



Llannon Community Council Annual Report on Contribution to Carmarthenshire's Well-being Objectives

Introduction

<p>Outline of Council</p> <p>Indication of what could be included:</p> <ul style="list-style-type: none">• Number and names of councillors• Name of Mayor/Leader• Name of clerk and officers• Geographical area of Council• Number of residents represented• Any other relevant information	<p>The Council consists of 15 elected members and meets on the third Wednesday of every month at 6:30pm. The Council is in recess in August.</p> <p>Chairman: Nathan Holman Vice-Chair: Dot Jones Leader: Gary Lewis Jones</p> <p>Councillors: Llinos Mai Davies Emlyn Dole Phillip Clive Edwards Evan William James Michael Jones Sion Phillip Alun Owens Dan Snaith</p>
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	<p>M Kim Thomas David Ryan Thomas Lesley Williams Phillip M Williams</p> <p>Clerk: David Davies Community Development Officer: Sarah McColl-Dorion Finance Officer: Sarah McColl-Dorion</p> <p>Geographical Area: Cross Hands, Cwm-mawr, Llannon, Tumble.</p> <p>Number of residents - 5,559</p>
<p>What is the Council's Vision/Objectives?</p>	<p>The Council is committed to encouraging community development and delivering better customer service while acting as a local voice for the communities it represents:</p> <p>Re-develop public leisure facilities to improve well-being The Council has many exciting plans underway to re-develop all play park facilities in the area. Including significant plans to create facilities that support disabled individuals. Children in local schools have expressed a strong wish to make all the playgrounds accessible to disabled youngsters.</p> <p>Opportunities for local residents to engage in healthy living activities, improving local health The council would like to organise more opportunities for locals to engage in healthy living activities. There are many outdoor locations for residents to enjoy. The council would like to improve local use of these facilities through events and promotion. The Council intends to promote and make better use of footpaths.</p> <p>Mental health issues The council would like to obtain relevant and current data on mental health issues that may have an impact locally. It appears that factors such as deprivation and low socioeconomic status are key indicators for lower mental health. The council will seek to identify the specific priorities in the area, and set goals in order to lower mental health issues.</p> <p>Improve community resilience</p>

The council continues to work on plans to improve community resilience. The council will seek to support residents by providing more opportunities to engage in local issues and by creating opportunities for empowerment through access to information and education. The council will create forums (via social media, website and open forum meetings) for people to be able to gain advice on any issues that may affect their daily lives. The council recently conducted a wellbeing assessment of the area and is now working on reviewing this information so that specific goals can be set.

Anti-social behaviour in younger adults

There continues to be some antisocial behaviour from some local youths. The council recognises that some of them may have limited opportunities and we are working on creating more leisure options. One such plan is to build a 'state of the art' skateboarding park.

Reduce drug and alcoholism in the area

The council will seek exact data on the current level of drug, alcohol and substance abuse in the area. Such issues could be a response to lack of local opportunities to engage in healthy activities. As mentioned above, a skate park is planned as well as redevelopment of all local parks. The council will also focus on creating more social opportunities in terms of events for local young people. The council is also looking at campaigns to increase awareness of issues relating to drug, alcohol and substance abuse and to providing information about services that can offer support.

Improve community participation, engagement and intergenerational activity

Community wellbeing can be improved by participation and engagement. Research suggests that individuals who have a meaningful and active association with their communities are happier and healthier. The Council supports opportunities for people to engage in groups which sustain the community. Examples are community action groups, voluntary groups, voluntary roles. The council also offers a community grant, the aim of which is to support local groups and encourage them to thrive. The council utilises social media, web and notice boards in order to inform and engage with the community.

Thriving Welsh language

The council promotes the use of the Welsh language by providing all council documents and advertising for community events in Welsh and English. Most of the Councillors and staff speak Welsh and English and can engage with the public bilingually.

The Council has further Intentions to promote classes for Welsh learners and further education classes through medium of Welsh language.

Community Safety and First Aid

The Council undertakes all activity with the communities and staff safety in mind. Correct risk assessments and method statements are used for all projects.

Several years ago, the council gave a large donation towards the first defibrillator in the parish, positioning it outside Tumble Hall. In the last year the Council has also given practical support to the placement of defibrillators in Llannon and Upper Tumble.

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<p>How has the Council embedded the five ways of working into its planning and working arrangements?</p>	<p>Long Term The importance of balancing short-term with long-term needs.</p>	<p>The council assesses all procurements using the wellbeing procurement tool, ensuring that new investments are made with future generations in mind. The council has recently invested in improving digital information and limiting use of paper in consideration of the depletion of natural resources. The council is taking its time to redevelop local parks, in close collaboration with children and parents. The council has altered its staffing contracts in order to ensure that the community receives the best value for money and that investments are based on need.</p>
	<p>Prevention How acting to prevent problems occurring or getting worse may help public bodies meet their objectives.</p>	<p>The council is working on lowering anti-social behaviours of local youths. The council has ambitious plans to create a state of the art skate park and MUGA. The council is also focusing on creating more social opportunities and events for local youths. There are issues of deprivation in the area. In response to the council is in the process of building a community hub. This hub will offer educational and wellbeing opportunities for all. This includes access to the internet and computers for skills and job development. Llannon Community Council's area has a very rich culture. The council recognises this is a strength and therefore an opportunity to improve wellbeing. The council has plans to improve local awareness of the area's history and to highlight local achievements. There is a strong focus on supporting the environment in the villages within the community council's area. There are various action groups focused on supporting the natural environment. The council supports these groups and encourages people to get involved. The council is in the process of organising more opportunities for local people to engage in healthy activities such as yoga, exercise classes, skate park, parks and using bike routes, especially the cycle track.</p>
	<p>Integration Considering how the public body's well-being objectives may impact upon each of the well-being goals, on their other objectives, or on the objectives of other public bodies.</p>	<p>The council believes that all wellbeing projects support public wellbeing objectives. The council has completed wellbeing consultations with all villages in the area. The goals arising from these consultations are in line with the Public Bodies Well-being Objectives. The council plans to engage with public body plans and support these. The council supports co-ordinated campaigns to disseminate information regarding health and wellbeing. The Llannon Community Council CDO will work closely with local social prescribers and offer opportunities for them attend support services. The council supports the public health plans to</p>

	<p>actively engage residents in their own health and connection to nature using the resources available in its area. Council members also support the public service board's plans on lowering stress levels by attending local wellbeing sessions and be more environmentally sustainable.</p> <p>The council will respond supportively to the PSB's climate change and environmental risk assessment. This area has many natural spaces that can be used to enhance people's connection with nature.</p> <p>The council will continue with plans to ensure locals have the opportunity and knowledge of local services, so they can get the right help at the right time.</p> <p>Local culture is strong; the council will maintain this culture and seek to use this strength to enhance local wellbeing.</p> <p>The council has ambitious plans to provide more opportunities for residents to access skills development to help them prosper.</p>	<p>actively engage residents in their own health and connection to nature using the resources available in its area. Council members also support the public service board's plans on lowering stress levels by attending local wellbeing sessions and be more environmentally sustainable.</p> <p>The council will respond supportively to the PSB's climate change and environmental risk assessment. This area has many natural spaces that can be used to enhance people's connection with nature.</p> <p>The council will continue with plans to ensure locals have the opportunity and knowledge of local services, so they can get the right help at the right time.</p> <p>Local culture is strong; the council will maintain this culture and seek to use this strength to enhance local wellbeing.</p> <p>The council has ambitious plans to provide more opportunities for residents to access skills development to help them prosper.</p>
	<p>Collaboration Acting in collaboration with any other person (or different parts of the body itself) that could help the body to meet its well-being objectives.</p>	<p>The council works in collaboration with local health services, care homes, local voluntary groups, the Upper Gwendraeth Community and Sports Association, other community councils, schools, council staff, Welsh Ambulance Service, Fire Services, Police Services and action teams. Developments within the council's area are publicised and opportunities for collaboration are continually offered.</p>
	<p>Involvement The importance of involving people with an interest in achieving the well-being goals, and ensuring that those people reflect the diversity of the area which the body serves.</p>	<p>Some residents need more skills, better leisure facilities and better access to services. The council works with local groups and relies on residents within these groups to inform decision making and planning. Individuals within these groups offer expertise and knowledge which vastly supports wellbeing goals. Local people will be involved in the development of projects and in making decisions on any changes envisaged.</p>
<p>What approach has the Council taken to embed the four PSB well-being objectives into its plans?</p> <p>Healthy Habits People have a good quality of life, make healthy choices about their lives and environment.</p> <p>Early Intervention To make sure that people have the right help at the right time; as and when they need it.</p>	<p>-Llannon Community Council has taken an active approach to embedding the four PSB objectives into plans.</p> <ul style="list-style-type: none"> - Widespread consultation across the villages, asking questions about local wellbeing concerns and goals. The results from these consultations have informed how services are and will be delivered. - Llannon's monthly council meetings are delivered with the four objectives in mind, and decisions are prioritised with these in mind. - Llannon Community Council is utilising the public hall in Tumble to deliver free information and support sessions to community members and professionals through third sector groups and charities. - Local residents can now contact the council directly via a new website and also through a Facebook page, so they can ask questions and report issues which they want the council to address. This allows the council to respond to needs quickly and efficiently. The Council intends to publish a quarterly newsletter. 	

Strong Connections

Strongly connected people, places and organisations that are able to adapt to change.

Prosperous People

To maximise opportunities for people and places in both urban and rural parts of our county. and Places

- Wellbeing Plan will be reviewed regularly.
- Wellbeing action group has been established between Llannon and other councils so that ideas about opportunities and potential collaborations can be discussed. In particular, there is a group of Carmarthenshire Community Development Officers who meet and support each other regularly. This also offers staff an opportunity to review progress and compare achievements and goals.
- Indicators which focus on the four objectives have been established.
- We will deliver an annual report available publicly so that actions can be scrutinised and progress assessed.

What approach has the Council taken to embed the national well-being goals into its plans?

The Council is working towards embedding the national well-being goals in its decision making and has undertaken in depth consultation with the local community.



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Report of Steps Taken & Progress Made

Carmarthenshire PSB Well-being Objective	Steps to be taken by the Town/Community Council that contribute to the Well-being Objective	Progress <i>What have you done so far?</i> <i>How are you tracking progress?</i> <i>How effective have you been? (RAG Status)</i> <i>What is the improvement for different communities?</i>
Healthy Habits: People have a good quality of life, and make healthy choices about their lives and environment	Create opportunities for locals to develop prospects via skills development. The council is currently building a hub which locals can use to learn, develop and prosper.	<p>Consultations with the community have been held. We have completed a wellbeing consultation about specific requirements. We have supported the establishment of an action team that has directed the design of a new learning and wellbeing hub. Designs and planning permissions have been obtained.</p> <p>We will consult again with the community once the funding has been granted and review the designs and plans in line with feedback. Considerable progress has been made to date although the project is currently moving slowly because of lack of time to secure grant funding. The benefits to the community, at present, are increased engagement and participation.</p>
	Supporting locals in Llannon Village to re-develop the playground.	<p>Council representatives attend the Llannon Community Association meetings and support the association's activities to build community spirit and to raise funds. The council has held consultations with the children of the local school to hear their ideas and aspirations for the re-developed play park. CDO encourages subscription</p>

		to this group by all voluntary and interested parties.
	Building of a skate park	<p>The council has made considerable advancement in the redevelopment of the park in Tumble, including plans for an Olympic standard, disabled friendly, skate park. We have secured a significant fund for this ambitious project (about 30%). The next stage is to get designs from three skate park designers who have already been short listed. This development is being organised by a voluntary group of young people who call themselves 'Riot/ Riat'. The goal is to provide a facility which youngsters can use for skating, socialising and generally improving their wellbeing. This is in response to issues within the youth demographic in the community. There is ample research to suggest that provision of a skate park helps lower antisocial behaviour. This project is currently in 'amber' status, as funding to continue with project management has yet to be sourced/ agreed.</p>
	Luncheon Group	<p>There is a vibrant luncheon group at Tumble Hall. This group has, however, been subject to financial pressures and in danger of closing. The council has determined that this group will continue to have its support. The service is run by both paid and voluntary staff and they have now been able to extend the service to offer delivered meals. Meal totals are recorded monthly to track finance. No formal assessment of direct benefits to users has been made other than from anecdotal feedback. It</p>

		is clear that this group offers a significant benefit to mental health, social interaction and physical functioning. The council recognises that more can be done to assess the effectiveness of this service. It is looking into methods of that can gain information from individuals who may have processing and memory difficulties.
	Llannon Association	Llannon Community Association is a group of Llannon residents who are determined to address key issues in their community. Most notably the group is focused on the redevelopment of their local play park. It is working in partnership with Llannon Community Council to consult with the local community and to access funding. The status of this is currently Green.
	Karate and Zumba	Tumble Hall provides a space for weekly youth karate classes and adult Zumba classes that encourage and promote health, socialisation and wellbeing.
	Line Dancing	The council has supported a volunteer to set up weekly line dancing sessions. This is now a well-established and flourishing group and is attended by older adults. This group has provided older adults with an opportunity to socialise, exercise and develop/maintain special awareness, processing skills and memory. There has not been any assessment of the effectiveness of this session other than anecdotal feedback. The council is producing a questionnaire which will be sent to all attendees.

	Cross Hands Action Team	An action team has been set up by local residents of Cross Hands with a focus on re-developing Cross Hands Park. The park and pavilion area is currently in the process of asset transfer to Llannon Community Council
Early Intervention: To make sure that people have the right help at the right time; as and when they need it		
	Awareness building of local issues such as alcoholism and drugs	Alcoholism appears to be a consistent issue in the Tumble and Cross Hands areas. There is also an issue of youth antisocial behaviour. The council is running an ongoing campaign in order to raise awareness. The council's next steps are to hold events that are alcohol free, following the success of one such event which was run last year. The council is working in close collaboration with Andrew Misell from Alcohol Concern Wales who is providing support on strategy. The council is keen to source more data on the specific problems in relation to drugs and alcohol in the area and plans an online questionnaire for locals to complete anonymously. The council will then be able to focus on key priorities. This project is currently on Amber, and requires more development time.
	Financial Support Clinic	The council has recently started working with Carmarthenshire Citizens Advice Bureau. It is providing space free of charge in Tumble Hall for CABS to offer advice sessions to local residents on issues such as fuel poverty, universal credit and other situations affecting residents in the area.
	Community Information Sessions	Tumble Hall has become a venue for information sessions from third party organisations and

		charities. In the past year the hall has invited residents to information sessions about Epilepsy Awareness, Dementia Awareness and provided information sessions to the elderly from Trading Standards regarding common scams and how to avoid them. Regular “One Stop” information events amalgamating services and community help groups have been held and will continue to be held regularly.
Strong Connections: Strongly connected people, places and organisations that are able to adapt to change	Public Meetings / local events	The council is keen to engage with and connect with local people. We have delivered many consultations and open forums in order to inform locals and to involve them in developments. The council has employed an events manager whose sole responsibility is to respond to the needs of the community and deliver events that the community would engage with. The manager maintains and publishes posts on social media platforms and the council website, ensuring locals are aware of local events. In the past year the events manager has successfully increased attendance at live music events and has also been involved in the organisation of community interest and awareness events.
	Park Redevelopments	Development of the park in Tumble is being directed by two voluntary groups. These groups work tirelessly, planning and organising and try to keep the community informed and involved at

		<p>every stage. The Riot skatepark group has an awareness campaign on social media with a goal to increase the number of people interested in this development. The Upper Gwendraeth Sports and Community Association is made up of representatives from local sport and community groups and they relay information from meetings to those communities. More needs to be done to keep the community informed and engaged in this project as there have been various hurdles with obtaining planning permissions and funding. This has led to some frustrations in the community due to lack of information. The council wish to address this over the coming weeks with a goal of subscribing interested parties into a mailing list, as well as posting onto social media.</p> <p>This development has been given a green status, as the group has received grand funding for two play areas and is in a position to proceed,</p>
	Tumble Hall	<p>Tumble Hall is a resource which has been used as a hub for many years. The council has created opportunities for it to be used more widely by developing the underused 'lounge bar' as a meeting room. This will give local groups a space where they can meet and better manage their goals. It will also provide a venue to be rented by organisations, in a central location near the motorway. This development is due to be completed by the end of May 2019 and information about the room will be advertised out</p>

		to the community. Status is Green. Once opened, the council will review its use and track its effectiveness.
Prosperous People and Places: To maximise opportunities for people and places in both urban and rural parts of our county	Education and Wellbeing hub	The Tumble Sports and Education Hub will allow individuals to meet, access information and use computer equipment. One of the goals for this development is to provide more opportunities for people to access training, skills development and job applications. This hub will also create numerous opportunities for people to volunteer in areas such as catering and hospitality, sports and management. This project is an amber status as it is awaiting funding.
	Litter picking	There is a litter picking group in the community that meets regularly, focusing on particular areas to clean up. The group aims to support the environment through projects such as planting trees in the council cemetery and wild flowers in a specific area. The group has also been able to provide a bench in the playground and at the roadside on a steep hill.
	Volunteering Opportunities.	Various volunteering opportunities are available at Tumble Hall. The council is working with the CAVS to promote various volunteering opportunities.
	Food Bank	There is a volunteer supported food bank to help families struggling with lower incomes and with adapting to the new Universal Credit.

Contribution to the National Well-being Goals

Other activities that the Town/Community Council is undertaking that contributes to the National Goals

National Goal	Local Activity
<p>A Prosperous Wales: An innovative, productive and low carbon society which recognises the limits of the Global environment and therefore uses resources efficiently and proportionately, and which develops a skilled and well-educated population in an economy which generates wealth and provides employment opportunities, allowing people to take advantage of the wealth generated through securing decent work.</p>	<ul style="list-style-type: none"> - Supporting the Energy Club - Supporting litter picking / environment group - Llannon Council recycles - Sustainable products and sundries used wherever possible - Campaigning to open a wellbeing and education hub - Offering volunteering opportunities
<p>A Resilient Wales: A nation which maintains and enhances a biodiverse natural environment with healthy functioning ecosystems that support social, economic and ecological resilience and the capacity to adapt to change.</p>	<ul style="list-style-type: none"> - Councillors have visited the Caeau Mynydd Mawr Marsh Fritillary Project. - Supporting and enhancing local bio diversity during park re-developments - Support and assist a local intergenerational nature preservation project with a local school and elderly group - Intention to establish wild flower patches
<p>A Healthier Wales: A society in which people's physical and mental well-being is maximised and in which choices and behaviours that benefit future health are understood</p>	<ul style="list-style-type: none"> - Redevelopment of all parks - Awareness building of natural areas such as the woodland park - Mental Health groups - Over sixties luncheon group - Skate Park - Alcohol Awareness - Health and Wellbeing Event involving local school - Physical activity classes - Information and advice sessions regularly provided free to the local community

National Goal	Local Activity
	<ul style="list-style-type: none"> - Local Food Bank
<p>A More Equal Wales: A society that enables people to fulfil their potential no matter what their background or circumstances</p>	<ul style="list-style-type: none"> - Campaigning to develop education and wellbeing centre - Regular Citizens Advice sessions
<p>A Wales of Cohesive Communities: Attractive, viable, safe and well-connected communities</p>	<ul style="list-style-type: none"> - Promoting local community spirit through events such as the “Villages in Bloom” competition - Support local community groups with projects such as the local carnival and fundraising events - Development of a community ‘Hub’ for further education and to offer advice sessions - The redevelopment of safe play areas for families in the community
<p>A Wales of Vibrant Culture and Thriving Welsh Language: where we have lots of opportunities to do different things and where lots of people can speak Welsh</p>	<ul style="list-style-type: none"> - Focus on local history - Council’s Welsh language policy providing all Council minutes, agendas and advertising in Welsh and English - Intention to use community ‘Hub’ for further education classes in the Welsh language
<p>A Globally Responsible Wales: where we look after the Environment and think about other people around the World</p>	<ul style="list-style-type: none"> - Council policy on procurement - Fly tipping - Recycling - Using recycled materials - Supporting local environmental group in its efforts to enhance our landscape through identifying and stopping litter sources and encouraging changes in behaviour and attitude.

Implementing the Act

An opportunity to reflect on how things are going.

<p>What opportunities have the Council encountered and how have these been best utilised?</p>	<p>The Council has adopted the five key ways of working as set out in the Well-Being of Future Generations (Wales) Act 2015. This has prompted the Council to be more thoughtful and concerned about the decisions it takes and the work the Council does with the local community. The Council has had the opportunity to assume responsibility for several green areas within the communities through asset transfer and has consulted the wards widely on how best to use these for services in the area.</p>
<p>Has the Council encountered any barriers and if so what actions have been/are being taken to overcome these?</p>	<p>The Council has encountered some difficulties in securing adequate funding for the many projects that are currently being worked on. Whilst some funding has been achieved there are still delays and long waits for responses from further grant funders. In particular, the Council has received funding from the Rural Community Development Fund which is time sensitive and contingent on additional match funding. There are also the delays to consider through the asset transfer process.</p>
<p>What challenges has the Council faced and what measures have been put in place to overcome them?</p>	<p>The process of asset transfer has been challenging; Llannon Community Council has had to negotiate for three parks, two of which have substantial buildings in different states of repair. It applied for seven playgrounds and has been able to transfer six. The council has had to deal with the county council and stakeholders including the bowls clubs, other sports clubs and has occasionally had to mediate between these.</p> <p>As the community council cannot apply for grant aid, it has had to present residents with a comparatively high precept in order to meet the financial challenges of asset transfer of the playgrounds. It is not easy for councillors to explain and justify this; better methods of communication, such as use of social media and the newsletter mentioned, as well as formal and informal consultations, will help disseminate information and involve people in decision making.</p>
<p>Are there any matters the PSB could support delivery/progress on?</p>	<p>The Council would appreciate the support of the PSB as advocates of the Council projects and initiatives set out in this report.</p>