

Cardiff Health, Social Care and Wellbeing Network Briefing: 5 March 2019

The network meeting took place on the 5 March 2019 at Baltic House. Thank you to everyone who came along. I welcome all feedback and suggestions for future meetings, if you have any suggestions please email me at sarah.c@c3sc.org.uk

Changing Places Facilities

A map of the current provisions of Changing Places Facilities was shared with the Network members. Four of the members had not heard of Changing Places before, so an explanation of what they are was provided.

A discussion took place about what people thought of the current provision and of the need for new ones, and what needed to be considered.

The notes will be typed up and included in the Changing Places Scoping Report. A survey was open to everyone until the 21 March 2019. There are also a number of activities being undertaken by a number of third sector organisations as part of the process.

Cardiff Council

Helen Davies, Cardiff Council, attended with the headlines of what was achieved in 2018/19 and the future plans for 2019/20 that will be included in the Directors Report for 2019/20. There is a change of focus in Cardiff from regional to what is important to Cardiff residents.

Feedback was provided on the information provided. All of the comments were typed up and provided to the Council who will feedback on what changes they make. Some of the comments, included:

- The need for terms used internally in the Council to be explained when used in the report.
- Programmes of work to be described or explained with examples of projects that are being run within them.
- Benchmarking and statistics to be included to support the claims included in the report.
- Performance Indicators to be included so the Council can be held to account to them in future years.
- Promote the joint working with others, not just the Health Board.

When the action plan is published on the Council's website they will notify the Health and Social Care Facilitator who will pass the information onto the Network.

Community Dietician

Kevin Jones, Community Dietician with the Integrated Autism Service and the Families First Service came to speak about the services provided.

Kevin is able to train up the third sector on nutrition and cooking skills, he is also looking to train up people looking after Looked After Children. Able to train staff to Agored Cymru level 2 in Nutrition which then will enable people to provide level 1 and entry programmes, with ongoing support from the Community Dieticians. For more information please contact Kevin via email at Kevin.Jones9@wales.nhs.uk

Healthy Eating and Physical Activity

A discussion took place on how people can be encouraged to eat healthy and be physically active, which will feed into a third sector response to the Welsh Government consultation.

The comments included:

- Accessibility and affordability of activities and food.
- Improved communication and information that can be trusted and relied on.
- Intergenerational activities, including cooking classes.
- Better access to facilities.
- Improved pavements.
- Safe environments for physical activity in evenings, so areas in parks which are lit more in winter evenings.

All of the suggestions were written down and will be included in the consultation response which will be shared via the C3SC website once submitted. If anyone has any comments they would like including in the response please email admin@c3sc.org.uk. The consultation is available online [Welsh Government Healthy: weight healthy Wales, open for submissions until 12 April 2019](#)

And Finally... the next Cardiff Health, Social Care and Wellbeing Network meeting is on the **19 June 2019 from 9.30am to 12noon.**

I look forward to seeing you then.

Sarah Capstick, Health and Social Care Facilitator
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