

Easy Read



BWRDD PARTNERIAETH
RHANBARTHOL
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CARDIFF & VALE
REGIONAL PARTNERSHIP
BOARD

Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership

What we have been doing in 2021- 2022



This document was written by the **Cardiff and Vale Regional Partnership Board**. It is an easy read version of 'Cardiff and Vale Regional Partnership Board Annual Report 2021-2022'.

September 2022

How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 31**.



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Where the document says **we**, this means **Cardiff and Vale Regional Partnership Board**. For more information contact:

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Who we are



We are the **Cardiff and Vale Regional Partnership board** (RPB).



A **Regional Partnership Board** is a group of organisations that plan and work together to make sure there is care and support for people who need it.

These are the organisations that are members of Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership:

- City of Cardiff Council
- Vale of Glamorgan Council
- Cardiff and Vale University Health Board
- Welsh Ambulance Services NHS Trust
- Cardiff Third Sector Council
- Glamorgan Voluntary Service
- Llamau. This organisation speaks up for young people.
- Gofal. This organisation speaks up for older people.
- Carers Trust South East Wales. This organisation speaks up for carers.
- YMCA Cardiff. This organisation speak up for people that need care and support.

We are a group who work together to support people living in Cardiff and the Vale to:



- Improve their health and **wellbeing**.



- Live the best lives they can in their homes and communities.



Wellbeing means a person is happy, healthy and is comfortable with their life and what they do.

What we have been doing in 2021-2022

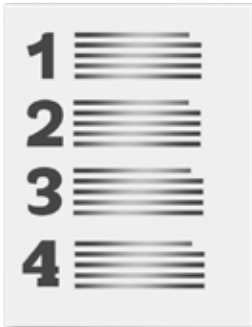
We have made a plan called a Regional Outcomes Framework which explains:



- Our **Priorities**.



- What we will do to improve the lives of people living in Cardiff and the Vale.



Priorities means the things that are most important. What we need to think about first.

In 2021- 2022 we have focussed on 3 main programmes. They are the:



- Starting well partnership



- Living well partnership



- Ageing well partnership



This document tells you:

- Our **priorities** for 2022-2023.
- What we have done so far.

Starting Well Partnership



The **Starting Well Partnership** is our plan to support:

- Children
- Young people
- Their families and carers

We agreed our priorities are:

1. Emotional Health and Wellbeing



We have been working closely with:

- Professionals from health and social services.
- Charities and community groups.

We have a planning tool that will make sure children, young people and their families get:

- the right support for their mental health and **wellbeing**
- at the right time
- from the right person.





We have also improved support for children and young people who have been through a crisis.



More young people have needed to go to hospital since COVID-19 because:

- They have mental health problems and are at risk of hurting themselves.



We have changed support for these young people who are ready to leave hospital.

Now they will have:



- A safe place to stay where they can get the support they need.
- More support and information when they go home.

The **Starting Well partnership** has supported:



- More children and their families to get help for mental health problems.



- Families to understand how to support a young person with mental health problems.



- Family group meetings to share support and information.



- Positive behaviour support (PBS) for young people with complex behaviour.



- At the moment, some young people have to live outside Cardiff and the Vale of Glamorgan to get the care they need.



We have started a project for 2 new buildings to help these young people come back to Cardiff and the Vale of Glamorgan.

2. Complex health needs and disability



We have had several meetings with:

- families and
- professionals from health and children's services.



Together we have started making a plan to improve support for children and young people with:

- Complex health needs
- Disabilities



It is called the Cardiff and Vale Regional Disability Strategy for Infants, Children and Young People.



We will finish writing this plan next year.



We have written a plan for children and young people with Additional Learning Needs to help them plan for their future. This is called a [Transition Protocol](#).



Organisations must make sure:

- Plans are person-centred.
- The right people are involved in making the plan.



We have supported charities and voluntary services with some of their projects.



We have provided funding for more toilets in a centre for children with cerebral palsy and their families.

The Living Well Partnership

We want everyone in Cardiff and the Vale of Glamorgan to live well. Including people who:



- Are unpaid carers
- Have physical disabilities
- Have learning disabilities
- Are autistic
- Need support with their mental health
- Have difficulty seeing and/or hearing

Last year we focussed on 3 priorities. They are:

1. People with Learning Disabilities



- Support for young people who are becoming adults. This is called Transition.



- Supported living services for adults with learning disabilities in Cardiff.



- Better access to:
 - community activities
 - health services
 - technology for care and health appointments. For example, video calls with their doctor.



- A 'Smart House' project using technology to support some people with learning disabilities to live independently.



- **Respite** accommodation for children and young people who have learning disabilities and behaviour that challenges.



Respite is a place people can go to give them and their carers a break.



You can read more about examples of our work for people with learning disabilities here at: cvihs.co.uk/supporting-people-with-learning-disabilities.

2. Supporting Unpaid Carers



The COVID-19 Pandemic has been very difficult for unpaid carers.



Last year we were able to start our Unpaid Carers Board again.

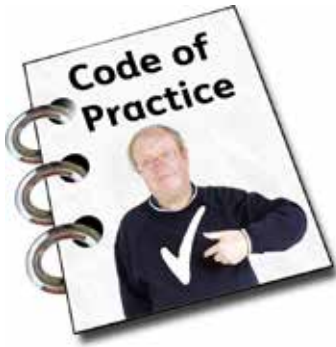


This is where we find out what the **priorities** are for unpaid carers.



We will use this information to make a plan.

3. People with Autism



The Welsh Government have a **Code of Practice** for Autism.



Code of Practice are rules that tell us what we must do to meet the needs of autistic people and their families.

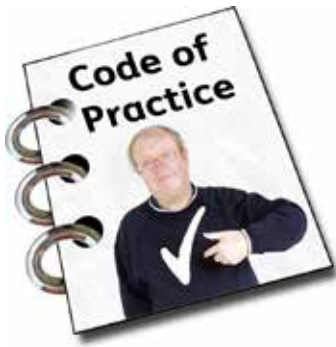


In Cardiff and Vale of Glamorgan we have an **Autism Service**.



This means that all the services for people with Autism work together.

Last year we followed the **Code of Practice** for Autism to:



- Support more people to have an assessment.
- Have group sessions to support autistic adults and their carers.
- Give advice and support to people who might have Autism.
- Check how we are doing with the Autism Code of Practice.

We have made a plan to improve our Autism services by making sure:



- All staff get the training they need.
- We write a report about local Autism services and what they do.
- We speak to autistic people to find out what their **priorities** are.



You can find out more about our Integrated Autism Service here: cvihsc.co.uk/integrated-autism-service.

Other community projects we have supported include:



- A community garden with:
 - Raised beds
 - Picnic benches
 - Compost and tools



- Equipment for new projects. Including:
 - Support for people with hidden injuries and disabilities.
 - Improving mental health and wellbeing.



- Equipment for projects for people with learning disabilities including:
 - Sports equipment
 - Musical instruments
 - Gardening tools

The Ageing Well Partnership

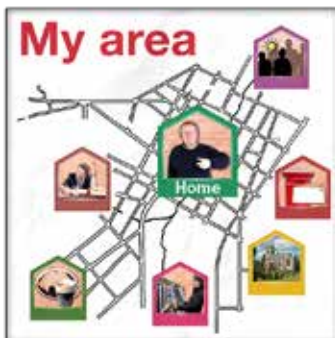


Last year we started the **Ageing Well Partnership** to improve services for:

- Older people
- People with **dementia**

Our 2 priorities have been:

1. Making Wales healthier with our @Home programme.



@Home supports older people to get care that is:

- Local.
- Integrated which means all the services that support older people work together.



@Home supports other projects to:



- Get people home from hospital safely.
- Make it easier for people to get all the help they need from one place.



This will be either:

- Cardiff Independent Living Service or
- Vale Single Point of Access.



- Explore possible new Health and **Wellbeing** Centres.

We have been trying new ways to support health and **wellbeing** in Southwest Cardiff.

This includes:



- Ely and Caerau
- Canton and Riverside
- Pontcanna

We call this a **Multi – disciplinary** cluster. It is a team of health and social care professionals working together to:



- Support our patients with the highest needs.



- Support patients:
 - to get ready to leave hospital
 - when they get home from hospital.



- Set up a Community Service to support activities that make Cardiff and the Vale a better place to live.



- Help patients to improve their **wellbeing** with support from:
 - Wellbeing workers who put patients in touch with helpful services.
 - **Social prescribing** workers.



Social prescribing means support for health and wellbeing problems from activities in the local community.



We have also supported changes to older people's homes to keep them safe and well.



You can find out more about the work **@Home** has done in 2021-2022 here cvihscc.co.uk/home-highlights-2021-22.

2. People with Dementia

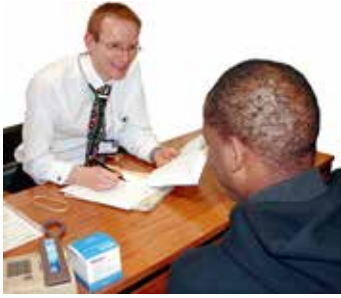


We have been working on a **dementia** plan.



Dementia is a condition that affects the brain. People with dementia have problems with memory and can be confused. It usually affects older people.

We have already set up projects to focus on these **Priorities** for people with **dementia**:



- Supporting **dementia assessments** to be done in GP surgeries.



- Developing a team of health and social care professionals to support each person with **dementia**.



- Training for all staff who care for people with **dementia**.



- Supporting **dementia** awareness in our communities.



- Developing a project called Mental Health Matters in hospitals.



- **Dementia** care mapping which is a tool to support:
 - Services to make sure their care is person-centred.
 - Help staff to understand how their words and actions might affect someone with **dementia**.
 - Wellbeing for someone with **dementia**.



- Supporting charities to connect with older people who might feel lonely or isolated.



- A review of services that help older people in Cardiff and the Vale who are lonely or isolated.



We have agreed that we need to review how well we are doing with our **dementia** plan.



You can watch our short film about becoming a dementia friendly business here <https://www.youtube.com/watch?v=sbQsPcnpD8&feature=youtu.be>.

Our priorities for 2022-2023

Our priorities for the Starting well partnership



- To finish writing our Regional Disability plan for Infants, Children and Young People.



- To increase mental health and **wellbeing** support for children and young people.



- To develop more safe housing for young people with mental health problems who are leaving hospital.



- To focus more on care and support for young people with learning disabilities.



- To support a **social prescribing** project for children and young people affected by the COVID-19 pandemic.

Our priorities for the Living well partnership



- To help unpaid carers to understand what support they can get.



- To develop our action plan for unpaid carers. Called the Unpaid Carers Charter.



- To focus on planning and delivering services to people with a learning disability.



- To finish writing our Cardiff and Vale Regional Disability Plan for infants, children and young people.



- To check that we are following the **Code of Practice** for people with Autism.



- To plan how we will support other **priority** groups to live well in our communities.



- People with learning disabilities have told us about other **priorities** for us to work on. They are:
 - Health and feeling good
 - Information
 - Choice and control
 - The Right Support at the Right Time
 - Work, Volunteering and Day Opportunities
 - The Transition from Child to Adult Services
 - Having my own home
 - Working together to get the best results

Our priorities for the Ageing well partnership

- To continue the **@Home** programme and focus on:



Easy access to health and social care for older people and people with **dementia**.



Care for older people who are leaving hospital or at risk of going in to hospital.



Developing **MDT** clusters in other parts of Cardiff and the Vale of Glamorgan.



Setting up new Health and **Wellbeing** Centres.



Planning how services in the Vale of Glamorgan will work together to support health and wellbeing. This will be called the Vale Alliance.

- To develop our services to support people with **dementia** and their families including:



Specialist speech and language therapy services for people with **dementia**.



Specialist Nurses to support people with **dementia** at the end of their lives.



Making Cardiff and the Vale of Glamorgan a **dementia friendly** place to live. This will be helped with support from Marie Curie and Cardiff and Vale Action for Mental Health.



Dementia friendly means to understand what it is like to have dementia.



Memory link workers to support people with **dementia** and their families in hospital.



Information and support for unpaid carers looking after people with **dementia**.



Training more hospital staff to use the **Dementia Care Mapping tool**.



Improving our support for people who are lonely and isolated.

Hard Words

Dementia

Dementia is a condition that affects the brain. People with dementia have problems with memory and can be confused. It usually affects older people.

Dementia friendly

Dementia friendly means to understand what it is like to have dementia.

Priorities

means the things that are most important. What we need to think about first.

Regional Partnership Board

A Regional Partnership Board is a group of organisations that plan and work together to make sure there is care and support for people who need it.

Respite

Respite is a place people can go to give them and their carers a break.

Social prescribing

means support for health and wellbeing problems from activities in the local community.

Wellbeing

Wellbeing means a person is happy, healthy and is comfortable with their life and what they do.