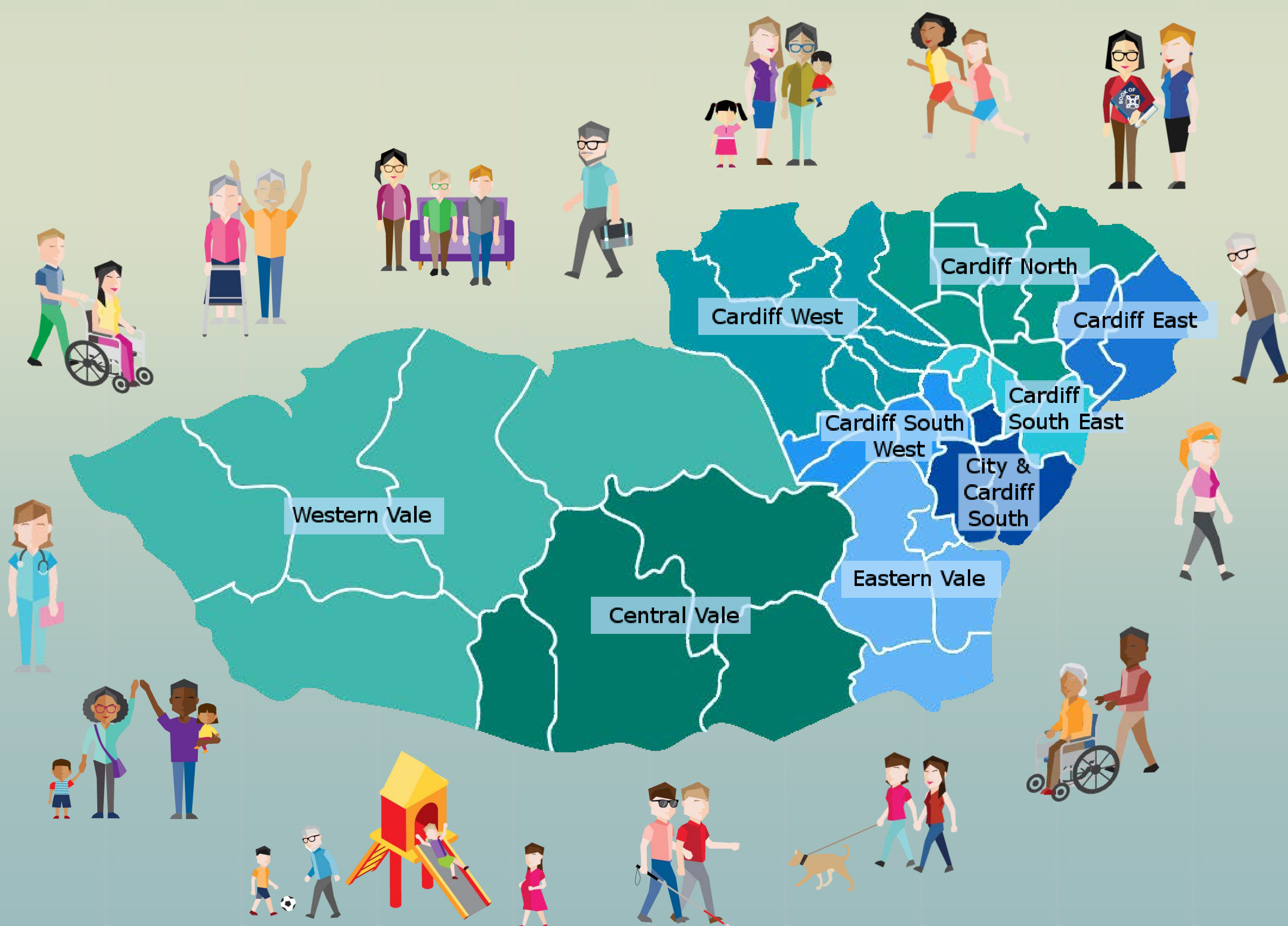


# Cardiff and Vale of Glamorgan Area Plan for Care and Support Needs

Shaping Our Future Well-being:  
'Me, My Home, My Community'

2018-2023





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# What is the Purpose of the Area Plan?

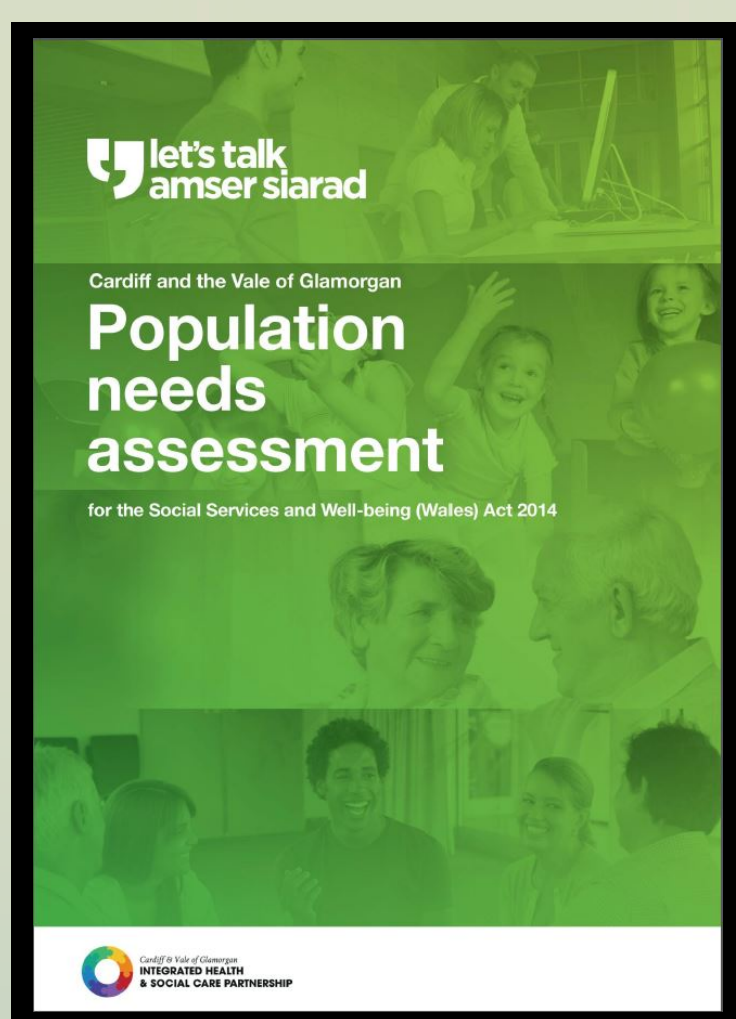
This Area Plan provides the response of the Cardiff and Vale of Glamorgan Regional Partnership Board to the findings of the regional [Population Needs Assessment](#) published on 31st March 2017.

It has been prepared to meet the requirements of the [Statutory Guidance](#) in relation to Area Plans under section 14A of the Social Services and Well-being (Wales) Act 2014. The Act requires a description of the range and level of services proposed to be provided or arranged in response to care and support needs, including the support needs of carers, identified in the population assessment reports.

This Plan has been prepared on the basis of a 5 year period in line with the requirements for the preparation of a Population Needs Assessment.



# What is the Population Needs Assessment?



The Social Services and Well-being (Wales) Act 2014 introduced a duty on local authorities and local health boards to prepare and publish an assessment of the care and support needs of the population, including carers who need support.

Partners from the public and voluntary sectors in Cardiff and the Vale of Glamorgan joined forces under the banner 'Let's Talk' to identify the key care and support needs, prevention issues and assets (such as people, buildings, organisations or services which contribute to enhancing or maintaining well-being) in the region.

An assessment was undertaken between February 2016 and January 2017. Over this time, information was brought together from a number of sources: public surveys tailored to the audience; focus group interviews with local residents; a survey of local professionals and organisations providing care or support, including the third sector; service and population data; key documents; and previous work.

Detailed findings on the assessment of the care and support needs across a number of population groups as set out by Welsh Government are presented in the report, which include:



Older People, including People with Dementia



Children & Young People



Learning Disability & Autism



Adult & Young Carers



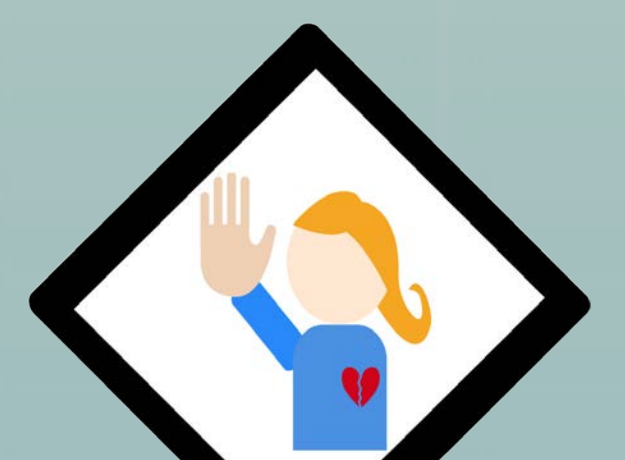
Health & Physical Disabilities



Sensory Loss & Impairment



Adult Mental Health & Cognitive Impairment



Violence Against Women, Domestic Abuse & Sexual Violence

In our region, we also identified the following groups/themes as priorities to review:



Asylum Seekers & Refugees



Veterans



Offenders



Substance Misuse



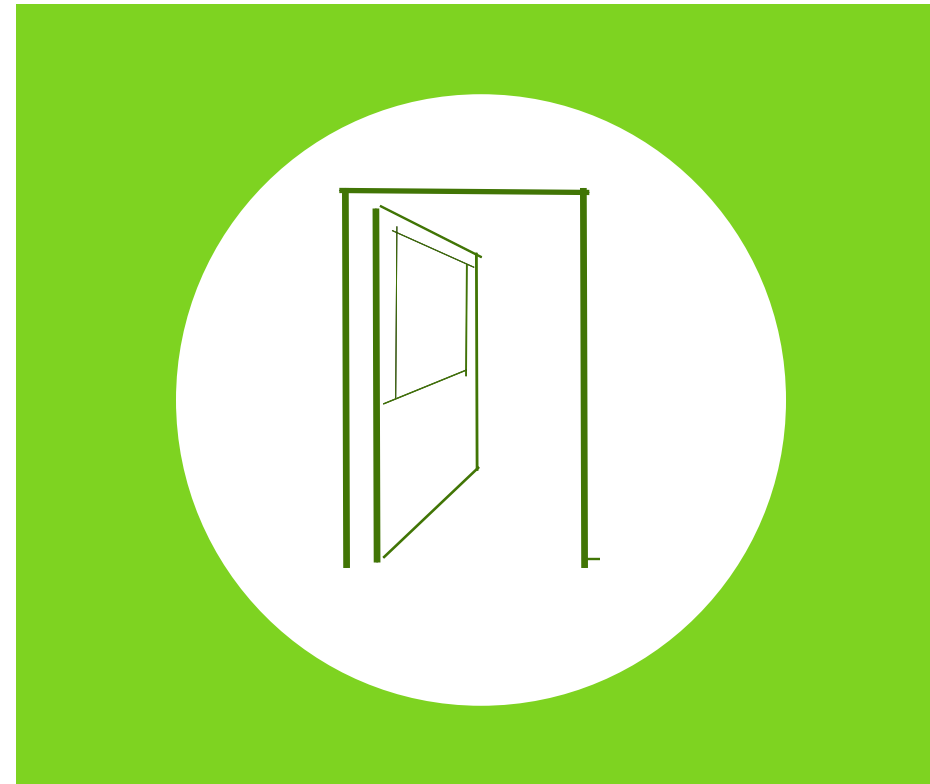
The Population Needs Assessment highlighted a number of cross-cutting key care and support needs for the Cardiff and Vale of Glamorgan population. These include:

**Key Care and Support Needs Identified**  
Key Findings



**Key Finding 1 (KF1)**

Increase citizen involvement in shaping both preventative and reactionary services



**Key Finding 2 (KF2)**

Promote and improve access to high quality and accessible information and advice



**Key Finding 3 (KF3)**

Further support the development of opportunities that enable social and economic well-being



**Key Finding 4 (KF4)**

Strengthen links between schools, vocational opportunities, apprenticeships, further education and adult learning



**Key Finding 5 (KF5)**

Support people to make healthier lifestyle choices to reduce the prevalence of unhealthy behaviours



**Key Finding 6 (KF6)**

Improve access to low level and specialist mental health care and support



**Key Finding 7 (KF7)**

Provide appropriate and safe housing and community environments, to enable people to remain independent



**Key Finding 8 (KF8)**

Improve public transport, to enable better access to services, employment and social activities



**Key Finding 9 (KF9)**

Develop services that prevent the need for more intensive care and support



**Key Finding 10 (KF10)**

Develop services to respond to existing and future care and support needs, including those for carers



**Key Finding 11 (KF11)**

Improve support for people as they transition between services



**Key Finding 12 (KF12)**

Improve organisational working practices, to ensure that services help people to achieve the outcomes they seek

The response of the Regional Partnership Board and other Partnerships/delivery mechanisms to these key findings is reflected in each of the relevant population/theme chapters included in this Plan.

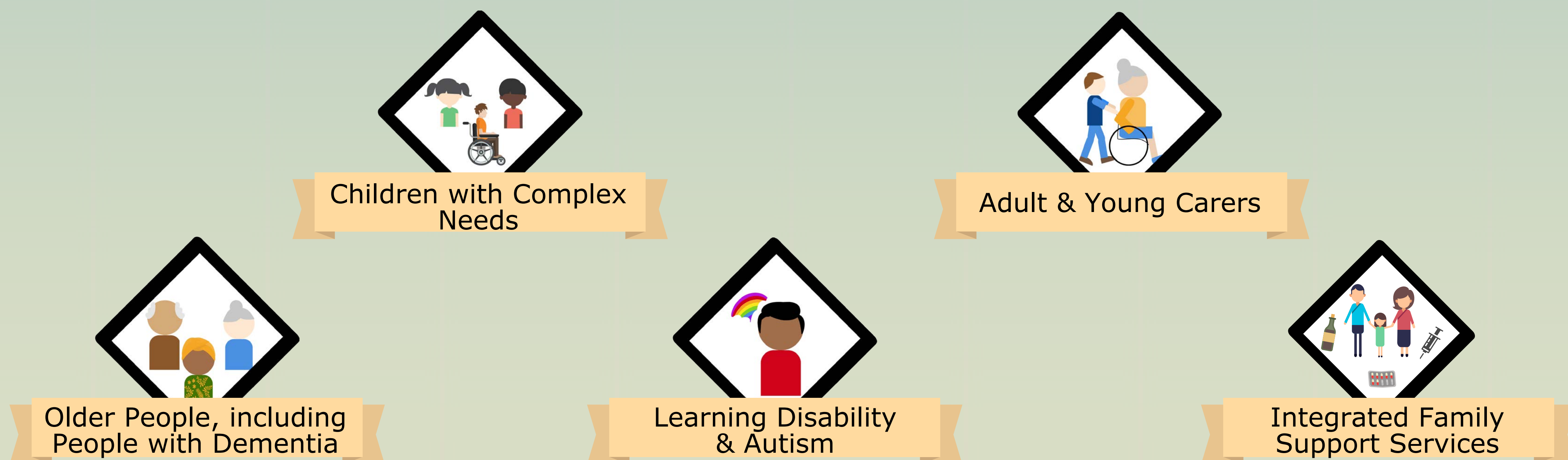


# Addressing the Identified Care and Support Needs

In response to the findings of the Population Needs Assessment, a review was undertaken in relation to all suggested areas for action in the report. This review was done against existing or planned activity in current Partnerships or organisational delivery mechanisms to identify where this work is already being progressed.

Two reports have been produced as a result of this review. The first is this Area Plan, which sets out the key needs identified within the Population Assessment, along with the priority areas for action in response to the findings. In addition, an [Area Action Plan](#) has also been developed, which provides the detail of how these priorities will be delivered. Both reports also set out the contributions to Cardiff and Vale of Glamorgan's Well-being Objectives and the National Social Services Outcomes Framework.

The main focus of both Plans will be the Regional Partnership Board's responsibilities for the integration of services in relation to:



Where there are other care and support themes identified which are led by other Partnerships and planning arrangements across the region, both Plans will signpost to existing reporting mechanisms to enable progress to be monitored.

The Area Plan and Area Action Plan are both available at: [www.cvihsc.co.uk/about/what-we-do/cardiff-vale-glamorgan-area-plan/](http://www.cvihsc.co.uk/about/what-we-do/cardiff-vale-glamorgan-area-plan/)

## Developing the Area Plan

The development of the Area Plan and Area Action Plan has been informed by a number of sources, including public surveys, focus group interviews with local residents, a survey of local professionals and organisations providing care or support, service and population data, key documents, and current work being undertaken by partner organisations.

Whilst there is no requirement to undertake formal consultation on the Area Plan, those people involved in the production of the Population Needs Assessment were invited to comment on the draft document and to provide input to the Action Plan.

In addition, an online public survey was developed to give people an opportunity to provide comments. Work also took place with Public Service Board colleagues to participate in the engagement on the Well-being Plans and to enable discussion to occur on care and support needs.

As part of the process to develop the Plan, the Partnership has undertaken an Equality and Health Impact Assessment. The Cardiff and Vale of Glamorgan Regional Partnership Board serves a very diverse population and takes into account the requirements of the Equality Act 2010 and Public Health (Wales) Act 2017 to progress equal opportunities for all. The Partnership is committed, through the delivery of this Plan, to promoting positive measures that address inequalities in health and eliminate all forms of unlawful or unfair discrimination on the grounds of age, marriage and civil partnership, disability, race, gender, religion/belief, sexual orientation, gender reassignment or gender identity and pregnancy/maternity.

All feedback received as part of the development of the Plan and subsequent consultation has been considered and reflected in the final documents, as appropriate.





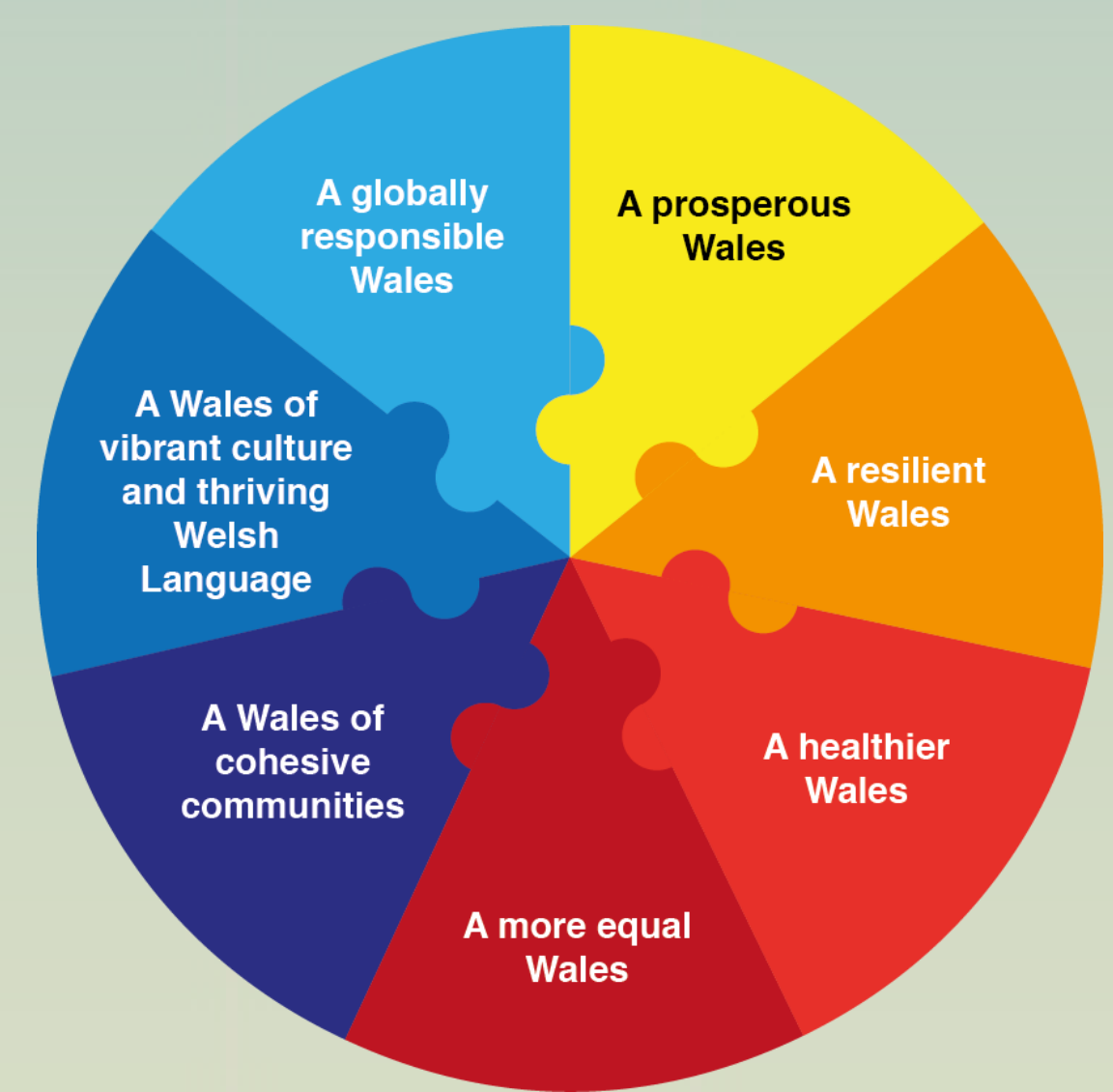
# Contributing towards Local Well-being Objectives

The development of this Plan has been undertaken in close synergy with the Cardiff and Vale of Glamorgan Public Service Boards, in recognition that many of the priorities in this Area Plan will represent the care and support elements of each of the two Well-being Plans.

Well-being Assessments and Plans are a statutory requirement under the Well-being of Future Generations (Wales) Act 2015, which is about improving the economic, social, environmental and cultural well-being of Wales through sustainable development.

The Act places a well-being duty on public sector bodies to take action to achieve 7 well-being goals in accordance with a 'sustainable development principle'. The 7 well-being goals are:

- A prosperous Wales
- A resilient Wales
- A healthier Wales
- A more equal Wales
- A Wales of cohesive communities
- A Wales of vibrant culture and thriving Welsh Language
- A globally responsible Wales



To demonstrate application of the 'sustainable development principle', public sector bodies need to:

<u>Prevention</u>	<u>Integration</u>	<u>Collaborate</u>	<u>Involvement</u>	<u>Long-term</u>
Focus on prevention by looking at the root causes of issues	Deliver services using an integrated approach	Work in collaboration to find shared, sustainable solutions	Involve others in the achievement of the well-being goals	Look at both short-term and long-term needs

Each of the population/theme chapters in the Area Plan outlines which of the Cardiff and Vale of Glamorgan Well-being Objectives the key actions contribute to as part of a wider understanding of a shared contribution to well-being outcomes. Many of the key actions taken forward in this Plan will contribute to more than one well-being objective given the cross-cutting impact of care and support services:

## Cardiff's Well-being Plan Objectives

A Capital City that works for Wales	Cardiff grows in a resilient way	Safe, confident and empowered communities	Cardiff is a great place to grow up	Supporting people out of poverty	Cardiff is a great place to grow older	Modernising and integrating our public services

## Vale of Glamorgan's Well-being Plan Objectives

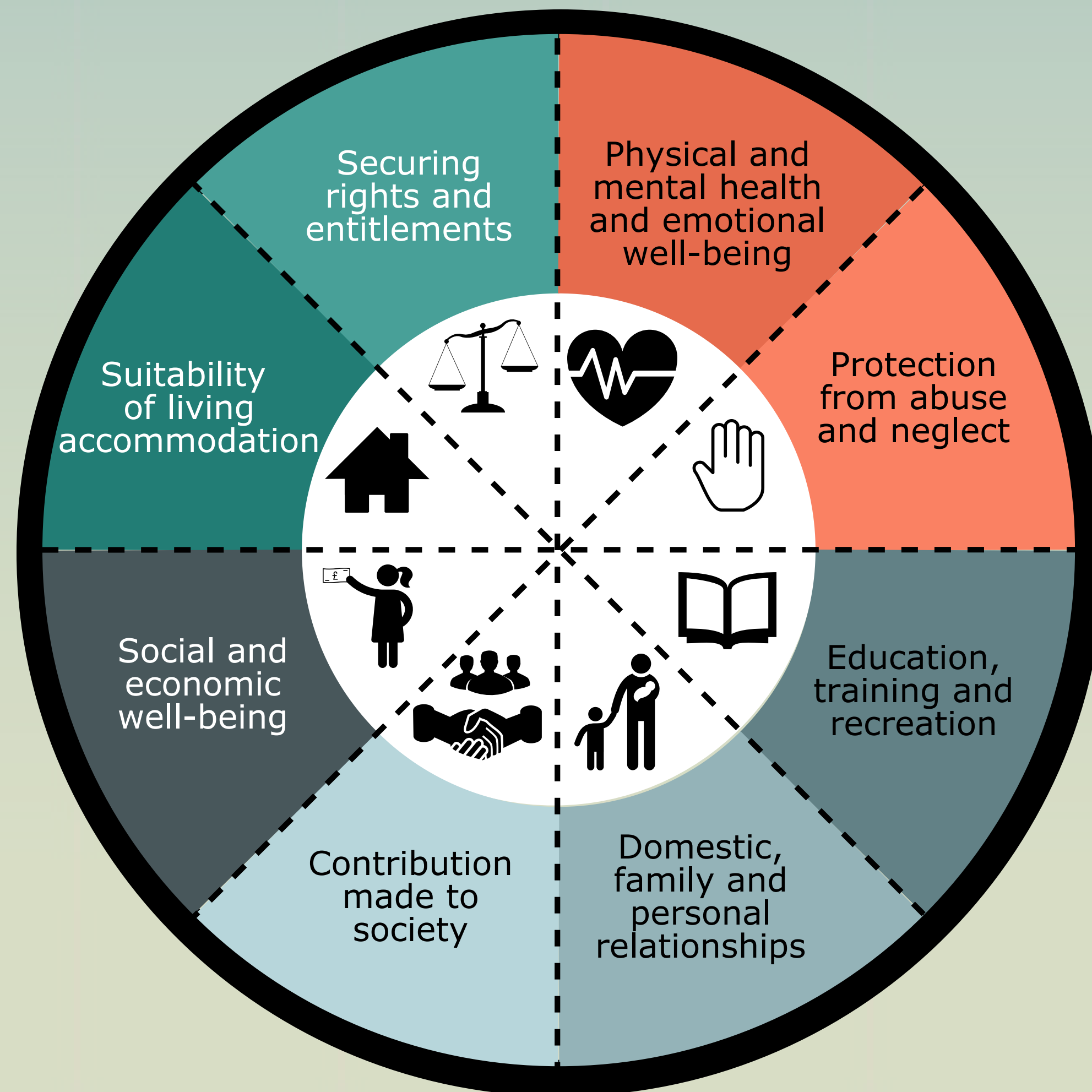
Enable people to get involved, participate in their communities and shape local services	Reduce poverty and tackle inequalities linked to deprivation	Give children the best start in life	Protect, enhance and value our environment



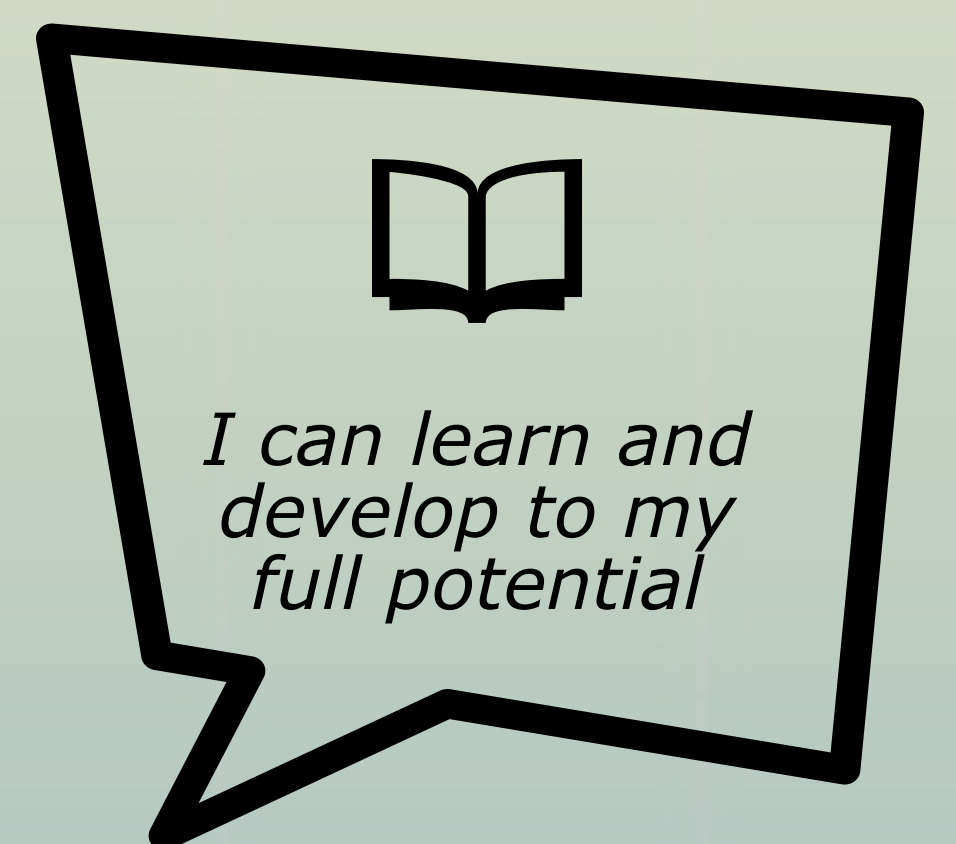
# Contributing towards the Social Services National Outcomes Framework

The [Social Services National Outcomes Framework](#) was developed to fulfil a requirement in the Social Services and Well-being (Wales) Act 2014 to describe well-being for people and carers who need care and support, and provide a consistent approach to measuring well-being.

The Social Services and Well-being (Wales) Act 2014 defines well-being as:



National outcomes for each of the 8 aspects of well-being that are to be achieved by people and carers needing care and support have been developed. For example:



Each chapter details which aspects of well-being the listed key priorities are expected to contribute towards. Further information on the outcomes can also be found in the Action Plan which accompanies this Area Plan at: [www.cvihs.co.uk/about/what-we-do/cardiff-vale-glamorgan-area-plan/](http://www.cvihs.co.uk/about/what-we-do/cardiff-vale-glamorgan-area-plan/)

## Monitoring and Review

Progress against the delivery of Regional Partnership Board's priorities will be monitored and reviewed within the Board's annual report, which will be published in early 2018/19. The Area Action Plan will be updated and amended as appropriate to reflect the changing policy context, demographics or service pressures.






The priorities being progressed by other Partnerships will be reported via other mechanisms, such as the Public Service Board, or by organisational planning mechanisms, such as the local authority Corporate/Improvement Plans and Cardiff and Vale University Health Board's Integrated Medium Term Plan.



# Overview of Regional Priorities



## Older People, including People with Dementia

### Regional Partnership Board Priorities

-  **OP1.1.** Building on the First Point of Contact and Single Point of Access services, further develop digital services along with easily accessible telephone, online and face-to-face access points for the region, for both professionals and the public
-  **OP1.2.** Develop resilient communities with local services, infrastructure and strong community networks to meet local needs where older people live
-  **OP1.3.** Develop and provide a range of future accommodation options to meet demand and enable people to remain at home for as long as possible
-  **OP1.4.** Develop improved assessment, diagnosis and care planning practices which are built upon genuine collaboration with older people and their carers and families, so that their plan reflects what is important to them and achieves the outcomes they seek
-  **OP1.5.** Develop Cardiff and Vale of Glamorgan as a dementia friendly region





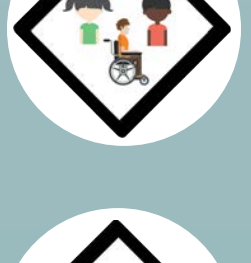
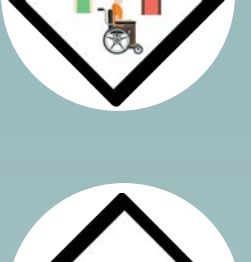


## Children with Complex Needs

### Regional Partnership Board Priorities

-  **CYP1.1.** Improve provision for children and young people with Additional Learning Needs
-  **CYP1.2.** Improve integrated provision for children with complex needs, including transition between children's and adult's services

## Children and Young People

### Other Partnership Board Priorities







-  **CYP2.1.** Increase the role of children and young people in decision making and service delivery
-  **CYP2.2.** Improve educational outcomes
-  **CYP2.3.** Increase the successful transition into employment, education or training of children and young people
-  **CYP2.4.** Increase access to appropriate services for looked after children and children in need, recognising increased rates of emotional and mental health issues
-  **CYP2.5.** Increase support for children and young people affected directly or indirectly by parental relationship breakdown and domestic violence
-  **CYP2.6.** Prevent child sexual exploitation
-  **CYP2.7.** Enable children and young people to be happy and healthy
-  **CYP2.8.** Develop the Welsh skills of children and create new Welsh speakers, to support the Welsh Government's vision of having a million Welsh speakers by 2050



# Overview of Regional Priorities



## Learning Disability and Autism

### Regional Partnership Board Priorities

-  **LDA1.1.** People with learning disabilities are supported to maximise their independence
-  **LDA1.2.** People with learning disabilities are supported to play an active role in society and engage in meaningful day time activities and employment or volunteering
-  **LDA1.3.** People with learning disabilities are valued and included, supported to have a voice, and able to exercise choice and control over their lives
-  **LDA1.4.** People with learning disabilities are enabled to stay healthy and feel safe
-  **LDA1.5.** People with learning disabilities are supported to become lifelong learners
-  **LDA1.6.** Develop a new Integrated Autism Service which all agencies working in integrated, multi-disciplinary ways will provide appropriate services for children, young people and adults with an autism spectrum disorder, addressing their education, health, employment, social interaction and emotional needs







## Integrated Family Support Services

### Regional Partnership Board Priorities

-  **IFSS1.1.** Continue to provide an intensive intervention with families referred by Children's Services where there are serious child protection concerns as a result of parental / carer substance misuse, domestic abuse or mental health
-  **IFSS1.2.** Explore the extension of the Integrated Family Support Service model to include other parental additional needs (e.g. learning disability) and consider how it can help tackle adverse childhood experiences

## Adult and Young Carers

### Regional Partnership Board Priorities

-  **AYC1.1.** Identify and implement a carer engagement model based on best practice
-  **AYC1.2.** Improve physical and emotional support for young carers, including emergency and pre-planned respite and reducing the risk of adverse childhood experiences
-  **AYC1.3.** Improve physical and emotional support for adult carers, including emergency and pre-planned respite
-  **AYC1.4.** Involve carers, including young carers, in the planning of hospital admission and discharge if the person they care for is in hospital
-  **AYC1.5.** Provide easily accessible information to carers and relatives in a range of formats and languages through existing information points, such as primary care and libraries
-  **AYC1.6.** Raise awareness around caring and carers among the public and health and social care professionals, (e.g. adopting an approach similar to Making Every Contact Count), to ensure that carers are identified as early as possible and all involved are aware of their rights as a carer



# Overview of Regional Priorities

## Health and Physical Disabilities

### Other Partnership Priorities



**HPD1.1.** Promote healthy lifestyles and improve and protect the health and well-being of Cardiff and Vale of Glamorgan residents

## Adult Mental Health and Cognitive Impairment

### Other Partnership Priorities



**AMHCI1.1.** Deliver the Cardiff and Vale of Glamorgan 'Together for Mental Health' Plan

## Sensory Loss and Impairment

### Other Partnership Priorities



**SLI1.1.** Deliver the Cardiff and Vale of Glamorgan Eye Care Plan in conjunction with Primary Care, Secondary Care, Cardiff and Vale of Glamorgan University Health Board and Welsh Government



**SLI1.2.** Develop and implement a health board wide action plan to meet the All Wales Standards for Accessible Information and Communication for People with Sensory Loss, in order to improve provision across Primary Care, Secondary Care and Emergency and Unscheduled Care



**SLI1.3.** Explore the establishment of a partnership delivery mechanism to meet the wider needs of people with sensory loss and impairment

## Violence Against Women, Domestic Abuse and Sexual Violence

### Other Partnership Priorities



**VAWDASV1.1.** Deliver the Cardiff and Vale of Glamorgan Violence Against Women, Domestic Abuse and Sexual Violence Strategy (*under development*)

## Asylum Seekers and Refugees

### Other Partnership Priorities



**ASR1.1.** Deliver the Cardiff and Vale of Glamorgan Community Cohesion Delivery Plan 2017/2020 (*under development*)



# Overview of Regional Priorities

## Offenders

### Other Partnership Priorities



**O1.1.** Ensure that the local criminal justice system works effectively and efficiently, meeting the needs of victims and challenging offenders

## Veterans

### Other Partnership Priorities



**V1.1.** Deliver the Cardiff and Vale of Glamorgan Armed Forces Community Action Plan 2017/2019

## Substance Misuse

### Other Partnership Priorities



**SM1.1.** Deliver the Cardiff and Vale of Glamorgan Substance Misuse and Wellbeing Commissioning Strategy 2016/2020 with a focus on prevention, education, treatment, support and sustainable long-term recovery



**SM1.2.** Increase the safety of our communities by delivering multi-agency responses in locations where discarded injecting equipment and other drug paraphernalia is prevalent

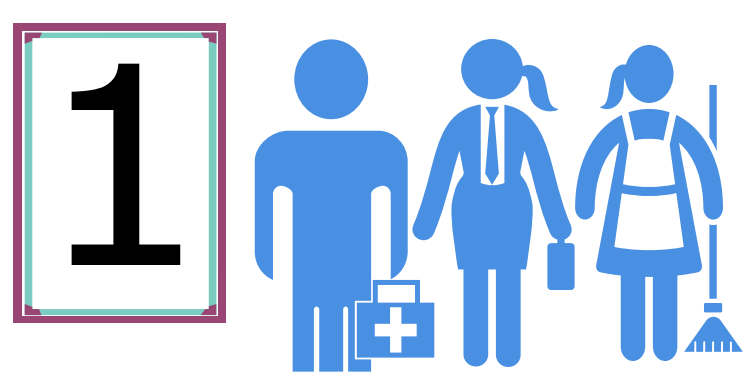


# 1: Older People, including People with Dementia

## What did the Population Needs Assessment Tell Us?

- In general, Cardiff has a younger population, while the Vale of Glamorgan has a larger older age population more in line with the Wales average. Both areas however, are anticipated to see a continued increase in the number of people over the ages of 65 and 85.
- The Vale of Glamorgan is projected to see the largest increase across both age groups, with 20.5% of their population in 2025 expected to be aged 65-84 (compared to 17.5% in 2015), and 3.8% aged 85 years and above (compared to 2.8% in 2015). Both of these figures are above the projected Wales average of 19.1% and 3.5%, respectively.
- The number of people living with dementia is also projected to rise significantly, with 1 in 3 expected to be affected by dementia in the future. The driver for this is mostly the increase in the over 85 population.

## What were the Key Care and Support Needs Identified?



1

### Need 1 (N1):

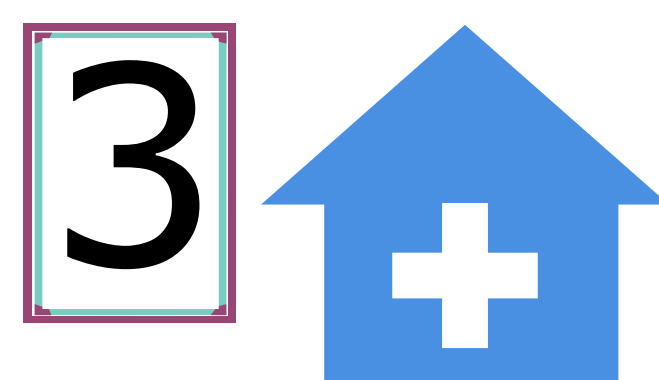
Maintain sustainability of key services supporting older people



2

### Need 2 (N2):

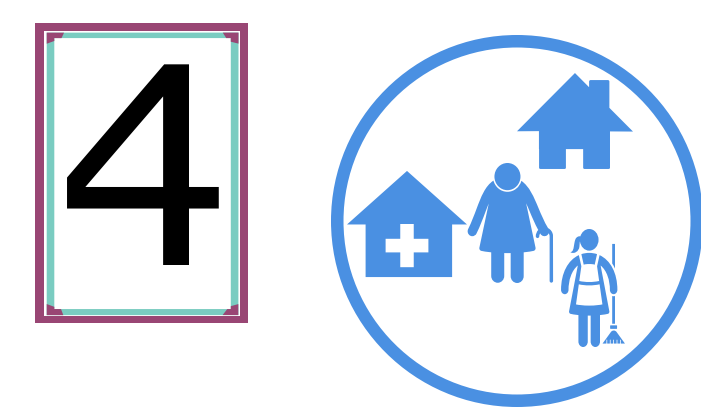
Improve access to information and advice (e.g. 'one stop shop' model)



3

### Need 3 (N3):

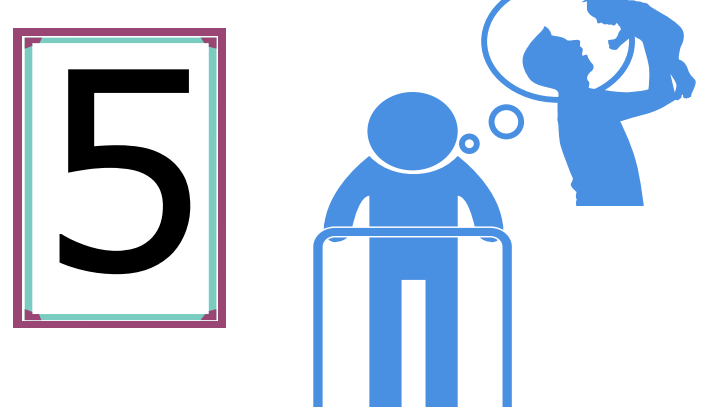
Improve integrated management of mental health and physical issues



4

### Need 4 (N4):

Increase integration of health, housing and social care



5

### Need 5 (N5):

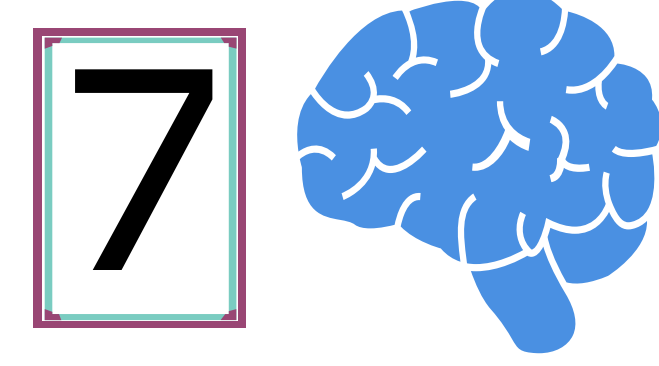
Reduce social isolation and loneliness while maintaining independence



6

### Need 6 (N6):

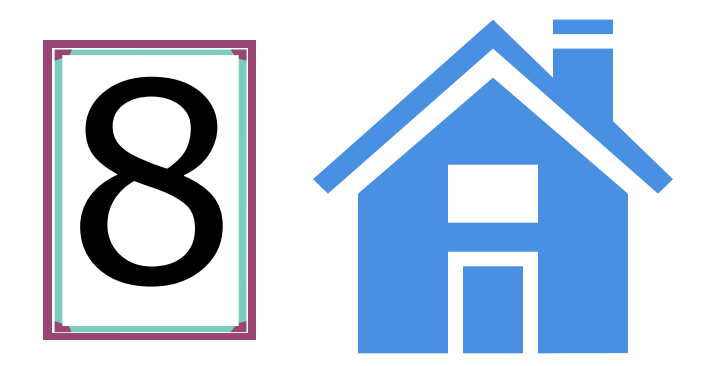
Increase support to access practical help with day-to-day tasks such as shopping and gardening



7

### Need 7 (N7):

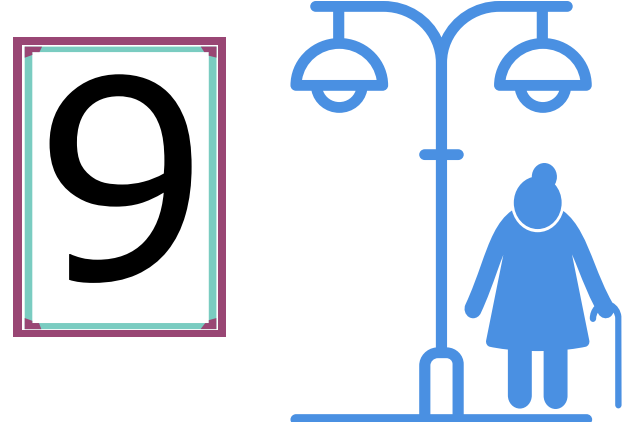
Improve support and information for people with dementia and their family and carers



8

### Need 8 (N8):

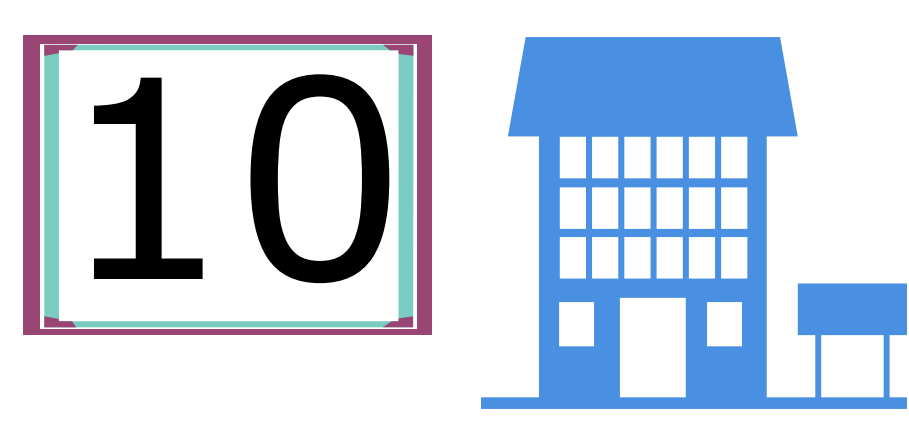
Provide appropriate housing to meet individuals' needs and enable them to remain independent



9

### Need 9 (N9):

Promote accessible built environments (including good lighting and toilets)



10

### Need 10 (N10):

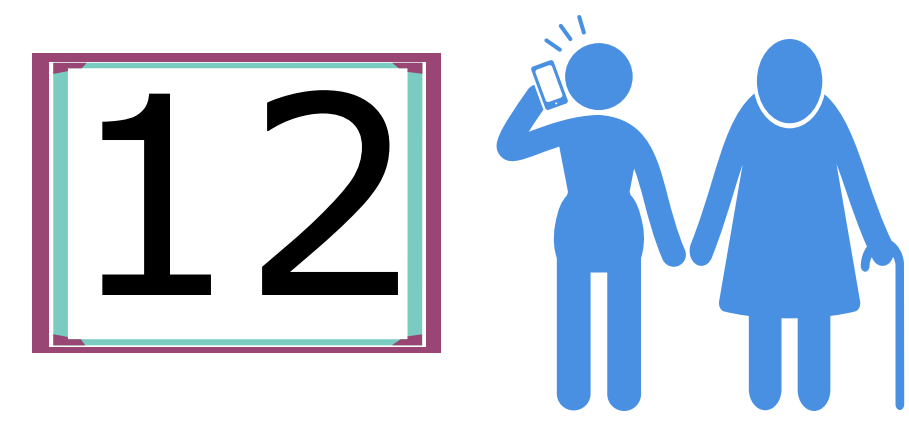
Improve the commissioning of care home places to enable consistent and high quality care



11

### Need 11 (N11):

Improve public transport services to enable access to activities promoting health and well-being



12

### Need 12 (N12):

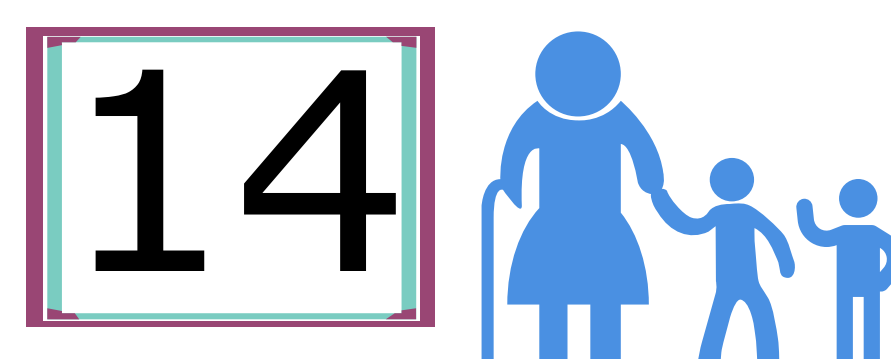
Improve access to different types of advocacy



13

### Need 13 (N13):

Increase digital inclusion to enable access to information and services



14

### Need 14 (N14):

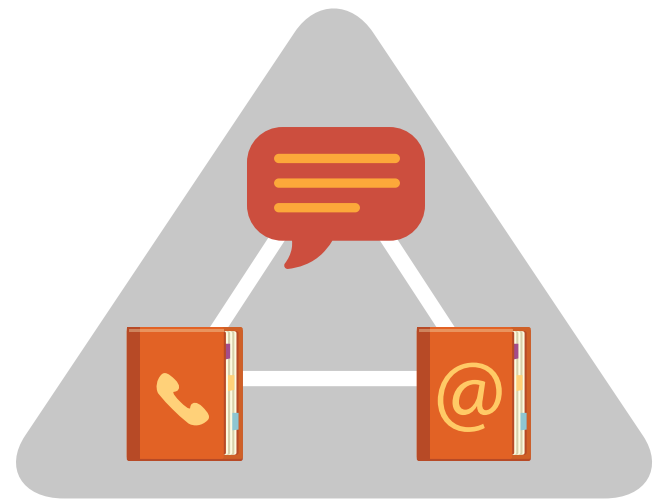
Promote inter-generational opportunities in communities



# 1: Older People, including People with Dementia

## What are our Key Priorities in Response?

The key priorities to be delivered by the Regional Partnership Board are:



1.

Building on the First Point of Contact and Single Point of Access services, further develop digital services along with easily accessible telephone, online and face-to-face access points for the region, for both professionals and the public



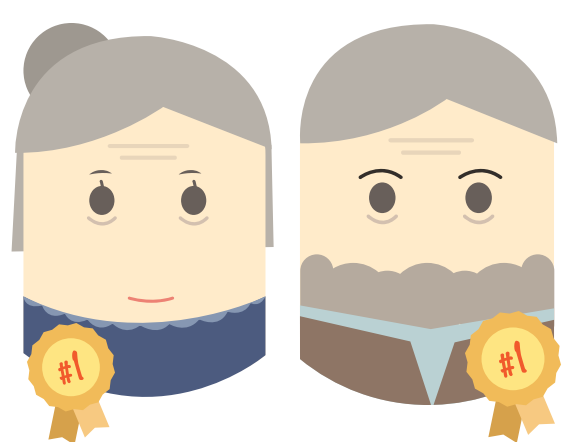
2.

Develop resilient communities with local services, infrastructure and strong community networks to meet local needs where older people live



3.

Develop and provide a range of future accommodation options to meet demand and enable people to remain at home for as long as possible



4.

Develop improved assessment, diagnosis and care planning practices which are built upon genuine collaboration with older people and their carers and families, so that their plan reflects what is important to them and achieves the outcomes they seek



5.

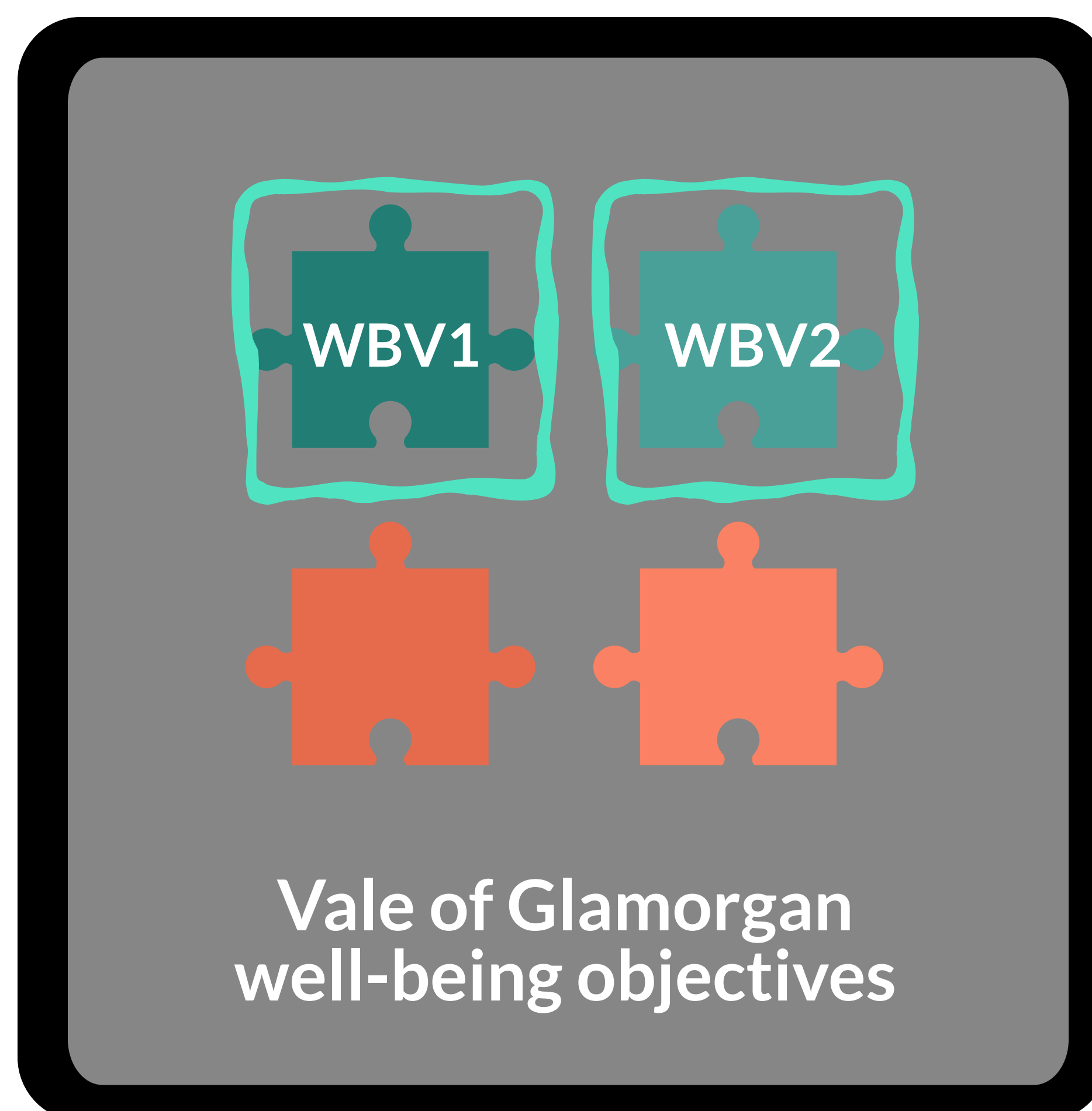
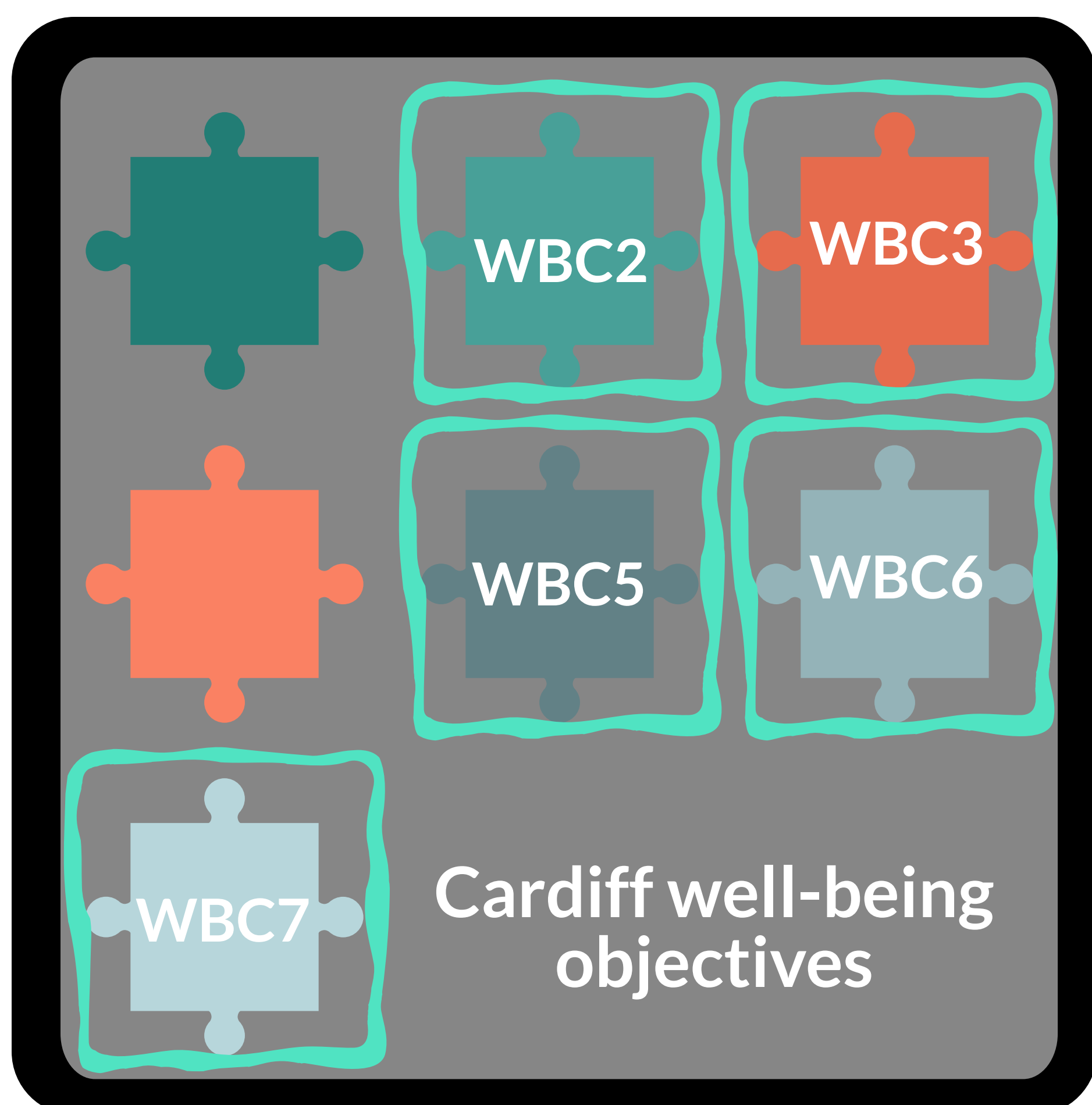
Develop Cardiff and Vale of Glamorgan as a dementia friendly region

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved



# 1: Older People, including People with Dementia

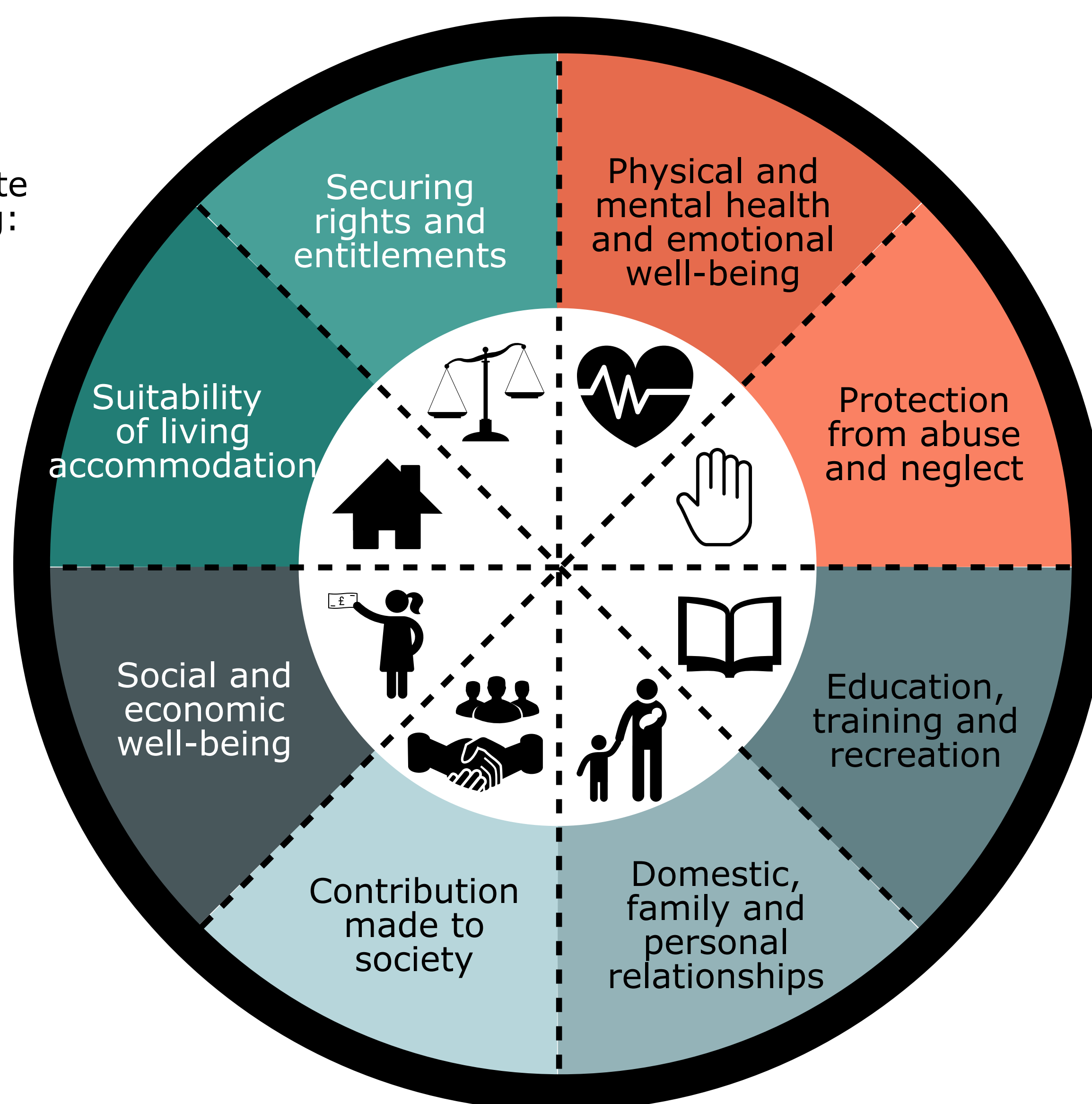
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Protection from abuse and neglect
- Education, training and recreation
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being
- Suitability of living accommodation





## 2: Children and Young People, including Children with Complex Needs

### What did the Population Needs Assessment Tell Us?

- The population of Cardiff is relatively young compared with the rest of Wales, with the proportion of infants (0-4yrs) significantly higher than the Wales average. In the next 10 years, there will be an increase in the number of people aged 5-16. The proportion of young people in the Vale of Glamorgan is similar to the Wales average.
- In March 2016, there were 340 children on the child protection register in Cardiff, and 100 in the Vale.
- In 2015, in both Cardiff (91%) and the Vale of Glamorgan (90%), school attendance rates of children in need were marginally below the all-Wales average of 92%. Across Wales, 35% of children in need achieve 5 or more A\*-G GCSE passes. In Cardiff, the rate was 31% and in the Vale it was 37%.
- In the Vale of Glamorgan, the percentage of year 11 pupils who go on to be not in education, employment or training (NEET) continues to decrease year on year, and is below the Welsh average. Levels in Cardiff have also declined but remain high compared with the rest of Wales.
- At the 2011 Census, 1,579 young carers were identified in Cardiff and the Vale of Glamorgan, although the Census is recognised as underestimating the number of young carers.

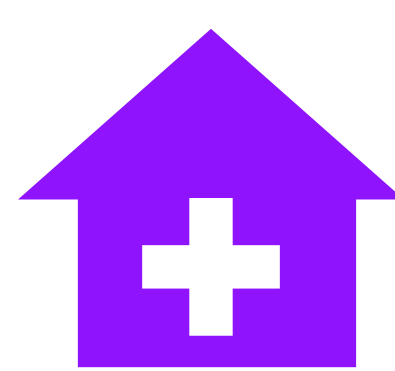
### What were the Key Care and Support Needs Identified?

1



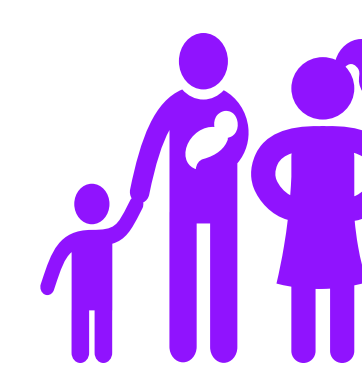
**Need 1 (N1):**  
Improve support for children and young people affected by parental relationship breakdown and domestic violence

2



**Need 2 (N2):**  
Improve access to appropriate services in a timely fashion, including primary care and mental health services, and support for young people with Attention Deficit Hyperactivity Disorder and Autism

3



**Need 3 (N3):**  
Improve access to appropriate services for looked after children and children in need, recognising increased rates of emotional and mental health issues

4



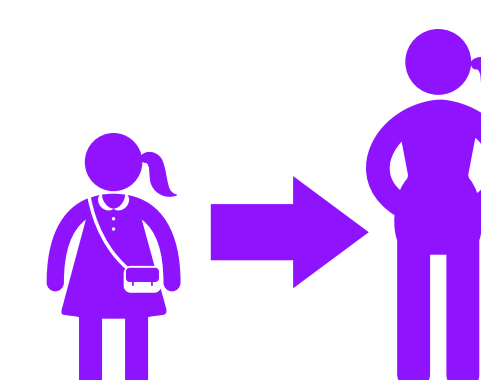
**Need 4 (N4):**  
Increase support for young carers, including respite, and raise awareness of what they do

5



**Need 5 (N5):**  
Increase involvement of children and young people in decisions affecting them

6



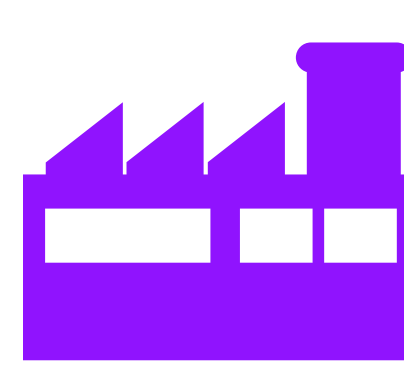
**Need 6 (N6):**  
Enable smoother transitions between children's and adult's services

7



**Need 7 (N7):**  
Provide appropriate and safe accommodation

8



**Need 8 (N8):**  
Further develop vocational educational opportunities and apprenticeships

9



**Need 9 (N9):**  
Respond to the increasing numbers and complexity of needs of children and young people with a disability

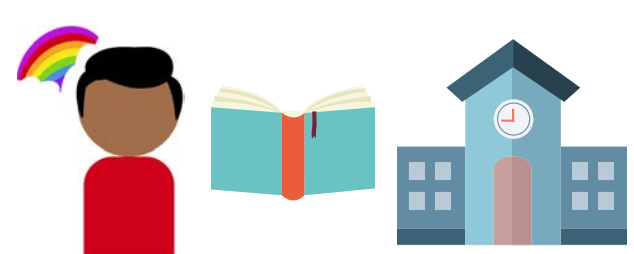


## 2: Children and Young People, including Children with Complex Needs

### What are our Key Priorities in Response?

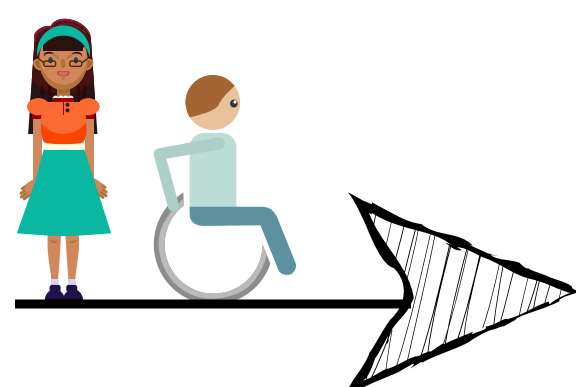
*NB: Key priorities relating to young carers can be found in the 'Adult and Young Carers' section of this plan.*

The key priorities to be delivered by the Regional Partnership Board for children with complex needs are:



**1.**

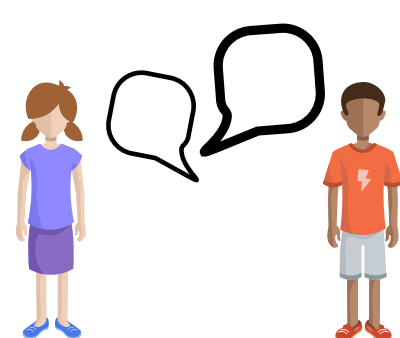
Improve provision for children and young people with Additional Learning Needs



**2.**

Improve integrated provision for children with complex needs, including transition between children's and adult's services

The key priorities to be led by other Partnerships and planning arrangements across the region for children and young people are:



**1.**

Increase the role of children and young people in decision making and service delivery



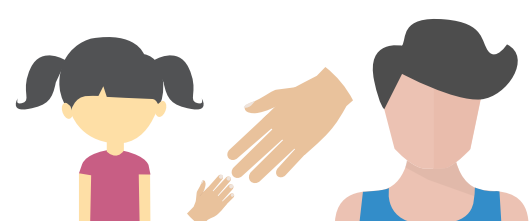
**2.**

Improve educational outcomes



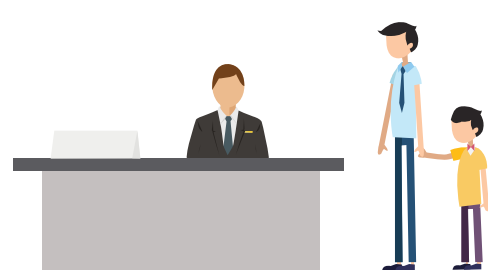
**3.**

Increase the successful transition into employment, education or training of children and young people



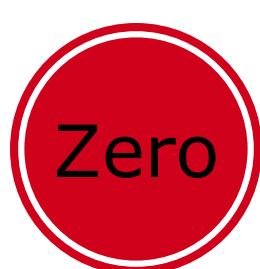
**4.**

Increase access to appropriate services for looked after children and children in need, recognising increased rates of emotional and mental health issues



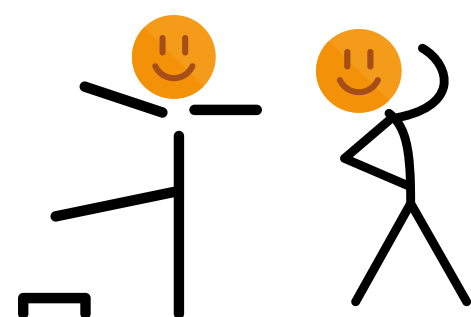
**5.**

Increase support for children and young people affected directly or indirectly by parental relationship breakdown and domestic violence



**6.**

Prevent child sexual exploitation



**7.**

Enable children and young people to be happy and healthy



**8.**

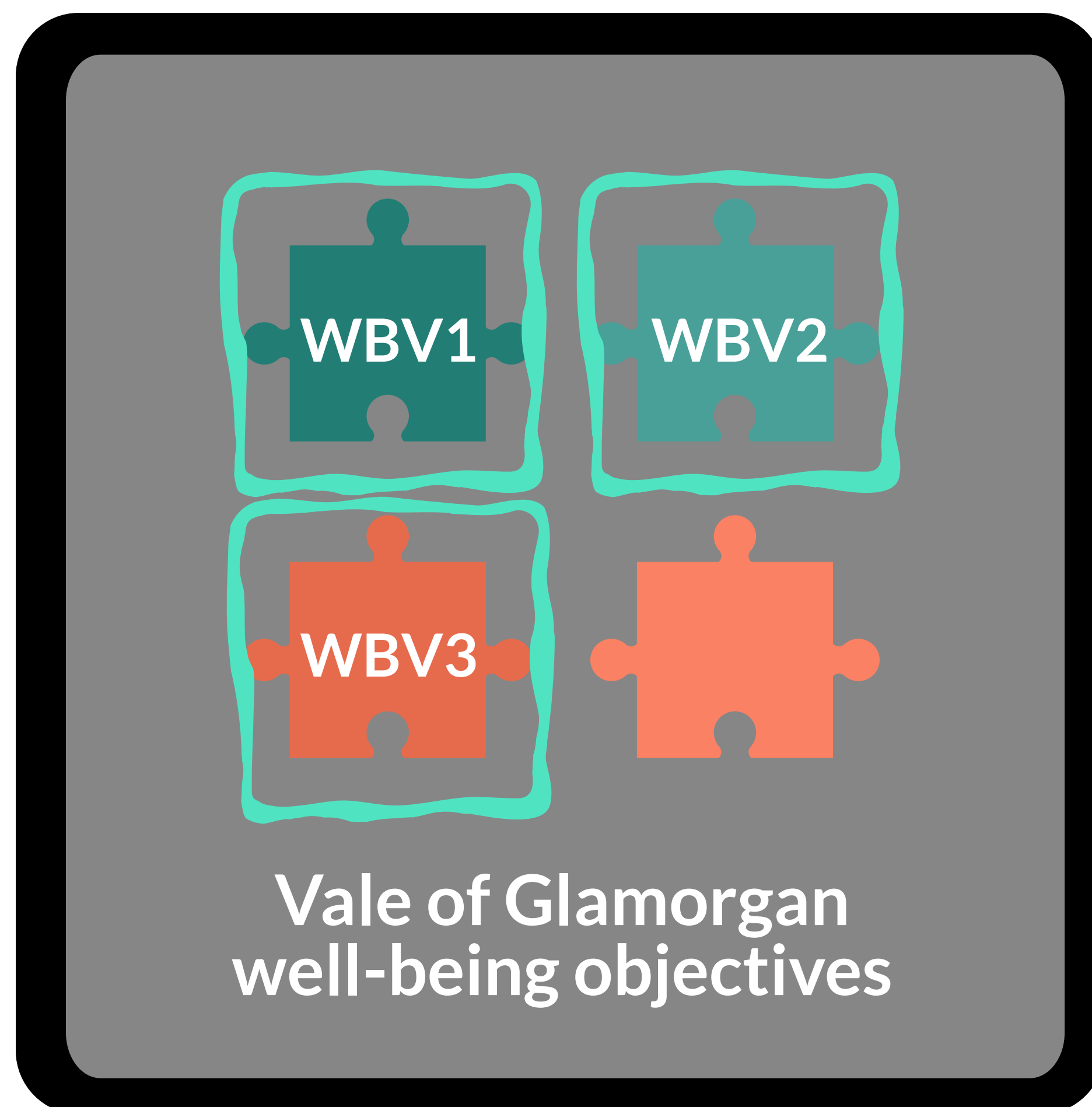
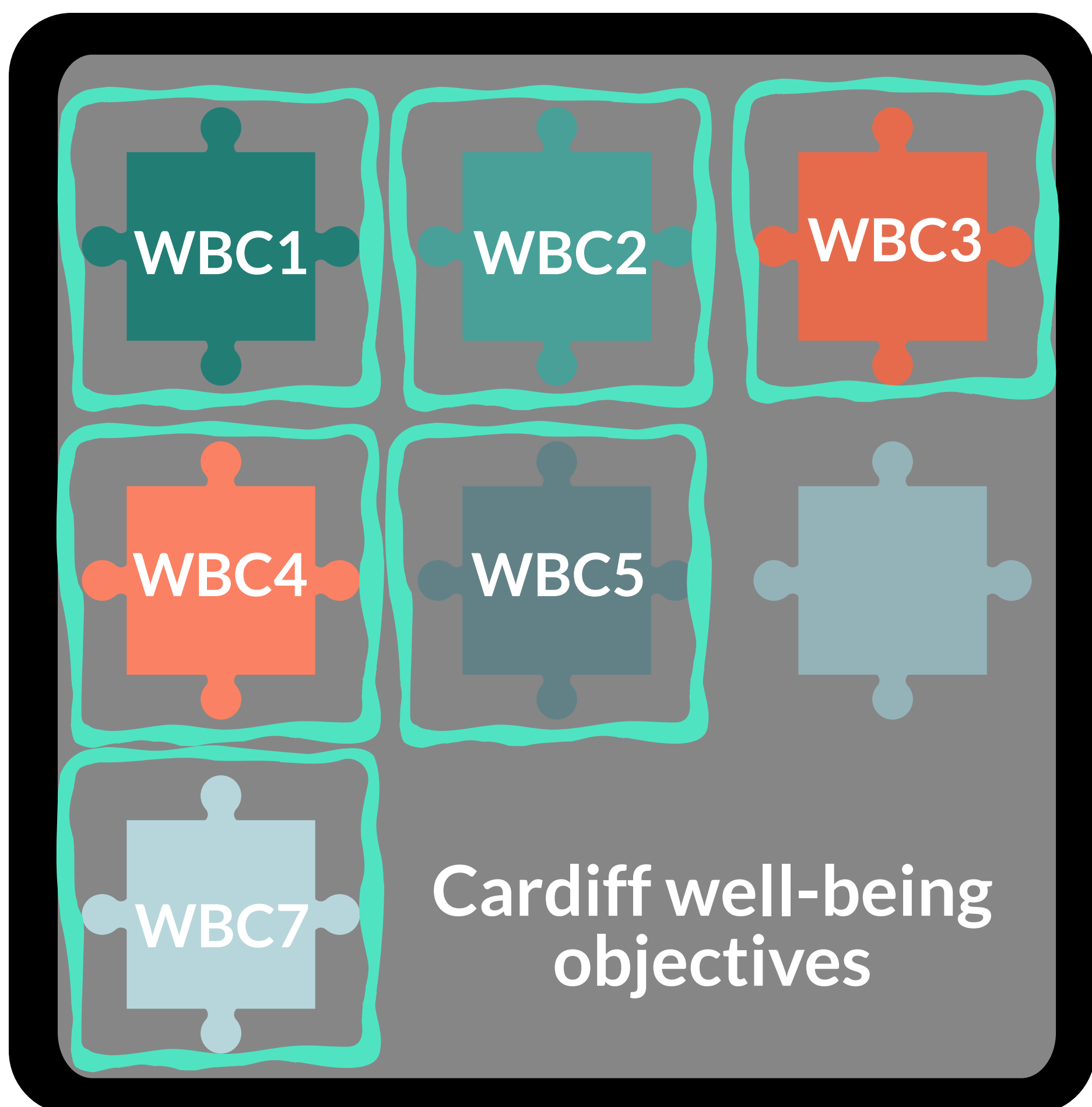
Develop the Welsh skills of children and create new Welsh speakers, to support the Welsh Government's vision of having a million Welsh speakers by 2050

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved



## 2: Children and Young People, including Children with Complex Needs

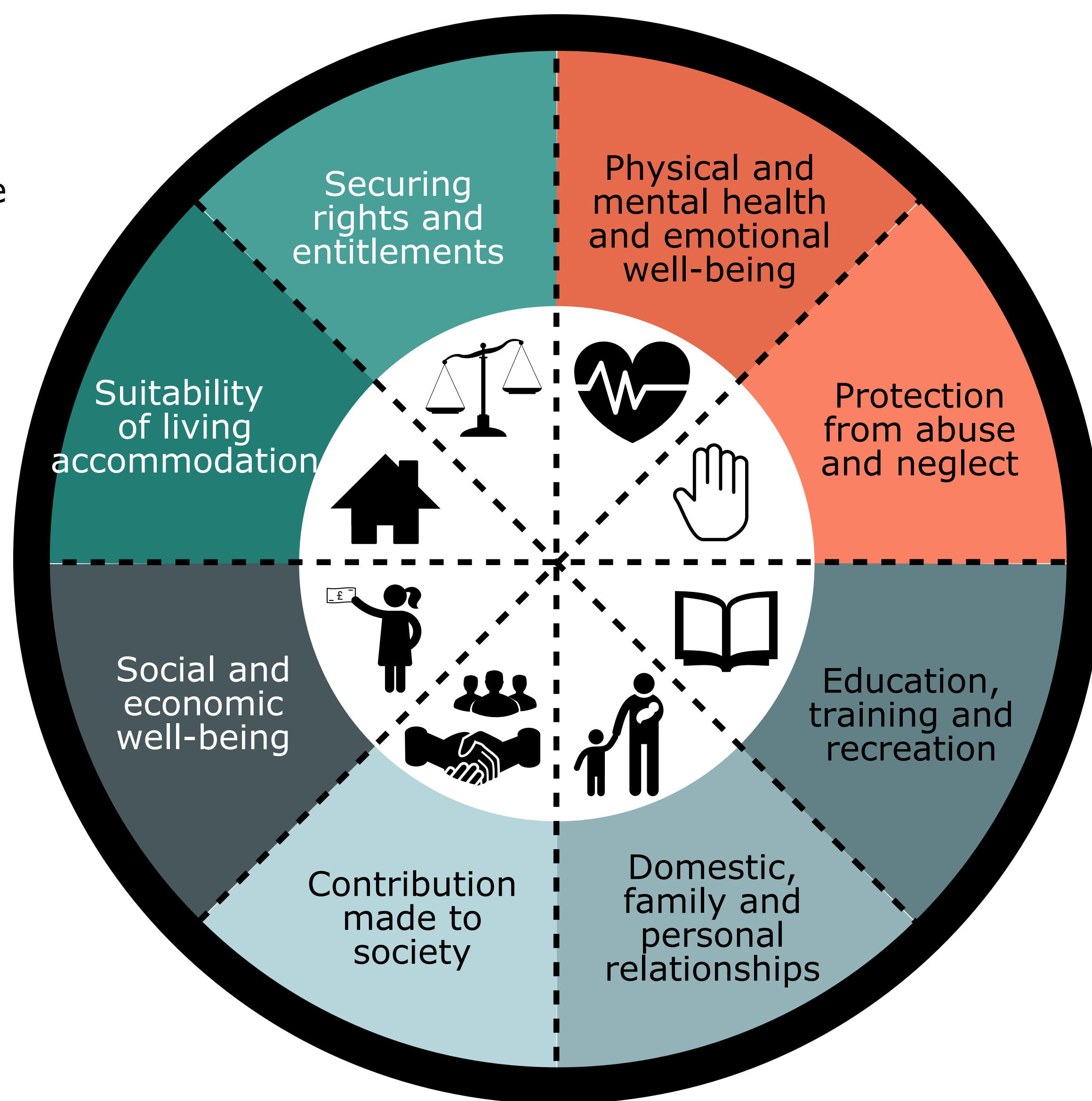
### Which Well-being Objectives do these Priorities Contribute Towards?



### Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Protection from abuse and neglect
- Education, training and recreation
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being
- Suitability of living accommodation



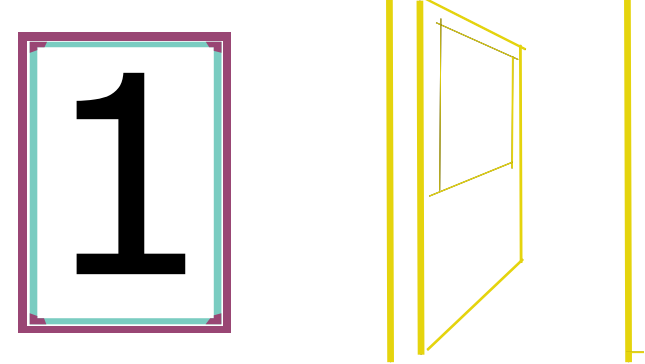


# 3: Learning Disability and Autism

## What did the Population Needs Assessment Tell Us?

- There were 1,426 people registered with a learning disability in Cardiff in 2015/16, and 542 in the Vale of Glamorgan.
- These numbers have stayed roughly stable in the Vale over the last 10 years, but have risen significantly in Cardiff, by around 40%.
- A significant increase is projected in the number of older people with a learning disability in both Cardiff and the Vale of Glamorgan.
- UK research on Autism Spectrum Disorder (ASD) suggests that around 1.2% (116 per 10,000) of children and young people have ASD. However, not all these people will be formally diagnosed.
- Applied to the population of Cardiff gives an estimate of 553 children aged 5-16 with ASD, and 2,778 people aged 17-64 with ASD.
- In the Vale of Glamorgan, this gives an estimate of 210 children aged 5-16 with ASD, and 887 people aged 17-64 with ASD.

## What were the Key Care and Support Needs Identified?



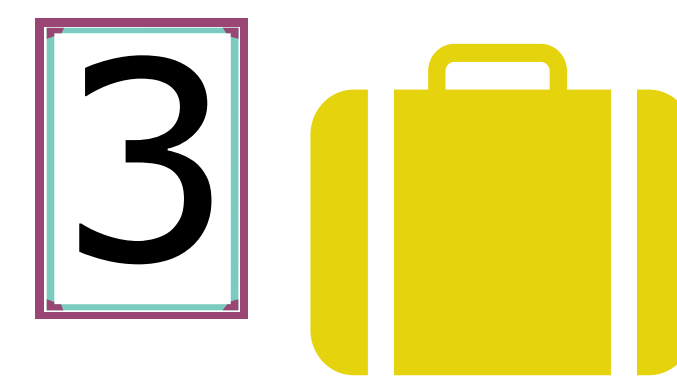
### Need 1 (N1):

Increase the accessibility of information and services



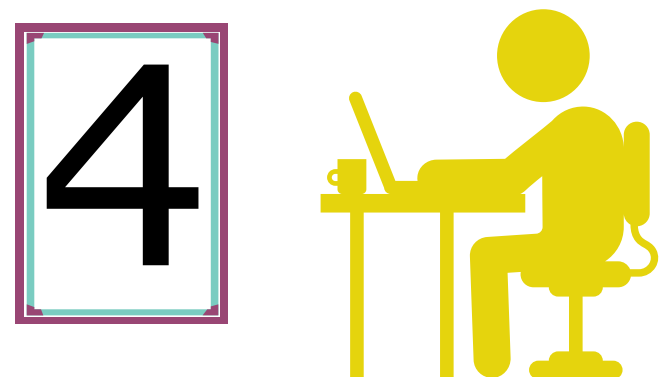
### Need 2 (N2):

Improve public transport services to enable access to activities promoting health and well-being



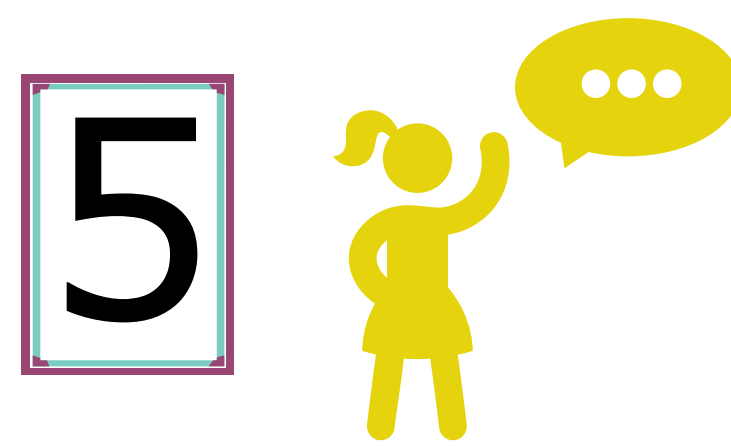
### Need 3 (N3):

Provide respite to those in need



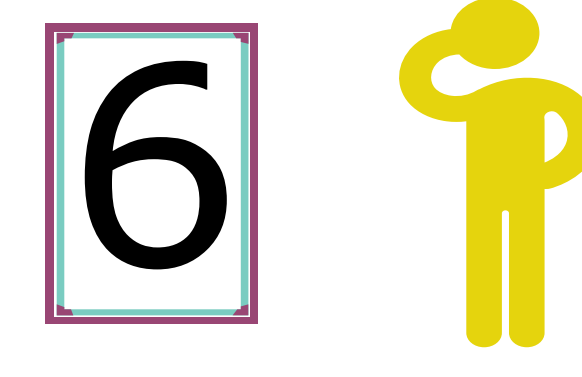
### Need 4 (N4):

Improve access to day opportunities



### Need 5 (N5):

Increase involvement of people requiring services in decisions affecting them



### Need 6 (N6):

Recognise and support people who fall between learning disability and mental health service provision



# 3: Learning Disability and Autism

## What are our Key Priorities in Response?

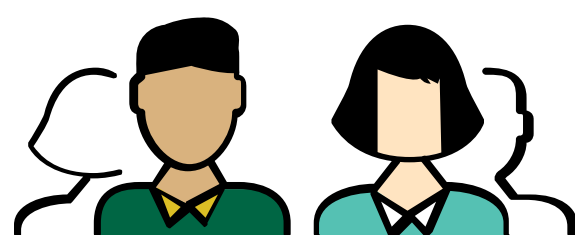
The key priorities to be delivered by the Regional Partnership Board are:



**1.** People with learning disabilities are supported to maximise their independence.



**2.** People with learning disabilities are supported to play an active role in society and engage in meaningful day time activities and employment or volunteering.



**3.** People with learning disabilities are valued and included, supported to have a voice, and able to exercise choice and control over their lives.



**4.** People with learning disabilities are enabled to stay healthy and feel safe.



**5.** People with learning disabilities are supported to become lifelong learners.



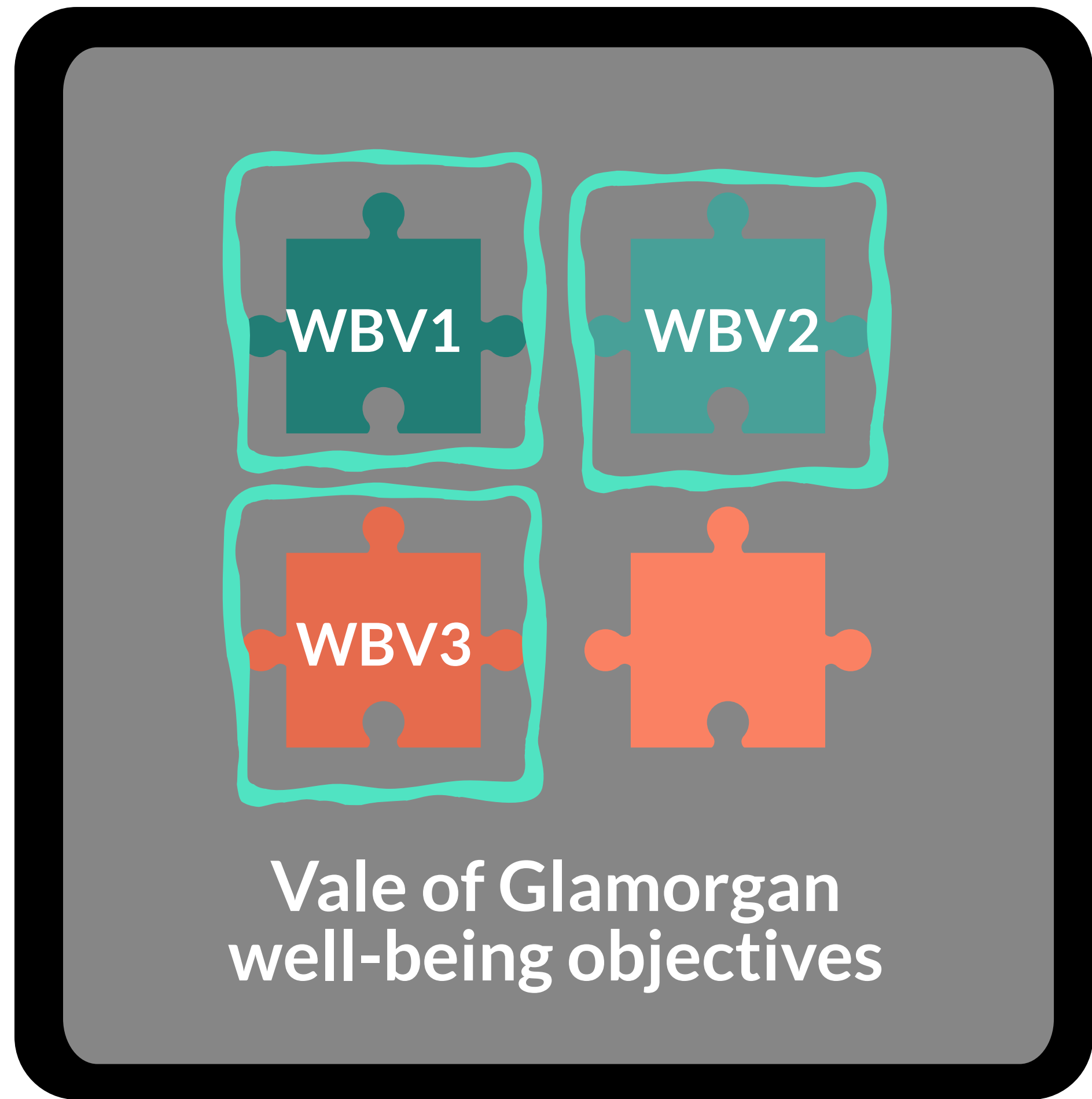
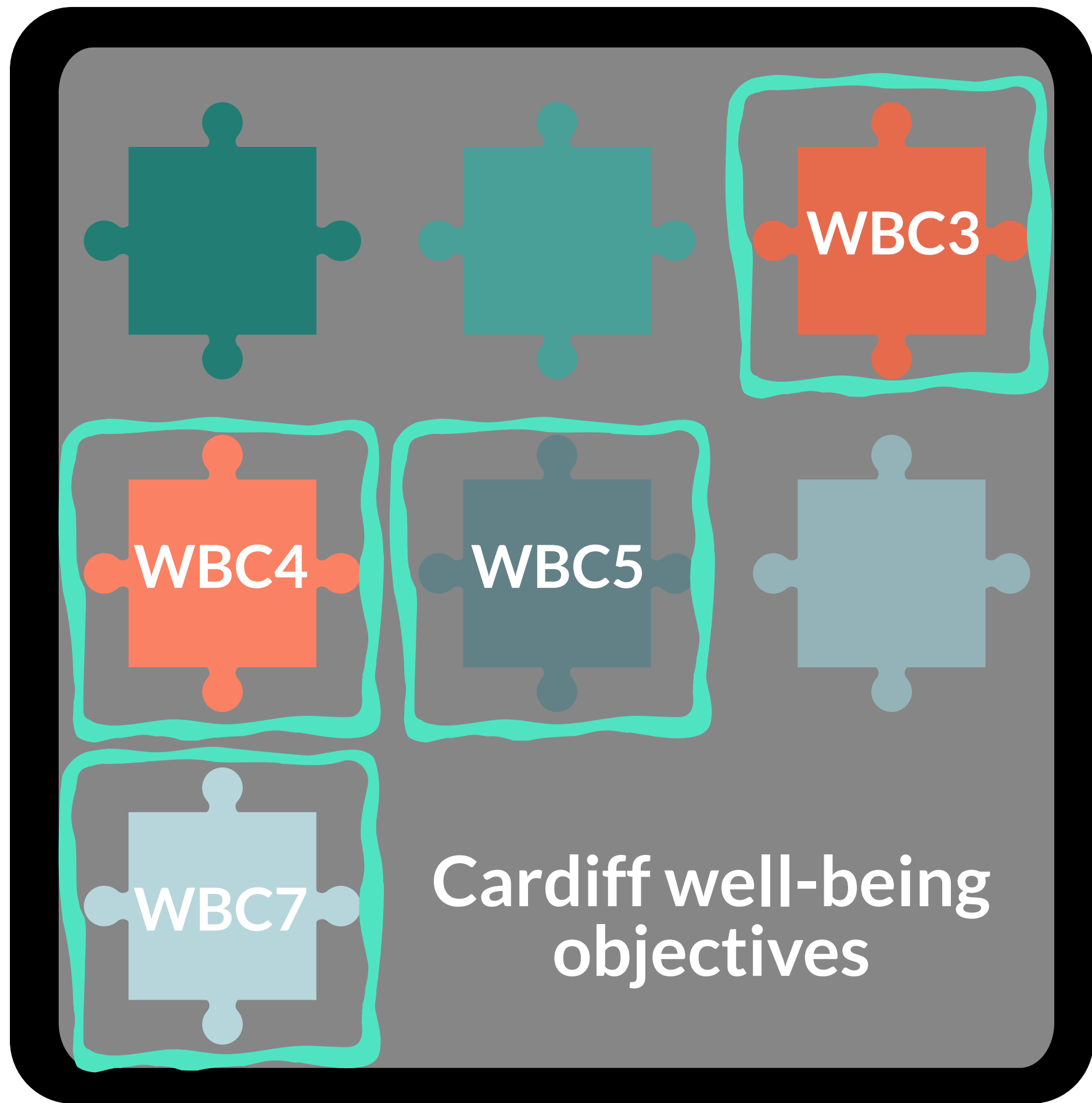
**6.** Develop a new Integrated Autism Service which all agencies working in integrated, multi-disciplinary ways will provide appropriate services for children, young people and adults with an autism spectrum disorder, addressing their education, health, employment, social interaction and emotional needs.

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved



# 3: Learning Disability and Autism

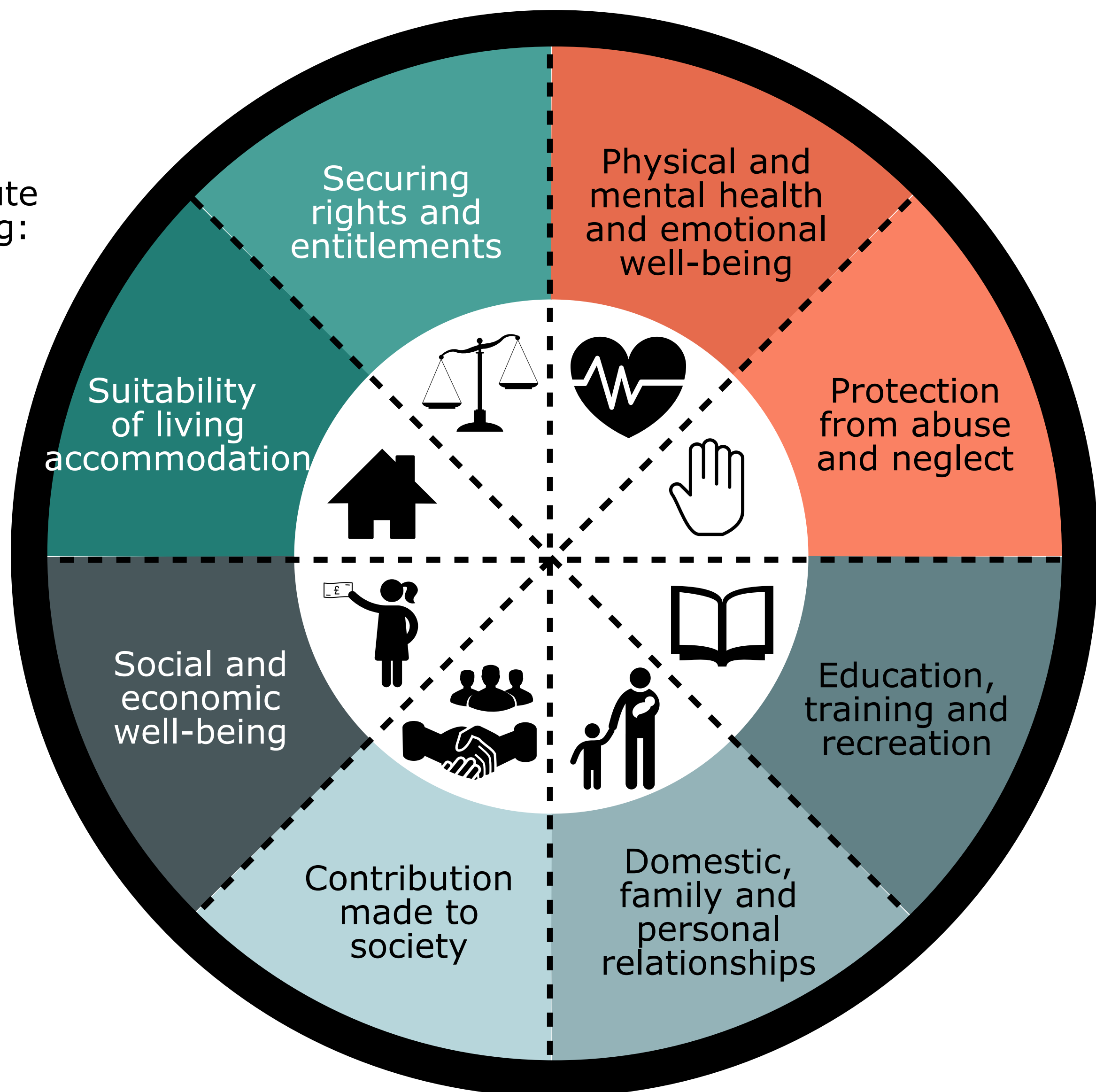
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Protection from abuse and neglect
- Education, training and recreation
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being
- Suitability of living accommodation





# 4: Integrated Family Support Services

## What did the Population Needs Assessment Tell Us?

- The aim of the Integrated Family Support Team (IFST) is to provide an intensive intervention by a highly skilled, multi-disciplinary team to intervene with families referred by Children's Services from Cardiff Council and Vale of Glamorgan Council social workers, to reduce the level of risk and ensure positive outcomes for the most vulnerable children wherever possible.
- Referrals are made due to there being serious child protection concerns as a result of parental / carer substance misuse. In line with Part 9 of the SSWb Act, the referral criteria has been expanded to now also include families presenting with issues around domestic violence or abuse and mental disorder.
- Since 2012, a joint service has operated across Cardiff and Vale of Glamorgan, with a pooled budget and formal agreement in place between the City of Cardiff Council, Vale of Glamorgan Council and Cardiff & Vale UHB. Cardiff Council acts as the lead authority for the IFST hosted within the single team. Other partners including Cwm Taf Local Health Board (for CAMHS), South Wales Police, National Probation Service, Barnardo's and Action for Children are also signatories to the agreement.
- The Population Needs Assessment separately considered issues relating to families, substance misuse and domestic violence, which have been brought together to inform the RPB priorities for the IFST.

## What were the Key Care and Support Needs Identified?

1



### Need 1 (N1):

Improve support for children and young people affected by parental relationship breakdown and domestic violence

2



### Need 2 (N2):

Improve access to appropriate services in a timely fashion, including primary care and mental health services, and support for young people with ADHD and Autism

3



### Need 3 (N3):

Improve access to appropriate services for looked after children and children in need, recognising increased rates of emotional and mental health issues

4



### Need 4 (N4):

Provide appropriate and safe accommodation

5



### Need 5 (N5):

Increase involvement of people requiring services in decisions affecting them

6



### Need 6 (N6):

Increase timely access to low level mental health services (including counselling and family support)

7



### Need 7 (N7):

Improve support for the families of people with mental health issues

8



### Need 8 (N8):

Prevent and reduce the incidences of adverse childhood experiences (ACEs)

9



### Need 9 (N9):

Ensure approaches are both needs-led and risk-led

10



### Need 10 (N10):

Improve co-ordination between substance misuse services

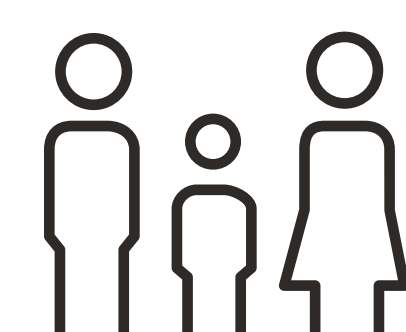
11



### Need 11 (N11):

Improve offender access to mental health and substance misuse services, and counselling post-release

12



### Need 12 (N12):

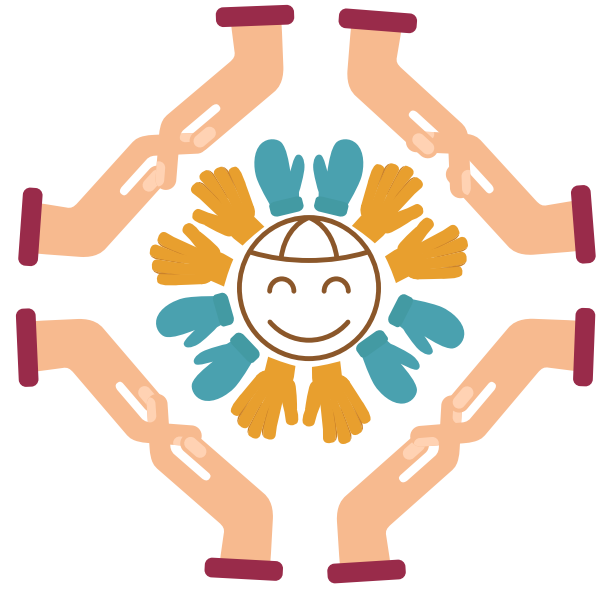
Improve support to offenders and their families to enable family stability



## 4: Integrated Family Support Services

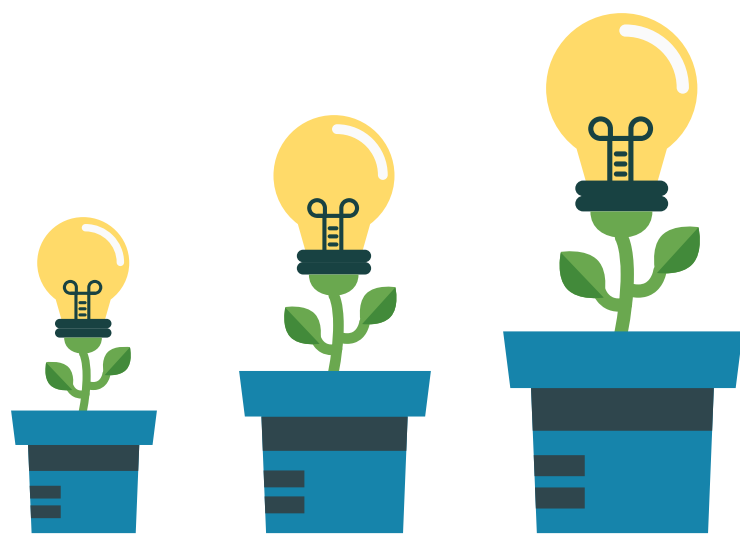
### What are our Key Priorities in Response?

The key priorities to be delivered by the Regional Partnership Board are:



1.

Continue to provide an intensive intervention with families referred by Children's Services where there are serious child protection concerns as a result of parental / carer substance misuse, domestic abuse or mental health.



2.

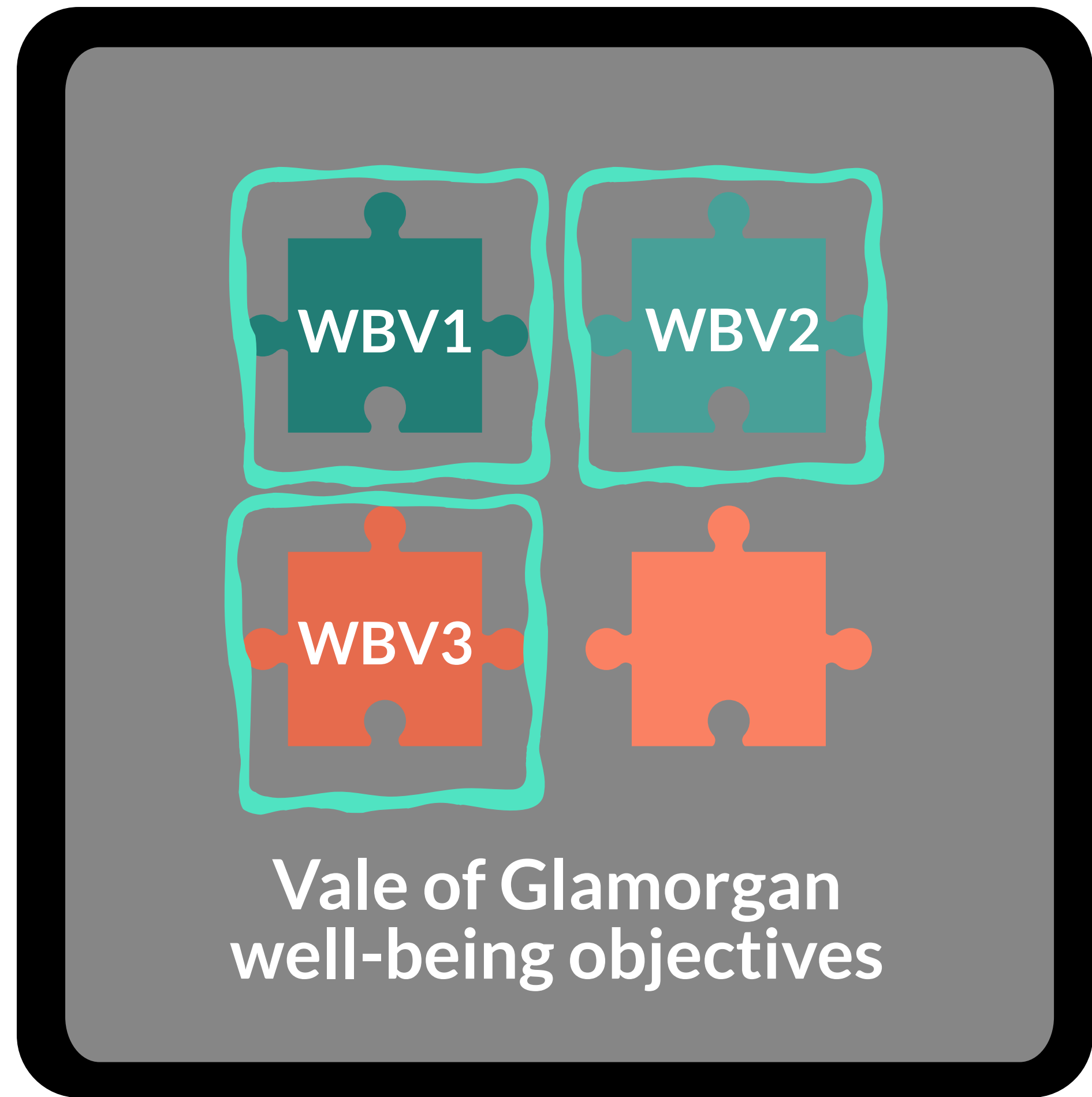
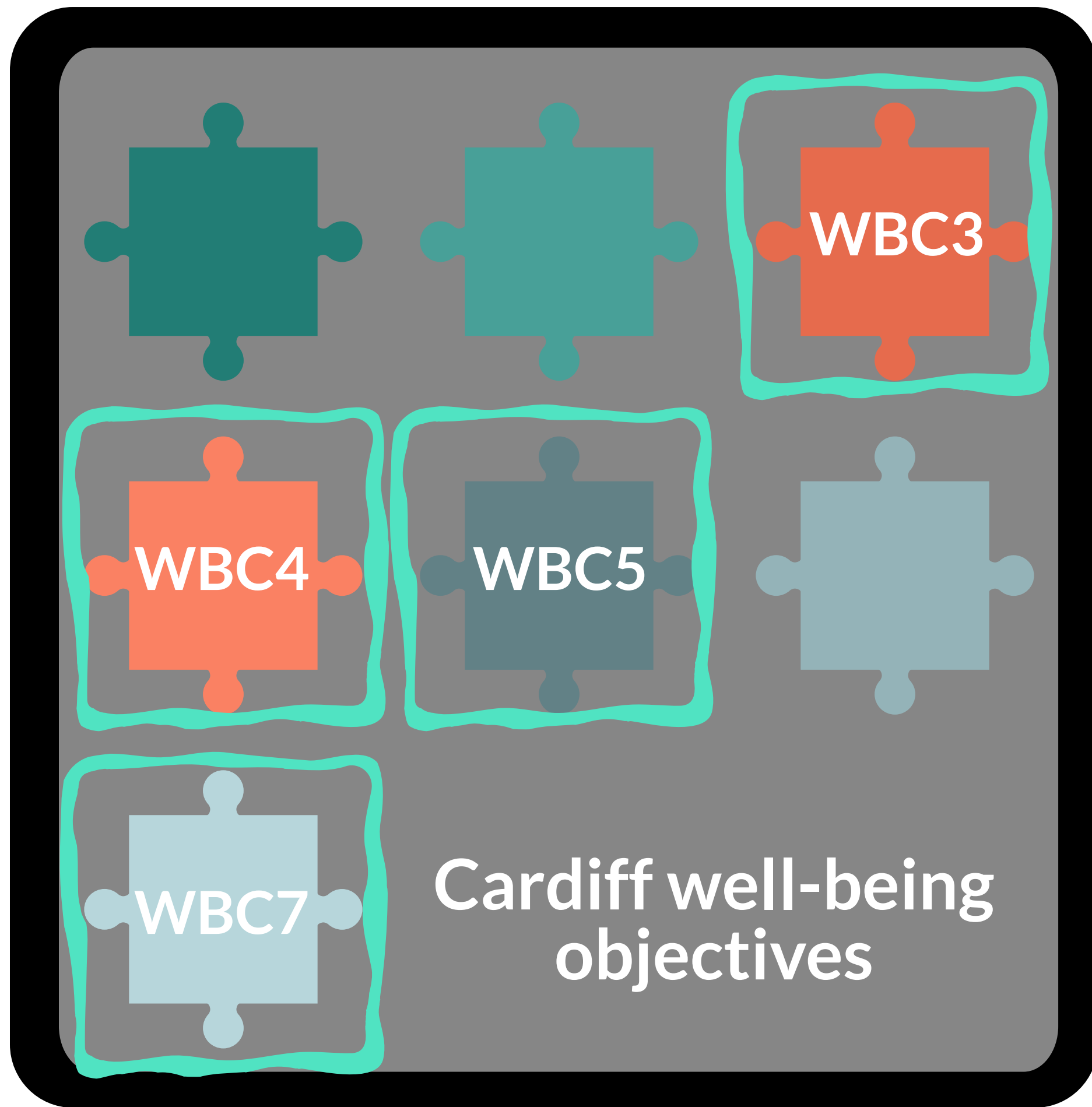
Explore the extension of the Integrated Family Support Service model to include other parental additional needs (e.g. learning disability) and consider how it can help tackle adverse childhood experiences.

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved



# 4: Integrated Family Support Services

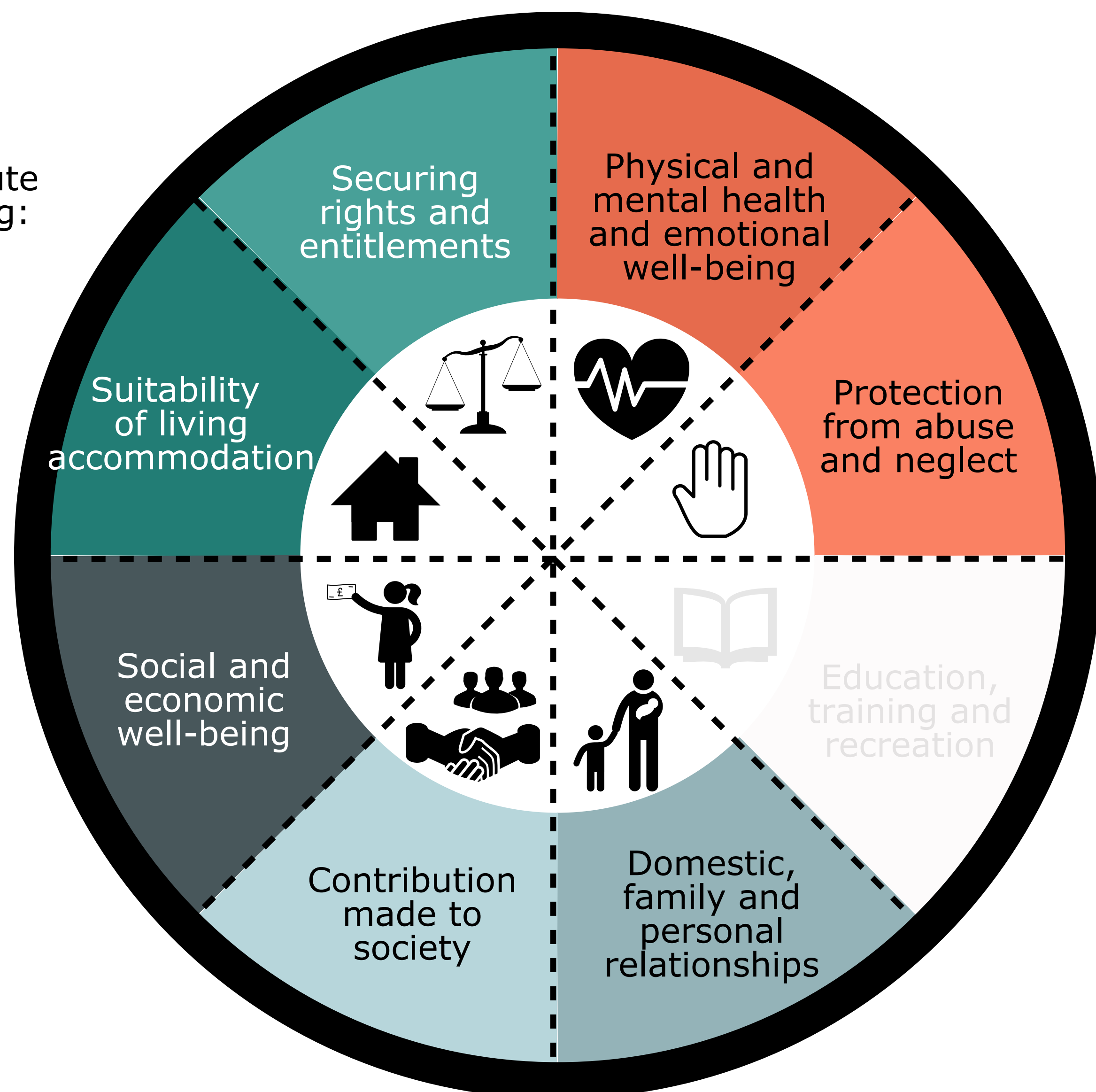
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Protection from abuse and neglect
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being
- Suitability of living accommodation





# 5: Adult and Young Carers

## What did the Population Needs Assessment Tell Us?

- At the 2011 Census, 50,580 carers were recorded in Cardiff and the Vale of Glamorgan. This represented a 12% rise over the number in the previous Census 10 years earlier. The percentage of people in the population in each region who identify as carers is below the Wales average.
- A survey of adult carers in Cardiff and the Vale was undertaken in 2011, with 292 respondents. Of the respondents, the majority were female (72%) and caring full time (72%). Most people cared for one person (87%) although over one in ten (13%) cared for two or more people. Two thirds of carers (67%) had been caring for more than 5 years, including nearly half (46%) caring for over 10 years. Three quarters (77%) were aged 40 or over, including a quarter (24%) who were 75 or over.
- A young carer is someone aged 18 or under who helps look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem.
- At the 2011 Census, 1,579 young carers were identified in Cardiff and the Vale of Glamorgan, although the Census is recognised as underestimating the number of young carers when compared with surveys of school children across the UK in which they are asked if they have caring responsibilities. Young adult carers (aged 18-25) are particularly vulnerable to transition on leaving school, and are more likely to be not in education, employment or training (NEET).

## What were the Key Care and Support Needs Identified?

1



### Need 1 (N1):

Improve access to information (including financial support and services available)

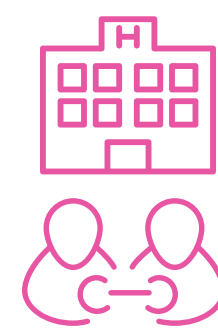
2



### Need 2 (N2):

Improve public transport services to enable access to health and well-being activities

3



### Need 3 (N3):

Ensure the discharge planning process involves consultation with carers

4



### Need 4 (N4):

Provide appropriate housing, to meet individual's needs and enable people to remain independent

5



### Need 5 (N5):

Provide accessible respite care (including emergency respite) for those in need

6



### Need 6 (N6):

Improve the availability of mental health support to carers

7



### Need 7 (N7):

Reduce loneliness and social isolation

8



### Need 8 (N8):

Identify carers and provide support to those in need

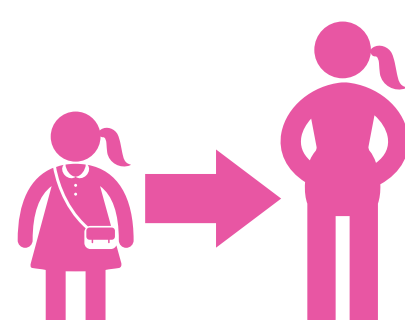
9



### Need 9 (N9):

Improve access to carers' assessments

10



### Need 10 (N10):

Enable smoother transitions between children's and adult's services

11



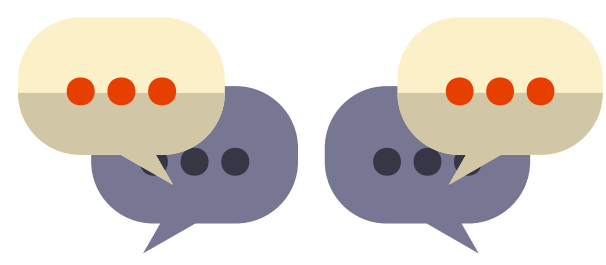
### Need 11 (N11):

Address perceptions of carers feeling judged by services



## What are our Key Priorities in Response?

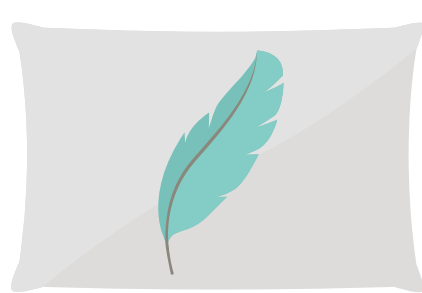
The key priorities to be delivered by the Regional Partnership Board are:



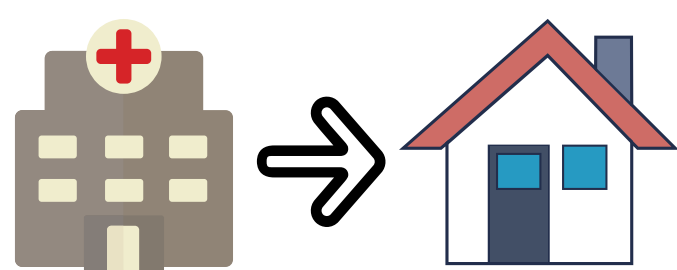
**1.** Identify and implement a carer engagement model based on best practice



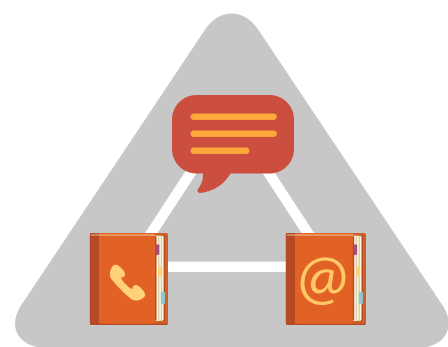
**2.** Improve physical and emotional support for young carers, including emergency and pre-planned respite and reducing the risk of adverse childhood experiences



**3.** Improve physical and emotional support for adult carers, including emergency and pre-planned respite



**4.** Involve carers, including young carers, in the planning of hospital admission and discharge if the person they care for is in hospital



**5.** Provide easily accessible information to carers and relatives in a range of formats and languages, through existing information points, such as primary care and libraries



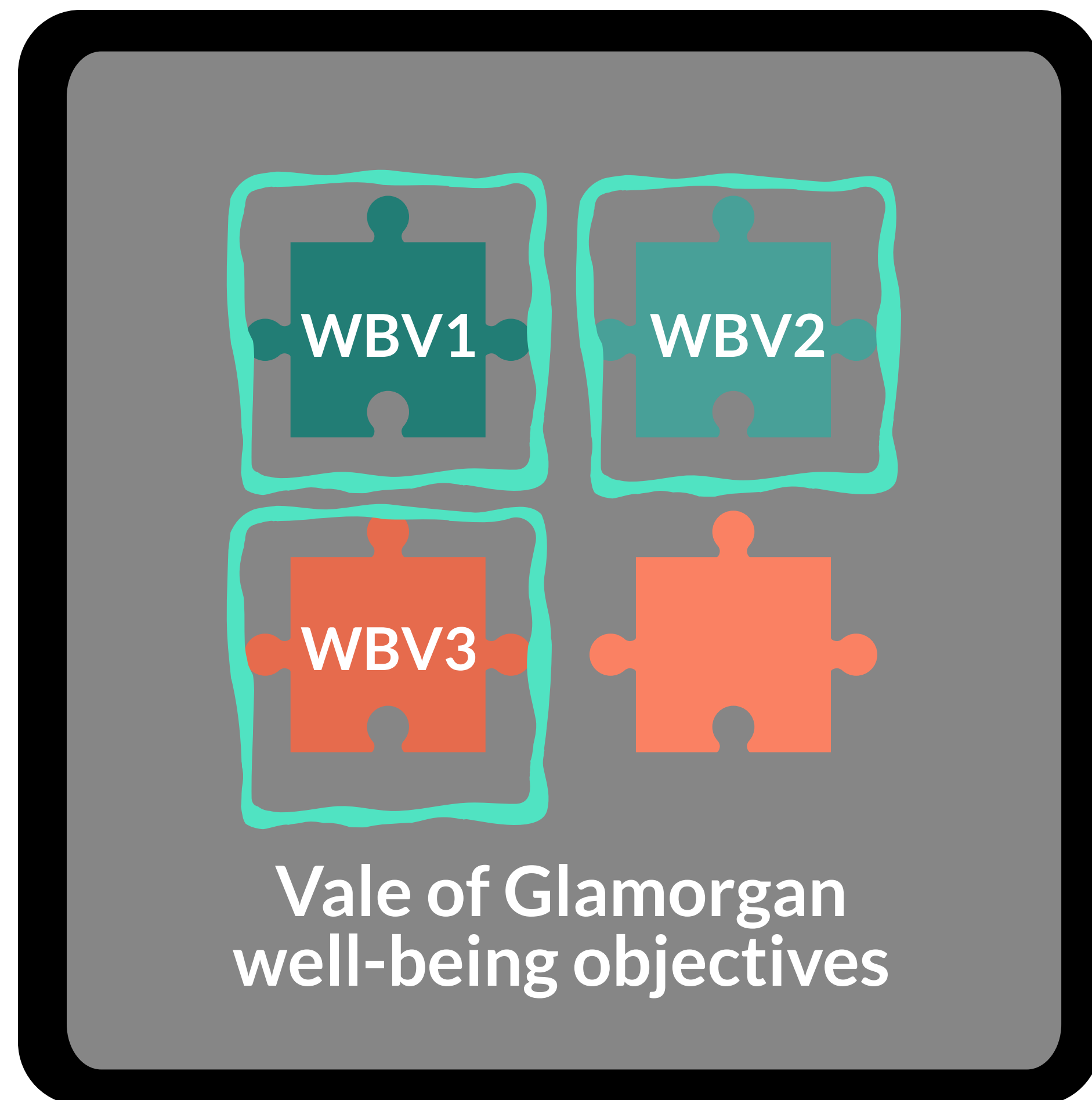
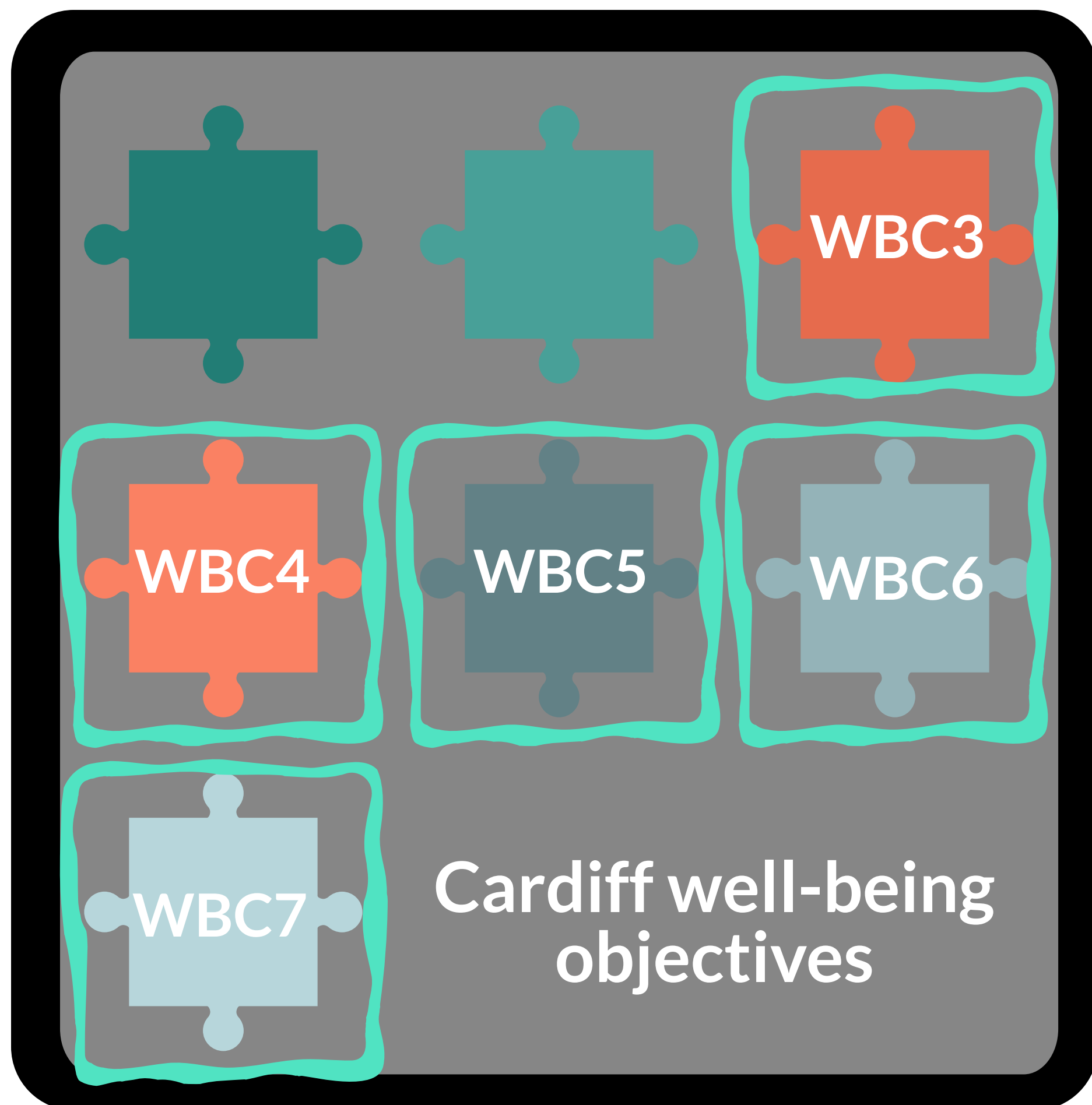
**6.** Raise awareness around caring and carers among the public and health and social care professionals, (e.g. adopting an approach similar to Making Every Contact Count), to ensure that carers are identified as early as possible and all involved are aware of their rights as a carer

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved



# 5: Adult and Young Carers

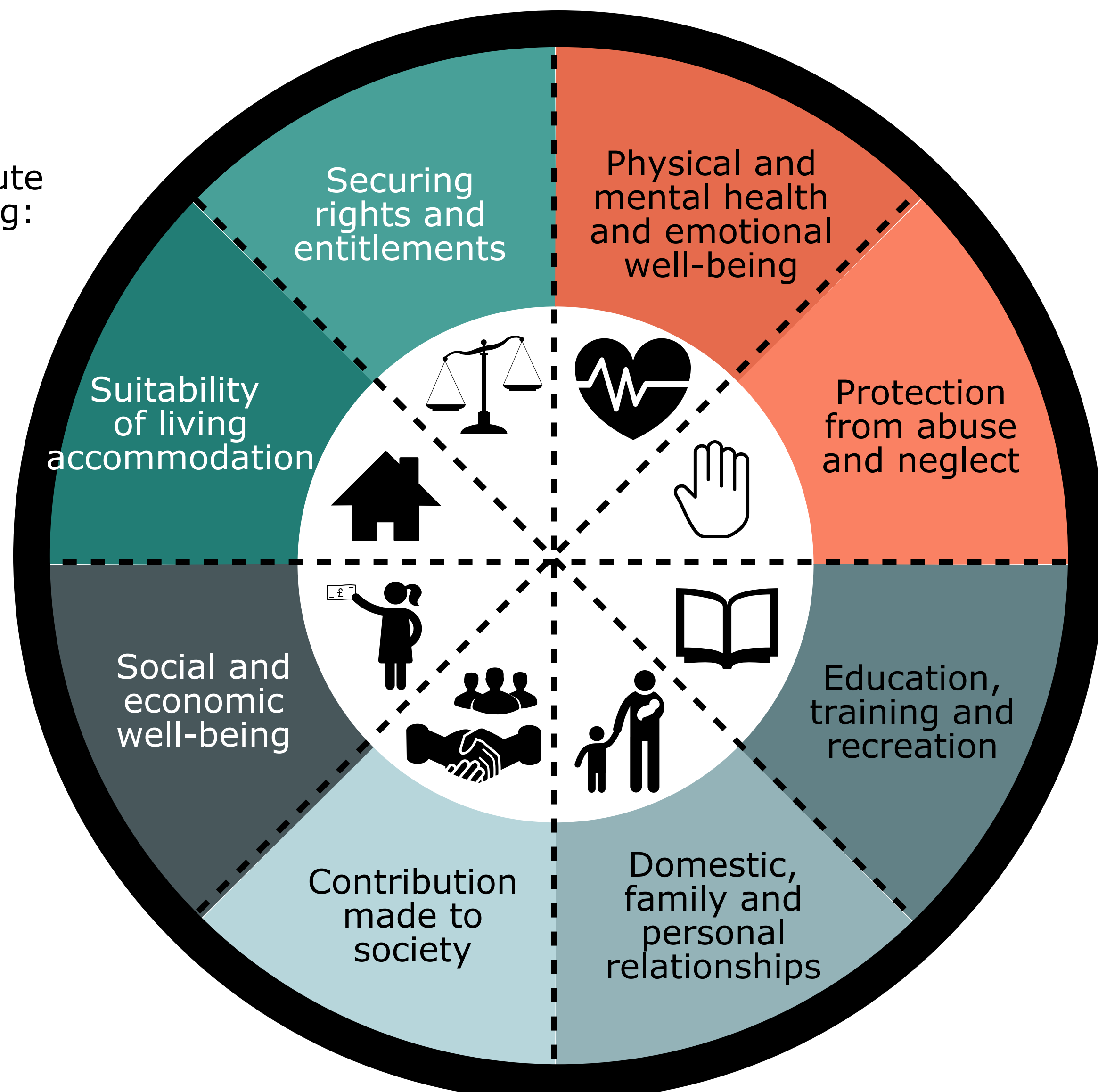
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Protection from abuse and neglect
- Education, training and recreation
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being
- Suitability of living accommodation





# 6: Health and Physical Disabilities

## What did the Population Needs Assessment Tell Us?

- Over 30,000 people in Cardiff and the Vale of Glamorgan classified themselves in 'bad' or 'very bad' health, a rate of 6.4%. This compared to a Welsh average of 7.4%.
- 1 in 7 of the adult population (15%) considered that their day-to-day activities were limited a lot by a long-term health problem or disability.
- Unhealthy behaviours which increase the risk of disease are endemic among adults in Cardiff and the Vale, although tobacco and alcohol use are showing signs of improving. Many (but not all) of the most common chronic conditions and causes of death may be avoided by making changes in health-related behaviours, e.g. two fifths drink above alcohol guidelines (42% Cardiff, 42% Vale), around two thirds don't eat sufficient fruit and vegetables (64% Cardiff, 68% Vale), over half are overweight or obese (52% Cardiff, 53% Vale), and three quarters don't get enough physical activity (72% Cardiff, 71% Vale).

## What were the Key Care and Support Needs Identified?

1



### Need 1 (N1):

Improve access to information and services

2



### Need 2 (N2):

Maintain and improve the provision and sustainability of community services

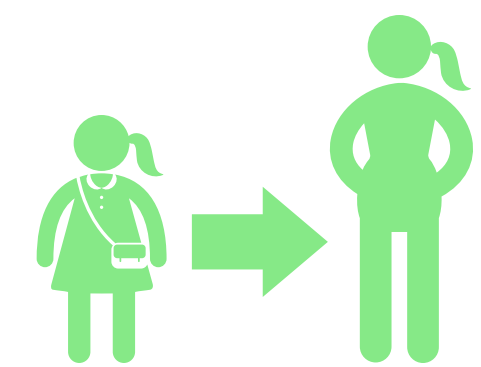
3



### Need 3 (N3):

Improve the flexibility of services, including offering provision closer to home

4



### Need 4 (N4):

Improve transitions between children's and adult's services

5



### Need 5 (N5):

Increase integration of health, housing and social care

6



### Need 6 (N6):

Promote and target services to meet the needs of vulnerable groups

7



### Need 7 (N7):

Improve public transport services to enable access to activities which promote health and well-being

8



### Need 8 (N8):

Improve the use of public buildings to join-up services and maximise resources

9



### Need 9 (N9):

Provide appropriate housing to meet individuals' needs and enable people to remain independent

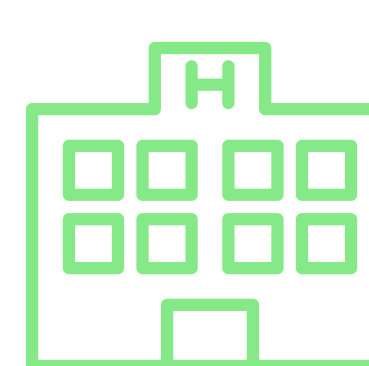
10



### Need 10 (N10):

Reduce the prevalence of unhealthy behaviours

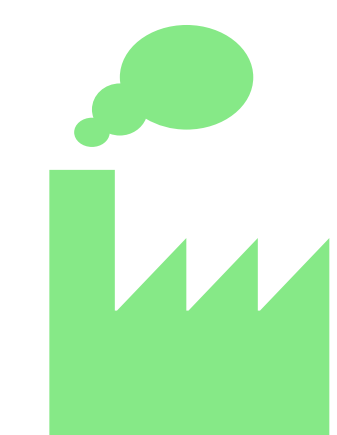
11



### Need 11 (N11):

Respond to the increasing prevalence of long-term conditions

12



### Need 12 (N12):

Reduce the levels of air pollution

13



### Need 13 (N13):

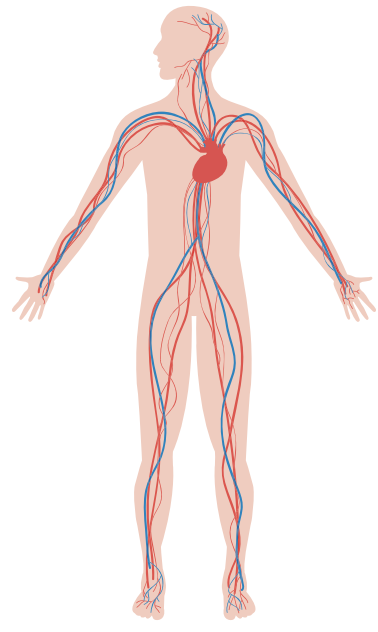
Reduce the number of people living in food poverty



## 6: Health and Physical Disabilities

### What are our Key Priorities in Response?

The key priorities to be led by other Partnerships and planning arrangements across the region are:



**1.**

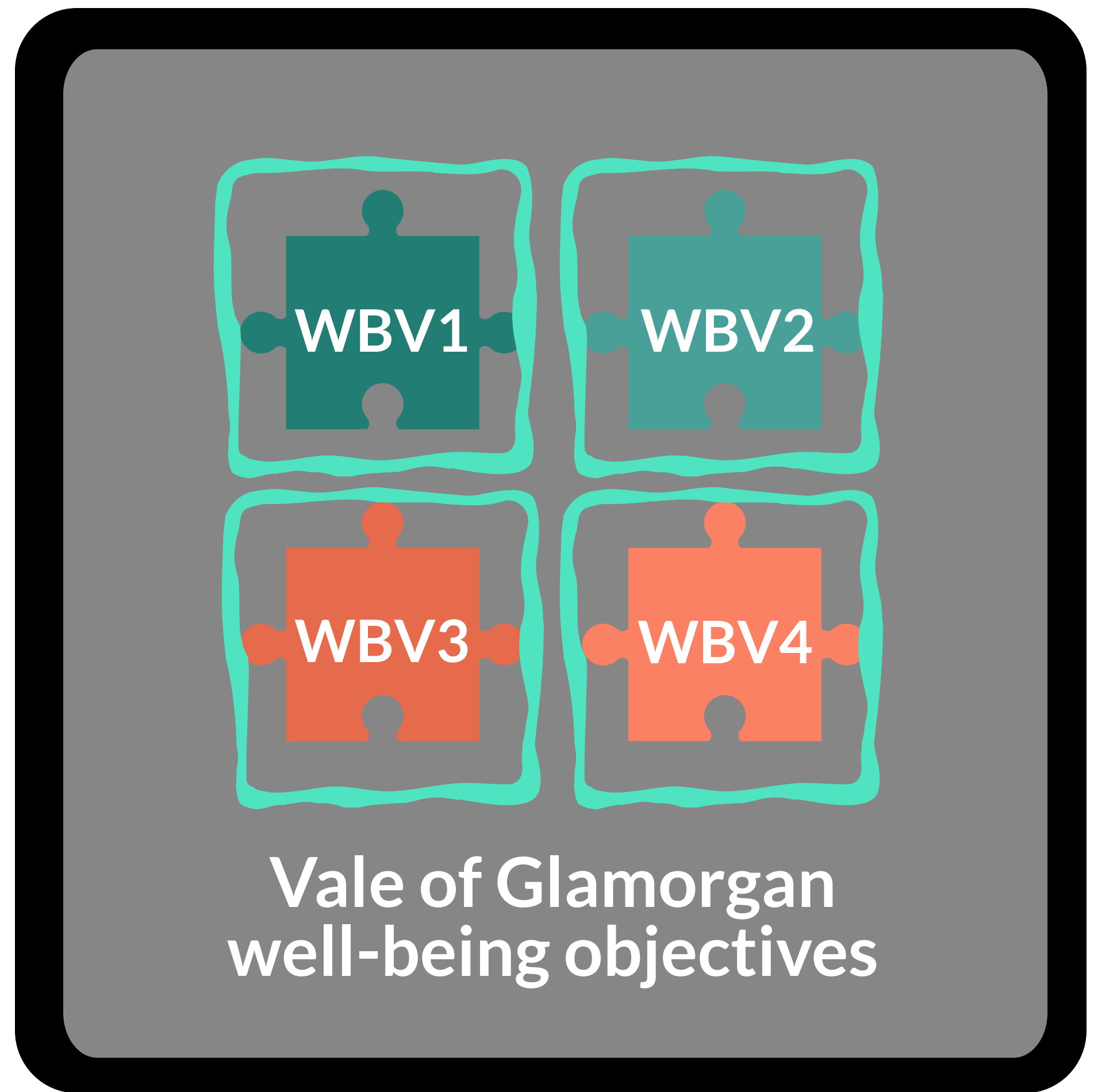
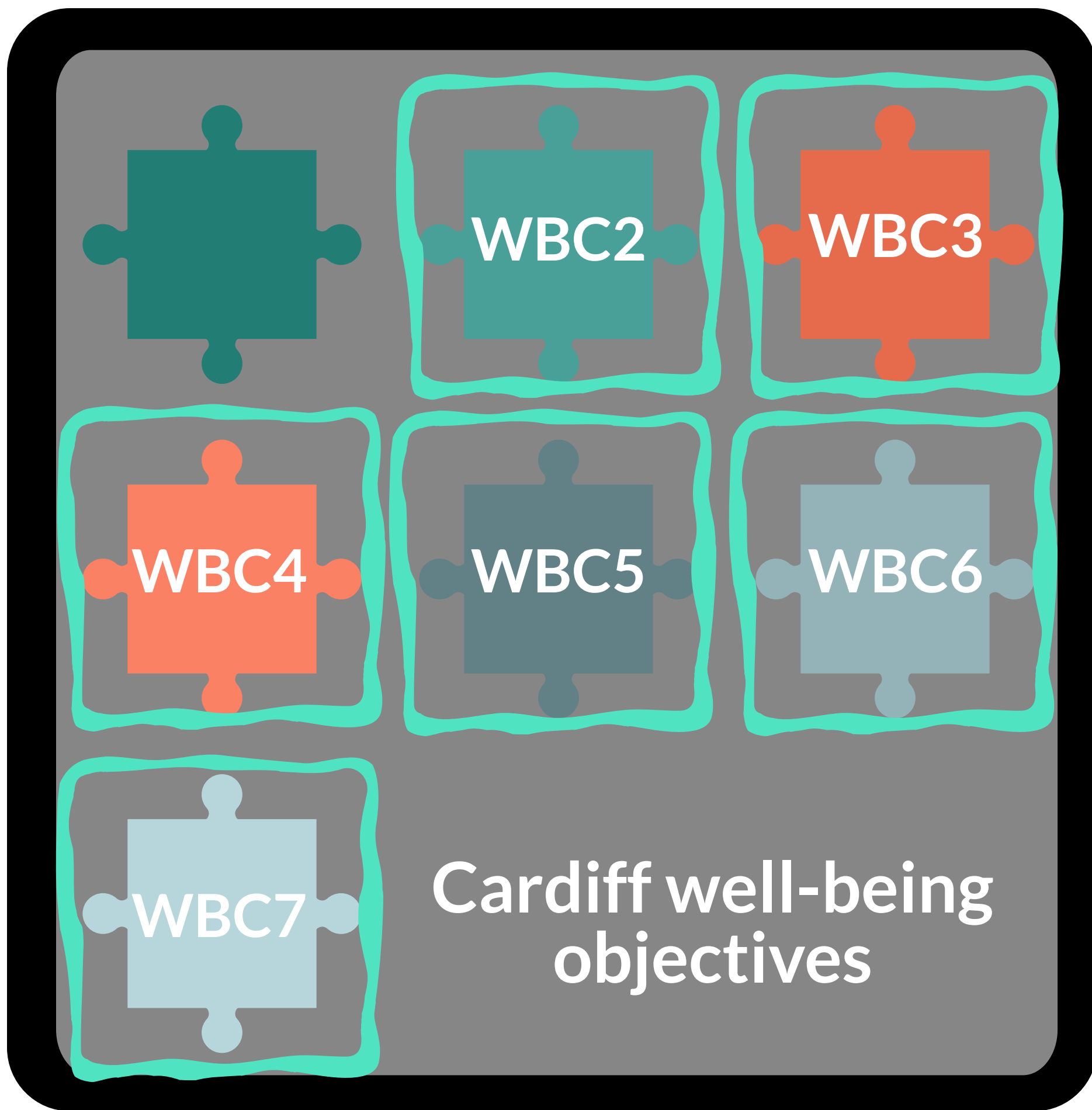
Promote healthy lifestyles and improve and protect the health and well-being of Cardiff and Vale of Glamorgan residents

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved



# 6: Health and Physical Disabilities

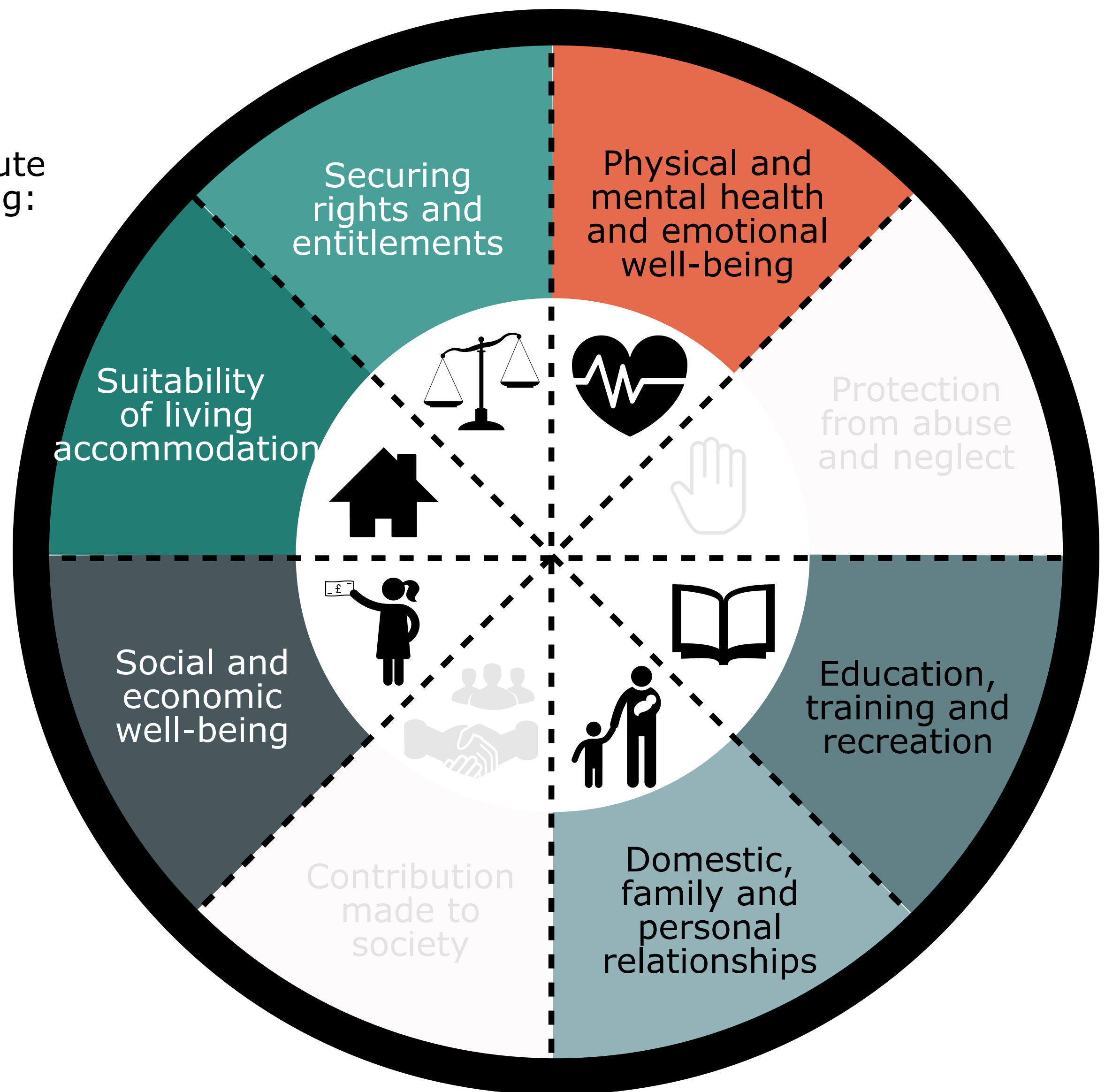
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Education, training and recreation
- Domestic, family and personal relationships
- Social and economic well-being
- Suitability of living accommodation



# 7: Adult Mental Health and Cognitive Impairment

## What did the Population Needs Assessment Tell Us?

- Self-reported mental well-being in Cardiff and the Vale of Glamorgan is in line with the Wales average, although this masks a slightly lower score in Cardiff compared with the Vale of Glamorgan.
- A recent health needs assessment of people with dementia in Cardiff and the Vale of Glamorgan highlighted that dementia had overtaken heart disease as the leading cause of death among women in England and Wales.
- There are estimated to be 5,000 people with dementia in Cardiff and Vale of Glamorgan, nearly 6 in 10 (58%) of whom have a diagnosis.

## What were the Key Care and Support Needs Identified?



1

### Need 1 (N1):

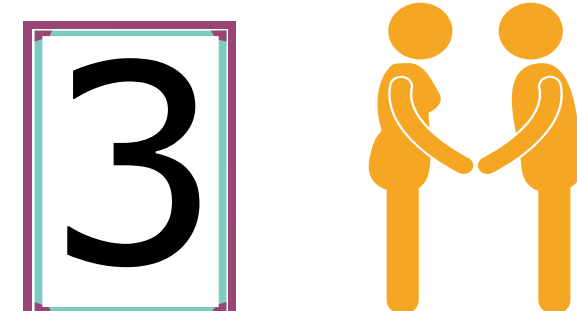
Increase timely access to low level mental health services (including counselling and family support)



2

### Need 2 (N2):

Improve the join up of information, advice and services



3

### Need 3 (N3):

Reduce loneliness and isolation (especially among people with dementia, asylum seekers and refugees)



4

### Need 4 (N4):

Provide appropriate housing, to meet individual's needs and enable people to remain independent



5

### Need 5 (N5):

Continue partnership approach between statutory services and with the third sector



6

### Need 6 (N6):

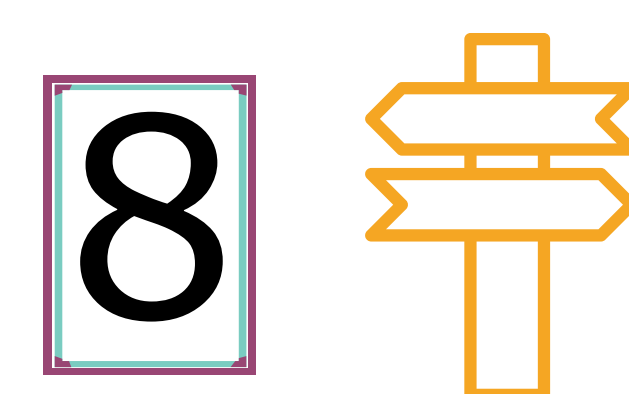
Improve support for the families of people with mental health issues



7

### Need 7 (N7):

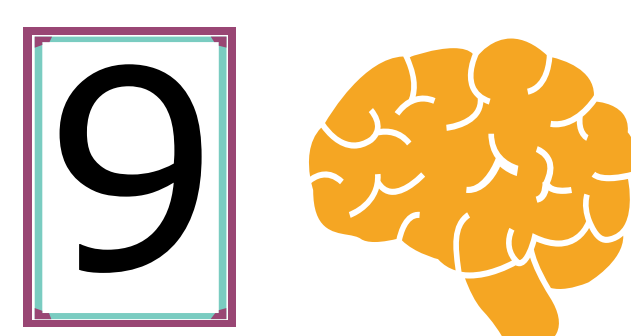
Improve access to services such as community hubs and one-stop shops



8

### Need 8 (N8):

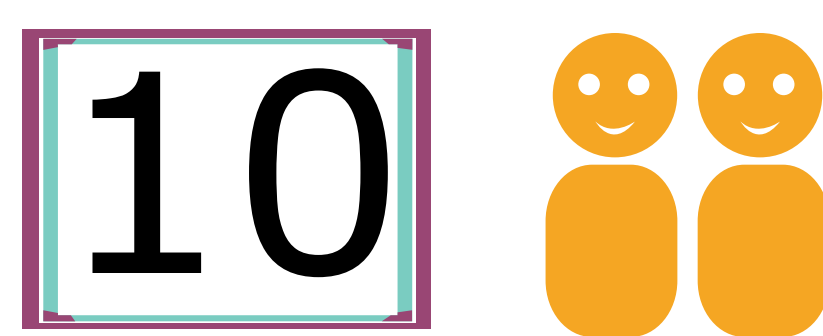
Improve information and support for GPs to inform decisions around referrals



9

### Need 9 (N9):

Improve support for people with dementia, their families and carers



10

### Need 10 (N10):

Improve peer support and mentoring to guide people through the system



# 7: Adult Mental Health and Cognitive Impairment

## What are our Key Priorities in Response?

The key priorities to be led by other Partnerships and planning arrangements across the region are to deliver the Cardiff and Vale of Glamorgan 'Together for Mental Health' Plan, which includes ensuring that:



**1.** People in Cardiff and Vale of Glamorgan are more resilient and better able to tackle poor mental well-being when it occurs



**2.** The quality of life for people is improved, particularly through addressing loneliness and unwanted isolation.



**3.** Services meet the needs of the diverse population of Cardiff and Vale of Glamorgan



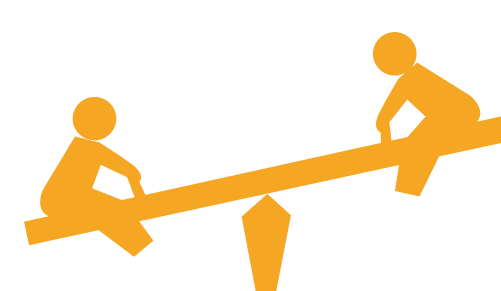
**4.** People with mental health problems, their families and carers are treated with dignity and respect



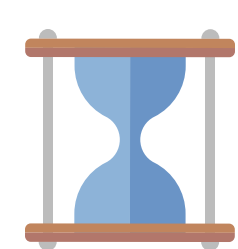
**5.** All children have the best possible start in life, which is enabled by giving parents / care givers the support needed



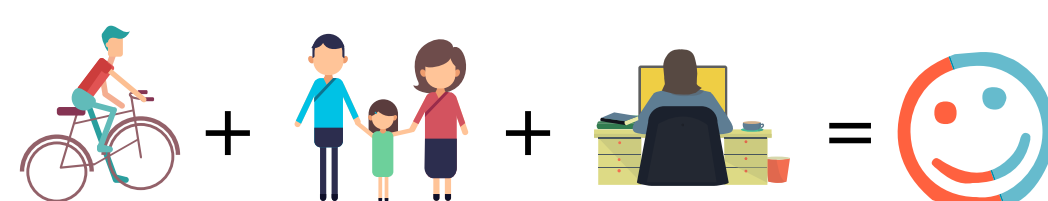
**6.** All children and young people are more resilient and better able to tackle poor mental well-being when it occurs



**7.** Children and young people experiencing mental health problems get better sooner



**8.** People with a mental health problem have access to appropriate and timely services



**9.** People of all ages experience sustained improvement to their mental health and well-being through access to positive life chances

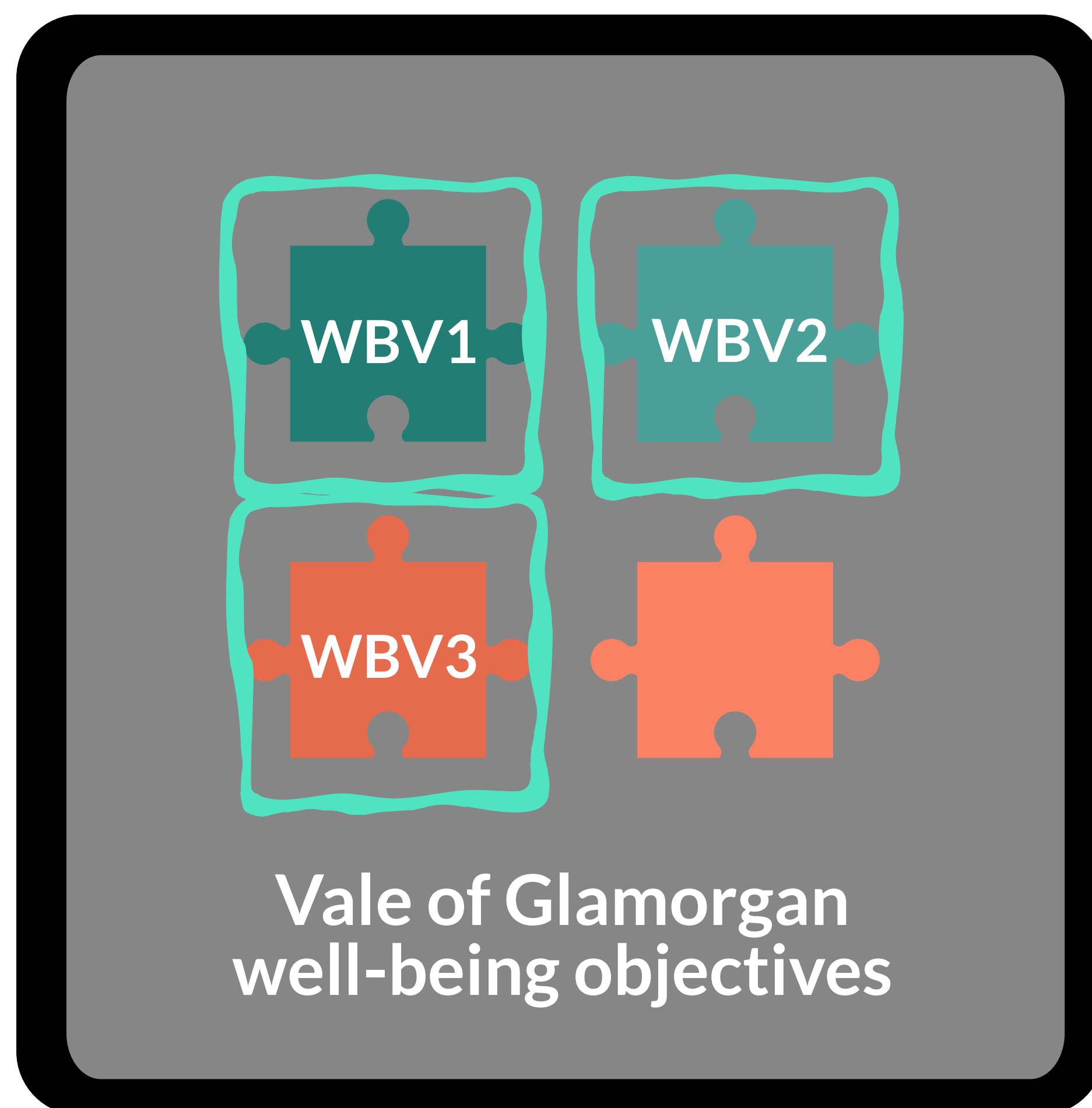
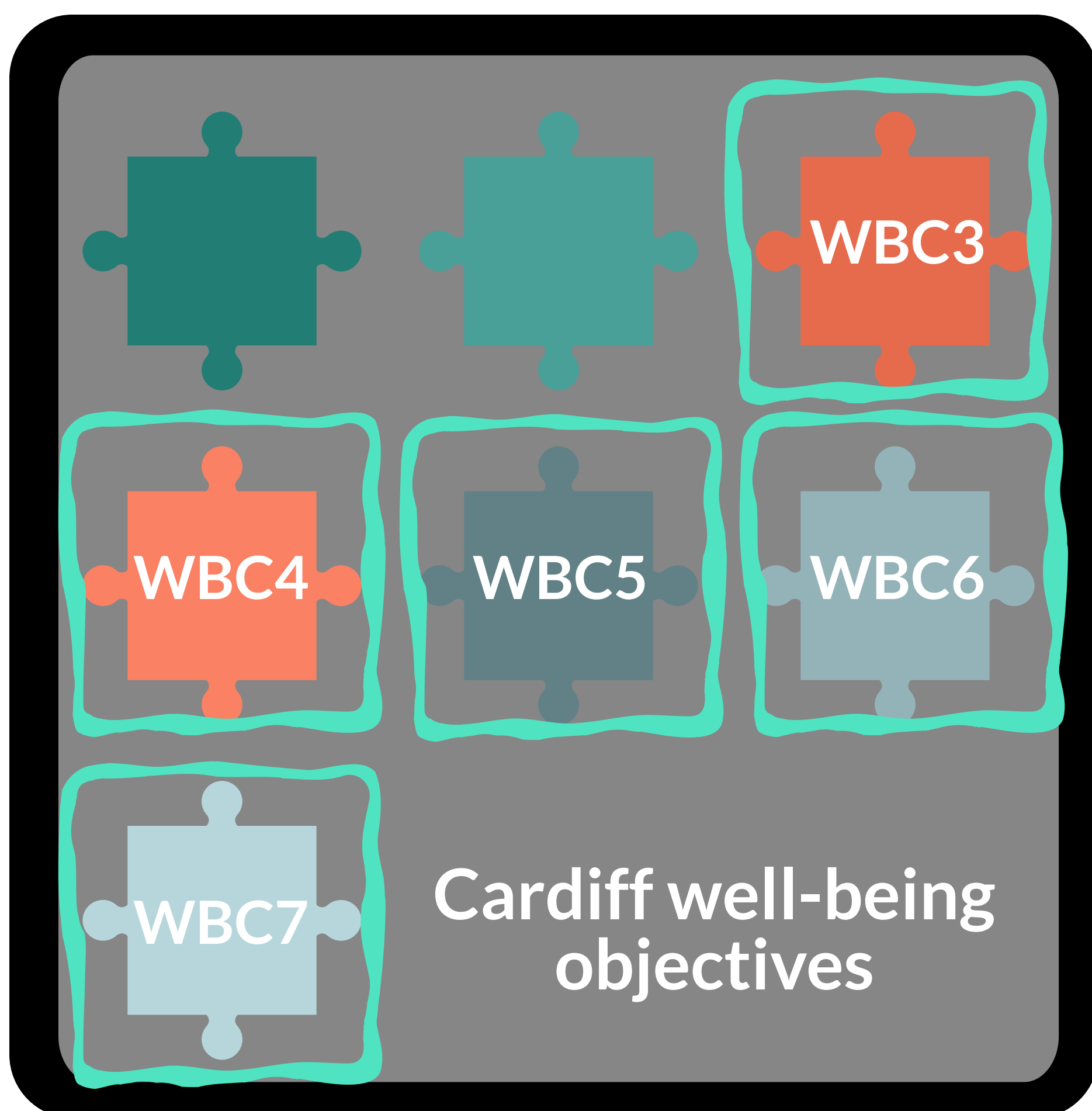


**10.** Cardiff & Vale of Glamorgan is a dementia-friendly region

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved

# 7: Adult Mental Health and Cognitive Impairment

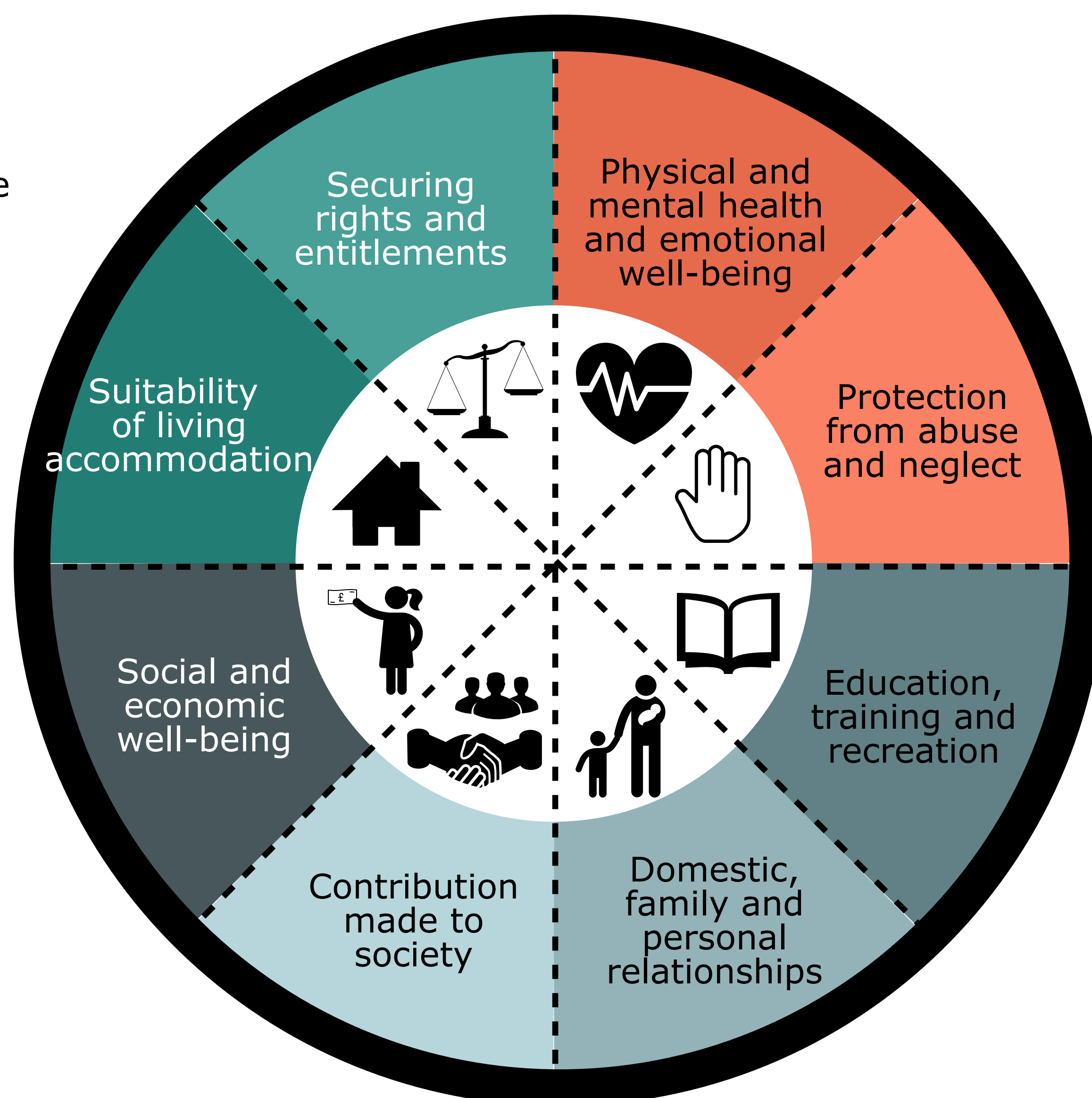
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Protection from abuse and neglect
- Education, training and recreation
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being
- Suitability of living accommodation





# 8: Sensory Loss and Impairment

## What did the Population Needs Assessment Tell Us?

- There are an estimated 9,430 people living with some degree of sight loss in Cardiff and 4,560 people in the Vale of Glamorgan. Of these, 1,230 are living with severe sight loss in Cardiff and 610 in the Vale.
- In Cardiff, there are 11,980 people with early age-related macular degeneration (AMD) and 6,030 in the Vale. In addition, there are 2,870 people living with cataracts in Cardiff and 1,450 in the Vale, along with 7,230 people in Cardiff and 2,560 in Vale with diabetic retinopathy. Numbers of people with diabetic retinopathy are expected to rise significantly in Cardiff (17% compared to the Wales average of 6%), and 5% in the Vale.
- It is estimated that 28,900 people have moderate or severe hearing impairment in Cardiff, and 14,100 in the Vale.
- In Cardiff, it is estimated that 1,840 people are living with dual sensory loss (i.e. sight and hearing) of any severity, along with 860 people with the Vale.

## What were the Key Care and Support Needs Identified?

**1** 


**Need 1 (N1):**  
Improve accessible communication and provision of information on services available

**2** 


**Need 2 (N2):**  
Improve opportunities for increasing mobility and rehabilitation

**3** 

**Need 3 (N3):**  
Review purpose and use of registers for sensory impairment

**4** 

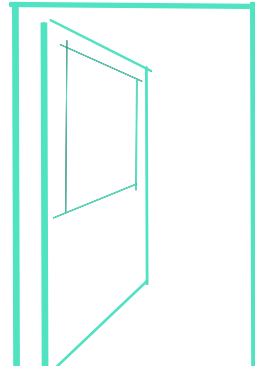
**Need 4 (N4):**  
Increase opportunities to improve social interaction, mental health and well-being

**5** 

**Need 5 (N5):**  
Improve the provision of person centred equipment and technology

**6** 


**Need 6 (N6):**  
Ensure appropriate housing to meet individual's needs and enable independent living

**7** 

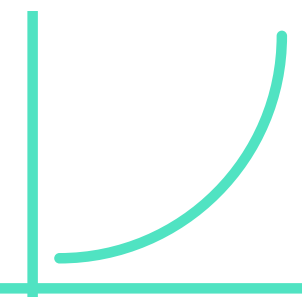
**Need 7 (N7):**  
Improve access to appropriate specialist services and assessments

**8** 

**Need 8 (N8):**  
Continue partnership approach between statutory services and with the third sector

**9** 

**Need 9 (N9):**  
Identify people with complex needs and sensory impairment who require additional support

**10** 

**Need 10 (N10):**  
Improve planning for increase in prevalence of people with sight loss

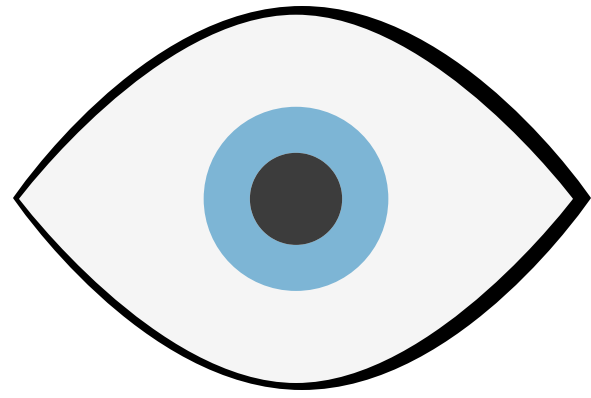
**11** 

**Need 11 (N11):**  
Recognise and address diagnosed hearing impairment among older people in care homes

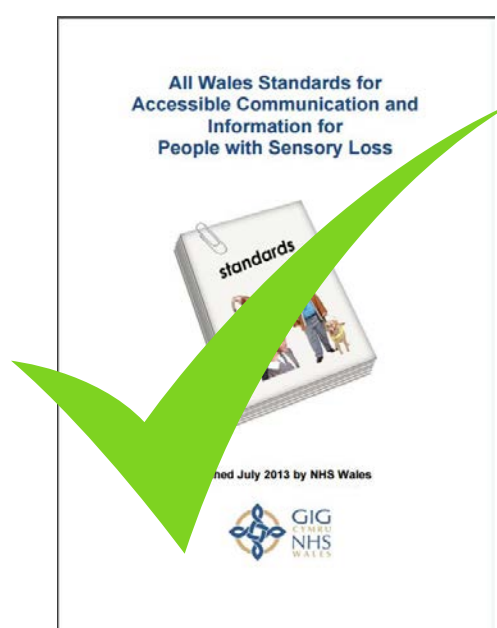
# 8: Sensory Loss and Impairment

## What are our Key Priorities in Response?

The key priorities to be led by other Partnerships and planning arrangements across the region are:



- 1.** Deliver the Cardiff and Vale of Glamorgan Eye Care Plan in conjunction with Primary Care, Secondary Care, Cardiff and Vale of Glamorgan University Health Board and Welsh Government



- 2.** Develop and implement a health board wide action plan to meet the All Wales Standards for Accessible Information and Communication for People with Sensory Loss, in order to improve provision across Primary Care, Secondary Care and Emergency and Unscheduled Care



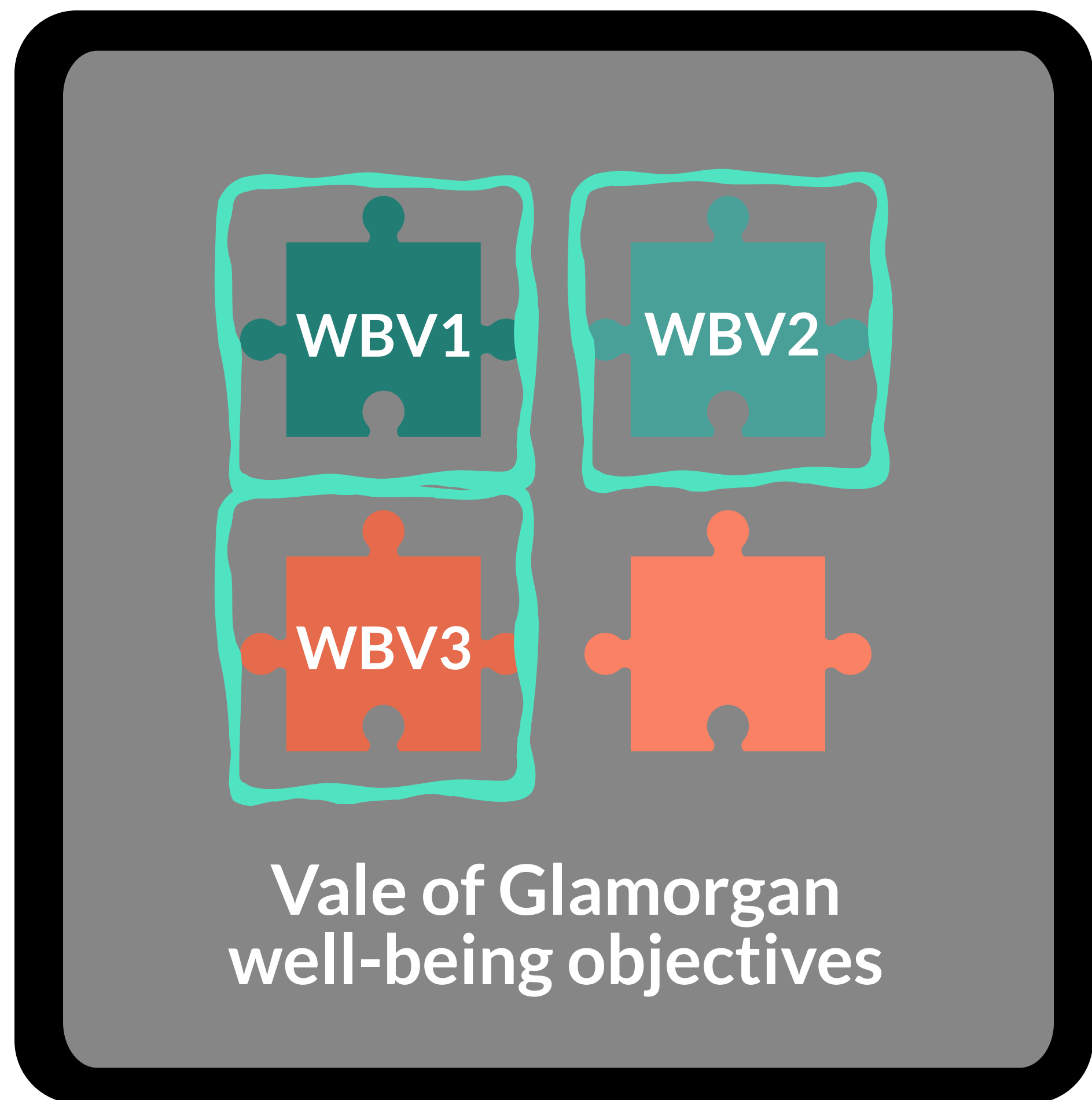
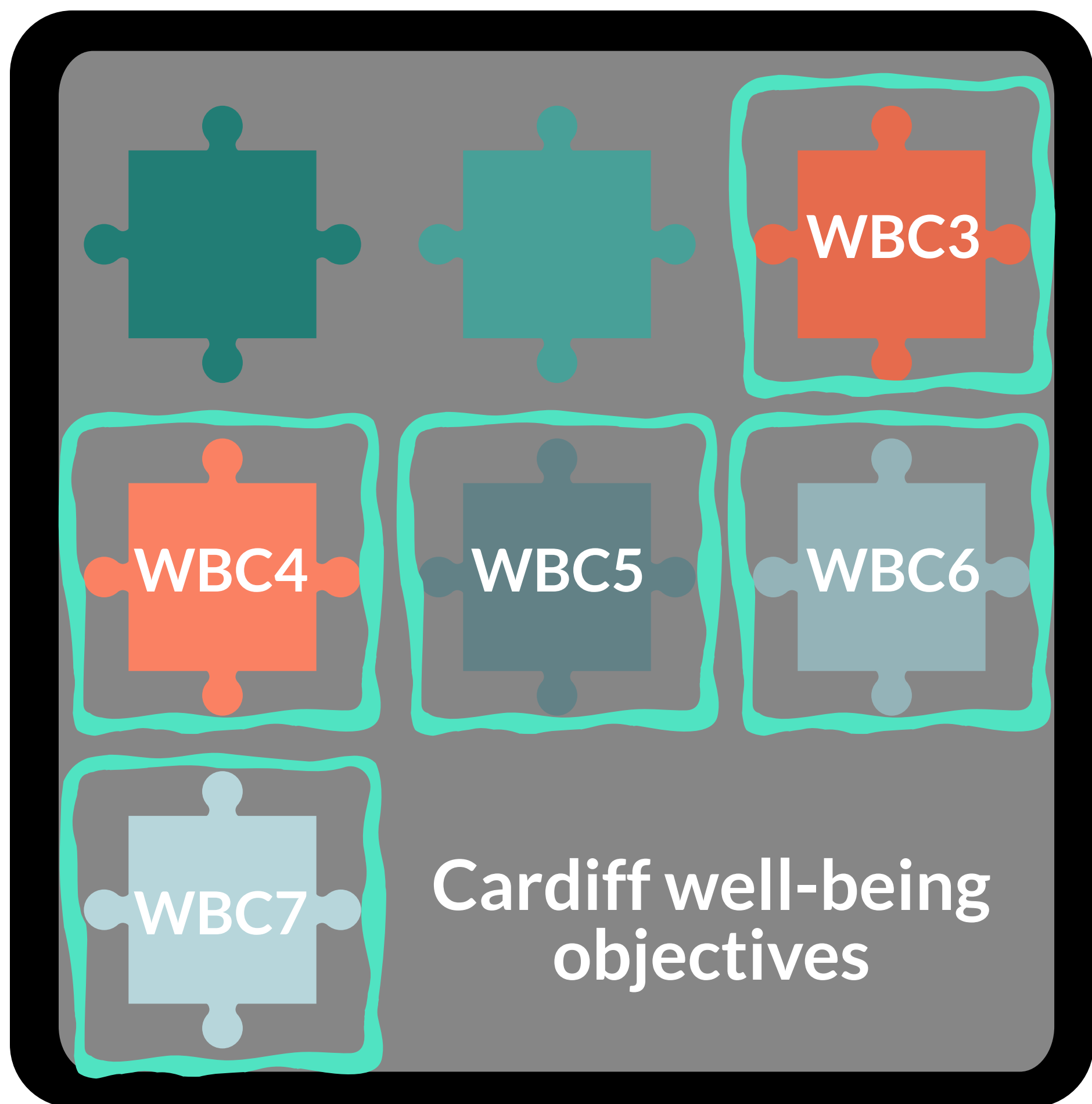
- 3.** Explore the establishment of a partnership delivery mechanism to meet the wider needs of people with sensory loss and impairment

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved



# 8: Sensory Loss and Impairment

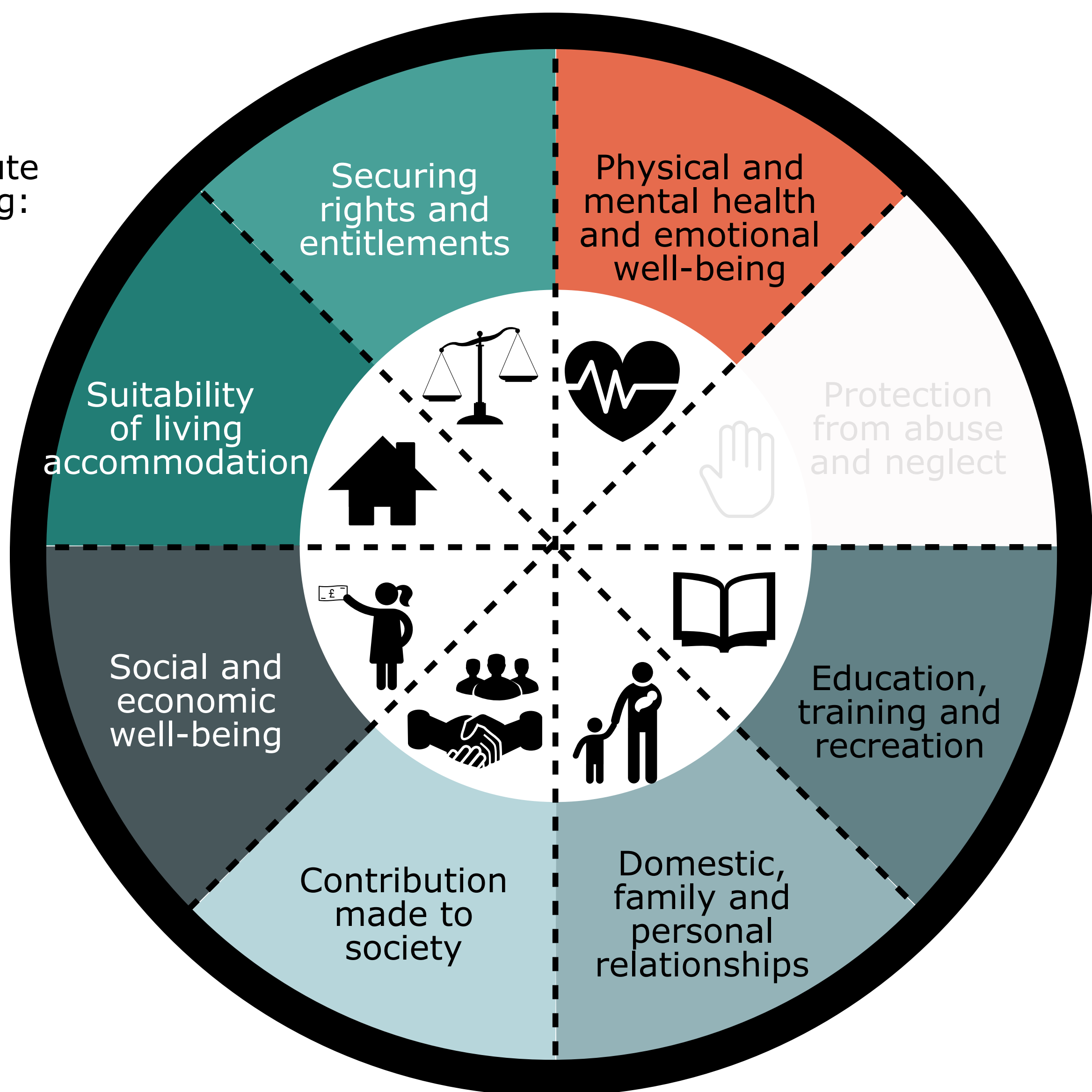
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Education, training and recreation
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being
- Suitability of living accommodation



# 9: Violence Against Women, Domestic Abuse and Sexual Violence

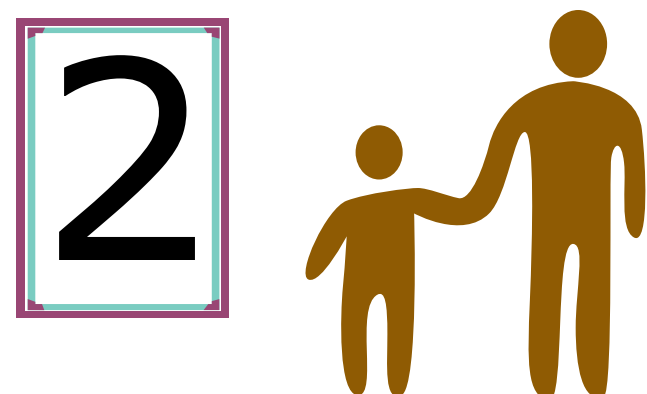
## What did the Population Needs Assessment Tell Us?

- In Cardiff, there were 2,362 incidents of violence against the person (either gender), 2,263 domestic incidents and 57 sexual offences reported to South Wales Police during 2015/16. In the Vale of Glamorgan, the corresponding figures were 2,279 incidents of violence against the person, 1,936 domestic incidents and 204 reported sexual offences.
- In Cardiff, 3,145 referrals relating to domestic abuse were made by the Police, including 1,060 high risk referrals. In the Vale, 1,936 referrals were made by the Police, including 63 high risk referrals.
- Of children in need and protection in Cardiff, 15% in 2015 had a record of domestic abuse being a factor. In the Vale, this was much higher at 51% compared to a Wales average of 23%.

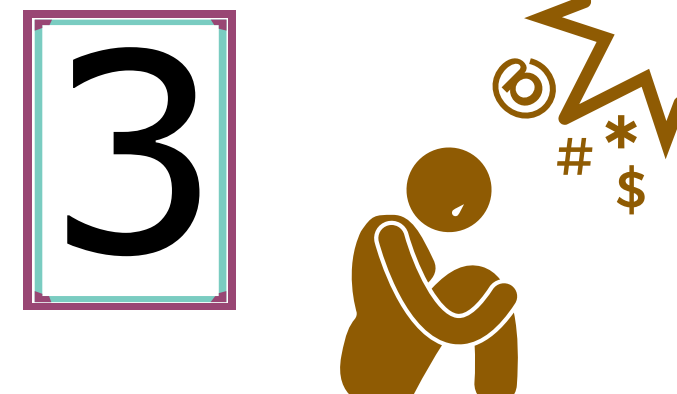
## What were the Key Care and Support Needs Identified?



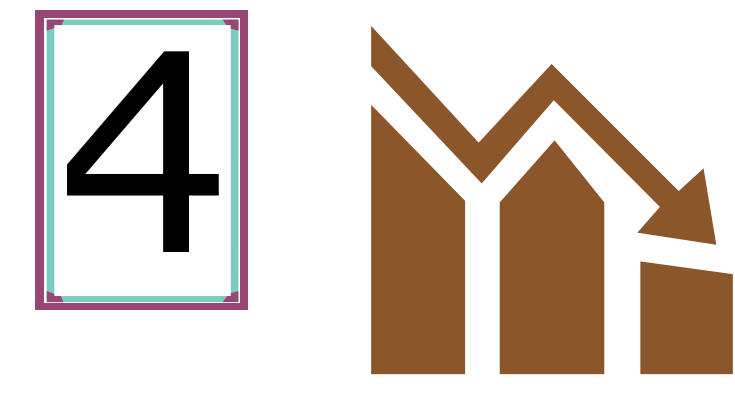
**Need 1 (N1):**  
Undertake awareness raising in schools to promote healthy relationships



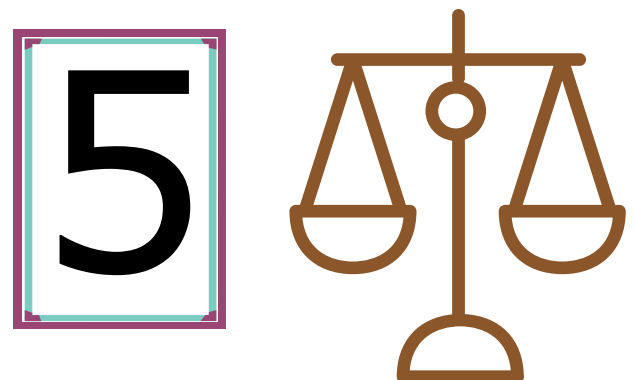
**Need 2 (N2):**  
Promote the use of positive male role models



**Need 3 (N3):**  
Provide support and safeguarding to children in households where there is domestic abuse



**Need 4 (N4):**  
Prevent and reduce adverse childhood experiences (ACEs)



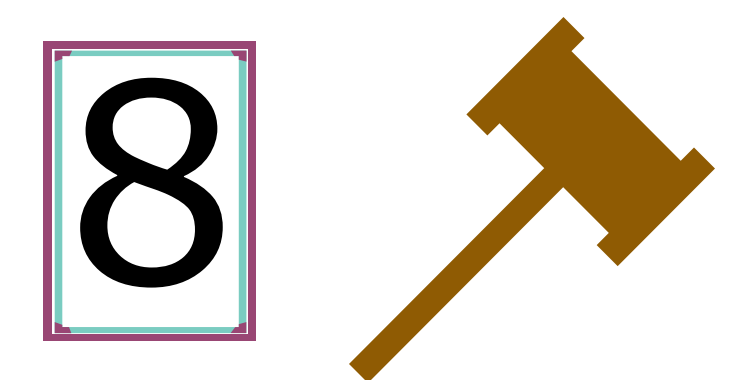
**Need 5 (N5):**  
Ensure approaches are both needs-led and risk-led



**Need 6 (N6):**  
Increase the accountability of perpetrators



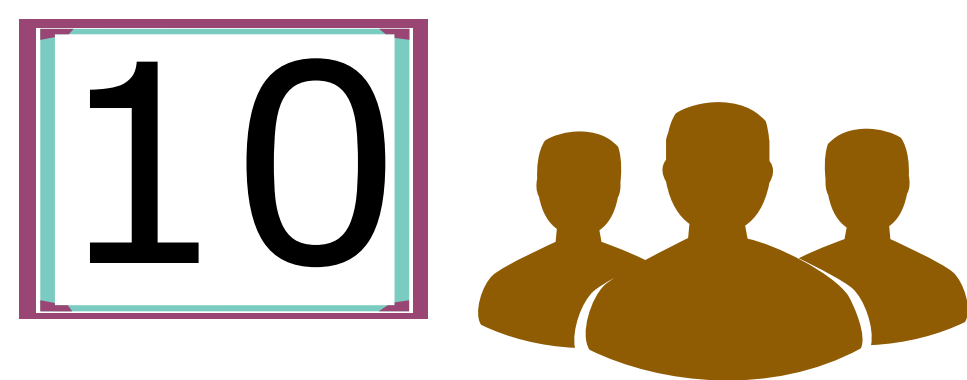
**Need 7 (N7):**  
Promote early reporting and the implementation of 'Ask and Act'



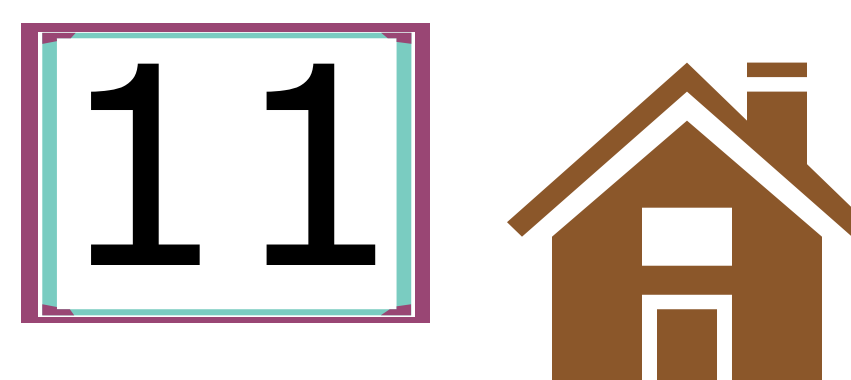
**Need 8 (N8):**  
Improve transparency in family courts



**Need 9 (N9):**  
Improve access to information on existing services and support



**Need 10 (N10):**  
Raise awareness in communities of how they can identify and support people experiencing domestic abuse and sexual violence



**Need 11 (N11):**  
Provide appropriate, safe and secure accommodation



**Need 12 (N12):**  
Improve the availability of age-appropriate counselling



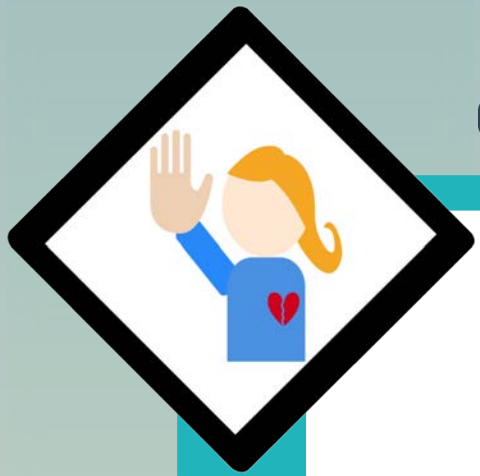
**Need 13 (N13):**  
Reduce incidences of child sexual exploitation



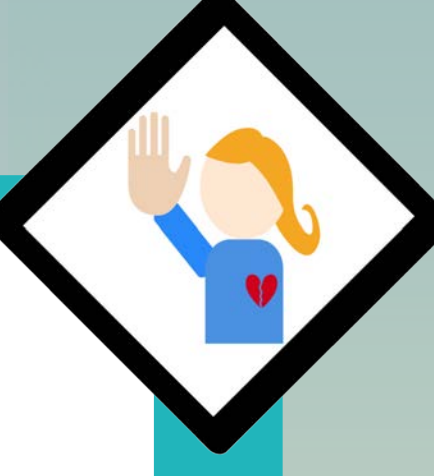
**Need 14 (N14):**  
Reduce incidents of 'honour'-based violence



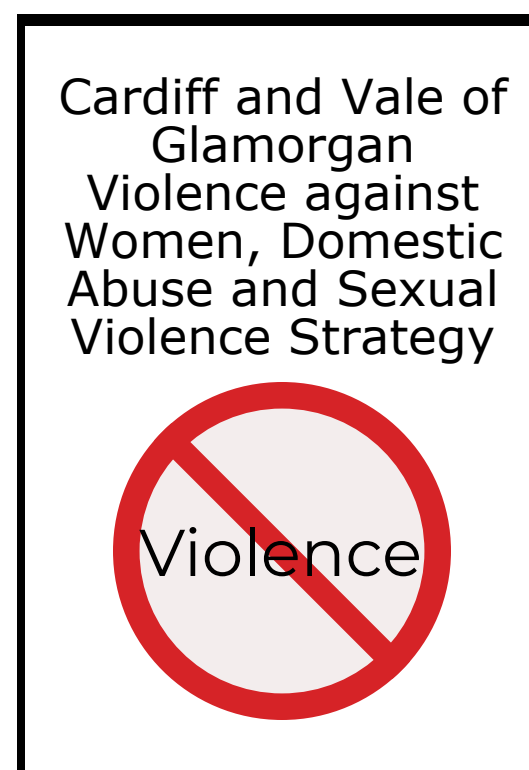
# 9: Violence Against Women, Domestic Abuse and Sexual Violence



## What are our Key Priorities in Response?



The key priorities to be led by other Partnerships and planning arrangements across the region are:

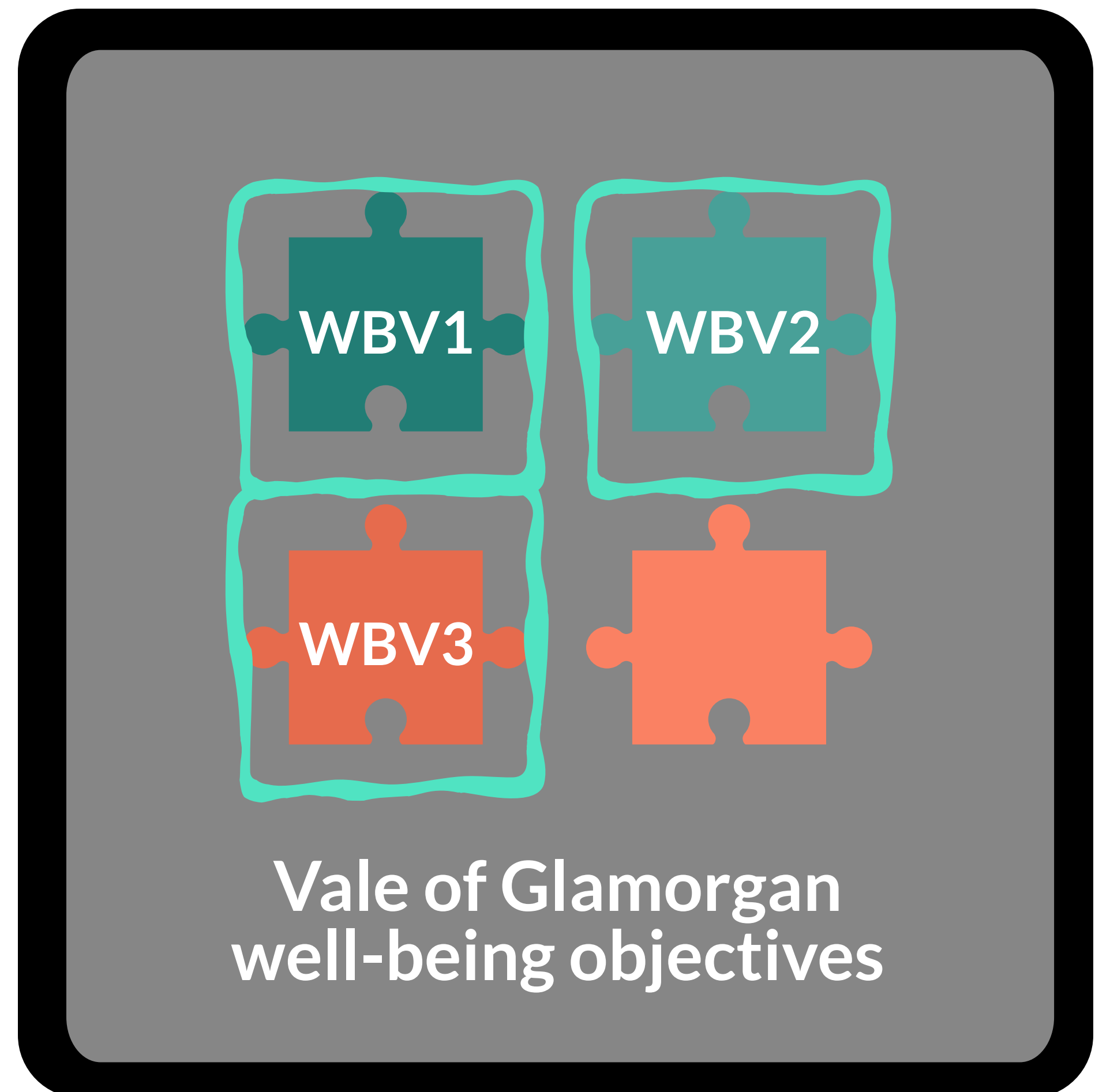
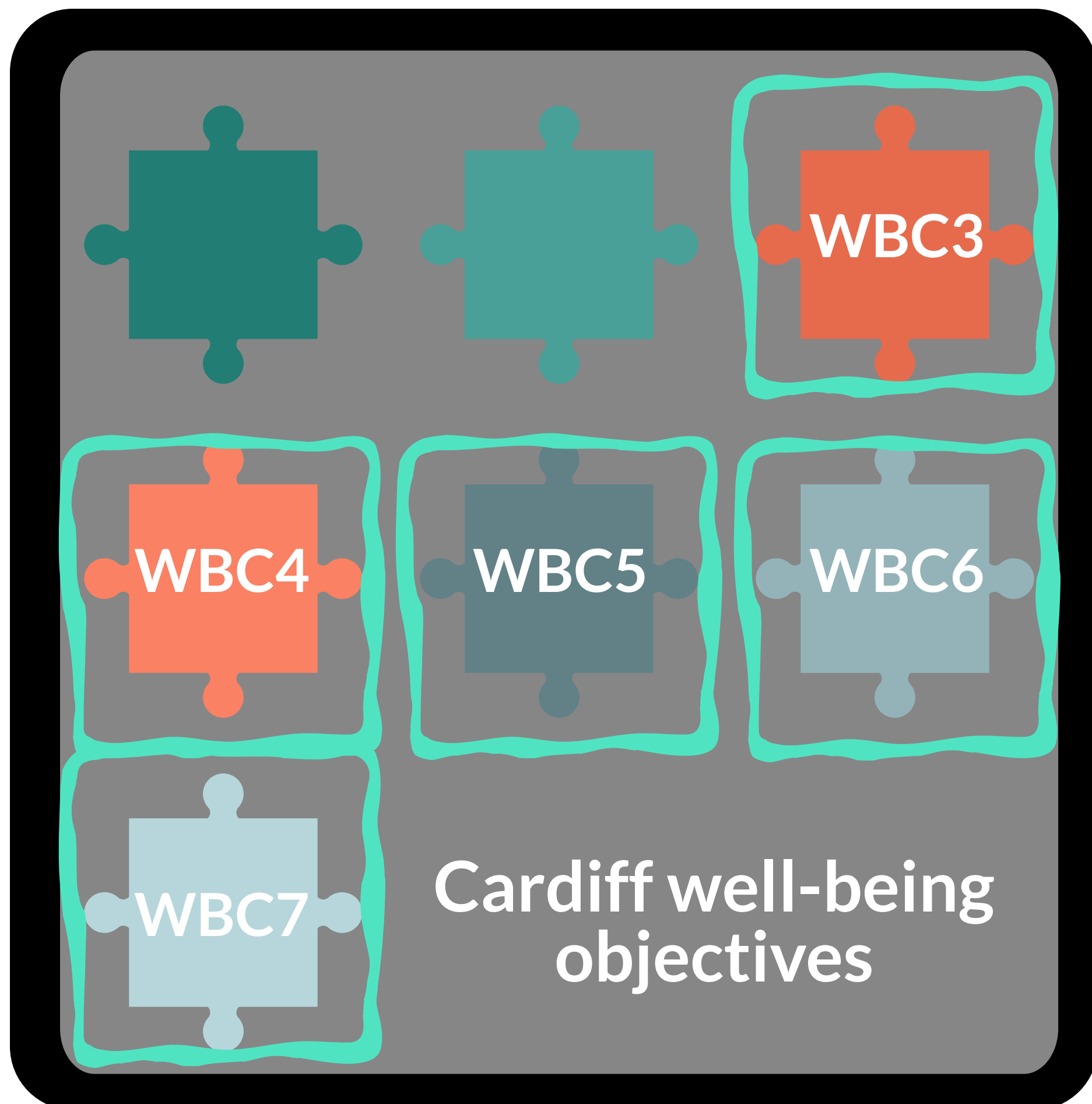


1. Deliver the Cardiff and Vale of Glamorgan Violence against Women, Domestic Abuse and Sexual Violence Strategy (*under development*)

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved

# 9: Violence Against Women, Domestic Abuse and Sexual Violence

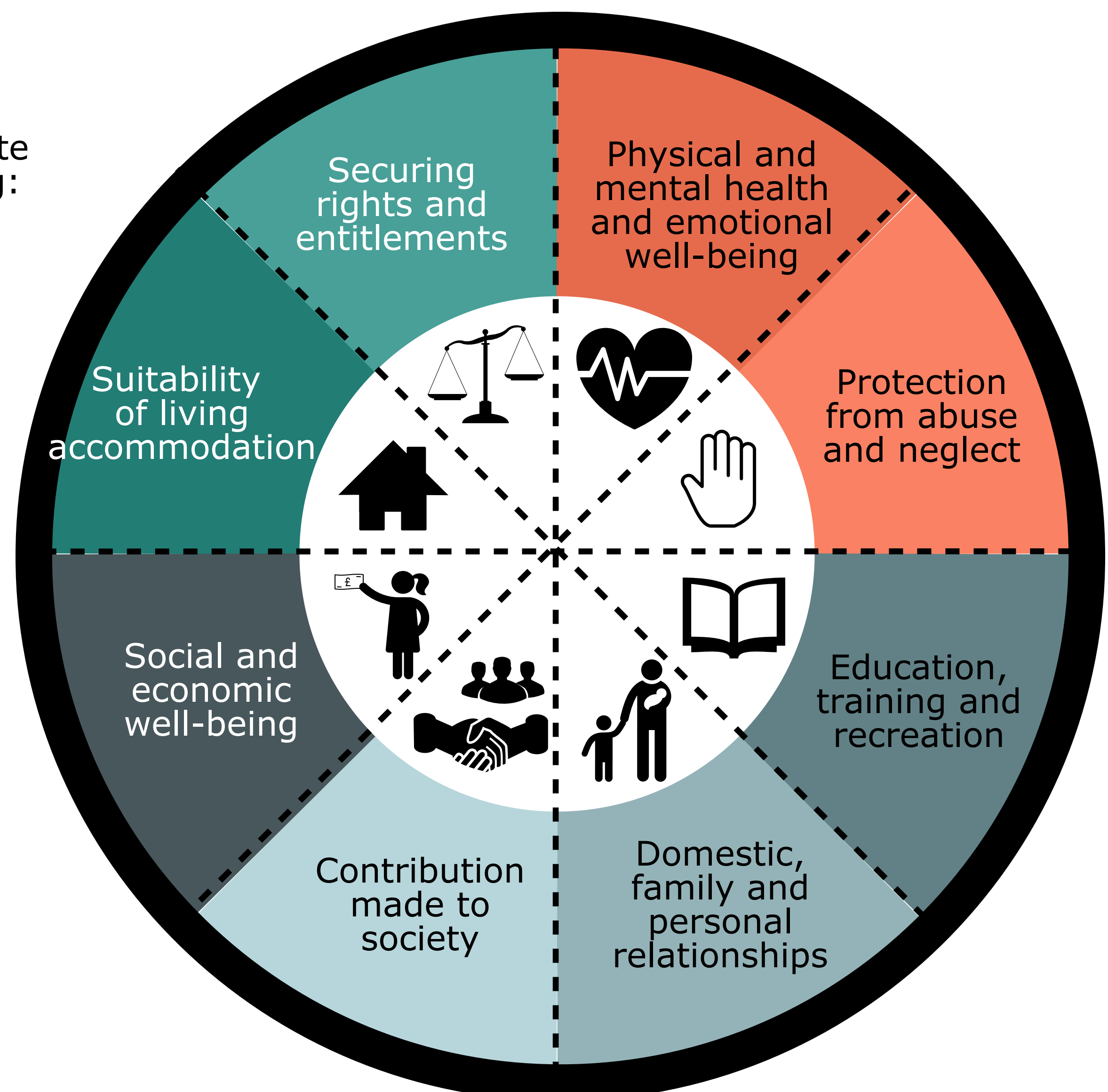
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Protection from abuse and neglect
- Education, training and recreation
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being
- Suitability of living accommodation



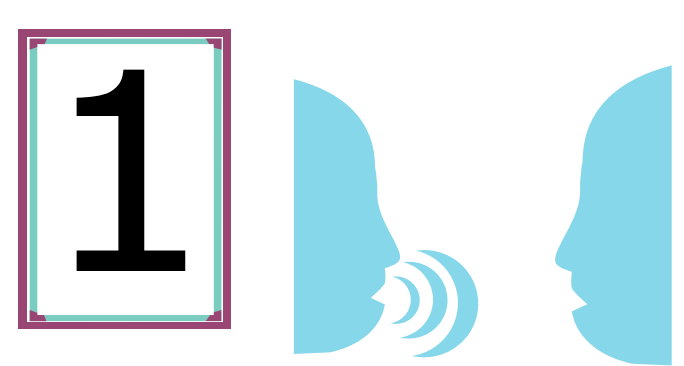


# 10: Asylum Seekers and Refugees

## What did the Population Needs Assessment Tell Us?

- Cardiff is both an initial accommodation centre and dispersal centre for UK asylum seekers. Asylum seekers are located across Cardiff, but with the highest concentration in South Cardiff. The Syrian Resettlement Programme operates in both Cardiff and the Vale of Glamorgan.
- At the time of the 2011 Census, 15% of people living in Cardiff were non-UK born, compared with 6% in the Vale and 7% in Wales as a whole. In 2015, Cardiff had the highest positive net level of immigration compared to the rest of Wales, with around 1,900 net international immigrants.

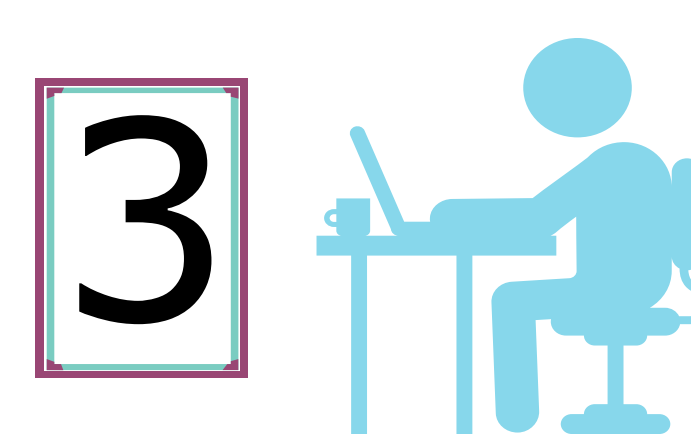
## What were the Key Care and Support Needs Identified?



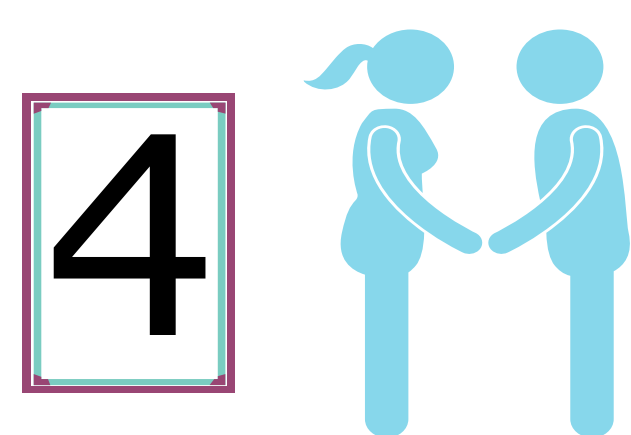
**Need 1 (N1):**  
Improve access to English for Speakers of Other Languages (ESOL) and interpretation for public services



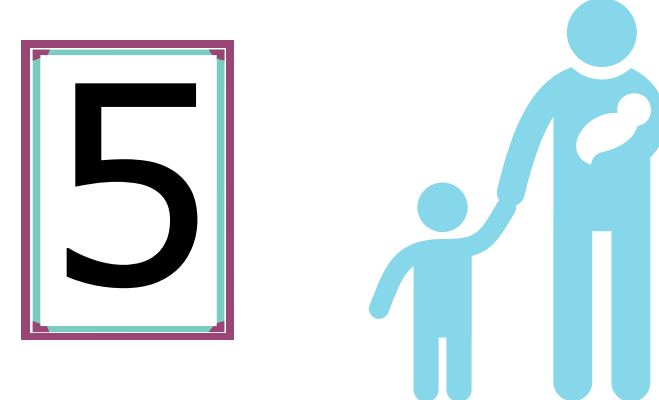
**Need 2 (N2):**  
Improve access to information on education, hate crime, health and service provision



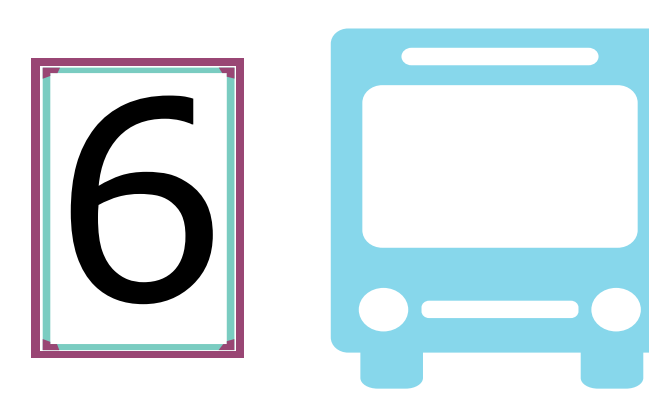
**Need 3 (N3):**  
Improve access to the labour market



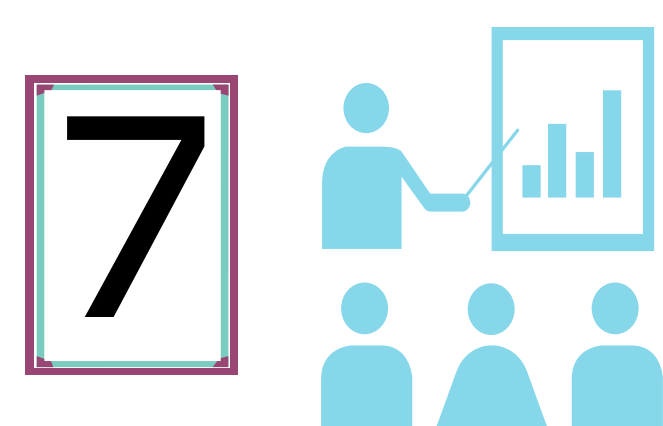
**Need 4 (N4):**  
Provide support to help establish links in the community



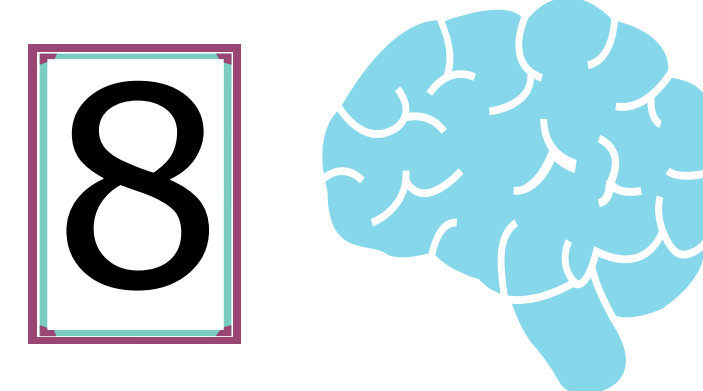
**Need 5 (N5):**  
Increase involvement of children and young people in decisions affecting them



**Need 6 (N6):**  
Improve public transport services, to enable access to health and social activities



**Need 7 (N7):**  
Improve engagement with schools



**Need 8 (N8):**  
Improve access to community mental health services

# 10: Asylum Seekers and Refugees

## What are our Key Priorities in Response?

The key priorities to be led by other Partnerships and planning arrangements across the region are:



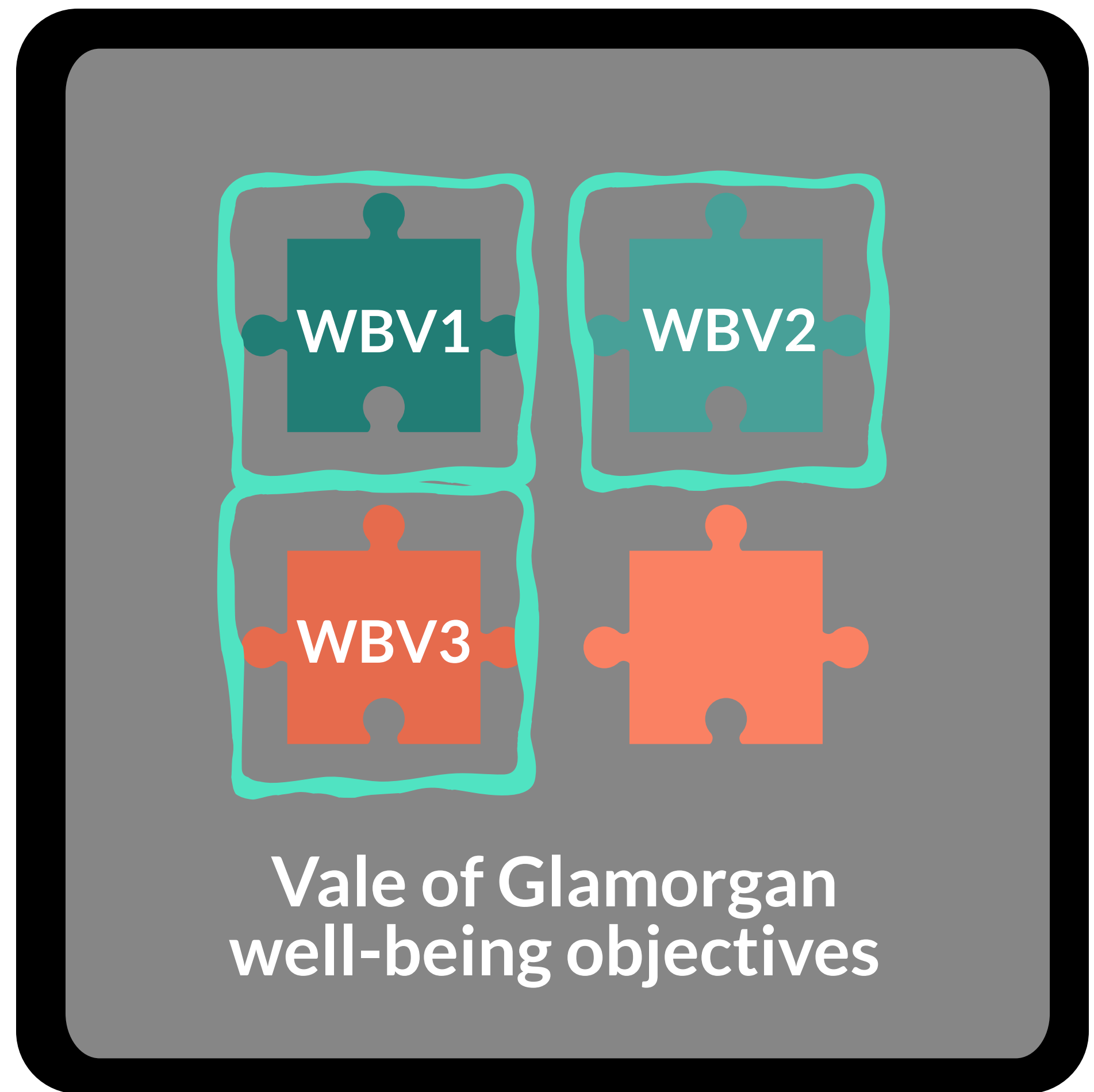
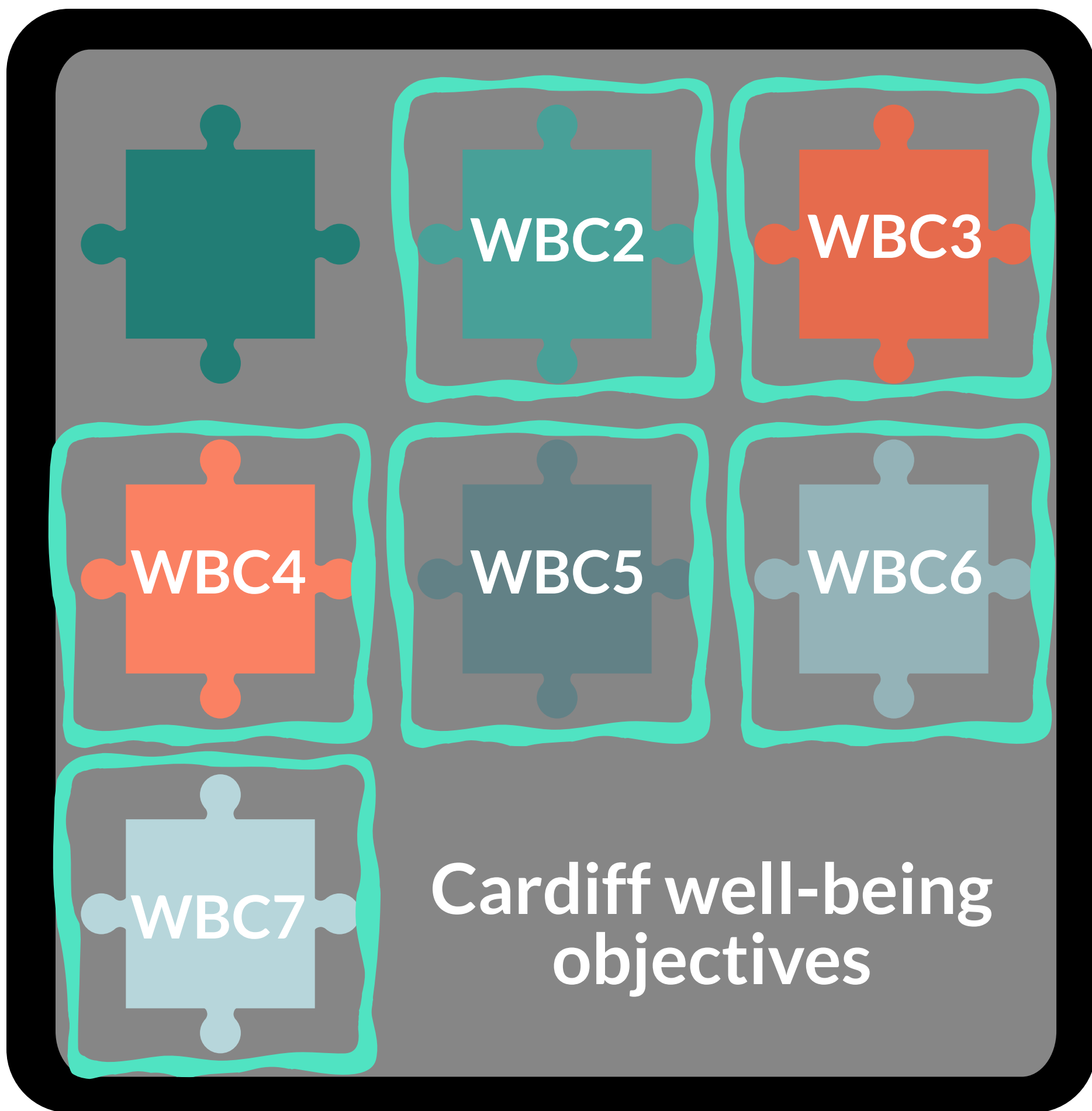
1. Deliver the Cardiff and Vale of Glamorgan Community Cohesion Delivery Plan 2017/2020 (*under development*)

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved



# 10: Asylum Seekers and Refugees

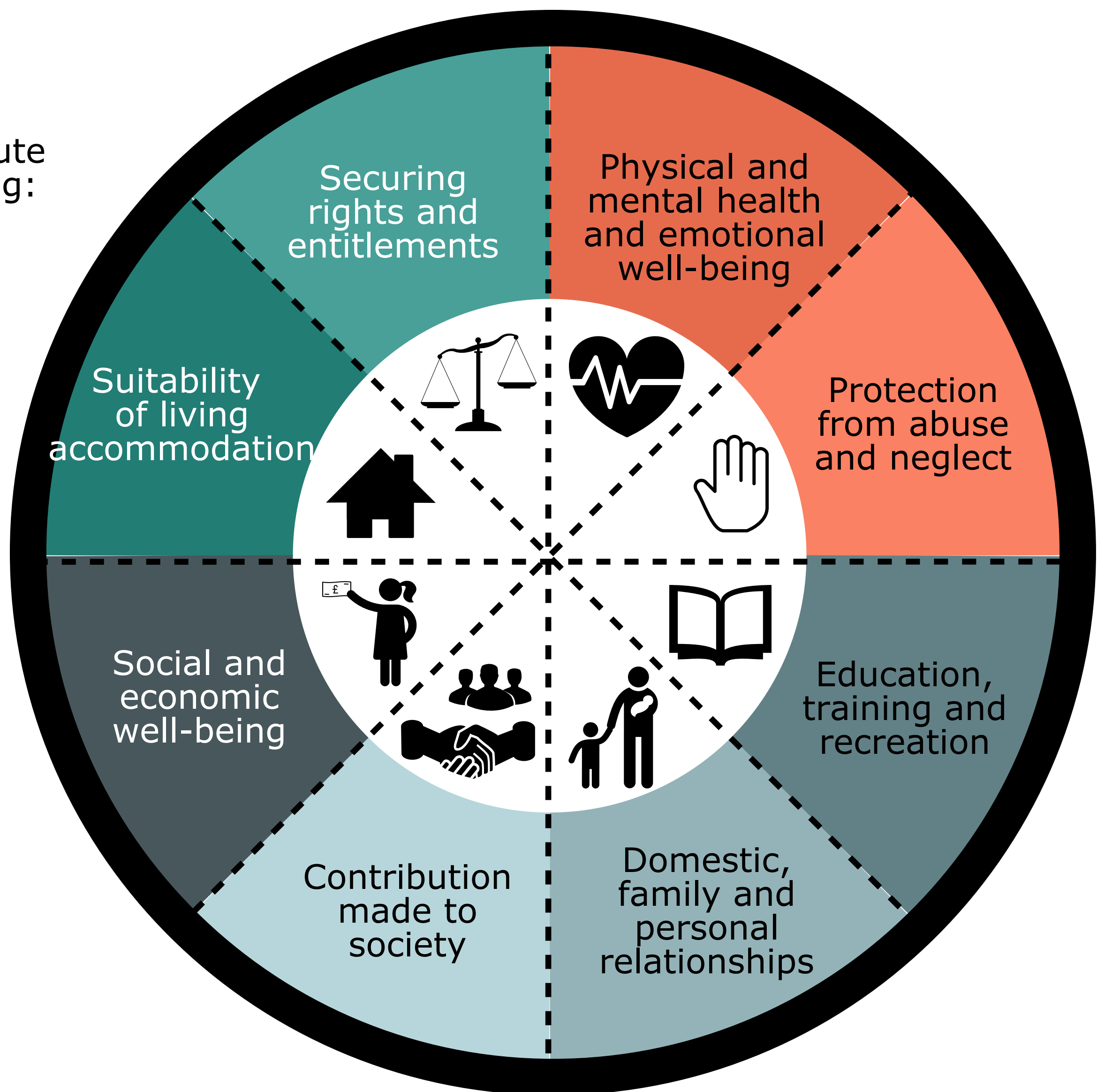
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Protection from abuse and neglect
- Education, training and recreation
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being
- Suitability of living accommodation



## What did the Population Needs Assessment Tell Us?

- HM Prison Cardiff is a local prison serving the courts and holding offenders serving sentences of up to 2 years. In December 2016, HM Prison Cardiff held 771 men and had an operational capacity of 820.
- The prison has an average of 384 new prisoners per month and an estimated 4,602 annually.
- Around half of all offenders at HMP Cardiff give a home address in the Cardiff area, with fewer than 5% from the Vale of Glamorgan.
- Over half the offenders are aged 21-39, and all are male. A small number of female offenders from Cardiff are held in HMP Eastwood Park, with a few from the Vale of Glamorgan.
- During 2015/16, 510 offences were committed by young people seen in the Youth Offending Service in Cardiff, compared to 164 offences in the Vale. In Cardiff, the most common offences were theft, violence against the person and motoring offences. In Vale, they were violence against the person, criminal damage and public order offences.

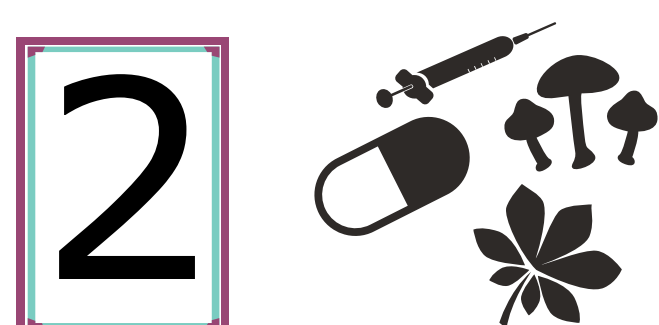
## What were the Key Care and Support Needs Identified?



1

### Need 1 (N1):

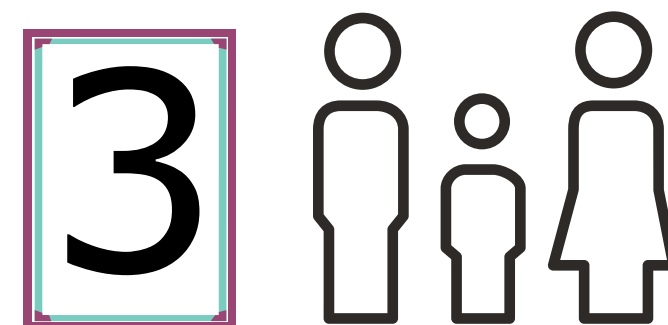
Improve access to mental health and substance misuse services, and counselling post release



2

### Need 2 (N2):

Respond to the increase in use of new psychoactive substances



3

### Need 3 (N3):

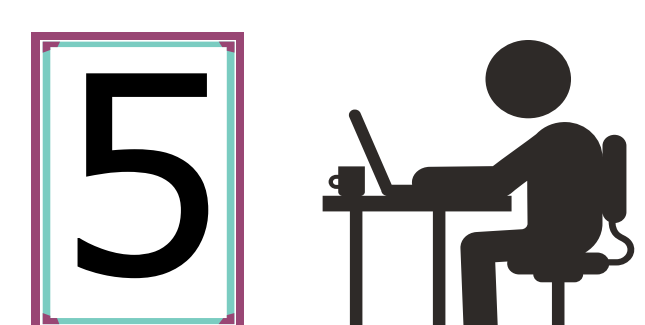
Improve support to enable family support and stability



4

### Need 4 (N4):

Provide appropriate housing and support



5

### Need 5 (N5):

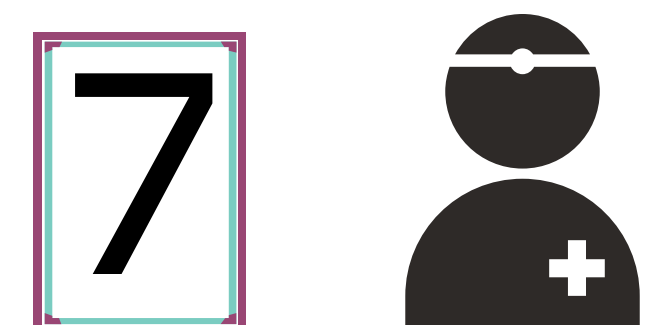
Improve access to information on employment and welfare benefits support



6

### Need 6 (N6):

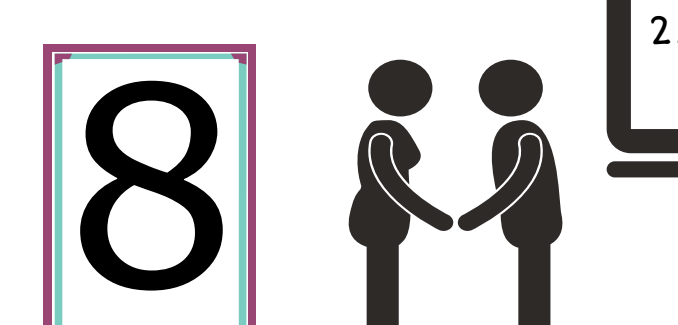
Provide youth support services and activities and increase youth engagement



7

### Need 7 (N7):

Promote healthy lifestyles (including sexual health)



8

### Need 8 (N8):

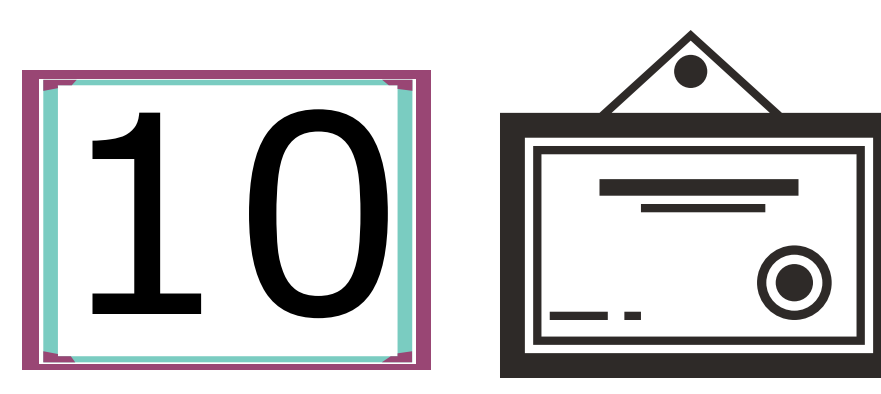
Increase engagement in education and community activities



9

### Need 9 (N9):

Improve communication and partnership working between services



10

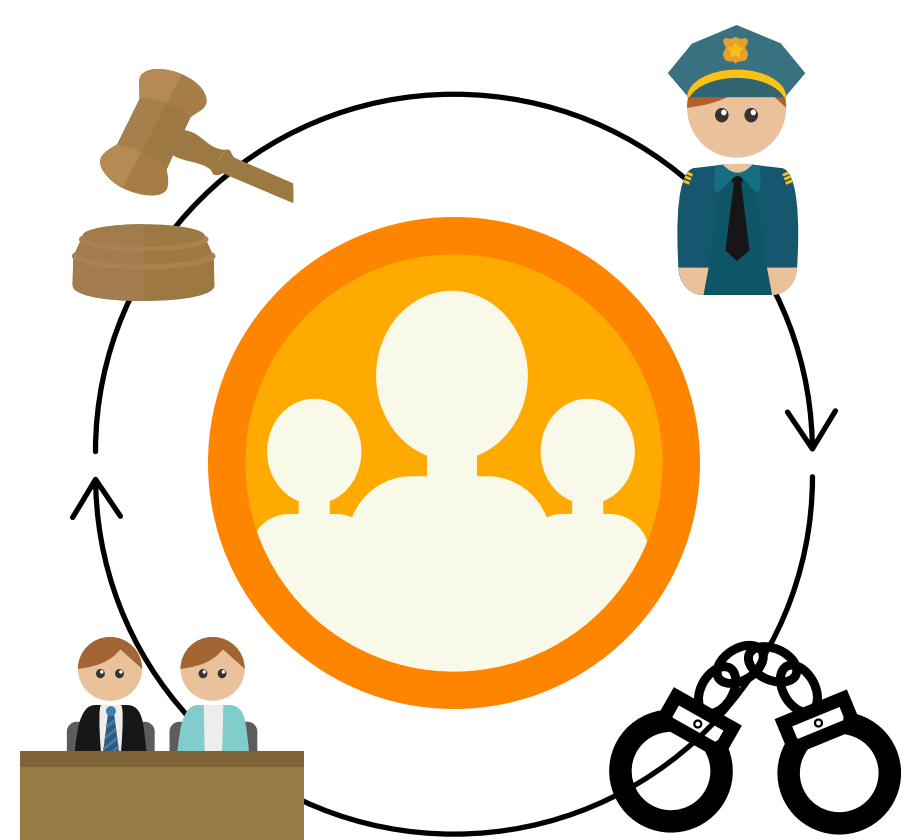
### Need 10 (N10):

Promote opportunities for continued adult learning and development of life skills



## What are our Key Priorities in Response?

The key priorities to be led by other Partnerships and planning arrangements across the region are:

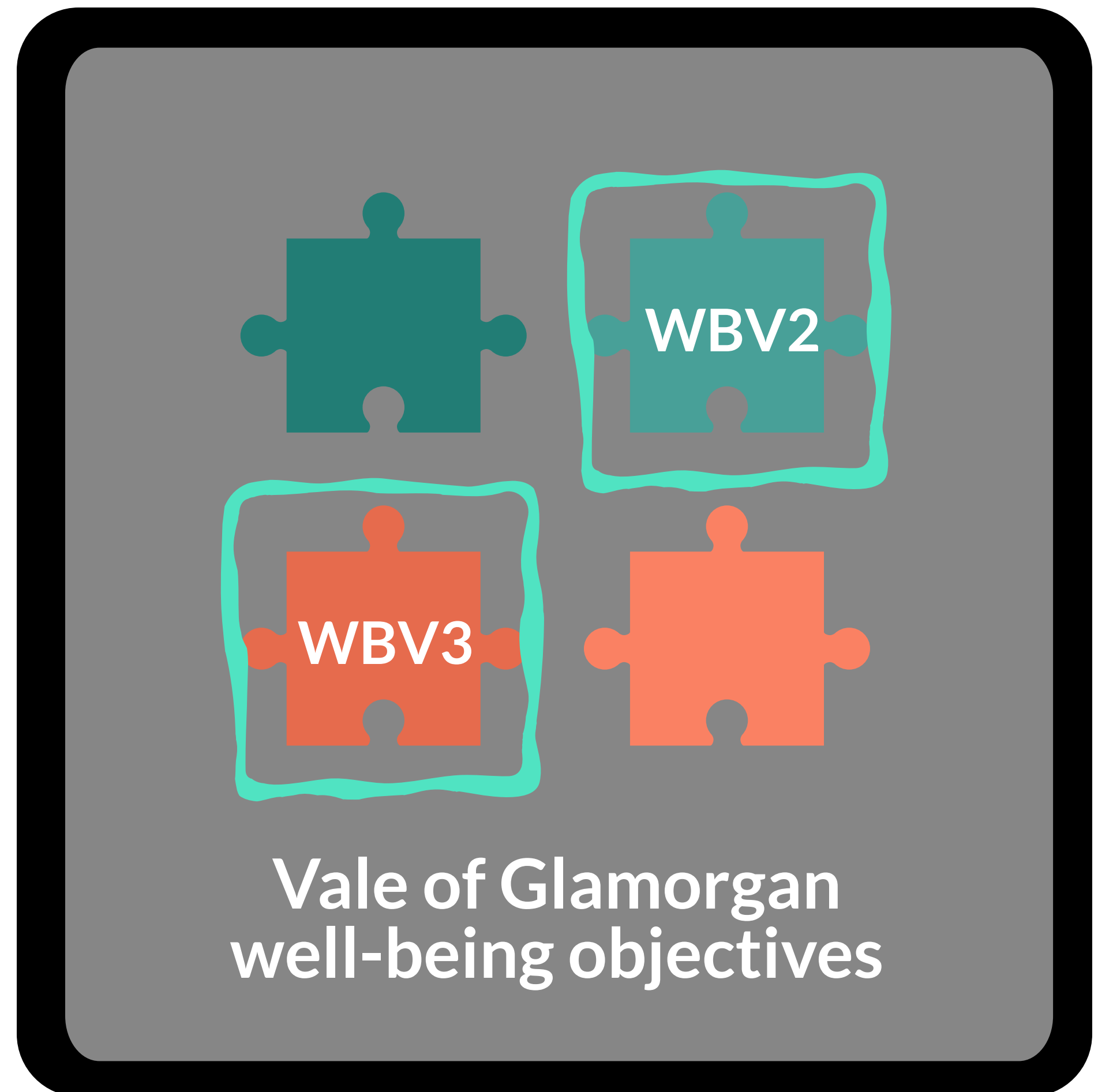
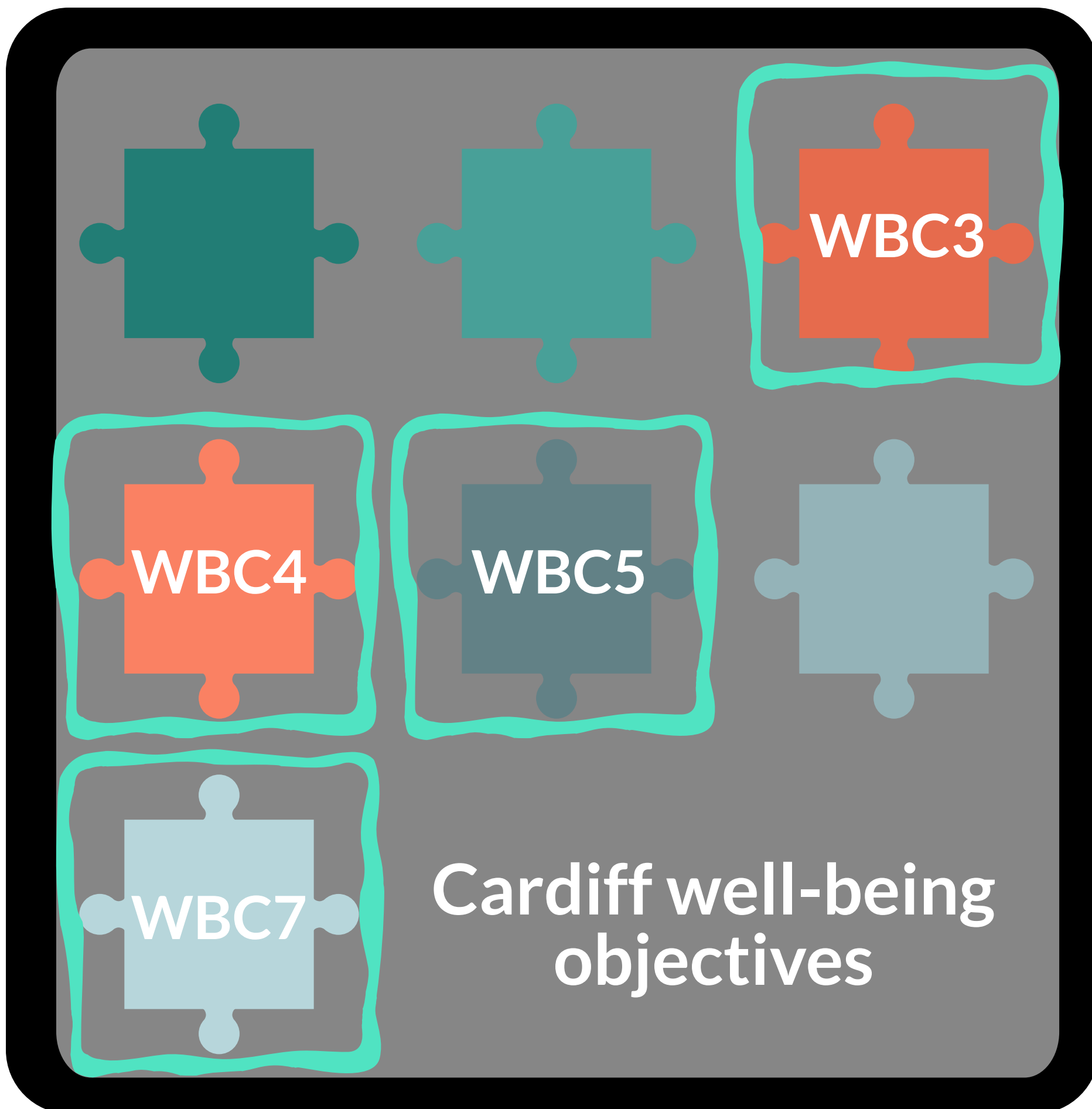


**1.**

Ensure that the local criminal justice system works effectively and efficiently, meeting the needs of victims and challenging offenders

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved

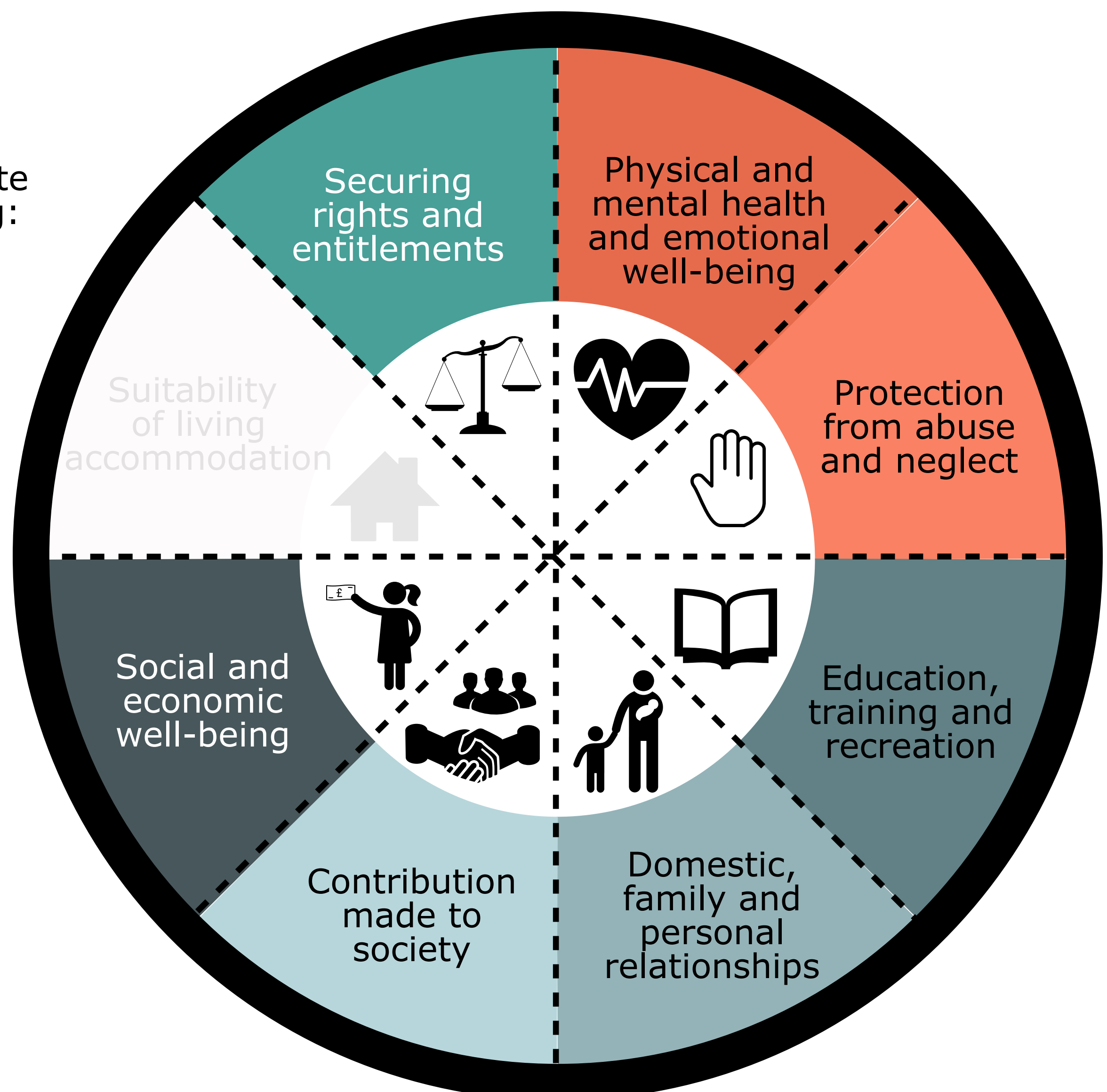
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

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- Physical and mental health and emotional well-being
- Protection from abuse and neglect
- Education, training and recreation
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being





## What did the Population Needs Assessment Tell Us?

- There are around 5.61 veterans per 1,000 residents in Cardiff and Vale of Glamorgan, below the Wales average of 6.24 and the second lowest rate in Wales.
- This rate masks a very low rate in Cardiff (3.29) compared to 11.96 in the Vale of Glamorgan – the highest rate in Wales.

## What were the Key Care and Support Needs Identified?



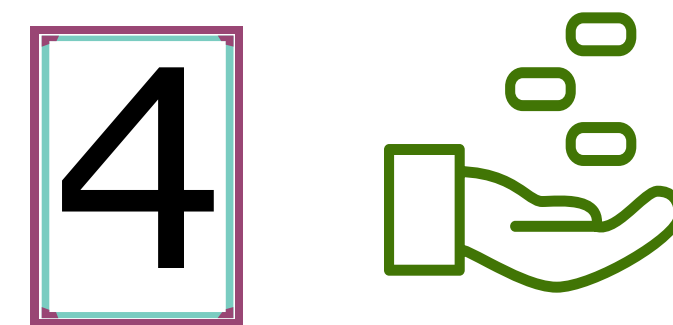
**1**  
**Need 1 (N1):**  
Improve mental health diagnosis and care



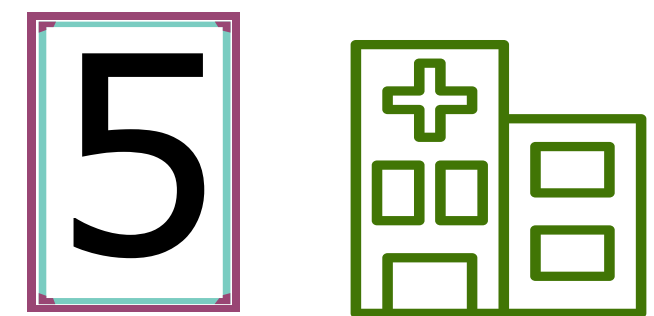
**2**  
**Need 2 (N2):**  
Reduce social isolation



**3**  
**Need 3 (N3):**  
Improve access to housing



**4**  
**Need 4 (N4):**  
Improve the availability of financial advice



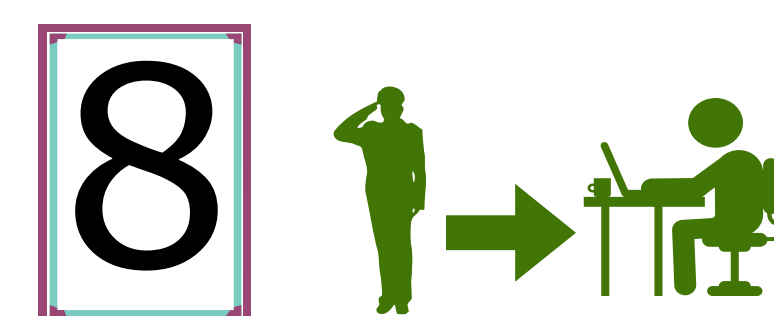
**5**  
**Need 5 (N5):**  
Improve the provision of services for all conditions affecting veterans, not just post-traumatic stress disorder



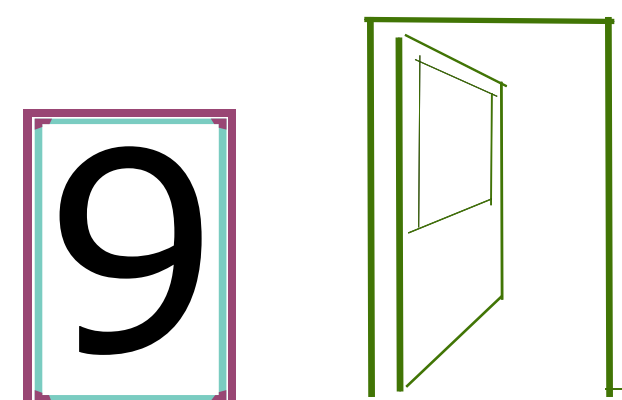
**6**  
**Need 6 (N6):**  
Reduce substance misuse and self medication



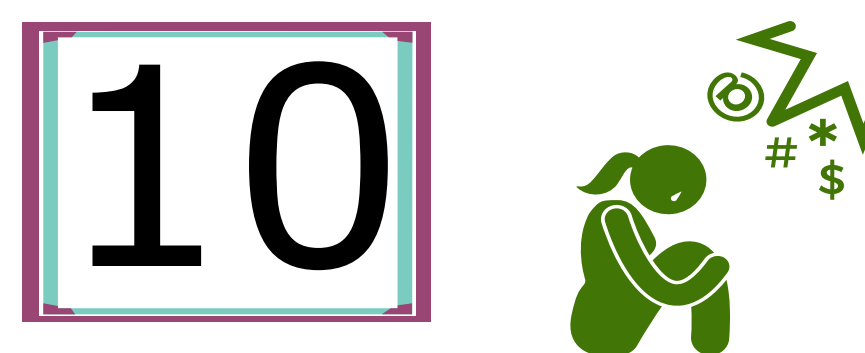
**7**  
**Need 7 (N7):**  
Increase early diagnosis and preventative treatment to reduce long-term limiting illnesses



**8**  
**Need 8 (N8):**  
Improve transition between active service and civilian life



**9**  
**Need 9 (N9):**  
Improve access to information and services



**10**  
**Need 10 (N10):**  
Reduce safeguarding issues relating to domestic violence

## What are our Key Priorities in Response?

The key priorities to be led by other Partnerships and planning arrangements across the region are:



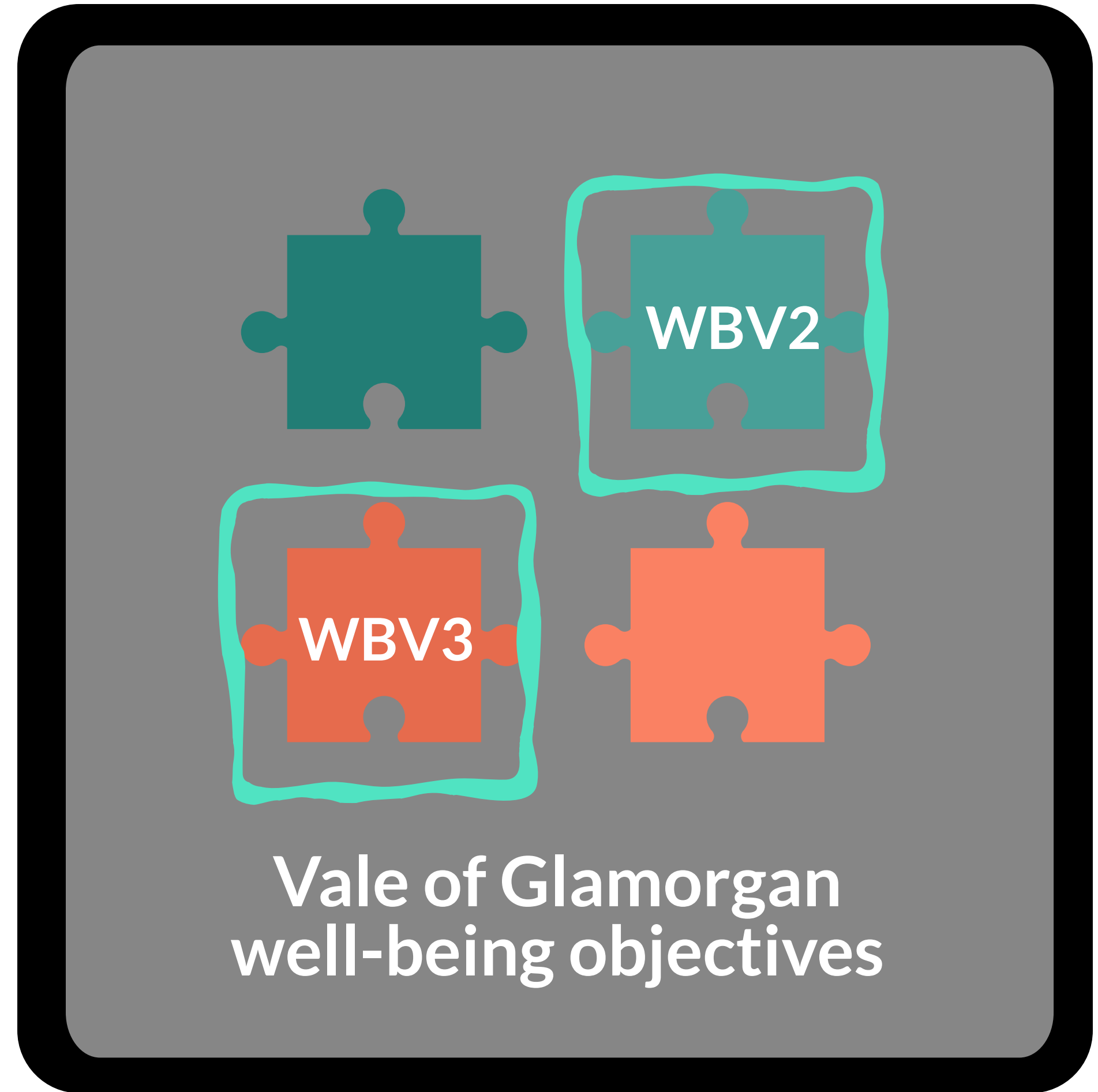
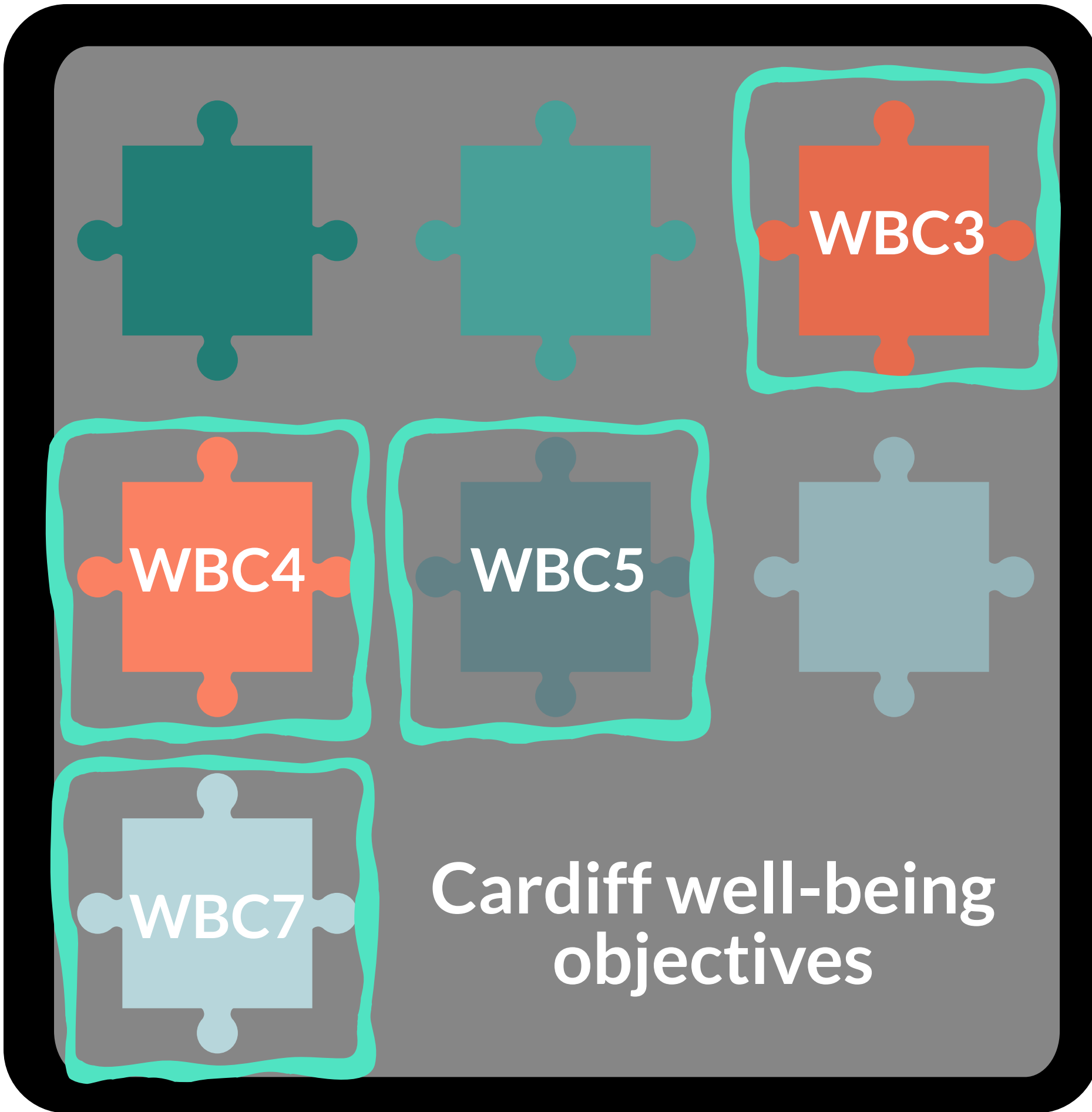
1.

Deliver the Cardiff and Vale of Glamorgan Armed Forces Community Action Plan 2017/2019

Please refer to the ['Cardiff and Vale of Glamorgan Area Action Plan 2018/23'](#) for details on how these key priorities will be achieved



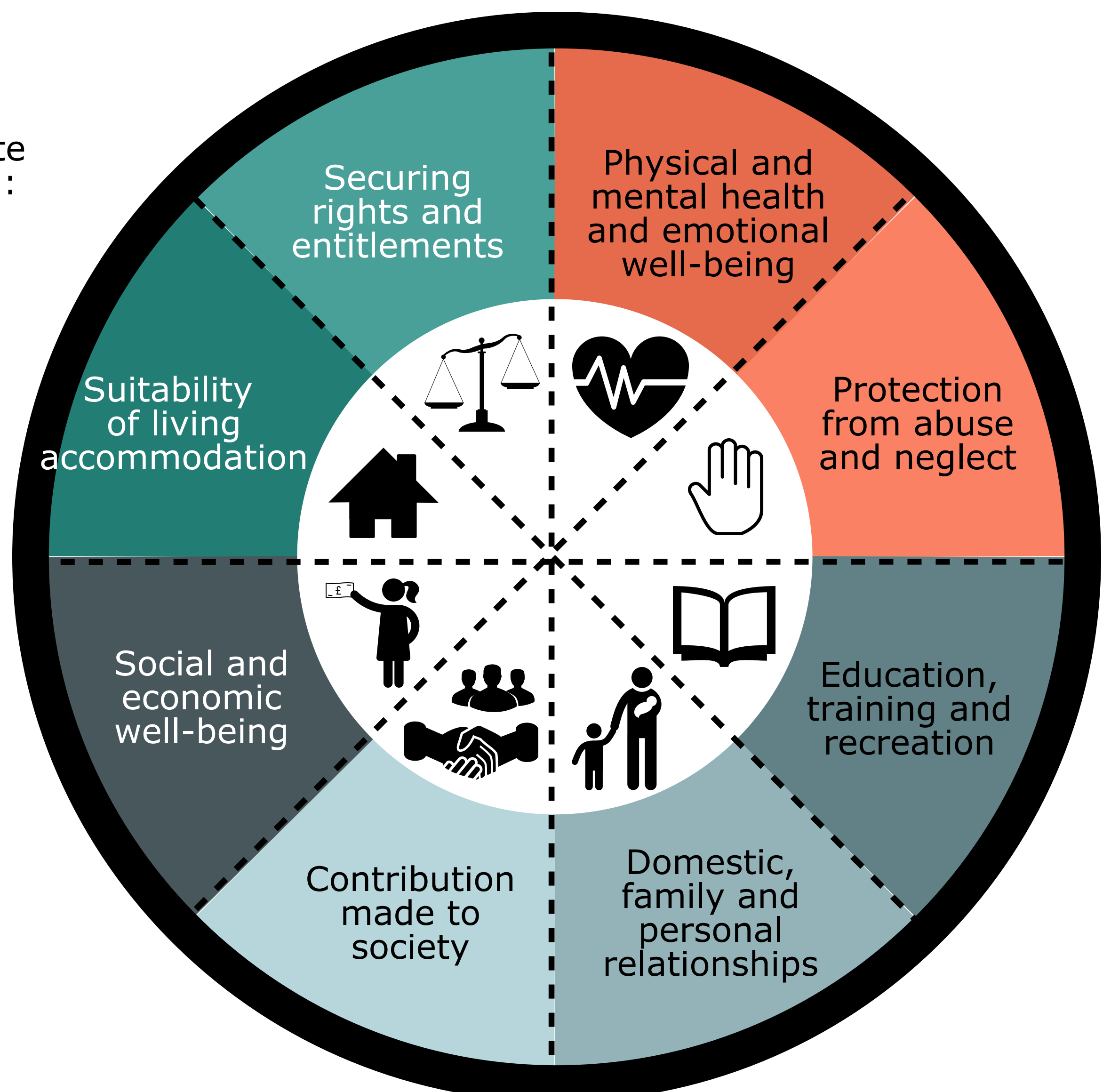
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

The key priorities are expected to contribute towards the following aspects of well-being:

- Securing rights and entitlements
- Physical and mental health and emotional well-being
- Protection from abuse and neglect
- Education, training and recreation
- Domestic, family and personal relationships
- Contribution made to society
- Social and economic well-being
- Suitability of living accommodation



# 13: Substance Misuse

## What did the Population Needs Assessment Tell Us?

- The number of males referred to substance misuse services in Cardiff and the Vale of Glamorgan is consistently higher than the number of females, despite there being slightly more women in the region than men.
- Alcohol is the most misused substance for which referrals are made to substance misuse services in Cardiff and the Vale, followed by heroin, cannabis and cocaine.

## What were the Key Care and Support Needs Identified?

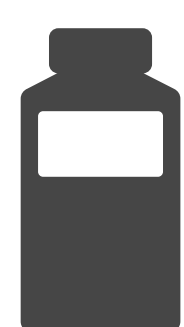


1

### Need 1 (N1):

Respond to the increased number of people buying illicit substances online

2



### Need 2 (N2):

Respond to the growing 'hidden population' misusing prescription and over the counter medication

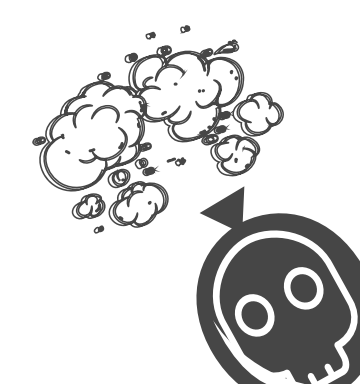
3



### Need 3 (N3):

Reduce the misuse of neuropathic medications with alcohol and drugs

4



### Need 4 (N4):

Reduce the use of synthetic cannabinoids and nitrous oxide

5



### Need 5 (N5):

Improve the identification, service co-ordination and delivery for individuals with a dual diagnosis (co-occurring substance misuse and mental health issues)

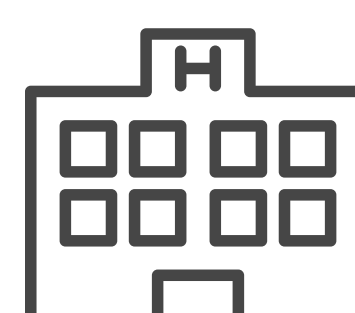
6



### Need 6 (N6):

Respond to the increasing prevalence of alcohol related brain damage (ARBD)

7



### Need 7 (N7):

Respond to the growing impact of 'legal highs' on emergency services

8



### Need 8 (N8):

Respond to the increased distribution of more potent heroin

9



### Need 9 (N9):

Reduce the number of older people (50+ years) misusing alcohol through loneliness and boredom

10



### Need 10 (N10):

Review access to substance misuse services (including opening hours)

11



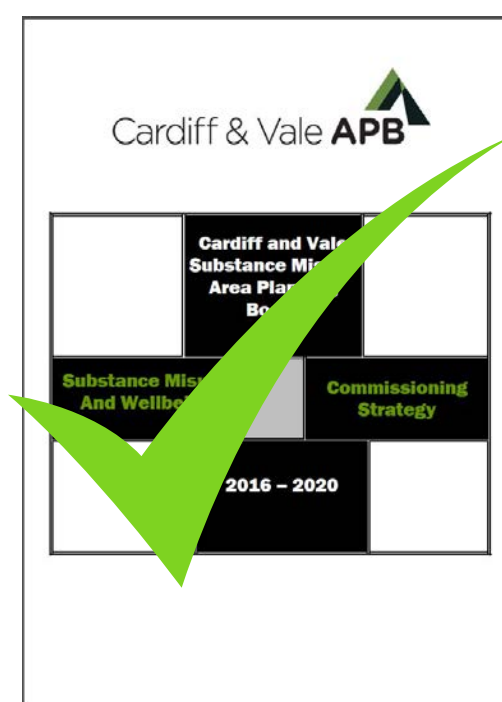
### Need 11 (N11):

Improve co-ordination between services



## What are our Key Priorities in Response?

The key priorities to be led by other Partnerships and planning arrangements across the region are:



1.

Deliver the Cardiff and Vale of Glamorgan Substance Misuse and Wellbeing Commissioning Strategy



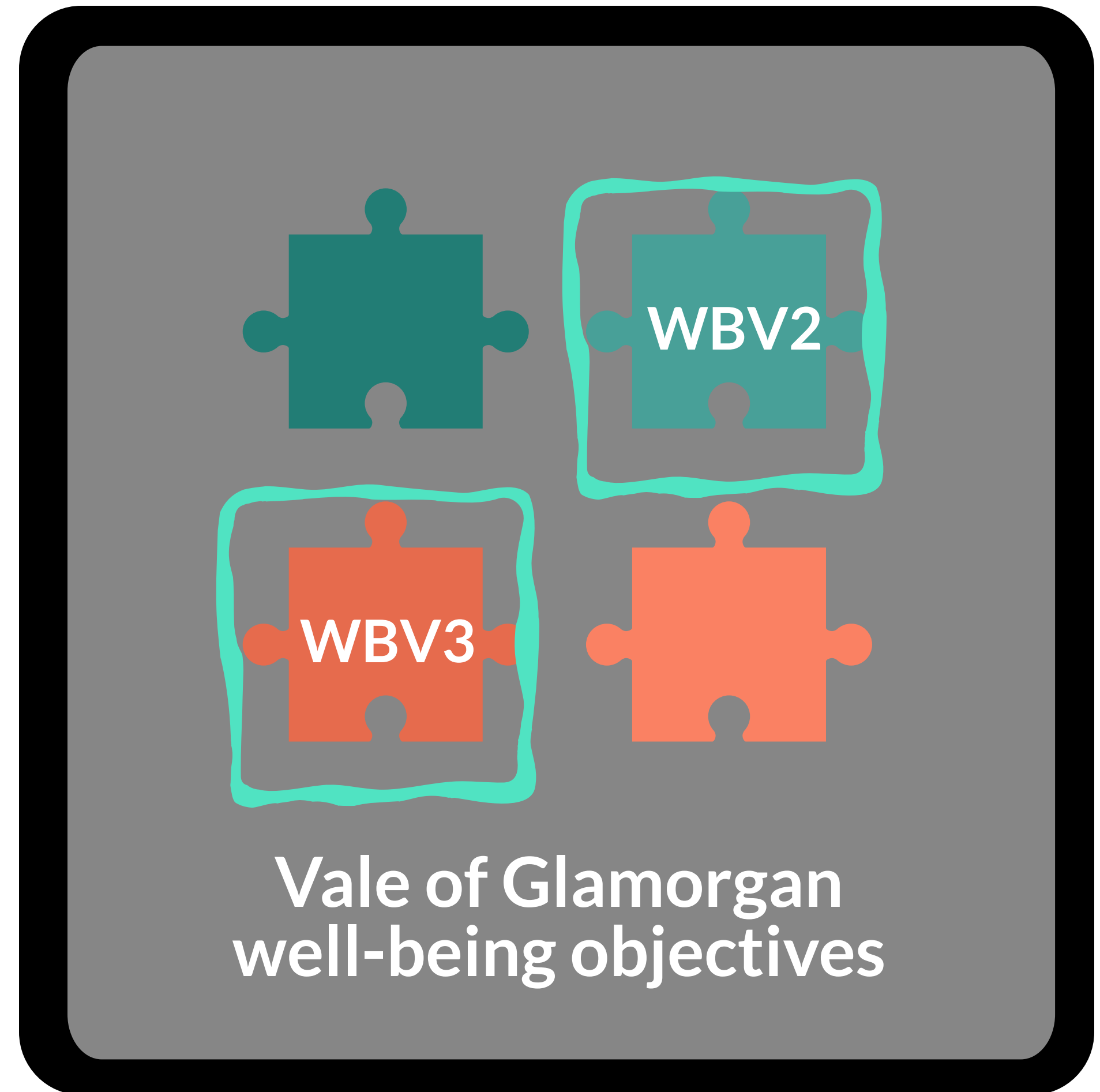
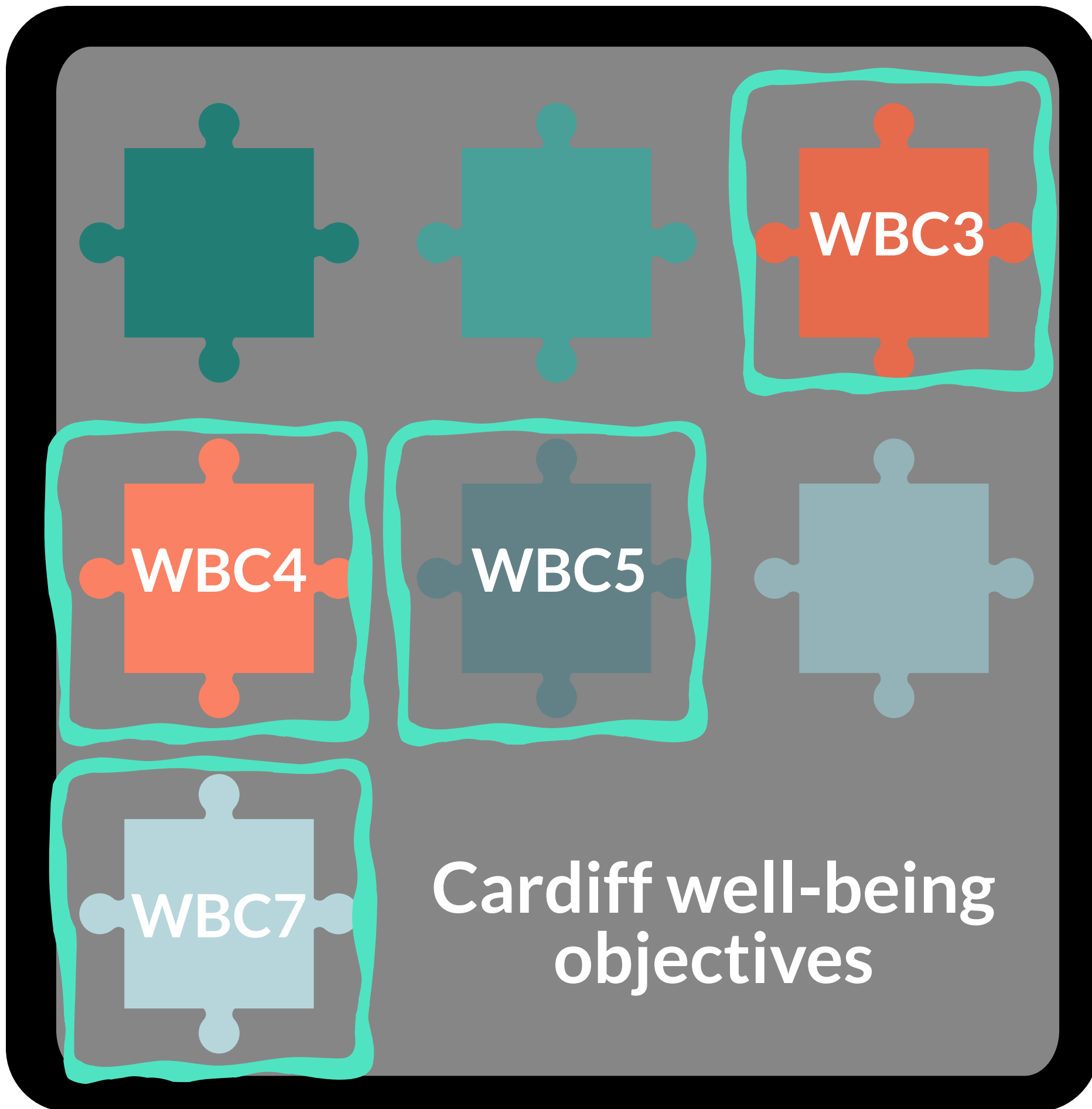
2.

Increase the safety of our communities by delivering multi-agency responses in locations where discarded injecting equipment and other drug paraphernalia is prevalent

Please refer to the '[Cardiff and Vale of Glamorgan Area Action Plan 2018/23](#)' for details on how these key priorities will be achieved

# 13: Substance Misuse

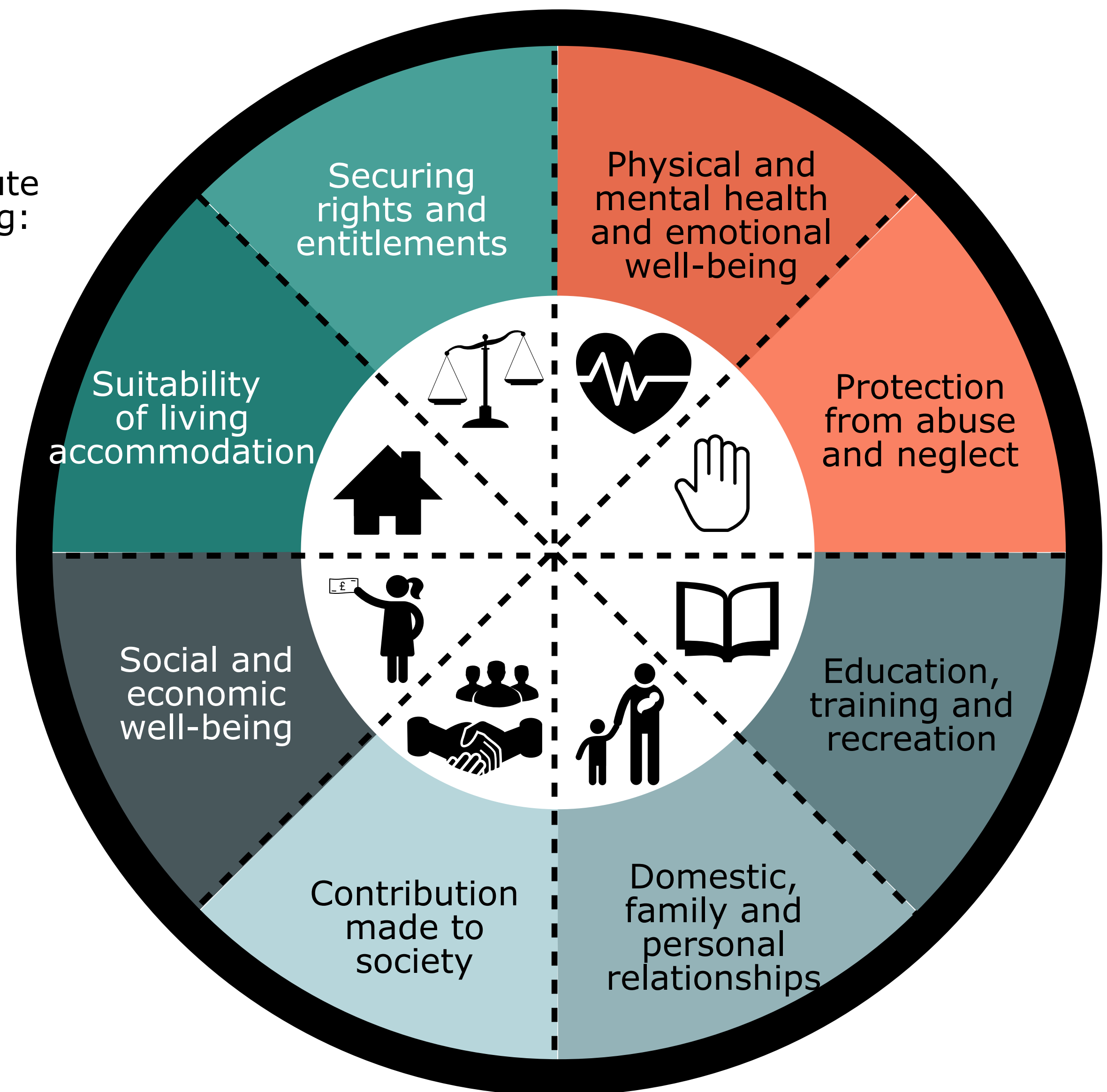
## Which Well-being Objectives do these Priorities Contribute Towards?



## Which National Outcomes do these Priorities Contribute Towards?

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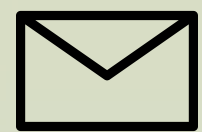


**For further information, please contact:**

Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership



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