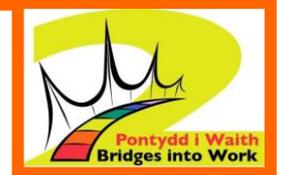


Your LV20 Update



Almost a year ago we sent a newsletter to everyone in the Llynfi Valley to tell you about our work here... now it's time to update you!

A report by Public Health Wales identified that people living in the Llynfi Valley has **20 years less healthy life expectancy compared to the rest of Bridgend County Borough**. We are working together as community groups, businesses, Councillors, ABMU Health Board, GP practices, Public Health, BAVO, Bridgend County Borough Council, Natural Resources Wales, Police, Valleys to Coast and residents to tackle eight key areas of concern. At last year's Maesteg fayre, local residents agreed that we needed to promote and improve local people's health and wellbeing.



So what have we done?

Weight and nutrition

- We are rolling-out a service into care homes that will focus on improving levels of malnutrition in older people;
- GP surgeries will be able to offer dietician services focusing on the links to Diabetes particularly, in an aim to reduce weight-related Diabetes cases and chronic conditions levels associated with obesity;
- We are working towards increasing physical activity through a 'Hooked on Sport' campaign and we were awarded a Sport Wales grant to pilot a new project 'Run Llynfi' in collaboration with Bridgend County Borough Council, Halo Leisure and Run Wales. This will be a new, local social walking and running group and we are looking for local ambassadors/ volunteers who can train up to become insured walk and run leaders. Can you help? If so, call BAVO on 01656 810400.

Jobs and skills

- Substantial European Union investment has been put into the area to run a range of employment programmes to help people get the support and skills they need to find a job;
- Bridgend County Borough Council's projects 'Bridges Into Work' and 'Communities For Work' which are available to residents who meet the criteria were recently launched. Want to know more? Call Bridgend County Borough Council on 01656 643643.
- Job clubs are operating in the Llynfi Valley and digital inclusion workshops have also taken place in Bridgend Communities First areas to try and help people get online;
- We are working with Bridgend College to look at the options for more adult community learning activities in the area. Volunteering placements are also available through BAVO's Volunteer Centre. Want to know more? Call BAVO on 01656 810400.

The physical environment

- The group has worked with Natural Resources Wales (NRW) with their development of the Llynfi Valley Woodland project. 'Ysbryd y Llynfi Woodland' was launched late 2015. Ongoing work is taking place between NRW and local schools to make wide use of the woodland;
- Sessions such as memory walks and outdoor activities targeting older people are being organised for late 2016;
- Llynfi Surgery is working with us to set up 'Exercise by Prescription' linking in with National Walking Day, National Cycle Day and Love 2 Walk Festivals;
- A local Men's Shed - 'Shedquarters' has been launched by Llynfi Valley Courthouse. The project helps men in the area that may be isolated and want some 'time out' with like-minded individuals;
- We are working on getting woodland distance markers to encourage walking and running at Ysbryd Y Llynfi Woodland, along with plans that are being drawn up for green gym equipment to be installed around the site.



Dementia friendly communities

- In our last newsletter we said we wanted Llynfi Valley to be the first 'Dementia Friendly Community' in the county borough. We are proud to announce Maesteg was awarded 'Dementia Friendly Community' status in May 2016. Local community groups, residents, politicians, councillors and businesses received free Dementia awareness training and became 'Dementia Friends'. Funding from ABMU Heath Board means BAVO and the Alzheimer's Society are now able to roll out free two hour 'Dementia Friends' awareness over the Llynfi Valley (and the county borough) for anyone to access. Give Norma at BAVO a call if you are interested on 01656 810400.
- Work to develop dementia friendly businesses (e.g. café's, banks and shops) has started with a number of the town's businesses leading the way. Look out for the 'Dementia friendly community' logo being displayed in local businesses.

Substance misuse

- A community engagement meeting took place to discuss the development of a peer support/mutual aid group. This has now been developed and a 'Smart Recovery' programme is running at Hartshorne Health and Wellbeing Centre;
- Better partnership links have been made so that vulnerable people in the Llynfi Valley who have both mental health and substance misuse issues get early support from a relevant agency. This work also links into safer communities activity;
- Funding has been received for 'Young Llynfi' to work with partner agencies to reduce the risks associated with young peoples' drugs and alcohol use.

Sexual health

- The group has secured grant funding and 13 local youth workers will receive accredited training to implement the All Wales C-Card Scheme in the Llynfi Valley (condom distribution and brief interventions). Stock to support the first year of the scheme has also been provided by Public Health Wales;
- Youth engagement workshops are being developed will be taken to local schools and youth clubs. Members of the group are also working with Bridgend Youth Council to discuss the development of the work stream;
- Funding has been secured from ABMU Health Board to start a Youth Health Advice Service in two youth clubs in the Llynfi Valley (The Courthouse in Maesteg and Noddfa in Caerau). This weekly service will enable young people to talk to a dedicated health professional and youth worker about health and wellbeing issues including sexual health.



Domestic violence

- In November 2015, LV20 actively promoted 'No-vember' and the 'National White Ribbon Campaign' across the Llynfi Valley. The campaign raised awareness of domestic abuse and aimed to encourage victims to seek help and for people, businesses and groups to show their support of a zero-tolerance approach. We went door to door to raise awareness and talk to businesses in the community. As a result, 31 local businesses signed a pledge and displayed a White Ribbon in support of the campaign. The LV20 project and partners also formally signed up to the National campaign. We aim to repeat this in November 2016;
- To ensure people are informed, engaged and are signposted as quickly as possible to the help they need, GP surgeries are now involved and have identified a 'link person'. They are aware of the range of support services available (such as Hafan Cymru and Calan DVS) and they are able to better support their patients with referrals to relevant agencies.

Stop smoking

- Since our last newsletter, we have been raising awareness with job clubs and have completed some survey work with Noddfa, Yellow Wales, Maesteg College and Job Centre Plus. Now all community pharmacies in the Llynfi valley area run free Level 3 smoking cessation services. We are also working with GPs to look at ways to further support people who may be struggling to stop smoking.



Get involved in LV20



... we want to hear from you!

Contact Jo or Kay, T: 01656 810400