CYFARFOD BWRDD PRIFYSGOL IECHYD
UNIVERSITY HEALTH BOARD MEETING

DYDDIAD Y CYFARFOD: **DATE OF MEETING:**	28 November 2024
TEITL YR ADRODDIAD: **TITLE OF REPORT:**	Well-being of Future Generations Annual Report 2023-2024
CYFARWYDDWR ARWEINIOL: **LEAD DIRECTOR:**	Dr Ardiana Gjini, Executive Director of Public Health
SWYDDOG ADRODD: **REPORTING OFFICER:**	Trina Nealon, Principal Public Health Practitioner

Pwrpas yr Adroddiad (dewiswch fel yn addas) **Purpose of the Report** (select as appropriate)
Ar Gyfer Penderfyniad/For Decision

ADRODDIAD SCAA
SBAR REPORT

Sefyllfa / Situation

The Well-being of Future Generations (Wales) Act 2015 (the Act) came into effect on 1 April 2016 with the aim of improving social, economic, environmental and cultural well-being across Wales. The Act requires NHS bodies to report on the progress they have made in meeting their well-being objectives in each financial year.

The Board is invited to approve for publication Hywel Dda University Health Board's (HDdUHB) Well-being of Future Generations Annual Report for the period 1 April 2023 – 31 March 2024 in order to fulfil the Health Board's statutory obligations.

Cefndir / Background

The Well-being of Future Generations (Wales) Act 2015 sets out a number of requirements for individual public bodies, including HDdUHB. These include a requirement for the Health Board to:

- Set and publish well-being objectives (s.3(2)(a)) and take all reasonable steps to meet those objectives (s.3(2)(b))
- Publish a statement regarding well-being objectives (s.7(1))
- Publish an Annual Report showing the progress made in meeting the organisation's objectives (s.13 (1) and Sch.1)

Guidance states that where possible, NHS bodies should seek to integrate this reporting with their requirement to publish annual reports and accounts. Whilst a 'Well-being of Future Generations (Wales) Act' (WFGA) section is included within the HDdUHB Annual Report, a detailed report of progress in meeting the Health Board's Well-being Objectives and steps taken to contribute to wider well-being goals for Wales, is specifically set out in this Report.

The Act outlines seven well-being goals which are underpinned by a 'sustainable development principle' which is reflected in 'five ways of working' and illustrated in Figure A.

Figure A: Seven Well-being Goals and Five ways of working

Source: Well-being of Future Generations (Wales) Act. 2025, Welsh Government

The Health Board developed eight well-being objectives in 2019 that aligned with the strategic objectives to support long-term goals as outlined in the strategy, *A Healthier Mid and West Wales: Our Future Generations Living Well* (HDdUHB, 2019). These objectives are not confined to a single national outcome and align to more than one of the seven well-being goals as outlined in the Act.

The Health Board's eight well-being objectives are:

1. Plan and deliver services to increase our contribution to low carbon.
2. Develop a skilled and flexible workforce to meet the changing needs of the NHS.
3. Promote the natural environment and capacity to adapt to climate change.
4. Improve population health through prevention and early intervention, supporting people to live happy and health lives.
5. Offer a diverse range of employment opportunities which support people to fulfil their potential.
6. Contribute to global well-being through developing international networks and sharing of expertise.
7. Plan and deliver services to enable people to participate in social and green solutions for health. Encouraging community participation through the medium of Welsh.
8. Transform our communities through collaboration with people communities and partners.

The well-being objectives are aligned to four overarching themes:

- Workforce planning and development
- Collaboration, involvement, and integration
- Early intervention and prevention
- Environment and climate change

Asesiad / Assessment

The attached Well-being of Future Generations Annual Report 2023-2024 provides:

- Evidence of how work delivered through the Health Board has supported the achievement of organisational well-being objectives.

- A range of case studies are illustrated. These are not intended to be exhaustive, but instead provide a flavour of the breadth of work and how it links to the Act.
- Evidence of HDdUHB's work with Public Services Boards (PSBs).

The Public Health Directorate lead on the implementation of the Act and is aware of other aspects of work which align to the Act's five ways of working. The Annual Report provides illustrations of this, reflecting the alignment of the Health Board's well-being objectives with the national well-being goals.

To embed this approach within the Health Board's governance and assurance processes, each report to Board includes a field within the SBAR to capture how the work links to the well-being objectives. This provides a prompt for report authors to consider the impact of the Act, as well as for Board Members who have a role in scrutiny and assurance when they are considering papers.

The existing well-being objectives have not been amended since they were agreed in 2019 and whilst they continue to be relevant to describe the progress and long-term approach, in meeting the goals of the Act whilst aligning to annual planning objectives, and a changing strategic context, it is recommended that a review take place during 2024-2025.

Argymhelliad / Recommendation

The Board is asked to **TAKE ASSURANCE** that the Health Board is meeting the statutory obligations of the Well-being of Future Generations (Wales) Act, 2015 and **APPROVE** the publication of this Annual Report.

Amcanion: (rhaid cwblhau) **Objectives: (must be completed)**	
Cyfeirnod Cofrestr Risg Datix a Sgôr Cyfredol: Datix Risk Register Reference and Score:	Not applicable
Parthau Ansawdd: Domains of Quality Quality and Engagement Act (sharepoint.com)	5. Equitable
Galluogwyr Ansawdd: Enablers of Quality: Quality and Engagement Act (sharepoint.com)	6. All Apply
Amcanion Strategol y BIP: UHB Strategic Objectives:	All Strategic Objectives are applicable
Amcanion Cynllunio Planning Objectives	All Planning Objectives Apply

Amcanion Llesiant BIP: UHB Well-being Objectives: Hyperlink to HDdUHB Well-being Objectives Annual Report 2021-2022	9. All HDdUHB Well-being Objectives apply

Gwybodaeth Ychwanegol: Further Information:	
Ar sail tystiolaeth: Evidence Base:	Well-being of Future Generations (Wales) Act 105
Rhestr Termau: Glossary of Terms:	Contained within the body of report.
Partïon / Pwyllgorau â ymgynhorwyd ymlaen llaw y Cyfarfod Bwrdd Iechyd Prifysgol: Parties / Committees consulted prior to University Health Board:	Strategic Development and Operational Delivery Committee

Effaith: (rhaid cwblhau) Impact: (must be completed)	
Ariannol / Gwerth am Arian: Financial / Service:	Financial planning is one of the key corporate areas of change defined under the Act.
Ansawdd / Gofal Claf: Quality / Patient Care:	Evidence of improving the well-being of the population is at the forefront of this legislation.
Gweithlu: Workforce:	Implementing the five ways of working required under the Well-being of Future Generations (Wales) Act 2015 should lead to evidence of increased collaboration and integration between services, professionals and communities
Risg: Risk:	The HDdUHB has a duty to work collaboratively to address the seven Well-being Goals for Wales. There is a risk that the need to demonstrate our progress is considered an “add on” responsibility by HDdUHB staff. Embedding the principles of the act into everyday business is therefore paramount and contributing to the project and delivery groups of Public Service Boards (PSB) needs to demonstrate the synergy with achieving the Health Board’s goals.
Cyfreithiol: Legal:	*The Well-being of Future Generations (Wales) Act 2015* (the Act) provides that HDdUHB (as a designated public body) must publish a Well-being Statement, Well-being Objectives and provide an Annual Report on progress towards meeting these objectives. An aim of the Act is to place communities at the heart of decision making. The public can use the Act to ensure that public bodies are taking the approach to decision making that utilises the five ways of working in line with the sustainable development principle when developing or making changes to services that impact upon them and their community. HDdUHB will need to ensure that all transformation and service change projects, including

	capital developments, take account of the new statutory requirements.
Enw Da: **Reputational:**	There is a statutory requirement for HDdUHB to contribute to the work of the PSBs.
Gyfrinachedd: **Privacy:**	Not Applicable
Cydraddoldeb: **Equality:**	A More Equal Wales is a key national goal under the Act and the report highlights examples of how HDdUHB is contributing to this.

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Well-being of Future Generations Act Annual Report 2023-2024

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1. Introduction

Hywel Dda University Health Board (HDdUHB) is publishing this Annual Report to demonstrate our progress during 2023-2024 towards achieving the seven well-being goals and 'five ways of working' outlined in the Well-being of Future Generations (Wales) Act 2015 ("the Act")

The Health Board has agreed eight Well-being Objectives which reflect the principles of the Act and work towards achieving the long-term goals as outlined in our strategy, *A Healthier Mid and West Wales: Our Future Generations Living Well* (HDdUHB, 2019).

This report outlines the Health Board's implementation of the Act by outlining the links to strategic objectives and plans – both internally and with partners and provides an opportunity to highlight the examples of programmes and initiatives that our staff, patients and partners have undertaken to continue to embed our long-term vision - as part our commitment to the Act.

2.The Well-being of Future Generations Act

The Well-being of Future Generations (Wales) Act 2015 ("the Act") is about improving the social, economic, environmental and cultural well-being of Wales.

The Act provides a legally-binding common purpose for public bodies – via seven well-being goals which are underpinned by a 'sustainable development principle' which outlines five ways of working.

Seven Well-being Goals and Five Ways of Working

The seven well-being goals provide a shared vision to work towards and these are detailed below:

A prosperous Wales – An innovative, productive, and low carbon society which recognises the limits of the global environment and therefore uses resources efficiently and proportionately (including acting on climate change); and which develops a skilled and well-educated population in an economy which generates wealth and provides employment opportunities, allowing people to take advantage of the wealth generated through securing fair work.

A resilient Wales – A nation which maintains and enhances a biodiverse natural environment with healthy functioning ecosystems that support social, economic, and ecological resilience and the capacity to adapt to change (for example climate change).

A healthier Wales – A society in which people's physical and mental well-being is maximised and in which choices and behaviours that benefit future health are understood.

A more equal Wales – A society that enables people to fulfil their potential no matter what their background or circumstances (including their socio-economic background and circumstances).

A Wales of cohesive communities – Attractive, viable, safe and well-connected communities.

A Wales of vibrant culture and thriving Welsh language – A society that promotes and protects culture, heritage, and the Welsh language, and which encourages people to participate in the arts, and sports and recreation.

A globally responsible Wales – A nation which, when doing anything to improve the economic, social, environmental, and cultural well-being of Wales, takes account of whether doing such a thing may make a positive contribution to global well-being.

Our Health Board is a member of three Public Services Boards (PSBs), one in each of our local authority areas of Carmarthenshire, Ceredigion, and Pembrokeshire. Through our membership, we work with a variety of local and regional partners and aim, through our collaboration and partnership working, to improve the social, economic, environmental, and cultural well-being for our population and future generations.

The five Ways of Working provide public bodies with the foundation of how to embed sustainable development.

The Five Ways of Working

Implementing the Act's requirements will support other legislative commitments such as the Social Services and Well-being (Wales) Act 2014, the Environment (Wales) Act 2016, Welsh Language Act 1993, Equality Act 2010, and the United Nations Convention on the Rights of the Child.

3. Embedding the principles of the Well-being of Future Generations (Wales) Act 2015

Working with our partners and population, the Health Board has implemented key actions and processes to achieve the seven ways of working as outlined in the Act.

These include developing a long-term vision, agreeing strategic and planning objectives, well-being objectives and working with Public Service Boards to deliver Well-being Plans.

3.1 Strategic and Planning Objectives

The Health Board has prioritised agreeing strategic and planning objectives that reflect improving the health and well-being of the population.

In September 2020 the Health Board established strategic objectives that reflect our vision that "Together we are building kind and healthy places to live and work in Mid and West Wales". The objectives relate to our people (staff, service users and communities) and our services, and are illustrated below:

Our three strategic goals follow a 'life-course' approach – starting and developing well, living and working well and growing older well – and are underpinned by the Well-being of Future Generations Act - which places the sustainable development principle at the centre of our transformation journey. Whilst focusing on current populations, our actions are laying the foundations for improved health and well-being outcomes for future generations.

Our Annual Plan (2024-2025) in recognising the important of improving health and well-being and preventing ill health, has a specific Planning Objectives to improve population health are within the Public Health Directorate Workplan and our three-year Health Improvement and Well-being Strategic Plan 2024-2027.

3.2 Our Well-being Objectives

The Health Board developed well-being objectives in 2019 that aligned with the strategic objectives to support our long-term aims and ambitions to embed the implementation of the Act into our day-to-day business. Our Well-being objectives are not confined to a single national outcome and align to more than one of the national goals.

Whilst health inequalities persist, they are also set against a backdrop of the climate and nature emergency. Improving public health and well-being will require us to work in partnership to address the challenges associated with poverty, environmental factors, poor housing, and social isolation.

Our well-being objectives are linked to 4 overarching themes, each with specific actions:

Workforce planning and development

Develop a skilled and flexible workforce to meet the changing needs of the NHS.

Offer a diverse range of employment opportunities which support people to fulfil their potential

Collaboration, involvement, and integration

Transform our communities through collaboration with people, communities and partners.

Contribute to global well-being through developing international networks and sharing of expertise

Early intervention and prevention

Plan and deliver services to enable people to participate in social and green solutions for health. Encouraging community participation through the medium of Welsh.

Improve population health through prevention and early intervention, supporting people to live happy and health lives

Environment and climate change

Promote the natural environment and capacity to adapt to climate change.

Plan and deliver services to increase our contribution to low carbon.

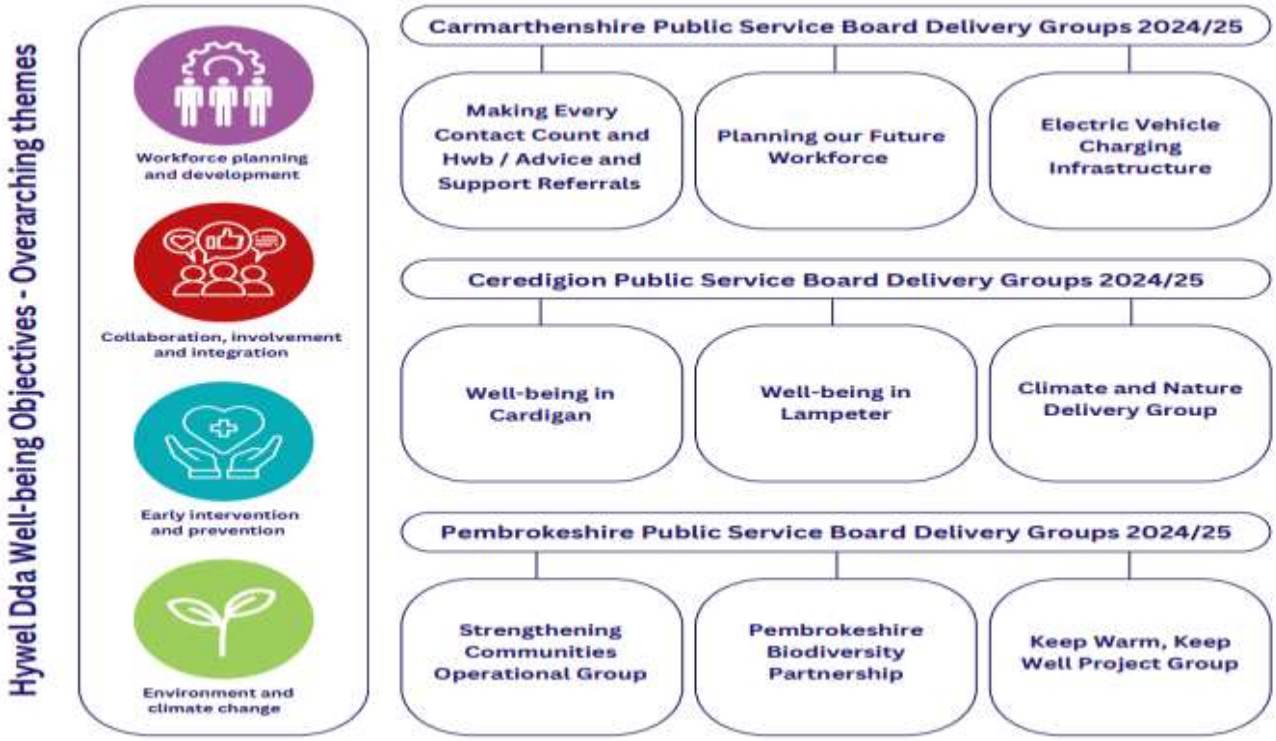
3.3 PSB Well-being Plans

The Well-being of Future Generations Act (Wales) 2015 set out an expectation for PSB's to publish three-year Well-Being Plans and an Annual Report.

The Well-being Plans set out agreed partnership objectives reflecting the seven well-being goals of the Act.

Each PSB has established a multi-partnership delivery group structure to implement their Well-being Plans which broadly reflect the Health Board's four over-arching Wellbeing Objectives and overarching themes which are detailed below:

HDdUHB Wellbeing Objectives and PSB Delivery Groups 2024-2025



The PSB Delivery Groups are responsible for delivering the agreed Well-being Plan Objectives, which interlink closely to the Health Board's Well-being Objectives, and are mapped below:

4. Demonstrating our Wellbeing Objectives

The Health Board continues to support, develop and promote systems for innovation and diversity, improve equity and reduce inequalities in health.

As examples of how our Well-being Objectives are implemented, a series of case studies have been prepared to reflect the Health Board's progress in meeting the seven Well-being Goals of the Well-being of Future Generations (Wales) Act, referenced to our Well-being Objectives.

4.1 Wellbeing Objective Theme: Workforce Planning and Development

The Health Board faces the challenge of an aging population and the associated impact that this has on our available workforce. Workforce is central to how we deliver our services, and is not just focused on the number of people we have working for us, it needs to include how do we recruit and retain the people we need; how do we best support them; how do we ensure they are valued and have the opportunity to progress their careers; how do we make sure they are listened to; and how do we make sure that Hywel Dda is their employer of choice.

We will continue to strive to be a diverse and culturally inclusive organisation which enables healthy and happy working cultures.

Employment Pathways

Pathway 4 has been developed as part of the Independent Living Skills (ILS) programme area to support learners to achieve sustainable paid employment by combining workplace-based learning with a personalised study programme. The focus of the programme is to equip learners with the relevant skills and qualifications that they will need for employment in their chosen area. Communication, numeracy, and digital literacy skills are a key part of learning, with opportunities to develop and practice these skills both within the workplace and embedded within each of the four pillars of learning.

Learners on Pathway 4 will, typically, be aged between 16 and 25, and come from a variety of backgrounds. All will have a diagnosis of a learning disability /difficulty and/or autism.

The Pathway 4 programme aims to prepare young people with complex needs for paid employment by:

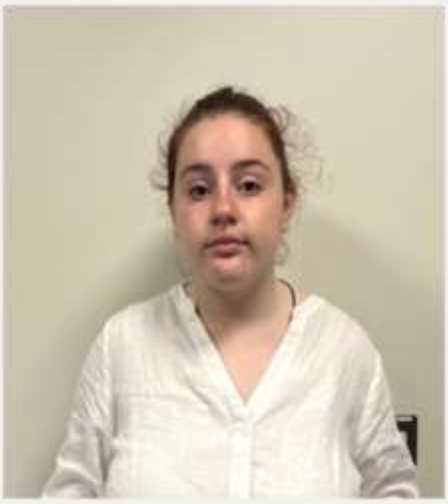
- Supporting them to develop skills valued by employers
- Enabling them to demonstrate their value in the workplace
- Developing confidence in their own abilities to perform successfully at work

The Pathway 4 programme collaborative working with Hywel Dda started in 2022 with Coleg Sir Gar, in 2023 Pembrokeshire college came onboard and Coleg Ceredigion will be joining the scheme in September 2024. Hywel Dda facilitate meaningful work experience opportunities for the learners within our acute and community sites. Since the start of the programme, leaners have successfully carry out work experience in various HB departments, these including Estates, Wards, Hotel Facilities etc.

Follow the link to learn more about the Pathway 4 Coleg Sir Gar cohort 1 – 2022/2023 https://youtu.be/in3HAj48AGI

Apprenticeship Academy

The Hywel Dda Apprenticeship Academy provides an opportunity for people of all ages to join the NHS workforce. Whilst on a structured work-based Learning programme, apprentices can learn while earning, and gain nationally recognised qualifications.



My name is Ffion Gilbert and I am an Apprentice in Glangwili hospital.

The Apprenticeship Academy provides fantastic support. abilities.

When I was told I had progressed to the next step... wearing my Greens, I was ecstatic. To say I was proud was an understatement!

Thank Hywel Dda University Health Board for believing in apprentices like me, helping us to achieve our dream jobs! I cannot wait to be a fully qualified nurse in years to

My name is Sion Phillips and I'm an electrical engineering apprentice in Prince Philip Hospital.

I've really enjoyed my apprenticeship so far, the team I work with are amazing, they have taken me under their wing, and I have learned so much. I enjoy the hands-on aspect of my learning, getting taught by people who have years of experience is a great way to learn and meet the standards expected of me within the role, and I don't take for granted just how special it is to receive their time and expertise.

The Apprenticeship Academy has been a great support, they are there to answer any questions and will always make time for you and make you feel valued.

I'd recommend the Apprenticeship Academy to anyone, it's a great opportunity where you can earn a good wage and get qualified at the same time with no learning fees. But most importantly, you're respected by everyone in the Health Board as you are an important part of the team

Learner Engagement: Destination NHS / Health for the Future

'Destination NHS' masterclasses are the result of a collaboration between HDdUHB and Pembrokeshire College. These masterclasses are aimed at the Health and Social Care Faculty and are supported by clinical health board departments ranging from Physiotherapy and Nursing to Podiatry and Dietetics. The aim of the masterclasses is to provide an insight into different professions and allow our future workforce to make informed choices about their future chosen career.

'Health for the Future' is a HDdUHB initiative working collaboratively with Coleg Sir Gar and Coleg Ceredigion.

School engagement

Future Workforce has increased its focus on school engagement and bespoke future workforce programmes that promote NHS careers in the Health Board. During 2023, the team has worked county-wide via school and college engagement events and work-based projects.

The aim is to enrich and entice our future workforce through various activities promoting a variety of careers, apprenticeships, work experience and volunteering opportunities available within the Health Board. By delivering diverse and inclusive activities, the team help break down barriers and encourage our younger generation to consider a career within the health board.

4.2 Wellbeing Objective Theme: Collaboration, involvement and integration

The five ways of working set out in the Well-being of Future Generations (Wales) Act 2015 provide the foundation for our approach to working with our population, staff, stakeholders and partners, particularly those most vulnerable in our society. Working with PSBs, to implement Well-being Plans is helping to shape the design and delivery of services.

Hywel Dda University Health Board's *A Healthier Mid and West Wales Strategy* sets out our commitment to work in an integrated way across health and social care with our communities at the heart of what we do. Our aim is to build community resilience, prevent ill health, improve well-being and promote independence and interconnectedness.

The Health Board is committed to promoting a Social Model of Health and Well-being. In 2024, working with Welsh Government's Future Generations Commissioner's Office, we have agreed a definition and a set of Principles and are working to publish a Framework to be adopted by partners and organisations to embed this approach across the region.

Carmarthenshire Hwb

A brand-new health and wellbeing Hub is being developed in the centre of Carmarthen as part of a multi-collaboration including the Health Board and Carmarthenshire County Council. A former retail store is being transformed into the new Hwb using funding from the Welsh Government's Integration and Rebalancing Capital Fund (IRCF) and further funding from United Kingdom Government. It will deliver a range of services including public healthcare, 24-hour gym, high-specification family centre, support, and guidance from specialist advisors. The project will be open to the public in early 2026.

This integration service allows people in Carmarthenshire to access community health services alongside other services they need, which impact on their wellbeing. Easy and convenient access to services is crucial for an individual's wellbeing. It will boost the local economy and increase footfall within Carmarthen town centre, which will help in rejuvenation of the town.

Early Years – Health Needs Assessment

During 2023, the Public Health Directorate conducted an Early Years Health Needs Assessment within the HDdUHB region.

The assessment draws together data and evidence that begins to describe the early years picture of our children in the region. It draws upon evidence of effectiveness of programmes or interventions aimed at improving the life chances, health, and wellbeing of children. The assessment offers a unique opportunity to place the current and future needs of women, babies and families, and person-centred, relationship-based care, at the heart of future maternity and early years services.

The findings highlight the need for having holistic approaches to assess early years health needs focusing on physical, mental and social wellbeing, along with considering the broader systems factors and structural challenges to individual and population health. The findings emphasise community health assets as an integral component of the process, beginning foremost with community capabilities and knowledge.

Partnership, integration, communication, and multi-agency work remain key to improving outcomes. All areas should be aligned to improve health outcomes and reduce inequalities at individual, family and community levels. This involves a broad range of stakeholders including early years, education, voluntary organisations, social services, peer supporters, GPs and primary care teams, oral health and secondary care providers, all who have an important contribution to make towards improving child and family health and wellbeing outcomes.

Pentre Awel – Wellness and Life Science Village

The first development of its scope and size in Wales, Pentre Awel will provide world-class medical research and health care delivery as well as supporting and encouraging people to lead active and healthy lives. Located at Delta Lakes in Llanelli, it is set within the natural landscape, around a freshwater lake and within walking distance of the millennium coastal park. The development will feature landscaped outdoor public spaces for recreation, with walking and cycling paths and will bring together life science and business innovation, community healthcare, assisted living, and modern leisure facilities.

It is being delivered by Carmarthenshire County Council in partnership with HDdUHB, Universities and colleges including Cardiff University, Coleg Sir Gar, the University of Wales Trinity St David and Swansea University.

The development will support people to improve their health and wellbeing and create over 1,800 jobs and training/apprenticeship opportunities. Pentre Awel is estimated to boost the local economy by £467 million over the next 15 years.

Housing and Health – Bevan Exemplar

Housing is a major determinant of health and wellbeing. Many of the pressures faced by the National Health Service and other public bodies are housing related, most notably ill health during the winter when the weather is colder. This can increase admissions to hospital and discharge from hospital can also be delayed due to housing reasons.

A Bevan Exemplar has been taken forward to build bridges between housing and health which is strongly founded on a partnership approach. The potential of this project to help to improve the health and wellbeing of the community is considerable.

For this first time, there is a systematic and cohesive dialogue in the West Wales area about housing and health. A lot of good projects exist, albeit with variation across the region, so the Bevan Exemplar project is helping to bring this together into a coherent programme. Successes to date include the production of a good practice guide which is evidence-based and as well setting up referral links between services, such as the smoking cessation programme and the NEST warm home initiative which is sponsored by Welsh Government. New initiatives and regional workshops are now being planned.

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Spike on a Bike

The innovative outreach approach, Spike on a Bike project has been developed by Dyfed Drug and Alcohol Service (DDAS) to provide a mobile harm reduction service to people who use substances. Spike on a bike provides needle exchange equipment, Naloxone Dispensing, overdose prevention advice, responsive community discarded needle Collection, collection of used sharps, HIV and Hepatitis B&C testing, harm reduction advice, safer Injecting advice and basic First Aid.

This follows a reduced level of harm reduction uptake during the coronavirus pandemic, which may have resulted in increased health risks such as the transmissions of blood born viruses that can caused liver disease. To evaluate the impact, a research team from Swansea University, DDAS, HDdUHB, Public Health Wales and University of Wales Trinity St Davids has been convened with a lot of local interest generated.

The experience we have in West Wales has shown that this project has excellent reach into rural communities which can in turn be adopted by other areas. Service user satisfaction has been good and health economic modelling suggests this is a highly cost-effective service. The opportunity to spread and scale this internationally is one of the key priority areas with conference papers accepted in Australia and Poland. In addition, a talk has been delivered to the Global Drug Policy Observatory meeting alongside other projects from around the world.

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4.3 Wellbeing Objective Theme: Early intervention and prevention

Prevention is a core principle in all our work. To reduce the impact of ill health, physical, mental or emotional, we need to work to prevent it from happening and intervene early to prevent escalation. This means working with communities and individuals to reduce risks and work to provide solutions that reduce their impact.

Specialist Smoking and Wellbeing Practitioners

Specialist Smoking and Wellbeing Practitioners work closely with midwives in the hospitals and community to identify smokers during their antenatal booking appointment and provide person-centred care. They offer behavioural support and medication to pregnant individuals, as well as to their family members, to help them stop smoking and vaping or to reduce the harm. Smoking in pregnancy is the most significant modifiable risk factor for adverse health outcomes. The Specialist Smoking and Wellbeing team help ensure that babies are no longer exposed to the harmful effects of smoking, leading to smoke-free homes and a healthier start in life for children.

In addition to this, practitioners deliver training to other professionals who work with pregnant individuals, including Health Visitors, Fertility Clinic staff, Perinatal Mental Health staff and Flying Start Teams.

Referrals to the specialist Smoking and Wellbeing Practitioners have increased by 36% in the last 12 months and Midwives now record Carbon Monoxide levels in 90% of pregnancies.

There has been a significant decrease in miscarriages and stopping smoking offers greater birth choices as pregnancies are safer. Stopping smoking also improves birth outcomes, reducing risks such as low birth weight, stillbirths, preterm births, heart defects and sudden infant deaths.

Identifying Carbon Monoxide levels in pregnancy has also led to identifying faulty home appliances, which have then been made safe.

Walking for Wellbeing - Ceredigion

Wellbeing walks have been mapped out around healthcare sites such as GP surgeries, and hospitals. Walking in nature is increasingly recognised as a way of improving physical and mental health. It is hoped, that linking these walks with traditional health care sites, will strengthen the relationship between the two and facilitate patients, staff, and visitors to improve their physical and mental health.

The routes are carefully selected so that they are suitable for a range of abilities. Routes are available via leaflets, and show the location of seats, cafes and toilets. To enhance people's enjoyment of the walk, local history and information about the local wildlife are included.

The routes provide accessible physical activity to patients, staff and the local community. Physical activity has a range of benefits to someone's physical and mental health. The different levels of difficulty, allow for the challenge of the walk to be adjusted, and ensure everyone regardless of ability, can get the benefits of walking outdoors.

Gypsy and Traveller Community Vaccinations

The Community Development Outreach Team (CDOT) worked with the Gypsy and Traveller Community in Llanelli and Pembrokeshire to increase MMR vaccinations. In partnership with the Community Immunisation Team a vaccination programme was facilitated on the residential site.

Working with the Local Authority Gypsy and Traveller Liaison Officer and the Traveller Achievement Service, the CDOT and Immunisation Team visited the site to discuss with the community. The visits were successful, and the immunisation team arranged to visit the site with vaccinations.

The visit also highlighted an opportunity to administer other vaccinations, including HPV which isn't widely discussed in many Gypsy and Traveller communities. This programme was then rolled out to other sites with a total of 79 vaccinations given to 37 patients, helping to protect the community from infectious diseases.

Social Model for Health - Moondance Cancer Initiative and Ysgol Pen Rhos

HDdUHB is committed to a Social Model for Health and Wellbeing and is working with communities across the region to consider how the Health Board can move from a medical model of health to a model that considers a broader range of factors that influence health.

We worked with a primary school in Tyisha, Llanelli (Ysgol Pen Rhos), to deliver the Moondance Cancer Initiative (MCI) Bowel Cancer Programme and become the first primary school in Wales to welcome the project into their classrooms.

The MCI Bowel Cancer Programme aims to raise awareness and educate younger generations about cancer, and the connection to healthy behaviours. The interactive sessions were delivered to Year 6 pupils with support from health board clinicians alongside Bowel Screening Wales, and volunteers with lived experience of bowel cancer.

Feedback suggests that the sessions were successful in improving pupils' knowledge and understanding of bowel cancer and screening and raised awareness among staff.

The programme is an example of effective partnership working that aims to benefit both current and future generations.

This was an outstanding opportunity for the pupils to experience the expertise of the health board in their classroom. We hope this will support the uptake of the bowel screening in our community too

Dr Joe Cudd,

It is important to know the signs in case you see them in yourself or family members. If you need to take a test then you should do it, bowel cancer screening is easy to do and you can do it home

Pupil

It got our children talking about cancer. With us speaking openly and honestly, the children opened up about their experiences and many went home that day and spoke to their families about bowel cancer screening.

Member of staff

Arts and Health

Arts and Health is used to refer to all work with creativity, arts and culture that supports people's health and wellbeing.

This includes all artforms and may include visual arts and craft, music, dance, theatre, creative writing, storytelling, singing and more. Arts and Health is delivered by skilled arts and health practitioners, artists, musicians, dancers, writers, and theatre makers in collaboration with patients, staff, and communities.

A growing body of evidence shows that the arts have a powerful role to play in preventing ill-health, improving wellbeing, treating ill health, helping people live well with illness, promoting healing and recovery and encouraging healthy behaviours. We are using the arts, delivered through Welsh, English, British Sign Language and other community languages to help us to reduce health inequality and support the most vulnerable people in our society.

Our Arts and Health Team is based in HDdUHb Patient Experience Team and was founded as part of a Memorandum of Understanding between the Arts Council of Wales and the Welsh NHS Confederation to put the arts at the heart of service transformation. The team works right across the health board and is part of a national team of Arts and Health Coordinators.

At HDdUHB we have been able to bring therapeutic live music into our critical care units to soothe and comfort patients; improve young people's mental wellbeing by connecting young people known to our Specialist Children and Adolescent Mental Health Services through creativity; improve the patient experience and reduced isolation, loneliness and agitation in our patients with dementia by bringing singing and art onto the wards; improve health and wellbeing in our patients with chronic pain by connecting people to seated dance, and much more.

Evaluation and participant feedback have highlighted the social, mental and physical benefits of the programme.

Music always makes me happier!"

Patient

Our staff have said how lovely it is seeing the music make our patients smile. - Therapeutic Live Music in ITU's

S-CAHMS Prevention and Early Intervention Substance Use Team

The S-CAHMS Prevention and Early Intervention Substance Use Team aims to prevent and mitigate harm in Children and Young People (under the age of 18) from co-occurring mental health difficulties and substance use, particularly where these are exacerbated by Adverse Childhood Experiences. The service seeks to build resilience, promote early intervention, and provide comprehensive, assertive support.

The Substance Use team aims to prevent vulnerable Young People commencing substance use, intervenes early where Young People are using substances and provides more intensive interventions where the substance use has become more problematic in its impact.

The team does this by:

- Providing expert advice to Children and Young People through a stepped care model of training, advice and to collaboration with professionals and partner agencies.
- Carrying out assessment and formulations of Children and Young People and their families where their risk stems from ACEs, especially parental or familial substance use, domestic abuse, and parental mental health.
- Providing a range of interventions based on an assessment of need.
- Adopting a multi-disciplinary approach to ensure holistic and integrated plans of care for Children, Young People and their families.

There are high engagement rates within the service, where young people are actively involved in the decision-making process. The service take time to build trust, resulting in the team's ability to connect with individuals who might otherwise remain disengaged. By involving families and young people in developing individualised care and treatment plans, the service ensures that each plan is tailored to meet specific needs and preferences, increasing the likelihood of increased positive retentions in services and positive outcomes and improvements on in overall wellbeing.

4.4 Wellbeing Objective Theme: Environment and climate change

Promote the natural environment and capacity to adapt to climate change.

Plan and deliver services to increase our contribution to low carbon.

Shades of Green

As a public body in the Well-being of Future Generations (Wales) Act 2015, Hywel Dda University Health Board is required in the Environment (Wales) Act 2016 to maintain and enhance biodiversity and promote the resilience of ecosystems.

The National Botanic Garden of Wales (NBGW) working in partnership with HDdUHB will develop underutilised pockets of green space on the campus into havens for health and well-being integrated within the wider community. The project will work with patient cohorts, staff groups and community partners to foster the skills required to co-design and manage these pockets of green space so that they benefit all involved within them. This will focus on moving away from a 'one-size fits all' approach to amenity areas, embracing the importance of creating a diverse mosaic of green space to support healthcare delivery, wellness activities and community integration.

These areas provide rest and relaxation for our staff and patients, improve biodiversity and provide opportunities to engage with local communities and those we serve.

A minimum of ten green spaces across the Health Board in Carmarthenshire will be tackled for this project. For each space, a patient cohort, staff group or community partner will work with NBGW staff and HDdUHB to co-design the space to achieve the greatest impact for those involved and for current and future users. This has potential for use within a wider package of green prescribing, therapeutic horticulture and wellness activities.

Work is underway at Glangwili Hospital in the mental health garden, as well as the Clinical Research Unit and Gwenllian Ward Stroke Unit garden. In Prince Philip Hospital, a wooded area by the new Day Surgery Unit and the grassy embankment by the nursery and office blocks are also being enhanced.

Collaborations with our Future Workforce team have seen us recruit 20 additional gardening volunteers to be trained up to work across our sites, and a new framework for supporting community engagement is in development.

Evaluation of the project will allow the experience gained to be used in the design and management of green space throughout the HDdUHB estate in Pembrokeshire and Ceredigion.

Decarbonisation and Energy Efficiency Programme

The Health Board's Decarbonisation Delivery Plan sets out a work programme to meet the targets established in the NHS Wales Decarbonisation Strategic Delivery Plan in the areas of carbon management, buildings, transport, procurement, estate planning and land use, and its approach to healthcare including promoting clinical sustainability. Through the Decarbonisation Task & Finish group all the opportunities identified in the action plan are being considered.

Over the last year, the Health Board has continued its programme of installing energy efficiency technologies to reduce its carbon footprint, contributing to WG's 2030 net carbon neutral ambition.

Examples include,

- the installation of solar PV at Brynmair Clinic
- fuel switching of the primary boiler from gas oil to LPG at Glangwili Hospital, and;
- production of a digital twin model of Prince Philip Hospital's energy centre and heating system to aid efficient use of plant.

These are in addition to several energy efficiency/decarbonisation initiatives, including switching on our award-winning solar farm development at Hafan Derwen, Carmarthen. Our 'Switch It Off' campaign encourages staff to switch off electrical items not in use and has been showcased by Climate Action Wales as an example of good practice.

Our approach to agile working continues to be developed and we are reviewing our health board estate to make the best use of our resources, including changing to a fleet of electric vehicles.

Carbon Literacy and Sustainable Healthcare training is available to all staff via HEIW's Climate Smart Champions with several staff members obtaining their accreditation. The 'Achieving Net Zero' e-learning module is also available, though this is not currently a mandatory training requirement. Our 'Sustainability Hub' on SharePoint (our intranet) provides staff with access to general information, case studies and links to other sources.

Looking ahead to 2024-2025, we plan to explore more opportunities to achieve our decarbonisation aims, for a better sustainable future. We aim to embed good practice and behaviours at the heart of our organisation's core business and day-to-day activities, so that we can bring to life the benefits of carbon reduction activities, while maintaining high quality services.

NHS Sustainability awards

Established by HDdUHB and Swansea Bay University Health Boards and supporting colleagues from across NHS Wales, the NHS Welsh Sustainability Conference and Awards celebrated 2023/24 projects that promote the principles of sustainable healthcare and support the incorporation of sustainable practices into clinical care. There were ten award categories, based on the seven Well-being Goals from the Well-being of Future Generations Act.

86 innovative and creative sustainability projects were submitted to the event. These efforts are helping to promote and embed sustainability in Welsh healthcare, and to make progress towards the Welsh Government ambition for the public sector in Wales to be collectively net zero by 2030.

5. Next Steps

Our commitment to improving the health and well-being of our population, to reduce inequity and promote equality, is fundamental within our key strategic approach.

Much of the work highlighted in this report will be continued and progressed as our long-term vision is implemented. This will be achieved via continued partnership working with our communities and statutory partners, via the PSBs and other statutory agencies. We will lead and embed a Social Model for Health and Well-being ethos, by setting out a Framework for others to adopt.

Our continued work to implement the seven Well-being Goals of the Well-being of Future Generations (Wales) Act is highlighted in our strategic intentions via our Annual Plan and our partnership approach with the PSBs.

It is acknowledged that in an adapting and changing strategic context, our Well-being Goals may need reviewing and this will be progressed throughout 2024-2025.

As we are progressing with strengthening and embedding the Principals of Social Model for Health and Wellbeing of our communities, HDdUHB we will be supported by our key partners including the University to develop our capacity around social innovation in collaboration with University of Wales Trinity St Davids.

References

Hywel Dda University Health Board (2019) A Healthier Mid and West Wales: Our Future Generations Living Well. Available at: hduhb.nhs.wales/about-us/healthier-mid-and-west-wales/healthier-mid-and-west-wales-folder/documents/a-healthier-mid-and-west-wales-strategy/