



DECHRAU'N DDA  
STARTING WELL



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

Update December 2021



## About the Cardiff and Vale Regional Partnership Board

The Cardiff and Vale Regional Partnership Board (RPB) helps people to live the best lives they can in their homes and communities.

We work with our partners in health, social care, education, housing and the third sector to transform services and communities to make sure people get the right support, at the right time, in the right place.

We do this because we can deliver better outcomes for people who live in Cardiff and Vale by working together.

## About the Starting Well Partnership

Our Starting Well Partnership brings together Councillors and people leading on child health, social care, education and third sector services from across the region. We want to improve and where necessary transform services in Cardiff and Vale and are currently focusing on:

- Implementing a whole school approach, where everyone has a part to play in supporting infants, children and young people's health and wellbeing
- Creating a regional framework that sets out a standard for delivering services that can be tailored and used locally
- Making sure there is a joined-up approach to mental health and emotional wellbeing that aims to support young people before their needs escalate but also offers the right support for children in crisis
- Creating regional resources for children and young people with complex needs
- Improving support for children and young people with additional learning needs

## Integrated Model; Infant, Children and Young People's Emotional Health and Wellbeing Update

Children and young people and their families/caregivers have told us that services need be easily accessible and to work in partnership so they can move smoothly through the system without having to repeat information. Waiting lists need to be shorter and support is needed whilst waiting for support.

The Starting Well Partnership is responding by bringing together existing good work to create a system that wraps around children and their families. A small sample of these include:

- Cardiff and Vale University Health Board have led on a Single Point of Access referrals to get people to the right place at the right time
- Cardiff Early Help have developed 'Thinking Together' conversations, ensuring that everyone who needs to be involved with planning support is around the table
- Vale Children's Services has adopted the Regional Adolescent Service model to ensure the region is working proactively at the edge of care to prevent admissions to care and support rehabilitation

These services will continue to expand and develop in order to meet the changing needs of infants, children and young people and their families.



# Latest Updates



## Launch of Emotional Health and Wellbeing Website

Cardiff and Vale University Health Board (UHB) has developed a brand-new website, co-produced with children and young people to offer useful information and resources on emotional wellbeing and mental health. All of the information on the website has been specially created by young people in partnership with healthcare professionals.

As part of the project, the Health Board's Youth Board and Promo Cymru have created videos to help children and young people understand their emotional wellbeing and mental health. The videos were kindly funded by Cardiff & Vale Health Charity.

*"We've really enjoyed contributing to the Health Board's new emotional wellbeing and mental health website and the videos, which included a TikTok video which was fun to make. It's so important for people to look after themselves and people around them, we hope people find the information helpful."*

Ellis, Age 15, from Cardiff and Vale UHB Youth Board

[Visit the emotional wellbeing and mental health website](#)

## Planning for my Future: Update on the Transition Protocol for Children and Young People with Additional Learning Needs

Planning for my future is a tool that helps children and young people with additional learning needs plan for adulthood. Schools work with young people from year 9 onwards to identify their goals and aspirations. They work with other organisations to help plan how these could be achieved. This planning also helps to identify gaps in current service provision to enable planning of services in the future.

Progress made already include:

- A two-day independent living skills course residential course run by Adults Services, Cardiff and Vale Education Services and Cardiff and Vale college for young people with the most complex needs
- A one year supported internship programme for students with learning disabilities who require supported intensive, repetitive skills building opportunities to prepare for employment. This is based at University Hospital of Wales

['Planning for my Future' will be formally launched on 14th March 2022 and is currently out for consultation.](#)

## Supporting Children and Young People Out of Crisis: Joint Recovery Model

The Starting Well Programme is developing a service for children and young people who require a joint response to recover from episodes of emotional distress that have resulted in prolonged or multiple hospital stays and cannot return home. This new service will dovetail with existing provisions and meet the current needs of CYP in emotional distress/crisis requiring safe discharge from hospital. This will enable children and young people to have local support and remain near their family, friends and community after discharge.

## Stay in touch



[Contact the RPB](#)



[Follow us on Twitter @RPB\\_CAV](#)



[Like us on Facebook @RPBCAV](#)

Please feel free to share this update with others who may be interested in our work.



Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

