



**BWRDD PARTNERIAETH  
RHANBARTHOL  
CAERDYDD A'R FRO  
CARDIFF & VALE  
REGIONAL PARTNERSHIP  
BOARD**

# Annual Report

## 2021 – 2022



*This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg*

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# Opening remarks

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**I am delighted to present the work of the Cardiff and Vale Regional Partnership Board in 2021-22. COVID-19 and restrictions have continued to impose on all our lives, yet we have seen partners unite to minimise its impact and protect our citizens. Together, we continue to help people in Cardiff and the Vale of Glamorgan live the best lives they can.**

Our Starting Well, Living Well and Ageing Well Partnerships involve partners from health, care and non-statutory sectors as well as citizen and carer representatives. This year we have undertaken a range of engagement work and created a framework that will enable us to share plans, good practice and opportunities to engage.

This report highlights just some of the work that the Regional Partnership Board has delivered to improve the lives of people living in Cardiff and the Vale. I would like to thank everyone involved in our work for their commitment to working together to deliver seamless services that focus on the needs of local communities. In particular I want to acknowledge the work of our third sector partners who have helped to alleviate pressures and provide valuable insights into different, new and innovative ways of working. They have demonstrated an invaluable ability to work across organisational boundaries and support statutory services, for instance through the provision of our Carers Gateway and Time 4 Me Young Carer's Project, the Ymbarel Project helping children at risk being removed from their families by supporting parents with learning disabilities or difficulties and Family Group Conferencing delivered by Your Family Matters.

The RPB now looks forward to a transitional year that will lay the groundwork for its future work. 2022-23 will see the publication of a series of key documents: – the Population Needs Assessment, Market Stability Report and Wellbeing Assessments. We will also be initiating a new set of revenue and capital funding streams, ensuring they are focused to delivering the best possible benefits for our region. Finally, we will be seeking to build upon work already begun on various key enablers for partnership: ensuring effective information sharing, exploiting digital innovation and building our workforce. Working with our local Public Service Boards, all these efforts will be aligned to inform key priorities which our next Area Plan will seek to deliver in the coming years. Above all, our RPB will be continuing its commitment to delivering clear and demonstrable outcomes for our citizens.

Finally, and on behalf of my RPB colleagues, I would like to thank everyone who has supported the RPB's work over the last year. Particular thanks are extended to Ben Gray who chaired our partnership over the past year.



**Charles (Jan) Janczewski**

*Chair, Cardiff and Vale University Health Board and Interim Chair of Cardiff and Vale Regional Partnership Board*

# Part 1: Overview of Cardiff and Vale Regional Partnership Board

## Who are we?

The RPB includes the following partners:

### Public sector

- Cardiff Council
- Vale of Glamorgan Council
- Cardiff and Vale University Health Board
- Welsh Ambulance Services NHS Trust

### Local third sector

- Cardiff Third Sector Council
- Glamorgan Voluntary Services

### National third sector

- Llamau – Children and Young People
- Platfform – Older people

### Representatives for people with needs for care and support

- YMCA Cardiff



## What do we do?

Together, we aim to improve the health and wellbeing of our local population through enabling enhanced ways to deliver of health and care services. We have agreed a Regional Outcomes Framework (ROF) to help shape the focus of our work and ensure we keep on track.



Partners now have access to a ROF Viewer that includes information from health, social care and the third sector.

# Part 1: Overview of Cardiff and Vale Regional Partnership Board

## How do we work together?

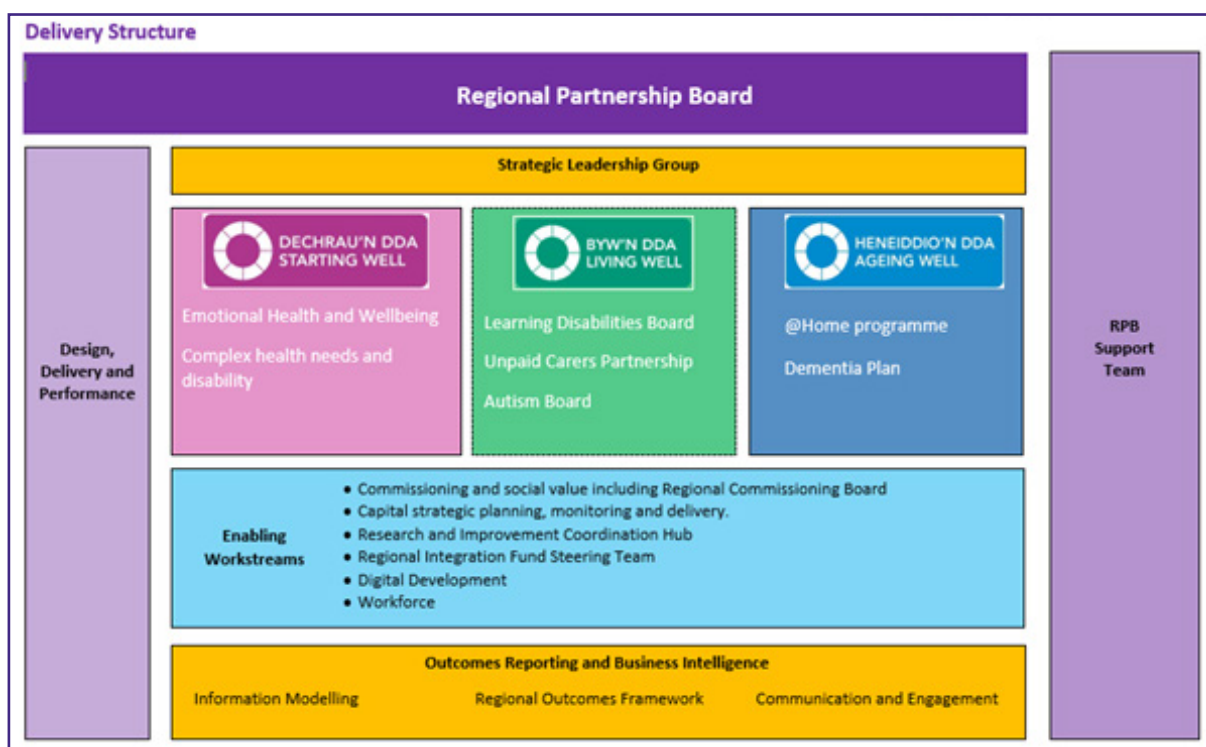
During 2021-22, we completed the initiation phase of our new governance structure, enabling a greater focus upon key life stages of our population whilst also delivering a range of cross cutting enablers that create solid foundations for our work.

We have established a region-wide engagement framework to inform the work of all our partnerships. Increasingly, the performance mechanisms of each

programme are being tailored to feed into our Regional Outcomes Framework so we can demonstrate the effectiveness of our work together. [Click here to read more about our engagement programme.](#)

"The biggest benefit of the RPB to me is it gives us the ability to design and deliver joined up solutions. This makes it easier for people to access the right services when they need them."

*Paula Ham, Director of Learning and Skills for the Vale of Glamorgan Council*



# Part 1: Overview of Cardiff and Vale Regional Partnership Board

## Funding

In 2021-22 we utilised a range of capital and revenue funding streams to deliver our work programme:

Funding Stream	Description	Allocation (£k)
Integrated Care Fund	Capital developments	5.080
	Dementia	1.100
	Memory Assessment Service	0.313
	Integrated Autism Service	0.367
	Older People	4.740
	Children with Complex Needs / People with learning Disabilities.	2.786
	Children Looked After	2.071
Children and Young People	Safe Accommodation	0.699
	Mental Health	0.200
Winter Plan		1.304
Transformation		4.699
Welsh Community Care Information System (WCCIS)		0.190
Research Innovation and Improvement Co-ordination (RIIC) Hub		0.250
Engagement		0.040
RPB Performance and Evaluation		0.060
Autism Code of Practice		0.004
<b>TOTAL</b>		<b>23.903</b>

"A major benefit of the Regional Partnership Board from my point of view, has been the ability to work very closely with all partner organisations to improve the range of services we provide to our population within Cardiff & the Vale of Glamorgan. Our very effective partnership working has allowed us to deliver creative and innovative services that would have been far more difficult for individual organisations to achieve in isolation. Co-production has been a major benefit and has been particularly beneficial during this recent period of unprecedented challenge that the Covid-19 pandemic has presented. The work of the RPB has highlighted the contributions of all of our staff and key workers who continue to provide amazing public service and compassionate care for members of our communities."

*Charles (Jan) Janczewski, Chair, Cardiff and Vale UHB and Vice Chair of the RPB*



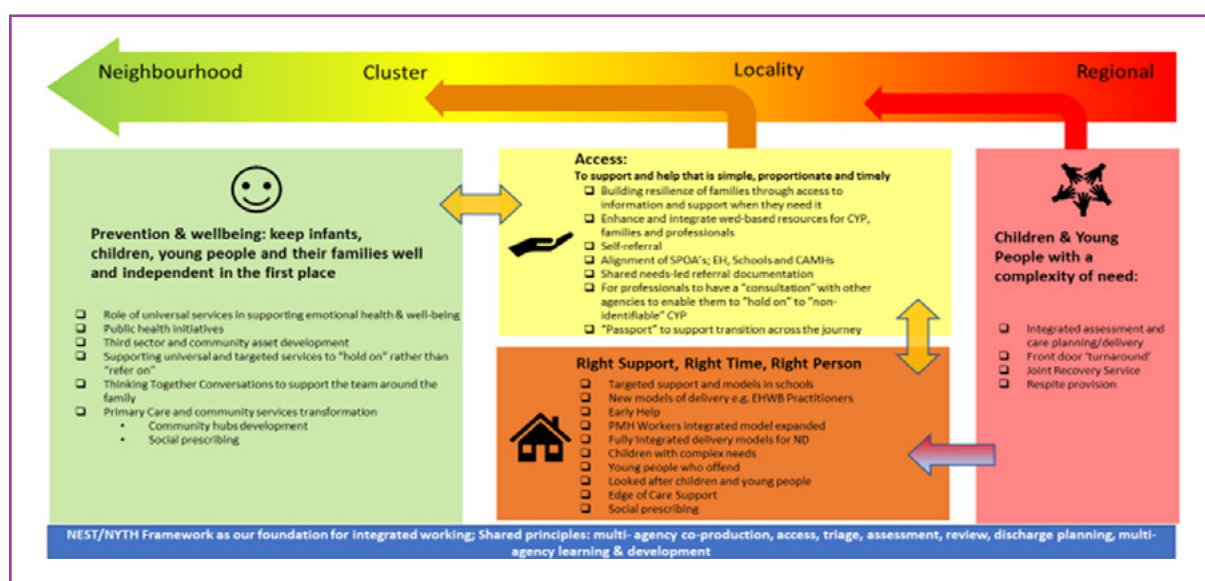
# Part 2: Our Programmes

## Starting Well Partnership

During 2021-22 we established the priorities for the Starting Well Partnership in two core programmes for infants, children, young people and their families and carers:

- Emotional health and wellbeing
- Complex health needs and disability

Within the emotional health and wellbeing programme, we have defined the overall scope and its key deliverables as follows:



The NEST/NYTH Framework forms the foundation for our emotional health and wellbeing work. To support the implementation of the Framework we delivered a NEST Inspiration and Momentum event to eighty professionals in the region. These were backed by the national NEST lead and emphasised the good work already underway, building on the theme of "what's strong, not what's wrong" and helping our workforce to envisage how they can implement NEST in their existing teams and processes. The examples that were shared have been recognised by the [national NEST team as good practice and shared across Wales.](#)

This work is supported by a Third Sector Stakeholder Group that contributes to, provides expert advice and has clear mechanisms for two-way reporting into the Emotional Health and Wellbeing Group.

A wide range of engagement events with families and professionals have informed the Cardiff and Vale Regional Disability Strategy for Infants, Children and Young People. An early draft of this has been produced and work to finalise this strategy and its action plan will continue in the year ahead.



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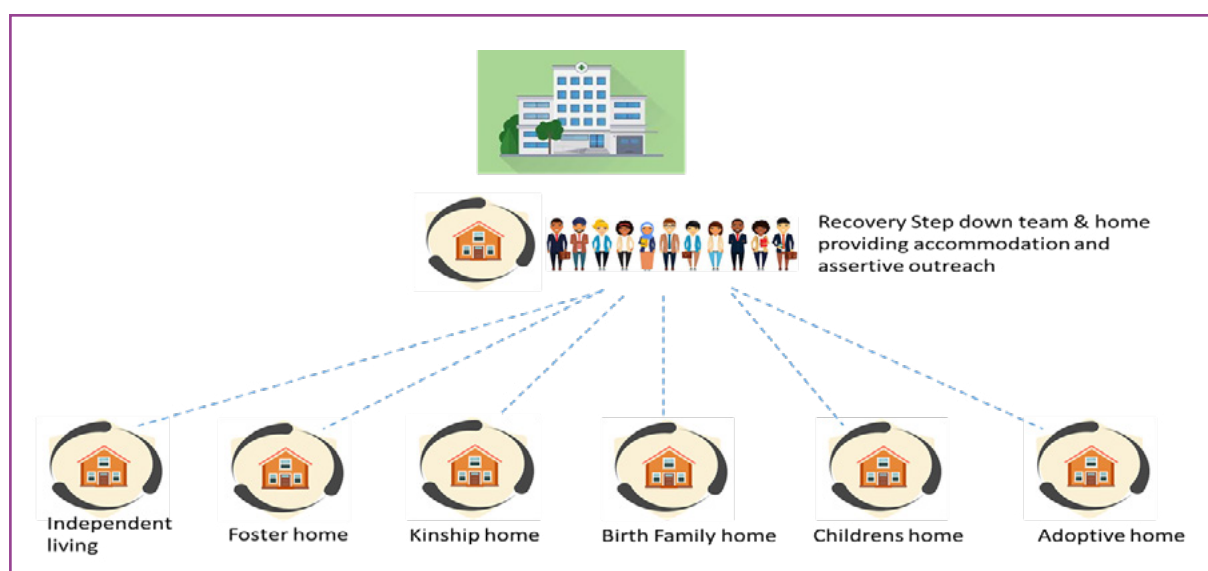
## Part 2: Our Programmes

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### Working together to support children and young people after a crisis

COVID-19 and the resulting restrictions have had a detrimental impact on the wellbeing of children and young people. We have seen small, but increasing, numbers of young people who have been hospitalised due to self-harm or suicidal

ideation. In response we have prioritised ensuring that children and young people can be safely discharged into a local, dedicated and specialist service that combines assertive outreach and accommodation support.



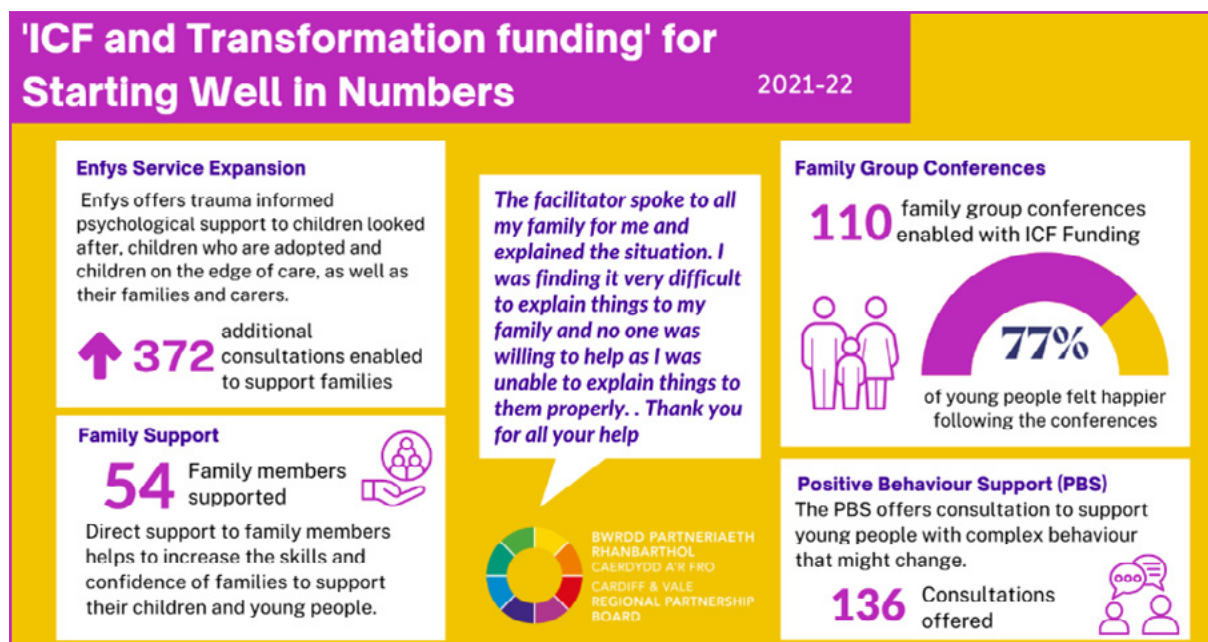
A team of staff from across the region have developed a joint safety planning process using a trauma informed model. Multiagency discussions take place to ensure holistic support is provided to young people when they are ready to leave hospital.

### Integrated Care Fund (ICF) and Transformation funding

The Integrated Care Fund (ICF) and Transformation funding has supported delivery of a range of projects across both Starting Well priorities.

The emotional health and wellbeing programme conduct a pilot study about the use of virtual groups to deliver trauma informed support which [has been published in several online journals](#).

## Part 2: Our Programmes



"Llamau has had an exceptionally busy year, supporting people at times of crisis until they are ready to take the next steps to doing the things that matter most to them. We have welcomed the opportunities that our membership of the RPB has brought us to work together to make sure that services are prepared for the challenges ahead. The RPB has supported the third sector throughout this challenging period. We welcome the Regional Integration Fund that will allow the partnership to plan in the longer term and further build on our work around social value. We welcome the progress made to increase integrated working across the region."

*Sam Austin, Deputy Chief Executive, Llamau*

### Regional Transition Protocol for children with additional learning needs (ALN) (Planning for My Future)

The regional transition protocol was launched to support children with additional learning needs (ALN) to plan for the future. It focuses on a person-centred approach to capturing children and young peoples' aspirations for their future and having the right people around the table to help them to get to where they want to be.

[Read the protocol](#)

[Easy Read protocol](#)

[View our animation about the protocol](#)

[Click here for more information about Starting Well](#)



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# Part 2: Our Programmes

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## Living Well Partnership

**Our Living Well Partnership is in development and will enable the RPB to be sighted on a wide range of partnership activities that support people to live well.**

- Unpaid carers
- People with physical disabilities
- People with learning disabilities
- People who are autistic
- People with poor mental health or emotional support needs
- People with sensory impairment.

**During 2021-22 we focused upon clarifying the needs and aspirations of three particular components within this partnership:**

1. Considering the long-term plans and priorities for people with learning disabilities;
2. Agreeing priorities for Unpaid Carers;
3. Implementing plans to ensure local compliance with the national Autism Code of Practice.

## People with Learning Disabilities

**The Cardiff and Vale of Glamorgan Learning Disability Partnership (LDP) is the main delivery vehicle for delivering partnership priorities for adults with learning disabilities and their families and carers across the region.**

The work of the LDPB is guided by the Joint Commissioning Strategy for Adults with Learning Disabilities 2019-2024

which was co-produced with citizens. It outlines the key priorities for people with learning disabilities across the region, and areas of development required to improve outcomes for people.

The Regional Partnership Board has used the Integrated Care Fund (ICF) to improve the lives of people with learning disabilities, including:

- Improving transition from childhood to adulthood
- Development of supported living schemes for adults with learning disabilities in Cardiff;
- More support to enable people to access local activities
- Improved access to health services
- Targeted technology enabled care, improving skills

Just some of the outcomes experienced by our citizens are demonstrated below and [you can read more about these here.](#)



**Over the next 5 years, the Learning Disability programme will continue to deliver and build against the 8 areas of the strategy as set out below:**

1. Health and Feeling Good
2. Information
3. Choice and Control
4. The Right Support at the Right Time
5. Work, Volunteering & Day Opportunities
6. The Transition from Child to Adult Services
7. Having my own home
8. Collaboration and Co-Production

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## Part 2: Our Programmes

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### Some examples of the impact of our work

#### College course for complex needs

Learning disability services worked with education colleagues to develop local education provision for young people with complex needs at Cardiff and the Vale College. There are two pilot courses currently running, one in Cardiff and one in the Vale of Glamorgan and 5 young people attend college 2 days a week with staff specifically trained to support them.

"J' has a Profound Multiple learning disabilities. In his last year of school, his family were torn between wanting J to access further education and both his and their desire for him to remain local. While they felt college would be a good experience for J, they planned to opt for day service as CAVC could not meet J's needs. The family were delighted when the new course was developed; J could continue in further education and remain living at home. J has been attending CAVC since October with the support of day service staff. He has settled into the new course well and is enjoying being on the college campus."

#### Having My Own Home

The Vale of Glamorgan have welcomed their first citizen into the transition smart house. This house will support individuals to develop their independence through the use of technology and will enable them to carry out a range of tasks within the home and their community independently.

"T has grown in confidence in the short time he has been living within the smart house, he is encouraged daily to make/cook his own breakfast/lunch and dinner and is completing daily house chores such as hoovering, cleaning kitchen and putting on his washing. Each day T is requiring fewer verbal prompts and is already telling staff what he needs to do next. T is now looking to develop his reading skills and has taken up classes in Barry Library to meet this goal and has also signed himself for a gardening project at Llandough hospital, so patients have a garden to sit in while they are in hospital."

[Click here for further information about how we supported people with learning disabilities in 2021-22.](#)



### Supporting Unpaid Carers

In many ways, unpaid carers are the unsung heroes of the COVID-19 pandemic, having provided care and support to their loved ones in increasingly challenging circumstances. The RPB holds a fundamental responsibility to support unpaid carers and a number of projects have continued over the last year.

A range of other projects supporting unpaid carers are showcased throughout this document.

Moving forward, we have reconvened our Unpaid Carers Board which seeks to develop an Unpaid Carers Charter in the coming year. This will raise the profile of unpaid carers across the region and the priorities it includes will shape the future work plan of the Board.

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## Part 2: Our Programmes

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"Cardiff YMCA has been able to access funding from the RPB to ensure a consistent approach to young carers across the region. We have worked with Cardiff Council to support 215 young carers to access a range of support, 209 of whom reported their wellbeing improved following a service. Young carers have told us how much they value the diverse range of activities we provide, which have included alpaca trekking, yoga, baking, cinema trips and craft workshops. These opportunities to relax, have fun and meet other young carers have made a huge difference to everyone involved."

*Andrew Templeton, Group Chief Executive, Cardiff YMCA*

### Autism

The [Welsh Government Statutory Code of Practice for Autism](#) came into effect from September 2021. As a key part of the Autistic Spectrum Disorder (ASD) Strategic Action Plan 2016 – 2021, the Code places increased responsibilities and duties on local authorities and health boards to better meet the needs of autistic people and their families. These include arrangements for:

- Autism assessment and diagnosis;
- Accessing health and social care services;
- Awareness raising and training in Autism;
- Planning and monitoring services and stakeholder engagement.

An interim Autism Services Board undertook a baseline assessment of the region's compliance with all areas of the new code. Whilst there were a high number of areas where colleagues considered the region to be fully compliant, specific areas of action remained as follows:

- Ensuring appropriate training for all staff;
- Providing a region-wide report on key activity trends relating to Autism services;
- Ensuring appropriate and ongoing engagement for people with Autism.

A delivery plan has now been established to take forward the work along with a revised Terms of Reference for a Regional Autism Board.

**In the meantime, the work of the Integrated Autism Service continues to progress with key outcomes over the past year as follows:**

- Giving people who support autistic in mainstream services opportunities to develop their skills
- Offering diagnostic and preventative treatment services to autistic adults and their carers whose needs are outside the remit of other services.

[Click here to find out more about the work of our Integrated Autism Service.](#)



## Part 2: Our Programmes



### Ageing Well Partnership

This year has seen the establishment of our Ageing Well Partnership as a formal group to oversee the work specifically related to older people including people living with dementia through two key programmes:

- @Home
- Dementia

### @Home – accelerating the ambitions of A Healthier Wales in developing locality based integrated care

The region has brought together learning from the Integrated Care Fund (ICF) and Transformation Fund, to develop a major programme of work to reshape the delivery of health and social care in the region. The principles and component parts of this ambitious programme can be seen in [Appendix 1](#).

**The @Home programme brings together a number of projects funded through the Integrated Care Fund and the Transformation Fund including:**

- ICF Integrated Discharge Service working with the Transformation Fund Get Me Home project to assist in coordinating discharges by working across traditional boundaries;
- Making support services easier to access through single points of contact – the Cardiff Independent Living Service and Vale Single Point of Access.



# Part 2: Our Programmes

## MDT Cluster development

The transformational work around the Cardiff Southwest Cluster has seen significant improvements in patient care with fewer unplanned hospital attendances clearly demonstrated in comparison to other clusters. The cluster development project in Cardiff South West, focussed on 4 key areas of development:

1. Community based Multi-Disciplinary Team (MDT) meeting for supporting our most vulnerable patients. The regular MDT supported 294 unique patients in 2021/22.
2. A wellbeing and discharge coordination hub – to support patients around their discharge from hospital following emergency admissions. The hub contacted 6152 patients in 2021/22.

3. A community development service to develop and maintain a network of community development activities. In addition a network of wellbeing connectors and social prescribing workers to support our patients to improve their wellbeing. There were 730 referrals through the cluster’s social prescribing platform in 2021/22.
4. A focus on advance care planning to support patients to make and share decisions about their preferred place of care. There were 419 advance care planning discussions held with patients in 2021/22.



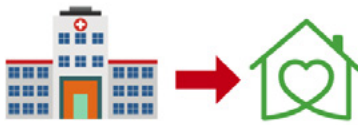


[Find out more about the work of the South West Cluster.](#)



**The @Home programme is looking to further develop this and to spread and scale the model to all clusters in Cardiff and Vale.**

## 'Get Me Home' in Numbers

2021-22

<p><b>Cardiff Independent Living Service</b></p> <p>39,786 contacts received resulting in awards of £1.13 million additional income</p> 	<p><i>"We felt that finally someone had come to see us that was actually prepared to do something rather than just sit there ticking boxes as most others had done"</i></p>  <p>BWRDD PARTNERIAETH RHANBARTHOL CAERDYDD A'R FRO CARDIFF &amp; VALE REGIONAL PARTNERSHIP BOARD</p>	<p><b>Community Resource Team</b></p> <p>Supported 945 Hospital Discharges</p> 
<p><b>Vale's Single Point of Access</b></p> <p>7,199 referrals were received by the Vale's Single Point of Access (C1V). Over 8/10 new cases were dealt with directly with no onward referral.</p> 		<p><b>Accommodation Solutions</b></p> <p>Accommodation Solutions received 167 referrals and assisted 83 hospital discharges avoiding £263,235 of costs</p> 



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## Part 2: Our Programmes

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[Click here to find out more about @Home's achievements in 2021-22.](#)

The introduction of the Regional Investment Fund has enabled us to undertake a thorough overhaul of all previous service delivery investment against these newly agreed aspirations. This has resulted in a new programme where the outcomes of those initial workstreams have been re-aligned to form a foundation for the next phase in innovative service development for 'older people including people with dementia'. See [Appendix 2](#) to find out what the Ageing Well Programme will deliver over the next five years.

### Dementia

The Cardiff and Vale Dementia Programme is the delivery vehicle for the region's Dementia Action Plan (DAP). A number of projects have already been established utilising the Integrated Care Fund with the aim of taking forward key priorities, specifically:

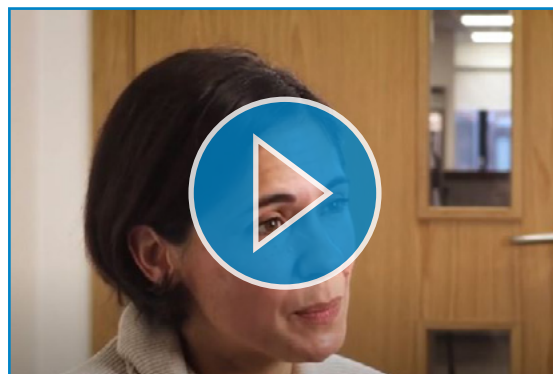
- [GP diagnosis and support – to provide more timely and accessible assessments in GP settings](#)
- [Team around the individual \(TATI\) – to coordinate and provide wraparound community support](#)
- [Dementia care training – to develop a skilled and informed workforce](#)
- [Dementia friendly region – to develop awareness and support within communities](#)
- [Mental health matters – a hospital-based support project for cognitive impaired \(ICF OP\)](#)

More recently, the Memory Assessment Fund facilitated the region to enhance its investment in these projects and also to widen the scope to include some further priorities such as:

- [Dedicated speech and language therapy and palliative care nurse to support the TATI](#)
- [Additional third sector support through Marie Curie and Cardiff and Vale Action for Mental Health to further develop the dementia friendly region project](#)
- [Memory link workers based in hospital wards to provide dedicated in-hospital support and guidance to patients living with dementia and their families](#)
- [Carers information and support service aimed at the unpaid carers and families of people living with dementia](#)

As we approach the mid-point of our local Dementia strategy, and given the recurrent nature in which these funds are now provided, we have agreed to undertake an externally-led evaluation to understand how well the region has progressed towards achieving DAP priorities so far.

[Watch our short film about becoming a dementia friendly business.](#)





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## Part 2: Our Programmes

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**Our Dementia Learning and Development Team has delivered a range of training:**

### Training within Good Work Framework for Wales -

	Informed level (all staff, all grades, disciplines, and partnerships) = <b>320 people</b> Skilled level (providing skill and knowledge that practically support and enables) - <b>122 people</b>
	Co-facilitated dementia training to Cardiff University pre-reg nursing students - <b>195 people</b> RPB commissioned specific skills training in individual cognitive stimulation therapy and RELIVE (company providing dementia training) creative online group work - <b>45 people</b>
	Partnered with Alzheimer's Society to deliver training to carers <b>Full days training sessions - 5</b> <b>Half day training sessions - 11</b>

### Dementia Care Mapping in Cardiff and Vale University Health Board

Dementia Care Mapping (DCM) is a tool that explores the experience of care from the viewpoint of those individuals living with dementia. The DCM team works across health, social care and third sector organisations. Mapping encourages reflection on practice and helps staff explore how their interactions impact the well-being of others.

#### Current uses for DCM with Cardiff and the Vale:

- individual assessment and care planning
- quality monitoring and improvement.
- identify training needs, working closely with the Dementia Learning and Development Team

The DCM leads, supports and coordinates all mapping within the health board ensuring governance and best practice.

The DCM team has also contributed to the production of the soon to be published "All Wales DCM Strategy and Implementation Guide", which acts as a guide for health boards to help support the establishment of mapping in their areas. The team have also been successful in a bid to undertake research exploring language and person-centred care using a DCM framework.

Dementia Care Mapping in Cardiff and the Vale is now seen as a valued tool for supporting staff to explore to improve person centred care. It has been welcomed across sectors with more staff expressing an interest in undertaking the training to help improve care in their areas of work.

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## Part 2: Our Programmes

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### Loneliness and isolation

Loneliness and isolation remains a priority area for the region, with the recent [Age Connects report on Resilient Communities for Cardiff and Vale](#) highlighting the need to address this, particularly post-pandemic.

In the last year, we have supported a number of third sector initiatives to help engage with older people who might feel lonely or isolated. Utilising ICF funding, we have been able to support 8 initiatives which benefitted over 1100 older people through activities and developing connections within their communities.

ICF funding has also supported the evaluation of our current third sector support for reducing loneliness and isolation which is being conducted by Cardiff Third Sector Council (C3SC). This will create a shared understanding of the work across Cardiff and Vale and will inform this agenda within the RPB. The report is due to be finalised in May 2022.

[Click here to see our Ageing Well Partnership updates.](#)

“The Ageing Well Partnership enables organisations to work together to support older people live well for as long as possible. Our aim is help people spend as much time doing the things they enjoy through the @Home Programme. This provides a range of support to help minimise people’s time in health care by helping them remain safe and well and delivering services as close to home as possible. The Dementia Programme ensures that our priorities meet the needs of people with Dementia and their carers, for instance, by informing businesses about becoming dementia friendly spaces and providing a range of training for staff in delivering care to people with dementia. Cardiff and Vale University Health Board recognises that working in partnership is key to meeting the challenges we face and the RPB is key to this approach.”

*Abigail Harris, Director of Planning and Strategy, Cardiff and Vale University Health Board*

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## Part 2: Our Programmes

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### Capital

£5.08m was allocated to the region from the ICF Capital Fund for 2021-22 and a range of projects have been initiated including:

- A Smart House for people with Learning Disabilities;
- 2 Edge of Care units for children and young people who are accommodated presently in 'out of county' placements;
- Respite Accommodation for children and young people with learning difficulties and / or behaviour challenges;
- Safe Accommodation to assist childrens' safe discharge from hospital (running in tandem with the Starting Well revenue funding programme);
- Feasibility work for new Health and Wellbeing Centres as part of the @Home programme

### Case Study: Capel I Bawb

The former Chapel was brought back into use as a community hub within Cardiff Royal Infirmary and was [renamed 'Capel I Bawb' by the local community](#). It was officially opened in March 2022 and we held a community event there the following week.



[Click here to view a range of films showing the transformations that have taken place using capital funding from the Welsh Government Integrated Care Fund \(ICF\), which are available on our YouTube Channel.](#)

### ICF Third Sector Capital Investment Fund

**Glamorgan Voluntary Services (GVS) has worked in liaison with statutory partners to provide the ICF Third Sector Capital Investment Fund.**

The ICF Third Sector Capital Investment Fund 2021 awarded funding to 18 organisations to allow organisations to pilot new approaches, support innovation and extend existing services.

The funding was used to purchase a variety of items to support Third Sector organisations to assist their projects. Examples include:

- Additional toilets to support a children's centre focused on supporting children with cerebral palsy and their families.
- A community garden with raised beds, picnic benches, compost and tools.
- Sports equipment, laptops, garden tools and furniture to create new services. Projects include supporting people with non-visible injuries, improving emotional wellbeing and supporting carers of people with non-visible disabilities.
- Sport equipment, litter picking equipment, musical instruments and gardening equipment to support activities for adults with learning disabilities.

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## Part 2: Our Programmes

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This funding has been essential for Third Sector organisations, especially as they respond to the financial pressures of providing COVID-19 safe services or changing delivery of services in response to COVID-19.

“We have received funding to restart community classes. Without this funding our Vale classes would not have been able to return and it has ensured they can continue into the future.”

*(Vale Third Sector organisation)*

### Population Needs Assessment (PNA)

Qualitative and quantitative research for the PNA was undertaken between May 2021 and March 2022, and provides an update of the 2017 report. A number of different approaches were taken to collect information to provide a holistic and

comprehensive assessment. Firstly, existing data, reports, and research were identified from a range of sources, including data from health, local authorities and third sector organisations. Dedicated engagement was carried out, including surveys for the general adult population, children and young people, residents of HMP Cardiff, and for professionals and providers. Twenty-three focus groups were conducted, led and supported by local third sector organisations.

Professional leads were identified from Cardiff and the Vale of Glamorgan local authorities, Cardiff and Vale University Health Board, and other organisations where appropriate, in order to understand the context of each theme, and help guide the data collection and interpretation.

A steering group was established for the Population Needs Assessment which met on a monthly basis. Membership included a strategic lead and a data lead from each





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## Part 2: Our Programmes

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Local Authority; representatives from Cardiff and Vale University Health Board, Cardiff and Vale Regional Partnership Board including a Communications and Engagement representative, Cardiff and Vale Local Public Health Team, Cardiff Third Sector Council, Glamorgan Voluntary Services. Over the coming year, the results of this work will be combined with other key reviews such as the Market Stability Report to inform priorities for inclusion in our Area Plan.

### Research Innovation and Improvement Co-ordination (RIIC) Hub

Our RIIC Hub supports the aims of the Welsh Government's Consolidated Innovation Delivery Programme for Health and Social Care by:

- Identifying and sharing good practice examples;
- Promoting successful innovation;
- Bringing people, resources and organisations together to access the most effective new developments.

The RIIC Hub is a key member of a national network of RIIC Hubs across Wales with shared aims and ambitions who work collaboratively when opportunity arises to promote adoption of best practice and accelerate development, uptake and spread supra-regionally and nationally.

Along with the other national RIIC Hubs, the Swansea University Healthcare Technology Centre were commissioned to conduct research on tactical approach and

activities within the RPB. The outcomes report has been finalised and received with a view to reviewing potential responses to observations and recommendations in 2022/23. Similarly, at a more strategic level, the King's Fund have been commissioned to conduct research on how the RPB is embedding a preventative approach to how integrated care services are delivered, and how it can learn from national and international examples of best practice and models of care for service redesign (drawn from the UK and other comparable health systems pursuing a preventative agenda). The findings of this research will also be received in 2022/23.

#### **Additionally, the RIIC hub team have supported and developed:**

- A close working relationship with Public Health Wales, Cwm Taf Morgannwg UHB RIIC Hub with Newydd Housing Association [on the development of the GetFit Wales plan, including a 'virtual 10k' and spreading and scaling this initiative regionally](#). The Wales Institute of Digital Information (WIDI) have been commissioned to support the initiative through the development of digital resources.
- Commissioning of the Welsh School of Social Prescribing Research (WSSPR) to develop an evaluation matrix to identify best practice and promote adoption of social prescribing in the broadest context across the RPB. This activity supports the @Home Programme within Ageing Well RPB initiative and will also be completed and taken forward next year.
- Supported and promoted the reduction

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## Part 2: Our Programmes

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of anaesthetic gases within the NHS which have a significant negative environmental impact when excess gas is discharged to the atmosphere.

[Initial focus has been on the usage and wastage of the commonly used anaesthetic, nitrous oxide, which has ~ 300x the environmental impact of carbon dioxide.](#)

- Worked with Powys RIIC and the Fathom Trust on promoting Green Prescribing good practice by using the outdoors and craft to promote wellbeing and good mental health.

### Working together to develop a stable and sustainable care market

#### Commissioning

**The Regional Commissioning Board works across the partnership to coordinate and improve commissioning activities. Here is some of the work it has undertaken:**

- Development of a Regional Outcome Framework for Older People's Residential Care to ensure common contract monitoring criteria.
- Development of a regional approach to providers' ability to maintain services and escalating concerns policy as part of an integrated approach to quality assurance.

- Regional COVID-19 Transfer of Care Risk Assessment to support transfer between care packages
- Our Market Sustainability Report for publication in June 2022.

#### **We have worked with care providers to:**

- Identify the strengths and weaknesses of the social care market and identify changes required by the sector to meet the needs of our regions citizens.
- Increase training opportunities and outcomes for the care workforce.
- Evidence the cost of delivering care to demonstrate the value for money their services offer the tax payer.

#### **Supporting people:**

- We have engaged with people across the region to understand their care and support needs of our communities now and in the future, so we know what level of services we are likely to need to inform our Market Stability Report.
- We worked together to improve opportunities for people working in the care and support industry.
- We have ensured self-funders are considered during cost of care discussions and when considering future provision.



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## Part 2: Our Programmes

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### Working together to create the Cardiff and Vale Digital Care Region

**Our RPB is committed to taking forward the digital agenda as a new area of work. In November we welcomed a range of colleagues who are already working at a national and local level to:**

- Share an overview of the digital agenda at a local and national level;
- Test our appetite as an RPB to champion digital working across our region;
- Agree a set of principles and potential outcomes to shape our approach;
- Identify a task group to seek out a focused, mutually beneficial area for development, the first step in what may become an evolutionary journey of digital transformation for our region.

This initial conversation resulted in the development of a proposal to create a Digital Care Regional Programme. Fundamentally, we recognise the necessity of shared information, intelligence and records as a significant enabler to deliver integrated care. Our proposed programme will directly support the delivery of the RPB's priority programmes where a digital solution is required.

The priorities of the programme will be driven by the priorities of the RPB, reflecting those of the partnership.

As the Cardiff and Vale Digital Care Region explores and begins to apply the opportunities created by the National Data Resource, we will share that learning with RPBs and others across Wales. We are keen to act as a pathfinder for other regions so that delivery and application of the NDR can be accelerated for everyone's benefit and continue to seek an appropriate funding stream with Welsh Government to commence this ground breaking work.

### Workforce

Workforce and organisational development is fundamental to the delivery of all programmes within the RIF programme portfolio. A Workforce and OD specialist has now joined the @Home Programme to spearhead a programme of workforce and organisational development in the coming year.

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# Part 3: Communication, Engagement and Social Value

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## Communication

The RPB has refreshed and simplified our branding to make us more recognisable and created linked logos for our programmes so they have their own unique identities. This reflects the way our work is tailored to reflect the needs of different population groups.

The team has worked together to have a more consistent approach to communications focussing on the impact of working together. We have a presence on social media and use this to communicate with stakeholders and the public, as well as publishing [regular updates](#) on our website.

We are preparing to launch our refreshed website in 2022-23, complete with a new domain: [www.cavrp.org](http://www.cavrp.org).

## Engagement

We worked with partners to co-produce a joined up approach to engagement that has resulted in the creation of the [Regional Engagement framework portal](#). This contains resources to enable us to share work undertaken, plans and opportunities, best practice and lessons learned. This approach was developed in response [to a report following workshops and interviews with our members by Promo Cymru](#). We are looking to strengthen this further over the next year through a tailored programme that reaches out to people with diverse experiences and backgrounds throughout our region.

[View our engagement framework and find out about our plans to set up a Cardiff and Vale Engagement Community of Practice \(CAVECOP\).](#)

**Case Study:** We commissioned C3SC and Promo Cymru who used a co-production approach to involve the local community in [renaming the former Chapel at Cardiff Royal Infirmary](#). People told us they wanted a name that highlighted the fact that everyone was welcome, whilst also representing its history and chose the name '**Capel i Bawb**'.

An online survey was completed by 108 people and 6 focus groups with 65 participants were held with representatives from:

- Cardiff People First
- Exercise for All Wales
- Splott Community Volunteers
- Women Connect First

"Cardiff Third Sector Council has helped champion the role of the third sector on the Cardiff and Vale Regional Partnership Board with the aim of ensuring that people in the region see more integrated services, which are easier to access and focussed on what matters most. We have supported the Board in strengthening their engagement processes and considering how social value and the citizen voice will be built into planning and decision-making. We look forward to developing this further in the coming year."

*Sheila Hendrickson-Brown, Chief Executive Officer, Cardiff Third Sector Council*

# Part 3: Communication, Engagement and Social Value

The Starting Well Partnership worked with Cardiff Third Sector Council and Glamorgan Voluntary Services to involve an increasing range of third sector organisations through a stakeholder group that commences in April 2022. This will enable us to access the rich and diverse expertise within the third sector.

improve the wellbeing of this group of young people.

Care & Repair Cardiff and the Vale completed works to help people to return home from hospital and reduce hazards within homes that could lead to hospital admission.

“The support from the RPB has been fantastic and has directly helped adapt the homes of 1,290 older people living in Cardiff and the Vale of Glamorgan. Older people tell us that as a result of this work, they feel more safer, more confident and more independent undertaking their daily activities in their homes. This is a fantastic example of how partnership working can make a huge difference in helping people to stay independent, safe and well at home for as long as possible.”

*Richard Thomas, Chief Officer of Care & Repair Cardiff and the Vale*

## Examples of our investment in social value

We worked with partners in 21/22 to develop an application to the Cardiff & Vale Health Charity that will enable a pilot of social prescribing for children and young people whose emotional wellbeing has been affected by COVID-19. The application was successful and delivery of the project from 22/23 onwards will increase links and opportunities to deliver services with the social value sector that

### 'ICF Funded Accommodation Solutions Works' in Numbers

2021-22

**Number of adaptations carried out**


Helping people return home after hospital



722      568

Reducing hazards in homes

*“Couldn't wish for a better service, excellent workmanship and helpful in all aspects of work. A very competent worker, helpful and caring and respectful in every way. Very glad the hospital put you and your service in touch with me.”*



BWRDD PARTNERIAETH  
RHANBARTHOL  
CAERDYDD A'R FRO  
CARDIFF & VALE  
REGIONAL PARTNERSHIP  
BOARD

**Feedback**

- 99% satisfied with the service
- 100% would recommend the service to others




- 99% felt more confident and independent
- 98% quality of life has improved.



**Average time taken to carry out works**

3 working days for hospital referrals



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# Part 4: Looking Ahead

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## Looking Ahead

### Forward Planning: fit for the future

The Regional Partnership Board is already anticipating the publication of its Population Needs Assessment and Market Stability Report in April and June 2023 respectively. The findings of these reports will be combined with outcomes of the Public Service Board Wellbeing Assessments, providing key intelligence to enable identification of key priorities for our Area Plan for 2023-28.

This exercise will run in tandem with work to ensure that our governance structure is appropriate to meeting the needs of our extensive work programme and statutory obligations, whilst also giving us the flexibility and agility to respond in a timely manner and make best use of colleagues' time.

As an RPB, we will closely monitor the ongoing development of Pan Cluster Planning requirements, ensuring that wherever possible we seek to align and co-ordinate our work plans to enhance outcomes for local communities.

### Funding Streams: learning from the old, planning for the new

2021-22 marked the culmination of all funding streams previously available to the RPB, in particular the Transformation Fund and the Integrated Care Fund for both capital and revenue streams. A local evaluation of the Transformation

Fund was been commissioned in line with Welsh Government requirements demonstrating some of the key benefits of the Fund and also suggesting some recommendations to be learned for the future (see [Appendix 3](#) for the End of Fund Evaluation.)

[Click here to see the Wales wide evaluation of the ICF.](#)

The learning from both these reports will be used to inform performance and delivery mechanisms for the new funding streams as our focus now moves to delivery of the Regional Integration Fund and anticipated new capital funding streams.



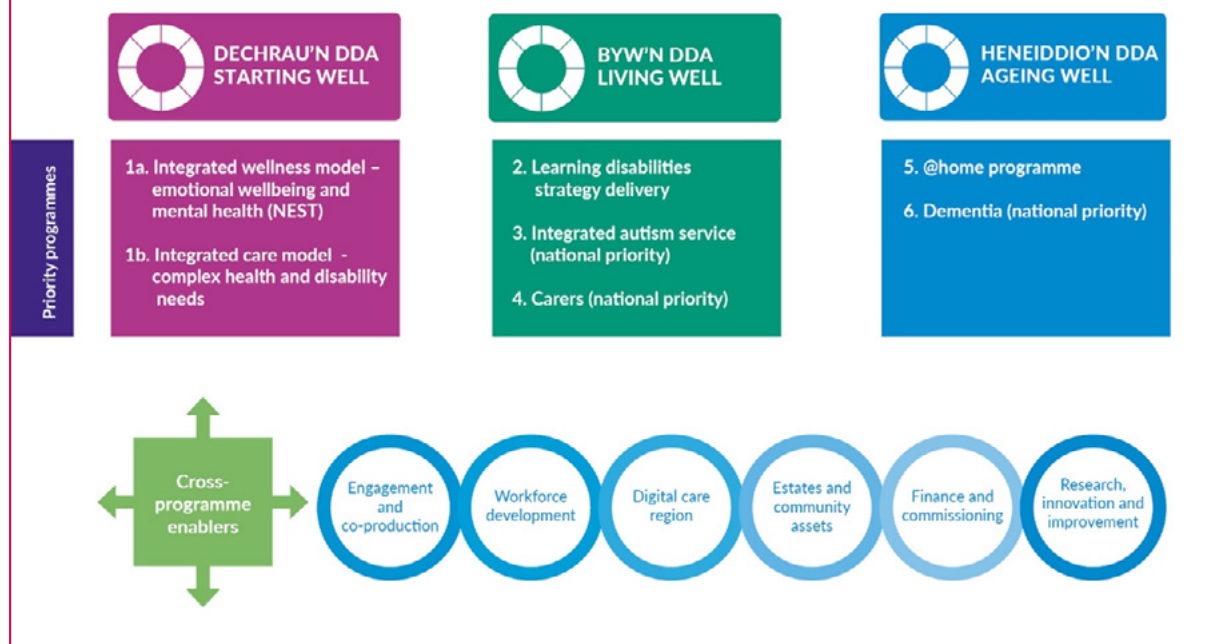
# Part 4: Looking Ahead

## Regional Integration Fund

The new Regional Integration Fund enables the RPB to plan for the next five years. It is made up of:

- Embedding Fund – to support existing projects that have been tested and evaluated as having had good impact and are part of the delivery of our emerging integrated care models
- Acceleration Fund – allowing us to develop and test new elements of our emerging integrated care models
- National ring-fenced fund – fully funded by the Welsh Government to support delivery of ministerial priorities – our work around the Integrated Autism Service, dementia and unpaid carers
- Infrastructure fund – to support the RPB to fulfil its duties under the Social Services and Wellbeing (Wales) Act

The RPB agreed the programmes of work that the RIF will be used to support delivery as outlined in the diagram below:



# Part 4: Looking Ahead

## Capital Funding

It is anticipated that 2 new capital funding streams will be made available to the region in 2022-23 as outlined below:

Funding Pot	Local Allocation	Comment
Housing with Care Fund	£7.683	<ul style="list-style-type: none"> <li>• Current allocation confirmed p.a. from April 22-Mar 25.</li> <li>• £ tbc for 2025-26.</li> </ul>
Health and Social Care Integration and Rebalancing Capital Fund	TBC	<ul style="list-style-type: none"> <li>• Development of integrated health and social care hubs and centres</li> <li>• Rebalancing the residential care market</li> </ul>

All RPBs are now required to develop a 5 – 10 year strategic capital investment plan alongside their Area Plans which is due for publication by April 2023. As a minimum, RPBs should bring together partners to consider capital investment from the following policy areas in order to create strategic alignment and best value (partners own capital resources should also be considered):

- Health and Social Care Integration and Rebalancing Capital Fund;
- Housing With Care;
- Sustainable Communities for Learning Programme – Community Schools as part of the annual investment in schools and colleges;
- Health Capital Fund;
- Substance Misuse Capital Fund;
- Regeneration.

RPBs are required to establish capital planning subgroups which draw in the relevant expertise from partner organisations to ensure robust and effective capital programme management. In response, we will be tasking a new Capital Steering Group with driving forward preparatory work for this step change in capital planning requirement with the following proposed aims:

- Proportionate management of the business case process for all RPB capital funding streams;
- Effective oversight, management and delivery of 'active' schemes.
- Provision of a 5 year pipeline of capital projects aligned to the strategic aims of the RPB including an initial list of priorities for development in 2022-23.
- Effective monitoring of outcomes.



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# Part 4: Looking Ahead

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## Anticipated Outcomes for 2022-23

**We anticipate that our planning processes and new funding streams will help us to take forward the following key priorities in the coming year:**

- Starting Well: Accelerating our work on emotional health and wellbeing for children and young people, in particular with the delivery of new secure accommodation to aid ongoing care and support following a hospital stay;
- Strengthening our focus on planning care and support for young people with learning disabilities.

## Living Well

- Creating and delivering an Unpaid Carers Charter to help raise awareness of available support;
- Strengthening our focus upon service planning and delivery for people with learning disabilities;
- Publication of a Cardiff and Vale Regional Disability Strategy for Infants, Children and Young People
- Embedding our Code of Practice for People with Autism;
- Building plans and the right governance structure to support work to meet the needs of other key priority groups to live well in their communities.

## Ageing Well

- Continuing delivery of the @Home programme with specific acceleration of Access, Intermediate Care, Cluster development, Health and Wellbeing Centres and Vale Alliance plans;
- Delivering a revised structure to support the ongoing development of services for people with dementia and their families, focused on a refined set of outcomes following from the recent review of dementia work so far;
- Moving forward with work to address loneliness and isolation.

## Partnership Enablers

**The success of this ambitious work programme will be reliant upon delivery of a number of key enablers:**

- Outcomes monitoring: using our Regional Outcomes Framework and creating a new performance monitoring mechanism to ensure that as partners we make a tangible difference to people in our region.
- Social Value: Ensuring that these outcomes include a demonstration of social value and re-establishing our Social Value Forum under the leadership of the Third Sector.
- Supporting innovation through ongoing investment in a newly re-titled Regional Innovation Coordination Hub, spreading best practice and innovation across our region and beyond



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## Part 4: Looking Ahead

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- Building upon our Communications and Engagement Framework to ensure people are aware of our work and that it is informed by a rich diversity of voices and experiences
- Workforce: explore how to best support our workforce across the partnership, in particular around recruitment of carers
- Digital Enablement: Making Cardiff and the Vale of Glamorgan a Digital Care Region to help people access the information they need to deliver informed care
- Commissioning: taking forward key priorities as identified within the Market Stability Report;
- Capital planning: creating a new steering team to deliver a clear programme of capital priorities in line with our strategic intentioned.



## @Home programme core foundations

### Definition:

- This programme will deliver a new model of place-based, joined-up care and support across NHS, councils, third sector services and local community networks.
- The model of support will be designed around the person and their family/support network.
- It will enable more people to retain their independence through care and support delivered at home or closer to home.
- We will adopt an alliance approach. This will enable our organisations to work more closely together, aligning the strengths and resources to the outcomes we are aiming to achieve.
- By alliance we mean thinking, acting, behaving and making decisions as one, and aligning our total resources to better support people to achieve their ambitions.

### Objectives:

#### To develop a model of care and support that enables people to:

- Stay independent, safe and well at home for as long as possible
- Have the opportunity to recover and maximise their independence
- Stay connected with what and who matters to them
- Have easy access to information, advice and guidance to be able to take control
- Be less dependent on our services
- Have access to support that where possible anticipates and avoids crises
- Get home as soon as possible with the right support
- And enables system financial sustainability

### Vision Statement

*“We enable people to live happy, healthier and fulfilled lives in their community through a joined-up care system”*

### Principles:

- In designing new ways of working, we will start with the person rather than the organisation
- An approach which is consistent regionally but is designed to reflect the needs and assets of the local population
- We will do no harm – we will always aim to balance risks and benefits with what matters to people
- We will take a strength-based approach
- We believe that most of the solutions lie with the person, their community and where they live
- We will only intervene when necessary and it will be guided by what matters to the person
- We will constantly challenge ourselves as to whether we are doing our best for the person
- Our ambition is to dissolve organisational boundaries experienced by the person

### Enablers:

- Workforce and OD
- Digitally-enabled care/support
- Alliance model development
- Intelligence:
  - Quality and performance reporting
  - Capacity and demand modelling
  - Predictive risk stratification and locality needs analysis
  - Scenario modelling and counterfactual analysis
- Joint commissioning
- Front door/access to services arrangements
- Information Governance
- Integrated care records

## Appendix 2

# Project deliverables



	Accelerated Cluster development	Health & Wellbeing Centres	Intermediate care	Single Access Point	Vale Alliance
Stage 1	<ul style="list-style-type: none"> <li>A consistent target operating model which is sensitive and responsive to the needs of each cluster</li> <li>Action learning set supported by national accelerated cluster development programme</li> <li>Spread and scale of the SW cluster prototype to 2 further clusters</li> </ul>	<ul style="list-style-type: none"> <li>Detailed scoping to align the Capital developments of Barry Hospital, Cardiff Royal Infirmary and North and West Locality Health and Wellbeing Centres with the @Home programme.</li> </ul>	<ul style="list-style-type: none"> <li>Rightsizing: A clear understanding of the demand, capacity and capability required to meet the population's need</li> <li>Develop a common service specification in line with Welsh and UK-wide evidence and best practice</li> </ul>	<ul style="list-style-type: none"> <li>Design and specification of a target operating model for <u>SPoA</u> that will deliver coordinated, joined up access to health and care community services</li> </ul>	<ul style="list-style-type: none"> <li>A new governance structure which enables integrated working</li> </ul>
Stage 2	<ul style="list-style-type: none"> <li>Roll out to all clusters regionwide</li> </ul>		<ul style="list-style-type: none"> <li>Implementation of a consistent, region-wide intermediate care service model</li> </ul>	<ul style="list-style-type: none"> <li>Integrated referral management system</li> <li>Recruitment to integrated staffing model</li> <li>Development of service performance and quality indicators</li> <li>Communication of the access points to citizens and referrers</li> </ul>	
Enablers	<b>Governance</b> ( <i>developing a structure for a shared responsibility of our citizens</i> )				
	<b>Engagement and comms</b> ( <i>the voice of the citizen – central to this work!</i> )				
	<b>Digital and intelligence</b> ( <i>digital enablers and how will we measure success</i> )				
	<b>Workforce and OD</b> ( <i>developing an integrated workforce – informed, skilled and enabled</i> )				
	<b>Finance</b> ( <i>the resource and finance perspective</i> )				

