

EITEM AGENDA / AGENDA ITEM: 6

Cyd-bwyllgor Iechyd a Gofal y Canolbarth / Mid Wales Joint Committee for Health and Care			
Dyddiad y Cyfarfod: Date of Meeting:	27 th June 2022		
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 approve the proposed RHCW Work Programme and Budget for 2022/23 and to receive an update report on the draft RHCW Work Programme 2022/23	Ar gyfer cytundeb For Agreement	
		Ar gyfer trafodaeth For Discussion	
		Ar gyfer gwybodaeth For Information	✓
<u>Crynodeb / Summary</u>			
<p>This report provides an update of progress made to date by RHCW in achieving its draft Work Programme for 2022/23, with approval sought for the Work Programme 2022/23 and its associated budget.</p>			
<u>Argymhelliad / Recommendation</u>			
<p>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.</p> <p>For Agreement – The Mid Wales Joint Committee for Health and Social Care is asked to agree the proposed RHCW Work Programme and Budget for 2022/23.</p>			



IECHYD A GOFAL GWLEDIG CYMRU
RURAL HEALTH AND CARE WALES

RHCW Progress Report June 2022

Aim 1: Health, Wellbeing and Prevention

- *Improve the health and wellbeing of the Mid Wales population*
- Installation of the power-generating static bikes for the “**On your Bike**” project is still on hold due to initially contractual delays between the funders / Ceredigion County Council and Town Councils and lately due to the supply of bike parts from Shanghai which are delayed due to the pandemic. The funders have however extended the project to June 2023 and therefore the bikes are now aiming for installation by September 2022. Only 3 of the 4 proposed sites agreed to the final installation, with Aberystwyth Town Council not willing to adopt responsibility for the bikes after the research phase ends and thus Aberystwyth is being omitted from the project.
- Additional copies of the **Wellbeing Walks** leaflets have been requested for Aberystwyth as the original supply had all been used; these have now been ordered. Due to staffing issues and time constraints, no further progress has been made with regard to the Wellbeing Walks in Machynlleth and Tywyn, albeit that the Machynlleth ones have been scoped and Coed Lleol engaged as the partner with relevant walking experience and route knowledge.
- The national **Social Prescribing** framework is not yet out for public consultation, however information on the evaluation tool is available in this published paper [e057009.full.pdf \(bmj.com\)](https://www.bmj.com/lookup/doi/10.1136/bmj.e057009)
- A meeting of the **Green Health in Practice Network** was held on 16th March 2022, with a second scheduled for the summer when the above consultation is open.

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 actively underway, with over 30 individuals engaged with (via social events / coffee mornings) and 12 volunteers recruited. Whilst still

in the delivery phase, all targeted outputs have been achieved, apart from securing involvement from younger people. The Steering Group has continued to meet and is actively supporting the project, which has proved invaluable. An activity Wall Chart covering the period April – September 2022 has been produced and an exchange visit with Solva Care is planned for 24th June 2022 (Cardi Care visiting Solva). The main problem encountered to date has been in enabling the volunteers to deliver services on a one-to-one basis, as it has taken some time to arrive at a point where the health board volunteer process has been able to take on volunteers that deliver services in a community setting. This is new ground for everyone and whilst an important milestone, it has delayed the one-to-one support. The project has been extended to 30th September 2022 by the funders, however Lleucu Morgan, the Cardi Care Co-ordinator, will be moving on to do a Masters in Clinical Audiology in Swansea as from September and therefore Nicola King, already employed by Aberporth Hall, will take on the Co-ordinator role as from end of June 2022.

- The **Integrated Working** research being conducted across the West Wales region has been completed, with 75 engagements with professionals from the health and care sectors (one-to-one interviews and focus group discussions). The full draft report and an executive summary is awaiting approval by the IEG / West Wales Care Partnership before it can be made public; propose a presentation to the RHCW Stakeholder Group when appropriate.
- An application for the **Bevan Commission's Planned Care Innovation Programme** was submitted on the 14th February 2022, in collaboration with the North Wales Regional Partnership Board, Powys Teaching Health Board, West Wales Research, Innovation and Improvement Hub and the Welsh Ambulance Service NHS Trust (RHCW as lead applicant) to explore the possibility and potential value of developing a **Virtual Rural Hospital** for Mid, North and West Wales. Unfortunately, the application was not successful, however this was due primarily to the 12-month limitation on the grant and feedback received from the Bevan Commission has been very positive, with full support and encouragement given for the project to continue, with the suggestion that it is made a National Demonstrator Project. Tom Howson from the Bevan Commission attended the RHCW Stakeholder Group meeting held on the 14th June to confirm the Bevan Commission's ongoing support for the project to continue, with a further meeting scheduled with all partners involved in the application on the 28th June 2022.
- AP has been supporting Stephanie Jones who is doing the **PhD on Loneliness** at Aberystwyth University (Health and Care Research Wales grant), with Steph due to present on progress to date at the RHCW Stakeholder Group meeting (Agenda Item 9).
- Work has commenced on a review of **multi-agency responses during the Covid-19 Pandemic (vulnerable groups)**, involving key stakeholders in Pembrokeshire, Carmarthenshire, Ceredigion and Powys. The research is in the early stages and is due to be completed by October 2022.

- RHCW has been asked to consider a potential 2-year project exploring **the impact of rurality on the cancer patient experience**, in partnership with Macmillan Wales. AP is meeting with Anna Tee, Macmillan Wales Strategic Partnership Manager, on 24th June 2022, to explore the proposal in more detail.
- RHCW has been supporting the production of the **Population Needs Assessment** for West 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*
- Actions from the recommendations made in the **Health and Care Education and Training in Wales** reviews are being taken, with a letter sent to HEIW to request a meeting to discuss outcomes of the research. JE to raise other recommendations from the report matters with the MWJC at its meeting on the 27th June.
- The infographic on “**new roles**” in healthcare is almost complete and will be printed shortly.
- RHCW was asked to present **two workshops to PRU pupils** in Ceredigion on health and wellbeing (26th May 2022), using the “On your Bike” project to actively engage pupils and highlight key public health messages such as obesity, outdoor activity (impact on wellbeing) and sustainable power generation.
- RHCW has been asked to view the posters developed by students at **Coleg Ceredigion** in relation to their visit to **Alberta, Canada** earlier this year (22nd June 2022); the trip was to explore differences in health / care delivery in Canada and Wales.
- The research on **recruitment and retention of health and social care professionals in rural areas** is currently being translated and printers have been secured to publish the findings.

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 next **RHCW Webinar** will be held on the 12th July 2022, 10am to 12.30pm, when it is hoped that Angharad Jones will present the final findings of her PhD on the recruitment and retention of nurses to rural areas (funded by RHCW), along with a second speaker from BCUHB (tbc).
- The proposal to stage the **RHCW Conference 2022**, to be held as a hybrid event on the 8th and 9th November 2022, will be presented to the Mid Wales Joint Committee for approval at its meeting to be held on the 27th June 2022 (RWAS holding the venues on the selected dates).
- AP delivered a workshop on Rural Health and Care in Wales at the **Rethinking Remote Conference 2022** (Aviemore, Scotland) on the 28-29 April 2022, which was well attended and received (delivered remotely via Teams Live).
- Two academic Posters were presented at the **Rethinking Remote Conference** (above), one on the Community Hospital research and a second on the initial research findings from the Cardi Care project. A Poster on Cardi Care has also been accepted for presentation at the **WISERD Conference** (Wales Institute of Social and Economic Research and Data) on 6th and 7th July 2022 (Swansea University).
- RHCW (JE) will participate on a Panel of experts, convened by the Rural Futures Hub at Aberystwyth University, at the **Royal Welsh Show** (Tuesday 19th July 2022). It will be a breakfast event at the University's permanent building on the showground; RHCW Stakeholders and MWJC Board members will be invited to attend. The title of the event will be "Imagining the Rural Future", with RHCW to present on health and care issues
- RHCW has been successful in securing a position within Hywel Dda UHB's main stand at this year's **National Eisteddfod** taking place in Tregaron, Ceredigion from the 30th July to the 6th August 2022. The "On your Bike" project and its public health messages will be highlighted, along with other relevant projects and research findings, with interactive sessions planned.
- Due to resource / staffing issues, the RHCW **Podcasts** have been delayed however it is hoped that these will be active by September 2022.

PART 1: RHCW Work Programme 1st April 2022 to 31st March 2023

Below is a proposed Work Programme for RHCW for the period 1st April 2022 to 31st March 2023, aligned with the strategic priorities and aims of the Mid Wales Joint Committee for Health and Social Care* (**note: these are subject to review*).

Aligned with MWJC Strategic Aims:

1. Aim 1: Health, Wellbeing and Prevention

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

- Instigate research into community projects that support innovative health and care provision in rural areas, e.g. community resilience / best practice models (e.g. Cardi Care) and pilot these for future roll-out
TARGET: Cardi Care project to be completed by September 2022 (funding extended from July 2022)
- Develop and deliver rural health and care research proposals, based on identified needs, to include completion of delivery of the “On your bike” project (Cynnal y Cardi / LEADER funded) and other projects that align with the RHCW / MWJC Aims and Objectives
TARGET: active research phase of “On your Bike project” (installation of bikes and research on usage) to be undertaken in 2022 and research report completed by 31st March 2023
- Take an active role in Green Health and Social Prescribing matters across Mid Wales, providing the administrative function for the Green Health in Practice network and sitting on the Wales School for Social Prescribing Research and other social prescribing / green health networks to maximise health and wellbeing benefits for rural populations
TARGET: Green Health in Practice Network to be reconvened by June 2022; participation in national Social Prescribing Framework consultation as appropriate.
- Extend the Wellbeing Walks pilot to other areas across Mid Wales, to include at least one location in both Gwynedd and Powys; obtain grant funding to fund the production of the leaflets and promote the initiative via the press and social media
TARGET: Wellbeing Walks and leaflets to be produced that commence at health sites in at least two other locations in Mid Wales by December 2022.
- 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

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*
- deliver the Cardi Care community resilience project
TARGET: Cardi Care project to be completed by September 2022 (subject to further extension by the funder)

- work closely with the three Research, Innovation and Improvement Hubs across Mid, North and West Wales to develop and test the concept of a Virtual Rural Hospital in Mid Wales that will support the delivery of health and care services to people in their own homes / communities and alleviate pressure on primary and planned care services.

TARGET: to be completed by March 2023

- complete the research currently underway that is looking at integrated working across the Hywel Dda region; develop recommendations for improving integrated working and identify instances of best practice for shared learning

TARGET: to be completed by May 2023

- develop and submit grant / research proposals that will support the creation of sustainable health and social care systems for the populations of Mid Wales, such as a mobile health assessment unit that can be piloted across Mid Wales for undertaken health checks for rural populations that will facilitate early diagnosis

TARGET: seek funding to pilot a mobile health assessment unit by July 2023

- undertake research into the impact of Covid-19 on the delivery of health and care services across Mid Wales, focussing on the following:

1. collating the experiences and lessons learnt by health and care providers across Mid Wales
2. undertaking research into community resilience and the significance of strong communities in supporting local populations during the pandemic
3. considering differences in the delivery of telehealth / telemedicine interventions during the pandemic and future implications
4. review the impact of COVID-19 on vulnerable / at risk groups in residential and nursing care

TARGET: at least one aspect of the research to be completed by September 2022; at least two areas of research to be completed by March 2023

- Support and pilot digital health / telemedicine initiatives, working closely with TEC Cymru to take forward some of the themes identified in the focus group meeting held in September 2021.

TARGET: pilot the mobile health assessment unit in Mid Wales in partnership with TEC Cymru to ascertain use and value; support further work on the themes identified at the TEC Cymru workshop in September 2021.

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*

- Follow up on the recommendations made in the Education and Training review, contacting relevant organisations (HEIW / local authorities / health boards) to discuss findings and explore possible initiatives / actions

TARGET: for completion by September 2022

- Support initiatives that provide education, training and CPD to health and care professionals working in rural areas of Wales

- 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
- Continue to support and provide input into the development of rural credentials for doctors / GPs working in rural areas (GMC / NHS Education in Scotland), including modifications for Wales as appropriate
TARGET: Rural credential should be finalised by June 2022 (s.t. GMC approval)
- 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, to work on research identified within the RHCW Work Programme
- 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 Regional Learning and Skills Partnership for South West and Mid Wales and contributing to the annual Skills Plan for the area (health and 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 2023
- Participate in consultations and workshops relevant to the rural health and care workforce
- Publish the infographic on new roles within Primary Care across the Mid Wales region, for public/patient use
TARGET: to be completed by June 2022
- Publish the research conducted on the recruitment and retention of health and social care professionals in rural areas; continue to both instigate and support innovative proposals that address barriers to recruitment and retention
TARGET: to be completed by June 2022

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
- As above, explore and pilot a Virtual Rural Hospital that will 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: to be completed by March 2023

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*

- Organise an annual Rural Health and Care Wales Conference in November 2022 (2-day event), following on from the success of previous conferences and taking on board feedback from the evaluations and proposals for improvement; to be held in hybrid format
TARGET: RHCW 2-day Conference to be held in November 2022
- 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: Webinars to be held in July 2022 and January 2023
- Start broadcasting short monthly Podcasts on rural health and care issues
TARGET: Monthly Podcasts to commence in May 2022
- Develop the RHCW YouTube channel and use as a resource for hosting Conference, Webinar and Podcast presentations, linking to the RHCW Social Media sites and main website
TARGET: ongoing
- Attend at least 4 Conferences (rural health and care related) to present the work of RHCW in 2022/23
TARGET: by March 2023
- Attend at least 3 suitable events to raise the profile of rural health and care issues / RHCW, e.g. the National Eisteddfod in Tregaron / Royal Welsh Agricultural Show
TARGET: by March 2023
- 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

Meeting the MWJC Priorities and Delivery Plan 2021/22*:

1. Social and Green Solutions for Health
2. Ophthalmology
3. Community Dental Services
4. Cancer and Chemotherapy Outreach
5. Digital
6. Respiratory
7. Rehabilitation
8. Urology
9. Cross Border Workforce solutions
10. Clinical Strategy for Hospital Based Care and Treatment

**may be adjusted / modified for 2022/23 however no update currently*

PART 2: RHCW Budget 2022 / 2023

Rural Health and Care Wales Budget 2022/23 DRAFT

	Quarter 1	Quarter 2	Quarter 3	Quarter 4	TOTAL
Income					
PTHB Income	8,500	8,500	8,500	8,000	33,500
BCUHB Income	8,500	8,500	8,500	8,000	33,500
HDdUHB Income	8,500	8,500	8,500	8,000	33,500
Cynnal y Cardi grant	6,000	6,000	4,000		16,000
Other income / grants	10,000	8,000	8,000	8,000	34,000
					£150,500
Expenditure					
Staff					
<i>RHCW Project Manager (F/T)</i>	16,000	16,000	16,000	17,000	65,000
<i>RHCW Development Officer (F/T)</i>	9,750	9,750	9,750	9,750	39,000
<i>Cardi Care Co-ordinator (+1 day RHCW as from 1/10/21)</i>	6,240	6,240	6,240	6,240	24,960
<i>Travel & Subsistence</i>	500	500	600	600	2,200
RHCW Chair of Management Group	1,250	1,250	1,250	1,250	5,000
Annual Conference			4,000	2,000	6,000
Attending events / conferences	300	100	200	200	800
Website / Repository dev.	100	200	100	100	500
IT & Office consumables	300	200	200	200	900
Cardi Care Expenditure (<i>covered by grant</i>)	0	2,000	1,000	500	3,500
Publications / Publicity	200	500	500	300	1,500
Other - printing, promotional items etc		300	400	440	1,140
					£150,500
Balance					£0

