

What is Well-being?

Well-being means different things to different people. Well-being is closely linked to quality of life; being comfortable, healthy, happy and safe. Public bodies have a duty, under the Well-being of Future Generations Act, to improve well-being in their local area. This latest Well-being Assessment is the first step in helping us plan our collaborative approach to do that.

What is the Well-being of Future Generations Act?

The Well-being of Future Generations Act was introduced in April 2016 with the intention to create the Wales we want for now and in the future. Within this Act, Public Services Boards (PSBs) were created to encourage co-production and joined up working from public bodies, to improve the social, economic, environmental and cultural well-being in their area. Each PSB must have representation from:

- Local Authority
- Local Health Board
- Fire and Rescue Authority
- Natural Resources Wales.

Other partner organisations may be invited, in Carmarthenshire these are:

- Coleg Sir Gâr
- University of Wales Trinity Saint David
- Dyfed Powys Police
- Dyfed-Powys Police and Crime Commissioner
- Department for Work & Pensions
- Carmarthenshire Association of Voluntary Services
- Welsh Government
- National Probation Service
- Brecon Beacons National Park Authority.

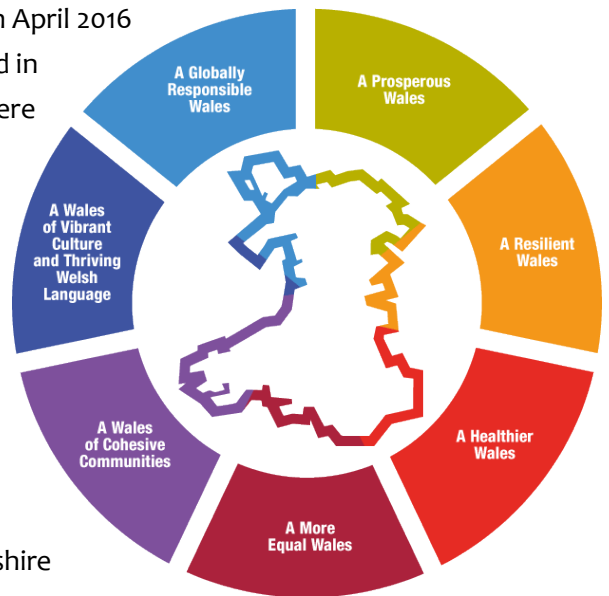


Figure 1: Future Generations National Well-being Goals

This is a summary document based on the 2021 Carmarthenshire Assessment of Local Well-being.

To find out more about the details of the themes summarised here and the methodology behind the report please read the full document [here](#)

Key Themes

The responses gathered from the various forms of engagement for the assessment have been looked at alongside analysis of various sources of data and research. Clear themes have been identified in our county which will allow us to target areas of need when we move from the Assessment to Planning phase over the course of the next year.

New Beginnings

Rates of low birth weight babies have fallen and are lower than the Welsh average.

Birth rates have reduced by 10% over the last 5 years.

Immunisation rates have been increasing yet remain lower than the national average.

An increased number of children have been attending Flying Start placements, a majority of these children are exceeding expected milestones by 2 years of age.

Childcare settings are finding recruitment of staff difficult, particularly for Welsh medium staff.

Breastfeeding rates have risen across Hywel Dda University Health Board region.

Childhood

Children were impacted by not seeing their friends or extended families during lockdowns.

A quarter of our parents who have English as their first language stated that they would support their children through a Welsh medium education in our regional survey.

There has been an increase in children classified as “children in need” by social services. This is likely exacerbated by pressures exerted on families by the COVID-19 pandemic.

Almost a third of children are living in poverty.

Parents and carers have identified that the cost of childcare can be prohibitive.

Levels of childhood obesity are amongst the worst in Wales.

From engagement with schools young people expressed that they were highly concerned about COVID-19, climate change, jobs, poverty and the environment.

Youth

Bullying and cyberbullying were key issues raised in engagement with young people.

School closures during the pandemic had a significant impact on the well-being of young people.

Substance misuse by young people roughly follows the national average.

Accessibility to areas to socialise with friends has a positive impact on the well-being of young people.

Carers Trust Crossroads West Wales service support 214 young carers in the county. Young carers disproportionately suffer from anxiety and feelings of isolation.

There has been an increase in the highest grades achieved by pupils undertaking GCSEs and A-Levels.

The gap between attainment of pupils who receive Free School Meals and those who do not has widened.

Access to training and jobs has been identified as a key local issue by young people.

Young people are also concerned about levels of homelessness and domestic violence.

Adulthood

Over a third of our households continue to live in poverty.

In-work poverty is an increasingly common problem.

The cost of living is rising across the UK, with more working families experiencing poverty.

Levels of reported exercise and physical activity are amongst the highest in Wales.

In most areas of Carmarthenshire levels of smoking have significantly reduced.

We have the fifth worst figure for adults who report fewer than two healthy lifestyle behaviours.

Carmarthenshire has a high number of adults who are overweight or obese.

The percentage of adults who drink more than recommended guidelines has increased and is one of the highest in Wales.

The referrals received for support with alcohol and drug issues has reduced, as a result of the pandemic.

Over 70% of our residents agree that there is good community cohesion in their local area.

Carmarthenshire remains one of the safest areas of the UK.

Engagement with our communities highlighted 'feeling safe' as a key issue in their area.

Outdoor refuse fires have been continuously increasing over the last 5 years.

Road traffic collisions remain high - this is affected by our large network and high traffic flow within the county.

There has been a 27% increase in the average house price between 2016 and 2021.

Levels of homelessness and those at risk of homelessness are high in the county.

Carmarthenshire has the most Welsh speakers in Wales.

Carmarthenshire has one of the highest suicide rates in Wales.

Mental ill health remains a significant concern for many adults.

Referrals for domestic abuse have significantly increased since the pandemic and show no sign of decline.

Climate change and the nature emergency are the significant challenges in our time.

Risk of flooding affects many residential properties in the county.

Water pollution, from nitrates and phosphorus, is affecting water quality.

Carmarthenshire has one of the highest rates of fly tipping in Wales, incidences have increased fourfold over the last four years.

Ageing Well

51.3% of older adults report that they are in good health, less than the Welsh average.

Older people in Carmarthenshire feel the pressures of the loss of public transport systems that many rely upon to maintain independence.

A high percentage of older people volunteer in their local communities.

Contrary to the trend seen across Wales, less over 50s in Carmarthenshire are in paid work.

The move to an increasingly digital world has the potential to leave some feeling left behind and compound issues of loneliness.

The ageing population in Carmarthenshire and Wales is forecasted to create additional pressures for the NHS.

Dementia diagnosis rates are projected to significantly increase in the next 15 years.

The cost of residential and nursing care is high, approximately £33,500 a year. This creates stress and uncertainty for those who require care.

KEY REGIONAL WELL-BEING THEMES

The collaborative working we have undertaken during the production of this assessment with regional partners has given rise to a number of cross-boundary or regional issues affecting the whole of the West Wales Region. Carmarthenshire has regional partners in West Wales - Ceredigion and Pembrokeshire.

The Regional Data Group, responsible for the analysis and writing of this round of assessments, has identified the following key regional themes based on the data available, the results of the regional well-being survey and the findings of the stakeholder events conducted during the summer of 2021. The aim is to help clarify the collective challenges we face now and in the future.

West
Wales
Region

Poverty and
In-Work
Poverty

Increase in
Child Poverty

Lower than
average
earnings

Rising living
costs

Population
Change

Affordable
Housing

Affordable &
Accessible
Childcare

Increase in
Dementia

Climate
change

Loss of
biodiversity

Renewable
energy
capacity

Decrease in
participation in
arts, culture or
heritage
activities

Opportunities to
use and promote
the Welsh
Language

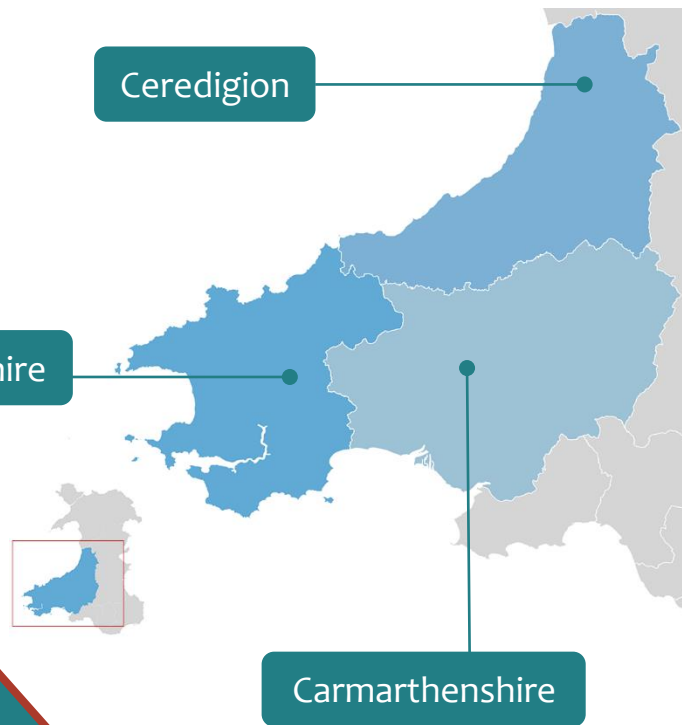


Figure 2: Adapted from HDUHB document

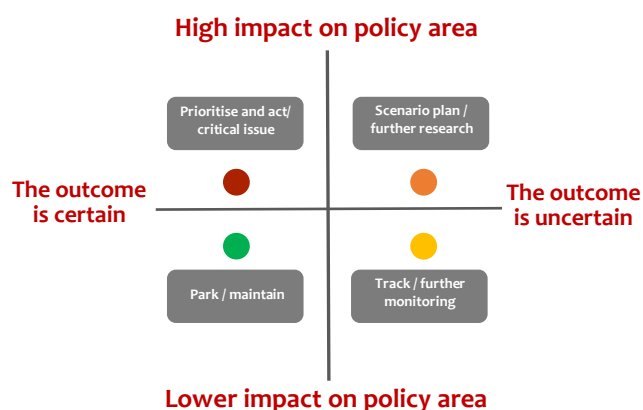
Cultural Well-being ●

Environmental Well-being ●

Social Well-being ●










Economic Well-being ●

We have used the *PSB Futures Impact/Certainty Matrix* to provide an indicative assessment of the main themes identified in the Assessment. The aim is to provide context to the findings by providing an initial assessment based on the core data set and the engagement conducted during the summer of 2021. The matrix assesses the themes according to the level of **priority** and their **certainty** of happening, as defined in the sample to the right.















Description	Park or Maintain	Track/ Further monitoring	Scenario plan/ Further research	Prioritise/ Critical issue for area
New Beginnings				
Rates of low birth weight babies have fallen and are lower than the Welsh average.	●			
Birth rates have reduced by 10% over the last 5 years.		●		
Immunisation rates have been increasing yet remain lower than the national average.		●		
An increased number of children have been attending Flying Start placements.	●			
Childcare settings are finding recruitment of staff difficult, particularly for Welsh medium staff.			●	
Breastfeeding rates have risen across Hywel Dda University Health Board region.	●			
Childhood				
Children were impacted by not seeing their friends or extended families during lockdowns.		●		
A quarter of our parents who have English as their first language stated that they would support their children through a Welsh medium education.		●		
There has been an increase in children classified as “children in need” by social services.			●	
Almost a third of children are living in poverty.				●
Parents and carers have identified that the cost of childcare can be prohibitive.		●		
Levels of childhood obesity are amongst the worst in Wales.			●	
From engagement with schools young people expressed that they were highly concerned about COVID-19, climate change, jobs, poverty and the environment.		●		

Youth

Bullying and cyberbullying were key issues raised in engagement with young people.				
School closures during the pandemic had a significant impact on the well-being of young people.				
Substance misuse by young people roughly follows the national average.				
Accessibility to areas to socialise with friends has a positive impact on the well-being of young people.				
Carers Trust Crossroads West Wales service support 214 young carers in the county.				
There has been an increase in the highest grades achieved by pupils undertaking GCSEs and A-Levels.				
The gap between attainment of pupils who receive Free School Meals and those who do not has widened.				
Access to training and jobs has been identified as a key local issue by young people.				
Young people are concerned about levels of homelessness and domestic violence.				

Adulthood

Over a third of our households continue to live in poverty.				
In-work poverty is an increasingly common problem.				
The cost of living is rising across the UK, with more working families experiencing poverty.				
Levels of reported exercise and physical activity are amongst the highest in Wales.				
In most areas of Carmarthenshire levels of smoking have significantly reduced.				
We have the fifth worst figure for adults who report fewer than two healthy lifestyle behaviours.				
Carmarthenshire has a high number of adults who are overweight or obese.				
The percentage of adults who drink more than recommended guidelines has increased and is one of the highest in Wales.				
The referrals received for support with alcohol and drug issues has reduced, as a result of the pandemic.				
Over 70% of our residents agree that there is good community cohesion in their local area.				
Carmarthenshire remains one of the safest areas of the UK.				
Engagement with our communities highlighted 'feeling safe' as a key issue in their area.				

Outdoor refuse fires have been continuously increasing over the last 5 years.			●	
Road traffic collisions remain high.			●	
There has been a 27% increase in the average house price between 2016 and 2021.		●		
Levels of homelessness and those at risk of homelessness are high in the county.			●	
Carmarthenshire has the most Welsh speakers in Wales.		●		
Carmarthenshire has one of the highest suicide rates in Wales.				●
Mental ill health remains a significant concern for many adults.		●		
Referrals for domestic abuse have significantly increased since the pandemic.			●	
Climate change and the nature emergency are the significant challenges in our time.				●
Risk of flooding affects many residential properties in the county.			●	
Water pollution, from nitrates and phosphorus, is affecting water quality.				●
Carmarthenshire has one of the highest rates of fly tipping in Wales.			●	
Ageing Well				
51.3% of older adults report that they are in good health, less than the Welsh average.		●		
Older people in Carmarthenshire feel the pressures of the loss of public transport systems.			●	
A high percentage of older people volunteer in their local communities.	●			
Contrary to the trend seen across Wales, less over 50s in Carmarthenshire are in paid work.		●		
The move to an increasingly digital world has the potential to leave some feeling left behind.		●		
The ageing population in Carmarthenshire is forecasted to create additional pressures for the NHS.		●		
Dementia diagnosis rates are projected to significantly increase in the next 15 years.				●
The cost of residential and nursing care is high, approximately £33,500 a year. This creates stress and uncertainty for those who require care.			●	

Next Steps

As part of our work, we have identified key areas that we need to research further. These areas may be in terms of statistics, local information or in terms of involvement. These are noted within the assessment and are noted here for ease of reference:

- Fuel poverty
- Adult obesity
- Domestic abuse
- Housing and homelessness

We will also undertake further work to better understand well-being at a more localised level based on the 6 community areas identified within the assessment. In addition, there will be a technical background document, which will provide the detail from our consultation and involvement and the data sources used as part of the preparatory work.

We recognise that there are voices which aren't currently being heard as part of the assessment. These voices include:

- Those who are expecting or have given birth in the last six months
- Our Black, Asian and Minority Ethnic Communities
- Our young people
- Our Gypsy and Traveller Community

Increased efforts will be made to engage with these groups on the draft Assessment. Following discussion at the PSB, we will consult with our residents and stakeholders to ask for their opinions on the themes and priorities that we have identified. We will ensure that the networks and forums who were involved in the first exercise receive this information.

- The consultation will run from 1 December 2021 until 19 January 2022.
- Consultation will be held in accordance with Section 38 of the Well-being of Future Generations (Wales) Act 2015
- The PSB support team will work closely with colleagues and in light of new information and feedback to prepare a final version of the Assessment.
- The final version of the Assessment is scheduled for discussion at the Carmarthenshire PSB on 8 March 2022.
- The final Carmarthenshire Well-being Assessment will be published on the PSB website on 28 March 2022.

The PSB Support Team will also be working with partners to identify and develop case studies to be added to the Assessment. Our aim is to demonstrate how the

Sustainable Development Principle and the Five Ways of Working guide our local work and interventions.

The Carmarthenshire Well-being Plan

The Well-being Assessment will be the foundation and evidence on which to prepare our Well-being Plan for the county.

The Carmarthenshire PSB has a statutory responsibility to improve the economic, social, environmental and cultural well-being of our county by contributing to the achievement of the seven national Well-being Goals. This includes our work on setting local objectives to maximise our contribution to meeting those goals and demonstrating how we use the Sustainable Development Principle and Five Ways of Working in everything we do.

Our Plan will set out the short, medium and long-term actions to be achieved by the PSB over the next five years up to 2028.

Regional working

We will work with our colleagues in Ceredigion and Pembrokeshire to continue with the assessment of well-being in our area. The “Gorwel” platform, developed by the region will support this work, in providing well-being data and involvement information.

There is an on-going commitment by the PSB to embrace the principles of continuous engagement, and this is reflected regionally in Ceredigion and Pembrokeshire.