

Well-being plan for Gwent

What we will do in the next 5 years to improve people's well-being in Gwent



This document was written by the **Gwent Public Services Board**. It is an easy read version of 'Well-being Plan for Gwent'.

April 2023

How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 36**.



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Introduction



We are the **Gwent Public Services Board**.



Public Services Boards are set up in each area of Wales. We help **public bodies** work together better.



Public bodies are organisations that get money from Welsh Government to run services for people in Wales. For example, the NHS and Fire and Rescue services.



The **Public Services Boards** for Blaenau Gwent, Caerphilly, Newport, Monmouthshire, and Torfaen have joined together to make up the **Gwent Public Services Board**.



Joining together like this will make it easier for us to work together.



This is our first **well-being** plan for Gwent. It says what we will do over the next 5 years to improve **well-being** in Gwent.



Well-being means how we are doing as people, communities and as a region. Now and in the future.

Well-being includes our experiences as people, how nice the environment around us is and how we live together as a community.



This plan says what our main objectives are. And the steps we will take to achieve these objectives.

How we have made this plan



We used the **Well-being Assessment** to find out what the main issues in our area are. And how we could achieve more by working together.



A **Well-being Assessment** is a way of checking the **well-being** of our area. And what is important to us for our future **well-being**.

The **Well-being Assessment** showed that:



- We must give fair and equal chances to everyone to improve their health and **well-being**. This includes having good homes to live in.



- We must work to make our communities stronger and safer. Communities should be able to support each other and work together for a better future.



- Work needs to be done to help the **environment** – our land, sea and air. This includes dealing with climate change.

Over the summer of 2022 we did more work to better understand these issues. We:



- Looked at information from lots of different places and people.



- Used information from the Future Generations Commissioner's office.



- Learned from others and examples of good work from across Wales and beyond.



We wrote a draft version of this plan. And asked people for their views on it in October 2022.



We used what we learned, and what people told us to write this plan.

The Well-being of Future Generations Act



Wales has a law called the **Well-being of Future Generations Act**.



This law is about thinking how our decisions and plans impact the **well-being** of Wales now and in the future.



The law is based on 7 **well-being** goals for Wales. We have used these 7 goals to help us make this plan.

The 7 well-being goals

The 7 **well-being** goals for Wales are:



1. **A prosperous Wales** - This is about Wales doing well as a country. People have good jobs and businesses do well.



2. **A resilient Wales** - This is about Wales being strong enough to deal with big issues and changes.



3. **A healthier Wales** – This is about staying healthy.



4. **A more equal Wales** - This is about all people having the chance to reach their potential.



5. **A Wales of cohesive communities** - This is about having good, safe communities.



6. **A Wales of vibrant culture and thriving Welsh language** - This is about getting people involved in the arts, sports and activities. And using the Welsh language.



7. **A globally responsible Wales** - This is about how the things we do in Wales have an impact upon the world.

5 ways of working

We have also followed the 5 ways of working from the **Well-being of Future Generations Act** to guide this plan. They are:



1. Work with other organisations and people in the community.



2. Work better together to help make sure the **well-being** plans are met.



3. Make sure people have the chance to be fully involved in the work we do.



4. Make long-term plans for the future.



5. Work with people to find out about problems before they happen.

The Marmot Principles

We also want to use the **8 Marmot principles** in our **well-being** plan.

The **8 Marmot principles** are:



1. Give every child the best start in life.



2. Help children, young people, and adults to make the most of their abilities and have control over their lives.



3. Have fair jobs and good work for all.



4. Make sure everyone has a healthy life.



5. Have healthy and **sustainable** places and communities.

Sustainable means helping something last a long time.



6. Strengthen the ways we support people to stop getting ill health.



7. Deal with **racism** and **discrimination**.



Racism is unfair or nasty treatment of people because of their race.

Discrimination is when you are treated badly or unfairly because of things like your sex, race, religion, disability or sexual identity.



8. Look at looking after our **environment** and making sure everyone can stay healthy and how these things can work together.

Our principles



As a new **Public Services Board** we have also agreed on our own **principles**.



Principles are a set of values or beliefs that underpin how we work and behave. We will all work and make decisions with these **principles** in mind.



Our **principles** will help us work better together and make good changes for Gwent.

Our **principles**:

- **Work well together** - share knowledge, expertise and resources like staff, time and money whenever possible. Know when it is best for 1 or 2 partners to work on something, and when all of us should work on something together. Avoid repeating work.





- **Communicate and involve people** – keep talking with you to understand your concerns and ideas. Work with communities when we can to come up with solutions that help the whole region.



- **Welsh language and culture** – The Welsh language plays an important part in Welsh life. In jobs education, health and social care, communities, and **culture**.



Culture is our shared values, beliefs, traditions and history. It includes things like buildings, language, music and the arts.



We will encourage people to use Welsh more through our work. And help our staff to learn and use the language.



- **Making sure we are working in the best way** – We need to make sure the work we do makes a difference. And that we are looking at the right parts of our work that will improve **well-being**. We have agreed on 1 way of checking we are working well.



We will include information about how well we are doing in the delivery plans and annual reports. We will share any issues with each other.

Our well-being objectives

We have 2 main **well-being** objectives:



1. **Create a fairer more equal Gwent that includes everyone.**



2. **Protect our environment.**

Create a fairer more equal Gwent that includes everyone



The latest **well-being assessment** showed that our communities are strong. And that many people feel connected to where they live, and proud of where they live.

But this is not equal for all people. For example:



- People who live in poorer areas have poorer health and are more likely to die younger.



- Children from poorer households do not do as well in school.



- And some people experience **poverty** even though they work. Especially as costs increase.

Poverty is when you do not have enough money to pay for the things you need and want to live well.



Many people in Gwent still feel unsafe, lonely or alone.



Homes are unaffordable for a lot of people. And as house prices rise there is more need for social housing.

We must take steps to stop things getting worse, because of things like:



- COVID-19.
- The cost-of-living crisis.
- Brexit – when the UK left the European Union.
- The war in Ukraine.
- Climate change.

Protect our environment



The last **well-being assessment** showed that our countryside, coastline, rivers and green spaces are not in good condition.



Many of our plants and animals are dying. This can make it harder to deal with things like climate change and **poverty**.

There is an opportunity to create more jobs that help look after our **environment**. In areas like:



- **Renewable energy** – this means making energy from things that won't run out. Like from the sun, wind and water.



- **Decarbonisation** – this means limiting the amount of **carbon dioxide** we let off when we do things like make energy, heat our homes and make products to sell. **Carbon dioxide** harms our **environment**.



Jobs like this would look after our **environment**, improve **well-being** and last into the future.



We need to make sure our **natural resources** can survive climate change. **Natural resources** are things from nature that we can use for food, energy and making products. For example, air, soil, water, fish.



We need to think about how we use and produce heat, power, food and transport whilst lowering how much carbon we let off.



We need to look at all these things together to make sure we are looking after the environment and improve our health and **well-being**.

5 steps to help us achieve our well-being objectives



These are the steps we will take to achieve our 2 **well-being** objectives.



We will write a delivery plan for each step. This is like an action plan that will say who will do what and by when.



Step 1. Take action to lower the impact of the cost of living crisis in the future.



The cost of living crisis will make **poverty** and inequality worse.



It can also increase crime and **antisocial behaviour** – behaviour that causes alarm or stress in public. For example shouting, swearing or fighting in the street.



Voluntary groups, community groups, councils and others are already providing support to many people. They will keep on doing what they can.



We must make sure that any work or decisions we make now do not make things harder in the future.



We need to support people to get the right training and skills. So, they can get good jobs.



Using and producing more local renewable energy could:

- Provide better jobs.
- Help clean the **environment**.
- Provide cheaper energy for everyone.



We need to make our homes and business more **energy efficient**. This means using less energy to do things like heat and light in our homes.



We need to make our buildings better **insulated**. This means using building materials that keep things like heat inside.



Doing these things will create opportunities for local businesses.



We can use technology to provide services in different ways.



During the COVID-19 pandemic we started to work differently. Services were provided closer to home or over the computer or phone.



We need to make sure any changes meet the needs of the people using them.



Producing more food locally will help us to eat healthily at a lower cost. This will also be better for our **environment**.

Step 2. Provide good, affordable homes that meet the needs of people.



Having a good home is very important to a person's **well-being**. And it is an important issue for our communities.



Homes can be owned or rented. It is different across the region.



Homes in Monmouthshire cost 3 times more than homes in Blaenau Gwent. But being able to pay rent or a mortgage is only part of the story.



The cost of living is increasing. Many homes could be much more **energy efficient**. This means using less energy to do things like heat and light our homes.

Having homes that are more **energy efficient** and insulated will:



- Help people stay healthy longer.
- Lower energy costs.
- Provide good local jobs.
- Protect the environment.



Homes need to be in the right places for people. People should be able to easily get to shops, work, school, health care, public transport, and leisure activities.

We know that because of climate change, there are likely to be more:



- Floods
- Storms
- Heatwaves
- and other weather events



Homes need to be able to cope with these weather events.



Communities are changing. We have more older people, more people living alone and blended families. These are families where couples have children from past relationships. And maybe children together too.



Homes need to suit these changing needs.



We want to work together to improve homes in Gwent. But it will take some time to understand how we can do this, because there are different rules and pots of money available to the different organisations in our partnership.



Step 3. Take action to lower how much carbon we let off. Help Gwent deal with climate change and protect our environment.



Protecting our environment for the future people of Wales is one of our biggest challenges.



The way we live is putting nature under pressure. We need to think about our **environment** to be able to improve **well-being**.



Our communities are feeling the effects of climate change through things like flooding, air pollution and heatwaves.



Some communities experience these things more than others. We want to support our communities to be able to deal with these things.

We must lower how much carbon we let off – carbon is harmful to the environment. We can do this through things like:



- Renewable energy – energy that comes from things that won't run out. Like from the sun, wind, and water.



- Increasing the amount of local food available.

- Lowering waste.



- Changing how we travel around Gwent.



We will support community **green and blue space projects**. These are projects that introduce and look after green spaces in our communities. Like parks and meadows. Or look after our rivers, lakes, and wetlands.

Step 4. Take action to make things more fair and equal, especially health.

People's health and **well-being** is affected by many things:



- Clean air



- Water and food

- Good jobs

- Good homes



- Local shops

- Culture and leisure activities



- Good education

- Good transport

- Social networks

- Health information and care





We will use the 8 Marmot Principles listed on **page 12** to guide our work in this area.



This will help us understand the main causes for poor health and inequality in Gwent.



The **Institute of Health Equity** is also writing a report to make recommendations for what we can do to lower inequality. We will use this report to write our action plan for this step.



Step 5. Help and support people and communities to be connected, do well and be safe.



During COVID-19 our communities came together to support each other in a time of need.



But the cost of living crisis and war in Ukraine have made inequality and **poverty** worse.



Some people do not feel as welcome, safe or supported as they should. This may be because they are older, sick or at risk of things like flooding, drug misuse, **racism**, or violence.

We need:



- Safe, affordable homes that meet people's needs.



- Access to sports, leisure and **cultural** activities.



- Opportunities to get involved in these things through paid work or volunteering in the language of choice.



We have historical buildings and special areas across Gwent that we could use for things like arts projects and other activities.



Communities need good, reliable transport that helps people to access services, get to work, go to events and visit family and friends. Safely, cheaply and in a way that is better for the **environment**.



We have beautiful countryside that people could use for exercise and fun. This would help to improve health and **well-being**. And will give opportunities to lower the impact of climate change.

What happens next?



During the first year of this plan, we will write delivery plans. They will explain in detail how we will do the 5 steps.



We will work with others to understand what needs to be done. And how best to do it. We will work with:

- Local Delivery Groups
- Partners
- Communities
- Town and Community councils
- Voluntary groups



We will use the delivery plans to help us write the first annual report. This will say what work we have done on the steps so far.



There may be work we can do straight away. Like finding out more about how issues have been dealt with in other places.



We must make sure any work we do now supports our long-term objectives and the 5 steps.

Hard words

Culture

Culture is our shared values, beliefs, traditions and history. It includes things like buildings, language, music and the arts.

Discrimination

Discrimination is when you are treated badly or unfairly because of things like your sex, race, religion, disability or sexual identity.

Poverty

Poverty is when you do not have enough money to pay for the things you need and want to live well.

Principles

Principles are a set of values or beliefs that underpin how we work and behave. We will all work and make decisions with these principles in mind.

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Public bodies are organisations that get money from Welsh Government to run services for people in Wales. For example, the NHS and fire and rescue services.

Racism

Racism is unfair or nasty treatment of people because of their race.

Sustainable

Sustainable means helping something last a long time.

Well-being

Well-being means how we are doing as people, communities and as a region. Now and in the future.

Well-being includes our experiences as people, how nice the environment around us is and how we live together as a community.

Well-being Assessment

A well-being assessment is a way of checking the well-being of our area. And what is important to us for our future well-being.