://www.gdas.wales)



## Gwent Drug and Alcohol Service Gwent bases

<b>Blaenau Gwent</b>	<b>Contact</b>
Crug Las	1 Church Street Ebbw Vale NP23 6BE  01495 301855
The Citadel	Mount Street Tredegar  01495 713040
<b>Caerphilly</b>	<b>Contact</b>
Chambers House	Pontllanfraith Road Blackwood NP12 2BW  01495 233403
St Fagan's	St Fagan's Street Caerphilly CF83 2FZ  02920 868675
<b>Monmouthshire</b>	<b>Contact</b>
The Junction	Cedar House Station Road Chepstow NP16 5PB  01291 635355
<b>Newport</b>	<b>Contact</b>
Powell's Place	Old School Building Powell's Place Newport NP20 1LU  01633 245 893
Godfrey Road	11 Godfrey Road Newport City Council NP20 4BP  01633 252045
<b>Torfaen</b>	<b>Contact</b>
The Lighthouse	George Street Pontypool  01495 742314



## **OUTCOME G1 Improving local environmental quality**

Each year Caerphilly County Borough Council has provided funding, from its Community Schemes budget, to the Greener Caerphilly partnership to be managed as a small grants fund to facilitate and stimulate partnership working. Projects involve at least two partnership organisations, providing at least £1 for £1 match funding. The following is an updates for 2014/15 on one of the project's funded:

### **Pollinators Project**

Schools, allotments and landowners were encouraged to create a wildflower meadow patch within their grounds for pollinators, such as bees. The project included a free workshop on pollinators and free wildflower seeds for the creation of a wildflower patch.

The work included a *Plant a Patch for Pollinators* project which was a partnership project between the Council and Pollen8 Cymru, with funding from the National Botanic Gardens and the Council's CEQ fund. Twenty-seven schools have received a free talk, with every school in the borough receiving free seeds for a 1m<sup>2</sup> pollinator patch, with some schools planting wild flower meadow's up to 10m<sup>2</sup>.

With Welsh Government introducing the new Pollinator Action Plan, this is a key opportunity to encourage communities, and in particular, schools to engage in curriculum projects to utilise and enhance their grounds for pollinators.

## **OUTCOME G2 Reducing the causes of, and adapting to the effects of Climate Change**

### **Reducing Ecological Footprint *One Planet Development***

In 2010, the Welsh Government published Technical Advice Note 6, *One Planet Development, Planning for Sustainable Rural Communities*, as part of its commitment in *One Wales: One Planet*, that: *within the lifetime of a generation, Wales should use only its fair share of the earth's resources*. To gain planning permission any development must have an initial ecological footprint of 2.4 global hectares per person or less with a clear potential to move to 1.88 global hectares per person over time. Under this initiative Caerphilly County Borough Council received a planning application for a smallholding at Nant-y-Cwm Farm, Rudry under the One Planet Development legalisation.

After a detailed process Nant-y-Cwm Farm became the first One Planet Development in Wales to receive permanent planning permission. The 16-acre site is home to Dan and Sarah Moody and their five children. As part of the

process Dan and Sarah produced a detailed management plan and ecological footprint analysis which demonstrates their commitment to sustainable living, including how they will provide for at least 65% of their basic household needs from land based activity within five years.

### **OUTCOME G3 Maximising the use of the environment for health benefits**

**Go Green for Health (GG4H)** - Groundwork's BIG Lottery funded programme, has begun operating in the Mid Valleys West Communities First Cluster area in the Caerphilly borough, encouraging people from Greater Bargoed, Gilfach, Cefn Hengoed, and surrounding areas to become more active their local green spaces.

The team have been installing the Go Green Tracking Units in Bargoed Park and Parc Penallta. Over 140 people have registered their Smart Cards, which are swiped on the Go Green Tracking Units. The programme was officially launched on 11<sup>th</sup> April, at the Bargoed Spring Fayre.

The programme is a *community prescription* of activity in the outdoors designed to prevent ill health and improve the management of chronic conditions. The GG4H programme combines using the natural environment with innovative technology and approaches to increasing a community's active levels. Although open to all community members, the programme is keen to support individuals with chronic conditions and assist them with techniques to manage these conditions and getting more active.

The programme will have three distinct elements which include:

- one to one support for individuals with barriers to being active
- technology to get all residents active in their local areas
- volunteer led activity encouraging sustainability of the programme's message.

**50+ Positive Action (Mandy Sprague)**

[50plus@caerphilly.gov.uk](mailto:50plus@caerphilly.gov.uk)

### **Dignity, Respect and Age Equality (DRAE)**

- **Protection of Vulnerable adults POVA** - the Welsh version of the peer to peer presentation is being filmed through working with Menter Caerffili
- **Dignity and Dementia Resources** - the feedback from people using the reminiscence pods has been excellent.
- **Developing a Dementia Friendly Museum** - the Winding House museum staff in New Tredegar have now all received the Dementia Friends training and are now developing their exhibits to be more accessible and suitable to those living with dementia.

### **Information and Empowerment**

- The twitter account [@50plus\\_AgeWell](https://twitter.com/50plus_AgeWell) is proving to be an excellent way to connect with a wider audience. The twitter account has 285 followers and

regularly shares information on services and support with around 30,000 people per month

- The Caerphilly County Borough 50+ Forum launched their redesigned website [www.caerphillyover50.co.uk](http://www.caerphillyover50.co.uk) at their AGM in April along with a [Caerphilly Over 50 facebook page](#) Both the website and Facebook reach has far exceeded their expectations. The feedback on the new design has also been positive including the following example –

*Love the new website. So clear, concise, informative and, most importantly, easy to use! Lots of info here to help me get the best advice and support for my 85-year-old parents. Brilliant work.*

- Get Caerphilly online worked with the 50+ Forum to run three workshops at the Forum's AGM to help people be the most from their iPad/tablets, stay safe on line and how to get themselves started on face book and twitter. Requests to run another session in Newbridge & Risca have already been received.

### **Living Longer Ageing Well**

- In April the first draft of the **Living longer Ageing Well delivery plan** was circulated to key stakeholder and the 50+ Smarter Working Network receiving over 300 comments
- In May a **Living Longer Ageing Well workshop** was held with over 50 *professionals* working across the borough to begin to understand what is currently happening and how to work better together
- At the **Urdd Eisteddfod** children, parents and grandparents were asked to tell us what does and does not make an age friendly community and what could they do to make their own community more age friendly.

For more information please contact Mandy Sprague on 01443 864277 or email [spragm@caerphilly.gov.uk](mailto:spragm@caerphilly.gov.uk)