



# NEWSLETTER

NOVEMBER 2023



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## WHAT'S NEXT FOR NYTH / NEST?

Welcome to the latest edition of the West Glamorgan Regional Partnership's Newsletter! We're pleased to bring you some of the highlights of the past few months, which have seen significant progress for our regional programmes of work.

It's been a particularly busy period for colleagues involved our Children and Young People's programme, with a key area of focus being the implementation of the Welsh Government's NYTH/NEST framework.

### WHAT IS NYTH/NEST?

NYTH/NEST is a planning tool developed by the Welsh Government to ensure mental health and well-being considerations are at the forefront of all health and social care services.

**[Click here](#)** to view a short animation which provides a helpful overview of the framework.



On 21st September, representatives from organisations across the region gathered in Trallwn Community Centre to participate in our NYTH/NEST workshop.

The aim of the day was to obtain a more in depth understanding of the the framework's requirements and the associated 'Self-Assessment and Implementation Tool'.

Keep reading for more on the regional workshop...



# NYTH / NEST WORKSHOP CONTINUED...

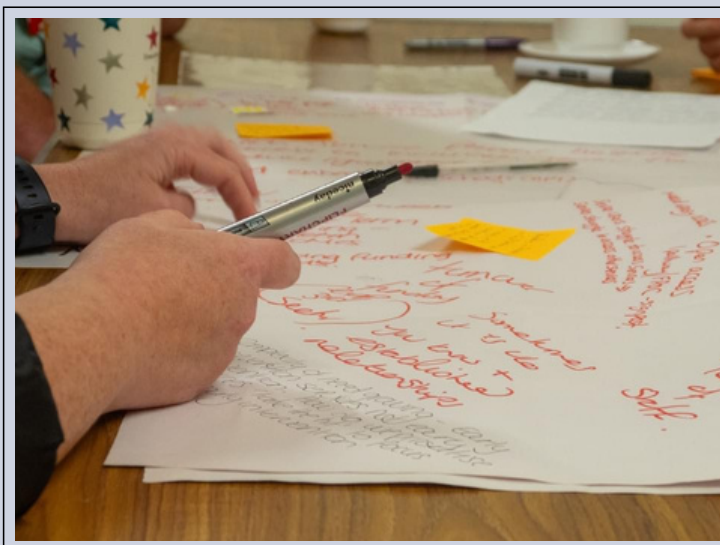
The session began with refreshments and a networking opportunity for participants. Helen Dale, West Glamorgan's Transformation Manager for the Children and Young People's programme then gave an overview of the framework and its progress to date.

An interactive group activity then followed, which aimed to capture a holistic illustration of where we are as region in delivering against the NYTH/NEST core principles, and to share ideas around what the future will look like.



Julie Davies, Head of Child and Family Services at Swansea Council, said:

*"The workshop facilitated productive discussions around the practical implementation of the framework, and gave us a valuable opportunity to connect with and learn from our peers across the region".*



A compilation of good practice examples of the implementation of the NYTH/NEST framework 2023 can be found [here](#).

## OUR ANNUAL REPORT

If you're interested in what's been happening in the partnership space over the past year, our latest Annual Report provides a detailed overview of the key achievements and milestones reached in 2022-23.

It's been an eventful year, which has seen us getting out and about in our communities to raise awareness of the regional programmes of work, as well as carrying out interactive engagement activities with residents. The report also highlights some of the fantastic outcomes of the broad range of third sector schemes funded via West Glamorgan.

Click on the link below to view a copy of our Annual Report:

**[West Glamorgan RPB Annual Report](#)** 

If you require this document in an alternative format, please contact us with details of your requirements.

Our contact details can be found at the end of this newsletter.



# UNPAID CARERS: TURNING VISION INTO ACTION

6th July saw unpaid carers from across Neath Port Talbot and Swansea come together at Swansea.com Stadium to take part in the West Glamorgan Carers Liaison Forum event 'Unpaid Carers: Turning Vision Into Action'.

The session was arranged as a follow-up to our West Glamorgan People's Forum event in April, which featured the official launch of the Carers Partnership's Regional Carers Strategy.

The aim of the day was to consider in detail how the new Strategy will be delivered in practice. Unpaid carers and members of staff from organisations across the region participated in a broad range of themed discussions, which were captured and incorporated into an action plan.

## KEY DISCUSSION TOPICS

The main topic areas explored during the session included Carers Assessments (accessing Assessments and navigating the process), Direct Payments and the provision of Respite/Short Breaks.

Attendees also had the opportunity to network and peruse the various stalls in the marketplace area while enjoying some refreshments.



Event hosts Chris Law (an Unpaid Carer and member of the Carers Liaison Forum) and Gaynor Richards (Director of Neath Port Talbot Council for Voluntary Service) did a sterling job of setting the scene and steering discussions on the various themes.

Those unable to make it to the session in person were given the chance to contribute in two virtual workshops, so there were a number of ways for people to have their say.

*"This event brought together two sorts of experts, both giving up precious time to drive forward the Carers' Strategy.*

*The first set of experts were the Unpaid Carers - they are the experts on the caring role they hold. The second group are councils, health and third sector organisations.*

*Coming together and listening to each other will drive this strategy forward in a positive way and will enhance the roles of both sets of experts".*

**Linda Jagers (Unpaid Carer)  
Glynneath**

## FIND OUT MORE ABOUT THE WORK OF THE FORUM

Are you an unpaid carer for someone who lives in Neath Port Talbot or Swansea?

The West Glamorgan Carers Liaison Forum is keen to connect with our region's unpaid carers. Get in touch to find out more...



01639 631 246



[info@nptcvs.org.uk](mailto:info@nptcvs.org.uk)



**West Glamorgan  
Carers Liaison Forum**

# WORLD MENTAL HEALTH DAY 2023

On 10th October we had the privilege of joining a wide variety of organisations at Swansea's National Waterfront Museum to mark World Mental Health Day 2023.

Our partners in Swansea Bay University Health Board organised the event, which was open to the public and featured numerous information stalls, as well as a programme of guest speakers on topics such as suicide prevention and the patient experience.

This year's theme was 'Mental Health is a universal right', highlighting the need for continued education and dialogue, to reduce stigma, and to improve access to Mental Health services.

The event was a safe space for encouraging honest conversations and raising awareness of the Mental Health issues that millions face each day.



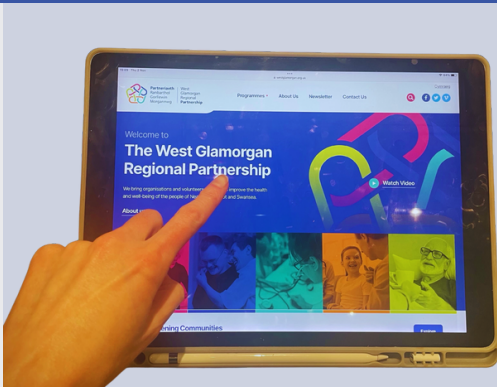
## NEW STRATEGY

The event also gave members of the West Glamorgan team a chance to talk to attendees about the new regional Emotional Health and Well-being Strategy.

Back in February's edition of our newsletter we provided an overview of the engagement work we undertook in our communities to inform the Strategy's development.

We'll have more to report in terms of next steps for the Strategy's delivery in the coming months, so watch this space.

## WHAT ELSE IS NEW?



Eagle-eyed users may have noticed that the West Glamorgan website has had a makeover! We've spent time over the past few months developing the new platform and reviewing the content to include our new work programmes.

It's still a work in progress, so if you have any feedback, we'd love to hear it (contact details below).

[www.westglamorgan.org.uk](http://www.westglamorgan.org.uk) 

Another update relates to our recent 'Join Us' campaign. This summer we reached out to our region's residents to encourage anyone interested in getting involved in the partnership's work programmes to get in touch. 'Join Us' is a call out to those interested in volunteer representative roles within the partnership, or becoming members of our various forums.

We are delighted to welcome some new recruits, who we'll be meeting up with in the coming weeks. We'll bring you more on their journeys with the partnership in a future edition of our newsletter!

For more information on the West Glamorgan Regional Partnership, please email [west.glamorgan@swansea.gov.uk](mailto: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.