

HEALTH AND WELLBEING IN ACTION: A HEALTH AND WELLBEING NETWORK

This report contains information on the nine months of the project from the 10th July 2017 to the 31st March 2018. This report also contains a map of the area and corresponding information sheet, map of a new project, marketing materials, an example directory, a letter of support from the Network, three Network PowerPoints, an example consultation and a schedule of the project until March 2018.

At the end of this narrative report is the progress report with the data collected throughout this project.

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Empowering people. Inspiring excellence. Strengthening communities.
Grymuso pobl. Ysbrydoli rhagoriaeth. Cryfhau cymunedau.

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Introduction

The aim of the project was to map the community groups and other interested parties¹ in the Gibbonsdown Ward of Barry. I contacted representatives from the grassroots groups and met representatives from these groups to make myself a prominent figure in the community. I facilitated Network Events where individuals from these groups could meet, explore ideas, share good practices and discuss how to improve the health and wellbeing of the Ward. The project will become community led as the Network group seeks to put their ideas into effect.

This report contains information on how the last nine months of the project have progressed, how the Network took its first steps into becoming a solid entity and how it would like to improve the health and wellbeing of the Ward.

¹The phrase ‘interested parties’ has been added to encompass those Network members who do not belong to a community group but could contribute to the Network, the community groups and help improve the health and wellbeing of the Ward. This could include clubs, PCSOs, some charities, organisations, businesses, Government run schemes, foodbanks, doctors, council and schools.

I will explain later in the report why I have included these ‘interested parties’ in the Network.

Executive Summary – June 2017 to March 2018

Thirty eight community groups/other interested parties and individuals were contacted. Thirty four groups/interested parties/individuals will be part of the Network. Two wish to keep in contact and two did not reply.

Thirty two representatives were invited to the Network to represent the groups/interested parties and individuals. I found that one individual could be a part of multiple groups and those who attended more than one group were very community minded. Two groups will not attend but wish to keep in contact.

There are two types of Gibbonsdown maps and I combined them with primary and secondary boundaries. There are twenty locations where community groups and other interested parties meet. I found that the public perception of the Gibbonsdown Ward was incorrect.

I decided to use distorted boundaries and include groups within walking distance of the boundary. I did not focus solely on health and wellbeing community groups and instead focused on mapping all community groups and other interested parties² within the Ward and included the Police Community Support Officers (PCSOs) as they are an integral part of the Ward.

Also, groups not associated with health may have a community based mind-set that would be good for the Network group. The project is about improving health and wellbeing and does not just need health and wellbeing groups; it needs all of the community. Therefore, I focused on all the community groups and other interested parties in the Ward so that the Network meetings would contain a diverse mix of candidates – male/female, young/old. This gave me a better idea of the community as a whole. To reach the public, this Network needs to work together with existing services and use the relationships that interested parties have already formed and cultivated with the community, to improve both their own groups and the health and wellbeing of the Ward.

Interested parties also have the experience of engaging the community and fund/support many groups within the Ward. For example, Cwtch Cymru wanted to contact Valeways (a charity) and arrange walking sessions which may not have happened if Valeways was not part of the Network. Interested parties may also be an avenue for the Network to continue once the project ends.

I found a lack of knowledge within the groups of other community groups and an eagerness to network with others. However, one group declined to join as they felt they had seen this type of project before and thought that these types of projects never last.

² The phrase ‘interested parties’ has been added to encompass those Network members who do not belong to a community group but could contribute to the Network, the community groups and help improve the health and wellbeing of the Ward. This could include clubs, PCSOs, some charities, organisations, businesses, Government run schemes, foodbanks, doctors, council and schools.

I attended many events and Networks to promote the project and to see how they were run. I marketed the Network meetings in the newspaper and on social media.

Two external projects in Gibbonsdown liaised with the Network; a garden project looking to regenerate a piece of land for the community and schools and an art project seeking to create a piece of local art.

Numerous organic links were created: fifteen face to face contacts; twenty seven email links; twenty eight groups/interested parties/individuals in contact via email or face to face. The links formed will help the health and wellbeing of the Ward as the seeds of a social movement are put in place.

I created a Network email group for everyone to share their information about the area.

The Network wanted to create a Gibbonsdown directory for sharing everyone's information about their roles and activities. This directory can be shared online and updated through the email Network. After creating an internal directory, the Network has asked for it to be made public.

Facebook was mentioned as a way to promote the groups and showcase what the Network will try to accomplish, but it was felt that it was much too soon and that the groups wanted to establish the Network first.

Both the Gibbonsdown Residents Board and the Network have expressed an interest in having a community café/lounge. This interested the Principal Health Promotion Specialist and lead of FoodVale who came to speak at one of the Network meetings. The Network was very impressed by the speaker and one member even commented that she was "nice to talk to, not stuffy at all."

The project was designed to be community led and continue once the project had ended. At the time of writing this report no-one in the Network felt confident enough to lead the Network. Barriers included "funding", "lack of leadership", "timing for meetings and availability of people to attend", "time and management" and "commitment of person running the group".

However, many of the Network felt that this project was a great way to help improve the health and wellbeing of the Ward. One representative stated, "The networking meeting was very good to gather different people from different areas to discuss what is going on in the local area and what plans could we change for the future. This can only benefit the local community from having these meetings and to stop it now will be such a shame."

Network Conclusion

Three meetings and one consultation took place.

Seventeen representatives agreed to attend the first Network meeting. Twelve attended, representing four community groups, one Parent Teacher Association, one Primary School Governor, one Community Police, one company run nursery, one company led group, one Foodbank, one Government run scheme, one charity with many walking volunteer led groups, one Council Housing Team and one Councillor.

Fourteen representatives agreed to attend the second Network meeting. Ten attended, representing three community groups, one Primary School Governor, one company run nursery, one company led group, one charity with many walking volunteer led groups, two Government run schemes, one Council Housing Team and one Councillor. Ten also included the guest speaker who came to talk about the new art project taking place in Gibbonsdown.

Fourteen representatives agreed to attend the third Network meeting. Twelve attended, representing two community groups, one Primary School Governor, one Community Police, one company run nursery, one Foodbank, one Government run scheme, one charity with many walking volunteer led groups, one Council Housing Team and one Councillor.

Twelve representatives agreed to attend the Consultation. Six attended, representing one community group, one Primary School Governor, one Community Police, one company run nursery, one Council Housing Team and one Councillor.

Body of Report

In my first working week of this nine month project, I met my Cardiff counterpart to gain a good working relationship and to make sure we both would take the project in the same direction. We discussed a timetable and how we thought the project would run. I was pleased that we both saw the project progressing in the same way with only one difference. I was of the mind to create a social media group straight away and add Network members as I met them but we debated that if the project was to be community led then the community would have to decide that this was what they wanted. This will give the community a sense of ownership over the project and a desire to see it continue. So my focus became mapping, meeting, then media. I organised a timetable to keep a schedule of what I would be doing in the months until March 2018. (See appendix 10/pg.53) I gave myself three months to map the area, groups and locations and to meet the groups that I had found. Then I would have three months to have a Network Event and work on what the Network wants, as well as adding more groups and interested parties. Finally, I would have three months to arrange another Network Event and to further develop the Network.

The Ward of Gibbonsdown holds thirteen community buildings. The first thing I did was obtain a map of the boundaries of the Gibbonsdown Ward in Barry. I noticed that there were two different maps of the Gibbonsdown Ward; the Barry Communities First (BCF) map and the Vale of Glamorgan Voting Ward map, which is slightly bigger.



Barry Communities First Map 1³



Vale of Glamorgan Voting Ward Map 1⁴

Due to the existence of two maps, I decided that if there was a group within the voting Ward that they could be included too, but my primary focus would be the BCF map. I chose the BCF map as BCF had spent fifteen years cultivating relationships with the community that I could use and as Gibbonsdown is a deprived area its general health and wellbeing would be lower.

³ Communities-First-Map, <https://www.valeofglamorgan.gov.uk/Documents/Working/Regeneration/Communities-First/Communities-First-Map.pdf> [Accessed 23/07/2018]

⁴ Gibbonsdown Ward, <http://www.valeofglamorgan.gov.uk/files/Our%20Council/Council/Voting%20&%20Elections/Gibbonsdown%20ward.pdf> [Accessed 23/07/2018]

I decided that I would need blurred boundaries and resolved that if a group or location was near the boundary, I would include them. For example, there is a Barry Community Allotment which is a street or two outside of the boundary, but it is run by a group called Gibby Greenfingers. The name itself illustrates that the group feels that it belongs to the Gibbonsdown Ward and the allotment is a fantastic community hub. Another justification to allow this group into the Network is that they are a unique group and that gardening plays a crucial part in relaxation and wellbeing.

I decided to use a physical map as I found this easier to read and it would give me a geographical idea of where the community centres and groups are based and why. It also showed me that there is a large field within my area and no groups would be meeting there. The map helped to co-ordinate with the boundary and gives a sense of the Ward. It is also a brilliant visual tool to show to the groups, interested parties and to the GVS Board members.

Using a map I looked at various community venues and researched their information. I also created a list of groups that I already knew about.

My previous employment at Communities First gave me contacts and a place to start. I set up my first meeting with BCF's Health and Wellbeing Coach to gain information on groups and contacts. Some of the groups I sought were ones I already had a good working relationship with and so it was good to revisit these groups and see how they were progressing. From the list I was creating, I knew of thirty eight community groups and other interested parties and contacted thirty three in the first three months.

I also contacted the Vale of Glamorgan housing team (Vale Homes) and met with their Community Investment & Involvement Officers. The information I received from both officers was extremely helpful.

I started to contact those groups whose information I already had and researched those I did not. I did not focus solely on health and wellbeing community groups as the term is so open that any community group that strives for health or happiness could be included. The Oxford Dictionary states that health is the 'the state of being free from illness or injury' and 'a person's mental or physical condition.'⁵ Wellbeing is 'The state of being comfortable, healthy, or happy.'⁶

Also, groups not associated with health may have a community based mind-set that would be good for the Network group. The project is about improving health and wellbeing and does not just need health and wellbeing groups; it needs all of the community. Therefore, I focused on all the community groups and other interested parties in the Ward so that the Network Events would contain a diverse mix of candidates – male/female, young/old. This would give me a better idea of the community as a whole.

⁵ Oxford Dictionaries, <https://en.oxforddictionaries.com/definition/health> [Accessed 07/11/2017]

⁶ Oxford Dictionaries, <https://en.oxforddictionaries.com/definition/well-being> [Accessed 07/11/2017]

I found that as I sought out the information on community groups, other interested parties were very eager to be a part of the Network.

I felt that I could not refuse them when they said they would come to the Network meeting as I did not want to sour our relationship. Already one other interested party was disappointed that I had not sent them an email invite – I had not realised they wanted to attend as I had only approached them for information and the Network is a small pilot project in a small area that they oversaw. I concluded that there were many benefits to other interested parties being invited.

Interested parties are always present in the community and their identity is well known and trusted. They also have the experience of engaging the community and fund/support many groups within the Ward. Inviting interested parties would allow the groups that attend the chance to talk face to face with these interested parties and tell them what they want. For example, Cwtch Cymru wanted to contact Valeways (a charity) and arrange walking sessions which may not have happened if Valeways was not a part of the Network.

Interested parties can also bring resources (training and funding) that the community groups would not normally be able to access. So, although this is a Network to connect the grassroots community groups, the groups would benefit from contact with larger interested parties. Health and wellbeing is a big subject and interested parties are keen to help improve it within the Ward and offer their assistance to the community groups and residents.

To reach the public, this Network needs to work together with existing services and use the relationships interested parties have already formed and cultivated with the community to improve both their own groups and the health and wellbeing of the Ward.

Therefore, this Network will contain both grassroots community groups and other interested parties as they work together to improve the health and wellbeing of the Ward.

I debated whether or not to invite the Colcot Community Centre and its user groups to the Network. The Community Centre is just within the Gibbonsdown Ward boundary. As with Gibby Greenfingers, the Colcot Community Centre's name illustrates that it feels its identity is within the Colcot Ward. I worried that due to the Colcot name they would be unwilling to attend a Gibbonsdown Network Event. But although the centre is called Colcot Community Centre, the groups that use it are from all around Barry. One of the groups that attend the centre is a keep fit group and I may only contact this one group as it is a health and wellbeing orientated group. I thought it best to contact the Community Centre and ask for their opinion on whether or not they would be interested. They have yet to reply to my email.

Colcot School was also in my area and again the name suggests that it associates itself with the Colcot Ward. I contacted them and sought their opinion. They have yet to reply to my email and I have been told that they have a very strong Colcot identity.

I was also given the contact for a Colcot Residents' Group that meet in Gibbonsdown. I decided that I should not include the residents' group as their focus lies with the Colcot area and residents and they would not find the Network Event about Gibbonsdown beneficial.

Through the various meetings and events, I found that while groups knew of one or two others, they did not know everyone in the area. I also telephoned community centres and met the co-ordinators to discuss their user groups and see if they would attend as well as co-ordinators who are in the community in contact with the groups that I needed to find.

I included the Police Community Support Officers (PCSO) in my Network as they patrol the Ward and may have some insights about Gibbonsdown. The PCSOs are involved with many community activities/groups, e.g. 'Friday Night Football'.

Contacting the schools to talk to a Parent Teaching Association (PTA) or Learning Support Assistant (LSA) was difficult, as for six weeks the schools were closed for the school holidays. I resolved that these groups would be invited to attend the second Network Event. Luckily, Gwaun Y Nant and Bryn Hafren were very quick in responding. Gwaun Y Nant's PTA agreed to join the Network. Bryn Hafren does not have a PTA but agreed to join the Network and send a representative. Oakfield's PTA has yet to respond but I met with the Oakfield Head Teacher and learnt more about the area.

Gibbonsdown Residents Board declined to attend the meeting for a number of reasons.

- They felt that the project was more for community groups than the residents they help.
- They had seen this type of project many times in the past and felt that past projects did not help the residents. An interesting point that was made was that the Network group should keep in mind that what we do should be for the good of Gibbonsdown and not the individual groups themselves.
- The Residents Board also found my choice of venue, the Community Enterprise Centre, to be too far away and refused the offer of a taxi for them.
- I found that the Residents Board only knew of one or two community groups in the area. It seems as though lack of communication is a problem in the Ward.

However, although they did say they did not want to attend the meeting, I did manage to keep a dialogue open and they expressed a willingness to read information shown at the Network meeting. I would therefore count them as a group as they are connected in a different way. I can also take their opinion into consideration while making it easier for them to connect with the Network.

They were also willing to let us advertise in their residents' 'Grapevine' magazine that is delivered to all the houses on the Gibbonsdown Estate.

While I am disappointed that they will not attend the meetings and lend their voice, I did contact the Vale Homes department and secure a Vale Homes Community Investment &

Involvement Officer to attend. This way I have someone who can represent the residents and pass information on to the group.

During the discussion they spoke of how they are trying to combat social isolation for the elderly. I asked them what they felt the older generation needs and wants. Their idea was that there needed to be a location where the elderly could meet and talk, e.g a lounge/community café; then information could be given to them in a place where they are comfortable. They also wanted the location to be in the heart of the Gibbonsdown Estate. This may help their wellbeing and may be useful for future projects.

I found that individuals could be a member of more than one group and could represent multiple groups as the link to the Network Event, for example, one person may represent two to three groups.

I spent the first three months setting up meetings and going out into the community to meet the different groups that I had found.

Face to face meetings worked best. It showed my presence in the community and let the groups meet me and ask questions. Although I was seeking individuals, it was still best to meet groups so they could all know what was happening and if they had ideas, they could tell the appointed individual.

I spent time with the groups, talking with them or participating in activities so that I formed links with the groups and they could see me as approachable and part of the community. This also had the added bonus of letting them be familiar with at least one other person at these Network Events and making the meetings less intimidating. It also gave me a good insight into the operation of the groups.

I also decided that instead of just one individual attending, it could be two or more people so that the Network Event, a very daunting term and an event they may be apprehensive about, would seem more approachable. I also decided to call the Network Events 'meetings' as the term events could be confused with bigger events. For the rest of this report I will refer to the Network Events as Network meetings.

A lot of the groups were very interested in meeting one another and seeing what is on offer in the area. I hope that this can be cultivated and lead towards improvements in health and wellbeing. Already one group (Cwtch Cymru) has expressed a desire to co-ordinate trips with other interested parties (Valeways).

Cwtch Cymru (one of the community groups who agreed to attend) has also expressed a desire to see a Network run event for the public – like the Great Big Fun Day at Coastlands Church. This will be put to the Network group to see if the rest of the Network desire this, but it was a very positive first step.

I also found through speaking to various contacts and community groups that the public perception of the Gibbonsdown Ward was incorrect. Areas the public believed were a part of

the Ward were not, and many buildings like the Colcot Community Centre that were in the area did not associate themselves with the Gibbonsdown Ward.

I attended a 'Great Big Fun Day' at Coastlands Church because it was in my area and I wanted to form links with other interested parties in the community and gain information on the different groups. I also attended a Flying Start 'Celebration' event and set up a meeting with Flying Start and Dad's Base. I attended my GVS colleague's Health and Social Care and Wellbeing (HSCWB) Network to see how her Network was run and to spread the word on the Wellbeing in Action project. I attended the FoodVale Network meeting to gain information, links and promote the project.

While this project is community based and requires face to face meetings, I also marketed the event. I advertised the Network meeting in the newspaper and on Facebook. I also had a stand at GVS Big Volunteering Fayre to promote the project.

I created a poster and flyer to advertise the project. I found this challenging as health and wellbeing as a topic is too broad for a single picture. I created a couple of posters. The first contained healthy food. My worry was that the poster contained too much healthy food and would be mistaken for a diet class poster. I tried many pictures and even created a sharing diagram, each circle was connected by a line to another circle to symbolise connecting communities, but feedback showed that the public did not know what it was. I kept going back to the poster with the fruit as it was the most eye catching. I added a picture of water, exercise equipment, tea and a spa picture to symbolise various aspects of health and wellbeing.

I eventually settled on the poster containing healthy food, water and exercise equipment. I also colour co-ordinated the poster to fit with the GVS logo, so my poster contained the colours pink, blue and green. (See appendix 4/pg.42)

When marketing the Network meetings, I did not open the meeting to everyone, as someone who believes they are a part of the Gibbonsdown Ward may not be. It would be difficult to tell one individual who lives in a certain street that they could not attend. It would also dilute a collective Gibbonsdown community point of view.

In the first working week of October I held my first Network meeting. I contacted thirty representatives who had agreed to join the Network. Twelve representatives arrived out of the seventeen who agreed to attend. Those who attended represented four community groups, Gwaun Y Nant's Parent Teacher Association (PTA), Oakfield Primary School governors, the PCSOs and the clubs they run, a Government poverty prevention scheme, a charity with many volunteer run walking groups, a company run nursery who are a link to their parents, one company run group, a Foodbank, the Vale of Glamorgan Council housing team and a councillor.

I booked a large room in the Community Enterprise Centre for numerous reasons. GVS offices are based in the Community Enterprise Centre and so it gave me ample time to set up

the room as I desired. The building is situated within the Ward and therefore it was easily accessible to all representatives. The building also has a car park and it is on the ground floor giving those who have disabilities easy access. It is also next to the Holm View Leisure Centre, an easy landmark for people to recognise and find. Finally, the room was large enough to suit the amount of people I was expecting and housed a projector screen.

I set out the room in a horse-shoe style as it allowed everyone to see each other and the PowerPoint I had prepared (see appendix 5/pg.43). I also handed out information packs that I had created. Each pack contained a leaflet on GVS, Dewis Cymru website and information on a Gibbonsdown project. These were well received and I plan to use these information packs as another way to share information.

I made the PowerPoint deliberately open ended as I wanted the groups and other interested parties to put forward their suggestions. But I also listed suggestions as I knew it would be difficult for people to come up with suggestions in a short amount of time. I left paper and pens on their desks so that they could record their ideas and I could see what they all had in mind even if some of the suggestions did not make it onto the action list.

I also provided refreshments such as coffee, tea, water, biscuits and fruit. The bananas were the most popular! This shows that if the healthy choice is available, it is often the preferred choice.

One of the individuals who attended this first Network meeting was the Councillor of the Gibbonsdown Ward. The Councillor had read about the project in the newspaper and discussed it with my line manager. I had planned to invite the Councillor to the second Network meeting as I felt that for the first meeting the groups should get to know one another and decide to form a Network. I was worried that inviting the Councillor would make the small community groups more apprehensive as it would make the meetings seem more like formal Network Events. However, my concerns were unfounded as the Councillor was friendly and approachable. The small community groups, individuals and other interested parties gained a vital link with the Councillor. It has put them in contact with someone with authority that they can ask questions or take concerns to about the Ward of Gibbonsdown. The Councillor is now a member of the Network. Although she does not represent a community group or other interested parties, she is a key member of the community and just like the PCSOs, a welcome member of the Network.

The first Network meeting went well. I was slightly disappointed with the number of people who attended but it was a start and managing to get 12 people together working towards better health and wellbeing was encouraging.

Those who attended this first Network were pleased to meet one another and they only recognised one or two others. When I gave apologies of those who could not attend the representatives were generally surprised at how many groups and other interested parties were in Gibbonsdown and how many they were not aware of. They were also eager to make contact with the wide range of people I had met.

The action points agreed at the end of the first Network meeting were as follows:

- Set up a network email group and share information about the area through emails.
- Send out a copy of the ward map.
- Send an example of a directory template.
- Send out a revised template that each representative can complete with information about their individual groups/services.
- Use information to create a directory. This will be a Network internal directory which could be edited in future for public use.
- Send out the completed directory for approval by all before the second Network meeting.
- The next meeting will be arranged in the first week of December.

These action points were a great start for the very first Network meeting. I felt that the first meeting would be more of a meet and greet, so I was pleased with this swift progress.

The group decided that the best way to keep in contact as a Network was by email. They rejected the idea of a Social Media group for a number of reasons. The Network felt that emails were more professional. Some members did not have social media accounts and the Network did not want to exclude anyone. Out of all the representatives only two groups did not possess an email address. Up until this point the network email group has been used to share information about events and services in the area. It was a slightly slow start but a good start to communication.

The Directory was an idea that the Network had for sharing everyone's information about their roles and activities. Information would all be in one easy accessible place and draw a map of what services are in the Ward of Gibbonsdown. The Network wanted the first directory to be internal but agreed that with some editing it could be made public. This directory can be shared online and updated through the email Network.

The Directory was almost completed before the second Network meeting but it took longer to get everyone's information than expected.

Facebook was mentioned as a way to promote the groups and showcase what the Network will try to accomplish but it was felt that it was much too soon and that the groups wanted to establish the Network first. They were also unsure about the public being able to comment back due to worries of bad language and behaviour. They wanted more information and this was reported at the next meeting.

The Network agreed to have the next meeting in early December once I announced that the project was only funded until March 2018.

When I asked who could be invited to the next Network meeting I only received one recommendation. The representatives had little knowledge of everything available in the area but one suggestion was to invite the Vale Youth Forum, specifically someone who lived in the Gibbonsdown Ward. I contacted this group and was directed towards the Barry group,

Barry Youth Action. Dates and times offered to the Network are based on majority vote so that as many people as possible can attend; the most popular times seem to be in the afternoon 2pm – 4pm. This time is not suitable to those of the Barry Youth Action as they would be in school. They asked that I attend their next Barry Youth Action meeting and tell them about the Network and what has been done so far. They were very interested in being involved with the directory and the email Network. They were also willing to attend any meetings that were scheduled after school hours.

I was satisfied with the Network meeting, it progressed at a steady pace and the representatives all gained information from the meeting. I believe this meeting was a good step in setting up a Network and starting a social movement.⁷

From the first Network meeting I could see links forming and have already gained some positive results from these interactions.

Links were formed between the different representatives. I observed these links during the break, working together session, and at the end of the meeting. I wanted to record those that met and gained contacts from this first Network meeting.

The first instance of the Network working together was shown in a Family Fun Day that had been organised. A gardening project was being funded in Gibbonsdown which I will reflect upon in more detail later in this report. This project was going to hold a consultation event during a Family Fun Day at Holm View Leisure Centre. However, the event took place at Coastlands Family Church because at the first Network meeting the Vale Homes officer met the Coastlands manager and church pastor. The Vale Homes officer had not known about Coastlands Family Church and that it was available to the community. This was a fantastic link made by the community and resulted in Vale Homes using a community hall for a community event. This would not have happened without the first Network meeting. I was pleased that they both gained something so quickly from the first Network. The consultation took place in Coastlands almost two months after the Network meeting. Making use of the land for the community will improve health and wellbeing as it will get the community outside, improve social isolation and improve the environment.

The second example of working together came from the same two representatives. The Coastlands Pastor also represented the Vale Foodbank and the Vale Homes officer is in charge of a small community hub in the Gibbonsdown Ward. The Vale Foodbank runs once a week out of Coastlands Family Church and had been looking to expand. Vale Hub is a small community hub in the Gibbonsdown Ward overseen by Vale Homes that has slowly declined in use. Vale Foodbank will now operate in the Vale hub. This is just another fantastic result of the Network which would not have happened without the two representatives meeting. The

⁷ A social movement is ‘An organized effort by a significant number of people to change (or resist change in) some major aspect or aspects’.

Oxford Reference, <http://www.oxfordreference.com/view/10.1093/acref/9780199533008.001.0001/acref-9780199533008-e-2148> [Accessed 21/07/2018]

hub will benefit from increased use, the Ward will not lose the community space and the deprived area will benefit from another source where individuals can access free food.

One meeting had two positive outcomes.

While the Network was in its infancy and before the first Network meeting, I was approached by Vale Homes who made me aware of a gardening project that is taking place in the Gibbonsdown Ward of Barry.

The Oakfield / Ysgol Gwaun y Nant Garden Project (a name that will change once the schools' children have chosen a new one) has gained funding to redevelop a large plot of land behind the two schools. (See appendix 3/pg.41) They want to make the area a place for the school and community and have the community help shape the area. To accomplish this, they wanted to find out what the community wanted and arrange some consultations in the area. I was asked to attend these meetings as the contact between myself and my budding Network so that I could spread the word about this project. I agreed, for although I had not had my first Network meeting, I knew that this was a great opportunity for the community and should be promoted. This project is for the community and partnering it with the Network gives them the chance to voice their opinions on what should happen with the area as it will become a community space. This plot of land is also within and next to the Gibbonsdown Ward. (See appendix 3/pg.41)

I was invited to attend the planning meetings and have a stand at the consultation events. I attended three meetings and three consultation events after the first Network meeting.

The first event was for the school teachers only so that the area could be used in conjunction with future classes and curriculums. I was unable to attend on that occasion. The second meeting took place at Ysgol Gwaun Y Nant, a Welsh Primary school in the area, for the children and parents of that school. The third took place at Oakfield Primary School for children and parents. The fourth event took place at Coastlands Family Church. The school events were very popular while the Coastlands event was less so. I believe this was because the Saturday event took place the same day as a Wales international rugby match in Cardiff and turning on the Christmas lights in Barry. My stand had my marketing materials displayed and my attraction was pot planting – both so that it fit the theme of the project and because gardening is good for wellbeing. Gibby Greenfingers, a gardening group, also attended these consultations and will be assisting the project in future with their knowledge and expertise.

The community consultations gave me a chance to engage individuals in the Ward and speak to people who were community minded but not a part of any community groups. These events allowed me to utilise the growing Network, share information about something taking place in the Ward that will enhance health and wellbeing and helped a member of the Network.

After the first Network meeting I continued to try and meet and invite individuals to the Network.

A meeting was scheduled with Parkside Christian Centre after the first Network meeting. The reason for this was because I had a contact from my previous role that I had been trying to engage with for the last three months. She represented three groups and I was very keen to get her involved. Just before the meeting she told me she had decided to take a break and put her community work and groups on hold. I was disappointed as this particular person is very community minded.

I contacted the PTA of Oakfield Primary School but found out that the chair of the PTA is now vacant. One of the Network attendees, a worker for an interested party, is a member of the Oakfield Board of Governors. For now, he will be the point of contact.

I emailed Vale People First – ‘a self-advocacy organisation run by people with a learning disability’⁸. I had met them at a Vale Employment & Training network meeting when I was promoting my own Network. They meet at Parkside Christian Centre once a week. I have yet to hear from them.

I set up another meeting with Dad’s Base who were open to coming to the first Network meeting but found it clashed with training they had already booked. They agreed to attend the next meeting. A representative from Flying Start who is a part of Dad’s Base agreed to represent them.

I set up a meeting with the Community Development Officer at Barry Town Council, who is running a project in Barry where she speaks to all community groups. I wondered if she may have met some groups I did not know about. She gave me a list of groups and I gave her the online GVS directory that can be found on the GVS website. I was pleased to see that those on the list in Gibbonsdown were groups I had already engaged with.

During this time I attended and chaired the second regional Wellbeing in Action meeting which took place at GVS. We had a guest speaker to talk about ‘a social movement’⁹ and how it could work with the project. It was an enlightening conversation and helped shape part of the reporting framework that my Cardiff counterpart and I had been discussing. The regional meetings are a way of making sure the project is being run similarly in the two chosen wards and a way for the two community innovators to keep in contact.

During the second three months I also attended many events and Network meetings to promote the project. I attended a Vale 50+ Forum event to show my support to a member of the Network. I attended Public Health’s Cardiff & Vale Physical Activity and Eating Well Network Event, the GVS Trustee Conference, the FoodVale Engagement Event and spoke at the Barry Youth Action meeting.

I had a stand at the GVS Volunteer Fayre with my newly printed pop-up banner. (See appendix 4/pg.42). There was a lot of interest and a member of a community group, The Hindu Cohesion Mandal, from the Gibbonsdown area, approached me to find out more. The

⁸ Vale People First ‘Getting out, Getting on’, <http://www.valepeoplefirst.org.uk/> [Accessed 23/07/2018]

⁹ Public Health Wales, 27/02/2017, *Moving towards an evaluation framework for a social movement*, pg. 1 & 2.

leader was very interested and gave her email to be part of the Network. She also attended the second Network meeting. It was a group that I did not know about as they do not have an online presence. Having a stand advertising the project in public proved to be beneficial. I had feared that the GVS Fayre would be too specialised to suit the project as the location was out of the Ward and those attending were there for volunteering opportunities. I had thought that I would be there to showcase the project. I was very pleased to engage with many people who lived in Gibbonsdown and add another group to the growing Network.

I was also approached by a representative from Studio Response about another new scheme taking place in Gibbonsdown. The scheme is for an artist to speak to the community and gain an understanding of their identity. The artist will then create a piece of functioning art that reflects the community and can be used. Again it was another good opportunity for my Network to come and have a voice in their community. I arranged for Studio Response to come and talk at my second Network meeting. It will also improve the wellbeing of the ward as art can uplift and inspire the community.

I held the second Network meeting on Tuesday the 5th December. I contacted thirty eight groups and other interested parties that have agreed to join the Network. Fourteen representatives agreed to attend the meeting. Ten attended including the guest speaker. They represented four community groups, Oakfield Primary School governors, two Government schemes, a charity with many volunteer run walking groups, one company run nursery who are a link to their parents, one company run group, the Vale of Glamorgan Council housing team and a councillor.

Three new representatives were present representing the Hindu Cohesion Mandal, Digital Champions, Dad's Base and Flying Start. Three new face to face contacts have been made as the Network grows. The PCSOs were unavailable and the scouts and Gwaun Y Nant PTA were unavailable due to the busy Christmas period delivering the scout mail. The Councillor once again attended.

The meeting was held at the Community Enterprise Centre. The room was set out board room style as it allowed everyone to see each other and the PowerPoint presentation. (see appendix 6/pg.45) Refreshments were provided such as coffee, tea, water, biscuits, fruit and mince pies (which were requested at the last meeting as it was almost Christmas). The second Network meeting went well. I was pleased that a few new faces attended and felt there was more networking actually happening at this meeting.

The action points agreed at the end of the second Network meeting were as follows:

- Finish the directory.
- Add information to Index page (emails/number/website).
- Add locations on map to directory.
- Arrange a guest speaker for the next meeting.
- Any interest in Gibbonsdown walks.
- Write out a Press Release.

- Network to write a letter to support the future of the project.
- Next meeting to be arranged late January/early February.
- Find out more about social media.
- Find out about the future of the project before the next meeting.

These action points are continuing to develop the Network. The directory was very well received but they wanted a few changes to be made.

They liked the lay out of the directory but wanted a more in-depth index page so that the information about the members was all in one place. They also wanted the locations of these activities/groups/interested parties to be included on the map on the front of the directory or as a separate page. There was also the worry of how to keep the directory up to date. It was suggested that the only way to do so was self-governance via emails and that each representative would have to be responsible for their own sections. They also thought the directory could become public in future after it was completed.

I had arranged a speaker to talk about an art project taking place in Gibbonsdown. The artist asked questions about the community and showed examples of art that had been created in Cardiff Bay, e.g a shipwrecked café for hire. The Network enjoyed having a speaker and surprised me by asking for another one that would be relevant to the Ward and the Network. I had been unsure whether they would like to have a guest speaker as it was only the second Network meeting and they had wanted to develop the Network further before committing to action points. The representative from Hindu Cohesion Madal was interested in hiring one of the projects' premises.

One of the Network charities, Valeways, also announced that they had been nominated for the Co-op Local Community Fund. They felt that the Network was a good way to spread the news. The Network has been designed to share, support and improve each others' groups and other interested parties so that the health and wellbeing of the Ward can improve.

The Network wanted to write a press release to showcase what has been achieved and to promote the meetings. I agreed to write this and get the Networks' approval.

I was pleased that they wanted to showcase the Network and the work achieved so far. It shows that they appreciate it and find the project useful.

The Network also felt the need to write a letter of support for the project and my role (see appendix 11/pg.56). I was touched by this gesture as I felt it was too soon for them to have formed an opinion of the project.

The Network wished to know the fate of the project and how it would continue in the future. I believe that the email network created will continue and that they may continue to meet up but they did state that they 'liked having someone set up the meetings'. They were wary of having future action points and setting up a social media page as I believe that because this Network is in its infancy, they still need support until it is all set up and regulated. At the moment, whoever becomes the leader of the Network would have to develop it further which

may be off putting for small groups and too much of a commitment for other interested parties.

Social media was also held off until the third meeting as once again the Network wished to see what would happen to the project. They felt there was no point in having a social media page to promote the Network and Gibbonsdown without it being set up and a plan in place to maintain it. The digital champions attended and I felt that they could be instrumental in starting and maintaining it but due to it being their first meeting I felt they were a little quiet and apprehensive. I was pleased that a group with computer skills attended as others in the Network felt they were not computer minded and did not have the skills necessary to use social media. Later in the project social media training was offered to the Network.

The next meeting was scheduled for late January or early February 2018.

I felt that a lot of progress had been made, however, I believe the uncertainty of the project and time frame is having a negative effect on the Network.

However, despite this I believe the Network is working to improve the health and wellbeing of the Ward. The links formed during these meetings are slowly improving the health and wellbeing of the groups and will reach out into the community.

I found that there was a lot more networking and discussion during the second meeting than there had been previously. I had not predicted that they would be so enthusiastic about networking together and so in future I will shorten my PowerPoint to give them ample time to talk. I skipped a few slides of the PowerPoint to accommodate their desire to Network. It was good to see their enthusiasm in talking to one another. I felt that the Network was slowly gaining an identity.

Valeways was keen to set up health walks in Gibbonsdown as that is where they are based. The Hindu Cohesion Mandal and Dad's Base were interested in setting up walks with Valeways. Each representative will return to their groups and talk about setting up health walks. This would be a good way for the different groups to meet and bond over a healthy activity. It will also promote walking which will improve the people's health and promote Valeways in the Ward. Valeways not only organises walks but has litter picking sessions – each will improve the health and wellbeing of the Ward in their own way. It is my hope that Gibbonsdown will gain a walk that is in, and for, the Ward.

Little Inspirations Nursery were interested in putting forward the dads who use their service to Dad's Base. They had many questions about the group and it was a good link to form as it will increase the numbers of Dad's Base. It will also allow dads to meet others in the Ward and help social isolation and improve mental health. Dad's Base wanted to network and find activities/courses that the dads could do as their representative felt that he had exhausted other avenues.

The Vale Homes Officer has offered to help Bumblebees, a nursery group run by Little Inspirations, with their garden as he will have all the contacts from the Oakfield/Gwaun Y Nant Garden project. A better garden will improve the wellbeing of the children who use it and will nurture the appeal of the outdoor and environment.

One of the recurring points of the meeting was that there was no community café and nowhere for people to meet in Gibbonsdown. This was interesting as the Gibbonsdown Residents Board had mentioned this in my meeting with them and the Network did not know of it. It seems there is a very strong community wish for a community café. This may be something that could be used for a future project or something that the Network may wish to try to achieve in the future.

Overall, after 6 months I was pleased to have had two Network meetings and achievable action points agreed upon. I was also pleased that those who have attended the Network are keen to keep interacting with one another.

The last three months of the project have been busier than I had expected. Due to the project coming to an end, I expected to have one more Network meeting where I would hand over to a community leader and take a step back. However, as this is a community-led project, it went in a different direction.

I contacted the Network to let them know about the third meeting that was to take place. Twelve representatives arrived out of the fourteen who agreed to attend. Those who attended represented two community groups, one Primary School Governor, one Community Police, one company run nursery, one Foodbank, one Government run scheme, one charity with many walking volunteer led groups, one Council Housing Team and one Councillor.

I booked the meeting room in the Community Enterprise Centre as this venue was familiar to the Network and for reasons stated in the previous point.

New representatives attended this meeting, four from Cwtch Cymru - a mental health group I had made contact with at the beginning of the project. As stated in a previous point, I knew groups would feel more comfortable with more representatives attending and it was nice to see interest in the project.

I made a PowerPoint presentation as these seemed to keep the group focused and allowed visual learners a chance to be involved. (See appendix 7/pg.47) Refreshments were provided such as coffee, tea, water, biscuits and fruit. The bananas were again the most popular! Two out of three meetings has proved that if the healthy choice is available, it is often the most preferred choice. This is an interesting point as it would lead to the speaker that I had booked.

I previously mentioned that both the Gibbonsdown Residents Board and the Network felt the area needed a community café. After reporting this to the steering group, it was put forward that this was interesting information that would help FoodVale and their project.

The Principal Health Promotion Specialist (PHPS) and lead of FoodVale was interested in speaking with my Network, so I invited her to attend and speak about her project and ask the Network any questions she might have.

I had learnt from previous meetings that the Network love to talk amongst themselves and the speaker, so 45 minutes were allocated for this presentation. It shows great progress from the first quiet meeting.

The PHPS was also a member of the Wellbeing Network Steering Group a steering group for the Wellbeing in Action Project. This allowed the PHPS to not just hear about the project but see it in action. The Gibbonsdown Network was very impressed by the speaker and one member even commented that she was ‘nice to talk to, not stuffy at all.’

One member of the Network also commented that if FoodVale were to build a café in the Gibbonsdown area, it would be good to build it in conjunction with the Oakfield/Ysgol Gwaun Y Nant Garden project as this will allow the children to see the food grown and cooked all in one area.

This link may evolve into something more or may even create a community café in the area which would be a fantastic legacy for the project.

After the speaker finished, I asked the Network if there was anyone amongst them who would be willing to take over and lead the Network.

Disappointingly there was no one willing to become a community leader.

Reasons for this were as follows: ‘Too soon; not set up enough; no time or funding; would love to see it continued; wanted to search for funding; it was great to meet Cwtch this time but terrible if this would be the only time.’

The above comments are understandable but the Network was eager for it to continue and asked for another meeting in March.

It was good to see such enthusiasm but disappointing that no one could or would take over.

Finally, as it was the last Network meeting I would run, I booked a buffet to thank the representatives and for them to have a Network lunch in a relaxed setting.

Action points from the meeting were as follows:

- Send article to newspaper once finished.
- Find out ways to keep Network going and update on the bid being put forward.
- Finish directory.
- Find out how Studio Response is progressing with their project.

The Network was interested in finding ways to keep the Network going with a paid worker and they were interested to know about the progress Studio Response had achieved.

Training to improve their groups and therefore the Ward was offered. One person attended social media training and two completed first aid training.

The directory was completed and the newspaper article approved by the Network. (See appendix 8/pg.50 and appendix 4/pg.42)

Links formed were mostly to the newcomers Cwtch Cymru. They were a breath of fresh air and very eager to Network with everyone. They asked all the representatives if they would be willing to come and speak at one of their sessions and have asked for walk leaders' training so that they can lead their own walks for their group.

The PCSOs agreed to attend the company run nursery to speak with the children and that the councillor is going to keep everyone up to date about the local leisure centre (it is being run down).

While I was pleased at the attendance, the links formed, the speaker and their wish for another meeting, I was disappointed that it seemed that the Network would not take ownership.

I turned the final meeting into a consultation after working together with my Cardiff counterpart for a bid and seeing her Network consultation event. It was not a public consultation as I wanted the Network's thoughts.

The location of the Network was changed as the members had expressed an interest in seeing where the other groups meet and find out more about them. This was a great idea and one I would have liked to have taken further if the project had been longer.

A small, underused community hub was booked for the meeting. The hub is not well known and the location is within a housing estate. I wanted to promote the Vale Hub as it is a fantastic venue in the heart of Gibbonsdown and is free to the public.

Six people out of twelve attended. Six attended representing one community group, one Primary School Governor, one Community Police, one company run nursery, one Council Housing Team and one Councillor.

The date of the meeting was arranged at the previous Network to make sure everyone could attend. I had not done this before but felt it would be more pro-active. However, many late cancellations were received probably due to the end of the financial year. In future I would stick with an online scheduler as for this instance booking the date at a previous meeting did not work so well.

The room was set up with different stations so that people could walk around and talk but due to low numbers this did not happen.

Each station had one question with one activity; one station had to write their answers on sticky notes and pin them to the wall. Another station used stickers to pick an answer. Another station had a counter tin (a hen bucket as it was Easter) where they could vote for an answer. The final station was a photo booth where the representatives could film comments and take photos.



I had been to other consultation events and a recurring comment was that people were sick of consultations, so I wanted to make it more interesting and still allow the representatives to Network.



Although it was a smaller group I felt they were a good solid core group who voiced their opinions.

Results from Consultation

1. As a result of your involvement in the Wellbeing in Action pilot has the following improved?

	Not at all	A little	Quite a bit	A lot
Knowledge of what's on locally			2	5
Connections with other local groups			1	6
Connections with other wider organisations		1	4	2
Access to available support to run groups / activities			1	6
Confidence to commit to local community action for health and wellbeing			2	5
Confidence to work together / in partnership			2	5
Awareness of health and wellbeing groups / activities				7

2. Is the Network a good approach to help improve the health and wellbeing of the Ward?

7 - Yes 0 - No 0 - Not sure

Comments

Open Environment.

Informal.

Share knowledge, skills and information.

Make new connections.

'Local' thing, bringing the community together.

Some residents think nothing happens in Gibbonsdown, the Network group is a good thing to persuade people this is not the case.

The Community Innovator has done an excellent job in setting up the directory.

Community led Network.

Community spirit.

Presentation/Speaker.

Do we 'buddy up' with another Networks in area? (Community Innovator comment – I do not believe there are any other Networks in area.)

The network sessions encouraged different groups from different backgrounds to discuss all different areas of what they do and how they can help others and this information will get

passed on to the people that need it and in turn will improve the health and wellbeing of the Ward.

3. Are there any challenges in your community that the Network could help solve?

6 - Yes 1 - No 0 - Not sure

Comments

Knowing what's going on in the area.
Bringing people together for the good of the community.
Sharing solutions.
Making things happen (Project development).
Timebanking – making it a success and signing up Network groups and organisations.
Friday night football – the future of it.
Holm View Leisure centre.
Keeping project sustainable.
Renew a sense of Community Pride!

4. Would you like the Wellbeing in Action Network to continue?

7 - Yes 0 - No 0 - Not sure

5. Are there any barriers faced by local groups to run the Network at this stage?

7 - Yes 0 - No 0 - Not sure

Comments

Funding.
Lack of Leadership.
Timings for meetings and availability of people to attend.
Time/management.
Action Plans.
Day to day job taking over.
Venues/locations.
Commitment of person running the group – Community Innovator.
Involvement of all groups to increase connections.
Time.
Other commitments and workload.

6. Did the Wellbeing in Action pilot help you to make new connections?

7 - Yes 0 - No 0 - Not sure

If yes, with who?

Valeways – walking group for groups.
Healthy Hearts.
Coastlands – crèche with the kids.
PCSOs.
Cwtch Cymru.
Local councillors.
Little Inspirations.
Flying Start – Men Behaving Dadly – 6 week course, mentoring for bullying.
Upcycling activities.
Tenovus – Charity fundraising.
PCSO is coming to the nursery to see the children and talk about safety.
The local councillor, who is going to keep us informed of plans for the surrounding area, ie. the leisure centre.

7. In which capacity are you able to get involved in the Network?

7 - Actively participating (i.e. attending meetings)
0 - Taking responsibility (i.e. take the Network forward)

8. Any other comments. Would you do anything differently?

Comments

Useful, informative and enjoyable
Very tasty buffets ☺ and a good chance to come together and network
Interesting, informative and fun
Very informative – keep the Network meetings going
Keep these meetings going!
The networking meeting was very good to gather different people from different areas to discuss what is going on in the local area and what plans could we change for the future.
This can only benefit the local community from having these meetings and to stop it now will be such a shame.

We discussed points from the last meeting and the action points. For example, the litter pick, which was sadly cancelled due to snow, will be rescheduled. The PCSO asked everyone to complete a ‘sexual harassment survey’.

Finished copies of the Directory were circulated. It was well received and the members talked about making it public. A public directory has been circulated.

The Network group has asked that I send an email out towards the end of August with the result of the bid being put forward for extra funding. An afternoon tea meeting was to take place but unfortunately a date could not be arranged. Instead eight Network members attended a GDPR session to meet up one last time to cement relationships and to give them a final update.

Overall the last three months of the project have gone by quickly and I have been very pleased to have had one Network meeting and one consultation in this period with a lot of links formed. I have also been pleased that those who have attended the Network are keen to keep interacting with one another. My hope for the future is for the Network to continue in some way either through meetings or emails or even a successful bid.



Conclusion and Findings

To conclude this report I will summarise my findings and include figures in bullet point form.

- Thirty eight community groups/other interested parties and individuals were contacted. Thirty four groups/interested parties/individuals were part of the Network. Two wish to keep in contact and four did not reply.
- Thirty two representatives were invited to the Network to represent the groups/interested parties and individuals. I found that one individual could be a part of multiple groups and those who attended more than one group were very community minded. Two groups will not attend but wish to keep in contact.
- There are twenty locations where community groups and other interested parties meet and these are marked on the map. (See appendix 1 & 2/pg.36)
- There are two types of Gibbonsdown maps and these have been combined with primary and secondary boundaries. A physical map was used to make it easier to view groups within the Ward boundary.
- Distorted boundaries were used and included groups within walking distance of the boundary.
- I focused on mapping all community groups and other interested parties within the Ward and included the PCSOs as they are an integral part of the Ward.
- There was a lack of knowledge within the groups of other community groups but an eagerness to see who else was within the Ward.
- The public perception of the Gibbonsdown Ward was incorrect.
- Face to face meetings were best as it put me in the community and showed the human element of the project.
- I spent time with the groups to gain a better understanding of what they do.
- More than one individual from each group were invited to the meetings as it would make them more comfortable and confident when attending.
- Many events and Networks were attended to promote the project and to see how they were run.
- The Network meetings were marketed in the newspaper and on social media.
- It was challenging to create a health and wellbeing poster but have done so.
- The representatives enjoyed networking with one another.
- The Gibbonsdown Network enjoyed having a speaker.
- Two external projects in Gibbonsdown liaised with the Network.
- Numerous links were created; fifteen face to face contacts; twenty seven email links; twenty eight groups/ interested parties/individuals in contact via email or face to face.
- A Network email group was created for everyone to share their information about the area.
- A directory for the Network was created.

- A speaker from FoodVale was invited to speak to the Network who talked about a community café and the future of Foodvale. Network members were very impressed by speaker and found her nice to talk to.
- A mental health group attended for the first time. Created many links with group and has asked that everyone come and be a guest speaker at their sessions. Booked a few people already including the Councillor and PCSO.
- The new group also asked for walk leader training from Valeways to set up their own walks.
- One person has been booked on for social media training.
- Two people have been booked on to a first aid course to help improve their group.
- The fourth Network meeting was turned into a consultation event for the bid being put forward.
- Six people attended the consultation event (there were many last minute cancellations, some of which was due to the end of financial year).
- The consultation event took place at the Vale Hub, an underused community hub that is not well known. This was done to showcase the venue.
- The questions were set out in various styles. Some questions required felt tips and writing, others sticky notes, another had stickers and one question had a voting pot. There was even a stand where people could record comments or take photos. (Learnt from past Networks where I was so busy I only took one or two photos.) It was well received.
- Quotes from consultation – “Interesting, informative and fun.”, “Useful, informative and enjoyable”, “Very tasty buffet and a good chance to come together and Network’.
- Barriers to running the Network – “Funding”, “Lack of leadership”, “timing for meeting and availability of people to attend”, “Time and management”, “Commitment of person running the group” and “Uncertainty of the future of the group”.
- Newspaper article sent.
- Directory completed and handed out to Network.
- Public directory created.
- Litter pick was cancelled due to weather.
- One community group has requested more information about funding and this has been forwarded
- All those who attended were also willing to take part in a ‘sexual harassment’ survey for the PCSO.
- The PCSOs will be attending a nursery to speak to the children.
- A final meeting could not be scheduled.
- A GDPR session was attended by eight members.

Network Conclusion

Seventeen representatives agreed to attend the first Network meeting. Twelve attended, representing four community groups, one Parent Teacher Association, one Primary School Governor, one Community Police, one company run nursery, one company led group, one Foodbank, one Government run scheme, one charity with many walking volunteer led groups, one Council Housing Team and one Councillor.

Fourteen representatives agreed to attend the second Network meeting. Ten attended, representing three community groups, one Primary School Governor, one company run nursery, one company led group, one charity with many walking volunteer led groups, two Government run schemes, one Council Housing Team and one Councillor. Ten also included the guest speaker who came to talk about the new art project taking place in Gibbonsdown.

Fourteen representatives agreed to attend the third Network meeting. Twelve attended, representing two community groups, one Primary School Governor, one Community Police, one company run nursery, one Foodbank, one Government run scheme, one charity with many walking volunteer led groups, one Council Housing Team and one Councillor.

Twelve representatives agreed to attend the Consultation. Six attended, representing one community group, one Primary School Governor, one Community Police, one company run nursery, one Council Housing Team and one Councillor.

Final Thoughts

- The Network contains over thirty representatives but it has been difficult to have everyone physically meet.
- All representatives have made excellent connections with other members.
- The members have been very engaging and enthusiastic revealing that the Ward needs something like this project.
- The time limit of the project has caused some issues. It has dissuaded some of the representatives from becoming fully invested and has not allowed the representatives to feel confident enough to take over.
- Paid workers were more likely to attend the Network.
- None of the representatives wished to lead the Network due to the reasons stated in the report.
- The directory is being used in conjunction with emails.
- IT training was offered to try and set up a social media network and one person accepted.
- The Network has made many connections with local projects.
- There is a need for a community Network for as soon as I expressed that I was setting one up, I had numerous people requesting/offering to speak at the meetings.
- The legacy will be the knowledge that they have accumulated and the contacts they have gained in the meetings.

- The project has set up numerous connections but due to the time limit will not see the result of these connections.

For Future Projects

- Future project need more time – two/three years.
- The future leaders would need to be identified early on and trained to eventually take over.
- Networks should have a wide range of meeting times.
- Different meetings could take place at different locations to showcase the different groups.
- Future projects could look to engage more than just local community groups but local people as well – community minded individuals.
- After the Network has been running for a while a large event should be used to promote it.
- Pictures of various stages and representatives should be taken.
- Schedule time for guest speakers and for the Network to talk amongst themselves.
- Have more one on one meetings with the individual community groups to keep in contact with those who find it difficult to attend.

Overall, I am pleased with how the project has developed over the last nine months. I feel that in that short time it has accomplished many outcomes and forged many strong links that will benefit the community. It is my hope that these connections will continue to support one another and not fade.

If you have any questions please do not hesitate to contact me. I welcome any feedback from you.

Lani Tucker

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Arloeswr yn y Gymuned

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Combined Conclusion from Cardiff and Vale

This final conclusion will focus on the similarities and differences that the two Networks faced.

Both wards have active community groups delivering initiatives that will improve the wellbeing of the community. Grangetown Ward has double the population of Gibbonsdown, however, Grangetown also has a long history of community action and community projects which speeded up the process of engaging.

- In Grangetown sixty one organisations received information about the project, forty have engaged in at least one of the Network meetings/ events. Groups engaged include, fourteen community groups, five local churches, eight charities with a local interest, three local initiatives/ projects , two Housing associations, one resident association, one Council local hub, one GP cluster representative, five individuals/ residents. One representative of a community group is also a local councillor. There has been a core of ten community groups involved in the steer and organisation of the final consultation event.
- Thirty eight community groups/interested parties have been contacted in Gibbonsdown, thirty four engaged in being part of the Network. Twenty representatives have engaged in at least one Network meeting representing – seven community groups, one Parent Teacher Association, one Primary School Governor, one Community Police, one company run nursery, one company led group, one Foodbank, two Government run schemes, one charity with many walking volunteer led groups, one Council Housing Team and one local Councillor. Two local initiatives/projects have engaged with the project and one Vale wide project.

Similarities

- Both locations were mapped and it was found that there was a need for information to be in one accessible place with one person in charge of the information. There was nothing available locally– only large national websites like Dewis Cymru. However, both Networks revealed that most representatives did not know what Dewis Cymru was and needed encouragement to add their information.
- The outcome of the mapping exercise in both areas has drawn a great deal of interest from local groups and other agencies showing a need for up to date local mapping information. However, the mapping exercise is a lengthy process and requires establishing local relationships, as well as continued updates. Both groups saw the benefits of having the information collated and shared i.e. local directory or online tool.

- There is a general lack of knowledge of what is in the two areas and nowhere for the community to access it. Local groups tend to work/plan in isolation and are unaware of the wide range of local resources and information.
- Both Wellbeing in Action Officers had to be flexible with meeting times and ways to communicate. Face to face meetings worked best when meeting local community groups. It proved challenging to find a time when everyone could attend and therefore attendance at meetings does not necessarily reflect the number of groups involved.
- Some Network members represented more than one group, which indicates a high level of community involvement of these individuals. There is also a lack of capacity for other group's members to attend meetings or give additional time.
- Both Networks were approached by wider organisations, who wanted to have a single point of contact to engage with local communities and who have engaged with the project. For example the Vale Council Housing Team or the Alzheimer's Society. Sometimes the local community viewpoint had the potential to be diluted because of the inclusion of the larger agencies but the potential benefits outweighed the negatives.
- All representatives made relevant connections which will help each group improve and therefore improve the health and wellbeing of the Wards.
- Some community assets are underused and others overused. In both areas efforts were made to meet in less well known venues. There was recognition that the Network could have a role in supporting these underused community assets.
- Informal small meetings help local community groups feel confident to use their voice and it is important to support those local groups/ volunteers that have less confidence to speak out.
- The Network also showed a dislike for short term projects – those that come and go. They saw the need to take ownership but no one was willing to do so due to a multitude of reasons e.g. lack of resources, the need for further support, time.
- Final evaluation shows all respondents have benefited from local initiatives awareness, knowledge of health and wellbeing initiatives, connections, increased confidence to work in partnership and commit to community action. However, there are some differences in the degree the Network members felt that they have benefited from the pilot with Gibbonsdown scoring higher, possibly due to the nature of their meetings.
- The final evaluation responses for both Wards show clear agreement that the Network was a good approach to improve the health and wellbeing of the wards, and all

(except one not sure) expressed willingness for the Network to continue but no one was able to lead the Network to move forward. All said the pilot helped them make new connections.

Differences

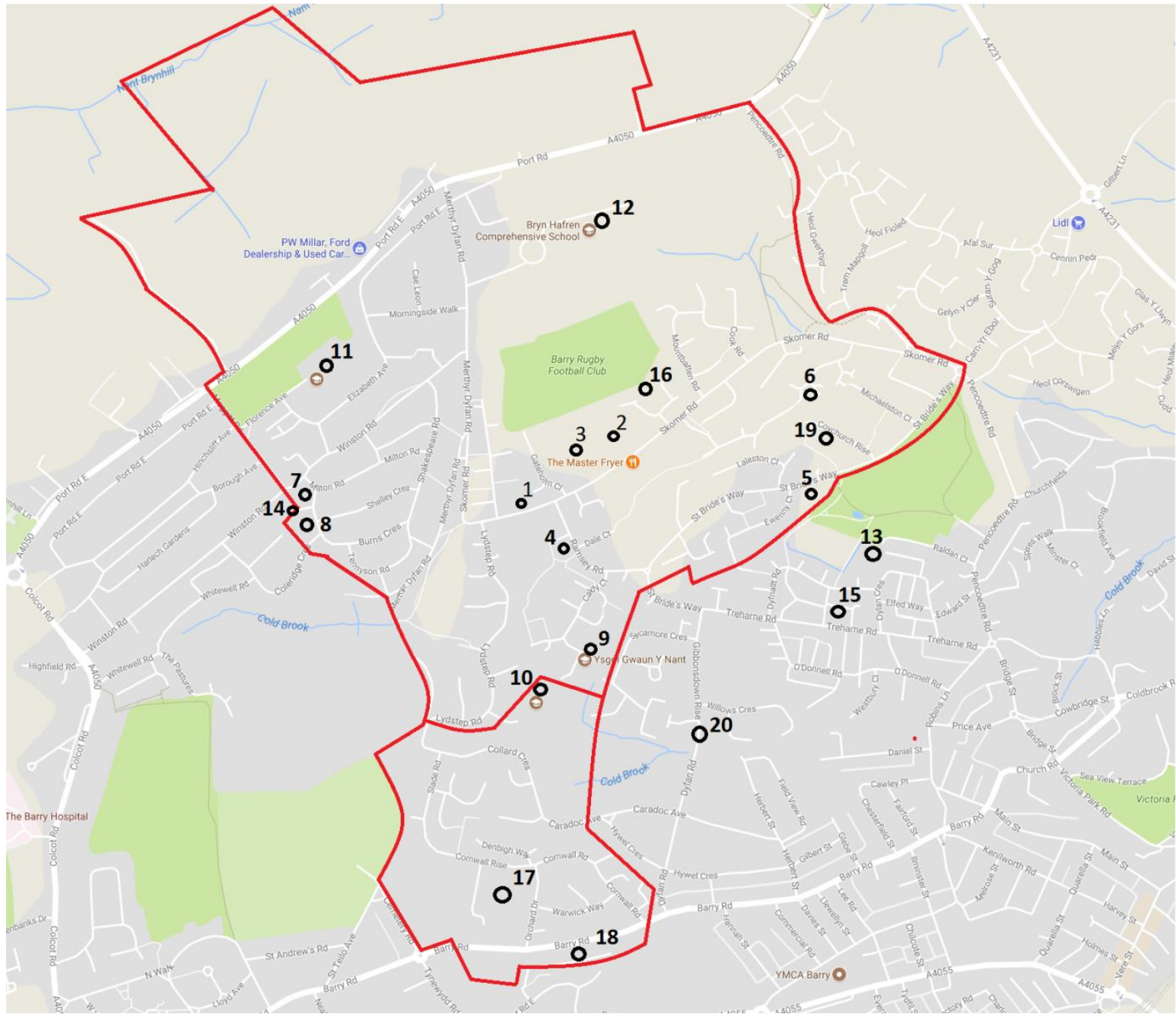
- Both communities took their Networks in different directions. Grangetown sought an online tool while Gibbonsdown wanted a hard copy directory. Grangetown wanted to set up an event while Gibbonsdown wanted informal meetings with speakers.
- Grangetown found that the representatives all had different preferences in terms of communication methods i.e. text, phone conversations, e-mail, social media, text, phone and e-mails. However the main method of communication for both areas was e-mail and both groups shied away from social media.
- Most of Grangetown's representatives recognised that their groups made an impact on health and wellbeing. Gibbonsdown groups did not recognise this as they did not see themselves as explicitly health groups and were amazed to see that they did have an impact on general wellbeing.
- Both areas engaged with all local community groups, instead of specifically aiming at health and wellbeing community groups. However Grangetown did not include Parents Teachers Associations and PCSOs.

Although this pilot project took place in two different areas, this conclusion has shown that there were more similarities than differences in what was achieved.

Appendices

- Appendix 1 - Large Map of Ward (pg. 36)
- Appendix 2 - Map Information Sheet (pg. 37 – 40)
- Appendix 3 - Map Of Gibbonsdown Project - The Oakfield Gwaun Y Nant Garden Project (pg. 41)
- Appendix 4 - Marketing Materials (pg. 42)
- Appendix 5 - First Network Power Point (pg. 43 – 44)
- Appendix 6 - Second Network Power Point (pg. 45 – 46)
- Appendix 7 - Third Network Power Point (pg. 47 – 49)
- Appendix 8 - Gibbonsdown Directory Example (pg. 50)
- Appendix 9 - The Evaluation Used at the Consultation (pg. 51 – 52)
- Appendix 10 - A schedule for the Project (pg. 53 – 55)
- Appendix 11 - A Letter of Support from the Network (pg.56)
- Appendix 12 - Wellbeing In Action – Progress Report (pg. 57 – 72)

Appendix 1 - Large Map of Ward¹⁰



¹⁰ Google Maps, <https://www.google.co.uk/maps/place/Gibbons+Down,+Barry+CF63+1DP/@51.419135,-3.2638564,15.25z/data=!4m5!3m4!1s0x486e0597a9baa11:0xc94348494614e1c7!8m2!3d51.414933!4d-3.264528> [Accessed 23/03/2018]

Appendix 2 - Map Information Sheet

Flying Start (1)

- Flying start is a Welsh Government programme supporting families to give children a better start in life.

Community Enterprise Centre (2)

- Barry Communities First
 - Vale of Glamorgan led, Welsh Government funded anti-poverty programme. Community Health and Wellbeing Coach.
 - Job clubs.
 - 1 to 1 Employment Support.
 - Healthy eating training.
 - Weight management programmes.
 - Sports and physical activity project (Bike Club, Kicks football sessions and targeted programmes).
 - In school transition pupil support.
- GVS
 - An independent charity that supports volunteers, volunteering and voluntary groups. Health and Social Care Facilitator.
- Little Inspirations
 - A day nursery.
- Valeways
 - Volunteer based project for the maintenance, protection, preservation and promotion of public rights of way in the Vale of Glamorgan.
 - Guided walks throughout the Vale of Glamorgan.
 - Weekly Health Walks.
 - Vale of Glamorgan Coffee Shop Strollers (located in Knap and Cosmeston).
- Vision 21
 - Provides realistic work-based opportunities for people with learning needs.

Holm View Leisure Centre (3)

- No activities by Home View Leisure Centre.
- Football Friday run by PCSO.
- Flying Start (Adult Learning) Upcycling Crafts.

- Dad's Base – father support programme.

Gibbonsdown Children Centre/Gibbonsdown Community Centre (4)

- A registered charity providing full day and sessional care for children aged 2 – 4.5 years.
- Healthy Hearts Club – low intensity circuit-type fitness class.

St. Brides Pharmacy (4)

- Pharmacy.

Vale Family Practice (4)

- St Brides Surgery.

Parkside Christian Centre (5)

- Parkside Christian Church is a local community church.
- Vale People First – ‘self advocacy organisation run by people with a learning disability’¹¹.
- Slimming Club.
- Luncheon Club (run by PCSO).
- Cinema Club (on hold for the moment).

Vale Hub (6)

- Community Investment & Involvement Officer, Vale Homes, developing and supporting communities.
- Over 50's Bingo (Gibbonsdown Residents Board).
- Cuppa with a Copper (PCSO).
- Job Club (Barry Communities First).
- Cwtch Cymru. A peer support group for people who are feeling depressed, anxious or isolated.
- Digital Drop In. Drop in computer sessions.

Coastlands Family Church (7)

- Vale Food Bank – supplying food to people in need.

¹¹ Vale People First ‘Getting out, Getting on’, <http://www.valepeoplefirst.org.uk/> [Accessed 23/07/2018]

- Restore – Supplying used furniture to people in need.
- Knit and Natter - knitting group.
- Big Wrap – Supplying Christmas presents to children in need.
- Coastlands Church group.

Bethany (8)

- Used as Storage by Coastlands.

Ysgol Gwan Y Nant (9)

- Welsh speaking Primary School – PTA.

Oakfield Primary (10)

- Primary School – No PTA.
- Oakfield Primary School has a Board of Governors.
- Adult learning courses with Families First.

Colcot Primary (11)

- Primary School – PTA.
- Bumblebees (Little Inspirations group). Stay and Play sessions these are held every Wednesday afternoon from 1.45pm – 3.15pm and are for the whole community.

Bryn Hafren Comprehensive School (12)

- Secondary School in Ward - No PTA.
- Deputy Headteacher.

Gibbonsdown Garden (13)

- Gibby Greenfingers – volunteers looking after the Gibbonsdown Garden Allotment.

Colcot Community Centre (14)

- A Community Centre associated with the Colcot Ward.
- Street Dance Group?
- Association Community Bingo?
- Ballet?
- Barry Bingo?

Tŷ Iolo (15)

- Hostel.

Barry Rugby Football Club (16)

- A Welsh Rugby Union Club.

Arthur Davis Court (Newydd Housing) (17)

Jenner Park (18)

- Sports Stadium.

Gibbonsdown Residents Board Office (19)

- Gibbonsdown Residents Board.

Witchill Hall (20)

- Community Centre, available for hire.
- Barry 2nd and 4th Scouts – Membership between 6 – 14 years old comes mainly from the Gibbonsdown and Court Wards. The Scout Group participates in camping, climbing, sailing, canoeing, hiking, archery, air rifle shooting and more.

Those not based on map:

- PCSO (Police Community Support Officers).
- Older Peoples Strategy Coordinator & Vale 50+ Strategy Forum.
- Digital Champions (Volunteers who teach people how to use computers).
- CAP (Christians Against Poverty).
- Barry Youth Action Forum.
- Hindu Cohesion Mandal.
- Newydd Housing Association.

Appendix 3 - Map of Gibbonsdown Project – The Oakfield/Ysgol Gwaun Y Nant Garden Project

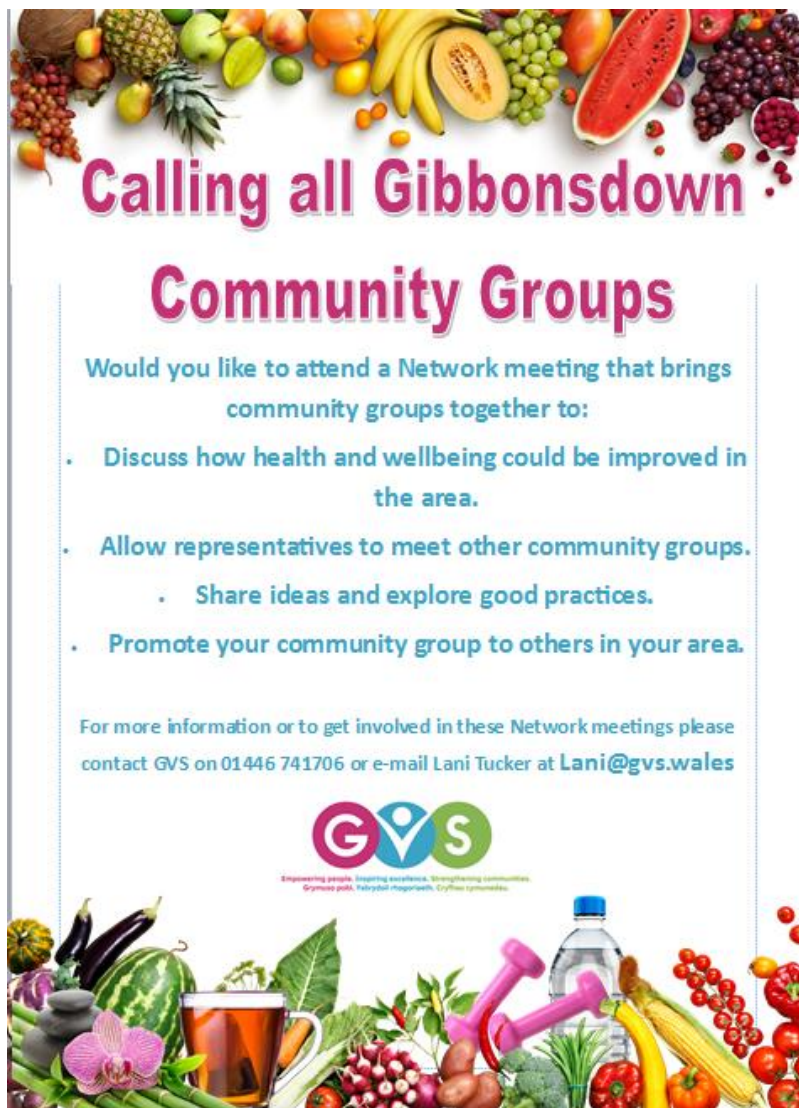


(Google map of area)¹²

The red line is of the Oakfield/Gwaun Y Nant Garden Project. The blue is the Gibbonsdown Ward. Both schools are within the Ward and the project intercepts with the Ward.

¹² Google Maps, <https://www.google.co.uk/maps/place/Gibbons+Down,+Barry+CF63+1DP/@51.4139851,-3.2739807,16.25z/data=!4m5!3m4!1s0x486e0597a9baaab1:0xc94348494614e1c7!8m2!3d51.414933!4d-3.264528> [Accessed 23/07/2018]

Appendix 4 - Marketing Materials





Calling all Gibbonsdown Community Groups

Would you like to attend a Network meeting that brings community groups together to:

- Discuss how health and wellbeing could be improved in the area.
- Allow representatives to meet other community groups.
 - Share ideas and explore good practices.
- Promote your community group to others in your area.

For more information or to get involved in these Network meetings please contact GVS on 01446 741706 or e-mail Lani Tucker at Lani@gvs.wales



'Wellbeing In Action' network is launched

A 'WELLBEING In Action' pilot scheme was launched in Gibbonsdown and a network has been created.

The Gibbonsdown Network seeks to work together, help one another, share information, set up activities and discuss how health and wellbeing could be improved in the area.

So far, three meetings have taken place and the network shares resources and information via email and a directory. So far, two local projects have engaged with the Network; a garden project and an art project.

The network also

hosted a speaker from FoodVale to talk about healthy living and the need for a community cafe.


The network is also in the process of looking at interest in a health walk in Gibbonsdown, run by local charity Valeways.

A spokesperson said "Funding for the pilot scheme came to an end on May 31 and GVS wishes the Network all the very best for the future."

If you would like to know more about the Gibbonsdown Network, contact Glamorgan Voluntary Services (GVS) on 01446 741706; email: enquiries@gvs.wales or visit www.gvs.wales.

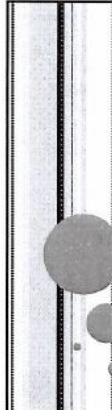
GVS

Appendix 5 - First Network PowerPoint



**GIBBONSDOWN COMMUNITY
GROUP NETWORKING**

Health and wellbeing in Gibbonsdown.



INTRODUCE YOURSELVES ☺

For example, my name is Lani Tucker and I work for GVS as the Community Innovator.


It's my job to map the community groups in Gibbonsdown, set up these network meetings for you to meet and discuss how to improve health and wellbeing in the ward.

What I wish to gain from these meetings is the knowledge that you will find them useful and productive.

- o Name, Group, Gain.


**DO YOU HAVE KNOWLEDGE OF
OTHER GROUPS IN THE AREA?**

- o Let me know if you know of any groups in the area that I have missed and could be invited to these meetings.




**WHAT I HOPE THE NETWORK GROUP WILL
ACHIEVE.**

- o Meet the groups in Gibbonsdown that you may or may not know.
- o Share information and good practices.
- o Discuss the health and wellbeing of the area (how it could be improved?)
- o Set up activities together or find out about an activity that you may wish to join.
- o Set up a social media group.
- o Set up a social media page to promote your groups.




BUT WHAT DO YOU WANT?

INFORMATION? TRAINING? PUBLICITY? OPPORTUNITIES? MEETINGS? SOCIAL MEDIA GROUP/PAGE? EVENTS? ACTIVITIES TOGETHER?
IT'S ENTIRELY UP TO YOU AND THIS NETWORK GROUP.



**WHAT IS HEALTH AND WELLBEING?
(FACTS?)**

- o You may think that what you do has nothing to do with health and wellbeing but it is a vast topic that encompasses a lot of different elements.
- o Health is the 'the state of being free from illness or injury' and 'a person's mental or physical condition.' (Oxford Dictionary)
- o Wellbeing is 'The state of being comfortable, healthy, or happy.' (Oxford Dictionary)
- o Healthy and Happy - all of you can say your groups help with this.



HOW CAN WE IMPROVE HEALTH AND WELLBEING
IN THE GIBBONSDOWN AREA? HOW CAN WE HELP
EACH OTHER IMPROVE WHAT WE DO?

- o Please use the pen and paper in front of you to brainstorm ideas.
- o Think about what you want to improve in your own groups. How wellbeing could be improved in the whole of Gibbonsdown. What could we do?
- o Big or small – all ideas are welcome.
- o Example – I want social media training/organise trips with other groups/join another group/keep in touch and share information.

ACTION POINTS?

- o What would we be able to do out of these ideas?
- o All of us are small groups who are already busy, but working together we may be able to start improving the health and wellbeing of the Gibbonsdown ward.

I'll write it here. Don't be afraid to say if something will be too ambitious to accomplish. This is a community network and it won't work if the community thinks it will fail.

- o 1. Example (set up a social media group – facebook?)
- o 2.
- o 3.
- o 4.
- o 5.
- o 6.
- o 7.

HAS THE SESSION BEEN USEFUL?

- o Is there any way to improve it?
- o Would you like to attend future meetings?
- o Would you be willing for me to share your details with the rest of the group?
- o How would you like to see future meetings held? Discussion, speakers, training, presentations?

- o Do you know any Community Groups in Gibbonsdown that should be invited?

- o My contact details are below. Please let me know of any groups in the area that you know about or email me later.

o **Thank you for your time.**


- o Lani Tucker, Community Innovator, GVS.
- o Tel/ Ffôn: 01446 741706
- o Email/Ebost: lanit@gvs.wales

HOW GVS CAN HELP YOU – PLEASE SEE
LEAFLET FOR MORE DETAILS.

- o Free funding searches and advice
- o Free assistance with developing policies, procedures and constitutions
- o Low cost professional printing
- o Design service including leaflets etc.
- o Free advertising in our magazine, on our website and in our e-bulletins
- o Low cost and free training
- o Involvement in our Networks and Forums
- o Participation in joint working with statutory and other agencies

- o If you desire any of the above let me know or phone GVS on 01446 741706.

Appendix 6 - Second Network PowerPoint



GIBBONSDOWN COMMUNITY NETWORKING
Health and Wellbeing in Gibbonsdown.

GENERAL INFORMATION

- Please help yourself to refreshments.
- We'll take a 15 minute break half way through or earlier if you desire – just let me know.
- Toilets are through the door and to the right.
- There is no scheduled Fire Alarm today. If the fire alarm sounds please make your way to the car park and congregate by Holm View Leisure centre. Fire exits are through the front door or at the other end of the corridor.

BEFORE WE BEGIN

- A 10 minute talk from Jo Breckon & Emma Price about a forthcoming project that is taking place in the Gibbonsdown Ward of Barry.

INTRODUCE YOURSELVES 😊

For example, my name is Lani Tucker and I work for GVS as the Community Innovator.

It's my job to map the Community groups & Organisations in Gibbonsdown, set up these Network meetings for you to meet and discuss how to improve Health and Wellbeing in the ward.

Glamorgan Voluntary Services (GVS) is an independent charity. We support volunteers, volunteering opportunities and voluntary groups. Our role is to provide information, advice and guidance on all aspects of volunteering for both volunteers and recruiting organisations.

- Name, Role and a few details about your Group/Organisation

ACTION POINTS FROM LAST MEETING

- Set up a network email group and share information about the area through email. (Everyone is now in contact.)
- Internal Directory with information on activities and contact details. (I've handed out drafts – still waiting for some others.)
- Send a copy of the ward map to the Network. (Done)
- Mark Ellis to send an example of a directory template. (Done)
- I have sent out a draft directory template. (Handed out draft versions for you to ok today – still waiting for some groups.)
- The Network internal directory could be edited in future for public use. Discuss.
- Discuss the use of a Social Media Page.
- Discuss ways to improve the Health and Wellbeing of the ward.

EMAIL NETWORK

- What do you think of the email Network?
- Do you find it useful?
- Are you sharing information?
- Have you made contacts? And used contacts?
- Are you waiting for the directory for more information?

DIRECTORY

- What do you think of the directory?
- Does it suit your needs?
- Could it be improved?
- Could we make a copy for the public?
- Would you be willing for this information to be sent out or would you like to edit it?

SOCIAL MEDIA PAGE

- Information on Facebook
- Facebook currently does not have a way to disable comments on the page.
- However, it will let us pre-moderate "forbidden" words. On the "General" tab, we click to edit "Page Moderation". This setting lets us choose words that we consider "forbidden" on our page.
- This comment would only appear to the one who posted it, and to their personal friends. Any other page visitor would see nothing at all.
- Someone would need to be the Administrator. Maybe it could become a volunteering opportunity or an opportunity for the Digital Champions?

OTHER IDEAS ON HOW TO IMPROVE THE HEALTH AND WELLBEING OF THE WARD.

- Please use the pen and paper in front of you to write down ideas that could be added to our next action plan.
- 1. Finish Directory
- 2.
- 3.
- 4.
- 5.

ACTION POINTS FOR THE NEXT NETWORK MEETING

I'll write it on the board.

- 1. Finish Directory
- 2.
- 3.
- 4.
- 5.


ANY OTHER BUSINESS

- Anything else you would like to discuss or share with the Network?
- Thank you for attending! Have a Merry Christmas!



- Do you know any Community Groups in Gibbonsdown that should be invited to our Network meeting?
- My contact details are below. Please let me know of any groups in the area that you know about or email me later.
- Thank you for your time.
- Lani Tucker, Community Innovator, GVS.
- Tel/ Ffôn: 01446 741706
- Email/Ebost: lanit@gvs.wales

Appendix 7 - Third Network PowerPoint



GIBBONSDOWN COMMUNITY NETWORKING
Health and Wellbeing in Gibbonsdown.


GENERAL INFORMATION

- o Please help yourself to refreshments.
- o We'll take a 15 minute break half way through or earlier if you desire – just let me know.
- o Toilets are through the door and to the right.
- o There is no scheduled Fire Alarm today. If the fire alarm sounds please make your way to the car park and congregate by Holm View Leisure centre. Fire exits are through the front door or at the other end of the corridor.

BWYD FOOD
of the Vale


BEFORE WE BEGIN

- o A talk from Rhianon Urquhart about FoodVale.
- o At the last meeting it was mentioned that there was no community café in Gibbonsdown and FoodVale may be able to help.




Making Sense of Food

BWYD FOOD



Our complex relationship with food ...



BWYD FOOD

What does food mean to me?



What we've achieved to date ...




- Steering Group
- Partnerships
- Some research
- Engagement Event

BWYD FOOD

What's next ... ?

- Rural Vale Pilot – January 2018 – October 2018
- Work with Vale of Glamorgan Council
- Apply for membership of the Sustainable Food Cities Network
- Produce & Launch a Food Charter
- Launch the Food Vale Website
- Begin the award application for Bronze SFC status
- Funding bid



BWYD FOOD



How can I get involved?

- Follow us on Twitter - @thevalefood
- Watch out for our new website
- Complete the Sensemaker questionnaire at
 - <http://thevalefood.co.uk/sensemaker>
 - <http://thevalefood.co.uk/sensemaker>

BWYD FOOD

Diolch yn fawr am wrando Thank you for listening

Rhianon Urquhart
 @rhianonurquhart
 07921 852140

BWYD FOOD

INTRODUCE YOURSELVES ☺

ACTION POINTS FROM LAST MEETING

- o Finish the directory.
- o Add information to Index page. (emails/number/website)
- o Add locations on map to directory.
- o Write out a press release.
- o Mark Ellis to write a letter to support the future of the project.
- o Valeways would like to know if you or your groups have any interest in Gibbonsdown walks.
- o I will arrange a guest speaker for the next meeting.
- o Next meeting to be arranged late January/early February
- o I will find out what is happening to my role before the next meeting.

FUTURE OF PROJECT

- o The project is set to end at the end of March. Can we discuss how the project can continue without support?
- o Volunteer admin?
- o Someone takes over running it?
- o Discuss it via the Network for meetings.
- o Does not need to have PowerPoints/structure – it could just be meetings.
- o Your thoughts?

LITTER PICK DAY

o Valeways mentioned taking part or setting up a litter pick. We spoke to Keep Wales Tidy and now they have set up a session to be held at the plot of land across the road called Treetops.

**ARWYR VMGVNNULL
HEROES ASSEMBLY**

14 MARCH 2016
14 MARCH 2016

TREETOPS WOODLAND, BARRY

Friday 2nd March 10am

Meet us at the Church of Our Redeemer and City Church. All litter picks are provided but please bring coffee and tea and also for the weather and (if it is)

TRAINING – IT TRAINING

- o Free Training Offered to Network
- o IT Training - At the last meeting we talked about how members of the Network are unsure of how to use social media and Digital in general. GVS is offering 1-2-1 or group training.
- o Facebook/Twitter/Additional IT based courses for you or any of the members of your groups. These 1-2-1 sessions take 1-3 hours depending on your experience. These sessions are **free** to volunteers, community members and voluntary organisations.

TRAINING CONTINUED – GDPR THE GENERAL DATA PROTECTION REGULATION (GDPR) BECAME LAW ON 25 MAY 2018

This half-day briefing session will:

- o Give an overview of the new concepts and approaches in the GDPR
- o Outline the legal bases for processing personal data and the conditions for getting consent from individuals
- o Discuss what must be included in privacy notices and when they must be issued
- o Review the rights of individuals under the GDPR, including changes to data subject access requests
- o Discuss the new obligations on data processors and the requirements for third-party contact
- o By the end of the session, you will have a solid overview of all of the above and be in a better position to prepare for the changes ahead.

TRAINING CONTINUED – FIRST AID

- o **Emergency First Aid at Work (EFAW) 1 Day Course**
12th April 9.00am – 4.00pm
Cost: £50 (normal price £118.00)
- o **Who should attend:** People who want to receive training in emergency first aid. It is especially suited for nominated first aiders in smaller, low risk working environments e.g. offices.

The day will cover:

- o Roles and responsibilities of a first aider, including dealing with incidents in a safe manner
- o Dealing with a breathing but unresponsive casualty / Dealing with a casualty who is having a seizure
- o Recognise cardiac arrest and perform CPR including the use of an AED
- o Administer first aid to a casualty with an airway obstruction/ a casualty with external bleeding
- o Recognise and treat a casualty in shock
- o How to treat a casualty with minor injuries (burns, cuts, bruises and splinters)
- o **Assessment:** Multiple choice questions, and continuous observation by the trainer
- o **Qualification:** Successful candidates will receive EFAW certification which is valid for three years. The qualification complies with current HSE Legislation
- o **ID:** Photographic ID must be shown to the trainer on the first day of the course
- o **Dress Code:** Suitable clothing for practical activities which involves lying on the floor

SOCIAL MEDIA PAGE

- o Information on Facebook
- o Facebook currently does not have a way to disable comments on the page.
- o However, it will let us pre-moderate “forbidden” words. On the “General” tab, we click to edit “Page Moderation”. This setting lets us choose words that we consider “forbidden” on our page.
- o This comment would only appear to the one who posted it, and to their personal friends. Any other page visitor would see nothing at all.
- o Someone would need to be the Administrator. Maybe it could become a volunteering opportunity or an opportunity for the Digital Champions?

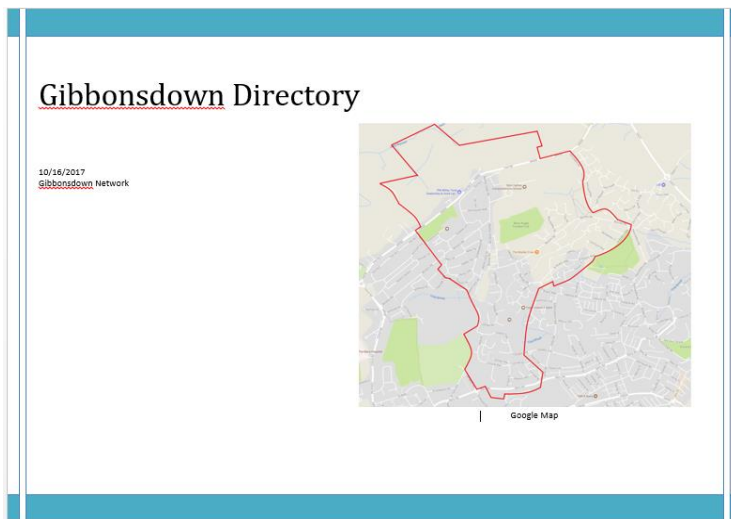
ACTION POINTS

ANY OTHER BUSINESS

- o Anything else you would like to discuss or share with the Network?
- o Thank you for attending!

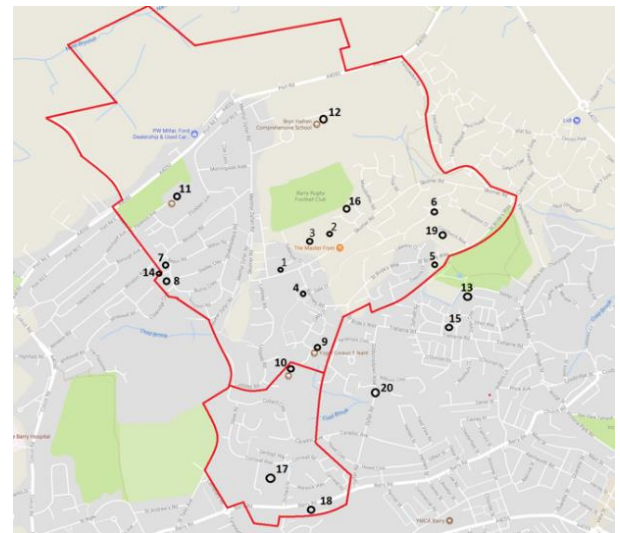
o Lani Tucker, Community Innovator, GVS.
o Tel/ Pfn: 01446 741706
o Email/Ehost: lanit@gvs.wales

Appendix 8 - Gibbonsdown Directory Example¹³



INDEX

Category: Health and Wellbeing	Map Point (2)	Tel/ Ffôn:	Email/Ebost:	Pg. 2
- ...				
Category: Childcare and Children	Map Point (1)	Tel/ Ffôn:	Email/Ebost:	Pg. 3
- ...				
Category: Learning	Map Point (12)	Tel/ Ffôn:	Email/Ebost:	
- ...				
Category: Organisations				
- GVS (Glamorgan Voluntary Services)	Map Point (2)	Tel/ Ffôn: 01446 741706	Email/Ebost: lanit@gvs.wales	Pg. 6
Category: Housing	Map Point (6)	Tel/ Ffôn:	Email/Ebost:	Pg. 8-9
- ...				
Category: Online	Map Point (6)	Tel/ Ffôn:	Email/Ebost:	
- ...				
Category: Faith	Map Point (5)	Tel/ Ffôn:	Email/Ebost:	
- ...				
Category: Community Centres	Map Point (4)	Tel/ Ffôn:	Email/Ebost:	Pg. 9
- ...				



Name of Organisation/Community Group	Information about Organisation/Community Group	Activities Run	Contact Name and Role	Telephone	Email
GVS Glamorgan Voluntary Services	<p>Glamorgan Voluntary Services (GVS) is an independent charity and has a flourishing membership of voluntary and community organisations active in the Vale of Glamorgan. We help to improve the quality of life of people and communities by supporting volunteers, volunteering opportunities and voluntary groups.</p> <p>GVS delivers an array of quality services to meet the needs of voluntary groups.</p> <p>GVS empowers voluntary groups, providing many channels of engagement and quality services to enable them to excel at serving their communities. Our role is to provide information, advice and guidance on all aspects of volunteering for both volunteers and recruiting organisations.</p>	<p>Training when requested.</p> <p>Monday – 10am – 12noon: Activity</p> <p>Tuesday – 2pm – 4pm: activity</p>	Lani Tucker (Community Innovator)	01446 741706	lanit@gvs.wales

¹³ Google Maps, <https://www.google.co.uk/maps/place/Gibbons+Down,+Barry+CF63+1DP/@51.419135,-3.2638564,15.25z/data=!4m5!3m4!1s0x486e0597a9baaab1:0xc94348494614e1c7!8m2!3d51.414933!4d-3.264528> [Accessed 23/03/2018]

Appendix 9 - The Evaluation Used at the Consultation (Same as C3SC)



Wellbeing in Action – Final Evaluation

Date: _____

1. As a result of your involvement in the Wellbeing in Action pilot has the following improved?

	Not at all	A little	Quite a bit	A lot
Knowledge of what's on locally				
Connections with other local groups				
Connections with other wider organisations				
Access to available support to run groups/ activities				
Confidence to commit to local community action for health and wellbeing				
Confidence to work together / in partnership				
Awareness of health and wellbeing groups/ activities				

2. Is the network a good approach to help improve the health and wellbeing of the ward?

Yes No Not sure

Why?

3. Are there any challenges in your community that the Network could help solve?

- Yes No Not sure

If yes, please list them

4. Would you like the Wellbeing in Action Network to continue?

- Yes No Not sure

5. Are there any barriers faced by local groups to run the Network at this stage?

- Yes No Not sure

If yes, please list them

6. Did the Wellbeing in Action pilot help you to make new connections?

- Yes No Not sure

If yes, which connections did you made and how did it benefit the group?

7. In which capacity are you able to get involved in the Network?

- Actively participating (i.e. attending meetings)
 Taking responsibility (i.e. take the Network forward)

8. Any other comments. Would you do anything differently?

Appendix 10 - A Schedule for the Project

Mapping – Meeting – Media

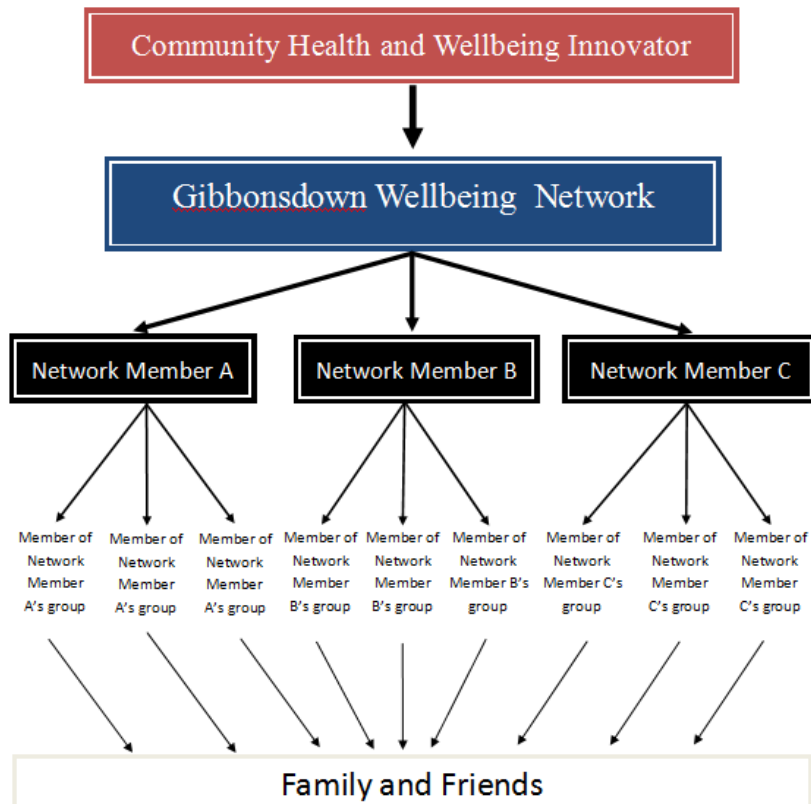
Start Date 10th July 2017

<p>July, August, September.</p>	<ul style="list-style-type: none"> • Mapping the area of Gibbonsdown (people, groups, locations). • Create contacts among those who reside in the area (health groups or those who could benefit – e.g. a homework club could benefit from the information on the future social media page. They would not be a group member but would add to the views and benefit from knowing the page exists, creating a knock on effect). • Make use of Communities First and Glamorgan Voluntary Services connections. Make use of Dewis and Public Health Wales. • Start talks of setting up a networking group. • Arrange a Network meeting. • Write a report on how the above has progressed.
<p>October, November, December.</p>	<ul style="list-style-type: none"> • Have a Network meeting with groups found in mapping exercise and discuss how to promote an ‘even better, healthier community.’ • Find out what the community groups want and how it could be achieved. • Discuss the use of social media and what the groups desire. • Create a Facebook group or other online group for the use of networking and sharing. Push FB over twitter as twitter seems to be for partners and Facebook has a lot of features for marketing. However, if the group do not want Facebook then the project needs to go with the wishes of the group. • Set up FB, Twitter or whatever social media the group wants to promote their services or share events. Other members would be able to share the messages or events with their groups. • Set up training for social media for those who do not know how to use it. Digital Cymru Wales or Glamorgan Voluntary Services to teach. • Write a report on the groups’ wishes and their reaction to the use of social media.

<p>January, February, March.</p>	<ul style="list-style-type: none"> ● Work towards what the Network group requires. ● Set up social media page (if at all possible try to set this up earlier). ● Have group members contribute to the page. Post interesting information by groups e.g. achievements or open activities or interesting items for the group e.g. events their groups may want to attend and the Health Board’s message – ‘even better...’. ● Have members like posts and share with the members of their groups and create a tree like structure of sharing information. For example one post, shared by three members of the Network group to their groups (see below). ● Use the Networking meetings as a way to improve their own groups. Work on long term plan to keep the group together and continuing to work on the page.
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- Continuously add group members throughout the year.
- Work towards what the Network Group wishes for the future.
- Once Social Media is set up continuously update the page.
- Have at least 2/3 Network meetings. One between October to December. One between January to March.

Tree of Sharing



Tree of Sharing Diagram 1

Appendix 11 - A Letter of Support from the Network

Date/Dyddiad 14/12/2017
Ask for/Gofynwch am Mr Mark Ellis
Telephone/Rhif ffôn 02920 673094 / 07826 020707
Fax/Ffacs

e-mail/e-bost markellis@valeofglamorgan.gov.uk

The Vale of Glamorgan Council
Civic Offices, Holton Road, Barry CF63 4RU
Telephone: (01446) 700111
Textphone: (01446) 741219
Cyngor Bro Morgannwg

Swyddfeydd Dinesig, Heol Holton, Y Barri CF63 4RU
Rhif ffôn: (01446) 700111
Ffôn testun: (01446) 741219
www.valeofglamorgan.gov.uk
www.bromorgannwg.gov.uk



Dear Funder,

Re: Extension to Community Innovator role – Lani Tucker

On behalf of the Gibbonsdown Network group I would like to write a letter of support for the continuation of the funding of the Community Innovator role.

Lani Tucker, in the role has made a huge impact in a short space of time working hard to get people, groups and organisations based in Gibbonsdown and Barry communicating.

There have been a number of new initiatives that Lani has helped established. These include developing a network group who meet regularly and discuss important matters relating to the community and for community benefit.

Having worked in Community Development for a number of years in Barry and Gibbonsdown I thought I had achieved success in mapping and gapping of the area but Lani has achieved notable new contacts and already the area is seeing the benefit of her hard work and bringing people together.

2018 is going to be an exciting year for the Gibbonsdown ward. There is a new schools and community garden project, a new Arts development project and Time Credits are being launched. With the sad demise of Communities First, the role of Lani is pivotal to achieving continuity and keeping people together as a network.

Lani is key to establishing directories, setting up meetings and providing administration support. The group are enthusiastic and diverse but all have numerous roles and responsibilities outside of the network. This makes it even more important that a central figure such as Lani is involved and the Community Innovator role is key to achieving success.

I, on behalf of the group really hope that Lani is able to continue in her role beyond March 2018 and would like to offer this letter as support for her continuation.

Many thanks and best wishes for a Happy Christmas and a prosperous New Year

Mark Ellis
Community Investment and Involvement Officer
Vale of Glamorgan Council

Wellbeing in Action – Progress Report

Ward : Gibbonsdown (Barry)

Date: 24/04/2018

Output	Indicators	Updates	Progress and comments
<p>LOCAL GROUPS/ MAPPING</p>	<ul style="list-style-type: none"> Number of local groups/organisations/ individuals contacted / Number of local groups/individuals/ organisations expressed an interest in the Network 	<p>38 contacted.</p> <p>34 interested.</p> <p>2 declined to attend meetings.</p> <p>5 community buildings.</p> <p>Waiting to hear from 4.</p>	<p>34 expressed an interest in attending. 2 declined but wanted to be kept up to date and be part of the Network. I have also contacted 5 community centres/hubs.</p> <ul style="list-style-type: none"> - 15 community groups (5 led by other interested parties). - 1 Health Club. - 1 PTA (Parent Teacher Association). - 1 school (no PTA). - 1 member of Oakfield’s Board of Governors. - 1 individual (a Councillor). - 1 Doctors’ practice. - 1 Police Community Support Officer (PCSO). - 1 Club run by PCSO. - 1 Foodbank. - 2 Government run schemes. - 1 charity (with many volunteer walking groups). - 2 Charities. - 1 Charity that runs a nursery and are a link to the parents. - 1 company that runs a nursery and are a link to the parents. - 1 group run by company. - 1 Charitable Housing Association. - 1 Council Housing Team.

			There are also 5 active community buildings in the area and willing to rent.
	<ul style="list-style-type: none"> Number of groups/ activities identified in the area (baseline) 	34 Network members/65 activities	Ongoing. At least 65 activities.
	<ul style="list-style-type: none"> Number of participants x groups / activity (baseline) 	<p>Waiting for information from 7 other Network members.</p> <p>Group/interested party – activity, participants.</p>	<p>Bumblebees – 2 activities, on average 16 people attend one and 4 people for the other.</p> <p>Little Inspirations – 1 activity, 14 - 16 average. 30 on register.</p> <p>Vale Homes – 2 activities (including over 50 Bingo group), on average 20 people.</p> <p>Digital champions - 9 activities, 0-15 people each session. Depends on location. 1 activity in Gibbonsdown, 1 person average.</p> <p>Coastlands Family Church – 4 activities (including Knit and Natter) and 100 people attending each week.</p> <p>Coastlands Family Church – 4 services (including the Foodbank), on average 40 people attend.</p> <p>Coastlands Family Church – Church attendance, 70 people attending each week.</p> <p>Gwaun Y Nant PTA – 1 activity, 6 members.</p> <p>Over 50+ Forum – 1 activity, 300 members.</p> <p>Cwtch Cymru – 1 activity, 10 members.</p> <p>Barry 2nd and 4th Scouts – 3 activities, 75 attendees.</p> <p>Hindu Cohesion Mandal – waiting.</p> <p>Parkside Christian Church – 5 activities.</p> <p>St Brides Doctors’ Practice – N/A</p> <p>Bryn Hafren Secondary School – N/A</p> <p>Flying Start – 9 activities, 8 participants on average.</p>

			<p>Dad's Base – 1 activity, 6 participants. Healthy Hearts – waiting (at least 1 activity). Newydd Housing Association – N/A. PCSOs – waiting (at least 2 activities). Friday Night Football – waiting. Luncheon Club – 1 activity, 8 participants. Gibby Greenfingers – waiting. Barry Youth Action – 2 activities, 12 members. Valeways – 7 activities, 10 average attendance. Christians Against Poverty – N/A. Barry Communities First – No activities in Gibbonsdown. Gibbonsdown Residents Board – 1 activity, 3 members. Gwaun Y Nant Parent group – 1 club with different activity every week, 3 – 4 attendees. Gibbonsdown Children Centre – waiting. Councillor – N/A Oakfield - Board of Governors – waiting. Witchill Hall – 2 activities – (1 activity, 24 participants.)</p>
	<ul style="list-style-type: none"> Number of volunteers x activity (baseline) 	<p>Waiting for information from 7 other Network members.</p>	<p>Bumblebees – 0 volunteers. 2 activities. Little Inspirations – 1 volunteer. 1 activity. Vale Homes – 2 volunteers. 2 activities. Digital Champions – 14 volunteers – 9 activities. Coastlands Family Church – 15 volunteers - 4 activities. Coastlands Family Church – 10 volunteers - 4 services. Coastlands Family Church – 10 volunteers – Church. Gwaun Y Nant PTA – 1 activity, 10 volunteers when events are held. Over 50+ Vale – 15/16 people do the work, 1 activity. Cwtch Cymru – 1 volunteer, 1 activity. Barry 2nd and 4th Scouts – 3 activities, 16 volunteers. Hindu Cohesion Mandal – waiting.</p>

		<p> Parkside Christian Church – 5 activities. St Brides Doctors’ Practice – N/A. Bryn Hafren Secondary School – N/A. Flying Start – 0 volunteers. 9 activities. Dad’s Base – 0 volunteers, just those who are a part of it. 1 activity. Healthy Hearts – waiting. Newydd Housing Association – N/A. PCSOs – waiting (at least 2 activities). Friday Night Football – waiting. Luncheon Club – 1 volunteer, 1 activity. Gibby Greenfingers – waiting Barry Youth Action – 12 members are classed as volunteers. 2 activities. Valeways – 40 volunteers. 7 activities. CAP – N/A. Barry Communities First – No activities in Gibbonsdown. Gibbonsdown Residents Board – 1 activity, 3 members. Gwaun Y Nant Parent group –1 club with different activity every week, 3 – 4 attendees. Gibbonsdown Children’s Centre – waiting. Councillor – N/A. Oakfield - Board of Governors – waiting. </p> <p> <u>Community Halls</u> </p> <p> Gibbonsdown Community Centre – 2 activities. Vale Hub - 15 activities. Witchell Hall – 2 activities – 8 volunteers. Parkside Christian Centre - 5 activities. Coastlands Family Church – 9 activities overall. </p>
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	<ul style="list-style-type: none"> Number of groups signposted to Third Sector Officers/ Volunteering support 		<p>Gave out leaflets about GVS. No new signposts as of the end of March 2018.</p> <p>2 sought advice about governance.</p> <p>1 sought information about a funding bid.</p>
	<ul style="list-style-type: none"> Number of groups receiving C3SC/GVs support and type of support (governance, funding, volunteering etc.) 		<p>All who attended the Network meetings are offered advice about events and activities in the area. All have been offered governance, funding and volunteering advice. All have been told about GVS memberships. Offered social media training and other training opportunities.</p>
	<ul style="list-style-type: none"> Self-reported level of awareness and wellbeing by group participants 	Very Low.	<p>All participants only knew of one or two others. Very surprised to hear list of groups and other interested parties at Network meeting.</p> <p>Most projects starting in area do not know what is in area.</p>

Output	Performance indicators	Updates	Progress and comments
EVENTS	<p>Number of events</p> <ul style="list-style-type: none"> Local community engagement Network meetings Other 	<p>- 3 / 4</p> <p>Wellbeing In Action Networks</p>	<p><u>My Network</u></p> <ul style="list-style-type: none"> 1st Gibbonsdown Network meeting. 10th October 2017. 2nd Gibbonsdown Network meeting. 5th December 2017. (Invited a speaker from Studio Response.) 3rd Gibbonsdown Network meeting. 27th February 2018. (Invited a speaker from FoodVale.) 4th Gibbonsdown Network Consultation. 27th March 2018.

		<p>- 1 WIA Consultation.</p> <p>- 30 Face to Face meetings with various members of community (79 people in the various meetings)</p> <p>- 4 Networks</p> <p>- 6 Events</p> <p>- 4 stands</p> <p>- 7 regional and steering group meetings</p> <p>- 3 meetings with C3SC counterpart</p>	<p><u>Meetings</u></p> <ul style="list-style-type: none"> - Investment Officers of Vale of Glamorgan Council Housing Department (Vale Homes). - A representative of Valeways. - A representative of Flying Start and lead of Dad’s Base. - A representative of Little Inspirations. - A representative of Gibbonsdown Community Centre and Gibbonsdown Children’s Centre. - Pastor and Manager of Coastlands Family Church. - Gibby Greenfingers volunteers. - The Luncheon Club. - All members of Dad’s Base. - All members of Cwtch Cymru. - All members of the Digital Champions at their meeting. - Two representatives who run/are a part of the Vale 50 + Forum, One representative lives very near Gibbonsdown (Believed they lived in Gibbonsdown). - The leader and teacher of Healthy Hearts. - The Practice Manager of St Brides, (Doctors’ Practice). - All members of the Gibbonsdown Residents’ Board. - Ysgol Gwaun Y Nant’s Headteacher. - Headteacher of Oakfield Primary. - All members of Ysgol Gwaun Y Nant parent group. - The lead of Parkside Christian Centre. - Barry Town Council’s Community Development Officer. - Met all members of Barry Youth Action, (Youth Forum). - 3 Oakfield/Gwaun Y Nant project prep meetings. - Keep Wales Tidy representative. - The Digital Champions again. - Studio Response about Art Project.
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		<p>- 1 presentation</p> <p>- 1 training</p>	<p><u>Networks attended to promote project.</u></p> <ul style="list-style-type: none"> - A Health Social Care and Wellbeing Network in the Vale of Glamorgan. - FoodVale Network (Vale of Glamorgan Food Network). - Vale Employment & Training Network. - Fireflies Network. - C + V Physical Activity and Eating Well Network. <p><u>Events attended to gather information.</u></p> <ul style="list-style-type: none"> - Great Big Funday – Fireflies event. - Vale 50+ Activity celebration. - Parkside Christian Fayre ‘A Celebration’. - GVS Trustee Conference. - Food Vale Engagement Event. <p><u>Events where the project had a stand.</u></p> <ul style="list-style-type: none"> - GVS Volunteer Fayre. - Consultation event at Oakfield Primary for new project. - Consultation event at Ysgol Gwaun Y Nant for new project. - Consultation event at Coastlands Family Church for new project. <p><u>Regional Working (Steering Group and Regional meetings).</u></p> <ul style="list-style-type: none"> - Meeting counterpart for first time to discuss project at GVS. - Went to C3SC to see her office. - First Wellbeing Network Steering Group. - Second Wellbeing Network Steering Group. - Third Wellbeing Network Steering Group. - Fourth Wellbeing Network Steering Group. - Fifth Wellbeing Network Steering Group. - The first Regional meeting between GVS and C3SC. - The second Regional meeting between GVS and C3SC. - The third Regional meeting between GVS and C3SC. - Met counterpart to discuss report.
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		<p><u>Presentation.</u></p> <ul style="list-style-type: none"> - Board Meeting at GVS to showcase the project and show the progress made. <p><u>Training.</u></p> <ul style="list-style-type: none"> - Training in the Use of Digital Health and Wellbeing tools to work with community groups.
<ul style="list-style-type: none"> • Number of partners invited/ engaged x event (how many are local groups, individuals or partners agencies) 		<p>Engaged a community group via an event.</p> <p>Engaged parents of two schools at two events.</p> <p>Engaged many partners at events; Dewis/Public Health/FoodVale.</p> <p>Invited four partners to Network – Barry Communities First, Vale Homes, Flying Start and Newydd Housing Association.</p>
<ul style="list-style-type: none"> • Number of participants attending (how many are local groups, individuals or partners agencies) 	<p>12 attended first Network.</p> <p>10 attended second Network.</p> <p>12 attended third Network</p> <p>6 attended consultation</p>	<ul style="list-style-type: none"> - 17 representatives agreed to attend the first Network meeting. 12 attended representing 4 community groups, 1 Parent Teacher Association, 1 Primary School Governor, 1 Police Community Support Officer, 1 company run nursery, 1 company led group, 1 Foodbank, 1 Government run scheme, 1 charity with many walking volunteer led groups, 1 Council Housing Team and 1 Councillor. - 14 agreed to attend the December second Network meeting. 10 attended representing 3 community groups, 1 Primary School Governor, 1 company run nursery, 1 company led group, 1 charity with many walking volunteer led groups, 2 Government run schemes, 1 Council Housing Team and 1 Councillor. 10 also included the guest speaker who came to talk about the new art project taking place in Gibbonsdown.

			<ul style="list-style-type: none"> - 14 agreed to attend the third Network meeting. 12 attended representing 2 community groups, 1 Primary School Governor, 1 Police Community Support Officer, 1 company run nursery, 1 Foodbank, 1 Government run scheme, 1 charity with many walking volunteer led groups, 1 Council Housing Team and 1 Councillor. - Consultation – 12 agreed to attend the March consultation meeting. 6 attended representing 1 community group, 1 Primary School Governor, Police Community Support Officer, 1 company run nursery, 1 Council Housing Team and 1 Councillor. - Ran a General Data Protection Regulation course (GDPR) and 8 attended representing 2 community groups, 1 company run nursery, 1 company led group and 1 charitable social enterprise that run a nursery/community centre.
	<ul style="list-style-type: none"> • Meeting outcomes (eg. terms of reference/ action plan /“commitment for change”) Community Led Action. 	<p>4 Action plans for 3 Network Meetings and 1 consultation.</p>	<p><u>First Network:</u></p> <ul style="list-style-type: none"> - Set up a network email group and share information about the area. - Send out a copy of the Ward map. - Create an internal directory before the next meeting. - Start thinking about making a public directory. - Find out information about a Social Media Page. - Invite the Vale Youth Forum, someone who lives in Gibbonsdown. - Next meeting to be first week of December. <p><u>Second Network Meeting:</u></p> <ul style="list-style-type: none"> - Finish the internal directory. - Add to the Index page (emails/number/website). - Add locations on map to directory. - Write out a press release.

			<ul style="list-style-type: none"> - Network to write a letter to support the future of the project. - Arrange a guest speaker for the next meeting. - Next meeting to be arranged late January/early February. - Find out what is happening to project before the next meeting. <p><u>Third Network:</u></p> <ul style="list-style-type: none"> - Send out Newspaper Article. - Finish Directory. - Update on Bid. - Get update on Studio Response. - Set up another meeting. <p><u>Consultation:</u></p> <ul style="list-style-type: none"> - Send out Newspaper article. - Make the Directory public. - Find out Studio Response project update.
	<ul style="list-style-type: none"> • Participant's evaluation. Benefits reported from the groups/individuals attending the meeting 		<p><u>Links formed within the Network meetings.</u></p> <p>Bumblebees wanted to know more about gardening that the children could do – suggested Gibby Greenfingers as a contact.</p> <p>Bumblebees also wanted their garden to be improved and have been put in contact with Vale Homes and Gibby Greenfingers who will help them improve the garden for the children.</p> <p>Valeways made contacts with Dad's Base and Hindu Cohesion Mandal for potential volunteers and walking trips.</p> <p>Gwaun Y Nant, Coastlands and Little Inspirations all had questions for the PCSO.</p> <p>Vale Homes are going to use Coastlands for an event/consultation.</p>

			<p>Bumblebees wanted to know more about the Digital Drop ins that Newydd run – information was passed on.</p> <p>Valeways wish to set up a Gibbonsdown health walk.</p> <p>A litter pick was suggested and was set to take place in March. Due to adverse weather conditions the litter pick was delayed.</p> <p>Dad’s Base gained information on activities and courses the dads could take part in.</p> <p>Little Inspirations will promote Dad’s Base to their parents.</p> <p>Vale Homes wanted to discuss time banking and the benefits for the community. They contacted Valeways for setting up Time Banking for their volunteers.</p> <p>Those who attended the Network meeting learnt about two new projects taking place in Gibbonsdown.</p> <p>The Foodbank at Coastlands Family Church is in talks with Vale Homes about moving/expanding it into the Vale Hub.</p> <p>PCSOs are going to Little Inspirations nursery to speak to the children.</p> <p>Cwtch Cymru has invited all members to speak at their meetings.</p>
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Output	Performance indicators	Updates	Progress and comments
CONNECTIVITY	<ul style="list-style-type: none"> Number of groups activities on Dewis Cymru (baseline) 	13/35	13 already on Dewis.
	<ul style="list-style-type: none"> Number of new groups/ activities on Dewis Cymru 	1 in process.	I have recommended Dewis at meeting. One is interested in adding themselves on.
	<ul style="list-style-type: none"> Number of groups on CVS membership (baseline) 	12 of 34 network members.	
	<ul style="list-style-type: none"> Number of new groups on CVS membership 	1 in process	1 is in the process of becoming a member but started the process before the project started.
	<ul style="list-style-type: none"> Number of new “connections” with local groups or external agencies 	2 new projects 27 email contacts 12 face to face 10 face to face 13 face to face (including speaker)	<ul style="list-style-type: none"> - Two new emerging projects that are using the Network connections. - FoodVale contact made during meeting. - Keep Wales Tidy connection for litter pick. - Dewis Cymru/Adult Learning both willing to speak at Networks - Archaeology Cymru reached out to learn more about project. - 25 contacts via email. - 12 face to face contacts during the first Network meeting. - 10 face to face contacts (1 speaker) during the second Network meeting. - 13 face to face contacts (1 new and speaker) during the third Network meeting. - 6 face to face contacts during the consultation meeting.

		6 face to face 21 representatives overall have attended the Network meetings	
	<ul style="list-style-type: none"> Communication tool agreed or On line/ social media hits (if applicable) 	Email/Directory	<ul style="list-style-type: none"> Network wanted to get to know one another more before talking about a social media page/group. Network wanted to create a directory to begin with and find out more information about online. Internal and public directory created.

Output	Performance indicators	Updates	Progress and comments
TIME and RESOURCES	<ul style="list-style-type: none"> Wellbeing In Action officer time 	36 weeks. 3 day week. 21 hours a week.	Start Date: 10 th July 2017 <ul style="list-style-type: none"> 36 weeks and 1 week for Christmas and 7 days annual leave. 21 hours a week. 3 days a week. 2 Saturdays worked.
	<ul style="list-style-type: none"> Additional resources used 		Line management supervision and support. GVS staff time at Network Colleague attended Network and took minutes. Finance Officer for spending Marketing Officer for training and marketing

<p>MOVING FORWARD, action plan</p>	<ul style="list-style-type: none"> Agreed Network Action plan and next steps moving forward. Sustainability and Recommendations plan 	<p>There have been 4 action plans.</p> <p>Steps moving forward for the end of the project:</p>	<ul style="list-style-type: none"> Email group set up so they can keep in contact even if they do not meet. Directory for those who want more information about Gibbonsdown. See if the Network wishes to make the directory public. Update the Network on how the bid is progressing and the future of the project. Send out a newspaper article Set up final meeting Invite art project to talk at meeting if community desires
<p>IMPACT IN THE COMMUNITY</p>	<ul style="list-style-type: none"> Case studies/organic links - narrative Self-reported benefits in project participants (volunteers) 	<p>Not specific to volunteers – Network members.</p>	<p>Please see the two Narrative written reports.</p> <p><u>Evaluation quotes from Network members</u></p> <ul style="list-style-type: none"> Getting to know more about the area and activities close to our office. For me it's great to hear what's going on in the community so I can promote this to other community members and advertise/recruit for them where appropriate. I found out about Gibby Greenfingers. I benefited from getting to know people within the area and different things going on. Yes, it's an excellent initiative and idea and it's helped me greatly develop links as a Community Investment officer. The Community Innovator has been excellent in developing the Network and I really hope the funding continues because I want the Community Innovator to carry on doing the excellent work. Open Environment. Informal. Share knowledge, skills and information. Make new connections. 'Local' thing, bringing the community together.

			<ul style="list-style-type: none"> - Some residents think nothing happens in Gibbonsdown, the Network group is a good thing to persuade people this is not the case. - The community Innovator has done an excellent job in setting up the directory. - Community led Network. - Community spirit. - Presentation/speaker. - Do we 'buddy up' with another Network in area? (Community Innovator – I do not believe there are any other Networks in area.) - Knowing what's going on in the area. - Bringing people together for the good of the community. - Sharing Solutions. - Making things happen (project development). - Timebanking – making it a success and signing up. - Network groups and organisations. - Friday night football – the future of it. - Holm View Leisure centre. - Keeping projects sustainable. - Renew a sense of community pride! - The network sessions encouraged different groups from different backgrounds to discuss all different areas of what they do and how they can help others and this information will get passed on to the people that need it and in turn will improve the health and wellbeing of the Ward. - The networking meeting was very good to gather different people from different areas to discuss what is going on in the local area and what plans could we change for the future. This can only benefit the local community from having these meetings and to stop it now will be such a shame.
	<ul style="list-style-type: none"> • Innovative Practice 		<ul style="list-style-type: none"> - Face to face meeting. - Community led Network. - Working from the ground up. - Connecting groups and other interested parties.

			<ul style="list-style-type: none"> - Bringing together all groups in Ward (not just health and wellbeing). - Trying to get groups to use social media. - Creating organic links through face to face meetings. - Switching meeting locations to showcase different underused venues.
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Other comments and narrative

Please see attached written narrative report and additional material included.

- | | |
|---|--|
| - 3 month narrative report (Now combined) | - Schedule for the project |
| - 6 month narrative report (Now combined) | - Letter of support |
| - Map of Ward | - 3 Network PowerPoints |
| - Map Information Sheet | - GVS/C3SC Evaluation form and answers |
| - Map of Garden project | - Example Directory |
| - Marketing Materials | |
| - Blank Consultation form | |



Empowering people. Inspiring excellence. Strengthening communities.
Gymuso pobl. Ysbrydoli rhagoriaeth. Cryfhau cymunedau.