

## **Cardiff Health, Social Care and Wellbeing ebriefing – August 2018**

Please note a change of format for the ebriefing this month, due to some issues being identified with non-delivery of the previous e-newsletter. This is a temporary solution. If you no longer wish to receive the monthly Cardiff Health, Social Care and Wellbeing briefing you can opt-out by emailing Sarah Capstick at [sarah.c@c3sc.org.uk](mailto:sarah.c@c3sc.org.uk) at any time.

## **Cardiff Health, Social Care and Wellbeing Network meeting – 6 September 2018**

The next Network meeting is taking place from 9.30am until 12noon on the 6 September 2018, in the Harbour Room at Baltic House (CF10 5FH).

The agenda includes an engagement session on substance misuse (below), opportunities to discuss research into Social Prescribing, feed into the Community Health Council's yearly planning cycle and developing stronger links with the National Centre for Population Health and Wellbeing Research. To book a place at the meeting please email [bookings@c3sc.org.uk](mailto:bookings@c3sc.org.uk)

### ***Cardiff and Vale Substance Misuse Third Sector Engagement Session***

The Cardiff and Vale Area Planning Board is developing a new strategy for substance misuse services, to respond to changing needs, increasing demands and financial pressures. We know that good substance misuse services are not only vital to health and wellbeing, but also in tackling other problems, such as crime, poverty and family breakdown.

A key part of this work will be developing an understanding of the need for services and how people get help. The APB has asked the Institute of Public Care (IPC) at Oxford Brookes University to help with this, and they will be attending the Network Meeting on 6th September to discuss with third sector organisations the following 4 key questions:

1. What are the big substance use/misuse issues at the moment, and are things changing?
2. What services are available and how do you find out about them to get help and support?
3. What's your experience of how services work at present? What helps and what hinders?
4. How do people move through the system, towards recovery? What helps people to keep going and what makes it difficult?

There will also be an opportunity to provide any other comments including any specific crossover with your services and/or service users. The meeting is being opened up to all members of the Vale Health, Social Care and Wellbeing Network and the Cardiff and Vale Mental Health Forum so that the voices of the third sector are clearly communicated with the IPC.

If you are unable to attend the meeting but have comments you would like submitting please email [Sarah Capstick](mailto:sarah.c@c3sc.org.uk) by **Friday 14 September 2018** for inclusion in the final submission.

The dates for the future Network meetings are:

- 9.30am Thursday, 6 September 2018 – Harbour Room, Baltic House
- 9.30am Wednesday, 5 December 2018 – Harbour Room, Baltic House – Maria Battle, Chair of UHB confirmed on the agenda.
- 9.30am Tuesday, 5 March 2019 – Harbour Room, Baltic House.

If you have any suggestions for agenda items for future meetings, please let Sarah Capstick know by email to [sarah.c@c3sc.org.uk](mailto:sarah.c@c3sc.org.uk)

**Child Friendly City Training Offer:** There is an opportunity to receive high quality children's rights training provided by Unicef on the 25 September 2018. For more information and to book a place please see the [C3SC website](#).

**Cardiff Third Sector Council:** [Members Impact Survey](#) is currently available for all members to complete online.

## Joint working:

**Cardiff and Vale Advocacy Gateway:** The Gateway service is now available online at [www.cvag.cymru](http://www.cvag.cymru) If you have any queries or would like more information on the Gateway please contact [Nicola Simms](#) at Promo Cymru.

**Cardiff and Vale Substance Misuse:** The Area Planning Board (APB) are commencing a re-commissioning exercise. A substance misuse population needs assessment has been commissioned which will inform a refreshed Substance Misuse Commissioning Strategy for Cardiff and the Vale of Glamorgan. The APB want the development of any strategy to be fully informed by the views of people using services, people who might benefit from services but whose needs are not currently being met, concerned significant others, and people working substance misuse services. If you are running any meetings or events during August and September which could be utilised as part of the engagement process, please can you email Sarah Capstick at [sarah.c@c3sc.org.uk](mailto:sarah.c@c3sc.org.uk) by the 2 August 2018, she will pass on the information to the APB.

**National Social Care Conference:** The 2018 conference is being delivered in partnership by the Association of Directors of Social Services and Social Care Wales

in Cardiff on the 12 and 13 September 2018. For more information please visit:  
<http://www.adsscymru.org.uk/events-list/nscc18/>

## Health Information:

**Cardiff and Vale University Health Board (UHB):** The quarterly briefing for the [Shaping Our Future Wellbeing: In Our Community Programme](#) is available from the UHB website.

**CAMHS Repatriation Project Update:** An [introductory communication regarding the repatriation of the CAMHS Service](#) to the UHB is available from the C3SC website.

**Cardiff and Vale Area Planning Board (APB) for Substance Misuse:** There is a new e-learning course created by NewLink Wales on Tackling Drug Related Litter, to access the course go to <https://newlinkwales.thinqi.co.uk/> and sign up, emailing [training@newlinkwales.org.uk](mailto:training@newlinkwales.org.uk) with the subject heading 'Register me for E-Learning' and then log in to access the course.

**Blood Borne Virus(BBV) study days:** The study days are free, certified and suitable for all individuals interested in BBVs or those who work with at risk individuals. For more information including the dates for the remainder of 2018 please see the [C3SC website](#).

**New Digital Resources for Help Me Quit:** New videos explaining the offer of support for people thinking of stopping smoking as well as the importance for GPs and professionals to ask about smoking status and referring smokers for NHS expert support. All the videos are available on the [Public Health Wales Vimeo Account](#) online. For more information please email: [helpmequit@wales.nhs.uk](mailto:helpmequit@wales.nhs.uk)

**High Impact Substance Users:** The APB held a workshop in April to discuss how to develop the response to this group. The two main proposals have been put forward: enhanced assertive outreach and a community based multi-agency group which will manage these high impact service users. They are now running a short survey to assist in the development of services which is available online:  
<https://www.surveymonkey.co.uk/r/5XVQSRH>

**Free NHS Health and Wellbeing Courses:** The courses are free for anyone with health problems or for carers. Dates for [September to November 2018 are available from the C3SC website](#).

**Cardiff and Vale UHB:** News items from the website:

- [Cardiff and Vale UHB marches at PRIDE Cymru 2018](#)
- [The Premier League is back: Time to think about Alcohol Awareness](#)
- [Beekeeping course gives staff a buzz](#)
- [Cardiff and Vale UHB awarded Gold for supporting the armed forces](#)

**Cardiff and Vale University Health Board:** For all the [latest news from the Health Board](#) please see their website which is regularly updated.

## Cardiff Council

**Ask Cardiff:** The latest annual resident and visitor survey '[Ask Cardiff](#)' for 2018 is available online now. The 2018 survey has a focus on wellbeing and asks questions on housing, health, employment and community safety amongst other topics. The results of the survey are key in the planning and deliver of council and partner services. The survey: <https://www.snapsurveys.com/wh/s.asp?k=153251929580> closes on Sunday, 30 September 2018.

- [Ladies footwear needed for men to 'Walk a Mile in Her Shoes'](#)
- [Cardiff's 27 new nextbike station locations revealed](#)
- [Cardiff Council comes joint top of improvement league](#)

## Welsh Government / National

**Joint Report on Substance Misuse Services in Wales:** [Health Inspectorate Wales and the Care Inspectorate Wales have published a joint report about substance misuse services in Wales.](#)

**Public Health (Minimum Price for Alcohol)(Wales) Act 2018:** [Your Questions Answered document available from the Welsh Government website.](#)

**'When something unexpected happens to me' Developing a policy framework for unscheduled care:** Welsh Government is working on developing a policy for framework for unscheduled care. Welsh Government would like to hear your views, please complete the online survey <https://www.surveymonkey.co.uk/r/SL9FPRB>

**A Rapid Evidence Assessment of the effectiveness of educational interventions to support children and young people with Autistic Spectrum Disorder (ASD):** [The assessment examines the evidence base regarding effectiveness of interventions aimed at supporting children and young people aged 0-25 with ASD in education settings.](#)

**The Welsh Government have launched a programme to improve the lives of people with a learning disability in Wales:** The [Improving Lives Programme](#) forms part of Welsh Government's [Prosperity for All Strategy](#).

**National Centre for Population Health and Wellbeing Research (NCPHWR):** The NCPHWR are beginning to deliver newsletters on the latest research findings, for more information visit: <https://www.ncphwr.org.uk/> and scroll down to receive the newsletters directly. The Knowledge Exchange Action Group for the NCPHWR are keen to improve links with the third sector, if you have any suggestions for improving the links please let [Sarah Capstick](#) know as a member of the Group.

**Other news from Welsh Government:**

- [Written Statement – Publication of the Wellbeing of Future Generations Workshops Report](#)
- [Poor hospital discharge process puts patients ‘at risk’ \(BBC News\)](#)
- [Adult gender identity services available in Wales this autumn](#)
- [Minimum price for alcohol Bill becomes law](#)
- [Ending the physical punishment of children will protect their rights](#)
- [National Playday: “Let’s get our children out playing” – Huw Irranca-Davies](#)

**Third Sector News:**

**United Welsh Housing Association:** A new service to provide [coordinated wellbeing support to people across Cardiff](#) has launched this week, more information is available from the C3SC website.

**Directories:** The [Cardiff and Vale Directory for Older People](#) and the [Cardiff and Vale Carers Directory](#) have all recently been updated.

**Alliance for Useful Evidence:** The Alliance have produced a report [Evidence for Good:How charities use evidence to boost their influence and impact](#) which is available online from the website.

**Cruse:** [Bereaved by Dementia Project in Wales Supporting people with dementia following a bereavement and those close to them through their grief.](#)

**Care to Co-operate:** Have developed an updated [Co-operative Toolkit](#) which is available online from the website.

**Learning Disability Wales:** Mental Capacity Act training, 17 September 2018 in Cardiff. For more information and to book please visit the [Learning Disability Wales website](#).

**Introduction to PQASSO quality standards:** WCVA have a 30 minute webinar on the 16 October 2018 on PQASSO for more information please see: <https://www.wcva.org.uk/training-and-events/european-3-set/introduction-to-pqasso-quality-standards?seq.lang=en-GB>

**Open Consultations**

- [Cardiff Council Have Your Say on Public Rights of Way! open for submissions until 31 August 2018](#)
- [National Assembly for Wales Health, Social Care and Sport Committee call for evidence on Dentistry in Wales, open for submissions until the 31 August 2018](#)

- [National Assembly for Wales Equality, Local Government and Communities Committee Renting Homes \(Fees etc\) \(Wales\) Bill, open for submissions until 7 September 2018](#)
- [Welsh Government Delivery and funding of community-based adult learning, open for submissions until 11 September 2018](#)
- [National Assembly for Wales Welsh Government Draft Budget Proposals, open for submissions until 12 September 2018](#)
- [Welsh Government Living with persistent pain in Wales guidance, open for submissions until 14 September 2018](#)
- [National Assembly for Wales Health, Social Care and Sport Committee inquiry into the Autism \(Wales\) Bill, open for submissions until 14 September 2018](#)
- [Welsh Government Eligibility for free school meals, open for submissions until 14 September 2018](#)
- [Welsh Government Food and nutrition in childcare settings, open for submissions until 17 September 2018](#)
- [Welsh Government Labelling of low alcohol drinks, open for submissions until 19 September 2018](#)
- [National Assembly for Wales Health, Social Care and Sport Committee call for evidence on Impact of the Social Services and Wellbeing \(Wales\) Act 2014 in relation to carers, open for submissions until 20 September 2018](#)
- [Cardiff Council's Annual Resident and Visitors Survey, open for submissions until 30 September 2018](#)
- [Welsh Government Renting Homes \(Wales\) Act 2016 – Regulations relating to Supplementary Provisions, open for submissions until 14 October 2018](#)
- [Welsh Government Draft Regulations to define 'objects' used in intimate piercing procedures, open for submissions until 19 October 2018](#)

#### **Cardiff Third Sector Council training in September 2018:**

- Making Every Contact Count, 3-5pm, 7 September, at Baltic House – please email [bookings@c3sc.org.uk](mailto:bookings@c3sc.org.uk) to book.
- [Budgeting for Projects, 18 September 2018](#)
- [Governing your organisation, 25 September 2018](#)

For all the latest news, and details of training and events, please visit [www.c3sc.org.uk/network/hscn](http://www.c3sc.org.uk/network/hscn)