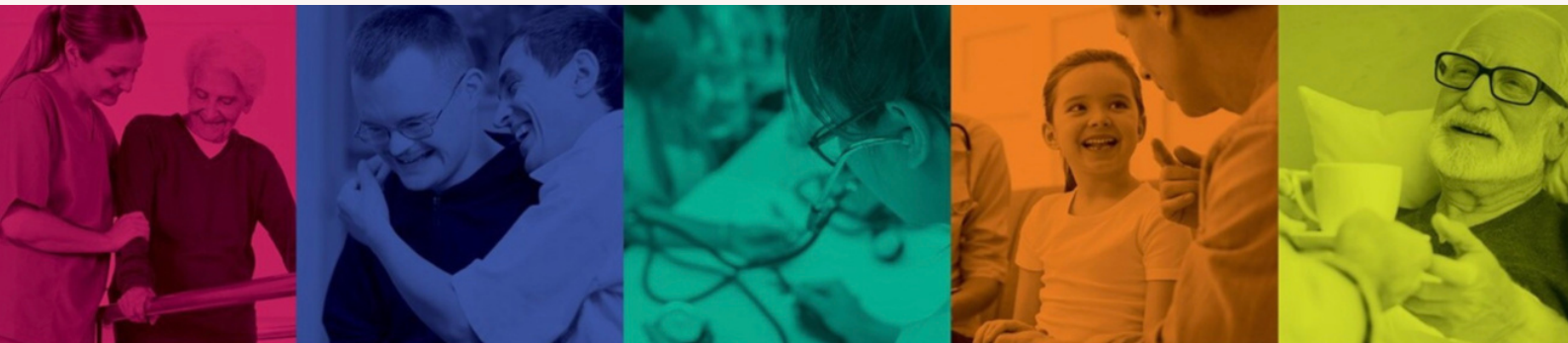




NEWSLETTER

JUNE 2023



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It's fair to say we've had a busy start to the spring/summer season here at West Glam HQ! The past couple of months have seen us work closely with partner organisations and volunteer representatives to hold two pretty major events, and we're pleased to report that everything went super smoothly and the feedback from attendees has been fantastic!

Our first big event was the launch of our brand new **West Glamorgan People's Forum** on the 18th of April.

Over 200 people joined us at Swansea.com stadium for a jam-packed programme of performances, workshops, presentations and information stalls.

This was our first event of this scale since 2019, and it was clear from the buzz in the room just how much we all value the opportunity to come together.

AIMS OF THE DAY

The event was 'multi-purpose' in that we wanted to highlight and celebrate some of the amazing work being undertaken by organisations within our region, while also focusing on the future and considering how we will expand our network of voices.

Keep reading for a round-up of some of the main activities and show-stopping performances...



PEOPLE'S FORUM



SWANSEA.COM STADIUM

Continued...

The event's varied agenda made for an entertaining and informative day, with contributions from Unpaid Carers, our regional co-production group and Llais (Neath Port Talbot and Swansea region) to name but a few.

The morning session saw the official launch of the **Regional Carers Strategy**, which featured a presentation from some of the Carers involved in the development of the new Strategy, as well as a digital story outlining the challenges Carers face and their hopes for the future.

WORKSHOPS AND PERFORMANCES

One of our main objectives when planning the event was to ensure participants had the chance to share their views and experiences on the health and social care-related issues that mattered to them via our workshop sessions.

These focused on topics such as dementia, accommodation solutions, and mental health (which included a guest appearance from Swansea Council's therapy dogs - a huge hit with the crowd!).



Other highlights included the wonderfully uplifting performances from the Musical Memories choir (pictured) which supports people living with dementia, and the African Community Centre's fantastic drumming group.

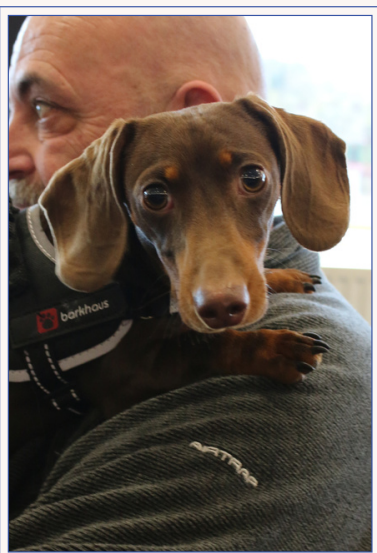
Both initiatives receive Regional Integration Funding (RIF) via West Glamorgan and are making a significant and meaningful difference to the lives of the people receiving their services.

Emma Woollett, Chair of the West Glamorgan Regional Partnership Board praised the efforts of everyone involved, saying:

"The event gave us an opportunity to check in with each other and to hear all about the great work being carried out by different partners across West Glamorgan.

It also gave us a solid starting point for our new People's Forum, and the feedback from attendees will help shape our approach to continuous engagement to ensure that citizens and carer volunteers are given every opportunity to contribute at all levels of the Regional Partnership.

I'd like to say a big thank you to the staff, partner organisations and volunteers who pulled out all the stops to make the day such a success".

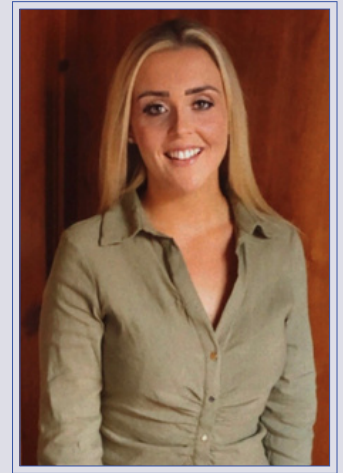


'Wellbeing Walter' & 'Gorgeous George' stole the show!

WELCOME TO THE TEAM!

In our previous newsletter we included an item on co-production and how its principles had been applied to the recruitment process for our new Volunteer Representative Coordinator.

We're thrilled to announce that the successful candidate was **Lydia Harley** (pictured), who came into post earlier in the spring and hit the ground running in helping to support the co-production group to prepare for their presentation at our People's Forum event!



Lydia joins us from the Prison Advice and Care Trust, where she spent three years as a Volunteer Manager. Prior to that, she was a Family Support Worker at HMP Swansea supporting families and friends with loved ones in prison.

Lydia also has a first class honours degree in Criminology and Social Policy, and a Masters in Social Research. In her spare time, she enjoys walking, running and cycling along our region's beautiful coastline.

Having already established great working relationships with volunteer representatives and colleagues across the sector, we look forward to seeing the positive progress Lydia makes as she continues to settle into her role.

AGEING WELL IN SWANSEA

You may have seen Swansea Council's 'Ageing Well' initiative make the headlines recently as its programme of activities and social groups have become so popular they've attracted the attention of news outlets across Wales!

'Ageing Well' was established in 2021 by the Council's Partnership and Involvement team to support residents aged 50 and over "to be healthy, to be safe inside and outside the home, to enjoy life, to have a voice and make a positive contribution to help improve Swansea".



PRODUCTIVE PARTNERSHIP WORKING

We've had numerous opportunities to work in partnership with 'Ageing Well' over the past year, including holding engagement activities at their weekly social groups (pictured above) and attending their first ever Ageing Well Beach Festival with our information stall.

It's been amazing to see the initiative gather so much momentum - we can't wait to join forces again at this year's **Beach Festival on 12 August!**



For more information on where and when you can participate in 'Ageing Well' activities, please visit: www.swansea.gov.uk/ageingwellactivities

Also, check out their new monthly blog which features latest updates on activities and interviews with members of the thriving 'Ageing Well' community:

www.swansea.gov.uk/ageingwellblog



CELEBRATING OUR VOLUNTEERS



It's been great to see volunteering take centre stage over the past couple of months with 'The Big Help Out' on the 8th May and then 'Volunteers' Week' from 1st - 7th June. Here in West Glamorgan we've taken these opportunities to highlight the amazing contributions volunteers make across the health and social care sector within our region.

You may have seen our video case studies where volunteers from a range of organisations share their experiences and describe why volunteering has been beneficial to them.

These are all available to view on our Vimeo page - click on the image below or visit: www.vimeo.com/westglamorgan



In addition to the above, our People's Forum event in April featured an information stall dedicated solely to volunteering, as well as providing our volunteer representatives with a platform to present the great progress they've made over the past year.

We are also thrilled to have been recognised on a national scale as Fiona Liddell (Helpforce Wales Manager at Wales Council for Voluntary Action) featured our work in developing a regional approach to volunteering in her blog: <https://wcva.cymru/views/a-regional-approach-to-developing-volunteering/>

The blog references the great work undertaken by Julia Manser and Gemma Richards who were seconded from the two County Voluntary Councils in Swansea and Neath Port Talbot to coordinate this initiative.

SAYING 'THANK YOU'

Volunteers' Week seemed like the perfect opportunity to bring our regional volunteer representatives together for a relaxed morning of coffee, cake and catching up (pictured above). We met in the Towers Hotel, Jersey Marine and had a lovely few hours looking back over the past year and celebrating the achievements of those who have donated their time, energy and enthusiasm to support the regional programme of work.

Head to our website to find all the brilliant resources produced as part of the West Glamorgan Volunteering Support project:

www.westglamorgan.org.uk/wgvs

MAY YOUR VOICE BE WITH YOU

May the fourth saw the second of our big events of the season as we headed back to Swansea.com stadium for 'May Your Voice Be With You'.

This was a collaborative initiative led by West Glamorgan alongside the **Swans Foundation** and **Interplay**. Its aims were to launch the new **Learning Disability Liaison Forum** and provide an opportunity for attendees to support the development of the **Regional Learning Disability Strategy** by participating in workshops focused on the health and social care issues that matter to them.



say on how health and social care services should be delivered within our region.

Attendees were also treated to a screening of video case studies produced by our communications team in West Glamorgan which demonstrate the brilliant work of three organisations **Interplay**, **BAME Mental Health Support**, and **Awel Aman Tawe/Taith Co-op** (these are now available to view on our Vimeo page - <https://vimeo.com/showcase/10491258>).

Two workshop sessions followed, which gave everyone a chance to share their views on a series of key themes identified by people with a Learning Disability in the early stages of the Strategy's development.

DANCE BREAK!

A definite highlight of the event was the guest appearance from the **CanDo Hub** (pictured above), whose fabulously energetic Makaton performance of Bon Jovi's 'Livin' on a Prayer' got the whole room bopping along!

The event organisers would like to say a big thank you to everyone involved for making it such a great success.

Feedback from attendees has been excellent, and people's contributions on the day have been hugely valuable in helping to shape this area of work going forward.

MAY YOUR VOICE BE WITH YOU
LEARNING DISABILITY EVENT
TELL US WHAT MATTERS TO YOU AND HOW WE CAN MAKE SERVICES BETTER!

SOCIAL CARE? EDUCATION? HOUSING? HEALTH? COMMUNITY & TRANSPORT? JOBS, VOLUNTEERING & TRAINING?

FIND OUT MORE ABOUT THE NEW LEARNING DISABILITY LIAISON FORUM!

THURSDAY MAY THE 4TH | 9:30 - 3
SWANSEA.COM STADIUM

RESERVE YOUR SPACE SCAN ME

The day kicked off with an opening speech by West Glamorgan Programme Director **Kelly Gillings** after everyone had a chance to grab a coffee and browse around the range of colourful information stalls.

Swansea Council's Head of Adult Services, **Amy Hawkins** then delivered a presentation on the vision for the West Glamorgan Learning Disability Board and the Regional Learning Disability Strategy.

Lloyd Thomas, Learning Disability Manager at the Swans Foundation followed Amy with a presentation on the brand new Learning Disability Liaison Forum. This exciting venture will give people with a Learning Disability a chance to have their

If you'd like to know more about the new Learning Disability Liaison Forum and how you can get involved, please contact Lloyd Thomas via email at

lloyd@swansfoundation.org.uk

HOME FIRST SUCCESS

The West Glamorgan **Home First** service was established in 2021 with the aim of reducing delays in hospital discharges, as well as helping to prevent unnecessary admissions.

When someone is discharged from hospital, they tend to recover more quickly when they are in familiar surroundings. Home First brings together a range of health and social care professionals who work with individuals to determine their care and support needs and tailor their services accordingly.

Partners have been working tirelessly behind the scenes to streamline the processes associated with hospital discharges, and early May saw the launch of a new and improved series of discharge pathways.

Colleagues in digital services have also updated the systems used to facilitate discharges, which allows for fast and seamless communication between staff and organisations.

DISCHARGE SUPPORT

Last month also saw the launch of **Discharge Support** – a new directory style web page designed to provide hospital staff coordinating discharges with all the information they need about support services and other helpful resources available to ensure hospital leavers have the best experience possible.

Colleagues involved in its development visited wards to promote the new initiative (pictured above).

It has been a period of significant change and there is still more to be done to ensure new ways of working are implemented to best effect, but everyone's efforts have been phenomenal and we'll update you on the progress of Home First in a future edition of our newsletter.



UNPAID CARERS – TURNING VISION INTO ACTION

Partneriaeth
Ranbarthol
Gorllewin
Morgannwg

West Glamorgan
Regional
Partnership

**UNPAID
CARERS
TURNING VISION
INTO
ACTION**

THURSDAY, 6 JULY 2023
SWANSEA.COM STADIUM, SA1 2FA
10.00AM – 2.30PM

West Glamorgan
Carers Liaison Forum

JOIN US IN DISCUSSING:
Carers Needs Assessments
Short Breaks/Respite
Direct Payments
...and a range of other topics!

If you are an **Unpaid Carer** who cares for someone living in **Neath Port Talbot** or **Swansea**, please join us for this action planning session.

We will be providing:

- Tea, coffee & pastries
- Buffet lunch
- Information stands and networking
- Transport to attend if needed

Register via Eventbrite: www.eventbrite.co.uk/e/unpaid-carers-turning-vision-into-action-tickets-641261579647

Or get in touch via telephone or email: 01639 631 246 | info@nptcvs.org.uk

SCAN ME

Are you an Unpaid Carer who cares for someone living in Neath Port Talbot or Swansea? Would you like to have your say on how the new Regional Carers Strategy will be implemented?

If so, please join the **West Glamorgan Carers Liaison Forum** on 6th July (10am – 2.30pm) at Swansea.com Stadium for a session dedicated to action planning.

The new Strategy was launched at the West Glamorgan People's Forum back in April, having been coproduced by Unpaid Carers within our region. It's now time to turn vision into action, and who better to advise on the next steps than Carers themselves?

You can reserve a space via Eventbrite or by contacting Neath Port Talbot Council for Voluntary Service:

Eventbrite link: www.eventbrite.co.uk/e/unpaid-carers-turning-vision-into-action-tickets-641261579647

Email: info@nptcvs.org.uk

Telephone: 01639 631 246

For more information on the West Glamorgan Regional Partnership, please email west.glamorgan@swansea.gov.uk or telephone 01792 633 805.

This newsletter is available in different formats - please contact us with details of your requirements.