

## Integrated Well-being Networks Aneurin Bevan Gwent Public Health Team

### Welcome to... the first Integrated Well-being Networks Newsletter

We will be producing a quarterly Newsletter to keep you updated with the Integrated Well-being Networks (IWN) programme.

### Introduction

#### What is Integrated Well-being Networks?

The Gwent Regional Partnership Board have secured Welsh Government Transformation Funding to deliver a programme of transformation of health, social care and well-being support, in line with the vision of 'A Healthier Wales: Our Plan for Health and social Care'.

Integrated Well-being Networks are a key component of the Gwent Transformation programme. They aim to develop a place based approach to well-being that brings together a range of well-being assets in communities that contribute to positive health and well-being.

We have produced an animation and 'plan on a page' to explain the IWN programme, which can be found on our web pages here:

<http://www.wales.nhs.uk/sitesplus/866/page/98509>



## Integrated Well-being Networks Team

The Integrated Well-being Networks Team consists of the following

Job Title / Role	Name	Email	Base
Director of Public Health & Strategic Partnerships / Executive Lead, Aneurin Bevan University Health Board (ABUHB)	Sarah Aitken	<a href="mailto:Sarah.Aitken@wales.nhs.uk">Sarah.Aitken@wales.nhs.uk</a>	ABUHB HQ St Cadoc's Hospital Caerleon
Public Health Consultant / Strategic Lead, Aneurin Bevan Gwent Public Health Team (ABGPHT)	Will Beer	<a href="mailto:William.Beer@wales.nhs.uk">William.Beer@wales.nhs.uk</a>	Victoria House (VH) Newport
Principal Public Health Practitioner / Programme Manager, ABGPHT	Gemma Burrows	<a href="mailto:Gemma.Burrows@wales.nhs.uk">Gemma.Burrows@wales.nhs.uk</a>	VH, Newport
IWN Project Manager	Amal Shandall	<a href="mailto:Amal.Shandall@wales.nhs.uk">Amal.Shandall@wales.nhs.uk</a>	VH, Newport
Blaenau Gwent IWN Service Development Lead	Kath Cross	<a href="mailto:Kathryn.Cross@wales.nhs.uk">Kathryn.Cross@wales.nhs.uk</a>	VITCC Tredgar
Torfaen IWN Service Development Lead	Emma Davies-McIntosh	<a href="mailto:Emma.Davies-Mcintosh@wales.nhs.uk">Emma.Davies-Mcintosh@wales.nhs.uk</a>	County Hospital Griffithstown
Caerphilly IWN Service Development Lead	David Llewellyn	<a href="mailto:David.Llewellyn@wales.nhs.uk">David.Llewellyn@wales.nhs.uk</a>	Foxes Lane Oakdale
Newport IWN Service Development Lead	Marietta Evans	<a href="mailto:Marietta.Evans@Wales.nhs.uk">Marietta.Evans@Wales.nhs.uk</a>	Civic Centre Newport
Monmouthshire – Changing Practice, Changing Lives Lead, Monmouthshire County Council	Nicki Needle	<a href="mailto:NicolaNeedle@Monmouthshire.gov.uk">NicolaNeedle@Monmouthshire.gov.uk</a>	Mardy Park Abergavenny
IWN Community Development & Engagement Officer	Victoria Price	<a href="mailto:Victoria.Price2@wales.nhs.uk">Victoria.Price2@wales.nhs.uk</a>	Victoria House Newport
Senior Public Health Practitioner / Well-being Workforce Lead	Shareen Ali	<a href="mailto:Shareen.Ali@wales.nhs.uk">Shareen.Ali@wales.nhs.uk</a>	Victoria House Newport





## Update on progress – May to September 2019

### IWN LAUNCH EVENT

A launch event for the Integrated Well-being Networks Transformation Programme was held on 30th April 2019 at the Parkway Hotel, Cwmbran. The objectives of the Programme and the new team were introduced to wider partners in each locality. The event was attended by over a 100 people and offered a great opportunity for sharing plans and ideas for implementing and embedding Integrated Well-being Networks across Gwent.

The day gave us and our partners an opportunity to welcome the new members of the team who will be responsible for progressing the implementation of the Integrated Well-being Networks. More information and presentations from the day can be found on the IWN web pages

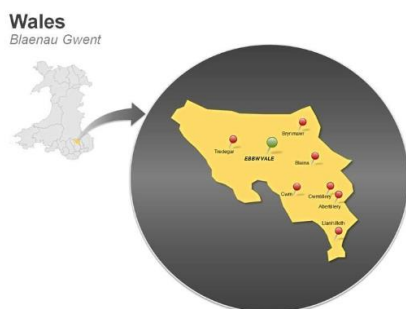
(link below):

[Integrated Well-being Networks web pages](#)



## What is happening in .....

### Blaenau Gwent



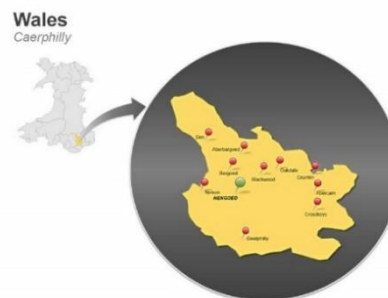
"My first few months in post has been very busy and exciting. Mapping has been undertaken to illustrate the services, support groups and social activities that are available within the towns of Tredegar and Brynmawr. I have engaged with many organisations, groups and individuals including those that deliver support services, provide information, or social activities. Many of these will be part of the place based collaboratives and community hubs including; Supporting People, Housing Associations, National Exercise Referral, Libraries, Bryn Bach Park, Tourism, Community Connectors and Coal Fields Regeneration the list is not exhaustive. All partners have been very positive about the creation of IWNs.

Our first Steering Group meeting took place at the beginning of August and focussed on identifying the direction of travel for IWNs. The next few months will focus on engagement within communities using their strengths to find their own solutions to identified issues, drawing upon the support of people who deliver services and support. The first meeting of the network is scheduled to take place towards the end of September.

Good working relationships have been established with the Compassionate Communities team who will be working across the whole of Blaenau Gwent linking primary care with IWNs and support the local community. Next steps include attending the Compassionate communities steering group meeting and piloting the Community Champion sign-posting training."

*Kathryn Cross, Service Development Lead,  
Blaenau Gwent*

### Caerphilly



"The initial focus areas for the IWNs in Caerphilly are in the Rhymney Valley, particularly the Caerphilly NCN North area from Ystrad Mynach up to Rhymney, including Bargoed and the communities in and around New Tredegar. Some discussions have also been held around opportunities in the Caerphilly basin and Aber valley areas.

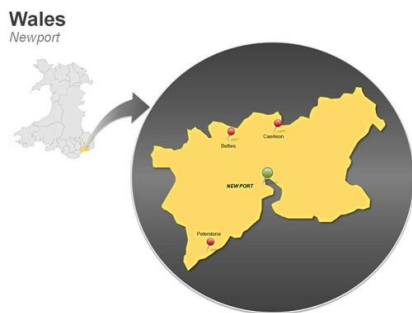
The first three months have been exciting with a concerted effort to engage with and listen to a wide cross-section of people to gain a deeper understanding of the existing assets; people, places, organisations, services and activities etc., how these work with each other currently, and to mutually explore the opportunities that exist for IWNs to further enhance wellbeing in our communities.

We have also spent time engaging with the Compassionate Communities programme in the area to develop the mutually-beneficial opportunities.

We would like to thank all we have met and been in contact with to date - well over 160 people and counting. The response has been very positive, yet refreshingly challenging as well. We are currently analysing all the engagement work, and coupled with the mapping work partners have shared, this will provide a strong basis for moving forward in the autumn with our place-based community engagement and involvement work on the ground."

*David Llewellyn, Service Development Lead,  
Caerphilly*

## Newport



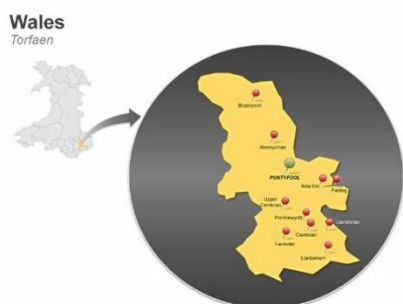
"A number of key partners are getting involved in the IWN work in Newport including Newport City Council, Newport Live, GAVO, MIND, Citizens Advice Bureau, Newport City Homes, Job Centre Plus and a range of NHS teams and other third sector organisations. The good news is that there is loads of wellbeing activity already going on and the IWN will build on this and ensure that the work is focussed where it is most needed and with people who are more vulnerable.

The focus of the IWN is in Ringland and Pillgwenlly initially and work has been undertaken to map wellbeing activities and assets in these areas. Work is also underway to develop a wellbeing offer for these communities. Anyone who would like to get involved can contact Marietta Evans (see details on page 2).

Engaging with and involving local people is a really important part of developing the wellbeing offer and this work will be updated on in the autumn."

*Marietta Evans, Service Development Lead, Newport*

## Torfaen



Blaenavon has been chosen as the first locality for Integrated Wellbeing Networks and work continues to develop the Resource Centre as an

integrated hub of public services. It currently houses the Medical Practitioner, Adult Social Care, Torfaen Customer Services, Dentistry and Pharmacy on a full-time basis with the Neighbourhood Policing Team, Citizens Advice Bureau, Communities 4 Work, Nurture, Equip, Thrive (NET), Gwalia, Platform and Mind delivering services on an outreach basis. New furniture has been installed providing additional space for these services and there is still capacity for more to be offered. Across the town a number of hubs have been identified as contributing to the wider wellbeing offer, including the recently restored Bethlehem Church, the Heritage Centre and the Workmens Hall. Over the next few months, conversations will continue with those running these hubs to better integrate the opportunities for health and well-being across Blaenavon.

In the wider community, Blaenavon Town Council have recently employed a Healthy Blaenavon Officer, Rebecca Smith and engagement with the community and partners has begun on what do we mean by a 'Healthy Blaenavon'. This is a partnership with Torfaen's Public Service Board (PSB) and will support the wider development of the Integrated Well-being Networks, ensuring that the community play an important role in shaping service development and are linked to opportunities to improve their health and well-being.

In the South of Torfaen, discussions have started with Croesyceiliog and Llanyrafon Community Council, the Hwb and adult social care to consult with the community on their well-being and how we might work together to develop a community hub from Woodland Road Social Centre as well as improving links with well-being activities across the community.

Over the next few months we'll be doing as much as we can to raise awareness of the huge range of activity in Torfaen, to organise it an integrated way and ensure that people and communities can take advantage of all of these opportunities to improve their health and well-being."

*Emma Davies-McIntosh, Service Development Lead, Torfaen*



## Monmouthshire

Wales  
Monmouthshire



"Work is continuing in Monmouthshire to embed Collaborative Approaches to Wellbeing and Prevention via developing a place-based approach in each of the 5 major towns and surrounding ruralities. Elements that have been integrated to date are illustrated using the 'frogspawn' diagram, which is unique to Monmouthshire. This specific mix has evolved from our understanding of what is needed through work to date, from the existing partnerships in situ and the shared wellbeing outcomes of the projects involved.

These elements include Primary Care developments such as Care Navigation which aims to reduce unnecessary GP appointments whilst increasing wellbeing and maximising the use of resources. Supporting People projects e.g Housing and Wellbeing Support & Social Inclusion, Community Wellbeing & Enterprise, Volunteering for Wellbeing, Community Connections & Building Bridges. MCC work streams are included as they support the development of engaged, empowered and networked communities as is the work of GAVO and the Mental Health Consortium particularly Growing Spaces, MIND and Hafal.

*Integrated Service Manager Abergavenny & Changing Practice, Changing Lives Lead, Monmouthshire County Council*

## Community Development & Engagement

"It has been an exciting first few months meeting different partners across Gwent. Partners are enthused by the developments of IWNs while positively challenging practice to ensure that community engagement and development is right for the communities they serve.

I have made contact with the Engagement Leads for the Public Service Boards across the patch and attended some of the Engagement Sub Groups. We are currently developing a Community Engagement Plan that will complement the work already being carried out by partner organisations. I have mapped out the demographics of the population in Gwent to ensure the whole community has the opportunity to contribute through relevant and creative engagement.

It has been recognised that local people can be the most valuable asset within a community therefore we have plans to co-produce a Community Champions model to empower local people to take ownership of their wellbeing. While GAVO and TVA are the driving force shaping a new delivery model, consultation will be taking place.

As a team we have been inspired by the enthusiasm for developing "A Greener Gwent" by numerous partners and community members we have come into contact with. Climate change is a priority for PSBs across the region and is a genuine passion within our communities. We are excited to get involved with some of the upcoming community litter picks when we were introduced to the concept of plogging and absolutely love it! Plogging is a Swedish concept where one goes for a jog/ walk and picks up litter. This is great for improving the environment, mental health and upping steps! We are working in conjunction with Run Wales, Keep Wales Tidy and local partners to make this happen so keep your eyes peeled for an event near you! In a bid to reduce the amount of waste we send to landfill, we were delighted to find out that crisp packets can now be recycled. As a team we have pledged to recycle all our empty crisp packets and even persuaded our colleagues in Victoria House to do the same. We are currently using the drop off point in Blaenau Gwent Libraries where the packets are being recycled through the Terracycle scheme and the proceeds are being donated to Guide Dogs Cymru. To find out more information on Terracycle visit [www.terracycle.com](http://www.terracycle.com)"

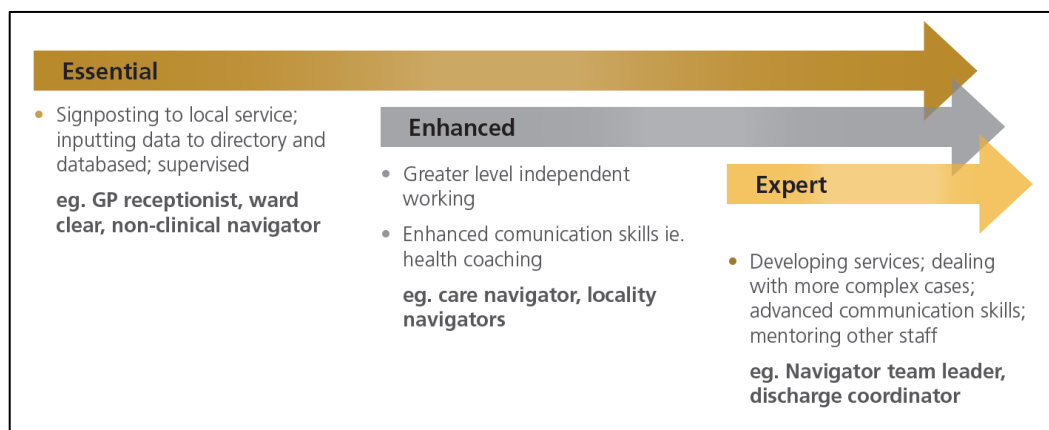
*Victoria Price, IWN Community Development & Engagement Officer*

## Well-being Workforce

"An integral part of IWNs is having a workforce that is competent to support people in a holistic way and appropriately navigate them to the local well-being resources they need in their community. The well-being workforce is anyone working in a paid role in the community who has the potential to support the well-being of people in the community, these can include Librarians, Housing Officers and GP Receptionists. Link Workers (e.g. Community Connectors) also form part of the well-being

workforce and are able to spend more time with people, to find out matters to them and link them to well-being support in their community.

We are testing the Health Education England Care Navigation Competency Framework which is a core, common set of competencies for care navigation, brought together in a tiered framework that can enable the benchmarking of navigation across the well-being workforce (see figure 1).



A menu of available training, benchmarked against the essential (relevant for the wider workforce) and enhanced (relevant for link workers) tiers, has been created, and places to test the framework and supporting training menu have been identified. These places are Brynmawr, Tredegar, Rhymney, Bargoed, Blaenavon and Llanyravon. Next steps include mapping the well-being workforce that exists within these places and understanding their current level of competence related to navigation,

and creating a training plan for the workforce in each place.

The IWN team are also working closely with the Compassionate Communities Transformation team and GAVO to recruit to an Education Role to support the design and implementation of training for Community Connectors and the wider well-being workforce in Blaenau Gwent and Caerphilly."

*Shareen Ali, Senior Public Health Practitioner, Well-being Workforce Lead  
Aneurin Bevan Gwent Public Health Team*

## IWN ... In the News

### TORFAEN



#### In the One Voice Wales Bulletin, August 2019 Edition

#### An article was published about 'Healthy Change for Blaenavon - Making it Happen'

The article provided a summary around the actions it has taken and the challenges the Torfaen Town Council faces in trying to respond to the question **How could Blaenavon Town Council create a Healthy Blaenavon?**



#### TORFAEN

#### WELLBEING

#### TEAM

Left to right.

Emma Davies McIntosh - Torfaen Service Development Lead, Integrated Wellbeing Networks.

Kevin Warren - Clerk to Blaenavon Town Council.

Rebecca Smith - Healthy Blaenavon Officer - Blaenavon Town Council.

Councillor Gareth Davies - Project Lead - Blaenavon Town Council

In 2018 Torfaen Public Service Board made a commitment to improving the health and well-being of Blaenavon as part of its well-being plan. Partners want to test an approach that is multi-faceted which involves a greater focus on tackling the social determinants of poor health and well-being, by definition, this brings services together working in a collaborative and integrated way and asks the community to shape this change. It was an opportunity that the Town Council just had to get involved with. One of the biggest challenges when speaking to the people of Blaenavon about health and physical activity due to the removal of swimming pool from the town several years ago. Another challenge is transport out of the town, particularly for elderly people.

Tackling loneliness and isolation is a huge part of improving health and well-being, it's not just about physical activity.

Blaenavon Town Council are working on how they might offer an alternative to the standard public health messages Blaenavon are faced with every day. The Public Service Board should see this for the huge potential and added value that Town and Community Councils can bring to solving local social and economic issues. Part of the solution was to appoint Rebecca Smith to the post of Healthy Blaenavon Officer. Rebecca said "In order to deliver a bespoke service you need to truly understand your community, to resonate with their issues and capabilities. To do this, time must be spent engaging with the residents. This needs to be done predominantly in the short term for wider dissemination to support the life of the project"

### BLAENAU GWENT

#### Nick Smith MP for Blaenau Gwent wrote on his Facebook page on 05/09/19

It was great to meet with Kath Cross to discuss the ongoing work of Blaenau Gwent's Integrated Well-Being network last week.

This is a network which aims to connect people and groups to improve mental and physical health and tackle issues such as social isolation.

I have committed to helping where I can, as well continuing to work closely with the health board, with members of the Blaenau Gwent Physical Activity Network, to campaign for better links between our GP



surgeries and local exercise groups and for giving children in Blaenau Gwent the healthiest start in life by promoting physical activity and continuing my campaigning for changing the rules around junk food advertising and mandatory calorie information on menus.



## Future Events

### • Building a Healthier Gwent events

Integrated Well-being Networks constitute a large part of the work towards building a healthier Gwent. The publication of 'Building a Healthier Gwent' on 6 August 2019 was the start of a conversation about how together we achieve the ambition of people in all communities across Gwent living more of their lives in good health.

Therefore, we would like to encourage public and partners to join us in the conversation by attending any of the following events.

Please could you forward these dates through your networks and encourage as many people as possible to attend the events.



**Please join us to share your ideas:**

By contacting us on Email [AdminVH\\_ABGPHT@wales.nhs.uk](mailto:AdminVH_ABGPHT@wales.nhs.uk) Tel. 01633 261448

Torfaen	Pontypool Active Living Centre	20 Sep	9.15-12.15
Caerphilly	Markham District & Sports Centre	24 Sep	9.15-12.15
Blaenau Gwent	Llanhilleth Institute	3 Oct	9.15-12.15
Monmouthshire	Usk Memorial Hall	11 Oct	9.15-12.15
Newport	Newport Leisure Centre	15 Oct	9.15-12.15

There is also a short on line survey for those who are not able to attend a workshop. The closing date for this is **20 October 2019**. English <https://www.smartsurvey.co.uk/s/RCZ81/> ,  
Cymru <https://www.smartsurvey.co.uk/s/3HIBC/>

The results of the engagement events and online survey will be presented at the **Building a Healthier Gwent Conference in November 2019**. To find out more about the events and the survey **please visit the website** [www.wales.nhs.uk/HealthierGwent](http://www.wales.nhs.uk/HealthierGwent)

- **Opportunities Fair, Blaenavon Workman's Hall, 25/09/19:**

Are you looking for support into employment, training or volunteering? Blaenavon Town Council will be hosting an opportunities fair, at Blaenavon Workman's Hall September 25th 2-5pm. Everyone Welcome.

If you would like to book a stall email [rebecca.smith@blaenavontowncouncil.co.uk](mailto:rebecca.smith@blaenavontowncouncil.co.uk)

Healthy Blaenavon Officer, Blaenavon Town Council

## **How to get involved with Integrated Well-being Networks**

*If you are interested to know more about IWNs please visit our webpage*

[WWW.Wales.NHS.UK/IWNGWENT](http://WWW.Wales.NHS.UK/IWNGWENT) or

Press Ctrl + click [Integrated Well-being Networks web pages](#)

Follow our progress & share information about Integrated Well-being Networks on Twitter [@IWNGwent](https://twitter.com/IWNGwent)

