



HWB CYDLYNU ARLOESI RHANBARTHOL
CAERDYDD A BRO MORGANNWG
CARDIFF AND VALE
REGIONAL INNOVATION CO-ORDINATION HUB

CARDIFF AND VALE REGIONAL INNOVATION CO-ORDINATION HUB

Annual Report 2022-23

**DRIVING INNOVATION, SUPPORTING
TECHNOLOGY, AND STIMULATING
PARTNERSHIPS ACROSS HEALTH AND
CARE IN WALES**



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



**Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government**



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Introduction

[Cardiff and Vale Regional Innovation Co-ordination Hub \(RIC Hub\)](#), which sits within the Dragon's Heart Institute in Cardiff and Vale University Health Board, co-ordinates and prioritises research, innovation and improvement (RII) activity based on priorities set out by the area's Regional Partnership Board (RPB).

To ensure the Hub is aligned with Welsh Government's strategic aims, the Hub assesses all work based on four of the 'Key Design' principles set out in a [A Healthier Wales](#):

Higher Value

Achieving better outcomes and a better experience for people at reduced cost; care and treatment which is designed to achieve 'what matters' and which is delivered by the right person at the right time; less variation and no harm.

Evidence driven

Using research, knowledge and information to understand what works; learning from and working with others; using innovation and improvement to develop and evaluate better tools and ways of working.

Scalable

Ensuring that good practice scales up from local to regional and national level, and out to other teams and organisations.

Transformative

Ensuring that new ways of working are affordable and sustainable, that they change and replace existing approaches, rather than add an extra permanent service layer to what we do now.

Over the past year, the Hub has engaged extensively with the RPB's three programmes, Starting Well, Living Well and Ageing Well, to ensure enhanced co-ordination of innovation and avoid duplication. The Hub has contributed to the development of the RPB's Joint Area Plan 2023-28 to ensure to strategic alignment.

In this Annual Report, the Hub is proud to set out our achievements in 2022-23 and how we will continue to build upon these successes in 2023-25.



Mark Briggs
Assistant Director of Innovation

I have always been curious and spent most of my childhood making things and not too surprisingly this ended up in me pursuing a career in life sciences R&D. Having now joined the public sector I hope to make more visible direct impact and help support significant, step-wise changes in health and social care services.



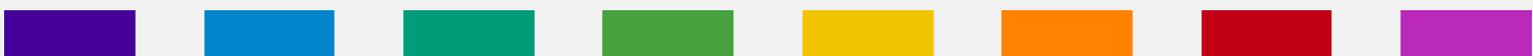
Catherine Peel
Senior Service Improvement
Programme Manager

I am very passionate about innovating and changing the culture of our health and social care system for the better in order to create a sustainable future. It's important we listen to the people at the heart of our system. Everyone has a story and it is by sharing our stories that we can all learn.



Dylan John
Project Support Officer

I enjoy contributing to changing our health and social care system for the better, so people experience improved outcomes and get the right support at the right time in the right place. I am particularly passionate about promoting the voice of people with lived experience and the value they can have in shaping future services.



Stats

Connections made:

55

Events attended:

19

Films created:

14

Film views:

921

Local Innovation
case studies:

4

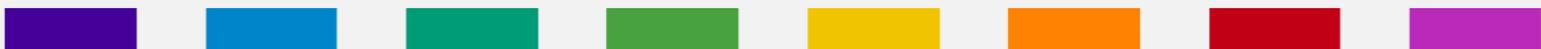
Innovation guides
published:

9

Newsletters
published:

3

2



Social Prescribing has been recognised as having a key role to play in ensuring a sustainable health and social care system in Wales and has been a significant area focus for the Hub and the RPB as it provides higher value options for non-clinical interventions. The Hub has undertaken a series of activities to accelerate the adoption of social prescribing in the region in an evidence based and system wide approach.

Social Prescribing Evaluation Framework

Evidence driven

Scalable

Higher Value

Transformative

The Hub commissioned [the Wales School for Social Prescribing Research \(WSSPR\)](#), who are leaders in the field, to develop a social prescribing evaluation framework. The framework allows social prescribing providers to measure and demonstrate how their services function and deliver



outcomes for those who use them. To ensure the framework is meaningful to social prescribing services and interested parties, the Hub held workshops at various stages of the project to ensure stakeholders were well informed and had an opportunity to engage in the development of the framework. Additionally, a number of services from across Cardiff and the Vale were recruited to take part in the project, such as Cardiff Mind, Community Connections and Action for Caerau and Ely.

Development Matrix

The Hub worked with WSSPR and stakeholders from across health, social care and the third sector to coproduce a [Development Matrix](#), which provides an evaluation framework for self-assessment of progress. The matrix is being used as a vehicle to enable the sharing of learning by helping services compare progress and facilitate conversations across Wales through a Community of Practice.

Scoping Review

Social prescribing is a developing idea in Wales and further evidence is needed to better understand and optimise the services on offer. The Hub commissioned WSSPR to produce a [scoping review into the patient experience of social prescribing](#), which conceptualises the experience, barriers and outcomes of social prescribing. Additionally, the review considers the most successful ways of implementing services and barriers to access, referral mechanisms and terminology used. The review provides many insights which will be vital for developing an evidence-based social prescribing offer in Cardiff and the Vale and at a national level.

Group Concept Mapping report

To inform the development of the matrix, the Hub played a key role in identifying stakeholders from across sectors to take part in a [group concept mapping study](#) to explore the views of professionals working in social prescribing regarding data they feel should be included in the framework's core minimum data set. WSSPR used group concept mapping methodology to form a consensus of professional views across two specific domains:

- What data do professionals think is most important to collect?
- What data do professionals consider easy to collect?

WSSPR used the data collected to generate key themes and identify specific data items and suggestions that are meaningful to stakeholders and aid the development and maintenance of social prescribing services in the region.

Community of Practice

Following the publication of the three above elements, WSSPR worked alongside the social prescribing services who have been recruited to the project to test the development matrix. Services completed an initial assessment using the matrix and attended an inaugural Community of Practice to share their experiences and findings.

Next Steps

In 2023-24, the Hub will build on the success of the project so far by continuing to support the Community of Practice to ensure the matrix is embedded in practice and contribute to Welsh Government's development of a national social prescribing framework for Wales. WSSPR are in the final stages of producing a dedicated social prescribing Patient Reported Experience Measure and a final report of recommendations, which will be shared with all stakeholders and inform future direction of travel.

Accelerated Cluster Development

Evidence driven

Scalable

Higher Value

Transformative

As part of the Hub's work with the RPB's Ageing Well Programme to accelerate cluster development, the Hub has generated good practice case studies to drive the adoption and spread of social prescribing. Social prescribing forms part of the South-West Cardiff GP Cluster's Community Development Service, which is one of four elements that make up the pioneering SW Cluster Model.

Grow Well

The Hub collaborated with SW Cluster and Action for Caerau and Ely to showcase [Grow Well](#), a community gardening project. The Hub used a number of case studies within [a film](#) to explore how the project is achieving better outcomes and experiences for people in the cluster.



Not only is the film being used to spread the adoption of social prescribing as a preventative measure, the GP surgeries are displaying them on surgery screens to inform patients about social prescribing services available to them, increasing choice with a focus on what matters to the person and supporting individuals to promote and manage to their own health.



parkrun practice

The Hub showcased how GPs in the SW Cluster joined forces with [parkrun](#) and the Royal College of General Practitioners to deliver value led improvements to patients and local people by creating their own parkrun. The cluster are successfully encouraging staff, patients and carers to be more active and take control of their wellbeing.

The cluster and local parkrun team have capitalised on the positive stories within the film and showcased the successful innovative collaboration at the Senedd and the annual parkrun conference. [The film](#) has also been shared with the National Exercise Referral Scheme to inform future development. The global parkrun communications team have used the film to showcase parkrun initiatives across the world.



In addition, and working with the local Public Health team, the Hub has produced a tailored version of the film which is being used to promote parkruns across the region as part of Public Health's Move More Eat Well campaign.

Next Steps

In 2023-25, the Hub will continue to work with the RPB's Ageing Well Programme to further promote the spread and scale of social prescribing and will contribute to the acceleration of the cluster development model by identifying barriers to adoption and scoping innovative good practice.

Green Prescribing

Evidence driven

Scalable

Higher Value

Transformative

To further showcase the benefits of social and, in particular, green prescribing, which is a nature-based non-clinical, community-led intervention to provide immediate support to those in need, the Hub has scoped good practice from outside the region. [The Fathom Trust](#), based in Powys, aim to understand how the social impact, costs, and benefits of green prescribing can help alleviate deteriorations in health and wellbeing following the Covid-19 mental health crisis, in order to reduce pressures on the health and social care system.



“Much of the value of our Making Well green social prescribing course cannot be captured using conventional means of evaluation. This film has become an important tool in communicating what the Making Well course has meant for those participating in it. Being able to hear from participants in their own words is powerful and helps us all make a stronger case for the therapeutic value of working with nature.” Dr William Beharrell, Founder of Fathom Trust

The Hub has supported the Fathom Trust by creating [a film](#) telling the stories of those experiencing the benefits of the Making Well programme, a pilot project seeking to understand whether and how participants' health and well-being can be improved through crafting, conservation, and contemplation.

The film has been used to spread the concept of green prescribing across Wales. In November, the film was showcased at a creative gathering of 50 health leaders, commissioners, artisans and academics, including Cardiff and Bangor Universities, to get buy in from strategic leaders and accelerate green prescribing as a technique for improving health and wellbeing.

In addition to the film being produced, three studies have been completed to support and evaluate this pilot project.

- [A social return on investment study](#) from Bangor University's Centre for Health Economics and Medicines Evaluation showing a forecast SROI of £7:70 for every £1 invested.
- [A Good Practice Guide](#) from Cardiff University and sponsored by the Accelerate Programme identifying five key practices for green social prescribing.
 - Accelerate is a healthcare innovation programme aligned with Welsh Government's *Well-being of Future Generations Act* and *A Healthier Wales*, part-funded by the European Regional Development Fund and led by the Life Science Hub Wales in partnership with Cardiff University, Swansea University and University of Wales Trinity Saint David. Accelerate enables collaboration between enterprises, healthcare professionals and academia to engage in innovative, evidence-based health and social care solutions.
- [A Practices of Change ethnographic study](#) from Cardiff University exploring the processes of health and healing.

Next Steps

In 2023-25, the Hub will support The Bevan Commission's '[Let's Not Waste' Programme](#) which aims to bring together a commitment and collaboration to reduce waste by addressing the environmental, economic, and social aspects of waste across the health and social care system. The Hub will continue to promote how social and green prescribing can contribute to the waste agenda and explore sustainable solutions for health and social care across Wales.

Community Connections

Evidence driven

Scalable

Higher Value

Transformative

The Hub has provided consultative support to a pilot social prescribing project for children and young people in Cardiff and the Vale. The project forms part of the RPB's Starting Well Programme's implementation of the NEST Framework. There is a lack of evidence-based research supporting social prescribing for children and young people and [Community Connections](#) aims to deliver an evidence-based proof of concept. The Hub played a vital role in developing appropriate and robust performance and outcomes measures for the project to enable an evidence-based approach to social prescribing for children and young people, which will be vital for the development of future services.

Next Steps

In 2023-25, the Hub will continue to work with the Starting Well Programme and Community Connections project to scope supporting activities and outputs.

Health Technology Centre Report

Evidence driven

Transformative



Technoleg Iechyd Cymru
Health Technology Wales

The Hub commissioned the [Health Technology Centre Wales](#) to summarise the health and social care research, innovation and improvement (RII) landscape across Cardiff and the Vale of Glamorgan. [The report](#) provides an evidence base for future priorities and contains a wealth of information on assets in the region which can be utilised in the drive for innovation.

Next Steps

In 2023-25, the Hub will continue to incorporate the findings of the report into future direction of travel and communicate the learning with stakeholders across health and social care.

Nitrous Oxide Project

Evidence driven

Scalable

Higher Value

Transformative

The Hub developed [a film](#) showcasing [the Nitrous Oxide Project](#), whose innovative thinking has led to a huge reduction in nitrous oxide use in Cardiff and the Vale of Glamorgan University Health Board. The film has been used to promote and spread the huge savings in gas emissions at various conferences, such as Green Health Wales, MediWales and All Wales Therapeutics and Toxicology Centre.

The team successfully scaled the pilot study across the organisation through The Spread and Scale Academy, with ambitions to share insights and encourage change across Wales. Following this, the manifold systems in University Hospital Llandough and University Hospital of Wales have now been decommissioned, marking a huge step in the Health Board's commitment to reducing carbon dioxide emissions in the region, and contributes to the environmental aims set out in *A Healthier Wales* and the NHS Wales Decarbonisation plan.



CAVUHB has projected savings of 1.15 millions litres of nitrous oxide or 679 tons of CO2 each year

The project group are working with Welsh Government and other Health Boards to provide support and advice to clinicians looking to implement this change – helping to reduce the use of nitrous oxide across Wales.

As a result of the success of the project and the publicity raised by the Hub's support for the decommissioning activity within the health board, the project team have been successful in securing Welsh Government SBRI (Small Business Research Initiative) funding and will be working across Wales with other Health Board's and industry to develop technology to breakdown the gas ensuring it is not released into the atmosphere. Having initially been allocated up to £750K to support R&D work in this space, two groups, one academic and one from industry, were supported with 'Phase 1' concept work. In Phase 2 the industry partner is continuing to explore and develop solutions to processing excess/waste nitrous oxide and means to reduce levels in maternity delivery suites.

Smart House

Evidence driven

Scalable

Higher Value

Transformative

The Hub explored innovative applications of smart technology with Innovate Trust, who have developed a number of Smart Houses aimed at fostering independence for people with complex needs and learning disabilities. There are currently two Smart Houses in the Vale of Glamorgan, developed in partnership with Innovate Trust, Cardiff and Vale of Glamorgan councils and First Choice, which are developing better outcomes for the population and ensuring people with complex needs and disabilities can live closer to home for longer.

In 2022-23, the Hub visited the property to meet with residents and hear their stories about how Smart Technology is making their lives better. The Hub has created a film, which will be released in the coming months.

Innovation Guides

Evidence driven

To support a culture where innovation is central to service delivery, The Hub has produced several innovation guides to equip stakeholders with information and skills to innovate within their service area. Thus far, innovation guides include:

- [Alliance Contracts](#) – a different approach to commissioning focused on collaborative working to achieve agreed outcomes
- [Understanding strategic context](#) – how understanding strategic context can support the development and adoption of new ideas
- [Successful Pilots](#) – factors that determine the success of a pilot project
- [Governance](#) - complying with legal and organisation requirements supports effective and safe innovation
- [Performance and Outcomes Metrics](#) – how harnessing data helps to tell the story of innovations
- [Intellectual Property](#) – understanding the creations, uses and protections, such as copyright and patents, to support effective innovation
- [Values Based Approach](#) – how a values-based approach can lead to better outcomes and support adoption of new ideas

Local Innovations

Evidence driven

Scalable

Higher Value

Transformative

Often people come up with innovative solutions without realising, by simply responding to the needs of a service or population group. The Hub has collaborated with stakeholders from across health, social care and the third sector to produce case studies highlighting innovative working across the Cardiff and Vale region. The case studies serve as a celebration of the innovative work in the region, whilst also focusing on the spread and scalability of good practice and highlight that innovation is central to service delivery.

So far, the Hub has released the following case studies:

- [Food Vale](#) – an innovative food partnership which aims to create a self-sustaining and community driven food hub, tackling issues such as food poverty, food waste and ensuring the healthy choice is the easy choice
- [Peer-to-Peer Naloxone](#) – an innovative solution to address accidental drug poisonings across Cardiff and the Vale
- [Digitising Immunisation Consent](#) – an innovative application of off-the-shelf IT solution to revolutionise obtaining patient consent

The Hub will continue to develop this series in 2023-25.

Climb and The Spread and Scale Academy

Evidence driven

Scalable

Higher Value

Transformative

The Dragon's Heart Institute [Climb programme](#) and [The Spread & Scale Academy](#) are two exciting initiatives that aim to develop a self-sustaining generation of future leaders in health and social care and prepare teams to scale their solutions across the system and the wider world.

The Hub has supported the Climb and Spread & Scale programmes by producing films to raise awareness of the innovation assets in the Cardiff and Vale region. Additionally, the Hub has secured places on the Climb programme for colleagues within the Regional Partnership Board, ensuring these assets can be utilised in the drive for a more integrated health and social care system.

Furthermore, the Hub has benefitted from its support of both programmes as it has allowed access to and enabled the establishment of a stronger network base for the collection and co-ordination of innovations and partnerships across Wales, such as the Nitrous Oxide Project and upcoming projects with Enfys and in Palliative Care.

King's Fund

Evidence driven

Scalable

Transformative

The Hub supports the development of the [King's Fund](#) reports.

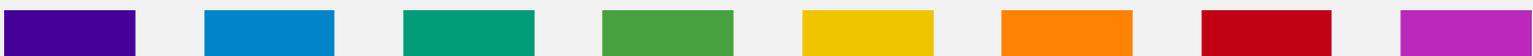
The leading thinktank in health and social care has worked in collaboration with the Regional Partnership Board to develop

two reports: *Transformation and improvement in Cardiff and the Vale: A Review of work to embed a preventative approach within primary and community services* and *Transformation and improvement in Cardiff and Vale: A review of work to create an integrated health and care system*.

Integrative and preventive approaches are key to the sustainability and development of the health and social care system in Wales and the King's Fund reports provide key learnings for the future direction of travel in Cardiff and the Vale of Glamorgan.

Next steps

To ensure this work makes a real impact, the King's Fund will host a series of workshops with stakeholders to discuss how the findings of the report can be embedded into practice within the RPB and shape future plans. The Hub will continue to support and generate additional outputs where necessary.



The RIC Hub Network

Connecting with and collaborating with the RIC Hub network is crucial to strengthening the research, innovation and improvement landscape in Wales. Cardiff and Vale RIC Hub recognise this and have been instrumental in enhancing collaboration between the Hubs.

Over the last year, the RIC Hub network has been vital to joining up the fantastic work happening across Wales, collaborating on projects such as Getfit Wales and kickstarting work to develop Patient Reported Outcome Measures (PROMs) and Patient Reported Experience Measures (PREMs) for the RPB's Regional Integration Fund reporting. By utilising the RIC Hub network, the Hub has ensured that good practice films and case studies can be exported from Cardiff and Vale to other parts of Wales, for example, Stacey and Joanna's Story has been shared with Learning Disability Teams across the nation.

This year, the Hub has contributed to the development of RIC Hub practitioner meetings to strengthen the network and has supported the network's first in-person meet up, hosted by Cwm Taf RIC Hub. The Hub has also supported Cwm Taf in their inaugural Women in Innovation Event which aims to build a network of diverse, inspiring women who can help shape the future and drive positive change across health and social care.

Getfit. Wales

Transformative

Scalable

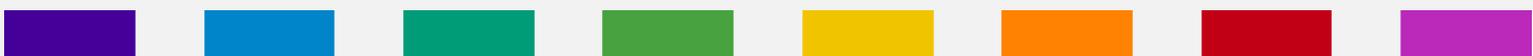
Higher Value

In collaboration with Cwm Taf RIC Hub, the Hub worked with Getfit Wales to showcase an inspiring initiative, which rewards children and young people for being more physically active. The Hub produced [a film](#) to support the spread and scale of the project, which has led to an increase in sign-ups to the scheme and an increased pool of 104 registered testers taking part in the Getfit Wales 2.0 user testing phase of a digital app solution.

The Hub has been instrumental in establishing links between Getfit Wales and Cardiff Public Service Board's Move More Eat Well strategy to ensure learning from the project can be spread into the Cardiff and Vale region.

Next Steps

In 2023-25, the Hub will continue to drive the development of the national RIC Hub network as a Community of Practice to ensure that together the Hubs are delivering value and impact. The Hub will continue to collaborate with North Wales RIC Hub to develop a programme wide approach to PROMs and PREMs in RPB reporting. Additionally, the Hub will continue to explore closer working and collaboration on joint projects throughout the year to develop new areas of higher value that transcend regional boundaries.



Lived Experience

Involvement and collaboration are two of the Five Ways of Working set out in the Wellbeing of Future Generations Act. There is an onus on health, social care and the third sector to involve and collaborate with patients and the public to develop services and improve outcomes for people in Wales. The Hub has created a number of outputs to celebrate existing good practice in the region and provide evidence-based information to enable stakeholders to involve people with lived experience in their work effectively.

Stacey and Joanna's Story

Transformative

Scalable

Higher Value

The Hub collaborated with Cardiff and Vale Community Learning Disability Team to tell the story of [Stacey and Joanna](#), two inspiring individuals with a learning disability who have been employed into the service. Their story exemplifies how employing people with lived experience can benefit both the individuals and the services they are employed into. The film has been well received nationally and it is hoped that it will inspire similar roles across health and social care services and ensure better outcomes for the population in Wales, not just in the wider learning disability community but beyond.



'Stacey and Joanna's Story highlights how the Regional Partnership Board can utilise the valuable knowledge and experience of people with lived experience in our work.' - Cath Doman, Director of Integrated Health and Social Care at Cardiff and Vale UHB



Following the release of the film, Joanna and Stacey have met with the Director of Operations for Primary Care and Intermediate Care, who is responsible for funding the positions, to discuss their roles in more detail and further understand the impact that lived experience roles can have in our health and social care system. Funding has now been secured for 2023-25 and there is great appetite for more lived experience roles in the service.

How to Employ People with Lived Experience

Evidence driven

Transformative

To complement Stacey and Joanna's Story, the Hub published [a guide to employing people with lived experience](#), drawing upon existing evidence and literature on the subject. The guide provides stakeholders with information to navigate common challenges, barriers and enablers to support the spread and scale of lived experience roles in health and social care.

Peer-to-Peer Naloxone

Transformative

Scalable

Higher Value

The Hub produced [a written case study](#) showcasing how Cardiff and Vale Area Planning Board has implemented a peer-to-peer programme of volunteers with lived experience of drug use and dependency to enhance its drug poisoning prevention strategies and improve outcomes and prevent fatal drug poisonings.

Mike's Story

Transformative

Scalable

Higher Value

Cardiff and Vale RPB are improving the ways the voice of lived experience informs the future of health and social care. The Hub collaborated with one of two Unpaid Carers representatives on the Regional Partnership Board to publish [a case study](#) showcasing the benefits of including people with lived experience in the work of the RPB.

How to Engage with People with Lived Experience

Transformative

Scalable

Higher Value

Engaging with people with lived experience can have a positive impact on the development of services and the way we work. To do so meaningfully, it is important to understand what works well, what the challenges and barriers might be and how to overcome them. Thus, the Hub created [a guide to engaging with people with lived experience](#) to equip stakeholders at all levels with the skills to incorporate engagement in their work more effectively.

Next Steps

In 2023-25, the Hub will continue to support the role lived experience can play across our health and social care system by showcasing the benefits, through inspiring case studies and evaluating impact.

RIC Plans 2023-25

The Hub has come a long way in the last year and is excited to build on its successes and connections made in 2022-23. Over the past few months, the Hub has been collaborating with the RPB and partners across innovation to develop an activity plan for 2023-25, which aims to bring together innovation, along with relevant aspects of research and improvement activity, to contribute to the creation of a coherent, impactful innovation ecosystem across Wales.

If you would like to view more of our work or collaborate with us in the future please visit the [RIC Hub webpage](#) or email Dylan.John4@wales.nhs.uk