

Cardiff Health, Social Care and Wellbeing ebriefing – January 2019

Cardiff Health, Social Care and Wellbeing Network meeting 5 March 2019

The next Network meeting will be taking place on the 5 March 2019, the meeting will include the new Assistant Director for Adult Social Services coming to speak about the Directors Annual Report, and consultation sessions on Changing Places Facilities and how to tackle obesity. To book a place at the meeting please email bookings@c3sc.org.uk

Joint working:

Changing Places Scoping Project – Engagement: Call for expressions of interest. The Cardiff and Vale Future Disabilities Programme Board on behalf of the Cardiff and Vale Regional Partnership Board are seeking to gather up to date information on Changing Places toilets across the region. We want to hear from those who need to use them, their carers and any other citizens with an interest. Cardiff Third Sector Council are leading on this area of work for the Region in close collaboration with the Disabilities Futures Team. There is funding available to support this area of work, it will be the responsibility of the organisation to source venues etc and to run the sessions. The amount of funding will depend on the number of engagement activities being undertaken and will be discussed in more detail with organisations shortlisted from the [Expressions of Interest](#). Please complete the short form and return to admin@c3sc.org.uk no later than **5pm, on Thursday, 7 February 2019**. All engagement activities will need to be completed and the information submitted no later than **12noon on Friday, 15 March 2019**.

"Keeping people well": Moving More, Eating Well - Creating a Healthy Weight Framework for Cardiff and the Vale of Glamorgan: Together we have already made really good progress across Cardiff and the Vale of Glamorgan, in keeping people healthy and well, through our wellbeing plans, our Area Plans and our organisational plans, but we have much more to do if we want to be the best in Wales, the UK and to be an exemplar of good practice internationally. Please can you save the following date in you diary to help us think about what else we can do:

- **Tuesday 12th March 2019 at 1pm** for the Cardiff workshop. **The venue for this workshop is Star Hub, Muirton Road, Splott, Cardiff CF24 2SJ.**

To reserve your place, please contact Deborah Page on:
Deborah.page2@wales.nhs.uk or 02921 832125.

Health Information:

Flu is circulating in Cardiff and the Vale: people are being urged to do what they can to limit the spread of this potentially fatal disease. This includes remembering to 'catch it, bin it, kill it' if they have symptoms of flu. The symptoms of flu include fever, cough, sore throat, headache, muscle aches and fatigue. For more information please see <http://www.cardiffandvaleuhb.wales.nhs.uk/news/50304>

Public Health Network Cymru: ebulletin which focuses on Young Carers is now [available online](#).

Shooting up report 2018: The report into infections among people who inject drugs in the UK is available [online](#).

Free NHS courses: The dates for the NHS Education Programmes for Patients and Carers for 2019 are now available [online](#).

Cardiff and Vale UHB: News items from the website:

- [True cost of gambling underestimated, say new publications](#)
- [Alliancing service improvement project funding by the Health Foundation](#)
- [New App launched to help breast cancer sufferers](#)
- [“Eat them to Defeat them” – Exciting and brave new campaign launches to help children eat veg](#)
- [Statement from Cardiff and Vale UHB](#)
- [New National Report examines how Brexit may affect health and well-being of people across Wales](#)
- [Walking Maps for UHB sites](#)
- [Hospital-based gym opens to help patients who are being treated for breast cancer](#)

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

Cardiff Council: Cardiff is taking concerted action to prepare for any fallout caused by a 'No-deal' Brexit, for more information [click here](#).

Cardiff and Vale Care and Support Regional Workforce Partnership: The next Managers Forum meeting will be taking place on the 18 March 2019 from 9.30am at Hebron Hall in Dinas Powys. For more information please visit the [training website](#)

Mental Health Awareness: training spaces are available, for staff in social care. The training will be a half day at Glamorgan Archives for more information please visit the [training website](#).

Cardiff Council Citizens Panel: Applications are now open to join the Citizen Panel, to complete the online application form visit: <https://www.snapsurveys.com/wh/s.asp?k=152207298239>

Other Cardiff Council news:

- [Parc Cefn Onn works set to begin](#)
- [Help to stay independent at home](#)
- [Former Councillor to be honoured with a city-centre statue](#)
- [Cardiff is taking concerted action to prepare for any fallout caused by a 'No-deal' Brexit](#)

Welsh Government / National

Social Care Wales & NHS Wales: Have jointly developed a carer awareness E-learning Course for more information and to access visit [Learning@Wales](#) you will need to create an account to access.

Office for National Statistics: More than one in four sandwich carers report symptoms of mental ill-health. For more information visit the [ONS website](#)

Older Person's Commissioner for Wales: [Autumn 2018 Newsletter is available online.](#)

Disability Confident: is creating a movement of change, encouraging employers to think differently about disability and take action to improve how they recruit, retain and develop disabled employees. For more information go to <https://disabilityconfident.campaign.gov.uk/>

National Harm Reduction Conference for Wales – Save the date: The conference is due to be held in Cardiff on the 21 March 2019. To register early interest please email mary-eve.nelson@wales.nhs.uk

Other news from Welsh Government:

- [Health Minister announces £7m investment in south Wales's hospitals](#)
- [Next Stop: Cardiff Parkway](#)
- ['This is Not Love. This is Control' – new campaign launched to help people in controlling relationships](#)
- [£7m to improve the mental health of children and young people in Wales](#)
- [Future funding of social care a priority for government – Vaughan Gething](#)

Third Sector News:

National Community Fund (formerly Big Lottery Fund): Surgery taking place on Wednesday, 13 February 2019 at the St Mellons Hub. If you would like to book a slot please contact thoria@c3sc.org.uk or telephone 029 2048 5722.

Innovate Trust: To celebrate turning 50, Innovate Trust have been researching their history, and have an exhibition at the Cardiff Story Museum (Old Library) until the 3 March 2019.

Shine Cancer Support: Understanding the needs of young adults with cancer conference is taking place at Velindre Cancer Centre on the 13 February 2019. For

more information and to book visit:

<https://shinecancersupport.typeform.com/to/DXknMF>

All Wales Forum for Parents and Carers: Put together a film to highlight last year's carers rights day theme of 'caring for the future'. The film is available on [YouTube](#).

The Queen's Award for Voluntary Service: The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK to recognise outstanding work done in their own communities. It was created in 2002 to celebrate the anniversary of The Queen's coronation. It is the MBE for volunteer groups. For more information and to nominate a group visit <https://qavs.culture.gov.uk/>

Courses for people with Learning Disabilities in the Hubs: Courses are being run on maths and communication skills venues across Cardiff, for more information see the [Facebook page](#).

Learning Disability Wales: Have a Making Information Easy to Read and Understand level 2 course in Cardiff on the 25 March 2019. Their [December 2018 Llais Update](#) is available on line.

Advocacy Support Cymru: We Hear You: Finding your Voice – Annual Event will be taking place on the 12 March 2019 at the All Nations Centre, Cardiff. For more information please visit <https://www.ascymru.org.uk/training/we-hear-you-annual-event-2019>

Independent Age: Will be holding a Free coffee morning at the Llandaff / Gabalfa Hub on Monday, 25 February 2019 between 11am and 2pm. There will be a free Dementia Friends Session, information on the new Free Friendship service for people 65+ in Cardiff, as well as tea, coffee and cake. For more information please see the [Independent Age website](#).

Open Consultations

- [Welsh Government Draft guidance to challenge bullying in schools, open for submissions until 15 February 2019](#)
- [National Assembly for Wales Inquiry into the Blue Badge Scheme in Wales: Eligibility and Implementation, open for submissions until 1 March 2019](#)
- [National Assembly for Wales Allotments, open for submissions until 1 March 2019](#)
- [Welsh Government Code of practice on the delivery of autism services, open for submissions until 1 March 2019](#)
- [Cardiff Council Local Toilet Strategy, open for submissions until 4 March 2019](#)
- [Welsh Government Draft additional learning needs code, open for submissions until 22 March 2019](#)
- [Welsh Government Improving public transport, open for submissions until 27 March 2019](#)

- [Welsh Government Draft national violence against women, domestic abuse and sexual violence indicators, open for submissions until 29 March 2019](#)
- [Welsh Government Healthy: weight healthy Wales, open for submissions until 12 April 2019](#)
- [Welsh Government Measuring our nations progress, open for submissions until 19 April 2019](#)

Cardiff Third Sector Council training in February 2019:

- [Accounting Basics, 5 February 2019](#)
- [Skills to Participate – Community Engagement, 7 February 2019](#)
- [First Aid: Emergency First Aid, 12 February 2019](#)
- [Monitoring and Evaluating your Organisation, 14 February 2019](#)
- [Planning and Writing Successful Funding Bids, 19 February 2019](#)
- [Getting the Best from your Volunteers, 26 February 2019](#)

For all the latest news, and details of training and events, please visit www.c3sc.org.uk/network/hscn

Please note the continuing change of format for the ebriefing. 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 at any time.