



Well-being Objective 8

Live Well - Help people live healthy lives (tackling risky behaviour and obesity)

The following are our commitments and end of year progress comments for this Well-being Objective during 2018/19.

Last Year's Commitments	✓ ✗	Progress Comment
A - Eat and breathe healthily		
We will review catering provision across the Leisure Division. <i>(Ref 13190)</i>	✓	A catering plan for the division is in place, with focus on bringing services `in-house`. Catering manual developed. Branding guidance drafted with key themes underpinning brand e.g. locally sourced; healthy slant; quality service. Site specific plans drafted for further development and implementation.
We will continue to monitor air quality (nitrogen dioxide) for the residents of and visitors to the County. This will be carried out by regular assessments and, where necessary, sampling programmes. <i>(Ref 13191)</i>	✓	Action plans for the Air Quality Management Areas in Llanelli, Carmarthen and Llandeilo and the relevant phases have been implemented. We have continued to monitor air quality (nitrogen dioxide) for the residents of and visitors to the County throughout the year. This will be carried out by regular assessments and, where necessary, sampling programmes. Annual reports of this work have been submitted to Welsh Government. In addition to this, we have worked with a school in one of the AQMA`s engaging with pupils to raise awareness of poor air quality and to instigate change in school journey behaviours.
We will monitor private water supplies to ensure safety for the residents in Carmarthenshire. The service will explore the possibility of extending the programme to testing for the presence of radon and remediation as necessary. <i>(Ref 13192)</i>	✓	The private drinking water programme falls between the months of October and December and was completed. A return detailing this work was sent to the Drinking Inspectorate in January as required. In regards to monitoring radon in water, officers are awaiting further clarification from Welsh Government on sampling details such as methods and costs. It is anticipated that this information will be available on an all Wales basis in preparation to implement for next year.
We shall ensure that a very high percentage of food establishments meet food hygiene standards <i>(PAM/023)</i> <i>(2017/18 Result - 97.91%/2018/19 Target - 93%)</i>	✓	2018/19 Result – 95.77% 1,833 out of 1,914 food establishments in Carmarthenshire met the food hygiene standard during the year.
We shall ensure that all high risk Food businesses that are liable to a programmed inspections are inspected. <i>(PPN/001ii)</i> <i>(2017/18 Result - 100% / 2018/19 Target 100%)</i>	✓	2018/19 Result – 100% All 484 Food Hygiene high risk businesses that were liable to a programme inspection during the year were inspected.
We will utilise information from the population needs assessment to plan the service at the 3 Locality area levels, which incorporate the GP clusters. This will provide a more detailed understanding of what's needed and allow planning of health and social care services at Locality Level. <i>(Ref 13193)</i>	✓	Locality Plans continue to be updated on quarterly basis to reflect local needs and inform place based commissioning.

Last Year's Commitments	✓ ✗	Progress Comment
<p>We will work with community organisations to improve access to the network of footpaths and bridleways across the County. (Ref 13194) MF5-68</p>	✓	<p>Seven Community Council's and 1 Community Organisation continue exercising their powers to maintain and improve the network on behalf of Carmarthenshire County Council. We continue to negotiate agreements with the outstanding town/community councils so that they can maintain and improve routes in their areas, this is an on-going process.</p>
B - Physical Activity		
<p>We will manage a Workplace Health & Well-being Co-ordinator & team of champions to effect change in physical & mental well-being activity levels of staff and adults on a sustainable basis for the department. (Ref 12601)</p>	✓	<p>The Health and Wellbeing programme seeks to encourage and support employees to make positive lifestyle changes and take responsibility for their health, through provision of advice, support, events and activities. The programme is led by the Health and Wellbeing Co-ordinator, supported by a network of 'Health & Wellbeing Champions'. The Champions are authority employees volunteering for this role in addition to their current duties throughout the organisation who provide support and advice to colleagues. The Coordinators will focus on working with employees to develop achievable programs of health and wellbeing interventions. To date a number of health and wellbeing events have been held across the Authority ranging from employee lung function tests to a Health and Wellbeing Fair which consisted of a variety of stalls all focussed on informing and improving the health and wellbeing of the workforce.</p>
<p>We shall invest in the County's leisure centre provision with the development of a new facility in Llanelli as part of the Wellness Village. (Ref 12602) MF5-61</p>	✓	<p>The Wellness hub group has continued to meet regularly and feed into project board. Design development for building well advanced with updated capital costs due in April '19. Draft revenue modelling and business plan completed. Revenue and capital costs linked. Design development linked to wider health village objectives with strong links to health.</p>
<p>We will implement the Cycling Strategy for Carmarthenshire that will focus on 5 key strategic themes. 1- Education, Development & Training; 2-Infrastructure and Facilities; 3-Marketing & Branding; 4-Tourism and 5 – Events. (Ref 13195). (Part of MF5-1- Carmarthen Velodrome)</p>	✓	<p>The Carmarthenshire Cycling strategy has been signed off by members. Investment continues in facilities: Carmarthen Velodrome fully re-furbished; new closed road circuit in Pembrey; Tywi Valley path works initiated; Active travel schemes delivered e.g. cycle path from Hendy to Llanelli; with further projects in the pipeline. County hosted the Grand depart of the 2018 Men's Tour of Britain, with plans for further high profile events in 2019 and future years. Development work with clubs, schools and local businesses ongoing.</p>
<p>We will review and implement an improved pathway of aquatics provision that enables participants to reach their full potential. (Ref 13196)</p>	✓	<p>There is a new aquatics staffing structure in place. Further approved amends to be implemented shortly to improve quality through mentoring and workforce progression pathways. Aquatics pathway mapped and displays to be at all sites imminently. Best model not in place at all stages, so work remaining at Swim Club level in particular.</p>

Last Year's Commitments	✓ ✗	Progress Comment
We will ensure best use is made of school facilities to support wider community activity. <i>(Ref 13197) MF5-30</i>	✓	All Modernising Education Programme developments include facilities to support wider community use and activity and when developing proposals, project officers actively consult with stakeholders to ensure best use is made.
We will develop a new 3G pitch and improved parking facilities in Ammanford and track improvements at Carmarthen leisure centre. <i>(Ref 13198) MF5-62</i>	✓	Capital funding has been allocated but scope of works and indicative costs are being developed; potential shortfall with subsequent financial planning to take place shortly. Consultants appointed to both projects. Specification being finalised. Decision to form and feed into broader masterplan at Ammanford (including school transport and regeneration plans). Projecting completion summer 2020.
We shall increase the number of visits to leisure centres per 1,000 population <i>(PAM 017)</i> <i>(2017/18 Result -8,522 /2018/19 Target - 8,735)</i>	✗	There were 8,401 visits to our leisure centres during 2018/19 per 1,000 population. This is below our target and a reduction on last year. Whilst significant increases in attendances have occurred in quarter 4 (up 24% on Q4 from previous year) at all main facilities through completion of developments such as the spin studio and play centre at Carmarthen Leisure Centre plus increased interventions, the lower attendances in quarters 1-3 have resulted in an overall decline and being short of the target set. These were largely due to delayed delivery of capital projects and staff shortages. The rate per 1,000 people still equates to over 1.56million visits despite being 1% lower last year at 1.58m.
We shall increase the percentage of people referred to the National Exercise Referral scheme that attend the initial consultation of the programme <i>(3.4.2.6)</i> <i>(2017/18 Result 53.8% /2018/19 Target - 58%)</i>	✓	58.7% of people referred to the National Exercise Referral scheme attend the initial consultation of the programme during 2018/19. Despite achieving our target and increase on the previous year, there's still significant work to do to further improve attendance. We are currently reviewing the process in which we book initial assessments which will ease booking and monitoring.
We shall increase the percentage of people referred to the National Exercise Referral scheme that complete the 16 week programme <i>(PAM/041)</i> <i>(2017/18 Result 45.6% /2018/19 Target - 50%)</i>	✓	55.1% of people referred to the National Exercise Referral scheme completed the 16 week programme, this is a good improvement on the previous year and above our target. We will continue to work with the NERS team to improve service and increase the number and range of exit route options available to referrals in order to increase the number that remain active long term.
The percentage of National Exercise Referral clients whose health had improved on completion of the exercise programme <i>(PAM/042)</i> <i>(No Baseline data available)</i>	!	The 2018/19 result is not available as the data has only been collected from April 2019 due to a change in the guidance.
C - Mental Health		
We will contribute to health led transformation programmes in mental health and redesign of services within learning disability. <i>(Ref 13199)</i>	✓	The Learning Disability programme group is progressing a number of projects which are focussing on service improvement. These include collaborating to review and enhance a learning disability respite service, number of accommodation projects utilising

Last Year's Commitments	✓ x	Progress Comment
		<p>Integrated Care Fund (ICF) capital funding , undertaking a review of the regional Shared Lives Scheme and ensuring service user engagement. The Regional Partnership has engaged the Housing Learning Improvement Network to map the accommodation needs of people with a learning disability across the region and this work (now published) will be used to inform an accommodation strategy and detailed accommodation plan for Carmarthenshire. This will include progressing a number of housing projects utilising ICF (Integrated Care Fund) funding and Carmarthenshire's housing stock.</p>
<p>We shall improve and develop the infrastructure and facilities at Pembrey Country Park to enable it to become a first class facility for residents and visitors. <i>(Ref 13200) MF5-67</i></p>	✓	<ul style="list-style-type: none"> • New electric and fully serviced pitches were installed in the campsite • After being successful for a Tourism amenity Grant we have installed new Bilingual branded directional signage and maps 60% of this was completed in 2018/19 and the rest will be completed in 19/20. • March 31st 2019 in partnership with the project development team an ISF Grant was obtained and work was completed on a new Changing places facility within the ski centre as part of the same grant monies were obtained to buy bikes which are accessible for all and this now part of the Cycle for all scheme. • Automatic number plate recognition parking system has been installed and introduced which will improve the customer journey when entering the park by decreasing the timeframe when entering and exiting the park. • National Closed Road Circuit was completed and has been used for both National and local events as well as by the general public and governing bodies as part of their training regime. • Nature trails were completed for visitors there are 3 different Pond, plant and woodland identifying different natural interests with the park. • Work commenced on refurbishing the derelict restaurant facility due to open June 2019.
<p>We will deliver a £2million programme to re-develop Burry Port Harbour. <i>(Ref 13201) MF5-69</i></p>	✓	<p>The site investigation works have been completed and works to be tendered in Autumn 2019.</p>
<p>We will celebrate and promote Carmarthenshire's rich cultural and sporting achievements and diversity. <i>(Ref 13202) MF5 70</i></p>	✓	<p>The 2018 Celebration of Culture awards took place on 6th April 2018 with 2019's event scheduled for Friday 5th April.</p> <p>8 awards were presented for excellence in categories such as Music & Literature with the lifetime achievement award presented to John Hywel in 2018. The 2018 Town of Culture (Ammanford) handed over the honour to Whitland in January 2019 where a launch event was supported by Lord Dafydd Elis-Thomas. Likewise Llansteffan handed the honours to Drefach Felindre as the Village of Culture 2019 with</p>

Last Year's Commitments	✓ ✘	Progress Comment
		both locations holding events to celebrate local culture planned throughout the forthcoming year.
<p>We shall increase the number of library visits per 1,000 population <i>(LCL/001)</i> <i>(2017/18 Result - 7,689/ 2018/19 Target - 7,727)</i></p>	✓	<p>We received over 1.5 million visitors to our libraries during 2018/19 this equates to 8,151 per 1,000 population, this is an improvement on the previous year and well above our target. Continued interest in the Makerspace areas in Ammanford has resulted in an increase in school & young person's engagement. Virtual visits to a range of exciting online resources continue to rise where digital newspapers, magazines, e-books are available 24/7. Library members can also access digital courses covering a wide range of subjects such as Languages, IT, Music Lessons, Theory Test & many more. Through working partnerships with a multitude of organisations, a number of popular events & training courses have been held within our libraries.</p>
<p><i>Percentage of Quality Indicators (with targets) achieved by the library service. (PAM/040)</i> <i>(2016/17 Baseline - 86% /2018/19 Target - 86%)</i></p>	✓	<p>Based on actual results of 2017/18, 97.5% of our Quality Indicators were achieved. Final confirmed results for 2018/19 will be available September/ October 2019. Nine quality indicators achieved in full, 1 partially met as we do not fulfil the full criteria for the number of staff expected for the population of Carmarthenshire.</p>