

EITEM AGENDA / AGENDA ITEM: 7**Cyd-bwyllgor Canolbarth Cymru ar gyfer Iechyd a Gofal
Mid Wales Joint Committee for Health and Care**

Dyddiad y Cyfarfod: Date of Meeting:	25 th April 2023		
Teitl yr Adroddiad: Title of Report:	Rural Health and Care Wales Work Programme 2022/23 – update report		
Arweinydd: Lead:	Anna Prytherch, Head of Rural Health and Care Wales		
Pwrpas yr adroddiad: Purpose of the Report:	To receive an update report on the RHCW Work Programme 2022/23	Ar gyfer cytundeb For Agreement	✓
		Ar gyfer trafodaeth For Discussion	
		Ar gyfer gwybodaeth For Information	✓
<u>Crynodeb / Summary</u>			
This report provides an update of progress made to date by RHCW in achieving its Work Programme for 2022/23.			
<u>Argymhelliad / Recommendation</u>			
For information - The Mid Wales Joint Committee for Health and Care is asked to note for information progress made in achieving the RHCW Work Programme 2022/23 and to agree the dates of the RHCW Conference for 2023			



**IECHYD A GOFAL GWLEDIG CYMRU
RURAL HEALTH AND CARE WALES**

RHCW Progress Report March 2023

Aim 1: Health, Wellbeing and Prevention

- *Improve the health and wellbeing of the Mid Wales population*

- The third and final launch of the “**On your Bike**” project took place at Aberaeron on 9th January 2023, with the Town Mayor and other Councilors present.

Contact has been made with all secondary schools and youth organisations in Ceredigion to confirm that the bikes are now in situ and that the active research phase has commenced, with volunteers being signed up.

**Let's get
"On your
Bike"!**

Come and join us for an interactive session learning how power-generating static bikes can be used to charge your mobile phone and devices, free of charge!

These introductory sessions to the power-generating bikes will take place at the following locations:

- Parc yr Orsedd, Lampeter – Wednesday 8th March 2023, 10.00am – 11.30am
- Victoria Gardens, Cardigan – Monday 13th March 2023, 10.00am – 11.30am
- Cae Sgwar, Aberaeron – Monday 20th March 2023, 12 noon – 1.30pm

For more information, please contact:
Claire Hamer, Research and Development Officer,
Rural Health and Care Wales
Email: claire.hamer@wales.nhs.uk Tel: 01970-628962
Website: www.ruralhealthandcare.wales

Three interactive sessions were held (see left) to encourage people to attend and find out more about the bikes and how they are used, raising awareness of the importance of physical activity, being outdoors and carbon neutral power-generation.

The project is being further promoted via social media channels, local press and across the 3 towns where the bikes are sited, in order to sign up the volunteers, with the 6 month data collection having already commenced.



Let's get "On your Bike"!

- Are you aged between 14 – 25 years old?
- Are you interested in taking part in research on bikes that will charge your mobile phone?

If so, please contact:

Claire Hamer
Research and Development Officer,
Rural Health and Care Wales

Email: claire.hamer@wales.nhs.uk
Tel: 01970-628962
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Launch of the 2 spin bikes and 1 hand bike installed in Cae Sgwar, Aberaeron on the 9th January 2023



The “On your Bike” project was presented as a Bevan Exemplar project at the National Assembly on 18th January 2023 and has been asked to be part of the Bevan Commission’s “Let’s Not Waste” initiative, that



focuses on reducing waste in the Health Care sectors in Wales (Welsh Government funded).

Aim 2: Care Closer to Home

- create a sustainable health and social care system for the population of Mid Wales
- RHCW concluded its research on the **Cardi Care** project at the end of November, with the project continuing under Aberporth Community Hall (CAVO funded until April 2023 and then National Lottery).

A final report on the findings is in draft format, with further feedback from the Co-ordinator (Nicola King) and Aberporth Village Hall group to be concluded, along with completion of the final film. A preview of the film can be found here [Gofal Cardi / Cardi Care - a preview - YouTube](#)

Whilst the one-to-one support was delayed until October due to the difficulty in registering volunteers, all other project targets were exceeded. 189 individuals attended the weekly coffee mornings held from April to November 2022, with an average of between 6 and 30 people attending any one event. The Social Afternoons commenced in May 2022, with 198 attendees over the period and between 2 and 28 per event (24 events in total). Activities ranged from chair yoga to arts and crafts sessions, mindfulness afternoons, games and the popular Ukulele band. Bilingual evaluations were conducted, with overall big improvements in wellbeing recorded.

The image shows two evaluation forms. The left form is titled 'Ffurflen Gwerthuso Digwyddiadau Gofal Cardi' and contains five questions in Welsh. The right form is titled 'Events and Activities Evaluation Form' and contains five questions in English. Both forms use a smiley face scale for responses and have handwritten answers and dates.

The research findings were presented in the RHCW Webinar held on the 24th January 2023 and to the WCVA Helpforce Cymru group on the 1st February 2023. A summary of the findings and the main recommendations are listed below:



Cardi Care

Main Research findings:

- ▶ Proven need for projects such as Cardi Care in communities
- ▶ Loneliness is a very big issue, even in close knit communities
 - ▶ Lived alone for 3 years, did not socialise
 - ▶ “does this mean people now know that I exist?”
- ▶ All targets exceeded – except for volunteers (one-to-one support)
- ▶ Several obstacles / difficulties encountered along the way (inc. Covid-19)
- ▶ Statutory services' volunteer recruitment systems are not compatible with community initiatives
- ▶ Tool kit is a good basis for starting new community support venture – but modifications required
- ▶ Two-way learning (Aberporth – Solva)
- ▶ Never anticipate the outcomes of a research project!



Cardi Care

Recommendations:

- ▶ Statutory sector processes for working with volunteers in the community need to be reviewed and modified – not fit for purpose
- ▶ More needs to be done to work with communities to enable them to become more resilient and meet the growing needs of vulnerable residents (health / care / wellbeing & mental health / quality of life)
- ▶ Cross sector working and collaboration is crucial in community settings and can be extremely motivational / positive (Cardi Care Steering Group)
- ▶ A form of community mentoring should be encouraged, akin to town twinning (Solva & Aberporth to continue)
- ▶ Need for a research network / resource for community based interventions (sharing best practice / evaluations etc)

Thank you to everyone who has been involved and supported the project!

Diolch o galon i bawb!

- The revision of the proposed **Virtual Rural Hospital** for Mid, North and West Wales has not yet been completed but is ongoing and will be submitted to the Welsh Government, as requested, as an Outline Business Case proposal (working in partnership with WAST, the North Wales, West Wales and Powys Research Innovation and Improvement Hubs).
- Work on the **multi-agency responses during the Covid-19 Pandemic (vulnerable groups)** in the Hywel Dda UHB and Powys THB regions has commenced, with the revised specification outlined below:

Purpose:

To look at COVID-19 and its impact on vulnerable clients of statutory agencies, focussing particularly on:

- The effectiveness of the COVID-19 Multi-Agency Operational meetings
- Admission and Discharge procedures, developed and implemented in the light of national guidance;
- Provision of personal care and support, Health Services, and end of life/palliative care;
- Evidence that the needs of vulnerable groups were appropriately met;
- Ensure the experiences of those delivering services are captured and understood

The work has been commissioned by the Integrated Executive Group (IEG) of the West Wales Care Partnership (WWCP), the Mid & West Wales Safeguarding Board and the Powys Partnership Board.

8 focus group sessions have been conducted, 2 in each local authority area (Ceredigion, Carmarthenshire, Pembrokeshire and Powys), one for staff and one for providers. The end report is due to be presented to the Boards in April 2023.

- The 2-year research project funded by Macmillan Cancer Research, exploring **the impact of rurality on the cancer patient experience** is progressing, with the job description for an appointed **Macmillan Rural Cancer Experience Researcher** currently being advertised, with a closing date of 18th April. Interviews will take place on 27th April 2023. This post is for a fixed 2-year period.
- The **Phase 1 Rural Wales Local Policy and Innovation Partnership** grant application, which includes RHCW as a partner supporting the *Enhancing the Wellbeing in Place Thematic Group*, was submitted by Aberystwyth University in January 2023 and has been successful. The Phase 1 element will start on 18th April and run through until 17th September, when it is hoped that long-term funding will be secured as Phase 2 of the project.

The objectives of the Rural Wales Local Policy and Innovation Partnership (LPIP) Phase 1 proposal are to:

1. Engage with communities and stakeholders in rural Wales to establish their key concerns and priorities and related needs for evidence, research and innovation; to identify issues for the initial work programme in Phase 2, including

community-led research; and to learn from previous experiences of community engagement and action and collaboration with researchers.

2. Review the existing evidence base relating to the LPIP priority areas in rural Wales, identifying evidence gaps (thematic and geographical), potential new data sources, and opportunities for synergy with resources including administrative data and other data held by collaborating partners.

3. Develop methodologies and methods for delivering the Phase 2 work programme by combining the expertise and experience of academic researchers, non-academic partners, and community participations, including with respect to methods for community-led research, inclusive models for commissioning research and innovation projects, and approaches to public engagement and capacity-building.

4. Consolidate the LPIP partnership and co-design a proposed work programme for Phase 2 with input from academic and non-academic partners, wider stakeholders and community representatives; including recruitment of additional partners and participants as appropriate for the delivery of the proposed work programme.

The activities in Phase 1 will support the wider longer-term aims of the Rural Wales LPIP, which are to:

1. Strengthen collaborations and knowledge exchange between academic researchers, public bodies, business and third sector organizations in rural Wales.

2. Extend and enrich the evidence base for policy-making and implementation in the region.

3. Develop integrated and innovative solutions to challenges facing places in rural Wales.

4. Empower local communities to respond to local challenges through community-led research and innovation, contributing to inclusive sustainable development

- AP attended a “**One Health**” workshop held at Aberystwyth University on 17th February, led by Prof. Nigel Holt, with a further event held in Cardiff on 24th March 2023. The intent is for a pan-Wales “One Health” framework to be developed that will include a holistic approach to health and wellbeing, with Mid Wales taking the lead. RHCW will be supporting this initiative.

Aim 3: Rural Health and Care Workforce

- *Create a flexible and sustainable rural health and care workforce for the delivery of high quality services which support the healthcare needs of rural communities across Mid Wales*

- AP assisted Swansea University as a Lay Person with its **Graduate Entry Medicine** interviews on 25/01/23, 31/01/23 and 10/02/23. With recent research findings advocating that “local” and rural inhabitants are those more likely to stay and work in rural areas after completing their training, and the critical shortage of GPs that Mid Wales (and other areas of Wales) is experiencing, concern was raised with regard to the number of overseas and non-domiciled students that were interviewed over the three days. The following response was received:

Dear Anna,

Thank you again for the time you contributed to Graduate Entry Medicine student selection this year. Helen has forwarded your query about the selection of students from Wales. You’ll be aware that we have a process in place to increase the numbers of Welsh residents invited to interview, and over recent years this has borne fruit.

To fill our 142 Home places this year, we had:

- 229 applications from residents of Wales out of a total of 675 Home applicants, meaning they constitute 33.9% of the cohort. This is a gratifying increase over the 12.5% of students applying between 2010 and 2015, indicating growing confidence among potential applicants in Wales.
- 156 Welsh residents were invited to interview out of a total of 404 Home applicants, representing 38.6% of interviewees.
- We are about to make offers of places, and there are 52 Welsh residents among the 142 who will receive the earliest offers, representing 36.6% of initial offers.

Our conversion rate runs at around 75%, so we’ll need to make further offers to ensure all places are filled, and Welsh residents are well-represented in the offer waiting list as well. In the last three years, once all offers were made and all places filled, Welsh residents made up between 50% and 60% of the cohorts enrolling into Year 1. We anticipate more or less the same this year.

You interviewed 20 Home students and 8 International students on your three days with us. Just to clarify, Home and International cohorts are not in competition with one another. We have 12 places for International students, and interviews for this cohort are allocated separately. Of the Home students you interviewed, 11 are residents of Wales, and you’ll be pleased to hear that 7 of these are likely to be made early offers.

I hope these data reassure you that our initiatives to increase recruitment into the Welsh medical workforce continue to be successful. While we have no basis for distinguishing between urban and rural applicants, we are aware that the Doctors for Wales programme and the Primary Care Academy based in Aberystwyth are increasing interest in medical practice in rural Wales. As a medical school, we can however only stimulate interest, and it remains for NHS employers, senior clinicians and communities to ensure that life and careers in rural areas are attractive to our graduates.

Thanks again for your support.

Best wishes,

Mike

Dr Michael Gilbert MBChB FRCA

Arweinydd Derbyniadau - Meddygaeth i Raddedigion a Astudiaethau Cydymaith

Meddygol | Admissions Lead – Graduate Entry Medicine & Physician Associate Studies

Cyfadran Meddygaeth, Iechyd a Gwyddor Bywyd | Faculty of Medicine, Health and Life

Science Prifysgol Abertawe | Swansea University

It is worth noting that there were very few, if any, applicants from Mid Wales and further dialogue is being undertaken to raise the profile of the GEM course across the region (e.g. discussions held with AU at a Careers networking event held on 15th February 2023; inclusion as a priority in the RHCW Work Programme 2023/24).

- RHCW continues to represent Health and Care on the **Mid Wales Regional Skills Partnership Board** and Health and Care sub-group; RHCW attended a **Careers event** in Newtown on 7th March 2023 at the request of Careers Wales / NPTC.

Aim 4: Hospital Based Care and Treatment

- *Create a sustainable and accessible Hospital Based Care and Treatment service for the population of Mid Wales, with robust outreach services and clinical networks*
- See above for the proposed **Virtual Rural Hospital** project for Mid, North and West Wales.

Aim 5: Communications, Involvement and Engagement

Rural Health and Care Wales Winter Webinar
Tuesday 24th January 2023
10am – 12 noon

Update on the NHS Wales App

Joanna Dundon, National Clinical Informatics Lead, Digital Health and Care Wales & Engagement Lead for Digital Services for Patients and the Public Programme

This presentation gives an update and next steps on the NHS Wales App which went through private beta testing with patients from October 2022 for six weeks in ten GP practices in Wales. The App is to give people access to and share information with health and care professionals in NHS Wales and become empowered and responsible for their health and wellbeing.

Cardi Care – a community support project

Anna Prytherch, Head of Rural Health and Care Wales

During 2021/22, RHCW delivered a community support project in the village of Aberporth, Ceredigion that was based on the Solva Care model. This presentation will outline the process of setting up and running Cardi Care and provide an overview of the research findings which will help inform future community resilience projects, particularly those that rely on community-based volunteers.

Agenda

10am	Welcome and Introductions, Jack Evershed, Chair RHCW
10.15am	Update on the NHS Wales App
11am	Cardi Care – a community support project
12 noon	Close

The Webinar is free of charge to attend but you will need to register for your place by completing the booking form that can be found at www.ruralhealthandcare.wales/webinar

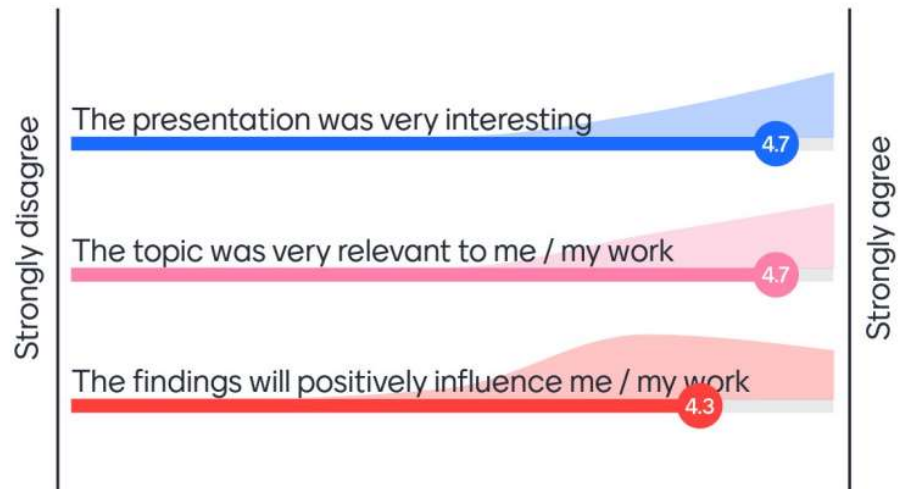
www.ruralhealthandcare.wales
contact@ruralhealthandcare.wales

- ensure there is a continuous and effective communication, involvement and engagement with the population of Mid Wales, staff and partners

- The RHCW Winter Webinar was held on the 24th January 2023, with 90 people registered to attend, showing an increasing interest in these events. The Agenda and information on the presentations is outlined in the poster to the left.

The Webinar was very interactive, with excellent feedback via Mentimeter on both presentations and a lot of engagement from attendees (scores are 0-5).

Update on the NHS Wales App



Cardi Care - a community support project



Both presentations are available on the RHCW YouTube channel as below:

[Gweminar y Gaeaf IGGC 2023 RHCW Winter Webinar 2023 20230124 100304 Meeting Recording - YouTube](#)

[Gweminar y Gaeaf IGGC 2023 RHCW Winter Webinar 2023 20230124 105801 Meeting Recording - YouTube](#)

- It is proposed that the **Rural Health and Care Conference 2023** is held on Tuesday 14th November and Wednesday 15th November 2023 at the Royal Welsh showground, as in previous years. The MWJC may wish to convene a public Board meeting at the end of the day on the 14th November, subject to approval, full details to be confirmed.