

Easy Read



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REGIONAL PARTNERSHIP
BOARD

Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership

Annual report 2020 – 2021



This document was written by **Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership**. It is an easy read version of **Annual Report 2020 - 2021**.

August 2021

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 **Client**.
For more information contact:

Website: cvihsc.co.uk/about/

Phone: 029 2183 6077



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The Regional Partnership Board



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Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership is a **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.

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.

What we want

We want people to live the best life that they can.

This means that we want:



1. People do not have to wait too long for the services they need.



2. People get to live in their own homes and communities whenever they can.



3. People get to make choices about their lives.

4. People who work to support others feel valued.

5. Children and young people get a good start in life.



6. When there is an emergency, people get the support they need.



7. People do not suffer or die unnecessarily.

8. We waste less, and spend money wisely.

Money



Every year we get millions of pounds from the Welsh Government.

We share this money with organisations to help them give the care and support to people who need it.



You can find out more about this here. Funding and Support - Cardiff & Vale Integrated Health & Social Care Partnership cvihsc.co.uk.

What we have done during Covid-19



When the pandemic started, we did lots of things to help services.



We had over £1.6 Million extra to help services that support people.

We spent this money on things like:



- helping people move out of hospitals



- helping people keep active during lockdown



- helping people keep in contact with friends and family.



We also gave money to some charities that needed to do things differently. The charities spent money on things like:

- Delivering meals
- Online singing classes
- Tablets and iPads so people could keep in touch.



During Covid-19 we have learnt lots of things about working together and what people need.



We will remember these things when we plan for the future.

Health and Social Care

There are **2** types of care and support that people can have.



Health care is when someone gets support for their health.



Social care is when someone gets support to do day-to-day things in their life like shopping, cooking, and keeping busy.



The money that is used to pay for these 2 types of care come from different places.



It can be complicated sometimes when someone needs both health care and social care.



We are working to make it simpler for people to get both types of care when they need it.

What we have done from 2020 until 2021

Children and young people



We have been working to make sure children and young people get the support they need. This includes children and young people with:

- **Poor mental health**
- **Physically disabled**
- **Complex health needs.**



Mental health means things like depression or anxiety. This is where you feel sad or worried all the time.

Physically disabled means that their body works in a different way. Someone who is physically disabled may use a wheelchair or need support to do the things they want to do.

Complex health needs is when someone has a few different health problems. They may need lots of support with their health and to do the things they want to do.



We have had to change the way we do things because of Covid-19 to make sure that children and young people get the support they need.

We supported lots of work, including:



- Helping children who have had **trauma** when they were young.

Trauma mean something very bad happened to someone which can affect them for a long time. It includes things like being abused or a parent dying.



- Helping children in care go back to their families with the right support.



- Working with families and their children so they can work out problems together and stay together as a family.



- Helping children and young people with mental health problems.

[Click here to read more about this work.](#)



We spent over £6.2 Million on this work in 2020 - 2021

Learning disability services

Because of Covid-19 lots of services closed. This included:



- Social activities
- Groups
- Day opportunities.



Lots of staff working in these services had to do different jobs during Covid-19.



This was difficult for many people with a learning disability.



Staff in support services worked very hard to keep in touch with people and support them in new ways.

We supported lots of work, including:



- Support for people at school as they grow up into adult life, this is called Transition.

- Helping Supported Living providers change the way they work during Covid-19.



- Providing short breaks with carers

- Making sure people with a learning disability get the right support for their health, at home, in the community, and in hospital.



- Training for health and social care staff on how to communicate and support people better.

[Click here to read more on this work.](#)



We spent over £1.3 Million on this work in 2020 – 2021.

Autism



Our **Integrated** Autism Services service works with lots of organisations to support people with autism.

Integrated means working together.



The **Integrated** Autism Service supports adults with autism, parents, carers and professionals.

During 2020 – 2021 the Integrated Autism Service supported 1589 people.

[Click here to read some stories of people who have been supported.](#)



Older people and people with dementia



Dementia is a condition that affects someone's brain. People with dementia have problems with their memory and can get confused. It usually affects **older people**.



Older people means people who are over the age of 65.



We are working to make sure services work together to help **older people** who have lots of health or support needs.



We want **older people** to be happy and live independently a long as they can.

We supported lots of work, including:



- Making it easy for **older people** to find the right advice and support when they need it.



- Helping GPs work in new ways to support older people.



- Helping older people move out of hospital when they are ready.



- Making sure people with dementia feel understood, valued and able to contribute to their communities.



- Making sure people with dementia get support in a way that is right for them.

[Click here to read more about this work.](#)

Carers



Carers are people who give care and support to someone but do not get paid. Carers are often family or friends of the person they care for.

We support lots of work to help carers including:



- Giving information and support to carers.



- Support for carers who are children or young people.



- Helping carers plan if the person they care for is going into or out of hospital.



- Providing short breaks from caring for their loved ones so they can have a rest if they need it.

[Click here to read more about this work.](#)

Planning for the winter



The winter can be a difficult time because older or disabled people get ill and go into hospital more in the winter.



We work to make sure that people have the right support to move out of hospital and get back home when they are ready.

The work we have done has helped:



- 296 more people move out of hospital.



- Give nearly 4,000 hours of support to people in their own homes.



- Employed more staff to support people so they can move out of hospital and go home.



- Helped 12 people have a short stay in a care home before they go home.

Sharing information



We are involved in a lot of work and so need to tell lots of different people a lot of different things.

To help us share information in the best way we:



- Have a safe website where we can share reports on our work with our members.



- Written some stories about our work to show people what they do.



- Use social media more to share information.

Listening to other people



We have worked to find out how we can include more people and listen to what they think. We have:



- Talked to people who work for local authorities and organisations that support people.



- Talked to organisations that represent people who need care and support.



- Done some surveys.



- Looked at how other Regional Partnership Boards listen to and work with other organisations.



We are going to write a plan on how we can work with other organisations, include people and listen to what they think.

Working with charities and other organisations



To make sure people get the best care and support we work with lots of charities and other organisations who support people.



In the past we set up a **forum** with these organisations.

A **forum** is when a group of people get together to discuss things they have in common.



We are going to look at the best way to carry on working with these organisations.



We want to plan the work we do in the future with these organisations.



We were part of a project looking at volunteering and how volunteering can help during and after Covid-19.

Working strategically



Strategically means working in a way to solve problems and get things done in the best way.



We have a **Regional Commission Board**.

The **Regional Commissioning Board** is a group of organisations who get together to:



- Make sure services and money are used carefully so people get good support.



- Share services.



- Agree on how to buy things and arrange services together.

The Regional Commission Board helped:



- plan for Care Homes and Covid-19 in the winter



- share training for staff between organisations

- share information between organisations



- agree how much services should cost



- worked on improving services for people with a learning disability.

Information and computers

We have set up a Region Information Group.



This group works out the best way to find out the information we need to know and share it with the people who need the information.



We are working to use the information we have to find out how health and care services are working, and to plan for what support people may need in the future.



We are working to introduce the Welsh Community Care Information Service.



The Welsh Community Care Information Service is something staff in health and social care can use to find out and share information about the care and support someone is getting.



Staff can use the Welsh Community Care Information Service in the office or on their smartphone or tablet when out and about.



We have given £60,000 to Innovate Trust to find out how technology can support people with a learning disability to live independently.

Capital projects



Capital projects are projects that cost a lot of money. They usually involve building something or improving a building. It includes things like building supported living houses or care homes.



In the past 3 years we have spent over £8 million on **capital projects**.



Over the past year we have supported 11 new capital projects and 18 existing **capital projects**.

These projects have been for:

- **Older people**
- People with **dementia**
- People with learning disabilities.



Next year



Over the next year we will carry on with our existing work.



We will plan for the future.



We help our partners share information about how people get care from different services.



We will plan support services that do what people want.

Showing the good we do



We want people to live the best life they can in their own homes and communities.

To help us do this, and find out if we are doing it we share information with all our partners.

Sharing information between our partners helps us:



- Understand what health and support needs our community has.
- Understand what services are needed.
- Understand how services help people.

Running the Regional Partnership Board



We have set up 3 new groups in the Regional Partnership Board.

Each group focusses on services for different groups of people:



- Starting Well Partnership looks at what children and young people need.



- Living Well Partnership looks at what adults need.



- Ageing Well Partnership looks at what older people need.

These groups will meet every month.



The groups will help improve services, and the health and wellbeing of people in Cardiff and the Vale of Glamorgan.

Supporting people close to home



We want more people to get the support they need as close to home as possible.

Some of the ways we will do this are:



- Setting up multi-agency teams. These are teams of people from different organisations who can work together in an area to get the right support for people.



- Setting up single points of access. These are places someone can contact for lots of different types of support.

Support for children and young people



We will find out what support children and young people with lots of health needs have, not and in the future.



This will help us plan support for them.



We will work to make sure there is the right support for children and young people with emotional needs.

A new name



We will change our name from Cardiff and the Vale Integrated Health and Social Care Partnership to **Cardiff and the Vale Regional Partnership Board**.



We will get a new website.

This will help us share and explain what we do better.

Listening to people and working together



We will carry on working in partnership with people and listening to what people want.



We will make sure that that our Starting Well Partnership and Ageing Well Partnership listen to people and work together.



We will run some workshops to plan for work we can do together.

Planning for the future



In 2021 - 2022 we will learn from what we have done during Covid-19.



We will look closely at what people need when planning our work.

We will find out how **sustainable** services are.



Sustainable means how well something can keep going in the future. If a service is sustainable it needs to be able to keep going as things around it change in the future, like the amount of money it has.

We will work closer with **Public Service Boards**.



Public Service Boards are set up in each local authority area. They are made up of people from health services, the local authority, police, fire brigade and other organisations. They work together to improve wellbeing in their area.

Hard words

Complex health needs

Complex health needs is when someone has a few different health problems. They may need lots of support with their health and to do the things they want to do.

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Integrated

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