



Prevention and Early Years Funding

Update and Planning Report

Overview and instructions

- From April 2021, the Building a Healthier Wales Co-ordination Group will be taking on responsibility for the monitoring and evaluation of the £7.2m Prevention and Early Years Fund. A Public Health Wales team will be undertaking this on behalf of the Co-ordination Group.
- The purpose of this document is for organisations to provide a high-level progress update on the use of their allocation of £7.2m Prevention and Early Years Funding during financial years 2019/20 and 2020/21. The document also requests planning information for 2021/22 based on the allocations as set out in the CMO's letter of 6th April.
- Further reports in this format will be requested by the BAHW Steering Group at mid-year (early October 2021) and full year (early April 2022).
- Within Section A, the emphasis should be on any exceptions to the plans already submitted and approved by Welsh Government.
- This report does not replace any existing project or programme documentation produced locally, although it is anticipated that this information should be documented and readily available through existing local reporting arrangements.
- We will not routinely ask for local documentation, although we may ask for these reports if further information is required.
- If you require any advice in completing this form please contact Tim Hooper (tim.hooper@wales.nhs.uk) or Andrea Parr (andrea.parr@wales.nhs.uk) at Public Health Wales.
- Completed forms should be submitted to Andrea Parr at Public Health Wales by **Friday 21st May 2021**.

Contact Details	
Name	SRO – Fiona Kinghorn, Executive Director of Public Health; Dr Suzanne Wood, Consultant in Public Health Medicine. Programme Manager – Helen Britton, Public Health Programme Manager.
Organisation	Cardiff and Vale University Health Board
Email	Suzanne.wood@wales.nhs.uk and helen.britton@wales.nhs.uk

Section A: Progress check up to April 2021

1) Delivery and resources						
1.1: Please provide a summary of the projects from your region in the table below.						
	Project title and brief description	Alignment with BAHW priority and evidence base	Status (on track, delayed, stopped)	Budget/ expenditure 2019/20	Budget/ expenditure 2020/21	Deliverables/ outputs so far
1	<p>Healthy Early years / children</p> <p>Maternity support - smoking (UHB maternity services)</p>	<p>Aligned to Building a Healthier Wales : ensuring the best start in life theme and enabling healthy behaviours theme.</p> <p><u>Evidence Base</u></p> <p>Maternal smoking and obesity are risk factors for poorer maternal and infant outcomes. A maternity support worker will bridge both smoking cessation and obesity reduction</p>	<p>Delayed</p> <p>The Maternity Health Care Support Worker - Smoking Cessation, started in post in January 2021.</p>	Budget = £25,159	Budget = £25,159	<p>2020-2021</p> <p>The Maternity Health Care Support Worker - Smoking Cessation, started in post in January 2021.</p> <p>Scoping meeting with Midwifery and HMQ team to discuss proposed Service Delivery within current COVID-19 demands and maternity pathway.</p> <p>Scoping forward workplan and development of process and outcome measures</p> <p>Promotional and display material sourced to promote healthy lifestyles and information on quitting smoking within the ante natal department.</p>

		<p>from antenatal booking onwards.</p> <p>In Cardiff and Vale UHB 12% of pregnant smokers smoke (2018-2019) with just under half, accepting a referral to specialist smoking cessation services.</p> <p>The most effective reduction in smoking rates among pregnant women occurs when specialist support is provided within Midwifery teams. Research carried out in 4 health boards across Wales in 2016 showed almost double the number of women chose to access specialist smoking cessation services when a Health Care Midwifery Support Worker was integral to the maternity pathway compared to those</p>				
--	--	---	--	--	--	--

		<p>offered external support.</p> <p>NICE Guidelines state that all pregnant women should be Carbon Monoxide (CO) tested on booking and currently (2018-2019), over 92% of all women are CO monitored. Interventions which include training all Midwives and Support Workers in Brief Intervention for Smoking Cessation and high numbers of pregnant women CO monitored on booking haven't increased the numbers accepting a referral and of those that do consent, less than half make an appointment on call-back from Help Me Quit.</p> <p>Working with the Midwifery team, it has been</p>				
--	--	--	--	--	--	--

		highlighted that in order to improve acceptance of referral, and to increase those attending an appointment, a fully integrated, internal Smoking Cessation Advisor is required, working alongside Midwives in both hospital and community settings.				
2	<p>Healthy Early years / children</p> <p>Healthy Pre Schools scheme support for Cardiff & Vale (Local PH Team for Vale of Glamorgan/Cardiff LA for Cardiff)</p>	<p>Aligned to Building a Healthier Wales :</p> <p>ensuring the best start in life theme and enabling healthy behaviours theme</p> <p><u>Evidence Base</u></p>	<p>Delayed</p> <p>Cardiff - Capacity has been partly increased with existing Cardiff pre-school staff</p>	Budget = £43,386	Budget = £43,386	<p>2019/2020</p> <p>Within this period an additional 2 settings were recruited to the Cardiff Healthy and Sustainable Pre-school scheme.</p> <p>Delivered 'Little Cooks' practical cooking training for staff from 6 settings, with follow up sessions in each setting.</p> <p>Training on fruit and vegetable gardening for a further 10 settings has been set up with Grow Cardiff.</p>

		<p>The Healthy and Sustainable Pre School Scheme aims to promote the health of pre-school aged children by working through the childcare settings they attend (e.g. nurseries, playgroups, childminders etc). The scheme has been running across Cardiff and the Vale of Glamorgan for 8 years, and currently works with around 80 childcare organisations across the 2 areas. Through effective partnership working, the scheme aims to improve children's health across 7 health topic areas.</p> <p>The Healthy and Sustainable Pre School Scheme also provides the</p>	<p>Vale – Successful candidate started in post 01.03.21</p>			<p>A resource called 'Super Veggies' was developed in support of the Veg Power campaign and disseminated to settings at the Cardiff Healthy and Sustainable Pre-school event in February 2020, along with other resources.</p> <p>The event linked with a range of partners, such as the Public Health dietitians, who delivered a session on the new Nutrition Guidelines in Child Care Settings and the Gold Standard Healthy Snack Award.</p> <p>In the Vale 5 new settings joined the scheme, and were each provided with a small set of healthy-eating / physical activity themed resources to support the 'Ten Steps to a Healthy Weight' initiative.</p> <p>A celebration event and launch of the Nutritional Guidelines in Childcare Settings was organised with partners.</p> <p>2020-2021</p> <p>9 settings have requested support, some of which were previously disengaged.</p> <p>New recipes are being developed with the Flying Start Play Team which can support the planned Little Cooks practical cooking course, which will be adapted to deliver online this term.</p> <p>Physical activity session plans linked to story books have been developed, in liaison with Natural Resources Wales</p>
--	--	--	---	--	--	---

		<p>opportunity to work with families and ensure that healthy behaviours are adopted by young children, before unhealthy behaviours become the norm for them. Many studies show the value of intervening with children in their earliest years, to secure health and other benefits for them later in life. There is a short window of opportunity in the first years of a child's life to influence their life-long health.</p> <p>The Healthy and Sustainable Pre School Scheme can play a key part in capitalizing on this opportunity – approximately 83,000 children attend a pre-school setting across Wales each year, providing the</p>				<p>A further Environment resource has been produced and provided to settings, encouraging outdoor physical activity and learning.</p> <p>1 setting reassessed for Phase 1 (inc Nutrition and Physical Activity)</p> <p>3 further settings supported through meetings/emails, towards their reassessment of Phase 1.</p> <p>2 new settings started on the Nutrition and Oral Health booklet.</p> <p>Training content planned with Cooking Together Wales</p> <p>10 Steps resource developed and sent to Comms team for design.</p> <p>10 steps and Breastfeeding resources emailed to settings. Recruitment of 1 additional pre-school setting engaged in HaSPPS</p> <p>Collaboration with the Action Travel team, which resulting in all Flying Start settings receiving a set of free scooters.</p> <p>1 training session provided to settings to increase staff skills and knowledge on healthy eating/physical activity (<i>33 staff attended Little Cooks, from 14 settings</i>)</p> <p>Collaboration with an external consultancy to provide an online well-being webinar for childcare staff. Webinar attended by 25 participants.</p>
--	--	--	--	--	--	--

		<p>potential for many thousands of health promoting interactions to take place between childcare workers and families.</p> <p>Increased funding will enable the scheme to developed and expand, with the following benefits:</p> <ul style="list-style-type: none">- The 'reach' of the scheme will increase - a higher number of settings will participate, allowing more children to benefit- a greater number of high quality interventions can be delivered to support health of young children (e.g. training events for childcare workers, creating resources, etc)				<p>Early stages scoping, partner collaboration and development of an evidence-based programme to promote the mental and emotional health and well-being of pre-schoolers in the Vale of Glamorgan.</p>
--	--	--	--	--	--	--

		- Partnership working will be further strengthened so that the skills and experience of a wider range of groups and individuals can influence development of the scheme.				
3	<p>Healthy Early years / children</p> <p>Equivalent of Leeds 'Henry' programme/children's level 2 healthy weight service (UHB dietetics service)</p>	<p>Aligned to Building a Healthier Wales :</p> <p>ensuring the best start in life theme and enabling healthy behaviours theme</p> <p><u>Evidence Base</u></p> <p>Currently, Cardiff and the Vale of Glamorgan has no level 2 (Primary care/community-based) childhood obesity programme. The only under 5 obesity prevention</p>		Budget = £221,652	Budget = £221,652	<p>2019-2020</p> <p>This period of time was utilised to plan the service; and also included the purchase of essential cooking resources</p> <p>2020-2021</p> <p>As of February 2021, the full NYLO team were all in post.</p> <p><u>Project delivery</u></p> <p>NYLO was launched on 1st March. A social media campaign for the launch took place.</p> <p><u>NYLO website</u></p> <p>Work on the NYLO website has progressed in Q4. www.NYLO.co.uk</p> <p><u>Family Based Healthy Lifestyle Programme – NYLO</u></p> <p>The first virtual group was piloted on the 3rd March 2021 with 6 families.</p>

		<p>programme operates in the Cardiff Flying start area. The aim is to reduce the level of childhood obesity at school entry through a universal proportionalism approach to ensuring all families of under 5's who require it, can access a range of nutrition, parenting and lifestyle interventions to prevent childhood obesity. This will include promotion of breastfeeding, weaning parties, cooking skills, food and nutrition education programmes and family based healthy lifestyle programmes. The approach will include a registered dietitian to deliver accredited training to support workers who will deliver front line</p>				<p>5 families completed the programme attending at least 80% of the sessions. Evaluation results were positive with 100% of families reporting that they felt more confident to provide a healthy, balanced diet for their family.</p> <p>A number of digital resources including videos have been developed to support the delivery of the virtual groups.</p> <p><u>1:1 support for children already above a healthy weight</u></p> <p>A weekly NYLO clinic was offered to provide telephone or virtual consultations to families who are unable to access the virtual groups. 3 families are currently being supported.</p> <p><u>Introducing Solids Group</u> Resources to deliver virtual groups have been developed and training with the health visiting team community nursery nurses has taken place.</p> <p><u>Get Cooking</u> An All-Wales group to develop an accredited virtual Get Cooking course has been set up. The accredited Get Cooking course is on course to be ready from April 2021</p> <p><u>Gold Standard Healthy Snack Award</u> Virtual re-accreditation visits for childcare settings to achieve the Gold Standard Healthy Snack award started in March 2021.</p> <p><u>Foodwise in Pregnancy</u></p>
--	--	--	--	--	--	--

		<p>interventions. Additional family-based support will be offered on a 1:1 basis to children who are already obese. All courses will be accredited to offer parents the opportunity to gain credits for learning. Results from a pilot families healthy weight programme showed that 76% of children had a reduced BMI / waist circumference; 100% had increased their physical activity levels; and 94% of families reported change in attitude to healthy eating and physical activity</p>				<p>An App to support women during pregnancy to eat well and promote a healthy weight gain is under development.</p> <p><u>Health Professional Training</u> Virtual Health Visitor training commenced in January 2021 with a good uptake across all teams.</p> <p>3 sessions have been delivered to 41 staff.</p>
4	<p>Healthy behaviours/ environments</p> <p>Enhanced action on smoking cessation (UHB – pharmacy/PH – wider PSB</p>	<p>Aligned to Building a Healthier Wales : enabling healthy</p>	<p>Delayed</p> <p>Funding commenced in October 2020</p>	<p>Budget = £74,120</p>	<p>Budget = £74,120</p>	<p>2019-2020 The funding commenced in October 2020</p> <p>2020-2021</p> <p>Medicines Management</p> <p><u>Recruitment</u></p>

	partnership work)	<p>behaviours theme</p> <p><u>Evidence Base</u></p> <p>Cardiff and Vale UHB spent over £650,000 on Nicotine Replacement Therapy (NRT) (2017-2018). Evidence shows that the most effective support to quit smoking is by accessing specialist NHS Smoking Cessation Support with NRT.</p> <p>In 2015 the UHB agreed a Level 3 Enhanced Smoking Cessation Programme with Community Pharmacies. This enables clients to directly access smoking cessation support at participating Community Pharmacies in areas of high deprivation and have free NRT.</p>				<p>Funding transferred to UHB PCIC team to support an extension in working hours for a current Band 8a Community Pharmacy Advisor and Band 4 Primary Care Support Officer posts.</p> <p><u>Project delivery</u></p> <p>Initial scoping meetings with PCIC to agree actions and outcomes taken place with further work planned to agree data outcomes and review current data collection practices.</p> <p>A new Level 2 Enhanced Smoking Cessation Community Pharmacy Scheme launched during Quarters 1 and 2 of 2020-2021 and as of Quarters 3, 32 Community Pharmacies were offering this service via a SLA with the UHB.</p> <p>Level 2 provides free (to the client) dispensing of Nicotine Replacement Therapy (NRT) products without the necessity of a GP generated Prescription. This provision has been particularly useful in supporting smokers to quit during the COVID-19 pandemic with GP Practices overwhelmed with prescription requests and restricted access to patients</p> <p>30 (of 31 with signed SLAs) Community Pharmacies offering a Level 3 Enhanced Smoking Cessation Community Pharmacy Scheme.</p> <p>Level 3 provides comprehensive smoking cessation support over a 6-week period to include the prescribing/dispensing of NRT. The Cardiff and Vale UHB's Level 3 service consistently achieves over a 70% 4 week verified smoking quit rate with</p>
--	-------------------	--	--	--	--	---

		<p>There are 25 Community Pharmacies with SLA's in Cardiff and Vale UHB currently providing this service with a 74 % 4-week CO verified quit rate (2018-2019), the highest in Wales. Evidence shows that effective prescribing of NRT with specialist support is important in the smoker's quit attempt. By ensuring the smoker has access to products that suit the individual, with on-going support, prescribing is more targeted and reduces overall spend on pharmacological products.</p> <p>In some health board areas, a Level 2 Enhanced Service (where smokers accessing other community-</p>				<p>some Pharmacies achieving over 90% - the highest rates in Wales.</p> <p>Schools</p> <p><u>Recruitment</u></p> <p>The Public Health Practitioners for smoking cessation commenced post 23.02.21</p> <p><u>Project delivery</u></p> <p>Process Measures</p> <p>Number of direct contacts made with secondary schools requesting info on current smoking education provision and resources: 2 requests made via e-mail (1 reply – 50%)</p> <p>Additional related action: Requests for information on current resources sent to 2 Healthy Schools teams and 1 external partner – 100% reply rate with information provided</p> <p>Additional related action: Information requested from Just B regarding which Comprehensive Schools were offered the programme in 2019-2020. Information provided.</p> <p>Desktop research of existing tobacco education and resources written has begun.</p> <p>Desktop evidence review of tobacco education and prevention intervention in school and youth settings written has begun.</p>
--	--	---	--	--	--	--

		<p>based Smoking Cessation Support can gain free NRT from Pharmacies directly, without needing to collect a Prescription from their GP first) has helped increase the number of 'Treated Smokers' and successful quit attempts. By introducing this in Cardiff and Vale UHB it will enable smokers to gain access to pharmacological products quicker, when they most need support.</p> <p>It has also been noted that by offering other smoking cessation pharmacological products such as Varenicline via a Patient Group Directive (PGD) at Community Pharmacies, 4 week CO quit rates are higher than those offering just NRT. This</p>				<p>Number of secondary schools asked to provide individual SHRN reports: 27 (8 replies providing smoking data – 30%)</p> <p>Additional related action: Schools' database created, all local primary and secondary schools added and SHRN information added to database, along with FSM data and other information available through www.mylocalschool.gov.wales</p>
--	--	---	--	--	--	---

		<p>programme of work will look to improve effective prescribing of all smoking cessation related products.</p> <p>Smoke free Environments The UHB supports a number of initiatives aimed at reducing young people smoking. The JustB programme (aimed at Year 7 pupils) uses an evidence based peer education approach to encourage young people not to smoke. Sixty eight schools are eligible to receive the intervention (targeting areas of high deprivation)</p>				
--	--	--	--	--	--	--

		for this academic year. Ten schools in Cardiff and Vale of Glamorgan have been offered the programme; however, due to constraints both at school and implementation level, the numbers participating are low. This resource will aim to increase participation rates.				
5	<p>Healthy behaviours/ environments</p> <p>Implementation of Food Vale</p>	<p>Aligned to Building a Healthier Wales :</p> <p>enabling healthy behaviours theme</p> <p><u>Evidence base</u></p>	<p>Delayed</p> <p>The Food Vale project officer , started in post in December 2020.</p>	Budget = £34,709	Budget = £34,709	<p>2019-2020</p> <p>Funding for the recruitment of a Food Vale Coordinator began in Q4 of 2019/20.</p> <p>The project secured additional funding from Awards for All for a variety of engagement of activities themed around the Charter and from Creative Rural Communities to develop a website and digital platform for Food Vale.</p> <p>2020-2021</p> <p><u>Project delivery</u></p>

		<p>With a dedicated Project Officer, Food Vale will increase its visibility in the Vale to residents, businesses, and communities alike, leading a social movement to change the food system in the Vale. Working with partners there are opportunities to tackle inequalities and address food poverty and sustainability through connecting local communities with local producers. We have produced a Food Charter with 3 key aims:</p> <ul style="list-style-type: none"> - A good meal for everyone, everyday - Provide support for thriving independent food businesses - Think global eat local 				<p>The Food Vale website was developed and launched early in Q1 and is focusing on supporting Vale residents and food businesses during Covid.</p> <p>During the lockdown, a food distribution working group was established with key partners across the Vale to monitor issues with distribution of food parcels to those being shielded and more vulnerable residents.</p> <p>As a result, the Steering Group now boasts new members from a variety of organisations representing both businesses and the local communities in the Vale</p> <p>In June, Food Vale was formally accepted as a member of the UK Sustainable Food</p> <p>Scoping existing resources, infrastructure and stakeholders across the Vale suitable or already engaged in food projects to grow network.</p> <p><u>Stakeholder Engagement</u> Identifying new stakeholders and scheduling meetings to ascertain potential for collaborating on future work.</p> <p>Working with Healthy Schools/Preschools team to develop a plan for a 'Food Vale intro' video structured around Food Vale's 3 charter aims.</p> <p>Engaging with 3 schools and 3 businesses across Barry to recruit school children to feature in the video and confirm filming locations.</p>
--	--	---	--	--	--	--

		<p>One of the main tasks for the Project Officer will be the roll out of the Food Charter across the Vale. Additional value will be achieved through local partnership working along with membership of the Sustainable Food Cities network to share our experiences with the UK-wide network and attract additional funding.</p>				<p>Collaborating with schools to develop a film script, and co-ordinating the delivery of video.</p> <p><u>Website</u></p> <p>Developing a plan for the Food Vale website and undergoing training on the management and creation of website content.</p> <p><u>Food Vale Festival</u></p> <p>Scoping appropriate activities to include in a digital food festival in the Vale.</p> <p>Liaising with partners to plan the festival, including developing the programme of events and defining timeline & aims.</p> <p>Engaging with chefs, PR personnel and other stakeholders to commission work contributing to the Food Vale Festival.</p> <p>Promoting festival activities through the partnership's social media channels to attract interest and encourage participation.</p> <p>Publishing finalised content through the relevant platforms.</p>
6	<p>Healthy behaviours/ environments</p> <p>Local enhancement of National Exercise Referral Scheme for primary care referrals / Physical</p>	<p>Aligned to Building a Healthier Wales:</p> <p>enabling healthy</p>	<p>Delayed</p> <p>Recruitment freeze within Cardiff and the Vale of</p>	<p>Budget = £195,000</p>	<p>Budget = £195,000</p>	<p>2019-2020</p> <p>Plan for spend developed.</p> <p>Consultancy firm commissioned to do the systems mapping against the GAPP for Cardiff and the Vale of Glamorgan, and development of the Cardiff Physical Activity and Sport strategy.</p>

	<p>activity capacity to deliver <i>Move More Eat Well</i> plan (LAs)</p>	<p>behaviours theme</p> <p><u>Evidence base</u></p> <p>Expansion of the National Exercise Referral Schemes in Cardiff and Vale to support primary care and ensure earlier intervention (for example inclusion of Foodwise, targeting pre-diabetes, promoting activity in joint pain, and improving mental wellbeing), and greater support for attendees to connect into community activities.</p> <p>Expansion of the schemes will enable earlier intervention and therefore wider population benefits. Expected outcomes include: increased number of referrals, and increased number</p>	<p>Glamorgan LAs</p>			<p>2020-2021 NERS schemes not currently running. Some online provision offered to current clients.</p> <p><u>Recruitment</u></p> <p>Move More Manager recruited in Q4 and developing programme of work.</p> <p>Sport Cardiff Move More Research and Insight Co-ordinator post out to advert again (now full-time post with additional funding from Sport Cardiff, as first round unsuccessful).</p> <p>Vale of Glamorgan’s Exercise Referral Development Officer (NERS) and Healthy Living Officer (focus on Older People- now a full-time post with addition of Sport Wales funding) out to advert.</p> <p><u>Project delivery</u></p> <p>Some delivery against MMEW in relation to physical activity, but some delayed delivery due to Covid-19 and recruitment delays.</p>
--	--	--	----------------------	--	--	--

		<p>of participants remaining active in the community after completion of scheme.</p> <p>Increased capacity to deliver against the Move More Eat Well Plan. In the Vale, examples include supporting older people to be active in the community, and active travel to school plans. In Cardiff, examples include engaging families to participate in physical activity through play, and targeted interventions to increase physical activity levels in communities with highest need. The focus will be further worked on over the forthcoming months.</p> <p>These actions will ensure effective</p>				
--	--	---	--	--	--	--

		<p>delivery against the Move More, Eat Well Plan. Expected outcomes include: increased physical activity levels in targeted groups (older people, families, communities in highest need), and increased number of children actively travelling to school in Vale.</p>				
7	<p>Healthy behaviours/ environments</p> <p>Move More, Eat Well</p> <p>Specialist PH Leadership to drive forward <i>Move More, Eat Well plan</i> with partner organisations and Cardiff and Vale PSB Inequalities work</p>	<p>Aligned to Building a Healthier Wales:</p> <p>enabling healthy behaviours theme</p> <p><u>Evidence base</u></p> <p>International evidence demonstrates that</p>	<p>Delayed</p> <p>The full MMEW leadership team was in post in Feb 2021.</p>	Budget = £196,974	Budget = £196,974	<p>2019-2020</p> <p>Senior level leadership brought together, in partnership, a draft Move More, Eat Well Plan. There was a consultation and engagement period during Autumn 2019, and after revisions; the Move More, Eat Well Plan was signed off by both Cardiff and the Vale of Glamorgan PSBs; plus the Cardiff and Vale RPB, in readiness to launch in the Spring.</p> <p>2020-2021</p> <p><u>Recruitment</u></p>

		<p>senior level leadership across organisational boundaries, leads to successful reduction in obesity levels across local areas. Specialist public health leadership in the remit of healthy weight is needed to drive forward the Move More, Eat Well Plan, by increasing capacity for delivery, and influencing local stakeholders to support the 10 priority areas within the Plan. This programme of work will also include a programme to reduce health inequalities across Cardiff and the Vale of Glamorgan, spanning relevant topic areas within health and wellbeing.</p> <p>In order to achieve the</p>				<p>The MMEW Principal Practitioner and Programme Manager commenced their posts at the beginning of December.</p> <p>The MMEW Senior Public Health Practitioner and Public Health Practitioner commenced their posts in February and March respectively.</p> <p><u>Collaborative action</u></p> <p>Following the COVID-19 lockdown period, the Move More, Eat Well Plan was launched virtually on 27 July 2020.</p> <p>Work with partners to develop a MMEW partnership project plan for 2021/22 has progressed during this quarter. This plan will provide further detail relevant to the overarching actions outlined in the MMEW strategic plan. This has involved so far, the contributions of 15 partners and has already identified further opportunities for collaboration. Work on the plan will continue into quarter one of 21/22.</p> <p><u>Communication and engagement</u></p> <p>A website with useful facts and information was created for the event: www.movemoreeatwell.co.uk</p> <p>Further development of MMEW ‘communication and engagement strategy’ has taken place including the incorporation of actions resulting from the Equality Health Impact Assessment (EHIA) for the MMEW plan. The EHIA was finalised during this quarter. Work to update both the English and Welsh MMEW websites has commenced, involving</p>
--	--	---	--	--	--	--

		<p>leadership required to deliver on the Move More, Eat Well Plan, a new team of expert leaders will be recruited into the Cardiff and Vale of Glamorgan Local Public Health Team. This will include: 1 wte Band 8a Principal, 1 wte Band 7 Senior and 1 wte Band 6 Practitioner support. In addition to this, there will be a 0.8wte Band 7 programme support to further develop the performance matrix, evaluation and potential research opportunities</p>				<p>the contributions of a range of partners from across the plan.</p> <p>MMEW social media presence continues to increase. At the end of Q4 the MMEW twitter account had a total of 242 followers on the platform thus far. There has also been a steady increase in the number of profile visits to the social media account, with; over 2k in this Q4, over 100 mentions across other user Tweets.</p> <p><u>Monitoring and evaluation</u></p> <p>Development of the MMEW performance management framework aligned to the partnership project plan (21/22) has progressed with further development to continue and monitor against the outcomes of the MMEW plan to commence, next quarter.</p>
--	--	---	--	--	--	---

		in this remit of work.				
8	<p>Healthy behaviours/ environments</p> <p>Third sector support in targeted communities for <i>Move More, Eat well</i> plan</p>	<p>Aligned to Building a Healthier Wales : enabling healthy behaviours theme</p> <p><u>Evidence base</u> International evidence demonstrates that senior level leadership across organisational boundaries, leads to successful reduction in obesity levels across local areas. Specialist public health leadership in the remit of healthy weight is needed to drive forward the Move More, Eat Well Plan, by increasing capacity for delivery, and influencing local stakeholders to support the 10</p>		Budget = £45,000	Budget = £45,000	<p>2019-2020</p> <p>Move more, eat well small grants scheme, 2020/21, was launched on the 4 March 2020 to fund new third sector activities that support increased physical activity and/or healthy eating within communities across Cardiff and the Vale of Glamorgan. C3SC administered the fund.</p> <p>A total of 20 organisations applied for the grant. The panel, formed by representatives from the Health board and the third sector across the region awarded funding to 11 of these organisations addressing a variety of physical activity and healthy eating issues.</p> <p>2020-2021</p> <p>As lockdown eased, third sector organisations were able to commence projects in earnest. Examples included:</p> <p>Grow Cardiff worked closely with South Riverside Community Development Centre (SRCDC), who have been running veg plant give-aways to local residents in Riverside. Each session attracted around 70 local people, all of whom took away salads, vegetables and herbs to grow at home.</p> <p>‘Single parents’ wellbeing’ started on 4 May, and enrolled 58 single parents to take part in a 10 week programme, that took them up to the Summer</p>

		<p>priority areas within the Plan. This programme of work will also include a programme to reduce health inequalities across Cardiff and the Vale of Glamorgan, spanning relevant topic areas within health and wellbeing.</p> <p>In order to achieve the leadership required to deliver on the Move More, Eat Well Plan, a new team of expert leaders will be recruited into the Cardiff and Vale of Glamorgan Local Public Health Team. This will include: 1 wte Band 8a Principal, 1 wte Band 7 Senior and 1 wte Band 6</p>				<p>Holidays. This was in collaboration with a SPW member that runs a company called Fit Muma.</p> <p>Newydd Housing contract was commissioned at the end of Q3.</p> <p><u>Recruitment</u> Officer appointed in Quarter 4, due to start April 2021.</p> <p><u>Project delivery</u> Project terms and conditions signed off with project planning meetings taken place</p> <p>Soft launch of HAPI project via Facebook boosted posts of current HAPI Cymru activities</p> <p>Rebranding of ‘Hapi RCT’ to ‘Hapi Cymru’</p> <p>Filming for promotion video Posters developed ready for launch</p> <p>4 targeted Facebook posts generating 75 new page likes from Cardiff and Vale residents.</p> <p>23 Easter ‘hampers’ were delivered to Cardiff and Vale residents (2 in Cardiff) (21 in Vale). These included healthy food/ingredients and physical activity equipment for families who would otherwise struggle to afford food during the Easter holidays and wanted to increase their family’s physical activity levels.</p> <p><u>Stakeholder Engagement</u></p>
--	--	--	--	--	--	---

		Practitioner support. In addition to this, there will be a 0.8wte Band 7 programme support to further develop the performance matrix, evaluation and potential research opportunities in this remit of work.				Established relationships and agreed way forward with: 1.Cardiff Community Inclusion Team 2.Sport Cardiff 3.Vale Council healthy living team 4.Llantwit Major Food Poverty Group 5.CUBE 6. Senior Health Promotion Specialist's - Healthy schools (Cardiff and Vale) 7. Richard from Cooking Together 8. Food Vale and Food Cardiff 9.GVS
9	Determinants Enhanced time credit approach in Vale of Glamorgan housing team to tackle inequalities in communities experiencing disadvantage (Vale LA)	Aligned to Building a Healthier Wales : tackling the wider determinants theme <u>Evidence base</u> The recruitment of a Time Banking Coordinator will enable the expansion of the current time banking scheme	Delayed	Budget = £45,000	Budget = £45,000	2019-2020 Below is a link to the Vale PSB Annual Report which talks in more detail about the progress made in 2019 with regards to time banking and also Vale Heroes. https://sway.office.com/3aK3brSxvi8ffK6u?ref=Link 2020-2021 The original proposal was revamped post COVID, to make it more about digital engagement, recognising difficulties face to face contact and volunteering and also more limited opportunities to spend time credits. The lockdown in March resulted in the establishing of Vale Heroes as community groups, voluntary organisations and individuals came together to provide support in

		<p>and increase earning and spending opportunities in communities.</p> <p>The enhanced scheme will enable more residents to benefit from volunteering and earning time credits and increase the diversity of current volunteers, particularly groups that are currently not engaged.</p> <p>Time banking connects communities, reduces social isolation and improves mental health and wellbeing. Volunteering opportunities have many benefits including the promotion of active and healthy lifestyles.</p> <p>To expand the successful time</p>				<p>communities across the Vale. We are keen to build on this and continue some of the Vale Heroes contact work.</p> <p>A Community Impact Assessment has been undertaken on the impact of covid-19 in the Vale and this will inform this work together with the economic impact also undertaken.</p> <p>Community Impact Assessment https://sway.office.com/xogVh7qEsh2mM3h7</p> <p>Economic Analysis Dashboard Report: https://sway.office.com/42O9mKln3kJHNPOp?ref=Link</p> <p>Full Economic Report: https://sway.office.com/RaF4BMtpuGz3dEf1?ref=Link</p> <p>Cabinet report to seek approval to employ and host the postholder within the Council is currently in consultation process. It's planned to go to Cabinet in Q1 FY2021/2022, and subject to approval the secondment post will be advertised shortly after.</p> <p><u>Project delivery</u></p> <p>Following the last Task and Finish Group of the PSB, the proposal has been updated to reflect the changes required in light of Covid-19 and the restrictions on people's ability to volunteer via more traditional means.</p>
--	--	--	--	--	--	--

		credit scheme in the Vale, this investment would fund an officer post to plan and manage an enhanced scheme which currently only includes council tenants, to act as a tool for supporting community engagement at scale in disadvantaged areas.				
Total				Budget = £881,000	Budget = £881,000	

Please add additional rows if required, and also attach any additional project documentation if helpful.

1.2: For projects not expected to be delivered on time, please provide further details below

All projects commenced late, for reasons noted above, but as of Q4 FY2020-2021, with the exception of Time Credits, all posts have been recruited to and each project will commence and deliver fully against its outcome measures from Q1 FY2021-2022.

1.3: Were there any significant over / underspends in any of the projects for 2019/20 and/or 2020/21?

If yes, please provide further details below

2019-2020

Listed below are the slippage projects that have been approved by the SRO. All the slippage projects are aligned to Building a Healthier Wales priorities.

Underspend project theme	Cost
Healthy eating programmes: <ul style="list-style-type: none"> • Dietetic resources • Food and innovation projects (community pantries/healthy eating and procurement resource/Comms plan for Food Cardiff) • Food Vale resources 	£21,450
Physical activity programmes: <ul style="list-style-type: none"> • Healthy travel projects (cycle training/cycle maintenance sessions) • Commissioned physical activity strategy • FitBit course • Elderfit website/training/equipment • Physical activity prescription pads • Research on strength and balance in schools 	£43,191
GP screens: <ul style="list-style-type: none"> • Cloud system and boxes for WB4U GP practices 	£16,577
Flu programme: <ul style="list-style-type: none"> • Flu resources 	£6,000
GRAND TOTAL	£87,218

2020-2021

Due to Covid-19 and the significant delay and impact on programme delivery there are several variations to the programme. Listed below are the slippage projects that have been approved by the SRO. All the slippage projects are aligned to Building a Healthier Wales priorities.

Consultant time on MMEW (12 months of 0.2wte)	£26,370
Commissioned Pharmaceutical Needs Assessment	£54,000
Website design - YOGI -	£1,000
Flu - Other (communications, incentives, IT software)	£13,534
HaSPSS	£15,000
Set up costs (laptop and monitor)	£794
Lockers for prevention staff	£1,151
MS Project (Pro) Licence	£900
Set up costs for prevention staff (Nadex and IT)	£1,050
Falls project	£3,803
Immunisation uptake support	£20,265
Imms coordinator - extra time	£11,215
Midwife iPad	£579
Healthy Schools	£5,600
Meraki boxes for new starters	£3,150
Food project	£3,000
Website Translation	£496
Child health resources (hoodies, banners, laptops)	£5,000
Alcohol resources	£1,500
Cardiff Council - Digital Healthy Cooking on a Budget Course with Funded Food Boxes/Establishing a Bike Fund for Unemployed Adults with a 'Travel to Work' Barrier	£15,000
Glamorgan Voluntary Services – Llantwit Major Food Poverty Project	£20,000
Cardiff Council Digital project	£20,000
Vale Food poverty project	£15,000
Vale Food bank	£10,000

Cardiff Food Bank	£10,000
A Million steps project	£11,608
BAME resources	£12,000
BAME project manager (6 months)	£11,232
Next bike 1,500 spaces	£2,000
Hospital and retail standards displays / Implementation guide for Hospital retail standards	£1,365
MMEW website	£180
Cardiff smoke-free playgrounds	£4,873
Vale smoke-free playgrounds	£3,480
MOBILE PHONE COSTS / CHARGES, EE	£43

TOTAL £305,187

The C&V UHB component underspend of **£51k** has already been committed against current ongoing projects within Prevention and Early Years, and will be utilised across the first quarter of 21/22.

In addition to the C&V UHB carry over there were the following from Cardiff Council and Vale of Glamorgan Council over 2019/20 and 2020/21 (all fully committed):

Cardiff Council

- Physical activity/NERS (via Sport Cardiff, which is a part of Cardiff Met) - £142,633
- HaSPSS - £13,022

Vale of Glamorgan Council

- Physical activity/NERS - £121,936
- Time credits - £90,000

2) Changes to Project Delivery

2.1: Have there been any changes to project delivery since the original plans were submitted and approved (including changes to project aims and objectives, deliverables and outcomes, methodological approach, monitoring and evaluation plans)?

If so, please provide more details below

There has only been one notifiable change to the Maternity Support smoking workstream. The original project aim was for the maternity support worker to bridge both smoking cessation and obesity reduction from antenatal booking onwards. However, the remit of the role has been changed to tackle the issue of maternity smoking only. This was due to forthcoming funding from Welsh Government Healthy Weight; Healthy Wales funding to fund the Doncaster model for maternal obesity.

There are no other significant changes to report for the other 8 project delivery plans since the original plans were submitted and approved. Overall, only enhancements and slight refinement of the project aims, deliverables and outcomes and monitoring through the development of forward workplans and process and outcome measures.

Until now, the focus of the Prevention and Early Years programme delivery has been on activity rather than outcomes. Putting a greater emphasis on the need for complete and reliable outcome data has progressed the development of SMART process and outcome measures for each workstream in quarter 4. The ongoing monitoring and reporting of these measures will provide a more accurate picture of the programmes of work delivered, identify best practices and support evidence-based forward work planning decisions. All these factors will contribute greatly to accountability, transparency and the effectiveness of the overall delivery of the programme.

As with all programmes, the Prevention and Early Years programme has faced numerous risks and issues in previous years. The need to develop an integrated risk management strategy and issues resolution strategy has been recognised as an integral component of the management and governance of the programme. The regular communication and discussion of workstream risks and issues will be a way to share risk information within and across organisations, therefore allowing better insights and continuous improvement in decision making at all levels.

3) Governance arrangements

3.1: Please describe the governance arrangements in place for your regional plan and for individual projects. Have any changes taken place since the plan was approved?

A Programme Manager was appointed in December 2020 to programme manage the effective delivery of the P&EY programme and support the development and implementation of the Move More, Eat Well plan.

The programme manager reports to the Consultant in Public Health and ultimately the Executive Director of Public Health (SRO). The Programme governance structure has been established in such a way to ensure continual focus on Programme outcomes and the alignment of priorities to the BAHW, whilst also reporting to the Cardiff and Vale of Glamorgan RPB.

Effective governance arrangements have been developed, encouraging innovation from project leads, whilst introducing the element of control and escalation. The arrangements in place are based on the following principles:

1. The monitoring and reporting processes introduced are simple and have been communicated with all relevant stakeholders.
2. All processes have been designed to meet the needs of Cardiff and Vale UHB and the partner organisations.
3. The ability to manage risks and issues within given parameters, with a clear route to escalation has been established.

With the recent appointment of the Programme Manager and the further development of robust governance, the following benefits to the Programme are :

1. Increased clarity of the roles and responsibilities of all project and programme resources.
2. Increased programme control.
3. Deploying resources in the most appropriate way, managing accurate and timely data, insights, and delivery of outcomes.
4. Improved visibility of the overall programme value and the progress of each project – enabling the SRO to make effective decisions.

4) Evaluation and Learning

4.1: Please summarise any key learning and evaluation from the projects to date (including any outputs, measures of impact, improvement from baseline indicators, communication materials)

- Despite the ongoing impact of the COVID-19 pandemic, the Prevention and Early Years programme has continued to make good progress. The main delays were in recruiting key personnel to drive forward this programme of work. However, innovative solutions such as virtual interviews were put in place to enable progress to recruitment of key posts. The lesson, is therefore that progress can be made with work around solutions, even during a global pandemic.
- Opportunities for partner collaboration, new virtual delivery methods and approaches to engagement with the population and key stakeholders have been realised.
- More education from our service users and through key campaigns such as Move More, Eat Well, NYLO and Food Vale Festivals has continued to move online.
- A number of digital resources have been developed across the programme to support the delivery of the virtual groups. In the absence of face-to-face interventions, innovative ways to promote activities across social media channels and encourage participation has been key.
- Insight development work (building on the Equalities and Health Impact Assessment) has continued to address ways of engaging seldom heard communities.
- Identifying the need to develop robust governance structure and the introduction of new strategies and plans.
- Progressing the development of process and outcome measures for each project and developing mechanisms/systems in which to capture and report this data.
- The introduction of a RAG (Red/Amber/Green) for each project, to provide a snapshot of each workstream within the projects and highlight areas of focus.

Section B: Forecast delivery and resources for 2021/22

1) Delivery and resources					
1.1: Please provide details of planned delivery and expenditure during 2021-22					
	Project title and brief description	Alignment with Building a Healthier Wales priority and evidence base	BAHW Prevention and Early Years funding required		Forecast deliverables/ outputs
			April to September 2021	October 2021 to March 2022	OUTCOME MEASURES
1	<p>Healthy Early years / children</p> <p>Maternity support - smoking (UHB maternity services)</p>	<p>Aligned to Building a Healthier Wales:</p> <p>ensuring the best start in life theme and enabling healthy behaviours theme.</p> <p>Evidence base – as above</p>	£12,579.50	£12,579.50	<p>An increase in the number of pregnant smokers referred to ‘Help Me Quit’ smoking cessation service</p> <p>An increase in the number pregnant smokers accepting the service following a referral to ‘Help Me Quit’</p> <p>Number of treated pregnant smokers who quit smoking at 4 weeks CO verified or self-reported</p>
2	<p>Healthy Early years / children</p> <p>Healthy Pre Schools scheme support for</p>	<p>Aligned to Building a Healthier Wales:</p>	£21,693	£21,693	<p>Cardiff ChaSPS</p> <p>Increased number of pre-school settings engaged in Healthy and Sustainable Pre-school scheme</p>

	<p>Cardiff & Vale (Local PH Team for Vale of Glamorgan/Cardiff LA for Cardiff)</p>	<p>ensuring the best start in life theme and enabling healthy behaviours theme.</p> <p>Evidence base – as above</p>			<p>Increased number of pre-school settings that have completed the 'Nutrition and Oral Health' criteria</p> <p>Increased number of pre-school settings that have completed the 'Physical Activity and Active Play' criteria</p> <p>Number of settings taking part in promoting the 'Healthy Start' scheme to families, to contribute to reducing food poverty, and using their involvement as evidence for CHaSPS</p> <p>Number of settings that implement the Physical Activity resources</p> <p>Number of settings that carry out healthy practical cooking sessions using Little Cooks resources</p> <p>Number of settings that implement the Play to Learn resources</p> <p>Number of settings that implement fruit and vegetable gardening activities</p> <p>VALE HaSPSS</p> <p>Increased number of pre-school settings engaged in Healthy and Sustainable Pre-school scheme</p> <p>Increased number of pre-school settings who work in partnership to improve children's health, particularly in the areas of food and physical activity</p> <p>Increased number of settings taking part in 'Healthy Start' to contribute to reducing food poverty, and using their involvement as evidence for the HaSPSS</p> <p>An increase in the number of activities done on physical activity / healthy eating per week across all settings</p>
--	--	---	--	--	--

					<p>An increase in knowledge of healthy behaviours/activities after attending a focus group</p> <p>An increase in mental health and well-being levels in childcare staff after attending a webinar</p> <p>An increase in the number of settings identified to attend the PATHS (promoting alternative thinking strategies) Programme.</p>
3	<p>Healthy Early years / children</p> <p>Equivalent of Leeds 'Henry' programme/children's level 2 healthy weight service (UHB dietetics service)</p>	<p>Aligned to Building a Healthier Wales:</p> <p>ensuring the best start in life theme and enabling healthy behaviours theme.</p> <p>Evidence base – as above</p>	£110,826	£110,826	<p>RBA Performance Tool</p> <p>Is anyone better off?</p> <p>% staff completed AC level 2 CFNS and gained their accreditation</p> <p>% staff or trained community members that responded reported to have made changes to practice as a result of dietetic training at 6 month follow up</p> <p>% staff completing the facilitation training to deliver AC level 1 accredited courses reported feeling confident or very confident to deliver</p> <p>% individuals completed AC level 1 course and () have gained credit for learning</p> <p>% staff completing non-accredited nutrition training reported feeling confident or very confident to pass on messages to families</p> <p>% individuals completing evaluation questionnaires reported making changes to their family's diet as a result of attending a level 1 course</p> <p>% individuals attending an AC level 1 course reported eating more fruits, salads or vegetables as a result of the course</p>

					<p>% pregnant women reported feeling more confident or much more confident to manage their weight since attending Foodwise in Pregnancy</p> <p>% parents attending weaning party reported feeling more confident to cook their child/children healthy meals</p> <p>% parents attending a Family based programme reported eating more fruits, salads, vegetables as a result of the course</p> <p>% parents attending a Family based programme reported eating less high fat, salt and sugar foods as a result of the course</p> <p>% parents who completed a pre and post distance travelled tool, travelled a distance (at least 1 point on 2 or more scales)</p> <p>% childcare settings self-reported a change in practice or sustaining good practice as result of the GSHSA</p>
4	<p>Healthy behaviours/ environments</p> <p>Enhanced action on smoking cessation (UHB – pharmacy/PH – wider PSB partnership work)</p>	<p>Aligned to Building a Healthier Wales:</p> <p>enabling healthy behaviours theme.</p> <p>Evidence base – as above</p>	£37,060	£37,060	<p>Schools</p> <p>Number of partners reporting increased opportunities to share information regarding smoking prevention in young people in C&V after 4th quarterly meeting.</p> <p>Number of partners reporting increased opportunities for partnership working in smoking prevention for young people in C&V after 4th quarterly meeting.</p> <p>Number of partners reporting they undertook a smoking prevention activity for young people as a result of being a member of the Smoking and Young People working group after 4th quarterly meeting</p> <p>Number of primary schools providing information on current resources used</p>

					<p>Number of secondary schools providing information on current resources used</p> <p>An increase in service developers' understanding of the tobacco education and prevention resources available for use in schools in Cardiff and Vale</p> <p>Identification of gaps in tobacco education and prevention resources available for use in schools in Cardiff and Vale</p> <p>Service developers have increased understanding of where the greatest need is and what information may need to be provided</p> <p>Number of schools responding to their tobacco education needs assessment provided by the service</p> <p>Number of direct offers taken up and scheduled for future delivery</p> <p>% children and young people rating training/intervention as good or excellent</p> <p>% teachers and school staff rating training/intervention as good or excellent</p> <p>Number of schools taking up an offer of Smoke Free School Gates support</p> <p>Medicines Management</p> <p>Number of Community pharmacies offering an Enhanced Smoking Cessation Service in Cardiff and Vale of Glamorgan</p> <p>% of Community Pharmacies who offer a L3 Enhanced Service, with a signed SLA to offer a L2 Enhanced Service</p>
--	--	--	--	--	---

					<p>Number of treated smokers accessing L3 Enhanced Smoking Cessation Service becoming 'Treated Smokers'</p> <p>Number of treated smokers who quit smoking at 4 weeks CO verified or self-reported</p> <p>A reduction in prescribing costs ('cost per quitter') when compared to baseline year (2019-2020)</p> <p>An increase in % (from the baseline 2019-2020) in the number of Community pharmacies located in areas of high deprivation, offering a L3 Enhanced service</p>
5	<p>Healthy behaviours/ environments</p> <p>Implementation of Food Vale</p>	<p>Aligned to Building a Healthier Wales:</p> <p>enabling healthy behaviours theme.</p> <p>Evidence base – as above</p>	£17,354.50	£17,354.50	<p>200 people engaged in the food festivals</p> <p>10 participants engaged in each engagement event</p> <p>Annual % Increase consumption of 5 a day (Welsh Health Survey)</p> <p>10 healthy food pledges a quarter</p> <p>2,500 visitors to website annually</p> <p>5,000 unique pageviews annually</p> <p>30 listings in directory</p> <p>5 partner dashboards created</p> <p>50 signatories to charter</p> <p>30 pledges made</p> <p>50 subscribers to quarterly newsletter</p> <p>Secure engagement with 6 key partner organisations</p> <p>Recruit and train 3 partners to use and deliver Sensemaker</p> <p>Secure minimum of 45 respondents to the pilot questionnaire and evaluate the findings</p> <p>Successful Bronze application of SFP award</p> <p>Peer mentor 1 new food partnership</p>

6	<p>Healthy behaviours/ environments</p> <p>Local enhancement of National Exercise Referral Scheme for primary care referrals / Physical activity capacity to deliver <i>Move More Eat Well</i> plan (LAs)</p>	<p>Aligned to Building a Healthier Wales:</p> <p>enabling healthy behaviours theme.</p> <p>Evidence base – as above</p>	£97,500	£97,500	<p>Cardiff - NERS</p> <p>Number of NERS clients active for at least 30 mins p/week following completion of the scheme</p> <p>MMEW (9.3): Increase physical activity in older people in communities with highest need</p> <p>Number of older people engaging in physical activity projects Number of older people being physical active for >30mins p/week</p> <p>MMEW (9.4): Support communities with highest need to take more physical activity and to eat well</p> <p>Number of participants engaging from communities with highest need</p> <p>Number of people with highest need being physical active for >30mins p/week</p> <p>MMEW (10.1): Implement universal coverage of social prescribing for food and physical activity</p> <p>Number of people engaging in prescribed physical activity provision</p> <p>Vale of Glamorgan Healthy Living Team- NERS</p> <p>Number of NERS clients transitioning to community settings</p> <p>Number of NERS clients remaining active 2 months after leaving scheme</p> <p>MMEW (1.6) - Increase food and physical activity opportunities out of hours across educational settings</p> <p>Junior Sport Plan and 5x60 Plan</p>
---	--	---	---------	---------	--

					<p>% of participants who feel more confident participating in sport and physical activity</p> <p>% of participants who feel more motivated to participate in sport and physical activity</p> <p>% of participants who feel healthier</p> <p>% of participants reporting increase in physical activity levels</p> <p>60+ Leisure Scheme</p> <p>The provision of a range of physical activity opportunities that meet the needs of the local 60 Plus population</p> <p>% of people indicating increased physical activity levels in the 60+ Leisure Scheme</p> <p>% of participants indicating increased confidence to participate in activity</p> <p>Disability Sport Plan</p> <p>The provision of a range of physical activity opportunities that meet the needs of the disabled population</p> <p>% of participants indicating increased confidence to participate in activity</p>
7	<p>Healthy behaviours/ environments</p> <p>Move More, Eat Well</p> <p>Specialist PH Leadership to drive forward <i>Move More,</i></p>	<p>Aligned to Building a Healthier Wales:</p> <p>enabling healthy</p>	£98,487	£98,487	<p>MMEW Overarching outcomes</p> <p>Percentage of children aged 4/5 years who are a healthy weight</p> <p>Percentage of adults who are a healthy weight</p> <p>Percentage of adults who eat five a day (fruit and vegetables)</p> <p>Percentage of adults who are active for at least 150 minutes a week</p>

	<i>Eat Well plan</i> with partner organisations and Cardiff and Vale PSB Inequalities work	behaviours theme. Evidence base – as above			Systems leadership related outcomes Number of partners engaged in the plan Number of levers/linkage opportunities identified Number of individuals/partner organisations sharing their story through MMEW website Number of case study examples of good practice shared through communication channels Number of social media followers Number of social media interactions Number of website visits Number of progress updates provided to key partnerships
8	Healthy behaviours/ environments Third sector support in targeted communities for <i>Move More, Eat well</i> plan	Aligned to Building a Healthier Wales: enabling healthy behaviours theme. Evidence base – as above	£22,500	£22,500	Number of people attended the HAPI launch event Number of social media interactions Number of individuals who signed up to the project following the launch Number of individuals/partner organisations involved in scoping exercise Number of case study examples of good practice shared Realist evaluation on Active at Home packs produced Number of participants engaging in Nutrition Skills for Life training Number of participants engaging in Nutrition Skills for Life training from communities with highest need Number of participants attending Nutrition Skills for life training reported improvements in their knowledge and understanding of food and nutrition Number of participants attending Nutrition Skills for life training developed improved cooking skills Number of participants attending Nutrition Skills for life training reported an increase in fruit and vegetable consumption

					<p>Number of participants who engaged with FairShare</p> <p>HACT Social Value Impact</p> <p>Number of people being physical active/walking for >30mins p/week</p> <p>Number of people doing >20 minutes of vigorous-intensity physical activity p/week</p> <p>Number of people doing moderate-intensity exercise for >30mins p/week</p> <p>Number of people who have breakfast everyday (strongly agree/agree)</p> <p>Number of people who have 3 regular meals a day (strongly agree/agree)</p> <p>Number of people who strongly agree/agree with the statement 'Healthy eating is important to me'</p> <p>Number of people who eat fruit and vegetables less than once a week</p> <p>Number of people who eat fruit and vegetables 1-2 times a week</p> <p>Number of people who eat fruit and vegetables 3-4 times a week</p> <p>Number of people who eat fruit and vegetables everyday</p> <p>GetFit Wales and Sport Cardiff's Active at Home activity kits</p> <p>Number of participants engaging in GetFit Wales</p> <p>Number of participants engaging in GetFit Wales from communities with highest need</p> <p>Number of participants receiving Active at home activity kits</p> <p>Number of participants receiving Active at home activity kits from communities with highest need</p> <p>Number of participants reporting improvements in their physical activity level</p>
9	<p>Determinants</p> <p>Enhanced time credit approach in Vale of Glamorgan housing team to tackle</p>	<p>Aligned to Building a Healthier Wales:</p>	£22,500	£22,500	<p>Number of participants recruited to be part of the Time banking expansion project who are new to volunteering.</p> <p>Number of time banking volunteers recruited via Benthylg (support project)</p>

	inequalities in communities experiencing disadvantage (Vale LA)	tackling the wider determinants theme Evidence base - as above			Number of time banking volunteers recruited via GVS (support project) % of people reporting reduction in social isolation as a result of partaking in time banking activities % of people reporting an increase in confidence as a result of partaking in time banking activities % of people reporting improved employment prospects
Total			£440,500	£440,500	

Please refer to the excel spreadsheet below for a full list of all process and outcome measures for each workstream.



P&EY Measuring
Performance 2021-20

2) BAHW Outcomes

2.1: Please state how you anticipate the above projects to be contributing towards Building a Healthier Wales outcomes regionally and/or nationally by the end of 2021/22:

BAHW Priority	Forecast project contribution to outcomes
<p>Tackling the Wider Determinants of Health – optimising income, including for individuals affected by unemployment due to COVID-19, as well as those vulnerable groups known to have lower uptake of benefits.</p>	<p>Determinants – Time Credits</p> <p>Time banking connects communities, reduces social isolation and improved mental health and well-being. Volunteering opportunities have benefits including the promotion of active and healthy lifestyles.</p> <p>The time banking coordinator will enable the expansion of the current time banking scheme and increase earning and spending opportunities in communities with the Vale of Glamorgan.</p> <p>The PSB Time banking Expansion Project will focus on how the wider determinants of health can be influenced through social, environmental and economic factors, the project will:</p> <ol style="list-style-type: none">1. address health inequalities by reducing social isolation and loneliness through providing befriending support activities from a face to face and digital perspective as well as helping communities to digitally connect. (Participants will be encouraged to take part in active volunteering and to take up spend opportunities that will benefit their health e.g. gardening and online wellness/exercise classes)2. address wider poverty/economic issues by building skills and confidence to improve future employment prospects

	<p>3. raise environmental awareness by looking after the local environment by supporting the need to repair, recycle and reuse using the concept of volunteering and time banking.</p>
<p>Mental Well-being – understanding and tackling loneliness and isolation in the context of the pandemic</p>	<p>Linked to Time Banking scheme (above)</p>
<p>Ensuring the Best Start in Life: Optimising our Early Years</p>	<p>Healthy Early Years – Maternity support</p> <p>The most effective reduction in smoking rates among pregnant women occurs when specialist support is provided within Midwifery Teams.</p> <p>A fully integrated internal maternity smoking cessation support worker will work alongside Midwives in both hospital and community settings. By offering support, guidance for smoking cessation in this crucial group, we anticipate seeing :</p> <ul style="list-style-type: none"> - an increase the number of pregnant smokers attending a ‘Help me to quit’ appointment - an increase the number accepting the service following a referral by the ‘Help me quit’ team. - an increase in the number of treated pregnant smokers who have quit smoking at 4 weeks CO verified or self-reported. <p>Healthy Early Years – HaSPSS</p> <p>The Healthy and Sustainable Pre School Scheme promotes the health of pre-school children by working through childcare settings they attend. The scheme has been running for a number of years across Cardiff. The HaSPSS co-ordinator will:</p> <ul style="list-style-type: none"> - Provide additional opportunities to work with families to ensure that healthy behaviours are adopted for young children, before unhealthy behaviours become the norm - Play a key part in providing many thousands of health promoting interactions between childcare workers and families - Provide increased reach, increasing the number of pre-school settings who engage in the programme allowing more children to benefit

	<ul style="list-style-type: none"> - Deliver a greater number of high-quality interventions to support health of young children - Further strengthen partnership working so that the skills and experience of a wide range of groups can influence development of the scheme. <p>Healthy Early Years – Nutrition for your little one (NYLO)</p> <p>The NYLO workstream will reduce the level of healthy weight at school entry through a universal proportionalism approach to ensuring all families of under 5's who require it, can access a range of nutrition, parenting and lifestyle interventions to prevent childhood obesity.</p> <p>This includes promotion of breastfeeding, cooking skills, food and nutrition education programmes and family based healthy lifestyle programmes. Additional family support will be offered on a 1:1 basis to children who are already obese.</p>
<p>Enabling Healthy Behaviours – focussing on reducing smoking prevalence, promoting a healthy weight and increasing physical activity.</p>	<p>Healthy Behaviours - Smoking Cessation</p> <p>Medicines Management</p> <p>The appointed pharmacist will further develop the effective prescribing of smoking cessation products across Cardiff and the Vale.</p> <p>A level 2 and level 3 enhanced service will be developed to prescribe NRT via pharmacies with appropriate payment to the prescribing pharmacy. Prescribing NRT with specialist support is effective in the smokers quit attempt. It will ensure the smoker has access to products, on-going support, prescribing is more targeted and will reduce the overall spend on pharmacological projects. This service will enable smokers to gain access to pharmacological products quicker, when they need the support the most.</p> <p>We anticipate:</p>

- An increase in the number of Community pharmacies offering an Enhanced Smoking Cessation Service in Cardiff and Vale of Glamorgan
- An increase in the number of Community Pharmacies who offer a L3 Enhanced Service, with a signed SLA to offer a L2 Enhanced Service
- An increase in the number of treated smokers accessing L3 Enhanced Smoking Cessation Service becoming 'Treated Smokers'
- An increase in the number of treated smokers who quit smoking at 4 weeks CO verified or self-reported
- A reduction in prescribing costs ('cost per quitter') when compared to baseline year (2019-2020)
- An increase in % (from the baseline 2019-2020) in the number of Community pharmacies located in areas of high deprivation, offering a L3 Enhanced service

Schools

The smoking cessation practitioner will work towards delivering a smoking and young people action plan, including stakeholders from a wide range of organisations and will co-ordinate specific activity around smoke-free enforcement on hospital sites and schools.

We anticipate:

- An increase in service developers' understanding of the tobacco education and prevention resources available for use in schools in Cardiff and Vale
- The identification of gaps in tobacco education and prevention resources available for use in schools in Cardiff and Vale
- Service developers have increased understanding of where the greatest need is and what information may need to be provided
- An increase in the number of schools responding to their tobacco education needs assessment provided by the service
- An increase in the number of direct offers taken up and scheduled for future delivery
- An increase in the number of schools taking up an offer of Smoke Free School Gates support

Healthy Behaviours - Food Vale

The dedicated Food Vale Coordinator will increase the visibility in the Vale to residents, business and communities alike, leading a social movement to change the food system in the Vale.

We anticipate:

- A further enhanced Food vale foundation
- An increase in the number of people engaged in food festivals and events
- An increase in the number of healthy food pledges
- An increase in the number of signatories to the charter and promotion of independent food businesses
- Successful bronze application of the Sustainable Food Places award

Additional value will be achieved through local partnership working along with membership of the Sustainable Food Cities network to share our experiences with the UK-wide network and attract funding.

Healthy Behaviours - NERS

The expansion of the NERS scheme will enable earlier intervention and therefore wider population benefits.

We anticipate:

- An increase in the number of people from deprived areas accessing NERS
- An increased number of NERS clients active for at least 30 mins p/week following completion of the scheme
- An increased number of NERS clients transitioning to community settings
- An increased number of NERS clients remaining active 2 months after leaving scheme

There will also be increased capacity to deliver against the Move More, Eat Well Plan and meeting the process and outcome measures in relation to

physical activity. Expected outcomes include: increased physical activity levels in targeted groups (older people, families, communities in highest need)

Healthy Behaviours - Move More Eat Well (MMEW)

The new Move More Eat Well leadership team will further develop the performance matrix, evaluation and potential research opportunities in this remit of work. Work undertaken at a leadership level to progress the plan in FY21/22 includes:

Collaborative action: Work with LPHT members and external partners to plan for, and take forward action across the 10 priorities of the MMEW plan identifying opportunities and levers across the system to facilitate progress and target action at communities most in need.

Communication and engagement: Establish and develop MMEW related communication channels. Take a behavioural science approach to insight gathering to ensure that communication and engagement with key partners at both an individual and organisational level supports behaviour change relating to moving more and eating well

Monitoring and evaluation: Monitor progress at both an individual action area level, as well as collectively against the overarching outcome of the MMEW plan

Reporting: Establish reporting mechanisms that facilitate the regular update of collective progress amongst key partnerships across Cardiff and the Vale including, C&V UHB, Cardiff PSB, Vale of Glamorgan PSB and the Regional Partnership Board as well as Healthy Weight meetings.

Healthy Behaviours - Third Sector support

Newydd Housing was commissioned to deliver pertinent actions within the Move More Eat, Well Plan, promoting increased levels of physical activity and healthy eating programmes of work in targeted communities.

	<p>The HAPI programme will target the communities in most in need to ensure that they eat well and exercise more. We anticipate:</p> <ul style="list-style-type: none"> - An increased number of participants attending Nutrition Skills for life training and other workshops reporting an increase in fruit and vegetable consumption - An increase in the number of participants reporting improvements in their physical activity level - An increased number of participants who improve their knowledge and understanding of food and nutrition - An increase in the number of participants who have developed and improved cooking skills
<p>Minimising the impact of Clinical Risk Factors – with a focus within the NHS and social care on normalising blood pressure, blood glucose, body mass index (BMI) and cholesterol</p>	<p>The Move More, Eat Well Programme of work will contribute towards the normalisation of BMI (as above)</p>
<p>Enabling transformational change – achieving a managed and incremental shift in NHS and wider public expenditure to prevention and early intervention, through partnership working behaviour change and new delivery models.</p>	<p>The Move More, Eat Well programme adopts a transformational change and partnership approach, utilising systems leadership across 10 high impact areas pertinent to Cardiff and Vale Of Glamorgan.</p>

3) Risk management

3.1: Please describe the key risks to the continuing delivery of your plan that currently exist, and how these could be mitigated.

A risk management and issues resolution strategies were developed in quarter 4 FY2020-2021. These strategies align with the programme objectives set out in the business case, provide clear guidance, facilitate continual improvement, and support better decision-making through a good understanding of risk and issues and their likely impact.

These strategies have been designed to work across organisational boundaries in order to accommodate these differing interests and ensure that stakeholders are engaged and informed appropriately.

The programme risks will be managed by the Programme Manager and details of ownership and any mitigating actions will be reported to the SRO. From FY2021-2022 the progress risk report will form part of this quarterly progress.

There are no significant programme risks currently to report.

Whilst COVID19 is an issue, the programme has managed to create workaround solutions to the barriers that were created. We anticipate that the programme will be delivered with these modifications.

Declaration

I/we certify to the best of my/our knowledge and belief that entries and details on this application form and any supporting documentation are correct.

Name:	Fiona Kinghorn/Suzanne Wood/ Helen Britton
Position:	Executive Director of Public Health/Consultant in Public Health Medicine/ Public Health Programme Manager
Organisation:	Cardiff and Vale University Health Board
Date:	14 May 2021