

A Healthy Vale

2005-2008

Health, Social Care and Well-being Strategy



Executive Summary



Bwrdd Iechyd Lleol
Local Health Board
Bro Morgannwg
Vale of Glamorgan



Health, Social Care & Well-being Strategy Summary 2005-2008

1. What do we mean by Health, Social Care and Well-being?

This is the first Health, Social Care and Well-being Strategy. In line with Welsh Assembly Government guidance, this will be a three-year strategy covering the period from 1st April 2005 to 31st March 2008.

By working together in partnership, the Strategy will help us work towards preventing ill health and enabling people to live longer, healthier lives in the environment that best meets their needs. This will be assisted by the provision of high quality, safe and effective services, which are flexible enough to meet the specific needs of particular groups.

Health is not just the absence of illness or infirmity. The World Health Organisation provides a wider definition of health as being a state of complete physical, mental and social well being.

Well-being not only depends on good health, but on the ability of individuals to live independently, to have positive relationships and a sense of self esteem and identity, and to participate actively in their wider community. It is also

dependent on individuals being able to access the social care and support that is available when needed.

The aim of this Strategy is to consider all aspects of the health, social care and well-being of the population of the Vale of Glamorgan, to improve services and to ensure better planning and investment of resources by organisations serving the population. It will not be possible to achieve all the desired outcomes within the existing resources of the statutory agencies. However, key priorities are identified within the Strategy so that resources are focused in a way that achieves the most effective outcomes for those in need.

Which factors affect our Health, Social Care & Wellbeing?

The state of an individual's or a community's health is not only affected by the National Health Service. Health is also affected by poverty, employment rates, access to public and private transport, access to healthy and affordable food, the environment and environmental health, public health, lifestyle, housing, workplace health, and crime and disorder.

Each of us has a responsibility to maintain our health and avoid factors which cause illness. This Strategy will help people access good information on healthy lifestyles as well as providing services that prevent illness. The Strategy considers information contained in the Health Needs Assessment and the Wanless Local Action Plan, as well as the Community Strategy and the work of partnerships like the Community Strategy, the Children and Young People's Framework and the Community Safety Partnership.

2. Why do we need a Health, Social Care & Wellbeing Strategy?

Population Profile

About 119,300 people live in the Vale of Glamorgan; made up of approximately 57,200 males and 62,000 females, which reflects the fact that women generally live longer than men. Latest figures indicate that life expectancy at birth for males in the Vale is 76 years compared to 80.5 for females. Over the past 10 years:

- The total population has increased by about 1%.
- There has been a decrease in the number of children and an increase in the number of elderly people, which is mirrored in the All Wales figures.
- The percentage change is greatest in those over 80 years (+26.2%). This is significantly greater than the All Wales figures of 19.8%.

Housing developments at Barry Waterfront and Rhoose, as well as the increase in numbers of service personnel at St. Athan, are all factors that will affect plans to provide extra

health, education and social services. In addition, the Vale of Glamorgan Local Health Board and Vale of Glamorgan Council are conscious of the increasing elderly population and the demands that they will have on future service provision.

Health Inequalities

People in Wales are generally living longer, more healthy lives than previous generations. This is particularly so in the Vale of Glamorgan where most indicators of health, social care and well-being show that the Vale does significantly better than the Welsh average. However, within the Vale of Glamorgan there are marked differences in people's health, i.e. health inequalities. Of the 22 electoral divisions (formerly called wards), the Vale of Glamorgan has 10 of the most affluent areas in Wales. However, Castleland and Gibbonsdown in Barry are in the top fifth of the most deprived areas in Wales, and a further three areas in Barry – Court, Cadoc and Buttrills – are in the second fifth. Statistics for the whole Vale of Glamorgan therefore mask differences in health status between electoral divisions and small neighbourhoods within these areas.

The Welsh Index of Multiple Deprivation (WIMD) is a measure that allows us to rank and score deprivation. This table summarises the position in the Vale and shows how the most deprived areas suffer “multiple deprivation”, i.e. poor income, employment, health and housing. People in these areas have an uphill struggle to stay fit and healthy. The table also shows how areas in the rural Vale of Glamorgan such as Peterston-super-Ely, Rhoose and St. Bride’s Major have poor access to services. We must not forget however that health inequalities can also be described by gender, age, race and vulnerable group as well as by geographical area.

IMD rank within local authority	Electoral division	Index of 3 Multiple Deprivation		Income domain		Employment domain		Health domain		Education domain		Housing domain		Access domain	
		score	rank in Wales	score	rank in Wales	score	rank in Wales	score	rank in Wales	score	rank in Wales	score	rank in Wales	score	rank in Wales
1	Castleland	34.7	130	45.3	112	32.4	204	28.6	242	41.6	133	47.0	103	0.5	847
2	Gibbonsdown	34.3	136	61.5	50	25.5	279	20.9	343	51.3	84	8.9	586	8.5	594
3	Court	31.1	185	42.5	128	25.6	277	21.7	331	53.3	76	25.7	276	2.5	775
4	Cadoc	26.1	260	33.0	198	20.0	357	19.1	372	44.4	117	26.1	271	6.6	646
5	Buttrils	23.0	321	33.7	192	24.3	294	22.5	319	23.2	309	14.5	457	2.3	781
6	Dyfan	13.1	597	16.7	414	10.8	537	15.6	435	17.3	402	3.8	733	9.5	569
7	Peterston-super-Ely	12.9	609	0.6	844	20.5	349	18.4	383	0.6	843	12.3	504	35.4	178
8	Stanwell	10.4	673	14.0	466	10.3	549	15.3	440	5.1	692	11.6	518	1.3	817
9	Baruc	9.0	712	9.8	562	9.5	570	7.7	616	7.8	613	10.2	553	8.5	595
10	St. Athan	8.6	725	9.0	583	3.4	747	4.3	716	12.7	495	0.2	860	29.4	234
11	Illtyd	8.4	735	8.7	591	6.4	653	5.3	686	10.0	556	17.8	394	5.1	691
12	Alexandra	8.0	747	7.8	613	8.7	589	9.2	578	4.0	725	17.1	406	1.6	808
13	Rhoose	7.4	765	4.1	722	3.4	744	3.3	750	7.9	612	0.7	841	37.9	158
14	Cornerswell	7.0	775	6.5	651	5.6	678	7.4	626	13.4	478	7.4	625	1.7	805
15	Llantwit Major	5.7	807	3.4	745	3.1	757	2.4	778	13.1	486	0.1	864	17.1	406
16	St. Bride's Major	5.3	816	0.7	838	3.2	751	2.1	788	0.8	836	1.3	818	36.9	166
17	Llandow/Ewenny	4.6	831	0.4	850	3.1	754	2.1	789	0.2	858	4.0	726	29.1	237
18	Llandough	4.2	834	2.6	774	2.9	763	4.0	727	6.6	647	3.8	734	9.2	576
19	Sully	4.1	839	2.1	791	2.3	782	2.8	765	1.3	819	3.3	748	20.8	345
20	Dinas Powys	3.7	843	4.0	726	3.0	759	2.5	775	1.5	809	2.9	763	10.9	535
21	Cowbridge	3.6	845	0.3	853	1.0	829	0.5	846	0.1	862	6.2	659	25.3	281
22	Wenvoe	3.3	848	0.7	839	1.2	822	0.7	838	1.9	796	0.1	862	24.1	297
Weight				0.25		0.25		0.15		0.15		0.10		0.10	

National Priorities

The Vale of Glamorgan Local Health Board and the Vale of Glamorgan Council have been required to respond to the Review of Health and Social Services in Wales 2003, which was commissioned by the Welsh Assembly Government. The conclusions of the Wanless Review include these findings:

- The current health and social care system is out of balance with too much reliance on the care of people in institutions
- There is widespread under-performance within services
- The health of people in Wales is relatively poor compared with other parts of the United Kingdom
- The demands on health and social care services will continue to rise as the number of people increases and the birth rate drops.

A programme for addressing these findings has been written into the Vale of Glamorgan's Local Action Plan.

National Service Frameworks, which are setting standards for the quality of service, have been created by the Welsh Assembly Government for particular client groups and health conditions.

These are:

- Mental Health National Service Framework
- Children's National Service Framework
- Coronary Heart Disease National Service Framework
- Diabetes National Service Framework

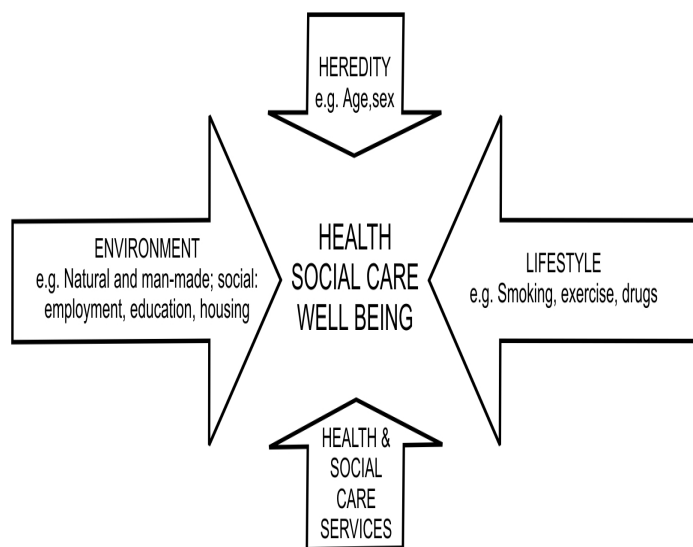
In addition, strategies have been established to improve services for the Vale as a whole and for particular groups:

- Community Strategy
- Older People's Strategy
- Carers' Strategy
- People with Learning Disabilities' Strategy

The Local Health Needs Assessment

Prior to establishing the Strategy, local authorities were required to produce a local Health Needs Assessment, which recognises the factors determining our health and well being i.e. hereditary, environmental, lifestyle and health and social care services.

The Vale of Glamorgan's Needs Assessment provides an overview of the findings, identifies unmet needs and options for improvement, and flags up areas that will require further Needs Assessment work prior to the next Strategy in three years' time.



The Welsh Assembly Government has asked local authorities and Local Health Boards (formerly Health Authorities) to see if the services they arrange can be planned better:

- to help people to remain healthy for as long as possible, and
- to ensure that when people do become unwell, or need support, that they receive timely and appropriate care.

In the Health Needs Assessment, we have started to map out the needs relating to the wider determinants of health

illustrated in the previous diagram. We tried to see how well people in the Vale are doing compared to other parts of Wales and Europe. The assessment has identified ways in which people's health can be improved and differences in health across the Vale can be reduced. These have been included in the Action Plan with particular reference given to the three priority areas: Circulatory Diseases, including Ischaemic Heart Disease, Heart Attack and Stroke; Cancer; and Chronic Obstructive Pulmonary Disease, including Chronic Bronchitis and Emphysema.

Outcomes from Consultation

Consistent with the areas for improvement identified in the Health Needs Assessment, the consultation process has identified many similarities in the service provision required to address the preventative agenda of the Strategy.

Community and public involvement and consultation have been very important in producing the Health, Social Care and Well-being Strategy and the Health Needs Assessment.

The Vale of Glamorgan Council and Vale of Glamorgan Local Health Board will be taking a more strategic and co-ordinated approach to the prevention of ill health through working with all partners, service users and carers in tackling the underlying causes of ill health.

3. What are the Themes of the Strategy?

Joint Key Priorities

It has been agreed that there will be a focus on improving services for the following groups:

- Older People
- Children
- People with Mental Ill-health

Joint Key Cross-cutting Themes

The proposals and actions set out in this Strategy are focused on the priority groups identified above. They also focus on joint working, which allows for early intervention and support for people within the community. The following cross-cutting themes have been agreed by the Vale of Glamorgan Council and the Vale of Glamorgan Local Health Board:

A Preventative Approach

The health promotion schemes which have been developed over the last few years by the Health Promotion Team and Health Alliance are key to a preventative approach. These activities will continue to be supported, and a local Older People's Strategy will be developed in conjunction with older people themselves, which will focus on the broadest

prevention agenda relating to the wider determinants of health, social care and well-being.

It has been recognised that there is a need for an improved joint commissioning process, which will facilitate the shifting of resources to complement the development of services which focus on the preventative agenda. This will involve an acknowledgement from all partners that there will be a shift from hospital services to community based primary care services; and that there will be an emphasis within Local Authority services on a more preventative approach.

A Whole Systems Approach

An effective whole systems approach will ensure the co-ordination of services, an appropriate use of resources and improved outcomes for people in the Vale of Glamorgan. One element of this approach is the development of a health and social care community case co-ordination model. This will develop a joint infrastructure within primary/community care to pull services together in a co-ordinated way and create links between existing community schemes. This will ensure patients receive the most appropriate care. It will provide a rapid response to services, assisting in the early identification of problems, and ensure that patients receive care in the community rather than being admitted to hospital unnecessarily.

The Integration of Services and Service Development

The Vale of Glamorgan Council and the Vale of Glamorgan Local Health Board have worked together to identify ways in which services can be redesigned to maximise resources and ensure that inappropriate dependencies are reduced.

It has been agreed that Wanless funding will be used to increase capacity within Barry Hospital to develop a shared community co-ordination team. Barry Hospital will provide a key focus as a community facility as well as provide in-patient facilities. It will create a resource centre for primary and social care. Investment from the Wanless allocation and other Local Health Board and Council funds will create a pooled budget, which in part will support the in-patients' service developments. Specific referral management schemes will be developed between primary care, community services and secondary care. People suffering from chronic and long-term conditions will be proactively managed to ensure that the interventions received are appropriate and timely, and that referrals for secondary care reflect the needs of the individual.

The Vale of Glamorgan Local Health Board is engaged in the regional programme of change and with the regional office and secondary care colleagues, have identified a number of areas that will be considered on a regional basis, these include:

- 24 hour Emergency Care Pathway
- Repatriation and referral
- Critical care
- Recognition of general and local hospitals

The Local Commissioning Group will be actively involved in the regional discussions and decisions as they are progressed.

Engaging Patients, Service Users and the Public

The development of the Health, Social Care and Well-being Strategy has involved consultation workshops with service users, carers and the public. This will continue throughout the implementation process of the Strategy and in the development of future Strategies. In addition, a Public Engagement Strategy has been established for the Vale of Glamorgan Council, and the Vale of Glamorgan Local Health Board has actively involved the public in consultation groups and meetings about service developments. For example, a 'health link line' has been created at Barry College for younger service users to give feedback on health service provision, and patient involvement groups have been established for people with diabetes.

Services for Carers

The Vale of Glamorgan is building on the services being provided for carers under the Carers (Recognition and Services) Act 1995, the Carers and Disabled Children Act 2000 and the provision of services under the Carers Special Grant 2000. The increase in the number of older people over the next 10 years will impact on the availability of carers, and on providing support to this group of people. With the stronger emphasis on helping people to live independently at home, the reliance on family and friends to provide informal support will continue to increase. The new Carers Equal Opportunities Bill 2004 will ensure that there is closer joint working between the Vale of Glamorgan Council and the Vale of Glamorgan Local Health Board to promote services for carers.

Development work during the life of the Strategy will include developing services under the headings of Carers' Assessments; Carers and Primary Care; Carers Information; and Carers in Employment.

The health, social care and well-being of carers is an important consideration in the drive to improve integrated health and social care services for people in the Vale of Glamorgan.

Access to Services

Improving access to services, particularly for people living in the rural Vale of Glamorgan, has been highlighted in the consultation process. The Vale of Glamorgan Local Health Board and the Vale of Glamorgan Council are committed to decreasing the variations in access as far as possible, with an increase in the provision of local services.

Within the Strategy, there is a particular focus on the improvement of transport links; the development of an Integrated Childrens Centre in Llantwit Major to serve the Western Vale; the development of GPs to offer a specialised local service; and the improvement of Information Services across the Vale, including the statutory Children`s Information Service. There is also a commitment to providing appropriate access to care and out-of-hours services for all Vale of Glamorgan residents.

4. How are we going to develop the Strategy?

By Working Together

The key issues and priorities identified have been developed, taking into account a number of factors: the needs and demography of the population, the current pattern of service provision, the complex strategic context set by the national policy direction, agreed local partnership strategies, and the service and commissioning plans of the Vale of Glamorgan Local Health Board and Vale of Glamorgan Council. In future years, the Health Social Care and Well-being Strategy will set the direction for, and influence, all local strategic agreements and plans and will also assist the Local Health Board and Council to influence service reconfiguration and development decisions on a regional and national basis.

The consultation process for preparing the Health, Social Care and Well-being Strategy will continue to be used and developed in the monitoring and review process. The joint Health, Social Care and Well-being team will liaise with the Co-ordinators of the other Partnerships in the Vale of Glamorgan to maximise resources and share approaches.

The Community Services Directorate of the Vale of Glamorgan Council has developed a Public Engagement Strategy with a variety of methods of engagement with the public being outlined as a reference for staff. The intention is to improve the range of methods used, and to broaden the approach to engagement so that the public is empowered by

the processes employed.

By Ensuring Links Exist with Other Plans and Strategies

Mention has already been made of the national strategies, but it is vital for there to be close links with local plans and strategies. These include:

The Community Strategy

The overarching local strategy for the Vale of Glamorgan is the Community Strategy 2004-2014. It is a jointly prepared document, and was produced following wide public consultation exercises and is available on the Vale of Glamorgan Council website www.valeofglamorgan.gov.uk

The vision it provides for the Vale is a place that is safe, clean and attractive, where individuals have opportunities to improve their health, prosperity and well being, and where there is a strong sense of community in which local groups and individuals have the capacity and incentive to make an effective contribution to the future of the area.

The Children and Young People's Framework Plans

The overall aim of the Framework Plans is to develop a common framework of values, objectives and priorities to tackle uneven service provision, raise standards and improve quality outcomes for all young people aged 0 – 25. The

Framework acts as the key strategic statement of how the well-being of children and young people in the Vale of Glamorgan will be improved over a five year period.

The Crime and Disorder Strategy

The Vale of Glamorgan Council recognises that it can only bring about a significant improvement in crime and disorder reduction with the full support and co-operation of other agencies and sectors. The Community Safety Partnership has been established with its members pledging their commitment: 'To reduce crime, disorder and their social and economic costs in the Vale of Glamorgan in a cost effective and socially equitable way'.

The Local Housing Strategy

In recent years, the Welsh Assembly Government has introduced a vision for Wales that sets out broad objectives they would like to achieve. These are set out in 'Wales: A Better Country' and relate to promoting social inclusion, equality of opportunity and sustainable development. 'Wales: A Better Country' is supplemented by the Assembly's vision for housing. This is set out in 'Better Homes For Wales- A National Housing Strategy'. The Local Housing Strategy process provides the means for the Council to articulate its own objectives having regard to, and being consistent with, the themes set out in the National Housing Strategy. The Local Housing Strategy covers the five-year period 2004-2009

and sets out how the Vale of Glamorgan Council will address the long-term vision for housing in the Vale of Glamorgan.

Local Service, Business and Action Plans

The key priorities for the Vale of Glamorgan Local Health Board have been identified from the following Local Plans:

Strategic Change and Efficiency Plan (SCEP)

The Health Improvement Programme

The Local Health Board Annual Service and Commissioning Plan

Service and Financial Framework (SaFF) 2004-2005

By use of a Health Impact Assessment Tool

Health Impact Assessment is based on a holistic, social model of health which recognises that the well-being of individuals and communities is determined by a wide range of economic, social and environmental influences, as well as by heredity and health care. Health Impact Assessment can be defined as the estimation of the effects of a specified action on the health of a defined population. Its purpose is to assess the potential health impacts - positive and negative - of policies, programmes and projects; and to improve the quality of public policy decision-making through recommendations to enhance predicted positive health impacts and minimise negative ones. The introduction of Health Impact Assessments is an agreed

action within the Community Strategy. The local use of these assessments will support joint planning and commissioning decisions. They also add awareness about health to policy making at every level. In the longer term, it has the potential to make improving public health a routine part of all public policy development.

In the Vale of Glamorgan, the Health Impact Assessment Support Unit is working with the Health Alliance to pilot a new health initiative with Council staff. A study is being undertaken to determine the ways in which staff travel to work, and to encourage more healthy and environmentally friendly methods of travel. The intention is to demonstrate the usefulness of this assessment tool so that it is adapted by the Vale of Glamorgan Council in its approach to all new developments and policies in the future.

By Joint Commissioning Arrangements

The Health Social Care and Well-being Strategy provides an evidence based strategic direction for the joint commissioning of services. Within the Vale of Glamorgan, it is recognised that joint commissioning is required across health and local authority functions to maximise the use of the resources available to fund service provision. Within the Wanless Local Action Plan, it is stated that local commissioning arrangements will be strengthened to ensure that joint accountabilities for decisions are recognised, all schemes that are introduced will have agreed criteria and accountabilities,

and objectives will be reviewed to ensure they are delivering the impact anticipated.

To ensure robust joint commissioning arrangements that link the delivery of the Wanless Local Action Plan with other commissioning responsibilities of the Local Health Board and Vale of Glamorgan Council, a new Local Commissioning Group has been established. A key role of the commissioning group is to ensure that services are strategically planned and commissioned jointly.

By Implementing a Financial Strategy

The current resource position of both organisations has been considered, as proposed objectives and changes need to be realistic. It will also be necessary to examine the resources in health and social care provision. Given the size of the agenda and the need to link the priorities of the Strategy with the budgets of the Vale of Glamorgan Local Health Board and the Vale of Glamorgan Council, it will be necessary to develop a financial strategy. This will take into account the money available for the implementation of the Wanless Local Action Plan, as well as the Capacity Grant.

In view of the financial constraints on both the Vale of Glamorgan Council and the Vale of Glamorgan Local Health Board, resources will initially only be allocated to key priority developments. The other priorities will be considered when the Strategy is reviewed.

By Establishing a Health Social Care and Well-being Partnership

Partnership arrangements between the Vale of Glamorgan Council and Local Health Board and all relevant stakeholders have been key to the development of this Strategy. These were managed through the Strategic Executive Group and through the partnerships engaged with the Community Strategy, the Children and Young Peoples Framework and the Community Safety Partnership. A new Health, Social Care and Well-being Partnership has been established in place of the Strategic Executive Group, which will be responsible for overseeing the delivery of this Strategy.

By Monitoring and Reviewing the Action Plan

The Action Plan for the Strategy incorporates the themes from the Wanless Local Action Plan and priorities from other key strategies.

The direction for future developments has been identified in Chapter Five of the full Strategy with some details of progress so far. The Action Plan sets out the details of the work which will be progressed over the period 2005 – 2008.

There will be a clear joint process for the monitoring and review of the Health Social Care and Well-being Strategy. The

work will be driven by the Health, Social Care and Well-being Partnership and the joint Local Commissioning Group. The review and updating of the Strategy will take place on an annual basis.

The Wanless Local Action Plan will be revised to incorporate the objectives and broader local issues from the Health Social Care and Well-being Strategy. There will therefore be one annual action plan for 2005/06 that will address the actions for both the Health Social Care and Well-being Strategy and the Wanless Local Action Plan.

Appendix A

SERVICE PROFILE

The way in which services are currently provided impacts on people's experience of health and well-being, as they need to be able to rely on support and services at different times and stages of life.

Services for Children and Families

The key service aim for Children and Family Services is to safeguard and promote the welfare of children and young people.

The main outcomes for the service are:

- to ensure that children have access to the service that they require to ensure their safety
- to enable families to solve their own difficulties with social work support
- to maximise the opportunity for Children Looked After by the Council to be placed within a family setting close to home, which is capable of meeting their needs
- to increase opportunities for Children Looked After to be afforded permanency wherever appropriate

- to ensure care leavers are appropriately supported into adulthood
- to ensure equality of opportunity and access for children with disabilities and their families
- to ensure that child protection conferences and registration meet statutory responsibilities.

Services for People with a Learning Disability

Over the years legislation has seen the development of three key principles that continue to guide the way care is provided for people with learning disabilities, namely:

- The right to an ordinary pattern of life within the community
- The right to be treated as an individual
- The right to additional help and support in developing their maximum potential

Substance Misuse Services

Substance misuse in Wales is a complex problem that has wide-ranging and harmful implications for the quality of life of individuals, families and communities. The Vale of Glamorgan Local Substance Misuse Action Plan 2005-2008 provides a clear framework for the delivery of the key strategic aims and objectives set out in 'Tackling Substance Misuse in Wales: a partnership approach' and also the implementation of the Welsh Assembly Government Treatment Frameworks. The

Substance Misuse Action Plan focuses on the promotion of healthy lifestyles, developing safer communities through enforcement, and the improvement of health and support services for those people affected by substance misuse and/or its knock-on effects.

Services for Carers

The National Assembly's document '*Caring about Carers: A Strategy for Carers in Wales*' sets out plans for improving the long term health and well-being of carers and those for whom they care. The Carers Special Grant Scheme came from this initiative to stimulate diversity and flexibility of services to carers. The Vale of Glamorgan fully acknowledges the level of support and care provided by 'informal' carers within the community. This support enables vulnerable individuals to remain at home within an environment that is familiar and reassuring to them. Without this level of support, vulnerable individuals would be unable to remain at home and alternative care provision would be required to ensure their safety and well-being.

Adult Provider Service

The Adult Provider Services adopt an approach which improves the effectiveness and performance of direct service provision, and produces more competitive services. Services provided include the following:

Residential Care

- 23 local authority – Elderly Mentally Infirm care beds
- 64 local authority care beds for older people
- 65 care beds for older people in partnership with Hafod
- 3 residential respite beds per night for service users with learning disabilities

Day Services

- 65 places for people with learning disabilities
- 25 places for users with physical disabilities
- 64 places for older people
- 210 meals are provided per day across the client groups

Delivery of Health Care Services

NHS services provided in hospitals and the community are commissioned locally by the Local Health Board from two NHS Trusts, Cardiff and Vale NHS Trust and Bro Morgannwg NHS Trust. In addition, Health Commission Wales commissions specialist NHS services for the population.

Primary Care Services

There are 17 GP practices, 23 community pharmacies, 22 dental practices and 17 optometrist practices currently providing primary care in the Vale of Glamorgan.

Secondary Care Services

Cardiff and Vale NHS Trust provides the majority of community and secondary health care services to residents of the central and eastern Vale of Glamorgan. It is also the major provider of specialist services to the population of South Wales and beyond. Bro Morgannwg NHS Trust provides the majority of community and secondary health care services to residents in the Western Vale. It is also the major provider of learning disability services for the whole of the Vale of Glamorgan.

Cancer Services

Cancer is primarily a disease of the elderly; only 25% of cases were in people aged under 60 according to the Welsh Cancer Intelligence and Surveillance Unit's (WCISU) Statistics for 2002. Wales currently has the oldest population in the UK, with 17 per cent of people over the age of 65. As the population in Wales continues to age, the incidence of cancer is set to increase, and the population of the Vale is growing older at a faster rate than anywhere else in Wales. The WCISU suggests that Wales will face more than 5,000 extra

cancer cases each year by 2024 because of its ageing population.

Cancer care services are provided by Velindre NHS Trust, Cardiff and Vale NHS Trust and Bro Morgannwg NHS Trust, as well as input from Marie Curie Cancer Care and Macmillan Cancer Relief.

Delivery of Other Services Impacting on Health and Well-being

In addition to services specifically provided and targeted for health and/or social needs, the Vale of Glamorgan Council has services that contribute to the wider picture.

These include:

- Community Safety
- Housing services
- Leisure services
- Lifelong learning services
- Visible services
- Economic and Environmental Regeneration
- Countryside and Environmental Projects
- Black and Minority Ethnic Communities
- Services for Gypsies and Travellers

Appendix B

ACTION PLAN

The following nine specific objectives have been identified for the Health, Social Care and Well-being Strategy and can be viewed in more detail in the full document.

1. Improving Services for Older People

- Produce an Older People's Strategy
- Continue to support and develop health promotion schemes for older people to inform healthy lifestyle choices and maintain independence
- Develop effective ways to manage patients suffering from chronic diseases within primary and community care, thus reducing unnecessary admissions to hospital and preventing deterioration in condition
- Improve access to appropriate care in settings that maximise and support independence by developing services for older people on the intermediate to long term care continuum

2. Improving Services for Children

- Continue to support and develop health promotion schemes to assist children and their parents in making healthy lifestyle choices

- Ensure the provision of an integrated Family Support Service to prevent escalation of problems and ensure co-ordinated early intervention
- Develop integrated services for children with disabilities to ensure co-ordination of services and intervention
- Review provision and placements for children with complex needs to ensure best value and development of local services
- Provide cost and clinically effective Children and Adolescent Mental Health Services as close to home as possible, and enhance primary care provision to allow early intervention where needed
- The alleviation of poverty by increased opportunities for employment and child care provision.

3. Improving Mental Health Services

- Prevention and Early Intervention (National Service Framework Standard 1). Support and develop health promotion schemes relating to mental health
- Service Model Reconfiguration (National Service Framework Standards 4,5,6, and 7)
- Service User Involvement (National Service Framework Standard 2)

4. A Preventative Approach

- Develop a more strategic collaborative approach to addressing the underlying causes of ill health
- To enable more people to live independently at home
- Improve health and well-being and encourage healthy lifestyles among our own workforces
- Developing community based opportunistic risk screening with explicit and clear treatment pathways for those identified as being at risk of Coronary Heart Disease
- Provide a food and fitness education and skills programme for those identified as being at risk of Coronary Heart Disease
- Promote the establishment of Green Gyms in target electoral divisions
- Raise awareness of injury prevention
- Work in partnership to improve sexual health of residents of all ages in the Vale
- Continue to implement Smoke Free Vale Strategy
- Develop and promote health and leisure partnership.
- Improve opportunities for recreation in a countryside setting
- Target the fear of crime within the Vale
- Develop opportunities for people to participate in the Arts

5. A Whole Systems Approach

- Provide an integrated and sustainable community services infrastructure, that aids independence, co-ordinates access to services and maximises resources
- Integrated Health and Social Care services provided locally to aid independence, prevent admission, manage chronic disease and provide rehabilitation
- Support the provision of local services in primary/community care where appropriate, and ensure referral routes are properly established
- Provide non-specialist secondary services as locally as possible and appropriate, and ensure local population can access care in more specialist centres when needed

6. The Integration of Services and Service Development

- Develop capacity in respect of intermediate and rehabilitative care
- Extending the range of service options through innovative supported housing and care home provision
- Improve co-ordination and utilisation of services established to prevent avoidable admissions
- Improve commissioning arrangements and service provision for continuing care
- Building capacity in primary care to provide a greater level of care in the community
- Develop a referral management initiative

- Improvement in the provision of cancer services in line with Cancer Network Plan

7. Engaging Patients, Service Users and the Public

- Review and update the Health, Social Care and Well-being Strategy.
- Implement the Vale of Glamorgan Council's Public Engagement Strategy.
- Improve mental health service user involvement (National Service Framework standard 2)
- Establish the Older People's Forum

8 Services for Carers

- Implement new carers' assessments under the Unified Assessment process
- The provision of good quality up-to-date information for carers
- The improvement of Council Employment policy in relation to working carers and the provision of a model of good practice

9. Access to Services

- The Vale of Glamorgan Council will provide good quality up-to-date information on services including the statutory Children's Information Service

- The commissioning of GPs with special interest in particular conditions to offer a local service.
- Improve access to Children and Family Services for people living in the western Vale.
- Improve transport for residents in the western Vale.
- Improve access to health services for homeless families and homeless single people.