



Well-being Objective 8

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

Almost 1.5 million visits to our Sport & Leisure Facilities, generating a Social Value Return of £4.97 million during 2019/20

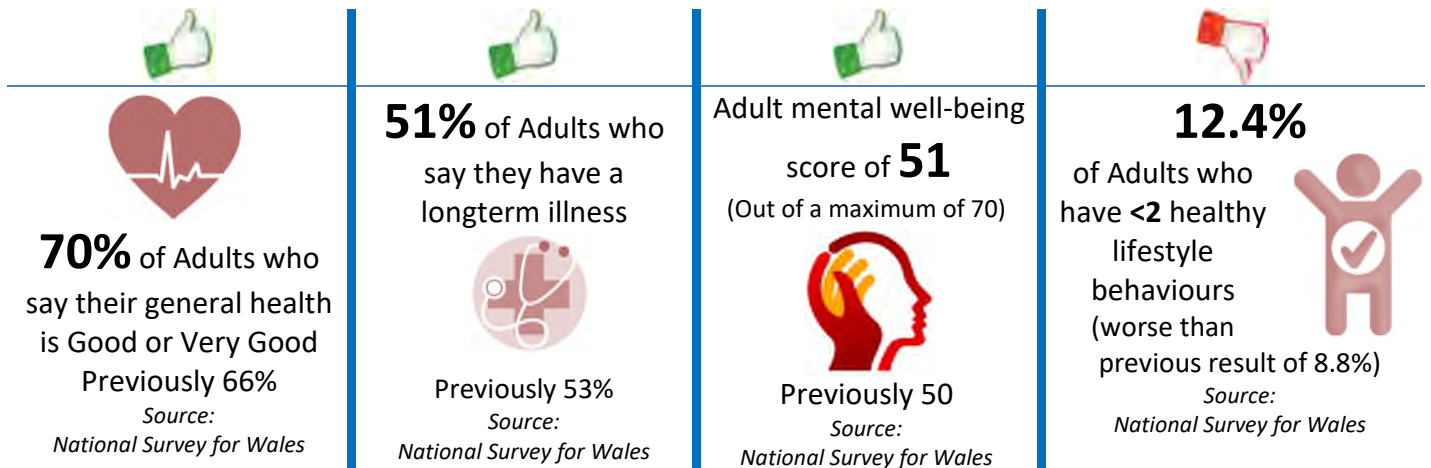
We want Carmarthenshire to be a place:

- That is the most active and healthy in the UK
- Where every person is an active participant at a *Community Club or Leisure / Cultural Facility*
- Where every child is hooked on Leisure / Cultural activity for life

Why it is important

- ⊙ Because our way of life is changing, people are living longer with a higher quality of life.
- ⊙ Because the challenge is to prevent ill health.
- ⊙ Because living healthy lives allows people to fulfil their potential, meet educational aspirations and play a full part in the economy and society of Carmarthenshire.
- ⊙ Because many of the preventive services and interventions required to maintain health, independence and well-being lie outside health and social care.

Success Measures



Explaining the Results

The following [National Survey for Wales](#) shows that:-

- **70%** of Carmarthenshire participants said their **general health is Good or Very Good**, this is an improvement on the previous result of 66%, comparatively we have moved up from 21st to 15th position in Wales. We continue to work with partners such as Public Health via the Local Service Board to promote a healthy environment for Carmarthenshire residents, including exercise, nutrition and cleaner air.
- **51%** of Carmarthenshire participants **said they had a longstanding illness, disability or infirmity**, this is a slight reduction on the previous survey result of 53% and we have moved from being the second highest result in Wales to 15th. Whilst this measure has numerous influences we continue to see increases in the number and impact of schemes such as National Exercise referral scheme with almost 1,400 referrals in the past 12 months.
- **Mental well-being score** is based on 14 positively worded statements asked as part of the survey which represents positive attributes of wellbeing and covers both feeling and functioning as opposed to mental illness or disorder and is suitable for use in the general population. Although there is an improvement it is very slight from a score of 50 to 51.
- **12.4%** of participants have **fewer than two healthy lifestyle behaviours** this has increased on last year of 8.8% and is now higher than the Welsh average of 10% and has moved down from 5th best to 18th in Wales.

Progress Made

- ⦿ We have continued to monitor *air quality* (nitrogen dioxide) for the residents of and visitors to the County implementing a sampling programme.
- ⦿ During the year, Actif received 1384 referrals to the *National Exercise Referrals Scheme* (NERS), 58.5% of whom engaged with the scheme, and subsequently 57.3% of these completed the 16-week programme (a 2.2% increase on 2018/19).
- ⦿ *Over £1 million* has also been secured to invest in Ammanford Leisure Centre to re-furbish the wet side changing rooms, upgrade the all-weather pitch and improve car parking facilities on site.
- ⦿ Plans for the new leisure facility in Llanelli are developing well. We are planning to invest over £25 million for a new leisure centre on the Delta Lakes site Pentre Awel.
- ⦿ Our ambition to become the *Cycling Hub of Wales* is now well established, and investment is ongoing in local, urban and competition-standard infrastructure, all underpinned by events and development work.
- ⦿ The *Mental Health Running project* launched by the department in 2018 in Llanelli has gone from strength to strength with groups now being set up across the county. Furthermore, the project has been shortlisted as a finalist for this year's Social Care Accolades.
- ⦿ In October 2019 we launched (in collaboration with the third sector and HDUHB) a crisis service '*The twilight Sanctuary*', which is open Thursday to Sunday 6pm to 2am. Individuals experiencing a crisis can speak to staff over the phone or attend the centre to receive support. This is proving to be a valuable service for those in need of urgent mental health support and will be expanded to include an overnight facility as an alternative to hospital.
- ⦿ Nominated staff within Ty Dyffryn and Cartref Cynnes Extra Care facilities have successfully completed an OTAGO exercise Programme, whereby they lead a class of service users on a weekly basis to undertake *chair exercises*. These classes maintain service user's physical health and mental well-being.
- ⦿ Within our Learning Disability Service, *Health and Well-being* has been a focus across all services seeing the development and expansion of many community groups. Activities have included, running and walking groups, a new football team, the expansion of the netball team and the development of cycle4all at Pembrey. Two service users took part in the Llanelli Half Marathon and 1 has secured a place in the London marathon.
- ⦿ From April 2019 to mid March 2020 *over 1 million physical visits were made to Carmarthenshire libraries* and over a quarter of a million virtual visits. This makes our libraries amongst the most used of all council services.

Ammanford Library links with Day Centre



Ammanford library have developed strong links with Manor Road Day Centre. The centre supports adults age 18 and over with severe learning disability to grow, develop and feel safe and belong to their community.

Women's Tour a resounding success for Carmarthenshire

The *grand finale of the OVO Women's Tour* was held in the county on 15 June 2019 and proved to be a resounding success, with thousands lining the route to cheer the cyclists on their 79-mile race through Carmarthenshire.

It showed what can be achieved when communities, businesses, volunteers and spectators, as well as event staff, security, marshals and emergency services all work together to make a special day for the county.

Stage Six of the race saw the best female cyclists in the world competing in a series of sprints, mountain climbs and descents through some of Carmarthenshire's most breath-taking landscape, starting at the historic *Carmarthen Velodrome*, crossing the *Black Mountains* and ending at the *Closed Road Circuit at Pembrey Country Park*.

Communities got involved to provide a carnival atmosphere, with many putting on their own events and family activities.

Hosting the race gave us the opportunity to *showcase our stunning landscape and scenery*, which has provided one of the most challenging stages for the cyclists in the year's Tour but has taken in some of our most breath-taking mountains and valleys.

We were particularly proud of *Manon Lloyd (Drops)*, who is from Carmarthenshire and started her cycling career with Towy Riders in Carmarthen. It must have been a fantastic feeling for her to compete with the best in the world on home soil.



Executive Board Member For Culture, Sport & Tourism
Cllr Peter Hughes-Griffiths