

EITEM AGENDA / AGENDA ITEM: 5.2**Cyd-bwyllgor Iechyd a Gofal y Canolbarth ar gyfer Iechyd a Gofal /
Mid Wales Joint Committee for Health and Care**

Enw'r Is-Grŵp: Name of Sub-Group:	Rural Health and Care Wales Stakeholder Group
Cadeirydd y Is-Grŵp: Chair of Sub-Group:	Keith Jones, MWJC Programme Director
Dyddiad y Cyfarfod Is-Grŵp diwethaf: Date of last Sub-Group Meeting:	11 th March 2025
Cyfnod Adrodd: Reporting Period:	December 2024 – March 2025
Y Penderfyniadau a'r Materion a Ystyriodd yr Is-Grŵp: Key Decisions and Matters Considered by the Sub-Group:	
<ul style="list-style-type: none"> • Minutes of the RHCW Stakeholder Group meeting held on 3rd December 2024 • Matters Arising and Table of Actions • RHCW Progress Report (RHCW Work Programme 2024/25) • RHCW Work Programme and Budget for 2025/26n (approved) • RABI – the heart of farming (<i>presentation by Liz Rees, RABI Regional Manager</i>) • Dementia Friendly Ceredigion: a scoping review (<i>presentation by Michelle Symes, RHCW Research and Development Officer</i>) 	
Materion sydd angen eu cytuno neu trafod ymhellach gan y Cyd-Bwyllgor: Items referred to the Mid Wales Joint Committee for agreement / discussion:	
The MWJC is asked to approve the RHCW Work Programme and Budget for 2025/26.	
Gwaith Cynlluniedig yr Is-Grŵp ar gyfer y cyfnod nesaf: Planned Sub-Group work for the next period:	
<ul style="list-style-type: none"> • to complete identified actions from the March 2025 meeting • to monitor progress made against the RHCW Work Programme 2025/26 	
Dyddiad y Cyfarfod Is-Grŵp Nesaf: Date of Next Sub-Group Meeting:	10th June 2025

PART 1: RHCW Work Programme 1st April 2025 to 31st March 2026

Below is a proposed Work Programme for RHCW for the period 1st April 2025 to 31st March 2026, aligned with the strategic priorities and aims of the Mid Wales Joint Committee for Health and Care.

1. Aim 1: Health, Wellbeing and Prevention

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

- Develop and deliver rural health and care research proposals, based on identified needs, to include a review of dentistry and pharmacy provision across Mid Wales and other projects that align with the RHCW / MWJC Aims and Objectives
TARGET: review dentistry and pharmacy provision across Mid Wales by June 2025 and scope international best practice for delivery of these services in rural areas, reporting to the RHCW Stakeholder Group and PDEG / MWJC
- Continue to provide support and work with the Cymru Wledig LPIP Rural Wales UKRI funded project to discover areas of concern for future research to rural populations in health and wellbeing, taking an active lead on the Enhancing Wellbeing in Place thematic group.
TARGET: project is a 3-year funded project, to end in 2027
- Complete delivery of the Macmillan Rural Cancer Patient Experience research to explore rural vs urban population experiences and disseminate findings, with the intent of improving the rural cancer patient experience.
TARGET: Macmillan Rural Cancer Patient Experience Research project to delivered by 31st October 2025 (final report and project outcomes by December 2025).
- Continue to support the provision and mainstream adoption of green / blue / social prescribing initiatives across Mid Wales for the benefit of the population, engaging in consultations and research in the field, ensuring alignment with the National Social Prescribing Framework and other relevant WG directives.
TARGET: Remain a member of the Wales School for Social Prescribing Research and actively engage in Social / Green Prescribing consultations, research and projects as appropriate.
- Continue to extend the RHCW Wellbeing Walks initiative to other areas of Mid Wales, to include at least two locations Gwynedd and Tywyn, and another one in Ceredigion, seeking funding to cover the cost of production of the leaflets; use the initiative to highlight and promote the walking / health / wellbeing benefits via the press and social media.
TARGET: Wellbeing Walks leaflets in Gwynedd and Powys to be produced by December 2025, another in Ceredigion by March 2026.
- Submit proposals for work that research care pathways in rural areas and other pertinent areas that may identify ways to improve the delivery of health and care services in Mid Wales, for the benefit of the population.
TARGET: Build on the Dementia research that has been undertaken in Ceredigion to develop a Mid Wales prospective that encompasses Powys and Gwynedd in addition to Ceredigion, looking at any inequalities that may exist for those living in rural areas as compared to urban locations; consider development of research and supportive initiatives that will support the Mental Health of people living in rural Mid Wales;

support the PHW national initiative that seeks to promote and prevent Diabetes by ensuring rural populations are included and notified.

- Work to develop a focus on ill health prevention by undertaking initiatives (research / innovation / piloting) that will highlight the need to keep fit and healthy, working to change the focus from treatment of ill health to maintenance of good health.
TARGET: To deliver at least one project that has a focus on prevention of ill health in the Mid Wales region by March 2026.

2. Aim 2: Care Closer to Home

- *create a sustainable health and social care system for the population of Mid Wales which has greater focus on care closer to home*
- Instigate research into community projects that support innovative health and care provision in rural areas, building on the work already undertaken on the Cardi Care and Sustainable Communities projects.
TARGET: Continue to deliver the revised Sustainable Communities in Lampeter and seek to pilot, evaluate and roll out models of community resilience across the Mid Wales region, seeking funding to proliferate more cohesive approaches to enabling vulnerable people to live socially-active, independent lives in their own homes as long as possible.
- Complete research into the GP provision across Mid Wales, exploring best practice examples of alternative models of delivering primary care interventions in rural areas (requested by RHCW Stakeholder Group: A review and Action Plan for GP / Primary Care provision across Mid Wales)
TARGET: Complete the research by conducting a survey of GPs / primary care providers across Mid Wales; final report to be completed by December 2025. Complete a grant application with Swansea University's SAIL dataset team to enable a longitudinal research project linking health data to patients of GPs across Mid Wales to monitor health trends.
- Develop and submit grant / research proposals that will support the creation of sustainable health and social care systems for the populations of Mid Wales, supporting the MWJC with relevant research as required
TARGET: ongoing

3. 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*
- Work to support and promote the Swansea University Graduate Entry Medicine route to mature / postgraduate students across Mid Wales.
TARGET: to stage an event to raise the profile of GEM to "local" people living in Mid Wales and encourage applications; to continue to participate in the interview / selection process for candidates for the GEM course.
- Support initiatives that provide education, training and CPD to health and care professionals working in rural areas of Wales

TARGET: continue to monitor the provision of education and training, taking an active role in the Mid Wales Regional Skills Partnership board and other skills-based initiatives.

- Work with all relevant stakeholders and policy decision makers to support the development of an increased provision of “local” training for health and care professionals in Mid Wales
TARGET: continue to actively engage with HEIW / WG to review “local” provision and any identified gaps, participating in consultations and meetings to represent the needs of rural Mid Wales.
- Support Universities to provide rural graduate and postgraduate training for medical students and the wider healthcare professions, encouraging local applications / widening participation
TARGET: submit/support at least one application for funding for a PhD student in Mid Wales in 2025, to work on research that supports the priorities of RHCW / MWJC; support Cardiff University’s CARER programme and Swansea University’s Primary Care Academy / RHiME and the new Bangor University medicine students.
- Support further education institutions and work-based organisations in their provision of apprenticeship schemes relevant to rural health and care in the Mid Wales area, participating in the Mid Wales Regional Skills Partnership and contributing to the annual Skills Plan for the area (health and care).
TARGET: support Coleg Ceredigion’s Rural Care Academy for further education students seeking careers in health and care; support the need for all school / college leavers from Mid Wales that meet the required predicted grades to be offered interviews at local education establishments (careers in health / care).
- Support career events to holistically promote health and care careers in Mid Wales and support health boards / local authority recruitment campaigns
TARGET: to attend at least two career-related events by March 2026 in this capacity
- Work closely with Universities across Wales to engage academic thinking into rural health / care research and to work collaboratively on joint grant applications for research pertinent to rural health and care
TARGET: remain actively involved with Universities’ research initiatives and to include academic partners in research work conducted by RHCW when relevant; submit at least 2 grant applications with Universities for research project of relevant to Mid Wales by January 2026.
- Participate in consultations and workshops relevant to the rural health and care workforce

4. 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*
- Support the work of the MWJC in this area
- Pursue the collaborative Virtual Rural Healthcare proposal to enable health and care services to be accessed from home / the community and alleviate pressure on

hospital-based care and treatments, whilst promoting greater adoption of digital virtual consultations.

TARGET: business case to be completed by July 2025, funding to be sought to proceed with the development and pilot by March 2026

5. 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*

- Stage the annual Rural Health and Care Wales Conference on 11th and 12th November 2025, following on from the success of previous conferences and taking on board feedback from the 2024 Conference evaluations and proposals for improvement; to be held in hybrid format.
TARGET: RHCW 2-day Conference to be held on 11th and 12th November 2025

- Organise a minimum of two on-line Webinars that enable the sharing of best practice in rural health and care, highlighting innovative practices and research results.
TARGET: RHCW Webinars to be held in July 2025 and January 2026

- Develop regular Podcasts on rural health and care issues.
TARGET: Monthly Podcasts to run from April 2025 – March 2026

- Continue to grow and expand the RHCW YouTube channel as a tool for publishing the Conference, Webinars and other RHCW activities, whilst continuing to build the RHCW social media profile.
TARGET: ongoing

- Attend at least 4 Conferences (rural health and care related) to present the work of RHCW in 2025/26, with at least 1 to be an International Conference
TARGET: by March 2026

- Attend at least 3 suitable events to raise the profile of rural health and care issues and the work of RHCW, e.g. the Royal Welsh Agricultural Show
TARGET: by March 2026

- Influence policy on rural health and care matters by participating in consultations and disseminating research findings

- Establish and / or participate in networks of individuals and groups that support research, innovation and development in rural health and social care

Rural Health and Care Wales Budget 2025/26	
	TOTAL - forecast
Income	
PTHB Income	23,000
BCUHB Income	23,000
HDdUHB Income	23,000
Grants and other income	120,000
	£189,000
Expenditure	
Staff	173,000
<i>Travel & Subsistence</i>	2,300
Annual Conference	5,500
Website / Repository dev.	1,000
Attendance at Conferences and Events	1,500
IT & licences	1,000
Print and Design work	2,500
Other - stationery, promotional items, postage etc	2,200
	£189,000
Balance	£0