

**EITEM AGENDA / AGENDA ITEM: 6****Cyd-bwyllgor Canolbarth Cymru ar gyfer Iechyd a Gofal  
Mid Wales Joint Committee for Health and Care**

<b>Dyddiad y Cyfarfod:</b> <b>Date of Meeting:</b>	31 <sup>st</sup> October 2022		
<b>Teitl yr Adroddiad:</b> <b>Title of Report:</b>	Rural Health and Care Wales Work Programme 2022/23 – update report		
<b>Arweinydd:</b> <b>Lead:</b>	Anna Prytherch, Head of Rural Health and Care Wales		
<b>Pwrpas yr adroddiad:</b> <b>Purpose of the Report:</b>	To receive an update report on the RHCW Work Programme 2022/23	<b>Ar gyfer cytundeb</b> <b>For Agreement</b>	
		<b>Ar gyfer trafodaeth</b> <b>For Discussion</b>	
		<b>Ar gyfer gwybodaeth</b> <b>For Information</b>	✓
<b><u>Crynodeb / Summary</u></b>			
This report provides an update of progress made to date by RHCW in achieving its Work Programme for 2022/23.			
<b><u>Argymhelliad / Recommendation</u></b>			
<b>For information</b> - The Mid Wales Joint Committee for Health and Care is asked to note for information the progress that has been made in achieving the RHCW Work Programme 2022/23.			

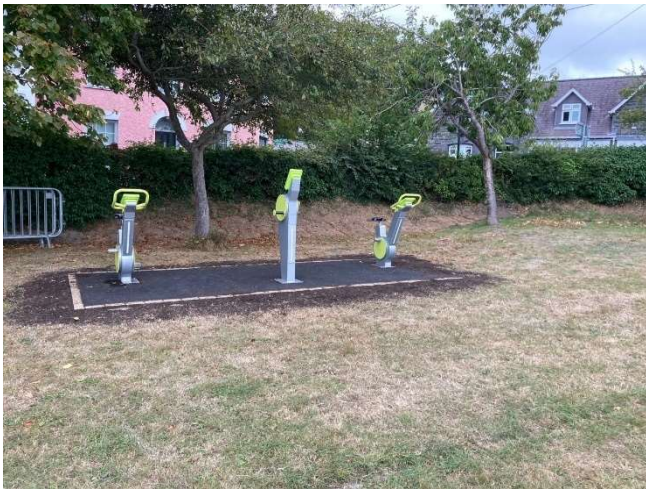


IECHYD A GOFAL GWLEDIG CYMRU  
RURAL HEALTH AND CARE WALES

## RHCW Progress Report October 2022

### Aim 1: Health, Wellbeing and Prevention

- *Improve the health and wellbeing of the Mid Wales population*
- The power-generating static bikes for the “**On your Bike**” project have now been installed in Lampeter, Aberaeron and Cardigan (Aberystwyth Town Council withdrew), with a launch of the second phase of the research to commence in early November 2022. A meeting to discuss media / press and the launch event was held with the funders on Wednesday 14<sup>th</sup> September 2022. Once this launched has taken place, active monitoring of usage, data and wellbeing measures will commence. Illustrations below are of the bikes in situ:



*Aberaeron*



*Cardigan*



### *Lampeter*

- The national **Social Prescribing** framework is now out for consultation and was discussed as an Agenda item at the last RHCW Stakeholder Group meeting that took place on the 13<sup>th</sup> September 2022 in order that a collective response is submitted.
- A meeting of the **Green Health in Practice Network** was held on the 20<sup>th</sup> September 2022 to consider a response to the Social Prescribing National Framework consultation; a collective response from this group was compiled.

### **Aim 2: Care Closer to Home**

- *create a sustainable health and social care system for the population of Mid Wales*
- The **Cardi Care** project is almost at its conclusion, with an end of project celebration event to take place at Canolfan Dyffryn, Aberporth on the 27<sup>th</sup> October between 3pm and 6pm. A further short extension was provided to enable the one-to-one aspect of support to be trialed, this having been delayed due to the problem in getting volunteers signed up through the Health Board system. Only 2 out of the initial 19 volunteers have now been passed and are delivering one-to-one services. Ben Lake AM will make an address at the event on the 27<sup>th</sup> October and the initial research findings will be presented, along with multiple activities and a session by the very popular Ukulele band that has been attending some of the social events. The Cardi Care Steering Group held its last meeting on the evening of Tuesday 20<sup>th</sup> September 2022.
- The **Integrated Working** research is still not public as it is to be initially circulated to the regional workforce board.
- A further meeting was held with the Bevan Commission with regard to a proposed **Virtual Rural Hospital** for Mid, North and West Wales, with a revision

of the original application underway and further discussions due to be held. Other avenues of support are being explored, including a potential SBRI application and other support from the Welsh Government (meeting held 20<sup>th</sup> October 2022).

- Work on reviewing the **multi-agency responses during the Covid-19 Pandemic (vulnerable groups)** has been put on hold as the original scope of the project is being revised. A meeting to take this forward is scheduled for 2<sup>nd</sup> November 2022.
- RHCW has successfully submitted an application to Macmillan Cancer Research for a 2-year research project exploring **the impact of rurality on the cancer patient experience**. The grant will fund a Band 7 research post to work within RHCW to undertake the research (value of funding c.£133k).
- RHCW is working with Solva Care (lead applicant) and other partners on a grant application from the **UK Government (Innovation Funding Service)**, with an Expression of Interest submitted to pilot a **Community Research Network**, with the potential for expansion across Wales.

### **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*
- JE and AP are meeting with the Chair (Dr Chris Jones) and CEO (Alex Howells) of HEIW on 3<sup>rd</sup> November 2022 to discuss recommendations and findings from the **Health and Care Education and Training in Wales** review.
- The infographic on **“new roles” in healthcare** has been printed – electronic copies and / or hard copies available on request.
- AP presented at the **HEIW Nursing and Health Professional Education Directorate** meeting on the 22<sup>nd</sup> June and has since met with several people who are interested in learning more about the work of RHCW, in particular recruitment / retention and educational issues relating to health and care professionals working in rural areas. Dr Esther Lomas (HEIW) presented at the last RHCW Stakeholder Group meeting and AP also met with Gethin Harries (All Wales AHP Person-centered Rehabilitation Lead, HEIW) on the 8<sup>th</sup> August 2022 to consider the role of allied health professionals in rural areas.

### **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**

- *ensure there is a continuous and effective communication, involvement and engagement with the population of Mid Wales, staff and partners*
- The last **RHCW Webinar** was held on the 12<sup>th</sup> July 2022, 10am to 12.30pm, with 50 people registered and excellent feedback received.

Information and evaluations are included below.

The next Webinar will be held in January 2023.



# Rural Health and Care Wales Summer Webinar

12th July 2022

10am – 12 noon

## Understanding the Recruitment and Retention Challenges of Nurses to Rural Mid Wales



**Angharad Jones**, PhD candidate, Aberystwyth University

*– a presentation which shares the findings of Angharad's PhD programme of study. She will present the background to the study, outlining her journey of data collection and analysis, followed by the results, which are then framed in theoretical models which provides further insight and understanding into the challenges facing the recruitment and retention of nurses to rural areas of Wales.*

## Social Prescribing to Outdoor Health



**Natasha Simons**, Research & Evaluation Officer, Coed Lleol

*– this presentation will explain the services that Coed Lleol-Small Woods deliver for social prescribing in the outdoors across Wales. It includes how the impact of these services are measured and outlines the findings from the last year of evaluation. A short video will share stories from participants that have taken part. Finally, Natasha will outline what Coed Lleol does to support the wellbeing of their own staff and those of partner organisations and future plans.*

### Agenda

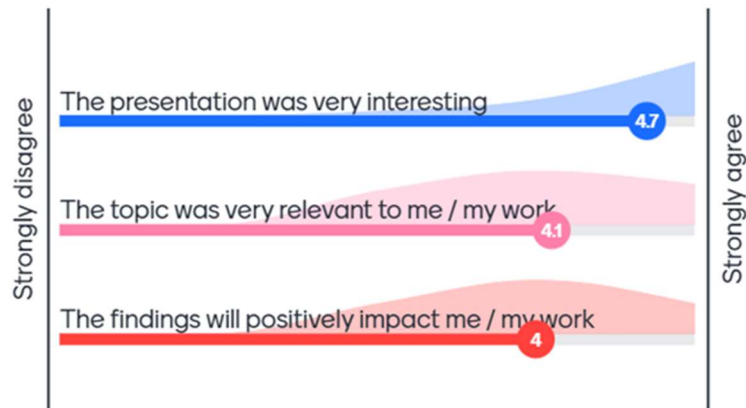


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|----------------|---|
| <b>10am</b>    | Welcome and Introductions, <i>Jack Evershed, Chair RHCW</i>                         |
| <b>10.15am</b> | Understanding the Recruitment and Retention Challenges of Nurses to Rural Mid Wales |
| <b>11am</b>    | Social Prescribing to Outdoor Health  |
| <b>12 noon</b> | Close   |

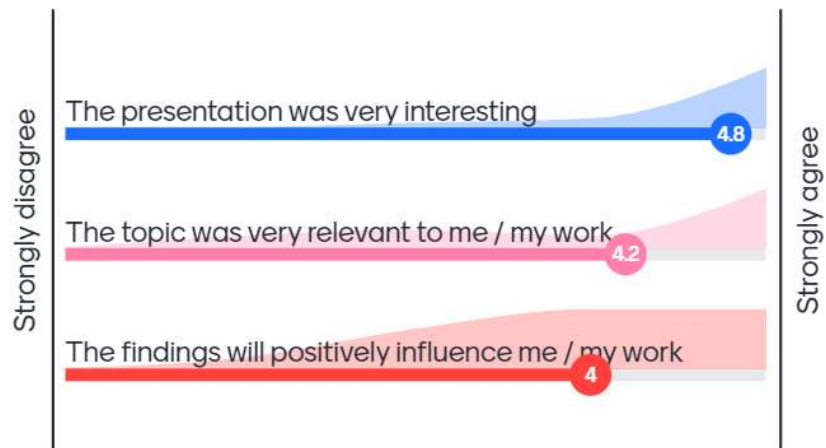
The Webinar is free of charge to attend but you will need to register for your place by completing the booking form that can be found at <https://ruralhealthandcare.wales/rhcw-events/gweminar-haf-2022-iggc-rhcw-webinar-summer-2022>

[www.ruralhealthandcare.wales](http://www.ruralhealthandcare.wales)  
[contact@ruralhealthandcare.wales](mailto:contact@ruralhealthandcare.wales)

## Understanding the Recruitment and Retention Challenges of Nurses to Rural Mid Wales



## Social Prescribing to Outdoor Health



- The Call for Papers and Posters for the **RHCW Conference 2022**, to be held as a hybrid event on the 8<sup>th</sup> and 9<sup>th</sup> November 2022, was sent out in early August, with a closing date of Friday 16<sup>th</sup> September 2022. 68 applications were received, which were assessed by a Selection Panel on the 29<sup>th</sup> September. There will be 7 Plenary presentations, 23 Paper presentations and over 30 Posters on display over the two days, including presentations from Canada (Alberta Health Services) and a live link to an ultrasound demonstration in France. The Chief Executives of the 3 Mid Wales health boards have been invited to present as a Panel at the Conference, as last year, and Eluned Morgan Minister for Health and Social Services, has been invited to undertake the official Opening.

Booking for the Conference is open and can be accessed at [www.ruralhealthandcare.wales/conference](http://www.ruralhealthandcare.wales/conference) or [www.iechydagofalgwledig.cymru/cynhadless](http://www.iechydagofalgwledig.cymru/cynhadless). Members of the MWJC will be sent final Agendas and further information in due course.

The Conference title and themes are outlined below:

**Rural Health and Care Wales Conference 2022**

***Learning from the Past, Looking to the future***

*– a focus on best practice, innovation and research that is driving delivery of health and care services in rural Wales*

Conference themes / strands:

- Lessons learnt from the Covid-19 pandemic and their impact on Rural Health and Care
- The delivery of integrated Health and Care services in Rural areas
- The role of Rural Communities in Health and Care
- Telehealth / Telemedicine and the remote delivery of Health and Care services in Rural areas
- Social / Green Prescribing and their impact on Health and Wellbeing
- Recruitment, Retention and new roles in Health and Care in Rural areas
- Education, Training and Continuous Professional Development for Health and Care professionals working in Rural areas

Other

Interviews were held on the 12<sup>th</sup> September for the post of Research and Development Officer with RHCW, with two part-time positions appointed.