***HEALTH AND WELLBEING GROUP NETWORK 4***

**RHWYDWAITH GRŴP IECHYD A LLES 4**

01/02/2022

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| --- | --- |
| Date time and place for next meeting | Thursday 7th April 2022 - 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-260361958627> |

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) |
| Adam Hearne | Walking 4 Wellbeing Carmarthenshire |  |
| Lisa Tucker | Alzheimer’s Society |  |
| Lis Duffy | Hywel Dda McMillan |  |
| Karen Lacey-Freeman | People SpeakUp |  |
| Ann Dymock | Versus Arthritis |  |
| Kirsty Morgan | Alzheimer’s Society |  |
| Joanna Leeuwerke | Threshold Das |  |
| Elizabeth McCutcheon | Alzheimer’s Society |  |
| Peter Hughes | NES*T* |  |
| Michelle Rees | Links |  |
| Elizabeth Griffiths Hughes | Public Health Screening |  |
| Lisa Lewis | Social Prescriber |  |
| **Apologies** | | |
| BeckyBrandwood-Cormack , Leila Middlehurst-Evans, Billie Adam | | |

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.

Text, letter

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New style of presenting the minutes. If anyone has any updates, they would like to share please email Jackie and these will be posted on our website. Lots of information in the Engagement area of our site now.

Posters/leaflets/word doc. email etc...

<https://cavs.org.uk/engagement/health-and-well-being-network/>

**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 Peter Hughes NEST**

<https://nest.gov.wales/en/>

0808 808 2244



Peter is also speaking at the Carmarthenshire Food Network

1. **Presentation by Elizabeth McCutcheon Alzheimer’s Society**

<https://dementiaconnect.alzheimers.org.uk/>

0333 150 3456 (eng) / 03300 947 400 (cym)



1. **Webruary – Jamie Horton CAVS**

**Lots of exciting things happening during the month of February, please join and distribute widely.**

<https://connectcarmarthenshire.org.uk/WEBRUARY/webruary-calendar>

<https://cavs.org.uk/engagement/carmarthenshire-food-network/>

**HIGHLIGHT**

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/>

Tai chi - Dafen/Pontyates Hall (Lis) available for those who live in the area(s).

**INFORMATION SHARE**

**Threshold Das –** information on training that is available.



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

<https://peoplespeakup.co.uk/current-projects/>

**Versus Arthritis –** Courses and information available -<https://www.eventbrite.co.uk/e/hywel-dda-information-event-1-rheumatoid-other-inflammatory-arthritis-registration-241118059607?aff=ebdssbonlinesearch>

**Public Health Screening –** Liz, screening engagement team PHW. Online training available - raising awareness around screening. 1-hour sessions in eng/cym.



**Walking for Wellbeing – Fantastic sign up during January 2022**

<https://westwaleswalkingforwellbeing.org.uk/walking/>

Project Coordinator – Adam Hearne

Tel: 07572 648573

Email: [Carms@westwaleswalkingforwellbeing.org.uk](mailto:Carms@westwaleswalkingforwellbeing.org.uk)

**Information from CAVS**

Partnership for **Mind Our Future** bid to National Lottery Community Fund Assessment 18th February for the partnership – fingers crossed.

Paper Marketing was touched upon not a full discussion, all leaflets when the pandemic hit were thrown in the bin query if we are able to start distribution again.

Supermarket Community Noticeboards have disappeared too.

Text

Description automatically generated with low confidenceWelsh Government publishes Code of Safeguarding Practice

The Welsh Government has released its Code of Safeguarding Practice, as part of the Social Services and Well-being (Wales) Act 2014.

The code sets out the Government’s expectations from individuals, organisations and groups that offer services and activities, in relation to safeguarding.

Across Wales, individuals, groups and organisations offer a rich and varied range of activities and services for people to enjoy. This can range from more informal social groups to activities that support children or adults to enjoy sports, gain new skills or share an interest, to activities offered by faith groups.

However, it is important that all those offering activities or services to both children and adults, understand the need to have safeguarding arrangements in place to make sure that nobody is put at risk of harm.

Safeguarding means keeping people safe from abuse, neglect or harm and knowing what to do if you think a child or adult is at risk of abuse, neglect or harm, and the code also provides information on organisations, like WCVA, that can offer third sector groups and volunteers support on how to properly safeguard.

To access the full report, [**click here**](https://gov.wales/working-together-safeguard-people-code-safeguarding-practice?_cldee=bC5kb3lsZUBucHQuZ292LnVr&recipientid=lead-84b88d037254e811812470106faacba1-80c140e68e8e438580127dc6d974ac85&esid=93d4fc24-1e75-ec11-8943-00224800692d).

Llywodraeth Cymru yn cyhoeddi Cod Ymarfer Diogleu

Mae Llywodraeth Cymru wedi rhyddhau ei Chod Ymarfer Diogelu, fel rhan o Ddeddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) 2014.

Mae’r cod yn nodi disgwyliadau’r Llywodraeth gan unigolion, sefydliadau a grwpiau sy’n cynnig gwasanaethau a gweithgareddau, mewn perthynas â diogelu.

Ledled Cymru, mae unigolion, grwpiau a sefydliadau yn cynnig ystod gyfoethog ac amrywiol o weithgareddau a gwasanaethau i bobl eu mwynhau. Gall hyn amrywio o  
grwpiau cymdeithasol mwy anffurfiol i weithgareddau sy'n cefnogi plant neu oedolion i fwynhau chwaraeon, ennill sgiliau newydd neu rannu diddordeb, i weithgareddau a gynigir gan grwpiau ffydd.

Fodd bynnag, mae'n bwysig bod pawb sy'n cynnig gweithgareddau neu wasanaethau i blant ac oedolion yn deall yr angen i gael trefniadau diogelu ar waith i sicrhau nad oes neb yn cael ei roi mewn perygl o niwed.

Mae diogelu’n golygu cadw pobl yn ddiogel rhag camdriniaeth, esgeulustod neu niwed a gwybod beth i’w wneud os ydych chi’n meddwl bod plentyn neu oedolyn mewn perygl o gael ei gam-drin, ei esgeuluso neu ei niweidio, ac mae’r cod hefyd yn darparu gwybodaeth am sefydliadau, fel WCVA, sy’n gallu cynnig y trydydd sector. cefnogaeth grwpiau a gwirfoddolwyr ar sut i ddiogelu'n briodol.

I weld yr adroddiad llawn, **[cliciwch yma](https://gov.wales/working-together-safeguard-people-code-safeguarding-practice?_cldee=bC5kb3lsZUBucHQuZ292LnVr&recipientid=lead-84b88d037254e811812470106faacba1-80c140e68e8e438580127dc6d974ac85&esid=93d4fc24-1e75-ec11-8943-00224800692d)** .

**Sent on behalf of the Welsh NHS Confederation**

The Welsh NHS Confederation is the membership body representing all the organisations making up the NHS in Wales. We are part of the NHS Confederation and host NHS Wales Employers. Our work is summarised in our [**Annual Review**](https://www.nhsconfed.org/sites/default/files/2021-06/Welsh-NHS-Confederation-Annual-Review-202021.pdf).

 The Welsh NHS Confederation is currently considering and scoping whether there are opportunities to open an Associate scheme for organisations working in the health and social care sector. It would be open to commercial and not-for-profit organisations, to enable you to benefit from our work and to promote stronger relationships, information sharing and better communication across the health and care system. We feel that much of the work we carry out for our members could have wider benefits that might assists your organisations and help you achieve your objectives.

 We invite you to respond to a short [**survey**](https://survey.fra1.qualtrics.com/jfe/form/SV_ddkM8myadPSiHrM)to see whether you would be interested in becoming an Associate of the Welsh NHS Confederation, and if so, what you think would be useful and beneficial for the Welsh NHS Confederation to provide your organisation.

 Through completing the survey there is no obligation for you to become an Associate. Your response will help inform our thinking as this work develops.

 The [**survey**](https://survey.fra1.qualtrics.com/jfe/form/SV_ddkM8myadPSiHrM) should only take a couple of minutes to complete.

 If you have any questions please contact Sandra Cummings [**Sandra.Cummings@welshconfed.org**](mailto:Sandra.Cummings@welshconfed.org)

**Funding opportunities through the Welsh Health Hack**

The Welsh Health Hack returns in 2022 giving participants the opportunity to access up to £20,000 and benefit from an innovation expert’s advice. The purpose of the Hack is to open up discussions between colleagues in health, industry and academia to help develop viable solutions to health and care challenges. [**Read more.**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjAxMjguNTI1MDMxMjEiLCJ1cmwiOiJodHRwczovL3d3dy5zd2Fuc2VhLmFjLnVrL21lZGljaW5lL2VudGVycHJpc2UtYW5kLWlubm92YXRpb24vYnVzaW5lc3Mtc3VwcG9ydC1wcm9qZWN0cy9hY2NlbGVyYXRlLWhlYWx0aGNhcmUtdGVjaG5vbG9neS1jZW50cmUvam9pbi10aGUtd2Vsc2gtaGVhbHRoLWhhY2stMjAyMi1hbmQtc2VjdXJlLXVwLXRvLTIwMDAwLW9mLWlubm92YXRpb24tcHJvamVjdC1mdW5kaW5nLyJ9.L691EYmEJ0oZqBlfnT1h8MZ9RVGFU_cIzaNYG3fh9yc/s/836315918/br/125789439283-l)

Just a quick reminder as time is running out.

* Carmarthenshire has seen one of the lowest uptake to the Welsh Government Winter Fuel Payment [Winter fuel support scheme | GOV.WALES](https://gov.wales/winter-fuel-support-scheme) in Wales

Applications for the scheme end on the 18th February 2022. So if you get a chance when speaking to clients/customers please remind them the scheme is still open for applications.

* I also had a request from the Team Leader at Carmarthenshire’s Housing Benefit section

Can you also do me another favour please and issue a reminder for our Discretionary Housing Payments scheme as we have funds available for anyone on UC who is struggling to pay their rent (i.e. bedroom tax, benefit cap cases etc)?

<https://www.carmarthenshire.gov.wales/home/council-services/benefits/housing-benefit/discretionary-housing-payments/#.Yfeot-QV_IU>

[Tackling the Cold Webinar - Fully funded places available (nea.org.uk)](http://r.newsletter.nea.org.uk/mk/mr/aVe89CGboKT5OypCNuu9YGEYYrdBnwAubwvjjF4nQW29vIul9x5OnO4XLI1N7rVTZJpxoAqFy3MK9TGlJCc7rIjKWFYIZROZVe7Q7EzwPiuxyCxj4hPFGawzMS4gqy64VO3s7COkLw)

**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**

**UPCOMING PRESENTATIONS**

10 minute presentations for the next meeting

* Becky – Small Woods
* Adam Hearne ?
* Joanna Leeuwerke Threshold Das
* Elizabeth Griffiths Hughes ?