



Building Healthier Communities Together: Community Leaders' Update October 2022



Cwm Taf Morgannwg is working towards a new organisational strategy – CTM2030: Our Health, Our Future.

Our strategy is shaped by four clear goals (Creating Health | Improving Care | Inspiring People and Sustaining Our Future).

Together these goals aim to develop effective and sustainable services to meet the needs of our population, and to support our patients and communities to live happy and healthy lives for as long as possible.

We are actively involving our communities and partners to help shape CTM2030, through partnership working and regional engagement with our 14k staff members, our many Health Board partners and our local population of around 450k people.

Here are just some of the key questions helping to shape CTM2030...

- What does good health and wellbeing mean to you?
- What are the things that matter most to you (reflecting on your physical health, mental health and the importance of community to you)?
- What do you want for your future / those your care for?
- What are the everyday things affecting your health and wellbeing?
- Which CTM services do you most and least value?
- What could we be doing differently to help you stay healthier longer in your own homes and communities?
- What can we do to improve quality of care and patient outcomes?
- How do we make the best use of our buildings and community assets?
- How do we develop healthcare services in a 'green way'?

CTM2030 Community Hub

We've developed a [CTM Community Hub](#) to provide the latest CTM2030 updates and opportunities for you to get involved. It's also where we spotlight diverse community-based programmes that are positively impacting on the health and wellbeing of our region... so please share what's happening in your area!

CTM2030 Community Leaders' Network

You may be keen to join our new CTM2030 Community Leaders' network? It's an informal group of around 40 community leaders (groups of all sizes), who meet quarterly in a community setting to scope partnership opportunities that have potential to improve the population health outcomes for Cwm Taf Morgannwg patients and communities.

CTM2030 Updates

At our last leaders' meeting (September 9), our Health Board was asked to provide up-to-date information on CTM2030; keeping it simple and making it available as a regular newsletter to community organisations, for sharing with citizens.

We have listened to your feedback and we are pleased to introduce our first CTM2030 newsletter to support you as community leaders, by providing key health and wellbeing updates that you can share with your local groups and networks as relevant.

We will be writing to you regularly, with details of key actions or health-based interventions that are driving change or improvement in the way we deliver services and provide health and wellbeing support to our communities, against each of the four CTM2030 goals.

We'd welcome any feedback to allow us to continue to develop this service to effectively support you as community leaders. Write to us at: CTM.OurHealthOurFuture@wales.nhs.uk or direct message us on either our CTM Facebook or Twitter pages ([Cwm Taf Morgannwg](#) or [@Cwm Taf Morgannwg](#)).

Please get involved in CTM2030 on social media using
#BuildingHealthierCommunitiesTogether



Protect yourself this winter

We want you to protect yourself and those around you this winter. One of the best ways to do this is by getting your free COVID-19 autumn booster and your free flu vaccine.

We are expecting COVID-19 to be in circulation this winter, and we are expecting flu to hit us all earlier this year and affect more people.

If you are not sure if you are eligible for the autumn booster or the flu jab, you can use the checker on our website. You can find it here: [How do I get my autumn booster and flu jab? - Cwm Taf Morgannwg University Health Board \(nhs.wales\)](#)

COVID-19 autumn booster

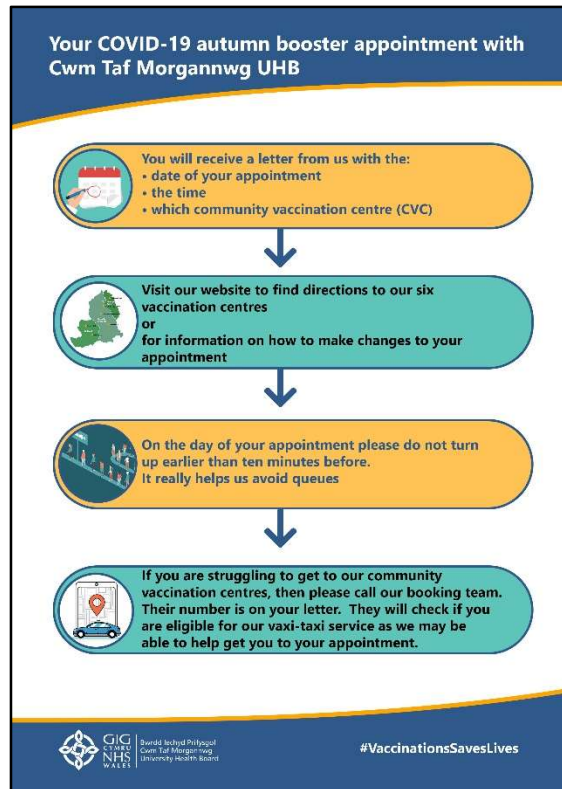
We are sending out appointment letters to everyone who is eligible for the autumn booster.

We are aiming to have sent out all our appointments by the end of November.

If you get an appointment and you cannot make it there are a number of ways to change it.

The easiest way is to do it online at the NHS Wales vaccination rebooking service. You log in and if you have applied for a digital COVID pass in the past, it should recognise your details. It will then offer you the next available dates. The website is vaccines.nhs.wales. Here is the link: [COVID-19 Vaccination Re-Booking Service - Wales Vaccine Booking Service \(nhs.wales\)](#).

If that does not work for you, you can use our form on our website. You can find all of our COVID-19 vaccination information here: [COVID-19 Vaccine Information - Cwm Taf Morgannwg University Health Board \(nhs.wales\)](#)



Or you can ring our booking team on 01685 726 464. The lines have been very busy and the team are trying to take calls as fast as they can, but that is why we recommend you try our online options first.

Please feel free to print out our COVID-19 autumn booster posters or use our infographics on your social media.

Flu vaccine

We are urging everyone who is eligible for a free flu vaccine to take up the offer. There are already cases of flu in Wales, and we know that this is the first winter for a couple of years where we do not have to social distance or wear face masks.

If you are not sure if you are eligible for the free flu vaccine, please have a look at our online checker. It will tell you whether you are eligible and how you can get the vaccine. There are a number of different ways people can get the flu vaccine. Children will be offered it at school. If you have little ones, 2-3 year olds, you can book a GP appointment for the nasal spray. Most of you will be able to get your flu jab through your doctor or pharmacy.

Please feel free to print out our flu posters on our [CTM2030 Community Hub](#) (see [Community Resources](#)).



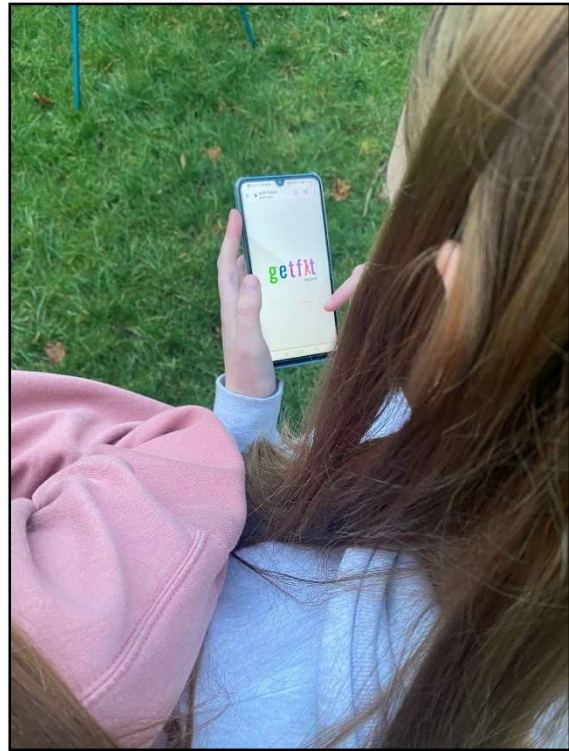
New to CTM - Truffles Fruit and Veg hut opens

Do you have an appointment at our Royal Glamorgan Hospital site coming up? Look out for 'Truffles'- an independent fruit and veg stall that has opened near the entrance. This Cwm Taf Morgannwg health and wellbeing pilot aims to increase opportunities for patients and staff to pick up fresh, healthy, affordable foods. Check out their Facebook page - [Truffles RGH](#).

Getfit.Wales

The Getfit.Wales app is supporting individuals across Cwm Taf Morgannwg to improve their physical activity levels, by connecting them with community providers that reward them for their health and wellbeing activities such as a free gym pass, a healthy meal, or money to spend at local shops.

This CTM healthcare innovation pilot was first launched during the COVID lockdown period in 2021 by the Cwm Taf Morgannwg Regional Innovation Coordination (RIC) Hub. It involved the use of step trackers as a method of measuring levels of physical activity amongst young people aged 13-16 living in Rhondda Cynon Taf; testing whether a young person's physical activity level increased if they were offered incentives to local health and wellbeing providers, as a reward for achieving their personal targets.



Following positive pilot results, the age range of participants has been expanded across CTM, with Getfit.Wales now being used as a supporting tool for CTM residents enrolled on our WISE Programme (see below for details of how WISE could support your community groups and members).

Participants on Getfit.Wales select local challenges ranging in difficulty level, linked to targets they set for themselves. Numerous incentives and local rewards are presented to them over the course of their challenges to encourage them to achieve their targets.

Do you want to be part of Getfit.Wales?

Getfit.Wales is looking to work with schools across CTM to encourage young people to get outdoors and get active in a new and exciting way.

Several schools have been part on the initial pilot, with feedback showing an increase in steps, exercise and access to health providers can help to improve a person's physical and mental wellbeing.

If this sounds like an initiative you would like to get involved with, please get in touch! Email: Elizabeth.Thomas252ccb@wales.nhs.uk

For more details, visit: [getfit Wales](#) and read our Get Fit Wales CTM innovation case study on our [CTM 2030 Hub](#).



IMPROVING CARE

Our last CTM2030 Leaders' Network meeting involved an overview of WISE, CTM's new and innovative, Wellness Improvement Service, from Dr Liza Thomas-Emrus, WISE Clinical Lead.

Do you or someone you know have a chronic health condition and would benefit from support from a Wellness Coach?

The Wellness Improvement Service (WISE) is a wellness coach-led service to help patients to improve their own long-term health and reduce symptom burden to improve quality of life. Patients are educated and coached for up to nine months and taught to better manage their health condition. The coach helps the patient to look holistically at all the factors affecting their health and happiness.



The aim of WISE is to help patients develop a sense of control over their long term physical and mental health and aim for wellness and longevity. Patients develop tools to overcome some of the hurdles faced when it comes to lifestyle and behavioural factors that impact health. This is a non-judgemental and inclusive service to support patients as the individuals they are in their community.

Download or print out a WISE information for supporting your communities here:

<https://ctmuhb.nhs.wales/wise-ctm/wise-files/wise-ctm-2030/wise-ctm-2030/>

View a talk about the WISE service with Lead Clinician, Dr Liza Thomas-Emrus:

(Viewing time - 20 minutes) <https://ctmuhb.nhs.wales/wise-ctm/news->

[blog-events/hoot-podcasts/wise-facebook-live-qa-with-dr-liza-thomas-emrus/](#)

For further information about WISE:

Email – CTM.WISE@wales.nhs.uk

Telephone: [01685 351 451](tel:01685351451)

WISE Website: <https://ctmuhb.nhs.wales/wise-ctm>

WISE in the community

Are you interested in having a WISE conversation as part of your community programme, contact Natasha Weeks, CTM Head of Engagement at Natasha.weeks2@wales.nhs.uk



Update on Prince Charles Hospital's £220 million refurbishment project!

If you've visited Prince Charles Hospital (PCH) recently, then you will have seen the significant refurbishment work underway aimed at improving how we care for our patients and communities living in Merthyr and Cynon.

In October 2020, Cwm Taf Morgannwg University Health Board, along with Welsh Government, announced that Prince Charles Hospital was to receive £220 million for a second Phase of refurbishment at Prince Charles Hospital. Progress is going really well, with the first phase of the refurbishment programme now completed. This has involved relocation of the hospital kitchens, main restaurant and coffee shop, in addition to a new ground floor location for the pharmacy department, plus various other infrastructure upgrades.

Phase two has already involved major improvement with car parking areas across the site, with an additional 140 spaces now available, as well as a large increase in disabled parking facilities. Work is currently focussed on a suite of new operating theatres on the first floor of the hospital – to be delivered in two phases; the first of which is due to complete in the winter of 2023/4.

Read our latest PCH update [here](#), or find it under latest news on our Cwm Taf Morgannwg website.

Finding Hope within Loss and Bereavement

This month, our Health Board Chaplaincy Service, together

with our Arts in Health Service started an innovative pilot aimed at supporting people through grief, death and loss through the use of creative arts.



Our new community-based workshop, 'Finding Hope within Loss and Bereavement' is the first of its kind in Cwm Taf Morgannwg, and is a collaboration with our CTM2030 partner - The Lighthouse Community Project, located in Tonyrefail in Rhondda Cynon Taf.

Over six sessions, CTM Chaplaincy lead, Wendy Evans and Arts and Health Coordinator, Esyllt George will be using creative methods to enable participants to share thoughts and feelings about grief, loss and bereavement. This will include creative visualisation, story making, drawing, creative writing and music.

If you think this would be of interest to your local community group/s, please email: Wendy.Evans8@wales.nhs.uk or Esyllt.George@wales.nhs.uk

CTM2030: Themes of Community Importance

In November 2021, we launched our CTM2030 'Have Your Say' public involvement survey to understand the key issues and concerns affecting our CTM population when it comes to people's physical health, mental health and social wellbeing, to help us plan and deliver care for the future.

All the responses were analysed, combined with feedback from over 30 community engagement events from between March - July 2022. This engagement opportunity identified six emerging themes of importance to our communities:



As a Health Board, we are continuing to build our understanding of these themes in terms of how they connect to personal experiences of patient care and support.

Are you planning an event? Tell us what you've got coming up and we can discuss what we can do to support -
CTM.OurHealthOurFuture@wales.nhs.uk

In addition to the main six themes above, there were a number of other, recurrent themes that came up time and time again, and important to all ages. These were:

- **Community**
- **Skills and Education**
- **Communication and Information Sharing**
- **Mental Health Support**

At our last CTM2030 Leaders' Network meeting (September 9), we spent some time discussing two of them: **communication and information sharing and mental health support**. We asked community leaders what more we could be doing to:

- Improve how we **communicate and share information** with our communities; and
- Enhance **mental health support** services.

You can read the findings on our CTM2030 Community Hub (Search - CTM2030 Hub - Get Involved - Have Your Say).

Our plan is to look at how the feedback can support improvement pilots in these areas, but for that to happen, we want to create an opportunity for as many community leaders as possible to share their views and ideas.

Therefore, we've created a quick and easy [feedback form](#) to capture any additional comments.

We would welcome any additional comments by **Monday, 14 November**. They will be added to the feedback already captured, please see the 'Have Your Say Page' on our CTM2030 Hub for details - [Have Your Say - Cwm Taf Morgannwg University Health Board \(nhs.wales\)](#).

We will keep you informed and invite you to get involved in any relevant pilot opportunities.



INSPIRING PEOPLE

Housing and Health

Cwm Taf Morgannwg's 'Healthy Housing' partnership came together this month to discuss the importance of housing to good quality health and wellbeing.

The summit highlighted how crucial our homes are to our overall health and quality of life. Regional partners are working closely with communities to better understand communities' housing needs across Cwm Taf Morgannwg by listening to people's stories and experiences of 'housing and health'.



Several community engagement events, including partnering with Trivallis for its autumn community roadshow series in RCT, are helping to build understanding of what is needed to support people to live well at home. A key piece of community feedback is that 'home' is not just the four walls that we occupy, but for many people, it means any space that creates opportunities for people to come together, to feel supported and to have access to information that is easy to understand and relevant to their personal circumstances.

As a next step, a Healthy Housing Action Plan is being developed for our region; we will be sharing regular updates on this work. [Read more.](#)

How does housing impact on your health and wellbeing? We'd welcome any feedback by emailing- CTM.OurHealthOurFuture@wales.nhs.uk



Use your voice and experiences to shape CTM health care

Our Health Board partner, the [CTM Regional Partnership Board](#) is putting on a series of creative events called 'hack-a-thons' to bring citizens and professionals together people to share lived experiences of issues and challenges affecting health and wellbeing in Cwm Taf Morgannwg.

Together, we'll be looking at new and creative ways to overcome challenges and barriers. This 'hack-a-thon' series is one of the many ways you can get involved in shaping health care for the future in Cwm Taf Morgannwg.

Your feedback will be key to helping shape the CTM Regional Plan and CTM2030 Strategy for building healthier communities together.

Does this interest you? Please register [here](#). (Free sessions)



SUSTAINING OUR FUTURE

Have you seen our new, exciting 'green CTM' improvement challenge? We invite all our residents to get involved!



We're looking for our staff and communities to share their 'Green Ideas' for improving the sustainability of our services and taking us closer to our decarbonisation targets.

As we all know, the risks to our environment are growing, with climate change both a global and local challenge. Our local environment has a huge impact on our overall health and wellbeing; from the air we breathe to our access to green spaces and our use of buildings / spaces, assets and homes in the most 'eco- friendly way' possible.

'Green CTM' is our Health Board plan for ensuring that 'green' and 'sustainability' principles are embedded into our planning decisions and the services we provide to our patients and communities.

We are focused on how carbon net zero can be delivered by 2030 in line with the NHS Wales Decarbonisation Strategy.

Linda Prosser, Executive director for Strategy and Transformation said:

"We want to know what our communities would like to see us doing, and tell us how they would like to work with us to build healthier, greener communities together."

If you are a member of the public or represent a local community group, please share your ideas, suggestions and comments here: <https://forms.office.com/r/n8ZKvBhMP1>

Our green survey will close on **December 8 at 11:45pm.**

Read more about the launch of this exciting challenge [here](#) (also available on our Cwm Taf Morgannwg website under latest news).

The challenge includes some useful explainers about the key terms we regularly see when we talk about the environment.



Our 2021/22 cohort of Project SEARCH interns at Princess of Wales Hospital.

Employment schemes at CTM

Did you know that our Health Board offers many schemes to help our community residents into work experience and employment? Here's a helpful summary...

Project Search

In September 2022, Project SEARCH was expanded to both Princess of Wales Hospital (Bridgend) and Prince Charles Hospital (Merthyr). This scheme supports college students with learning disabilities and/or autism spectrum disorder to join our hospital teams to complete three rotations of work placements. Over the last three years, we have seen many young people in our communities join this scheme and gain Health Board employment in areas such as Pharmacy, Facilities and Administration Support.

Kickstart

We work closely with the Job Centre Plus offices across Cwm Taf Morgannwg to keep our community residents aware of the latest Health Board opportunities and schemes.



Our 2021/22 cohort of Kickstarters at their graduation in July 2022

One scheme introduced in 2021, in partnership with the Job Centre Plus was Kickstart. It has resulted in 25 young people in receipt of universal credit join our Health Board for a six month paid work placement. As a result of this scheme, 11 of these young people are now permanent staff members at Cwm Taf Morgannwg UHB.

Work Experience

We have reintroduced work experience into our Health Board following the outbreak of COVID-19. Young people from school to college age are able to complete a work experience placement to support their studies.

Staff from our Learning and Development team will soon be visiting schools across Cwm Taf Morgannwg to promote our work experience opportunities and to educate young people in our communities around the many fulfilling careers that NHS Wales has to offer.

Traditional Apprenticeships at CTM



In March 2022, CTM launched its Apprenticeship Academy and also Traditional Apprenticeships. These Apprenticeships support our managers to recruit Apprentices into roles. Each Apprentice is fully supported by the Health Board and training provider to complete a work- based qualification, relevant to the role that they do. It provides an opportunity for Apprentices to earn as they learn, develop job specific skills, as well as supporting Cwm Taf Morgannwg to recruit in a cost effective way.

All our vacancies are advertised on our CTM Jobs page - [Jobs - Cwm Taf Morgannwg University Health Board \(nhs.wales\)](#)

Apprenticeships/Qualifications for CTM staff

We are equally passionate about upskilling our staff, and use a variety of funding streams to support this. All of the qualifications we bring to our staff are fully funded.

If you'd like any further information on any of these employment schemes and opportunities, get in touch with our 'Early Talent' team at - CTM.qualifications@wales.nhs.uk



Our CTM2030 Community Hub has lots of resources that you can download - we want everyone to get involved in sharing how their local programmes and activities are building a healthier and happier Cwm Taf Morgannwg.

How does your community work link to the four CTM2030 goals – we'd love to hear from you!

Email us at: CTM.OurHealthOurFuture@wales.nhs.uk

Get involved on social media using_
#BuildingHealthierCommunitiesTogether



If you have any questions or feedback, plus ideas for how we might work together, please contact our CTM2030 project team at CTM.ourhealthourfuture@nhs.uk or email Natasha.Weeks2@wales.nhs.uk

