***HEALTH AND WELLBEING GROUP NETWORK***

**RHWYDWAITH GRŴP IECHYD A LLES**

23/11/2021

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| --- | --- |
| Date time and place for next meeting | Tuesday 1st February 10.30 – 12.30 |
| Register in advance for this meeting: | <https://www.eventbrite.co.uk/e/carms-health-and-well-being-network-rhwydwaith-iechyd-a-lles-sir-gar-tickets-222043035697> |

Notes

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| --- | --- | --- |
| **Present** | | |
| Jackie Dorrian | CAVS Health & Wellbeing Officer | [Jackie.dorrian@cavs.org.uk](mailto:Jackie.dorrian@cavs.org.uk) |
| Jamie Horton | Community Volunteering Development Officer | [jamie.horton@cavs.org.uk](mailto:jamie.horton@cavs.org.uk) |
| Kelly Thomlinson | CBSA |  |
| Christine Clarke | Hywel Dda Community Health Council |  |
| Emma Williams | Hywel Dda McMillan |  |
| Karen Lacey-Freeman | People SpeakUp |  |
| Ann Dymock | Versus Arthritis |  |
| BeckyBrandwood-Cormack | Coed Lleol / Small Woods |  |
| Leila Middlehurst-Evans | MS Society |  |
| Aranwen Turvey | Alzheimers |  |
| Lorna Johns | AASC |  |
| Sally Richards | Mind | |  | | --- | |  | |
| Carwen Davies | Tempo Time Credits |  |
| Lucy Cummings | Age Cymru Dyfed |  |
| Peter Hughes | NES*T* |  |
| Jane Hanley | PMH Training |  |
| Belinda Chideme |  |  |
| Lis Duffy | McMillan |  |
| Helen Ley | McMillan |  |
| **Apologies** | | |
| Jeremy Dimond |  |  |
| Paul Allchurch |  |  |
|  |  |  |

Jackie welcomed everyone as it was a busy agenda. The group agreed for the meeting to be recorded for CAVS purposes only.

All agreed to share email addresses with the Network. Diolch.

There was nothing to discuss from the last meeting.

**PRESENTATIONS**

The presentations this morning - really interesting and some incredible information.

If you require any further information, then please contact the person directly.

1. **Presentation by Ann Dymock – Versus Arthritis**



1. **Presentation by Jane Hanely – PMH Training**



1. **Transformational Change Programme – Jamie Horton CAVS**

Community Hall Network meetings – Trading Standards and Connectivity being discussed at the next meeting. Leader Funding available closing date 17th December 2021



Virtual Reality Projects – e.g. walks invite people to bring the outside in

Llandeilo Community Action Hub – working on Participatory Budgeting – 3 themes chosen – Children, Young People and Green Spaces. Shire Hall has just been upgraded.

Carmarthenshire Food Network – anyone involved with supporting anyone accessing foodbanks, food share programmes, if you have any involvement with community growing projects or would like to be added to our cadre of wider community support please get in contact with Jamie. The Network formed in February 2021 and was launched during Volunteers Week. It is growing and keen to hear views from the county. We have a network assistant [Augusta.lewis@cavs.org.uk](mailto:Augusta.lewis@cavs.org.uk) who is currently mapping the county. Please contact her for any information regarding this.

Please check out our network page [Food Network - CGGSC~CAVS](https://cavs.org.uk/engagement/carmarthenshire-food-network/) and facebook group [Rhwydwaith Bwyd Sir Gâr Carmarthenshire’s Food Network | Facebook](https://www.facebook.com/groups/1090277581490231)

* Possible digital kit for providing a blended approach to community activities – in-person and on-line.

Laptop / Subscription to Zoom-Teams-Google Meet / Surge protector extension lead / 360• Meeting Owl Camera / 43” Smart TV / Tv Stand. Plus number of tablets to be loaned to community members wishing to access on-line but do not have the technology.

Third Sector organisations, please remember that your organisation and activities and services you offer should be uploaded onto <https://en.infoengine.cymru/>

Public Sector to upload to <https://www.dewis.wales/>

Please remember to check the box to share to the other portal that way your information will automatically be shared on the other site.

Acts of Kindness – opportunities to do some joint working, stories, to showcase and be shared. Work with partners to show little clips of inspiration.

Creating Teams in Connect Carmarthenshire:

<https://connectcarmarthenshire.org.uk/>

<https://www.connecttokindness.wales/>

Contact [susansmith@cccpartners.org.uk](mailto:susansmith@cccpartners.org.uk) if you would like a copy of the Kindness Art Work that was created by Carmarthenshire residents. Launch on 01/08/21 we have shared indoor and outdoor versions of variable size. These are free to you at this time and will be used in a county treasure hunt in 2022.



**4. Presentation by Carwen Davies – Tempo**



**5. Information Share**

**Christine, CHC –** Issues with Booster vaccinations for people not being able to access the venue easily, as it is not on a bus route. Lots of issues with older people and disabled people waiting for a couple of hours.

Issues with those without I.T. not able to get their Covid Passport – having to cancel things as not able to get into venues losing money.

If anyone has any stories, then please let Christine know.

**Lucy - Age Cymru Dyfed Befriending Life Links** Age Cymru Dyfed also loan a tablet for up to 6 months and people (over 50) can have digital support for free to join our social and zoom groups. I am the Project Coordinator for Carmarthenshire for Befriending Life Links - tel: 07399 861350 email: lucy.cummings@agecymrudyfed.org.uk

<https://www.ageuk.org.uk/cymru/dyfed/activities-and-events/todays-the-day/>

**Emma – McMillan –** Carers Rights Day 25th November stall outside Glangwilli Hospital

**Aranwen – Alzheimer’s –** ¼ Dementia Advisors for Carmarthenshire. Backlog of referrals ro Memory tests. Live well with Dementia course and Carers Info Programme Course. Contact Aranwen for more information.

**Karen – PSU –** Elevenses started for those living with Dementia. Booking only. Lots of other projects happening including face to face work.

**Becky – Small Woods –** not been in post long so gathering information. Activities will start in Spring 2022.

**Lorna – AASC –** Lots going on meetings are all online looking at hybrid/blended approach. Interesting to find out that others are offering the same such as Meditation, Yoga, Tai Chi would be useful to look at how we all work together.

Coproduction/CoDesign need to be more aware of what we could achieve together.

**Sally – Llanelli Mind –** really busy at the moment 50% increase in demand for services on last year. New office in Carmarthen and Ammanford in the new year. People are mentioning they are waiting for operations and appointments which is making them anxious.

**Peter – NEST –** present at the next meeting. Warm Home Programme to reduce poverty. Benefit Checks. <https://nest.gov.wales/en/>

**Kelly – CBSA –** Community Food Stores Llanelli and Burry Port, includes recipes for Christmas. Cook on a budget. CBSA have lots of projects all year round. We have a new project up and running called My Mind which gives young people the opportunity to talk about mental health matters and to share their experiences with others! For more info feel free to get in touch!

**Helen – McMillan -**



**For Information from CAVS**

Partnership for **Mind Our Future** bid to National Lottery Community Fund ( [Mind Our Future | The National Lottery Community Fund (tnlcommunityfund.org.uk)](https://www.tnlcommunityfund.org.uk/funding/programmes/mind-our-future)) CAVS on behalf of a partnership have submitted an application.

Carmarthenshire Connected Communities Fund closing date 6th December more rounds to be announced.

[**https://cavs.org.uk/2021/11/carmarthenshire-connected-communities-fund/**](https://cavs.org.uk/2021/11/carmarthenshire-connected-communities-fund/)

<https://gov.wales/apply-for-a-community-public-access-defibrillator?fbclid=IwAR0NzedQ63nBqNFcVwJrgavKwf-qN0c4JVCgaHvDAqoCz9rHcYFCGqVeKHY>

**Workforce Wellbeing – please ensure to look after yourself and your colleagues both paid and volunteers.**

**CAVS Networks and Events**

* Environment Network ([Environment Network - CGGSC~CAVS](https://cavs.org.uk/engagement/environment-network/)) **January 2022**
* CVON ([CVON - CGGSC~CAVS](https://cavs.org.uk/volunteering/volunteering-for-organisations/cvon/)) **Tuesday 8th February 2022**
* Children & Young People’s Network ([Children and Young People Network - CGGSC~CAVS](https://cavs.org.uk/engagement/children-and-young-people-network/)) **2022 TBC**
* Food Network ([Food Network - CGGSC~CAVS](https://cavs.org.uk/engagement/carmarthenshire-food-network/)) **Wednesday 2nd March 2022**
* Health & Wellbeing Group Network ([Health and Well-being Network - CGGSC~CAVS](https://cavs.org.uk/engagement/health-and-well-being-network/)) **Tuesday 1st February 2022**
* Training Conversation (<https://cavs.org.uk/engagement/health-and-well-being-network>) **Wednesday evenings at 17.00**

10 minute presentations for the next meeting

* Becky – Small Woods
* Peter Hughes – NEST
* Aranwen- Alzheimer’s Society

Next meeting Tuesday 1st February 2022 - 10.30 – 12.30 Eventbrite Link via CAVS website

<https://cavs.org.uk/engagement/>



Stay Safe Stay Well

Wishing you a very happy Christmas and New Year Nadolig Llawen

“This network meeting is so useful - one of the best if not the best I attend.”

Thank you for this comment.

Diagram

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