

Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych

SYLWCH: YN SGIL Y CYFYNGIADAU AR DEITHIO A'R ANGEN I GADW PELLTER CYMDEITHASOL, NI GYNHELIR Y CYFARFOD HWN YN EI LEOLIAD ARFEROL. BYDD YN GYFARFOD O BELL TRWY FIDEO-GYNADLEDDA AC NI FYDD AR AGOR I'R CYHOEDD.

Dydd Llun, 21 Medi 2020

9.30 am

| AELODAU STATUDOL | |
|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cyngor Bwrdeistref Sirol Conwy Y Cyngorydd Sam Rowlands (Arweinydd y Cyngor) Iwan Davies (Prif Weithredwr) | Bwrdd Iechyd Prifysgol Betsi Cadwaladr Bethan Jones (Cyfarwyddwr Ardal) Jo Whitehead (Prif Weithredwr) |
| Cyngor Sir Ddinbych Y Cyngorydd Hugh Evans (Arweinydd y Cyngor) Judith Greenhalgh (Prif Weithredwr) | Cyfoeth Naturiol Cymru Siân Williams (Pennaeth Gweithrediadau ar gyfer y Gogledd) Gwasanaeth Tân ac Achub Gogledd Cymru Simon Smith (Prif Swyddog Tân a Phrif Weithredwr) |

| CYFRANOGWYR A WAHODDWDYD | |
|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Cefnogaeth Gymunedol a Gwirfoddol Conwy Wendy Jones (Prif Swyddog) | Heddlu Gogledd Cymru Jason Devonport (Uwcharolygydd) |
| Cwmni Adsefydlu Cymunedau Cymru Judith Magaw (Pennaeth Uned Darparu Lleol Gogledd Cymru) | Gwasanaeth Prawf Cenedlaethol |
| Cyngor Gwasanaethau Gwirfoddol Sir Ddinbych Helen Wilkinson (Prif Weithredwr) | Cynrychiolydd Llywodraeth Cymru Sioned Rees (Pennaeth Cynnydd a Chefnogaeth Mesurau Arbennig) |
| Iechyd Cyhoeddus Cymru Teresa Owen (Cyfarwyddwr Gweithredol Cyhoeddus Iechyd) | Swyddfa Comisiynydd Heddlu a Throsedd Gogledd Cymru Stephen Hughes (Prif Weithredwr) |

Hannah Edwards, Swyddog Datblygu BGC

Cyngor Bwrdeistref Sirol Conwy, Bodlondeb, Conwy, LL32 8DU

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AGENDA

1 YMDDIHEURIADAU

2 COFNODION Y CYFARFOD DIWETHAF (Tudalennau 5 - 10)

Cymeradwyo cofnodion y cyfarfod a gynhaliwyd ar 27 Gorffennaf 2020 (copi ynghlwm).

9.30 – 9.40 a.m.

3 DIWEDDARIAD AR Y FLAENORIAETH CADERNID AMGYLCHEDDOL

Cael diweddariad ar lafar ar y Flaenoriaeth Cadernid Amgylcheddol

9.40 – 10.10 a.m.

4 DIWEDDARIAD AR Y FLAENORIAETH YMRYMUSO'R GYMUNED – EITHRIO DIGIDOL (Tudalennau 11 - 17)

Bydd Nicola Kneale (CSDd) yn arwain y drafodaeth ar yr eitem hon (Copi ynghlwm).

10.10 – 10.40 a.m.

5 DIWEDDARIAD AR Y FLAENORIAETH LLES MEDDYLIOL (Tudalennau 18 - 46)

Trafod pa gamau y gellir eu cymryd ar lefel poblogaeth leol i ymdrin â lles meddyliol, a chyflwyno prosiectau posib y gellir eu datblygu i gefnogi'r flaenoriaeth BGC (copi ynghlwm).

10.40 – 11.10 a.m.

6 ARIAN GRANT CYFOETH NATURIOL CYMRU (Tudalennau 47 - 55)

Bydd y Cadeirydd yn arwain yr eitem hon (copi ynghlwm).

11.10 – 11.40 a.m.

7 ADOLYGIAD BLYNYDDOL COFRESTR RISG BWRDD GWASANAETHAU CYHOEDDUS (Tudalennau 56 - 62)

Bydd y Cadeirydd yn arwain yr eitem hon (copi ynghlwm).

11.40 – 11.50 a.m.

8 CYNLLUN GWAITH I'R DYFODOL (Tudalennau 63 - 67)

Bydd y Cadeirydd yn arwain yr eitem hon (copi ynghlwm).

11.50 – 11.55 a.m.

9 TRACIO CAMAU GWEITHREDU'R CYFARFOD (Tudalennau 68 - 70)

Bydd y Cadeirydd yn arwain yr eitem hon (copi ynghlwm).

11.55 – 12 Noon.

10 MATERION YN CODI

Bydd y Cadeirydd yn arwain y drafodaeth ar yr eitem agenda hon.

12 Noon – 12.05 p.m.

ER GWYBODAETH – EITEMAU SYDD WEDI’U RHANNU’N FLAENOROL YN ELECTRONIG

11 AMDDIFFYNFEYDD MÔR HEN GOLWYN – DIWEDDARIAD (Tudalen 71)

Copi ynghlwm er gwybodaeth.

12 PROFI, OLRHAIN, DIOGELU YNG NGOGLEDD CYMRU (Tudalennau 72 - 76)

Copi ynghlwm er gwybodaeth.

BWRDD GWASANAETHAU CYHOEDDUS CONWY A SIR DINBYCH

Cofnodion cyfarfod o bell Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych a gynhaliwyd ddydd Llun, 27 Gorffennaf 2020 am 2.00pm.

YN BRESENNOL

Sian Williams – Cyfoeth Naturiol Cymru (Cadeirydd)
Iwan Davies – Cyngor Bwrdeistref Sirol Conwy
Judith Greenhalgh – Cyngor Sir Ddinbych (Is-Gadeirydd)
Y Cyng. Hugh Evans – Cyngor Sir Ddinbych
Y Cyng. Goronwy O. Edwards – Cyngor Bwrdeistref Sirol Conwy (ar ran y Cyng. Sam Rowlands)
Richard Firth – Iechyd Cyhoeddus Cymru
Helen Wilkinson – Cyngor Gwasanaethau Gwirfoddol Sir Ddinbych
Wendy Jones – Cefnogaeth Gymunedol a Gwirfoddol Conwy
Bethan Jones – Bwrdd Iechyd Prifysgol Betsi Cadwaladr
Sioned Rees – Llywodraeth Cymru
Helen MacArthur – Gwasanaeth Tân ac Achub Gogledd Cymru
Jason Devonport – Heddlu Gogledd Cymru

HEFYD YN BRESENNOL

Fran Lewis - Rheolwr Perfformiad a Gwelliant Corfforaethol, Cyngor Bwrdeistref Sirol Conwy
Helen Miliband - Cyfoeth Naturiol Cymru
Iolo McGregor - Cyngor Sir Ddinbych
Shannon Richardson - Cyngor Sir Ddinbych
Steve Price - Rheolwr Gwasanaeth Democrataidd, Cyngor Sir Ddinbych
Stephanie Jones – Gweinyddwr Pwyllgorau, Cyngor Sir Ddinbych
Barry Eaton – Cyngor Sir Ddinbych
Michael Jones - Cyngor Sir Ddinbych

ARSYLWR

Gwilym Bury – Swyddfa Archwilio Cymru.

Hysbyswyd yr Aelodau oherwydd materion technegol, y byddai'r Is-Gadeirydd Judith Greenhalgh (CSDd) yn cadeirio'r cyfarfod. Roedd y Cadeirydd Sian Williams yn bresennol dros y ffôn (Cyfoeth Naturiol Cymru)

1 YMDDIHEURIADAU

Cafwyd ymddiheuriadau am absenoldeb gan:

Teresa Owen - Iechyd Cyhoeddus Cymru
Y Cyngorydd Sam Rowlands – Cyngor Bwrdeistref Sirol Conwy
Nicola Kneale - Cyngor Sir Ddinbych

Cadarnhaodd Steve Price (CSDd) bod diweddariad i aelodaeth BGC wedi dechrau.

2 COFNODION Y CYFARFOD DIWETHAF

Cyflwynwyd cofnodion cyfarfod Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych a gynhaliwyd ar 9 Rhagfyr 2019 i'w cymeradwyo.
Materion sy'n Codi -

Tudalen 6 – Materion sy'n Codi – cadarnhawyd y byddai cynrychiolydd Cynghorau Tref a Chymuned yn aelod etholedig. Roedd yn ymddangos y byddai Un Llais Cymru yn arwain gwaith ar hyn. Cytunwyd y byddai aelodau etholedig yn cael eu gwahodd i'r BGC ar ôl penderfynu.

PENDERFYNWYD, yn amodol ar yr uchod, cymeradwyo cofnodion cyfarfod y Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych a gynhaliwyd ar 9 Rhagfyr 2019 fel cofnod cywir.

3 ADRODDIAD BLYNYDDOL Y BGC 2018/2019

Cyflwynodd Judith Greenhalgh (CSDd) Adroddiad Blynyddol BGC ar gyfer 2018/19.

Rhoddodd Fran Lewis (CBSC) drosolwg byr o'r adroddiad, gofynnwyd i'r aelodau roi sylwadau ar yr adroddiad a chymeradwyo'r cynnwys.

Eglurwyd bod hwn yr ail adroddiad blynyddol a luniwyd gan y pwyllgor BGC. Roedd y cynnwys o fewn yr adroddiad ar gyfer 2018/19 yn rhoi gwybodaeth mwy cryno oedd yn alinio gwaith yn erbyn y blaenoriaethau BGC. Cafodd yr Aelodau eu harwain drwy'r adroddiad a'r camau ar y gweill.

Roedd yr Aelodau wedi amlygu'r nifer o gamau melyn yn yr adroddiad. Oherwydd yr amgylchiadau presennol yn sgil Pandemig Covid-19, roedd aelodau yn deall y byddai gwaith pellach yn y meysydd hyn wedi ei gwblhau. Dywedwyd bod aelodau yn teimlo bod y gwaith a gwblhawyd yn unol â blaenoriaethau presennol y BGC gyda llawer o waith a chynnydd wedi'i wneud yn y meysydd hyn.

PENDERFYNWYD cymeradwyo Adroddiad Blynyddol BGC 2018/19

4 BLAENORIAETHAU LLES A COVID-19

Cyflwynodd Iolo McGregor (CSDd) yr adroddiad (dosbarthwyd yn flaenorol) i alluogi aelodau'r BGC i gyrraedd cytundeb ar yr ymrwymiad i'w flaenoriaethau presennol yn sgil pandemig Covid-19 a pha un a oes angen newidiadau. Cafodd yr Aelodau eu harwain drwy'r adroddiad a'r ddau atodiad gan gynnwys y broses os cytunir ar newidiadau.

Roedd Sian Williams (Cyfoeth Naturiol Cymru) wedi amlygu'r blaenoriaethau LRS ac Adferiad ar ôl Covid-19, gyda chais i'r BGC edrych ar gyd-nerthu cymunedol a chefnogaeth i gymunedau lleol. Rhoddodd y Cadeirydd gefndir byr i'r aelodau ar y Bwrdd Adferiad Rhanbarthol (BARh). Dywedwyd bod y bwrdd yn edrych ar ddull dramatig i faterion a sefyllfaoedd yn dilyn pandemig Covid-19 gan gynnwys edrych

ar adferiad a chynllunio posibl ar gyfer ail don o achosion. Roedd gan y BARh 4 prif faes ffocws oedd yn cynnwys:

- 1 – Gwaith Tracio, Orlhain a Diogelu;
- 2 – Adfer Iechyd a Gofal Cymdeithasol;
- 3 – Economi a Thwristiaeth;
- 4 - Cydnerthu cymunedol

Byddai'r BARh yn gofyn i'r BGC ystyried cyd-nerthu cymunedol ynghyd â'i flaenoriaethau i ychwanegu gwerth i adferiad cymunedol.

Diolchodd yr Aelodau i'r swyddogion am yr adroddiad manwl a'r atodiadau. Roeddent yn cydnabod yr anhawster i newid blaenoriaethau. Roedd yr Aelodau yn cytuno bod y blaenoriaethau BGC presennol yn gywir ac yn parhau'n berthnasol i'r gymuned leol. Teimlwyd bod elfennau o'r blaenoriaethau presennol hyd yn oed yn fwy pwysig ac yn berthnasol yn yr hinsawdd presennol. Rhoddwyd pwyslais cryf ar iechyd meddwl o fewn y gymuned.

Roedd Bethan Jones (Cyfarwyddwr Rhanbarth - Bwrdd Iechyd Prifysgol Betsi Cadwaladr) yn gwneud awgrym bod angen pwysais gwahanol o fewn y blaenoriaethau, gan gyfeirio'n benodol at allgau digidol, iechyd meddwl ac ymfudiad. Roedd Aelodau yn trafod yr awgrymiadau hyn yn fwy manwl. Nodwyd pwysigrwydd technoleg ac roedd ymgysylltu digidol wedi'i arsylwi yn ystod y misoedd diwethaf. Roedd aelodau yn mynegi pryderon nad oedd gan bob aelod o'r cyhoedd fynediad i dechnoleg neu'n gallu cysylltu â thechnoleg. Cyfeiriwyd at faterion yn ymwneud â chymunedau gwledig heb fynediad i TG a thechnoleg.

Pwysleisiwyd yr effaith tymor hir ar iechyd meddwl pobl o bob oed o fewn y gymuned. Trafodwyd yr effaith ar addysg tymor hir plant ifanc a'r anghenion datblygu a allai godi o'r pandemig.

Roedd yr aelodau yn trafod y gall y cynnydd mewn pobl yn symud i Ogledd Cymru gynyddu materion fel digartrefedd, cyflogaeth a'r effaith ar breswylwyr lleol.

Teimlwyd y gall y rhain i gyd ddod o fewn y blaenoriaethau presennol gan y BGC.

Roedd y Cadeirydd yn atgoffa'r aelodau am y dair flaenoriaeth bresennol gan y BGC oedd yn cynnwys:

- a. Pobl – Cefnogi lles meddyliol da i rai o bob oed
- b. Cymuned - Rhoi grym i gymunedau Lle – cefnogi cadernid amgylcheddol.

Amlygwyd bod Llywodraeth Cymru wedi anfon llythyr at bob BGC, i ofyn am gyfrannu at y trafodaethau ynglŷn â chynllunio rhanbarthol ar gyfer adferiad mewn ymateb i Covid.

Roedd yr Aelodau yn cytuno bod y tri maes lefel uchel o'r blaenoriaethau presennol yn parhau'n briodol ac yn berthnasol. Roedd y pwyllgor yn edrych ar bob un o'r dair blaenoriaeth yn unigol ac yn trafod unrhyw newidiadau.

Pobl – roedd yr Aelodau yn cytuno i gynnwys lles meddyliol unigolion yn arbennig edrych ar les meddyliol pobl ifanc, teimlwyd bod gan y BGC rôl i fonitro ac ymchwilio effaith Covid. Yn yr un modd, teimlwyd bod angen y cydbwysedd cywir o ymchwil i'r effaith ar iechyd meddwl pob oedran o fewn y gymuned. Teimlwyd y byddai'n bwysig edrych ar hyn ar lefel leol a lefel ranbarthol.

Roedd yr aelodau yn cytuno i ofyn am ymchwil pellach i'r pedwar prif faes ar gyfer darparu blaenoriaeth Iechyd Meddwl fel y manylwyd yn yr adroddiad blynyddol.

Roedd y Cadeirydd yn cadarnhau bod gwaith wedi'i gomisiynu gan y Grŵp Adferiad Iechyd a Gofal Cymdeithasol o amgylch lles plant, awgrymwyd i ofyn am ddiweddariad ac adrodd yn ôl i'r BGC yn ddiweddarach.

Cymuned – Helen Wilkinson (Cyngor Gwasanaethau Gwirfoddol Sir Ddinbych) - crynodeb byr o'r gwaith hyd yma. Roedd hyn yn cynnwys diweddariad o'r rhaglen ymwybyddiaeth Dementia a ddarperir o bell ar hyn o bryd. Darparwyd cadarnhad o waith parhaus yn ymwneud â digartrefedd. Byddai gwaith yn ymwneud â blaenoriaeth cymunedol yn symud ymlaen yn gorfod edrych ar ymrymuso'r gymuned ac ymgysylltu yn arbennig gydag adferiad yr economi leol.

Trafododd yr aelodau a oedd dal angen haen ar gyfer digartrefedd o dan y flaenoriaeth hon. Sylwyd ar gynnydd mawr i gynorthwyo unigolion i gael llety a sylwyd ar ganlyniad cadarnhaol. Gyda chymorth ariannol, disgwylir cefnogaeth a gwaith pellach i gefnogi unigolion. Roedd aelodau yn cefnogi'r awgrym i newid yr haen digartrefedd o fewn y flaenoriaeth gymunedol. Trafodwyd cynnwys allgáu digidol ar gyfer ymrymuso'r gymuned o fewn y flaenoriaeth. Roedd y Rhaglen Ymwybyddiaeth Dementia ac elfennau rhagnodi cymdeithasol o'r flaenoriaeth wedi datblygu'n dda ac roedd gwaith ar y gweill, cytunwyd i barhau â'r ddwy elfen hyn yn y flaenoriaeth. Cytunwyd i newid yr elfen gwaith o amgylch digartrefedd i elfen o amgylch allgáu digidol a symud i'r plattform gwaith digidol.

Lle – clywodd yr aelodau fod llawer o waith wedi'i wneud yn y maes blaenoriaeth hwn yn gweithio'n dda i'r addewidion cymunedol. Roedd lansio'r addewidion wedi ei ohirio oherwydd y pandemig. Mynegwyd bod y sefyllfa bresennol yn rhoi cyfle i adfer y gymuned leol. Roedd yr effaith ar yr amgylchedd o ganlyniad i unigolion yn gweithio gartref wedi darparu allyriadau carbon isel. Sylwyd bod y cyfnod clo lleol wedi galluogi pobl i aros yn lleol ac archwilio'r ardal leol. Roedd aelodau yn cytuno i'r flaenoriaeth hon o'r BGC i barhau a rhoi diweddariad i'r aelodau fel bo'r angen.

PENDERFYNWYD

- I. Roedd y dair elfen uchel o'r blaenoriaethau BGC yn parhau;*
- II. Gwneud cais i'r grŵp Iechyd a Gofal Cymdeithasol, ynglŷn ag effaith ar les pobl ifanc ar ôl Covid;*
- III. I newid elfen blaenoriaeth gymunedol i ddisodli digartrefedd gydag allgau digidol;*
- IV. Parhau â'r elfennau fel y maent o fewn y flaenoriaeth lle, a*
- V. Derbyn fersiwn diwygiedig o'r blaenoriaethau BGC yn y cyfarfod BGC nesaf.*

5 CYNNIG CEFNOGAETH

Fran Lewis (CCBC) guided members through the documents (previously circulated).

a. Community Wealth Building, The Centre for Local Economic Strategies (CLES) - It was explained the first correspondence had been due to presented to members in March. Further correspondence had since been received to ask if PSB members and officers felt it was required. The letter had invited PSB members to attend a workshop, designed to look at community wealth building in Conwy and Denbighshire. A formal response from members had been requested.

During discussion members highlighted work had begun to address local economic recovery in Conwy and Denbighshire. Progression had been made from other services in both authorities, with emphasis on the importance of procurement being highlighted. Work regionally in this area would be valuable. It was noted that a procurement representative from all authorities attends a North Wales Social Value forum that included work done regionally and locally in this area. Members felt the best forum to address this work would be the Roedd Fran Lewis (CBSC) yn arwain yr aelodau drwy'r ddogfen (dosbarthwyd yn flaenorol)

a. Adeilad Cyfoeth Cymunedol, Canolfan Strategaethau Economaidd Lleol - Eglurwyd fod yr ohebiaeth gyntaf i fod i gael ei chyflwyno i'r aelodau ym mis Mawrth. Derbyniwyd gohebiaeth bellach ers hynny yn gofyn os oedd aelodau a swyddogion BGC yn teimlo bod ei angen. Roedd y llythyr yn gwahodd aelodau'r BGC i fynychu gweithdy, a ddyluniwyd i edrych ar adeilad cyfoeth cymunedol yng Nghonwy a Sir Ddinbych. Gofynnwyd am ymateb ffurfiol gan yr aelodau.

Yn ystod trafodaeth roedd yr aelodau yn amlygu fod gwaith wedi dechrau i fynd i'r afael ag adferiad economaidd lleol yng Nghonwy a Sir Ddinbych. Roedd cynnydd wedi'i wneud mewn gwasanaethau eraill yn y ddau awdurdod, gyda phwyslais ar bwysigrwydd caffael yn cael ei amlygu. Byddai gwaith rhanbarthol yn y maes hwn yn werthfawr. Nodwyd bod cynrychiolydd caffael o bob awdurdod yn mynychu fforwm Gwerth Cymdeithasol Gogledd Cymru oedd yn cynnwys gwaith a wnaed yn rhanbarthol ac yn lleol yn y maes hwn. Roedd aelodau yn teimlo mai'r fforwm gorau i fynd i'r afael â'r gwaith hwn oedd elfen datblygu economaidd o'r rhaglen waith adfer.

b. Cenhadaeth Ddinesig BGC, Prifysgol Glyndŵr – gwahoddiad (copi ynghlwm) i wahodd aelodau BGC i weithdy wedi'i hwyluso gan Brifysgol Glyndŵr i drafod anghydraddoldeb cymdeithasol. Amlygwyd bod adborth cadarnhaol gan Sir y Fflint a Wrecsam yn dilyn gweithdy tebyg wedi cynnwys gwaith adolygu a mynd i'r afael â'u blaenoriaethau BGC.

Roedd y Cadeirydd yn awgrymu bod angen mwy o wybodaeth a manylion pellach ar y wybodaeth o fewn y gweithdy. Roedd yr aelodau yn cytuno i'r Cadeirydd, Sian Williams (Cyfoeth Naturiol Cymru), gysylltu â Phrifysgol Glyndŵr a Ken Perry, y cyflwynydd am fwy o wybodaeth.

PENDERFYNWYD;

- I. Cytunodd yr Aelodau i gyfeirio'r gwaith hwn at NWEAB;
- II. *Sian Williams i gysylltu â Ken Perry i ofyn am fwy o wybodaeth a darparu adborth i aelodau.*

6 CYNLLUN GWAITH I'R DYFODOL

Cyflwynwyd traciwr gweithredu a Rhaglen Gwaith i'r Dyfodol y Bwrdd Gwasanaethau Cyhoeddus (a ddosbarthwyd yn flaenorol) i'w hystyried.

Gwnaed sylwadau gan yr aelodau ar yr un cam gweithredu coch yn y Traciwr Gweithredu BGC. Nodwyd bod y cam gweithredu yn cynnwys dyddiad Rhagfyr

2018. Yn dilyn trafodaeth, daeth aelodau i'r casgliad fod y cam wedi'i ddisodli a gellir ei farcio wedi'i gwblhau.

Cadarnhawyd y byddai cyfarfod nesaf y BGC ar 21 Medi 2020. Cytunwyd y byddai'r cyfarfod yn cael ei gynnal o bell. Daeth yr aelodau i'r casgliad y byddai'r eitemau canlynol yn cael eu cynnwys yn y Rhaglen Gwaith i'r Dyfodol ar gyfer y cyfarfod nesaf:

- Blaenoriaethau BGC diwygiedig;
- Diweddariad ar themâu BGC;
- Adroddiad adborth o elfennau adfer a phwyllgorau.
- Perfformiad Tracio, Orlhain a Diogelu (er gwybodaeth)

Roedd y Cynghorydd Hugh Evans yn mynegi pryderon am y trefniadau Tracio, Orlhain a Diogelu rhanbarthol mewn perthynas ag ail don. I alluogi aelodau gael mwy o ddealltwriaeth leol am waith a gwblhawyd yn lleol i leihau'r risg i Gonwy a Sir Ddinbych. Cytunodd yr aelodau i ofyn am adroddiad ar berfformiad y Tracio, Orlhain a Diogelu yng Nghonwy a Sir Ddinbych yn y cyfarfod nesaf.

PENDERFYNWYD y dylid cymeradwyo'r Rhaglen Gwaith i'r Dyfodol gyda'r diweddariadau fel yr uchod.

7 ADOLYGIAD SAC O BARTNERIAETHAU STRATEGOL

Er gwybodaeth yn unig.

8 CRONFA GOFAL INTEGREDIG - BWRDD PARTNERIAETHAU RHANBARTHOL GOGLEDD CYMRU

Er gwybodaeth yn unig.

9 ADRODDIAD CRONFA GOFAL INTEGREDIG

Er gwybodaeth yn unig.

Diolchodd y Cadeirydd, Sian Williams i Judith Greenhalgh, Is-Gadeirydd am gadeirio'r cyfarfod.

Daeth y cyfarfod i ben am 4.00pm.

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| Adroddiad i | Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych |
| Dyddiad y cyfarfod | 21 Medi 2020 |
| Aelod / Swyddog Arweiniol | Judith Greenhalgh, Cyngor Sir Ddinbych |
| Awdur yr Adroddiad | Shannon Richardson a Nicola Kneale, Cyngor Sir Ddinbych |
| Teitl | Cydnerthu Cymunedol - Allgáu Digidol |

1. Am beth mae'r adroddiad yn sôn?

1.1. Y cyfleoedd am wella isadeiledd digidol yng Nghonwy a Sir Ddinbych.

2. Beth yw'r rheswm dros wneud yr adroddiad hwn?

2.1. Yng nghyfarfod y BGC ym mis Gorffennaf, rhoddwyd ystyriaethau i'r problemau a gynigiwyd, a chytunodd yr aelodau bod angen canolbwyntio ar allgáu digidol a sgiliau digidol.

3. Beth yw'r Argymhellion?

3.1. Bod aelodau'n nodi'r sefyllfa gyfredol o ran Cysylltedd Digidol (Atodiad 1), ynghyd â dadansoddiad o Gryfderau, Cyfyngiadau, Gwendidau a Bygythiadau ar gyfer bob pwn, ac ystyried y canlynol. Nodwch fod cynnig i oedi'r adroddiad ar Sgiliau Digidol tan gyfarfod Tachwedd, er mwyn ein galluogi i gyflwyno asesiad cynhwysfawr o'r sefyllfa sgiliau digidol.

3.2. Y BGC i weithio gyda Llywodraeth Cymru i gytuno ar ddiffiniad o 'gymunedau gweledig' gyda BT, fel ein bod yn sicrhau bod cymunedau sydd â'r diffyg mwyaf o gysylltedd yn cael blaenoriaeth ar gyfer uwchraddiadau.

3.3. Y BGC i ystyried cyllid tymor hwy ar gyfer swyddi Swyddog Digidol. Byddai hyn yn cynyddu'r posibilrwydd o roi sylw i gyfran uwch o fannau yn y sir sydd ddim yn cael mynediad at y rhyngwryd, a fyddai o fudd i'n preswylwyr a hefyd yn cefnogi ein

staff gwledig ein hunain i weithio gartref.

3.4. Mae nifer o eiddo nad ydynt yn cael mynediad at y rhyngwyd, ar ffin Conwy a Sir Ddinbych, a allai gael budd o gydweithio rhwng y ddwy sir.

4. Manylion yr Adroddiad

4.1. I roi gwybodaeth i'r BGC am y gefnogaeth sydd yn ei lle i wella'r isadeiledd digidol yng Nghonwy a Sir Ddinbych. Gweler Atodiad 1 am fanylion llawn. Mae'r wybodaeth berthnasol yr ydym wedi seilio ein hargymhellion arni i'w chael isod.

4.2. Mae cyllid ar gael drwy gynllun Talebau Rural Gigabit, sy'n werth £3000 gydag ychwanegiad Llywodraeth Cymru ar gyfer eiddo preswyl, a £7000 os yw busnes (yn cynnwys masnachwyr unigol) yn cael ei redeg oddi yno.

4.3. Mae cyflwyno LLFN yn canolbwyntio ar wella cysylltedd digidol mewn ardaloedd gwledig. Yn Sir Ddinbych, mae hyn wedi cynnwys y Rhyl, Prestatyn a Dinbych, sydd efallai ddim yn gyson â chanfyddiad y BGC o gymunedau gwledig. Rhesymeg BT yw bod ein hardaloedd trefol yn wledig, wrth eu cymharu â Manceinion, er enghraifft.

4.4. Yn Sir Ddinbych, mae galluogi pawb i gael mynediad at fand eang da yn flaenoriaeth gorfforaethol, felly maent wedi buddsoddi mewn swydd Swyddog Digidol (o Chwefror 2020 tan fis Mawrth 2021 hyd yn hyn).

4.5. Mae Conwy wedi bod eisiau penodi Swyddog Digidol fel rhan o'u tîm datblygu gwledig, ond mae hyn wedi'i ohirio oherwydd Covid-19. Gobeithir y bydd Conwy wedi recriwtio swyddog i fod ar waith o Ionawr 2021 tan fis Rhagfyr 2021.

4.6. Mae nifer o eiddo sydd ddim yn cael mynediad at y rhyngwyd ar ffin Conwy a Sir Ddinbych a allai gael budd o gydweithio rhwng y ddwy sir (gweler y map ym mharagraff 1.1. Atodiad 1).

5. Sut mae'r penderfyniad yn cyfrannu at y Blaenoriaethau Corfforaethol?

5.1. Mae'r prosiect hwn yn rhan o'r flaenoriaeth Cydnerthu Cymunedol ar gyfer y BGC.

6. Faint fydd hyn yn ei gostio a sut y bydd yn effeithio ar wasanaethau eraill?

6.1. Amcangyfrifir y byddai dau Swyddog Digidol yn costio oddeutu £60k gydag argostau.

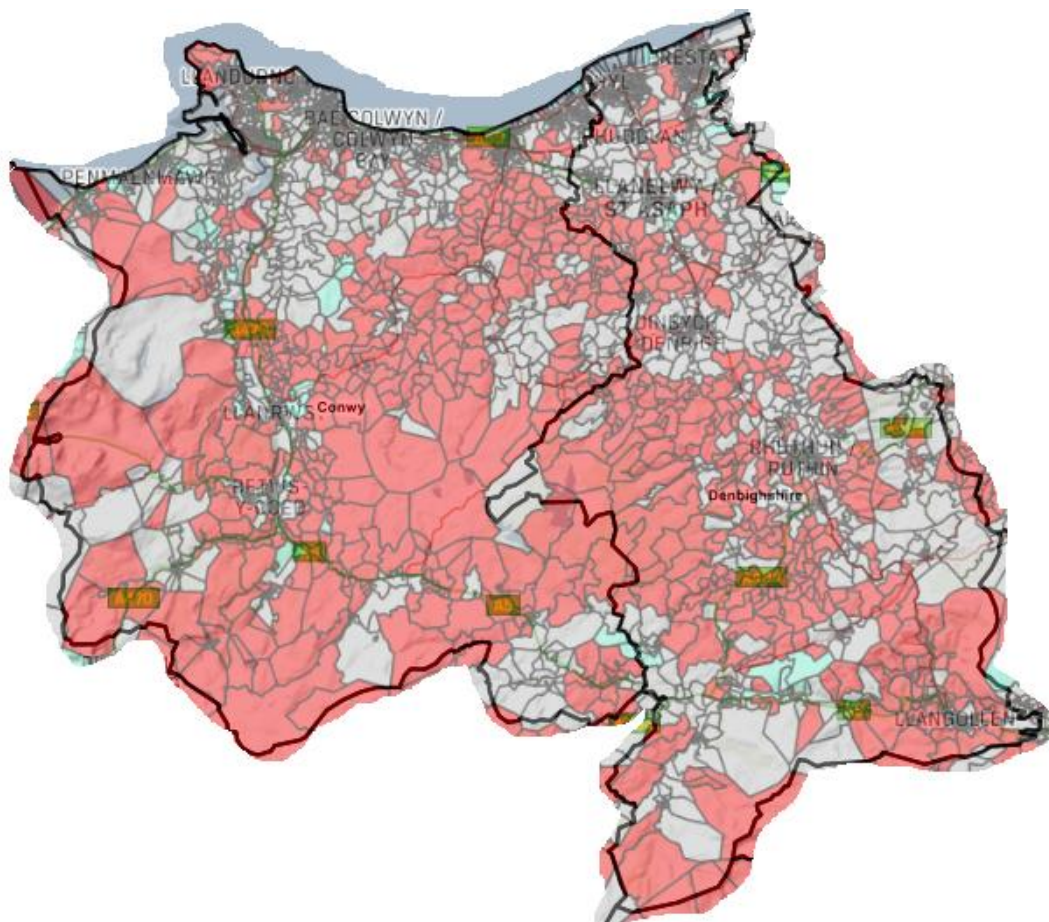
7. Pa risgiau sydd yna ac a oes unrhyw beth y gallwn ei wneud i'w lleihau?

7.1. Ar hyn o bryd, mae pob sir yn cymryd dull ychydig yn wahanol wrth roi sylw i faterion sy'n gysylltiedig ag isadeiledd digidol. Bydd gan bob dull ei fanteision ac anfanteision. Dylai swyddogion digidol gyfathrebu'n rheolaidd i sicrhau bod arferion da yn cael eu rhannu, a bod unrhyw faterion yn cael eu lliniaru.

Atodiad 1 – Cysylltedd Digidol yng Nghonwy a Sir Ddinbych

Adran 1 – Y Darlun

1.1 Fel ardal â llawer o rannau gwledig, mae gan Sir Conwy a Sir Ddinbych lawer o safleoedd “gwyn”. Safleoedd “gwyn” yw eiddo sydd yn swyddogol yn derbyn llai na 30Mb yr eiliad; mewn gwirionedd mae bron i bob un yn derbyn llai na 5Mb yr eiliad, a rhai â llai na 0.5Mb yr eiliad. Mae'r rhan fwyaf o safleoedd “gwyn” mewn ardaloedd y byddem yn eu hystyried yn rhai gwledig (h.y. nid rhai trefol). Mae llawer o'r safleoedd “gwyn” hyn yng Nghonwy a Sir Ddinbych. Gweler y map isod.



- 1.2 Mae gan BT OpenReach gynllun i gyflwyno cysylltiadau ffibr llawn ar draws rai rhannau o Gonwy a Sir Ddinbych. Nid ydym ni'n gwybod pryd y bydd cam nesaf y cynllun cyflwyno'n dechrau, ond mae i fod i gael ei gwblhau erbyn Mehefin 2022, ond gellir disgwyl i'r dyddiad cwblhau go iawn fod ychydig ar ôl hynny. Bydd y cynllun hwn yn dal i adael sawl eiddo heb gysylltiad band eang ffibr. Nid yw'r eiddo sydd wedi'i gynnwys yn y cynllun â hawl i wneud cais am Dalebau Gigabit Gwledig.
- 1.3 I eiddo sydd heb ei gynnwys yn y cynllun hwnnw, mae cyllid ar gael trwy'r cynllun Talebau Gigabit Gwledig. Mae hwn yn gynllun ar draws y DU (gydag ychwanegiad hael gan Lywodraeth Cymru i'n trigolion ni) sydd werth £3000 i

safle preswyl a £7000 i safle busnes (gan gynnwys masnachwyr unigol). Gall cymunedau gasglu eu talebau ynghyd i gomisiynu Openreach i osod rhwydwaith band eang ffibr llawn i gymuned. Mae angen y dull hwn o gyfuno talebau gan fod y gost o gomisiynu Openreach fel arfer yn swm chwe ffigur (maent yn ddiweddar wedi rhoi pris o £1.2 miliwn i gymuned yn Sir Ddinbych). Mae'r cynllun talebau hwn yn dod i ben yn 2021, ond efallai fod disgwyl iddo gael ei ymestyn.

- 1.4 Mae'r cynllun Rhwydwaith Ffibr Llawn Lleol yn gynllun arall gan y Llywodraeth i gyflwyno cysylltiadau bang eang ffibr llawn i adeiladau cyhoeddus fel ysgolion a llyfrgelloedd. Y syniad yw mynd â ffibr llawn i adeiladau cyhoeddus ac i Openreach wedyn gysylltu cartrefi a busnesau ar hyd y llwybr ffibr ac o amgylch yr adeiladau cyhoeddus sydd newydd eu cysylltu. Mae cynllun gwaith tan fis Mawrth 2021, ond mae Covid-19 wedi arwain at rywfaint o oedi. Ni fydd gosodiadau'r cynllun Rhwydwaith Ffibr Llawn Lleol yn darparu cysylltiad ffibr llawn i bob un o'r ardaloedd.
- 1.5 Hyd yn oed ar ôl y cynllun hwnnw a'r gwaith sydd ar y gweill gan Openreach, bydd llawer o ardaloedd gwledig yng Nghonwy a Sir Ddinbych yn dal i fod â chysylltiad gwael.
- 1.6 Yn Sir Ddinbych, mae galluogi pawb i gael cysylltiad band eang da'n flaenoriaeth gorfforaethol, felly maent wedi buddsoddi mewn Swyddog Digidol (o fis Chwefror 2020 i fis Mawrth 2021 ar hyn o bryd). Mae'r swyddog hwn yn cynghori unigolion, busnesau a chymunedau ar sut i wella eu cysylltiad ar hyn o bryd a sut y gallant ddefnyddio cynllunio fel y Cynllun Talebau Gigabit i sicrhau gwelliannau i isadeiledd cymunedol. Mae'r ail un uchod yn broses hir, felly mae unigolion hefyd yn cael eu cefnogi gan Swyddogion Datblygu Cymunedol i gael cymdogion i gydweithio, ac ati.
- 1.7 Mae Conwy wedi bod yn ystyried penodi Swyddog Digidol yn rhan o'u tîm datblygu gwledig ond mae oedi wedi bod ar hyn oherwydd Covid-19. Y gobaith yw y bydd Conwy wedi gallu recriwtio swyddog i ddechrau ym mis Ionawr 2021 tan fis Rhagfyr 2021. Mae eu dull ychydig yn wahanol i un Sir Ddinbych gan eu bod yn bwriadu ymyrryd yn uniongyrchol trwy bedwar prosiect cyfalaf o'r Gronfa Datblygu Cymunedau Gwledig. Bydd hyn yn darparu isadeiledd Wi-Fi i'r ardaloedd canlynol:

Ardal Prosiect 1 - Llanfair TH i Lanefydd i Lansannan (gan gynnwys rhan o Fetws-yn-Rhos)

Ardal Prosiect 2 - Llanrwst i Langernyw i Lanfair TH (gan gynnwys rhan o Eglwys-bach)

Ardal Prosiect 3 - Nebo/Capel Garmon a dyffryn yr A5 o Bentre Isaf/Padog at ffin y sir

Ardal Prosiect 4 - Ymestyn cyrhaeddiad yr uchod a llenwi unrhyw fylchau.

Bydd y prosiectau'n canolbwyntio ar ddefnyddio adeiladau sy'n bod eisoes a gosod systemau trosglwyddo arnynt.

- 1.8 Mae isadeiledd digidol yn flaenoriaeth gan Fwrdd Uchelgais Economaidd Gogledd Cymru. Mae Arweinydd a Swyddogion Sir Ddinbych yn ysgwyddo rôl weithgar yn hyn.

Isadeiledd

2. Cryfderau

- 2.1 Mae gan Gonwy a Sir Ddinbych ddarlun clir o'r manau gwyn sydd yn eu siroedd, a chynllun ar waith i fynd i'r afael â nhw.
- 2.2 Mae Swyddog Digidol Sir Ddinbych wedi'i benodi ac yn gweithio mewn chwe chymuned i'w cefnogi i gael talebau a ffurfio contract gydag Openreach. Mae'r dull galluogi hwn yn golygu bod unrhyw gymuned yn cael ei chefnogi i drefnu i edrych ar y Cynllun Talebau Gigabit (os nad ydynt eisoes yn rhan o gynlluniau cyflwyno Openreach hyd at fis Mehefin 2022). Mae'r dull hwn yn cyd-fynd â ffafriaeth y Llywodraeth i ganolbwyntio ar rwydweithiau ffibr i gyd lle mae "llwybr" ffibr cyflawn o'r darparwr gwasanaeth i'r defnyddiwr. Mae hyn oherwydd cynaliadwyedd y trefniant.
- 2.3 Mae dull Conwy'n cynnig ymyrraeth uniongyrchol o gyllid prosiectau sydd wedi'i sicrhau, lle mae cyfarpar yn cael ei osod ar adeiladau sydd yno eisoes i wella cysylltedd digidol eiddo cyfagos. Mae'n ddewis rhatach.

3. Cyfyngiadau

- 3.1 Mae Conwy wedi gorfod oedi cyn penodi Swyddog Digidol oherwydd Covid-19. Y gobaith yw y bydd ganddynt swyddog ar waith o fis Ionawr 2021 tan fis Rhagfyr 2021.
- 3.2 Dim ond tan fis Mawrth 2021 mae cyllid ar gyfer Swyddog Digidol CSDd. Dechreuodd y swydd ym mis Chwefror a dechreuodd y cyfnod clo wedyn felly mae rhai misoedd o fomentwm wedi'i golli o ganlyniad.
- 3.3 Yn y ddwy sir, swyddi dros dro ydynt ac nid ydynt yn para'n ddigon hir i fod wedi datrys holl broblemau'r manau gwyn yn y siroedd.
- 3.4 Mae cynllun y Rhwydwaith Ffibr Llawn Lleol yn canolbwyntio ar wella cysylltedd digidol mewn ardaloedd gwledig. Yn Sir Ddinbych, mae hyn wedi cynnwys y Rhyl, Prestatyn a Dinbych, ac efallai nad yw hynny'n cyd-fynd â'r hyn mae'r BGC yn ei ystyried yn gymunedau gwledig. Rhesymeg BT yw bod ein hardaloedd trefol ni'n wledig o gymharu ag, er enghraifft, Manceinion.

4. Cyfleoedd

- 4.1 Yn ogystal â'r Cynllun Talebau Gigabit, mae cymunedau Conwy a Sir Ddinbych mewn sefyllfa unigryw lle mae ganddynt hefyd arian ar gael o fferm wynt Clocaenog, ac mae modd gwneud cynigion amdano. Mae gan hyn y potensial i helpu i oresgyn rhwystrau ariannol.

- 4.2 Gallai'r BGC gynorthwyo i lobïo LIC i gytuno ar ddiffiniad 'gwledig' gyda BT, fel ein bod yn sicrhau bod y cymunedau sydd fwyaf ar ei hôl hi â'u cysylltiad yn cael blaenoriaeth i gael eu huwchraddio.
- 4.3 Byddai cyllid mwy hirdymor ar gyfer swyddi'r Swyddogion Digidol yn cynyddu'r siawns o allu mynd i'r afael â chyfran uwch o fannau gwyn yn y siroedd, a fyddai o fantais i'n trigolion, a hefyd yn cefnogi ein staff sy'n byw'n wledig i weithio gartref.
- 4.4 Mae nifer o safleoedd "gwyn" ar y ffin rhwng Conwy a Sir Ddinbych a fyddai'n elwa o ddull o gydweithio rhwng y ddwy sir (gweler y map ym mharagraff 1.1).

5. Bygythiadau

- 5.1 Er bod dull Conwy'n un rhatach, mae'n dibynnu ar gydweithrediad perchnogion eiddo i ganiatáu i gyfarpar gael ei osod ar eu safle.
- 5.2 Mae dull Sir Ddinbych yn gofyn am rywfaint o arweiniad cymunedol ac anogaeth er mwyn sicrhau'r cyllid sydd ei angen.
- 5.3 Mae nifer o safleoedd "gwyn" (wedi'u lliwio'n goch ar y map uchod) ar y ffin rhwng Conwy a Sir Ddinbych lle gallai cydweithio ar draws y ffin ddarparu manteision i'r trigolion.

Agenda Item 5



Adroddiad i'r Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych

Dyddiad y cyfarfod 21 Medi 2020

Aelod/Swyddog Arweiniol Richard Firth, Iechyd Cyhoeddus Cymru

Awdur yr adroddiad Richard Firth, Iechyd Cyhoeddus Cymru

Teitl Lles Meddyliol

1. Am beth mae'r adroddiad yn sôn?

1.1. Cefndir i les meddyliol, pa gamau y gellir eu cymryd ar lefel poblogaeth leol i fynd i'r afael â lles meddyliol a chyflwyno prosiectau posibl y gellir eu datblygu i gefnogi blaenoriaeth a nodwyd gan y BGC i wella lles meddyliol pawb.

2. Beth yw'r rheswm dros wneud yr adroddiad hwn?

2.1. Yn y cyfarfod BGC ym mis Gorffennaf, rhoddwyd ystyriaeth i'r problemau arfaethedig ac roedd yr aelodau yn cytuno bod angen ffocws arnynt.

3. Beth yw'r Argymhellion?

3.1. Ar ôl ystyried y llenyddiaeth yn Atodiad 1, canlyniadau'r gweithdy lles meddyliol, ymgysylltu â phersonél a sefydliadau allweddol yn cefnogi lles meddyliol, roedd y pedwar maes prosiect posibl canlynol wedi eu nodi (gweler Atodiad 1, Atodlen A am y manylion llawn).

- Lles meddyliol y gymuned ffermio/pobl sy'n byw yn y wlad
- Llyfrgelloedd ar gyfer lles meddyliol
- Adfer y pum ffordd at les meddyliol
- Tîm Gweithredu Lleol / ICAN
- Lles Meddyliol mewn Lleoliadau Addysgol

3.2. Aelodau BGC yn penderfynu pa ddewis(iadau) maent yn dymuno eu datblygu fel prosiect i gefnogi'r flaenoriaeth lles meddyliol.

- 3.3. Bod aelodau BGC yn enwebu'r personél priodol o fewn eu sefydliadau i gyfrannu at ddylunio a darparu'r prosiect y cytunwyd arno. Mae angen tîm prosiect amlasiantaeth i gynnig mewnbwn strategol a darparu yn erbyn y prosiect(au) a ddewiswyd. Mae lechyd Cyhoeddus Cymru yn hapus i gynorthwyo i hwyluso a chynnig mewnbwn strategol.
- 3.4. Ar ôl ystyried effeithiau'r pandemig coronafeirws (gweler atodiad 2 am fanylion llawn) mae'r pedwar prosiect posibl a nodwyd ar gyfer blaenoriaeth Lles Meddyliol BGC yn parhau ar gael gan eu bod yn darparu cefnogaeth i gynnal a gwella lles meddyliol oedolion ar draws ystod o leoliadau. Argymhellir bod y prosiectau posibl arfaethedig yn parhau heb eu newid.
- 3.5. Fodd bynnag, mae'r dystiolaeth yn awgrymu bod y pandemig wedi ac yn parhau i gael effaith sylweddol ar iechyd meddwl a lles plant a phobl ifanc. Mae'r cynlluniau arfaethedig wedi eu halinio ar letraws yn unig gyda chefnogi lles meddyliol plant a phobl ifanc. Felly argymhellir bod dewis sy'n ymwneud yn benodol â phlant a phobl ifanc yn cael ei ymgorffori yn y prosiectau arfaethedig. Ffordd o wneud hyn fyddai canolbwyntio ar leoliadau addysgol.

4. Manylion yr Adroddiad

- 4.1. Darparu gwybodaeth i'r BGC yn ymwneud â lles meddyliol yng Nghonwy a Sir Ddinbych a'r effaith mae'r pandemig Coronafeirws wedi'i gael. Gweler Atodiad 1 am fanylion llawn pwyntiau 4.2 i 4.4 ac Atodiad 2 ar gyfer pwyntiau 4.5 i 4.9. Mae'r wybodaeth berthnasol sy'n sail i'n hargymhellion isod.
- 4.2. Mae'r gwerthoedd yn yr adroddiad ar gyfer teimlad isel o orbryder yn ystadegol sylweddol uwch i Sir Ddinbych a Chonwy o'i gymharu â'r cyfartaledd cenedlaethol. Roedd Sir Ddinbych, yn y cyfnod Mawrth 2018 i Mawrth 2019 yn dangos 14.9% o welliant mewn lefel gorbryder ar gyfartaledd, llawer uwch na chyfartaledd gwelliant Cymru o 3%.
- 4.3. Gan fod y data wedi'i gyflwyno ar lefel awdurdod lleol mae yna ddiffyg gwelededd o'r hyn sy'n digwydd ar lefel cymuned, felly mae yna'r potensial i gael nifer o gymunedau fyddai'n gallu neu sy'n sgorio'n sylweddol is na'r cyfartaledd cenedlaethol.
- 4.4. Mae cydweithio rhwng y BGC a sefydliadau a grwpiau sefydledig, fel Timau Gweithredu Lleol â'r potensial i gyflawni ar raddfa ehangach a mwy na swm o'i

rannau cydran. Mae hefyd yn creu dealltwriaeth gyffredin o'r materion a chyfleoedd o amgylch lles meddyliol.

- 4.5. Mae effaith y pandemig ar les meddyliol plant a phobl ifanc, yn arbennig y mwyaf diamddiffyn a dan anfantais, yn golygu bod sicrhau a'u cefnogi o fewn lleoliadau addysgol yn bwysicach nag erioed ac yn hanfodol os am leihau'r effeithiau tymor hwy ar y genhedlaeth hon.
- 4.6. Un o brif bryderon y pandemig yw effaith mesurau'r cyfnod clo a gorbryder ynglŷn â chael y clefyd ar iechyd meddwl a lles pobl o bob oed. Gall effeithiau'r pandemig waethygu materion iechyd meddwl a lles presennol neu achosi rhai newydd.
- 4.7. Mae unigolion mewn grwpiau economaidd gymdeithasol is wedi eu heffeithio'n anghymesur gan coronafeirws o ganlyniad i ffactorau fel cyflogaeth sgil isel a chyflwr iechyd sydd eisoes yn bod. Roedd arolwg gan Iechyd Cyhoeddus Cymru (2020) yn gweld bod y rhai yn y grwpiau economaidd gymdeithasol is yn fwy tebygol o fod yn bryderus am eu hiechyd meddwl. Mae gan Sir Ddinbych y gyfran uchaf (12 LSOAs) o Ardaloedd Cynnyrch Ehangach Haen Is yn y 10% o LSOAs mwyaf difreintiedig yng Nghymru; mae Conwy yn cynnwys 6 LSOAs yn y 10% LSOAs mwyaf difreintiedig yng Nghymru. Gorllewin y Rhyl 2 a Gorllewin y Rhyl 1 yn Sir Ddinbych yw'r ardaloedd o amddifadedd mwyaf yng Nghymru yn ôl Mynegai Amddifadedd Lluosog Cymru.
- 4.8. Roedd arolwg Iechyd Cyhoeddus Cymru (2020) yn ystod y cyfnod clo yn gweld bod pobl yn y grwpiau mwyaf difreintiedig yn fwy tebygol o ddweud eu bod yn teimlo'n ynysig (29%) o'i gymharu â'r mwyaf cefnog (18%). Cyn y pandemig, yn Sir Ddinbych a Chonwy, roedd 14.1% a 14.2% o bobl yn dweud eu bod yn teimlo'n unig; ymhlith y ganran isaf yng Nghymru ac o dan y cyfartaledd cenedlaethol (16.7%) a chyfartaledd rhanbarthol BIPBC (15.5%). Roedd yr arolwg hefyd yn gweld bod grwpiau oedran iau a merched yn dweud am effaith negyddol ynysu.
- 4.9. Mae yna lawer o adroddiadau bod rhai grwpiau wedi eu heffeithio'n anghymesur gan y pandemig; mae'r grwpiau hyn hefyd yn dioddef iechyd meddwl gwaelach, er enghraifft, pobl mewn grwpiau incwm isel; y sawl sy'n byw mewn tai anniogel; a phobl o gymunedau BAME. Mae Conwy a Sir Ddinbych yn cynnwys rhai o'r ardaloedd o amddifadedd mwyaf yng Nghymru, sydd hefyd â'r gyfradd uchaf o dai

rhent cymdeithasol a Thai Amlfeddiannaeth amcangyfrifedig. O fewn y siroedd mae yna bocedi sylweddol o blant yn byw mewn tldi.

5. Sut mae'r penderfyniad yn cyfrannu at y Blaenoriaethau?

5.1. Mae'r prosiect hwn yn rhan o flaenoriaeth Lles Meddyliol y BGC.

6. Faint fydd hyn yn ei gostio a sut y bydd yn effeithio ar wasanaethau eraill?

6.1. Mae'r adroddiad hwn er gwybodaeth yn unig ar hyn o bryd a bydd unrhyw gostau neu effeithiau yn cael eu nodi unwaith y bydd y BGC yn gwneud penderfyniad ar yr argymhellion.

7. Pa risgiau sydd yna ac a oes unrhyw beth y gallwn ei wneud i'w lleihau?

7.1 Ni nodwyd unrhyw risgiau ar hyn o bryd

MENTAL WELLBEING PROJECTS FOR PSB

Author: Mr Richard Firth, Public Health Consultant Local Public Health Team

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Purpose and Summary of Document:

The aim of this document is to provide the background to mental wellbeing, what actions can be taken at a local population level to address mental wellbeing, and present potential projects that can be taken forward in support of the PBS identified priority of improving mental wellbeing for all.

Work Plan reference:

Conwy and Denbighshire Public Service Board Health and Wellbeing Plan 2018 – 2023

1 Introduction

Promoting good mental wellbeing for all ages is identified as a priority area in the PSB Wellbeing Plan (2018 – 2023). Lead for this area of work was handed over to Betsi Cadwaladr University Health Board / Public Health Wales in Mar 2019. The local Public Health team was asked to support this priority in Sep 19 and identify potential projects that could be taken forward to promote mental wellbeing in the area.

2 Background

The World Health Organisation (2014) has defined mental health as:

“a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”¹

The New Economic Foundation describe wellbeing as:

‘how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole’.²

An individual’s mental capital and mental wellbeing have a significant impact on their course through life. They are essential for the healthy functioning of families, communities and societies. They have a fundamental effect on behaviour, social cohesion, social inclusion and prosperity.

Mental capital and mental wellbeing – what is it

The Government Office for Science Foresight Report, Mental capital and wellbeing (2008)³ considers that mental capital and mental wellbeing are intimately linked, with measures addressing one affecting the other. As a consequence they should be considered together when developing policy and designing interventions.

Mental capital encompasses a person’s cognitive and emotional resources. It includes their cognitive ability, how flexible and efficient they are at learning and their ‘emotional intelligence’, such as their social skills and resilience in times of stress.

Mental wellbeing is described as a dynamic state, in which the individual has the ability to develop their potential, work productively, build strong positive relationships with others, and contribute to their community.

¹ World Health Organization. Promoting mental health: concepts, emerging evidence, practice (Summary Report). Geneva 2014.

² New Economic Foundation (2021). Measuring wellbeing: a guide for practitioners. London: New economics.

³ The Government Office for Science (2008). Foresight report, Mental Capital and Wellbeing, Making the most of ourselves in the 21st Century, final report. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/292450/mental-capital-wellbeing-report.pdf

Mental wellbeing is enhanced when an individual is able to fulfil their personal and emotional goals and achieve a sense of purpose in society¹.

Mental wellbeing is not the same as happiness. Happiness usually refers to how people are feeling moment to moment and does not necessarily reflect how they evaluate their lives as a whole, or how they function in the World. Wellbeing is a broader concept and includes how satisfied individuals are with their lives, level of autonomy and purpose in life⁴.

Individuals with good mental wellbeing have:

- A sense of contentment
- A zest for living and the ability to laugh and have fun
- The ability to deal with stress and bounce back from adversity
- A sense of meaning and purpose, in both their activities and their relationships.
- The flexibility to learn new skills and adapt to change.
- The ability to build and maintain fulfilling relationships.

3 Where are we now?

Determining a measure, and therefore a baseline, for mental wellbeing is challenging. Looking beyond the definition of mental wellbeing it is difficult to drill down into what wellbeing really means to individuals day to day. The factors that influence it can lie internally and externally. External conditions, such as income, housing and social networks, and individual's internal resources, such as optimism, reliance and self-esteem, can all affect wellbeing. Due to the complex and dynamic interplay of factors affecting mental wellbeing there is no 'one size fits all' measure.

However, there are three recommended sets of wellbeing questions/questionnaires to measure wellbeing³, the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS), the Office of National Statistics (ONS) subjective wellbeing questions, and a social trust question. The former two are used to measure wellbeing at a population level.

The ONS wellbeing questions give an indication of mental wellbeing at local authority level. The ONS subjective wellbeing questions are incorporated in the Annual Personal Survey and asks respondents to rate their mental wellbeing according to four questions on a scale of 0-10, where 0 is 'not at all' and 10 is 'completely'. The four personal wellbeing questions are:

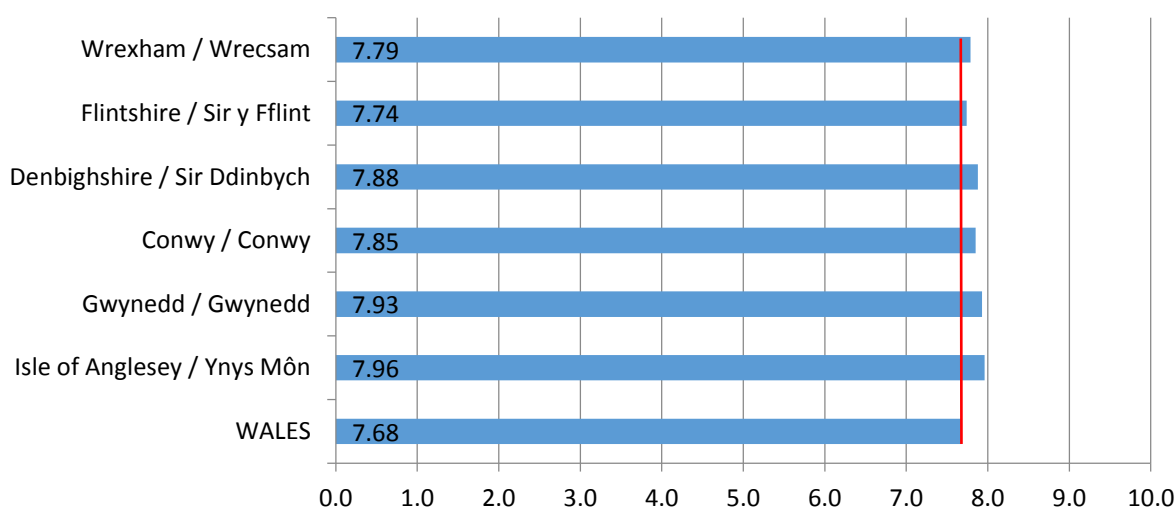
- Overall, how satisfied are you with your life nowadays?

⁴ New Economic Foundation (2012) Measuring wellbeing, a guide for practitioners. Available at: https://b3cdn.net/nefoundation/8d92cf44e70b3d16e6_rgm6bpd3i.pdf

- Overall, to what extent do you feel the things you do in your life are worthwhile?
- Overall, how happy did you feel yesterday?
- Overall, how anxious did you feel yesterday?

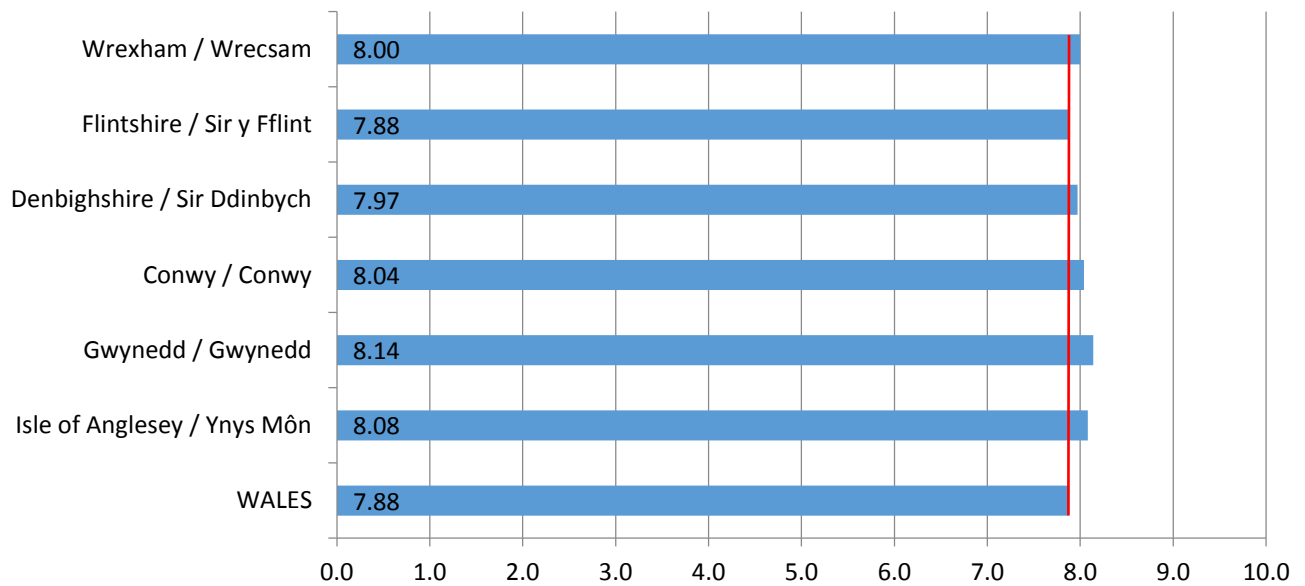
From the scores, indicators are calculated based on scores of 7 and above (high or very high levels of wellbeing), or scores of 3 and below for anxiety (low or very low levels of anxiety). The ONS data⁵ is presented below.

High sense of life satisfaction, age-standardised percentage, person aged 16+, by local authority, North Wales, 2019. Produced by BCU LPHT, using APS (ONS).

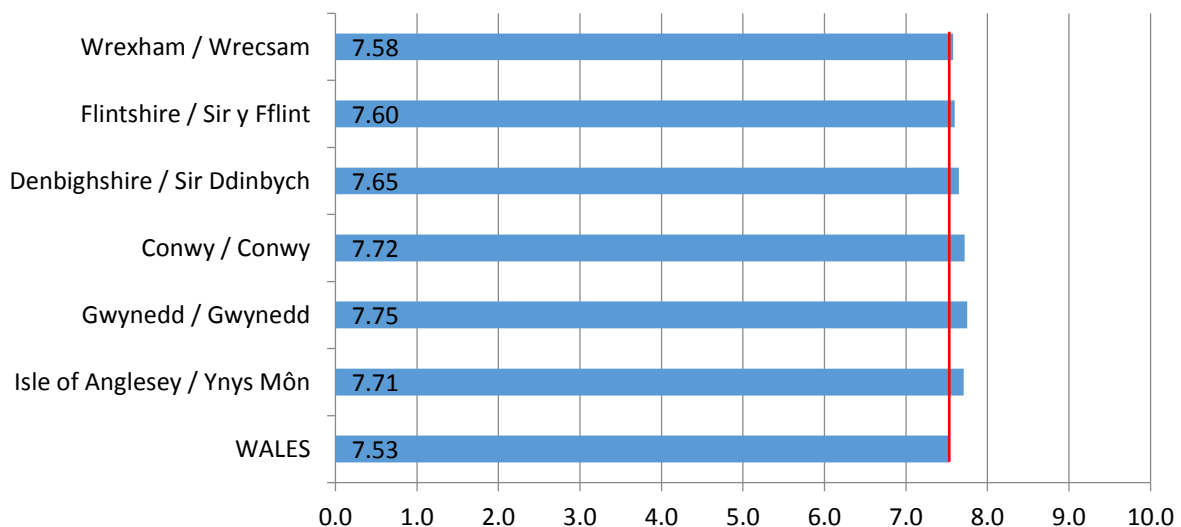


⁵ Office of National Statistics, Annual Personal Survey 2019. Available at: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/qualityinformationforpersonalwellbeingestimates>

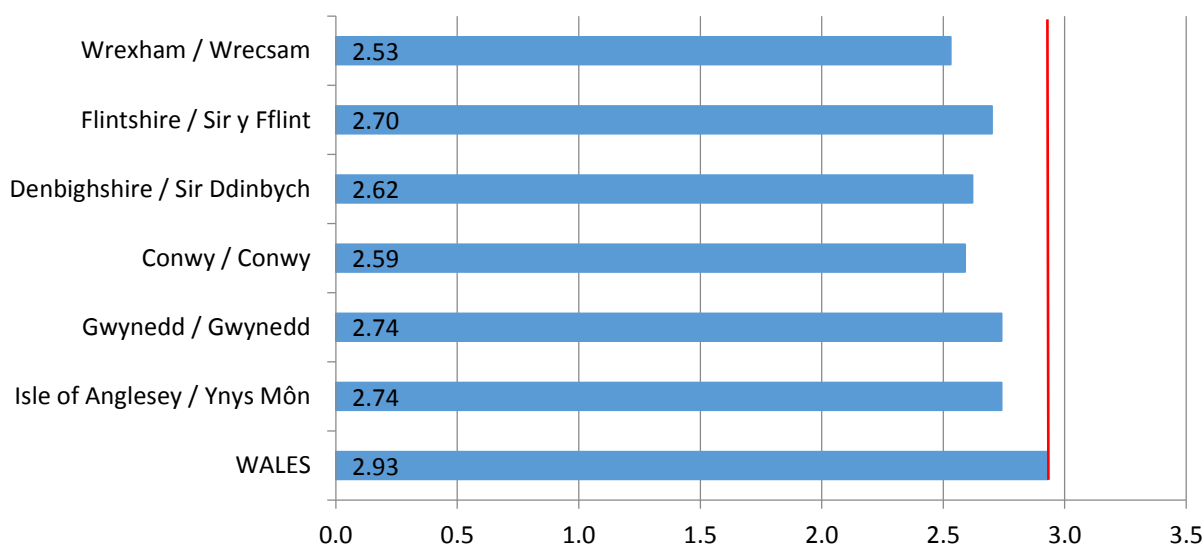
High sense of worthwhile, age-standardised, persons aged 16+, by local authority, North Wales 2019 Produced by BCU PHT, using APS (ONS).



High sense of happiness, age-standardised percentage, persons aged 16+, by local authority, North Wales, 2019. Produced by BCU PHT, using APS (ONS).



Low sense of anxiety, age standardised percentage, person's aged 16+, by local authority, North Wales, 2019. Produced by BCU PHT using APS (ONS).



The data suggests that in terms of high sense of happiness, high sense of life satisfaction and high sense of life worthwhile, Conwy and Denbighshire population are not statistically different from national (Wales) values. It should be noted that values for Wales were lower when compared to other UK nations. The reported values for low sense of anxiety are statistically significantly higher for Denbighshire and Conwy compared to the national average. Denbighshire, in the period Mar 2018 to Mar 2019, showed a 14.9% improvement in average anxiety level, far above the Welsh average improvement of 3%.

As the data is presented at local authority level there is a lack of visibility of what is happening at a community level, therefore there is the potential to have a number of communities which could or are scoring significantly below the national average.

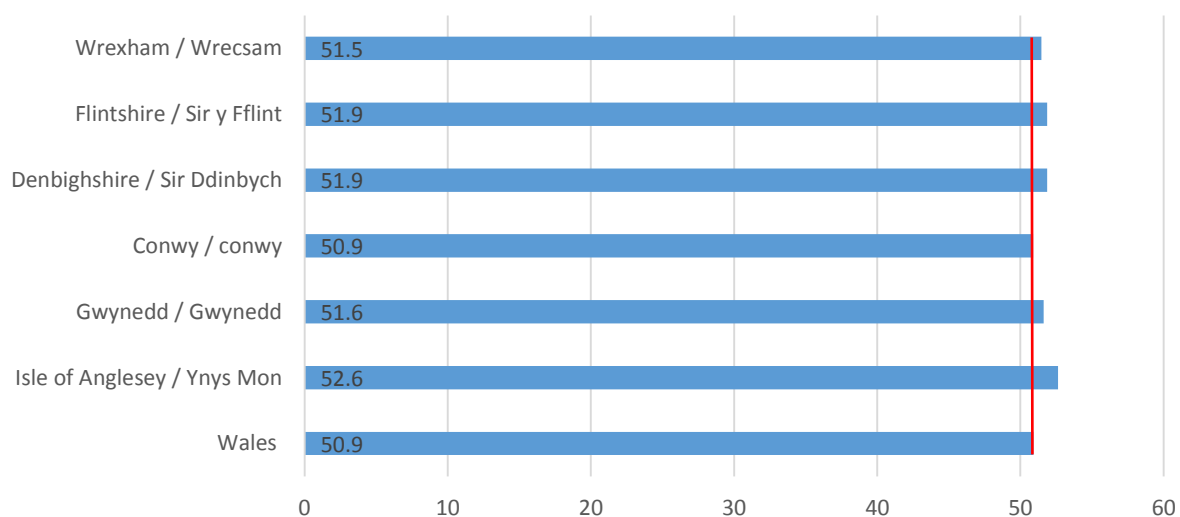
It is estimated that around 1% of the UK population report low ratings across all four personal wellbeing questions. This equates to around 1,700 people for Conwy and Denbighshire.

Self-reported health is strongly associated with how people rate their personal wellbeing and is considered to have the larger relationship with wellbeing than other variables such as age, gender, and ethnicity and employment⁶.

⁶ Office of National Statistics. Measuring National Well-being - What matters most to Personal Well-being? May 2013. Available at: <https://webarchive.nationalarchives.gov.uk/20160105231902/http://www.ons.gov.uk/ons/rel/wellbeing/measuring-national-well-being/what-matters-most-to-personal-well-being-in-the-uk-/art-what-matters-most-to-personal-well-being-in-the-uk-.html#tab-3--Our-findings>

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)⁷ is a validated collection of 14 questions covering feelings and functioning aspects of mental wellbeing. Scores range between 14 and 70, where a higher score indicates higher mental wellbeing.

Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), age-standardised average score, persons aged 16+, by local authority, North Wales, 2017. Produced by BCU PHT, using NSW (WG)



The average score for Wales was 50.9, out of 70 in 2017. Conwy had the same score and Denbighshire was slightly higher at 51.9 but not statistically significantly higher. Anglesey was the only North Wales local authority that was significantly higher at 52.6.

4 Addressing Mental Wellbeing

Building good mental wellbeing can be seen as more about avoiding mental health problems and illness and developing mental resilience.

Multiple social, psychological and biological factors determine the level of mental wellbeing of a person at any point in time. Poor mental wellbeing is associated with rapid social change, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, and physical ill-health. There are also specific psychological and personality factors that make people vulnerable to poor mental wellbeing. Therefore, addressing and promoting good mental wellbeing requires a range of approaches that encompass all these factors.

⁷ Tennant R, Hiller L et al. *Health Qual Life Outcomes* (2007). The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): development and UK validation. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2222612/> Accessed 02 Jan 2020.

The World Health Organisation produced some specific ways to promote mental health and wellbeing⁸:

- early childhood interventions (e.g. providing a stable environment that is sensitive to children's health and nutritional needs, with protection from threats, opportunities for early learning, and interactions that are responsive, emotionally supportive and developmentally stimulating);
- support children (e.g. life skills programmes, child and youth development programmes);
- socio-economic empowerment of women (e.g. improving access to education and microcredit schemes);
- social support for elderly populations (e.g. befriending initiatives, community and day centres for the aged);
- programmes targeted at vulnerable people, including minorities, indigenous people, migrants and people affected by conflicts and disasters (e.g. psycho-social interventions after disasters);
- mental health promotional activities in schools (e.g. programmes involving supportive ecological changes in schools);
- mental health interventions at work (e.g. stress prevention programmes);
- housing policies (e.g. housing improvement);
- violence prevention programmes (e.g. reducing availability of alcohol and access to arms);
- community development programmes (e.g. integrated rural development);
- poverty reduction and social protection for the poor;
- anti-discrimination laws and campaigns;
- promotion of the rights, opportunities and care of individuals with mental disorders.

A whole range of factors determine an individual's level of personal wellbeing but evidence indicates that the things we do and the way we think can have the greatest impact. The New Economic Foundation (NEF) conducted an extensive review of the evidence, as part of the 2008 Mental Capital and Wellbeing Project, of what is most important for positive mental health and mental capital at an individual level. From the evidence base a long list of actions was reduced to a set of five key messages, based on the

⁸ World Health Organisation (2018). Mental health strengthening our response. Available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response> Accessed 2 Jan 2020.

evidence, around social relationships, physical activity, awareness, learning and giving – the Five Ways to Wellbeing⁹.



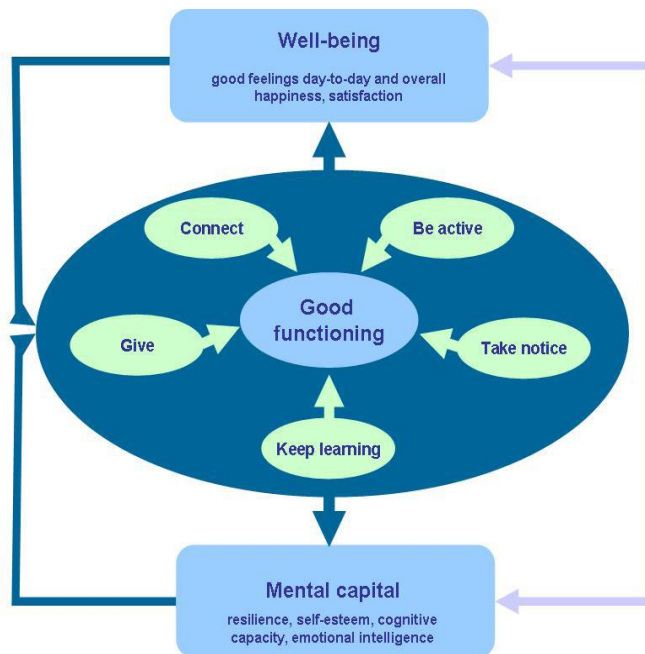
The Five Ways to Mental Wellbeing

Given that repetition can remove the potency of activities, it has been suggested that the strategies need to have variation in order to stay fresh¹⁰. This is why the Five Ways action themes are distinct allowing people to try differing approaches to promoting their mental wellbeing without feeling that their efforts are stagnating. In addition different approaches will suit different people.

⁹ New Economic Foundation (2011). Five Ways to Wellbeing. A report presented to the Foresight Project on communication the evidence base for improving people's wellbeing. Available at: https://neweconomics.org/uploads/files/d80eba95560c09605d_uzm6b1n6a.pdf Accessed 02 Jan 2020.

¹⁰ Lyubomirsky S, Sheldon KM, Schkade D (2005). 'Pursuing happiness: the architecture of sustainable change' *Review of General Psychology* 9:111-131.

How the Five Ways actions enhance personal wellbeing⁹.



The action themes are designed to promote their own positive feedback loop so they reinforce similar and more frequent well-being promoting behaviours.

For this model to work there is an essential role for enablers, both in terms of infrastructure and motivators, at local level, which have the capacity to encourage and sustain individual behaviour change. This is where the Public Service Board can exert their influence in supporting and providing opportunities for individuals to engage in activities under the five themes, promoting mental wellbeing for all, and moving toward the identified priority goal.

5 Moving Forward (Shift away from illbeing to wellbeing)

A review of the literature shows that the influences on mental wellbeing are multifactorial and that there is no single magic bullet that will promote mental wellbeing in the population. From the initiatives described by the World Health Organisation and the activities that fall under the Five Ways to mental wellbeing there is already a huge array of good initiatives and projects occurring in Conwy and Denbighshire supporting mental wellbeing that can both be learnt from and built upon to improve the mental wellbeing of the population.

Co-working between the PSB and established organisations and groups, such as Local Implementation Teams, has the potential to deliver at wider scale and greater than the sum of its component parts. It also generates a common understanding of the issues and opportunities around mental wellbeing. The objective being aimed at is a reduction on in the stigma associated with mental wellbeing, more people experiencing good mental wellbeing, building mental resilience and a reduction in people suffering from anxiety, depression and isolation.

Following consideration of the literature, the outcomes of the mental wellbeing workshop, engagement with key personnel and organisations supporting mental wellbeing, the following four potential project areas have been identified:

1. **Farming Community/Rural mental wellbeing** - Improving the mental health and wellbeing of farmers, their families and rural communities to overcome uncertainty and challenges in the farming industry.

Farming families and rural communities are an integral part of Wales; shaping the natural environment, culture and contributing to the wellbeing and economy of the local population. As the UK moves to departing the European Union, there is considerable uncertainty and challenges for the farming community and there is a need to support the farming/rural community to cope in this period of change and challenge.

Both Conwy and Denbighshire have high rural populations. The majority of activities relating to mental wellbeing are currently focused on the main areas of population, particularly along the north coast. This can limit accessibility for large sections of the rural population, particularly where transport options are sparse.

2. **Libraries for mental wellbeing** - Further develop libraries, as key community assets, offering mental wellbeing services and support.

The library service network covers a large and diverse geographic areas. Considerable work has taken place in Conwy and Denbighshire in developing these assets in the support of local communities. However, there is plenty of scope to further develop this service to support mental wellbeing, be it through utilisation of the spaces available in libraries or expansion and reach of current services offered, particularly in areas such as bibliotherapy and the potential of the impact of reading on mental and emotional wellbeing.

3. **Refresh of the Five Ways to mental wellbeing** - Promote and enhance the use of the Five Ways to Mental Wellbeing within the work place, supporting staff members and shaping organisational planning.

The Five Ways to mental wellbeing are all evidence based and are a set of well-established themes supporting mental wellbeing. Participation in the Five Ways to wellbeing are known to be low compared to other European nations and there is scope to further integrate the themes into PSB member organisations, within the workplace and strategic and policy development.

4. **LIT/ICAN** – Mental Health and Suicide awareness Training - Develop models of delivery within organisations and services.

This initiative seeks to building resilience in communities by supporting people to look after their own mental wellbeing and encouraging conversations about mental wellbeing. This initiative can be developed, working in conjunction with LIT/ICAN, as part of a training package for PSB organisations staff who come in contact with the public.

Coronavirus addendum

Since the development of this paper in January 2020 the coronavirus pandemic has resulted in an unprecedented situation whereby a number of actions, including lockdown, have taken place that can have a significant impact on mental health and wellbeing.

A review of the evidence of the influence of the coronavirus pandemic has been undertaken and a supplementary document produced. The supplementary document is embedded below.



2020-09-04 MWB
Coronavirus supplm

Following a review of the evidence on the impacts of the coronavirus pandemic on mental wellbeing an additional project area has been identified in support of children and young people, aligning with the priority of 'MWB for all ages'.

5. **MWB in educational settings** - further promotion and development of systems in support of mental wellbeing within educational settings.

The coronavirus pandemic is a traumatic event that threatens both physical and psychological safety. The world has altered for the population and this includes children and young people, who have experienced disruptions to multiple aspects of their lives, not least the closure of their educational settings and support networks.

The reopening of educational settings is a key component of coronavirus recovery. The impact of the pandemic on the mental wellbeing of children and young people, especially the most vulnerable and disadvantaged, means that ensuring and supporting them within educational settings is more important than ever and essential if the longer term impacts on this generation are to be minimised.

Details of the proposed projects, including potential actions, are at Annex A.

The project areas can be considered as separate entities. However, there are areas of overlap under the identified projects such that there is scope to adopt a pick and mix approach with complementing components rather than a single project.

6 Next steps / Recommendations

The following next steps / recommendation are made:

- a. PSB members determine which option(s) they wish to progress as a project in support of the mental wellbeing priority.

- b. That PSB members nominate the appropriate personnel within their organisations to participate in designing and delivering the agreed project. A multi-agency project team is required to offer strategic input and deliver against the selected project(s). Public Health Wales is happy to assist in facilitating and offering strategic input.

Conwy and Denbighshire Public Service Board Mental Wellbeing Project Summaries.

Annex A.

| Project area | Rationale | Options / Outcomes | Evidence / Literature / References |
|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Farming community - Rural Mental Wellbeing</p> | <p>Farmers and those living in rural communities are facing a period of high uncertainty in the short and medium term with a high potential to impact on their mental health and wellbeing. Improving the mental health and wellbeing of farmers and their families enhances their resilience to manage and overcome uncertainty and challenges.</p> <p>Aligns with national strategy Prosperity for all - improving the social, economic, environmental and cultural wellbeing of the people of Wales.</p> <p>Access to services for this group due to transport provision and distance can be challenging.</p> <p>This cohort are notably absent from the Together for Mental Health delivery plan.</p> | <ul style="list-style-type: none"> • Raising awareness around Mental wellbeing and support targeted to the farming/rural community in Conwy and Denbighshire • Increase mental health literacy amongst support agencies. • Partnership working in the area to integrate mental wellbeing across farm facing agencies and develop outreach programmes. <p>Address challenges around:</p> <ul style="list-style-type: none"> • Brexit • Regulations, • Administration and digitalisation • Prioritising own health • Isolation and loneliness • Underlying culture and expectations of farming – reluctance to engage in health or to seek help <p>Invite Samaritans (Cymru) to stage one of their 'rural workshops' in the area, which delivers the 'working with compassion' toolkit. The workshop places a focus on mental health.</p> | <p>Lack of robust evidence based programmes – but strong rational and sound theoretical approach.</p> <p>Public Health Wales Framework to support the mental health and well-being of farmers: Supporting farming communities at times of uncertainty. <i>An action framework to support the mental health and well-being of farmers and their families.</i> Available at https://www.mentalhealth.org.uk/sites/default/files/Supporting-farming-communities-at-times-of-uncertainty_0.pdf</p> <p>Research bid (Mental Health Foundation and Dolgellau Outpatient Unit (BCUHB) for the <i>Evaluation of a community-based outreach health promotion model to support farmers' mental health and wellbeing in Wales.</i></p> <p>Together for Mental Health delivery plan. http://www.wales.nhs.uk/sitesplus/documents/888/Long%20Term%20Strategy.pdf</p> <p>Davies AR, Grey CNB, Homolova L, Bellis MA (2019). Resilience: Understanding the interdependence between individuals and communities. Cardiff: Public Health Wales NHS Trust.</p> <p>Working with Compassion toolkit: Cymraeg : Gweithio gyda Thosturi English https://www.samaritans.org/documents/52/Samaritans_Cymru_Working_with_Compassion_English_9D2e5df.pdf</p> |

| Project area | Rationale | Options / Outcomes | Evidence / Literature / References |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Libraries | <p>Libraries are a key component within the community providing a range of information and referral services supporting health and wellbeing.</p> <p>Libraries are seen as therapeutic landscapes – openness, familiarity, tranquillity and empowerment.</p> <p>Library service/ BCUHB - Reading well - Books on prescription. A Conwy & Denbighshire LIT priority.</p> <p>Libraries workforce development - current upskilling of staff to support individuals with mental ill health and emotional/social crisis. (NB Denbighshire staff trained).</p> <p>Libraries are often overlooked in health, wellbeing and social care policy with a low profile.</p> <p>Libraries maintain many lists with links to access support, information on events and activities.</p> | <p>Reading well, books on prescription - 37 validated titles providing adults living with mental health needs with advice, information and support, including self-help, psycho-education ad memoir.</p> <p>Invite organisations, services or teams to increase their knowledge/skills in relation to the health and wellbeing 'offer' of the library service in Conwy and Denbighshire to benefit their team and/or service users.</p> <p>Invite organisation, service or team to participate in a project that maximises the use of the Reading Well, Books on prescription for mental health. Services providing support for people with mental health issues can recommend titles. Scheme is also available on a self-referral basis.</p> <p>The books can be used in a workplace setting through the establishment of a reading/discussion group, to compliment health in the workplace.</p> <p>Invite organisations or service to work with libraries as therapeutic landscapes and utilise space opportunities within their premises to support mental wellbeing.</p> | <p>http://www.euro.who.int/en/publications/abstracts/what-is-the-evidence-on-the-role-of-the-arts-in-improving-health-and-well-being-a-scoping-review-2019</p> <p>Fujiwara D, Lawton RN, Mourato S. The health and wellbeing benefits of public libraries. Manchester: Arts Council England; 2015 https://www.academia.edu/11753146/The_health_and_wellbeing_benefits_of_public_libraries</p> <p>Bolitho J. Reading into wellbeing: bibliotherapy, libraries, health and social connection. Aust Public Libraries Inform Serv. 2011;24(2):89.</p> <p>Brewster, L. (2012). More benefit from a well-stocked library than a well-stocked pharmacy. <i>CILIP Update</i>, 11(12), 38-41.</p> <p>Link: Reading Well Books on Prescription: mental health leaflet https://tra-resources.s3.amazonaws.com/uploads/entries/document/2814/ReadingWell_Leaflet_-_Interactive_V1.pdf</p> |

| Project area | Rationale | Options / Outcomes | Evidence / Literature / References |
|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>5 Ways to mental wellbeing</p> | <p>The Five Ways messages are designed to provide a simple and non-threatening way of talking to people about looking after their own wellbeing. They can be used as a basis for work to support and promote mental wellbeing.</p> <p>For individuals, the 'Five Ways' can help them identify what is important to their own wellbeing and discover concrete ways of building positive actions into their daily lives.</p> <p>People in the UK have low levels of participation in the Five Ways to wellbeing compared to peer countries such as France, Germany, Switzerland, Denmark, Norway, Sweden, and Netherlands.</p> | <p>For those working with communities, the 'Five Ways' can be used as a basis for planning programmes and activities that support wellbeing.</p> <p>The 'Five Ways' can also be used within organisations to support employee wellbeing initiatives and as part of staff training and induction.</p> <p>The Five Ways can be used to raise awareness of wellbeing in the workplace and contribute towards a whole organisation approach to promoting staff wellbeing.</p> <ul style="list-style-type: none"> - Develop information and training for staff to think about their own wellbeing and explore the possible applications of the Five Ways to Wellbeing in their work - E-mail the Five Ways materials to staff or put on a notice board, staff newsletter or intranet site, alongside details of support services such as staff counselling - Undertake Five Ways e-learning for staff in the workplace | <p>New Economic Foundation - Five ways to Mental Wellbeing: the Evidence https://neweconomics.org/2011/07/five-ways-well-new-applications-new-ways-thinking/</p> <p>NHS Five Steps to mental wellbeing https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/</p> <p>Mind: Five ways to wellbeing https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/</p> <p>Five Ways to Wellbeing at work toolkit. https://www.mentalhealth.org.nz/home/our-work/category/42/five-ways-to-wellbeing-at-work-toolkit</p> <p>There is an academic evidence base for each individual actions in the Five Ways. A summary of the findings relating to the UK is at: https://whatworkswellbeing.org/blog/evidence-gap-five-ways-to-wellbeing/</p> <p>There is no evaluation on the impact of using the Five Ways framework.</p> |

| Project area | Rationale | Options / Outcomes | Evidence / Literature / References |
|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Local Implementation Team / ICAN</p> | <p>ICAN mental health and suicide awareness training (endorsed by BCUHB):</p> <ul style="list-style-type: none"> • What are the different mental health conditions that can impact on emotional health and wellbeing • How to recognise is someone is self-harming or may be thinking of taking their own life. • What do you say to them? How do you start a conversation • Where can they be directed? • How to manage your own emotional wellbeing. • Training Officer Post created to manage, develop and coordinate this programme. <p>Development of rural hubs - provide a neutral community space, volunteer led, but where professionals can dip in and out.</p> | <p>This initiative seeks to build resilience in communities by supporting people to look after their own mental wellbeing and encouraging conversations about mental health.</p> <p>Training could be delivered to organisations, services and teams who come into contact with members of the public. Develop models of delivery within organisations and services. The training gives people the language to speak with people displaying signs of stress, lack of coping and mental health issues.</p> <p>Organisations set a challenge – how many people undertake the training. Embed into mandatory training (as seen in NW Police service)</p> <p>Support the setting up of ICAN hubs in rural areas (linking to rural health above) – planned centres in Ruthin and Corwen.</p> <p>The Conwy & Denbighshire Local Implementation team have established a programme of work 'Reading Well for Mental health', which has received funding for capacity to promote the Books on Prescription : Mental health scheme within GP Practices and other key stakeholders. The programme also includes 'workforce development' including ICAN training</p> | <p>Too often people are afraid to admit that they are struggling with their mental health. This fear of prejudice and judgement can stop them from getting help in a timely way, which further exacerbates their problems.</p> <p>Training package formally launches at Eisteddfod in Aug 2019. The training is suitable to any individual who comes into contact with members of the public.</p> <p>Training is available in Welsh and English, is free and lasts half a day.</p> <p>Individuals and organisations who have received the training are issued with a certificate and an ICAN badge and ICAN sticker to show the public and customers that the environment is a safe place to talk.</p> |

| Project area | Rationale | Options / Outcomes | Evidence / Literature / References |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>MWB in Educational settings</p> | <p>Counteract impact of coronavirus pandemic on mental wellbeing:</p> <ul style="list-style-type: none"> • Isolation • Altered access to MWB services • Heighten poverty • Widening inequality gaps • Anxiety and dealing with uncertainty • Loss of safe space / important other <p>Support the MWB of vulnerable CYP as the transition back into the learning environment.</p> <p>Successful return to Educational settings will be the cornerstone of rebuild and recovery.</p> <p>Longer term psychologic impacts may exert additional pressure on educational settings and health services.</p> | <p>This initiative seeks to build resilience in children and young people</p> <p>Counteract the influence of the pandemic on mental wellbeing.</p> <p>Build upon Adverse Childhood Experiences (ACE) work and use as a platform.</p> <p>Training and development for school staff in supporting children's mental wellbeing</p> <p>Work with local partners to support educational settings to access specialist mental health and wellbeing support as required – develop early help hubs, single points of access for children's mental wellbeing, adopt 'no wrong door' model.</p> <p>Support Welsh Government in embedding a whole-school approach to mental health and emotional wellbeing.</p> <p>Link with libraries in provision of Emotional Literacy Support.</p> | <p>Children's Commissioner for Wales (2020). <i>Coronavirus and Me</i>. Available at: https://www.childcomwales.org.uk/wp-content/uploads/2020/06/FINAL_formattedCVRep_EN.pdf Accessed 02 Sep 20.</p> <p>MIND (2020). <i>The mental health emergency. How has the coronavirus pandemic impacted on mental health?</i> Available at: https://www.mind.org.uk/media-a/5929/the-mental-health-emergency_a4_final.pdf Accessed 02 Sep 20</p> <p>Public Health Wales (2020) <i>How are we doing in Wales? Public Engagement Survey on Health and Wellbeing during Coronavirus Measures. How deprivation, age and gender make a difference to the impacts of Coronavirus</i>. Available at: https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-are-you-doing/weekly-hayd-reports/how-are-we-doing-by-demographics-report/ Accessed 02 Sep 2020.</p> <p>Royal College of Psychiatrists, (2020). <i>Analysis of second COVID-19 RCPsych member survey – indirect harms, May, 2020, Briefing</i> Available at: https://www.rcpsych.ac.uk/docs/default-source/about-us/covid-19/second-rcpsych-covid-member-survey-summary---indirect-harms.pdf?sfvrsn=13a88d7d_4 Accessed 02 Sep 20.</p> <p>The Health Foundation (2020), <i>Emerging evidence on COVID-19's impact on mental health and inequalities</i>. Available at: https://www.health.org.uk/news-and-comment/blogs/emerging-evidence-on-covid-19s-impact-on-mental-health-and-health Accessed 02 Sep 2020.</p> <p>Young Minds (2020). <i>Coronavirus: Impact on Young People with mental health needs</i>. Available at; https://youngminds.org.uk/media/3708/coronavirus-report_march2020.pdf Accessed 02 Sep 20.</p> |

Conwy and Denbighshire PSB Mental Wellbeing Priority _ Coronavirus Pandemic March to August 2020 supplement

Situation

The coronavirus pandemic has result in an unprecedented situation whereby in order to respond to the health emergency, and where possible mitigate its effects, a number of complex and challenging decisions have been made in rapid and compressed timeframes. Of key significance has been an extended period of 'lockdown' from late Mar 2020, whereby a number of businesses and educational settings have closed resulting in home working and family isolation.

Restrictions are slowly being lifted. However, risk of them being reintroduced, according to localised and national disease incidence, remains and the country will have to live with the effects of coronavirus and it will remain a challenge for the foreseeable future.

One of the main concerns of the pandemic is the impact that lockdown measures and anxiety over contracting the disease is having on the mental health and wellbeing of people of all ages. The impacts of the pandemic may exacerbate existing mental health and wellbeing issues or trigger new ones.

Background

Risk factors for poor mental health in adulthood include unemployment, lower income, debt, stressful life events and inadequate housing (Royal College of Psychiatrists, 2010). All of these factors have been heightened during the initial pandemic response which has seen job loses, reduction in income, uncertainty over incomes and finances. This has been added to by staying at home, making it more difficult to escape from stressful and abusive relationships, access support networks and services, whilst routine activities and coping mechanisms, such as going to school, exercise forums and socialising, have been placed on hold or diminished.

An Office of National Statistics study looked at depressive symptoms in the same group of self-reporting adults prior and during the pandemic response (Office for National Statistics, 2020). The study highlights a doubling go those experiencing some form of depression (19.2%) during the pandemic in June 2020 compared to 9.7% prior to the pandemic in July 2019. One in eight (12.9%) developed moderate to severe depressive symptoms during the pandemic, with only 1 in 25 adults (3.5%), seeing an improvement over the same period. The study found that adults aged 16-39 years, females, and those unable to afford an unexpected expense, were the most likely to experience some form of depression during the pandemic (Office for National Statistics 2020).

The Health Foundation (2020) identified the following drivers of worsening mental health during the pandemic:

- Job and financial losses
- Social isolation
- Housing insecurity and quality
- Working in a front-line service
- Loss of coping mechanisms – contact/.exercise/work
- Reduce access to mental health services.

Factors influencing mental wellbeing

Mental health problems are more prevalent in areas of high deprivation, unemployment and low levels of educational attainment. Individuals in lower socioeconomic groups have been found to be disproportionately impacted by coronavirus due to factors such as a low skilled employment and pre-existing health condition. A survey by Public Health Wales (2020) found that those in the lower socioeconomic groups are more likely to be very worried about their mental health, with 30% of people in the most deprived fifth being very worried compared to 17% in the most affluent fifth.

People in lower socioeconomic groups are also more likely to be very worried about their job/unable to find one (18%) compared to people in more affluent groups (12%) and are more likely to be very worried about their finances; 23% compared to 14%.

Denbighshire has the highest proportion (12 LSOAs) of LSOAs in the most deprived 10% LSOAs in Wales; Conwy has 6 LSOAs in the most deprived 10% LSOAs in Wales. Rhyl West 2 and Rhyl West 1 in Denbighshire are the most deprived areas in Wales according to the Welsh Index of Multiple Deprivation (Table 1).

Table 1: Percentage of LSOAs by deprivation fifth, Betsi Cadwaladr UHB & unitary authorities, 2019

| | Most deprived 10% LSOAs in Wales (ranks 1 - 191) (2) | Most deprived 20% LSOAs in Wales (ranks 1 - 382) (3) | Most deprived 30% LSOAs in Wales (ranks 1 - 573) (4) | Most deprived 50% LSOAs in Wales (ranks 1 - 955) (5) |
|---------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|
| Betsi Cadwaladr UHB | 5 | 11 | 20 | 38 |
| Isle of Anglesey | 2 | 14 | 18 | 39 |
| Gwynedd | 3 | 5 | 8 | 34 |
| Conwy | 6 | 13 | 20 | 41 |
| Denbighshire | 12 | 16 | 22 | 47 |
| Flintshire | 3 | 11 | 20 | 32 |
| Wrexham | 7 | 12 | 28 | 41 |

Source: Welsh Government, WIMD 2019

Research by MIND found that loneliness was a key factor in poor mental health during lockdown. Feeling of loneliness have made nearly two thirds of people’s mental health worsen during the last month (MIND 2020).

A Public health Wales survey (2020) during lockdown found that people in the most deprived groups are more likely to report feeling isolated (29%) compared with the most affluent (18%). Prior to the pandemic, in Denbighshire and Conwy, 14.1% and 14.2% respectively, of people reported feeling lonely; amongst the lowest percentage in Wales and below the national (16.7%) and BCUHB regional average (15.5%). The survey also found that younger age groups and female gender significantly reported the negative impact of isolation.

Table 2: Percentage of people who feel lonely, 2016/17-2017/18

| | % |
|---------------------|------|
| Wales | 16.7 |
| Betsi Cadwaladr UHB | 15.5 |
| Isle of Anglesey | 17.2 |
| Gwynedd | 15.5 |
| Conwy | 14.2 |
| Denbighshire | 14.1 |
| Flintshire | 12.6 |
| Wrexham | 19.8 |

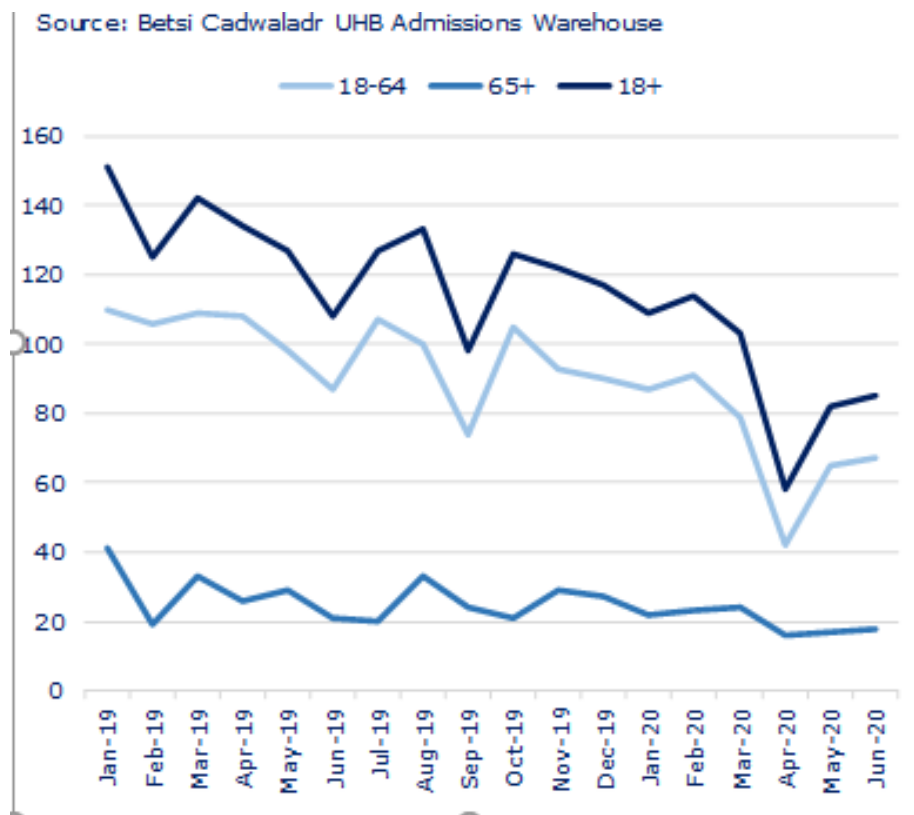
Source: Public Health Wales, PHOF

A survey of UK mental health doctors on the impact of the pandemic on mental health services conducted by The Royal College of Psychiatrists had 1,300 responses and showed that 43% of psychiatrists had seen an increase in their urgent and emergency caseload and 45% had seen a fall in their routine appointments (The Royal College of Psychiatrists 2020).

The psychiatrists expressed concern that many patients were staying away from mental health services until they reach crisis point. There was a concern that self-isolation, shielding, school closures and fear of visiting hospitals during lockdown were impacting on the numbers of patients accessing treatment for mental health.

Figure 1 shows the number of adults admitted into BCUHB adult mental health wards between January 2019 and June 2020. There was a rapid drop off in 18-65 year old admissions in Mar 20, starting to rise again in May 20.

Figure 1. Number of admissions into mental health wards(excluding learning disability and forensic units), persons aged 18 years and over, Betsi Cadwaladr UHB – 1st January 2019 to 30 June 2020.



A survey of 2,111 young people by Young Minds looked at the impact of coronavirus on young people with mental health needs and their ability to access support during the pandemic (Young Minds, 2020). In the survey 32% of respondents agreed that the coronavirus had made their mental health much worse; 51% agreed it had made a bit worse; 9% reported no difference in their mental health. The three most common concerns about coping during the pandemic were isolation/loneliness; not having enough food/supplies; and managing their mental health or deterioration in mental health.

Only a small proportion of respondents (1%) reported their mental health had become much better during the pandemic and 6% reported their mental health had become a bit better. Improvements in mental health were related to having a difficult relationship with school; feeling positive about the response to lockdown and being proactively contacted by friends and family; and finding their anxiety now had a clear focus and was shared by others (Young Minds, 2020).

Of those that has access to mental health services prior to the pandemic lockdown, 74% of respondents said they were still able to access some form of support. The remaining 26% reported they were no longer able to access support; the main reason being that it was difficult or impossible for them to receive support at home as the service was not established to work remotely; lack of private space in their home for therapeutic conversations; or because they did not think digital support would be effective.

A consultation by the Children's Commissioner for Wales found that the main impacts of the stay at home rules on how young people aged 12 to 18 years were feeling were; not being able to spend time with friends (72%), not being able to visit family members (59%), and school or college closing (42%) (Children's Commissioner for Wales, 2020).

Recommendations

The principle concerns of the pandemic are anxiety relating to contracting the virus and risk of mortality to self and family members and the lockdown measure that have been put in places resulting in isolation and reduced or altered access to health services and support networks. The consequence of the pandemic may exacerbate existing mental health problems or trigger new ones in the population.

Organisations such as the NSPCC have reported increased demand for counselling services during lockdown and professionals, such as psychiatrists, have reported changes to the way individuals are accessing services, for example, presenting later when they are in crisis.

It has been widely reported that some groups are disproportionately affected by the pandemic; these groups are also experience poorer mental health, for example people in low income groups; those living in insecure housing; and people from BAME communities. Conwy and Denbighshire has some of the most deprived areas in Wales, which also have the highest proportion of social rented housing and estimated HMOs. Within the counties there are also significant pockets of children living in poverty.

Following consideration of the impacts of the coronavirus pandemic the four identified potential projects for the PSB Mental Wellbeing priority remain extant as they provide support to maintaining and improving adult mental wellbeing across a range of settings. It is recommended that the proposed potential projects remain unchanged. However, the evidence suggests that the pandemic has had, and continues to have, considerable impact on children and young people's mental health and wellbeing. The proposed schemes only obliquely align with supporting mental wellbeing in children and young people. It is therefore recommended that an option

specifically relating to children and young people is incorporated into the proposed projects. A way to do this would be to focus on educational settings.

R FIRTH
BCUHB Local Public Health Team
04 Sep 2020

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4 Medi 2020

Annwyl Judith

Dyrannu cyllid grant CNC i gynorthwyo i gyflawni amcanion llesiant Byrddau Gwasanaethau Cyhoeddus ledled Cymru.

Caiff CNC ei gynrychioli ar bob un o'r 19 Bwrdd Gwasanaethau Cyhoeddus (BGC) ledled Cymru. Fel sefydliad, rydym wedi ymrwymo i weithio ar y cyd i gyflawni cynlluniau ac amcanion BGC. I ategu'r ffordd hon o weithio, mae Bwrdd CNC wedi cytuno y dylai grant wedi'i glustnodi fod ar gael i bob BGC yng Nghymru, a'r bwriad yw parhau â'r cyllid hwn ar gyfer y cyfnod rhwng 2020/21 – 2023/24. Golyga hyn swm o £25,000 i bob BGC yn ystod y flwyddyn ariannol hon.

Sylweddolwn fod y chwe mis diwethaf wedi bod yn eithriadol. Nid yw'r BGC wedi cyfarfod wyneb yn wyneb ers dechrau'r flwyddyn, ac o'r herwydd nid ydym wedi cael cyfle i drafod y grant hwn na sut y dylem weithio gyda'n gilydd i flaenoriaethu gwariant eleni. Er gwaethaf hyn, teimlwn ei bod yn bwysig anrhydeddu'r ymrwymiad grant y flwyddyn ariannol hon. Mae meithrin gwytnwch ein cymunedau, cysylltiad ein cymunedau â natur, a mynd i'r afael â'r argyfyngau hinsawdd a natur yn parhau i fod yn hollbwysig wrth inni gynllunio ar gyfer adferiad gwyrdd. Nodir manylion y broses dyfarnu grantiau yn Atodiad 1. Pwrpas y grant yw cynorthwyo Byrddau Gwasanaethau Cyhoeddus i wneud y canlynol:

- Cyflawni'r blaenoriaethau y cytunwyd arnynt yng nghynllun llesiant y BGC, yn cynnwys gwell cydlynu a ffyrdd newydd o weithio, gan ganolbwyntio'n arbennig ar y blaenoriaethau hynny sy'n cynyddu'r cyfraniad at yr argyfyngau natur a hinsawdd.

Dyma ffordd o weithio y byddwn yn parhau gyda hi yn y dyfodol, gyda'r nod o ddyrannu cyllid tymor hwy ar gyfer BGCau o'r flwyddyn ariannol nesaf ymlaen. Os nad ydych yn credu bod y BGC mewn sefyllfa i gyflawni yn erbyn y dyraniad llawn/rhannol eleni, byddwch yn ymwybodol na fydd hyn yn effeithio o gwbl ar unrhyw gynigion i ddyrannu cyllid yn y dyfodol.

Fel aelod o'r BGC, byddaf mewn cysylltiad i drafod y llythyr hwn a'r camau nesaf (fel y'u nodir yn Atodiad 1). Gofynnir ichi ymateb i'r llythyr hwn o fewn 15 diwrnod o'i dderbyn. Edrychaf ymlaen, felly, at siarad gyda chi cyn bo hir.



**Cyfoeth
Naturiol**
Cymru
**Natural
Resources**
Wales

Yn gywir

Siân Williams

Siân Williams

**Pennaeth Gweithrediadau y Gogledd Orllewin /
Head of Operations North West**

Bwriad y rhestr wirio hon yw eich helpu trwy nodi'r canlynol:

Rhan A: Y camau nesaf o ran ymateb i'r llythyr dyrannu

Rhan B: Gwybodaeth y bydd angen ei chyflwyno am Raglenni/Prosiectau at ddibenion diwydrwydd dyladwy technegol ac ariannol.

Rhan A: Y camau nesaf o ran ymateb i'r llythyr dyrannu

1. A wnewch chi gysylltu â'ch cynrychiolydd Bwrdd Gwasanaethau Cyhoeddus (BGC) yn CNC i drafod y dyraniad hwn o £25k.
2. A wnewch chi gadarnhau pa un a ydych yn dymuno elwa o'r cyllid hwn, ai peidio, gan ymateb **o fewn 15 diwrnod gwaith o dderbyn y llythyr yma trwy anfon e-bost i'r cyfeiriad canlynol:**

strategicallocatedfunding@cyfoethnaturiolcymru.gov.uk

A wnewch chi nodi a ydych yn dymuno elwa o'r dyraniad llawn ynteu swm llai penodol.

Os nad ydych yn credu bod y BGC mewn sefyllfa i gyflawni yn erbyn y dyraniad llawn/rhannol eleni, byddwch yn ymwybodol na fydd hyn yn effeithio o gwbl ar unrhyw gynigion i ddyrannu cyllid yn y dyfodol.

3. Fel partner arweiniol BGC, a wnewch chi gadarnhau y dylai'r cyllid grant gael ei ddyfarnu i chi ac y bydd yr holl hawliadau grant yn cael eu gwneud gennych chi oni bai y cytunir bod CNC eisoes yn arwain prosiect a allai gael cyllid.
4. A wnewch chi gadarnhau y byddwch yn gweithio gyda ni ac aelodau eraill y BGC i lunio cynnig a fydd yn nodi sut y bydd yr arian yn cael ei wario yn ystod y flwyddyn ariannol hon (dylai holl wariant y prosiect gael ei wneud erbyn 31 Mawrth 2021).
5. Nodir yn Rhan B y rhestr wirio hon y math o wybodaeth y bydd yn rhaid ei chyflwyno am y rhaglen/prosiect at ddibenion technegol ac ariannol. Dylai manylder y cyflwyniad fod yn gymesur â graddfa'r dyraniad ac adlewyrchu'r raddfa honno.
6. Os yw'r BGC yn dymuno elwa o'r dyraniad y flwyddyn ariannol hon, a wnewch chi e-bostio eich cynigion a ffurflen Datgan Buddiannau gan eich sefydliad i'r cyfeiriad canlynol erbyn dydd Gwener 9 Hydref fan hwyraf:

strategicallocatedfunding@cyfoethnaturiolcymru.gov.uk

B: Gwybodaeth y bydd angen ei chyflwyno am

Raglenni/Prosiectau

Yr hyn rydych eisiau ei wneud

- Disgrifiwch yr hyn y bydd y rhaglen/prosiect yn ei wneud, y cynhyrchion allweddol, a sut rydych yn bwriadu cyflwyno tystiolaeth ynghlŷn â chyflawni'r rhain (gallwch ddefnyddio'r tabl yn Adran 1, os dymunwch).
- Disgrifiwch yr adnoddau rydych eu hangen i gyflawni'r rhaglen/prosiect e.e. costau staff, ymgynghorwyr, contractwyr, deunyddiau a gorbenion (llenwch Adran 2).
- Pryd rydych eisiau cychwyn a gorffen y gwaith.
- Sut rydych yn bwriadu gwerthuso'r rhaglen waith/prosiect.
- Disgrifiwch y prif risgiau sy'n gysylltiedig â'r gwaith a sut rydych yn bwriadu eu rheoli. O ystyried y pandemig COVID-19 presennol, a wnewch chi hefyd ystyried hyn fel risg i'ch rhaglen/prosiect a sut y gallai effeithio ar gyflawni'r gwaith.
- Beth fydd yn digwydd ar ôl i'r rhaglen/prosiect ddod i ben, sut y gellir cynnal y canlyniadau, ac a fydd yna gostau parhaus ai peidio.

Pa wahaniaeth fydd eich rhaglen/prosiect yn ei wneud?

- Beth fydd gwerth ychwanegol y rhaglen/prosiect?
- Beth yw effeithiau cadarnhaol y rhaglen/prosiect?
- A fydd yna effaith negyddol neu gadarnhaol mewn mannau eraill?
- Beth fydd effaith net gyffredinol y gwaith?
- Os na fydd cyllid yn cael ei roi, beth fyddai'n digwydd pe na bai'r gwaith hwn yn cael ei wneud? A fyddai'r prosiect yn cael ei roi ar waith ar ryw adeg neu'n cael ei gyflawni'n rhannol heb unrhyw ymyrraeth?

Faint fydd yn ei gostio

- Cyfanswm costau'r rhaglen/prosiect (llenwch Adran 2). A allwch ddangos bod y prosiect yn cynnig Gwerth Da am Arian?
- Cyfanswm y grant y gofynnir i CNC amdano a'r amserlen dalu arfaethedig.

Gwybodaeth Ategol:

- Ffurflen datgan buddiannau.
- Tystiolaeth o unrhyw gynigion cyllido ar gyfer y rhaglen/prosiect gan gyrrff cyhoeddus eraill, yn cynnwys cyllid Cymorth Gwladwriaethol ac unrhyw gyllidwyr eraill.
- Manylion am unrhyw Gymorth Gwladwriaethol a gafwyd ar gyfer unrhyw brosiectau eraill yn y tair blynedd diwethaf, yn cynnwys cyllid de-minimis.
- Os ydych yn bwriadu gweithio gyda sefydliad arall i gyflawni'r gwaith, a wnewch chi gyflwyno tystiolaeth o unrhyw gytundeb sydd wedi'i lunio rhyngoch chi a'r sefydliad dan sylw.

Adran 1: Rhaglen/Prosiect Enghreifftiol

| Rhaglen Waith/Prosiect – Trosolwg o'r rhaglen waith/prosiect, yr hyn a fydd yn cael ei gyflawni, sut a phryd. | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| | | | |
| Gweithgarwch / Cynhyrchion / Canlyniadau / Tystiolaeth mewn perthynas â'r Rhaglen/Prosiect | | | |
| Dyddiad Cychwyn y Rhaglen/Prosiect | | Dyddiad Gorffen y Rhaglen/Prosiect | |
| Gweithgarwch <i>(yr hyn y byddwch yn ei wneud yn ystod eich prosiect)</i> | Cynhyrchion <i>(pethau pendant y gellir eu cyflawni yn sgil eich prosiect)</i> | Canlyniadau <i>(y newidiadau ehangach y bydd y cynhyrchion hyn yn eu cyflawni)</i> | Tystiolaeth <i>(sut y byddwch yn gwybod bod eich prosiect yn darparu'r newidiadau y mae'n bwriadu eu cyflawni)</i> |
| | | | |
| Os ydych yn gofyn am fwy nag un cyfnod hawlio ar gyfer y rhaglen/prosiect, a wnewch chi hefyd restru'r Gweithgarwch / Cynhyrchion / Canlyniadau / Tystiolaeth ar gyfer pob cyfnod hawlio: | | | |
| Gweithgarwch / Cynhyrchion / Canlyniadau / Tystiolaeth Cyfnod Hawlio 1 | | | |
| Dyddiad Cychwyn Cyfnod Hawlio 1 | | Dyddiad Gorffen Cyfnod Hawlio 1 | |
| Mewnbynnau – manylion tasgau/gweithgarwch | Cynhyrchion | Canlyniadau | Tystiolaeth |
| | | | |
| Gweithgarwch / Cynhyrchion / Canlyniadau / Tystiolaeth Cyfnod Hawlio 2 | | | |
| Dyddiad Cychwyn Cyfnod Hawlio 2 | | Dyddiad Gorffen Cyfnod Hawlio 2 | |

| Mewnbynnau – <i>manylion tasgau/gweithgarwch</i> | Cynhyrchion | Canlyniadau | Tystiolaeth |
|-------------------------------------------------------------------------------------------------------------------|----------------|-------------|-------------|
| | | | |
| <i>Cynhwyswch gyfnodau hawlio ychwanegol os oes angen</i> | | | |
| Rheoli Risg – <i>Nodwch risgiau sy'n gysylltiedig â'r rhaglen/prosiect a sut y byddwch yn eu lliniaru.</i> | | | |
| Math o Risg | Camau Lliniaru | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Adran 2: Cyllid

CYFANSWM Y RHAGLEN/PROSIECT

| Enw'r Rhaglen/Prosiect | Swm (£) | Blynyddoedd Ariannol |
|------------------------|---------|----------------------|
| | | BI1 |
| | | |

MANYLION Y RHAGLEN/PROSIECT

| Categori Gwariant | Gwariant Amcangyfrifedig ar gyfer y Rhaglen/Prosiect (£) heb gynnwys TAW |
|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| | Blwyddyn Ariannol 1 |
| Costau Staff (<i>yn cynnwys cyfraniadau Yswiriant Gwladol a phensiwn y cyflogwr</i>) | |
| Ymgynghorwyr | |
| Contractwyr | |

| | |
|--------------------|--|
| Deunyddiau | |
| Gorbenion | |
| | |
| Cyfansymiau | |

UNRHYW GYLLID ARALL AR GYFER Y RHAGLEN/PROSIECT

| Enw'r Cyllidwr | Swm (£) | Sicredig Ydyw/Nac ydyw |
|----------------|---------|------------------------|
| | | |
| | | |
| | | |

PROFFIL AR GYFER TALIADAU CNC

| Swm y rhandaliad (£) | Cynnyrch wedi'i gyflawni a thystiolaeth wedi'i chyflwyno | Dyddiad talu |
|----------------------|----------------------------------------------------------|--------------|
| | | |
| | | |
| | | |
| | | |

Rheolau Ariannol

- **Cyllid.** Pe bai angen, gallwn ariannu hyd at 100% o gostau eich prosiect.
- Bydd ystyriaethau **gwerth am arian** yn ganolog i bob penderfyniad sy'n ymwneud â defnyddio arian cyhoeddus i gyflawni polisi Cyfoeth Naturiol Cymru. Bydd CNC yn meincnodi costau yn erbyn ffigurau o ffynonellau cydnabyddedig, pan fônt ar gael, i weld a yw costau'r prosiect yn briodol/cymwys/cymesur i gyflawni canlyniadau CNC a gwerth am arian, fel y nodir yng nghynnig y prosiect.
- **Gorbenion yn ymwneud â'r costau cyflog gros a ysgwyddir** ar 15% o'r costau staff – dyma werth a dderbynnir gan yr UE.
- **TAW.** Os nad ydych wedi cofrestru ar gyfer TAW, ac os nad oes gennych unrhyw fwriad i wneud hynny, ni ddylai'r costau gynnwys TAW.
- **Caffael.** Er mwyn sicrhau Gwerth am Arian, disgwylir i'r rhai sy'n cael grant ddefnyddio'u polisi caffael eu hunain. Os nad oes gennych bolisi caffael, yna disgwylwn ichi ddefnyddio [polisi caffael CNC](#).

- **Rhagdalau.** Fel arfer, rydym yn talu ar ffurf ôl-daliadau ar ôl ichi gyflwyno eich ffurflen hawlio. Dim ond pan fo modd ichi ddangos angen trwy ddefnyddio eich rhagolygon llif arian y byddwn yn ystyried rhoi rhagdaliad ichi. Nodwch yn eich cynnig pam rydych angen rhagdaliad.
- **Lleoliad.** Rhaid i'r gweithgarwch gael ei gynnal yng Nghymru.
- **Nid yw cyllid craidd yn gymwys.** Caiff cyllid craidd ei ddiffinio fel cymorth ariannol sy'n cwmpasu costau sefydliadol a gweinyddol "craidd", yn cynnwys costau cyflogau staff nad ydynt yn rhan o'r prosiect, rhent, offer, cyfleustodau, cyfathrebu a chynnal a chadw. Dylid ystyried bod cyllid craidd yn cwmpasu treuliau gofynnol sy'n annibynnol ar y prosiectau a roddir ar waith.
- Nid yw **mesurau lliniaru** y cytunir arnynt mewn Ceisiadau Cynllunio yn gymwys i gael cyllid grant.
- Ni ddylech gychwyn ar y gwaith hyd nes y cewch lythyr Dyfarnu wedi'i arwyddo. Os ydych yn bwriadu mynd i'r afael â gwaith cyn cael Dyfarniad ffurfiol, cysylltwch â ni.

Adran 3

Page 5 Ar Iaith Gymraeg

Mae gan CNC Bolisi Safonau'r Gymraeg ac mae'r holl gyhoeddiadau sy'n ymwneud â chyllid grant, ynghyd â'r deunyddiau cysylltiedig, ar gael yn y Gymraeg. Rydym yn croesawu negeseuon cyfathrebu yn y Gymraeg, ac ni fydd cynigion a dderbynnir yn y Gymraeg yn cael eu trin yn llai ffafriol na cheisiadau a dderbynnir yn y Saesneg. Byddwn yn cyfathrebu yn newis iaith yr ymgeiswyr, a bydd atebion Cymraeg yn cael eu llunio ar gyfer gohebiaeth a dderbynnir yn y Gymraeg heb i hynny arwain at oedi. Rhaid i'r holl gynigion gydymffurfio â Mesur y Gymraeg (Cymru) 2011 a bydd yn rhaid iddynt ystyried sut y mae'r prosiect yn hyrwyddo ac yn datblygu'r defnydd o'r Gymraeg ac yn annog arferion dwyieithrwydd da.

Cydraddoldeb

Mae CNC wedi ymrwymo i alluogi pob unigolyn i elwa o ddulliau cynaliadwy o reoli amgylchedd Cymru, ni waeth beth fo nodweddion personol yr unigolion hyn, megis oedran, anabledd, ailbennu rhywedd, priodas a phartneriaeth sifil, beichiogrwydd neu famolaeth, hil, crefydd neu gred, rhyw (gwryw neu fenyw) neu gyfeiriadedd rhywiol. Rhaid i bawb a gaiff grant gan CNC gydymffurfio â Deddf Cydraddoldeb 2010 ac ystyried sut y bydd y cynnig yn datblygu cydraddoldeb ac amrywiaeth o fewn eu prosiect.

Diogelu Data

Bydd yr wybodaeth a gyflwynir gennych yn cael ei phrosesu gan Cyfoeth Naturiol Cymru yn unol ag Egwyddorion Diogelu Data a'n [Hysbysiad Preifatrwydd](#) er mwyn ein galluogi i brosesu eich cais. Ni fydd Cyfoeth Naturiol Cymru yn cyhoeddi gwybodaeth bersonol a fydd yn deillio o'ch cais, ond bydd eich cais llawn yn cael ei rannu'n fewnol gyda'n staff er mwyn inni allu ei brosesu. Byddwn yn storio eich cais yn unol â'n polisi cadw. Efallai y bydd rhai manylion am eich cais yn cael eu cyhoeddi ar ein gwefan. I gael mwy o fanylion, cysylltwch â dataprotection@cyfoethnaturiolcymru.gov.uk

Rhyddid Gwybodaeth

Mae CNC yn ddarostyngedig i Ddeddf Rhyddid Gwybodaeth 2000 a Rheoliadau Gwybodaeth Amgylcheddol 2004. Mae'r rhain yn rhoi hawliau mynediad at wybodaeth a gedwir gan CNC. Efallai y bydd yn ofynnol inni ddarparu eich cais i drydydd partïon.

Agenda Item 7



| | |
|--------------------------------|----------------------------------------------------------------------------------|
| Adroddiad i | Fwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych |
| Dyddiad y cyfarfod | 21 Medi 2020 |
| Aelod/Swyddog Arweiniol | Sian Williams, Cadeirydd y Bwrdd Gwasanaethau Cyhoeddus (Cyfoeth Naturiol Cymru) |
| Awdur yr Adroddiad | Nicola Kneale, Cyngor Sir Ddinbych |
| Teitl | Adolygiad o'r Gofrestr Risg Gorfforaethol, Chwefror 2020 |

1. Am beth mae'r adroddiad yn sôn?

1.1. Diweddariad blynyddol ar Gofrestr Risg y Bwrdd Gwasanaethau Cyhoeddus.

2. Beth yw'r rheswm dros wneud yr adroddiad hwn?

2.1. Mae'r adroddiad hwn yn gofyn i'r Bwrdd Gwasanaethau Cyhoeddus i adolygu'r risgiau mae'n eu hwynebu.

3. Beth yw'r Argymhellion?

3.1. Mae'r BGC yn ystyried y risgiau, y sgoriau a'r camau lliniaru a gynhwysir yn y Gofrestr Risg lawn (Eitem 7 – Atodiad 1).

3.2. Mae'r BGC yn nodi'r newidiadau a amlygwyd ym mharagraff 4.3 ac yn trafod unrhyw newidiadau pellach neu risgiau newydd a allai fod yn ofynnol.

4. Manylion yr Adroddiad

4.1. Caiff Cofrestr Risg y BGC ei datblygu gan y BGC a'r bwrdd sy'n berchen arni. Caiff ei hadolygu'n ffurfiol unwaith y flwyddyn.

4.2. Cyflawnwyd yr adolygiad diwethaf ym mis Medi 2019.

4.3. Yn ystod yr adolygiad diweddaraf hwn mae yna nifer o ddiweddariadau bach wedi bod, dyma grynoded:

- BGC 1: Y risg fod gan y BGC gyllid, adnoddau a chapasiti annigonol i gyflawni'r blaenoriaethau a nodir yn y Cynllun Lles. Mae'r sgôr risg cynhenid wedi ei israddio o A2 i B3. Mae'r sgôr risg gweddilliol hefyd wedi ei israddio o D3 i C3.
- BGC 3: Y risg fod y BGC yn methu sicrhau'r effaith mwyaf posibl y gall ei gyflawni drwy ddull cydweithredol. Mae'r sgôr risg gweddilliol wedi ei israddio o B2 i C2.
- Mae un risg newydd wedi ei nodi gan BGC 5: Y risg fod yna donnau pellach o Covid-19 lle byddai'n ofynnol i aelodau o'r BGC ganolbwyntio eu sylw ar ymateb. Mae'r manylion wedi eu cynnwys yn atodiad 1.
- Nid oes unrhyw risgiau wedi'u tynnu.

5. Sut mae'r penderfyniad yn cyfrannu at y Blaenoriaethau?

5.1. Diben Cofrestr Risg y BGC yw amlygu digwyddiadau posibl yn y dyfodol a allai gael effaith niweidiol ar allu'r BGC i gyflawni ei amcanion, gan gynnwys ei flaenoriaethau. Mae'r camau rheoli a gweithredu a amlygir felly'n hanfodol ar gyfer cyflawni'r blaenoriaethau.

6. Faint fydd hyn yn ei gostio a sut y bydd yn effeithio ar wasanaethau eraill?

6.1. Mae costau datblygu, monitro ac adolygu Cofrestr Risg y BGC yn cael eu cynnwys yn y cyllidebau cyfredol.

7. Pa risgiau sydd yna ac a oes unrhyw beth y gallwn ei wneud i'w lleihau?

7.1. Nid oes unrhyw risgiau yn gysylltiedig â'r adolygiad hwn.



Conwy & Denbighshire Public Services Board

Board Risk Register and Community Risk

This document provides information on the core risks identified by the Conwy and Denbighshire Public Services Board. The risk register also captures broader social and global risks where PSB partner organisations, might be impacted if the risk were to materialise.

| Reference | Risk Description | Potential Impact | Inherent Risk Score | Risk Mitigating Actions | Residual Risk Score | Milestone dates | Action Owner |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------------|--------------|
| Board Risks | | | | | | | |
| PSB 1 Page 58 | The risk that the PSB has insufficient funding, resources and capacity to deliver the priorities identified in the Well-being Plan. | <ul style="list-style-type: none"> - Failure to deliver the Well-being plan. - Fail to improve the economic, social, environmental and cultural well-being of our population. - Not adhering to the Well-being of Future Generations Act, leading to possible consequences from the Commissioner. | B3 | <ul style="list-style-type: none"> - PSB grant was removed for 2020/21. We anticipate it will return in 2021/22, however it is prescriptive and insufficient to the existing priorities. - Programme management in place to help allocate resource and plan for delivery. - Any capacity pressures should be raised with the chair of the PSB. | C3 | | PSB |
| PSB 2 | The risk that partner organisations are not committed to the board. | <ul style="list-style-type: none"> - Low attendance at meetings. - Lack of ownership of PSB plan and priorities. - PSB work is seen as a separate entity and not embedded into organisations' 'business as usual.' | C2 | <ul style="list-style-type: none"> - Terms of Reference in place setting out the working arrangements for the Board, including purpose, structure and expected membership. - Board governed by the Wellbeing of Future Generations Act 2015 | C3 | | PSB |

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|-------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----|
| | | <ul style="list-style-type: none"> - Damages effectiveness, leading to reputational consequences. | | <ul style="list-style-type: none"> - Robust evidence and consultation-based rationale for current priorities. - Keep agenda strategic. - Manage meetings effectively - Regular feedback from board members. | | |
| PSB 3 | The risk that the PSB fails to maximise the potential impact it can achieve through a collaborative approach. | <ul style="list-style-type: none"> - Work undertaken in silos, leading to possible duplication and inefficiency. | B2 | <ul style="list-style-type: none"> - Programme management in place to help allocate partner resources and plan for delivery. - Ensure there is a good understanding across the partners of what the board as a whole is seeking to achieve. - Ensure board members, services and teams are committed to priorities having been involved in their design and prioritisation. - Identify and understand interdependencies between priorities and work streams. | C2 | PSB |
| PSB 4 | The risk that the complex partnership landscape both regionally and sub-regionally impacts on the delivery of the Well-being Plan. | <ul style="list-style-type: none"> - Potential duplication with other collaborations. - Capacity and resource issues. | B3 | <ul style="list-style-type: none"> - Programme management in place to help allocate partner resources and plan for delivery. - Involvement of stakeholders in the design of solutions. - Establish a strong and relevant vision focused on the future, which is reviewed regularly. - Undertake research before and during the development of partnerships/collaboration to ensure key outcomes are relevant to all. | C3 | PSB |

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|-------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------|----------------------------------------------------------|-----------|--|-----|
| PSB 5 | The risk that there are further Covid-19 waves, which require PSB members to focus their attention on response. | - Unable to fulfil the PSB well-being objectives. | B2 | - Defer projects and advise the commissioner accordingly | B3 | | PSB |
|-------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------|----------------------------------------------------------|-----------|--|-----|

Risk Matrix





| | | | | | | | | | | |
|-------------------|------------------------------------------------------------|--------|-----------------------|----------|----------------------------|----------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------------|
| LIKELIHOOD | Event is almost certain to occur in most circumstances | >70% | Almost Certain | A | | | | | | |
| | Event likely to occur in most circumstances | 30-70% | Likely | B | | | | | | |
| | Event will possibly occur at some time | 10-30% | Possible | C | | | | | | |
| | Event unlikely and may occur at some time | 1-10% | Unlikely | D | | | | | | |
| | Event rare and may occur only in exceptional circumstances | <1% | Rare | E | | | | | | |
| | | | | | 5 | 4 | 3 | 2 | 1 | |
| | | | | | Very Low | Low | Medium | High | Very High | |
| | | | | | Service Performance | Minor errors or disruption | Some disruption to activities/customers | Disruption to core activities/customers | Significant disruption to core activities. Key targets missed | Unable to deliver core activities. Strategic aims compromised |
| | | | | | Reputation | Trust recoverable with little effort or cost | Trust recoverable at modest cost with resource allocation within budgets | Trust recovery demands cost authorisation beyond existing budgets | Trust recoverable at considerable cost and management attention | Trust severely damaged and full recovery questionable and costly |
| | | | | | Financial Cost (£) | <£50k | £50k - £250k | £250k - £1 m | £1 m - £5 m | >£5m |
| | | | | | | IMPACT | | | | |

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Page 61

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The combination of impact and likelihood results in a risk exposure rating of:

| | | |
|-----------------------------------------------------------------------------------|----------|--------------------------------------------------------------------------------------------|
|  | Minor | Risk easily managed locally – no need to involve management |
|  | Moderate | Risk containable at service level – senior management and SLT may need to be kept informed |
|  | Major | Intervention by SLT and / or CET with Cabinet involvement |
|  | Critical | Significant CET and Cabinet intervention |

BWRDD GWASANAETHAU CYHOEDDUS CONWY A SIR DDINBYCH

RHAGLEN GWAITH I'R DYFODOL

2020 / 2021

Cadeirydd:

Siân Williams, Cyfoeth Naturiol Cymru

Is-Gadeirydd:

Judith Greenhalgh, Cyngor Sir Ddinbych

Cydlynwyr:

Clare Hughes ac Emma Lea (Bwrdd Iechyd Prifysgol Betsi Cadwaladr)

Fran Lewis (Cyngor Bwrdeistref Sirol Conwy)

Nicola Kneale a Shannon Richardson (Cyngor Sir Ddinbych)

Justin Hanson a Helen Millband (Cyfoeth Naturiol Cymru)

Pippa Hardwick (Gwasanaeth Tân ac Achub Gogledd Cymru)

Pwyllgor sy'n Gyfrifol:

Cyngor Sir Ddinbych

Ymholiadau:

01824 706516 / shannon.richardson@denbighshire.gov.uk

| Dyddiadau'r cyfarfodydd | Testun | Pwrpas | Swyddog Cyfrifol |
|-----------------------------------------|-------------------------------------------------------------------------------|--------------|-------------------|
| 21 Medi 2020 | Eitemau sydd angen Penderfyniad (Sicrwydd) | | |
| | Y wybodaeth ddiweddaraf ar y Flaenoriaeth Cefnogi Cadernid Amgylcheddol. | | Cadeirydd |
| | Y wybodaeth ddiweddaraf ar y flaenoriaeth Ymrymuso'r Gymuned - Allgáu Digidol | | Is-Gadeirydd |
| | Y wybodaeth ddiweddaraf ar y flaenoriaeth Lles Meddyliol | | Richard Firth |
| | | | |
| | Eitemau i'w Trafod (Gwelliant) | | |
| | Cyllid Grant Cyfoeth Naturiol Cymru | | Cadeirydd |
| | Adolygiad Blynnyddol y Gofrestr Risg Bwrdd Gwasanaethau Cyhoeddus | | Cadeirydd |
| | | | |
| | Er Gwybodaeth | | Dyddiad dosbarthu |
| | Y wybodaeth ddiweddaraf am Amddiffynfeydd Môr Hen Golwyn | | |
| | Perfformiad Profi, Olrhain a Diogelu | | |
| | Prif Negeseuon Cyfathrebu | | |
| | | | |
| Prif Adborth Cymunedol | | | |
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| 16 Tachwedd 2020 | Eitemau sydd angen Penderfyniad (Sicrwydd) | | |
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| | Eitemau i'w Trafod (Gwelliant) | | |
| Y wybodaeth o adferiad y Bwrdd Adferiad | | Is-Gadeirydd | |

| | | | |
|-----------------------|------------------------------------------------------|--|------------------------|
| | Iechyd a Chymdeithasol | | |
| | Adroddiad y comisiynwyr | | Nicola Kneale |
| | Diben a Rennir: Canllawiau 3 Dyfodol a Rennir (SPSF) | | Fran Lewis |
| | Adroddiad Cyllid Hyblyg | | Erica Wyn Roberts CBSC |
| | Er Gwybodaeth | | Dyddiad dosbarthu |
| | | | |
| | Prif Negeseuon Cyfathrebu | | |
| | | | |
| | Prif Adborth Cymunedol | | |
| | | | |
| | Eitemau sydd angen Penderfyniad (Sicrwydd) | | |
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| | Eitemau i'w Trafod (Gwelliant) | | |
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| 27 Ionawr 2021 | Er Gwybodaeth | | Dyddiad dosbarthu |
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| | Prif Negeseuon Cyfathrebu | | |
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| | Prif Adborth Cymunedol | | |
| | | | |
| | Eitemau sydd angen Penderfyniad (Sicrwydd) | | |
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| | | | |
| 22 Mawrth 2021 | | | |
| | Eitemau i'w Trafod (Gwelliant) | | |

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|--|---------------------------------------------------|--|-------------------|
| | | | |
| | Er Gwybodaeth | | Dyddiad dosbarthu |
| | | | |
| | Prif Negeseuon Cyfathrebu | | |
| | | | |
| | Prif Adborth Cymunedol | | |
| | | | |
| | Eitemau sydd angen Penderfyniad (Sicrwydd) | | |
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| | | | |
| | Eitemau i'w Trafod (Gwelliant) | | |
| | | | |
| | Er Gwybodaeth | | Dyddiad dosbarthu |
| | | | |
| | Prif Negeseuon Cyfathrebu | | |
| | | | |
| | Prif Adborth Cymunedol | | |
| | | | |

Eitemau Safonol ar y Rhaglen

Ymddiheuriadau am absenoldeb

Cofnodion y Cyfarfod Diwethaf

Materion yn codi

Tracio Camau Gweithredu'r Cyfarfod

| |
|-----------------------------------------------------|
| Y Newyddion Diweddaraf am Gynnydd Maes Blaenoriaeth |
| Rhaglen Gwaith i'r Dyfodol |
| Unrhyw Fater Arall |

Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych

Olrhain Gweithredoedd



| Cyfarfod | Cam Gweithredu | Y Sawl Sy'n Gyfrifol am y Weithred | Y Wybodaeth Ddiweddaraf am Gynnydd | Dyddiad cau | Statws Ar agor / Ar gau / Heb ddechrau |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------------------------------------------|
| Mawrth 2019 | 1. Defnyddio'r pecyn prawfesur polisïau o safbwynt anghenion cefn gwlad i'r tri maes blaenoriaeth. | Swyddogion Bwrdd Gwasanaethau Cyhoeddus | Mae'r pecyn hwn wedi cael ei ddefnyddio ar gyfer blaenoriaeth yr amgylchedd a chyd-nerthu cymunedol. Serch hynny mae angen ystyried a oes modd defnyddio'r pecyn yn y dyfodol. Byddwn yn ailedrych ar gyflwyno'r pecyn prawfesur polisïau o safbwynt anghenion cefn gwlad pan fydd y gallu'n caniatáu. | Yn parhau | Ar agor |
| Page 68 | 1. Trafod gyda Chynghorau Tref a Chymuned i edrych sut y gellir eu cynrychioli ar y Bwrdd (cyn rhoi unrhyw wahoddiad ffurfiol). | Shannon Richardson a Fran Lewis | Gwahoddiad wedi'i anfon gan Sir Ddinbych i Gynghorau Dinas, Tref a Chymuned – mae hyn yn cael ei ddatblygu gydag Un Llais Cymru. Conwy – mynd i fforwm Cynghorau Tref a Chymuned ym mis Mawrth i drafod aelodaeth a dull. | Yn parhau | Ar agor |
| | 2. Ceisio enwebiadau gan Cartrefi Cymunedol Cymru er mwyn cael cynrychiolydd tai ar y Bwrdd (i gynrychioli Sir Conwy a Sir Ddinbych). | Shannon Richardson | Gwahoddiad wedi'i anfon at Landlordiaid Cymdeithasol Cofrestredig yng Nghonwy a Sir Ddinbych – yn aros am enwebiad. | Yn parhau | Ar agor |
| Rhagfyr 2019 | 3. Wrth gynnal yr adolygiad asesiad o effaith, ystyried a oes meysydd cydraddoldeb y mae'r Bwrdd angen bod yn ymwybodol ohonynt. | Grŵp swyddogion y BGC | Mae swyddogion y BGC wedi drafftio asesiad diwygiedig o'r effaith yn barod i'w drafod yng nghyfarfod y Bwrdd ym mis Mawrth 2020. Cyfarfod mis Mawrth wedi'i ganslo. Bydd y drafodaeth yn ailgychwyn pan mae pethau'n dychwelyd i'r arfer. | Mawrth 2020 | Ar agor |
| | 4. Trafod gyda Gwasanaeth Ynni LIC, sut allwn ni gydweithio wrth symud ymlaen. | Helen Millband | Bydd Rhys yn cael ei wahodd i gyfarfod yr is-grŵp gwytnwch amgylcheddol i ddechrau datblygu cysylltiadau drwy'r flaenoriaeth hon. | Yn parhau | Ar agor |
| Gorfennaf | 1. Ymchwil gan y Bwrdd lechyd ac Adferiad Cymdeithasol, a fydd yn cynnwys pobl ifanc. | Is-gadeirydd | Papur i gael ei rannu pan mae ar gael. | Yn parhau | Ar agor |

Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych

Olrhain Gweithredoedd



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|---------------|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------|
| 2020 | 2. | Y wybodaeth ddiweddaraf am berfformiad Tracio, Olrhain a Diogelu. | Is-gadeirydd | Papur wedi'i gwblhau ac i gael ei rannu er gwybodaeth yng nghyfarfod mis Medi. Bydd y cam hwn yn cael ei dynnu o'r camau i'w cwblhau gan ei fod wedi'i gwblhau heddiw, fel y gwelwch. | Medi 2020 | Wedi'i gwblhau |
| | 3. | Arweinwyr i ailedrych ar eu blaenoriaethau a dod â nhw'n eu hôl i'w trafod y tro nesaf. | Grŵp swyddogion y BGC | Mae Swyddogion y BGC wedi llunio adroddiadau ar flaenoriaethau wedi'u diweddarau i gael eu rhannu yng nghyfarfod mis Medi. Bydd y cam hwn yn cael ei dynnu o'r camau i'w cwblhau gan ei fod wedi'i gwblhau heddiw, fel y gwelwch. | Medi 2020 | Wedi'i gwblhau |
| | 3. | Gwahoddiad Glyndŵr i weithdy wedi'i hwyluso – mae BGCau Wrecsam a Sir y Fflint wedi gwneud hyn – adborth cadarnhaol. Beth a ddysgodd Wrecsam / Sir y Fflint ohono? Cadeirydd wedi cytuno i siarad â'r hwylusydd a rhoi adborth. | Cadeirydd/ Helen Millband | Ar waith. Bydd Sian yn cysylltu â Ken Perry cyn cyfarfod y BGC ac yn rhoi diweddariad ar lafar. | Medi 2020 | Ar agor |
| Medi 2020 | | | | | | |
| Tachwedd 2020 | | | | | | |
| Mawrth 2021 | | | | | | |

Cyfarfodydd y dyfodol

- 16 Mawrth 2020 – 2pm -5pm (Coed Pella, Bae Colwyn)
- 4 Mai 2020 – (Tŷ Russell, Y Rhyl)
- 27 Gorffennaf 2020 – (Coed Pella, Bae Colwyn)
- 21 Medi 2020 – (Tŷ Russell, Y Rhyl)
- 16 Tachwedd 2020 – (Coed Pella, Bae Colwyn)
- 25 Ionawr 2021 – (Tŷ Russell, Y Rhyl)
- 22 Mawrth 2021 – (Coed Pella, Bae Colwyn)

Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych

Olrhain Gweithredoedd



Cydbwyllgorau Craffu Conwy a Sir Ddinbych yn y dyfodol

- 24 Mawrth 2020, 2pm tan 5pm (Neuadd y Sir, Rhuthun)
- 24 Mehefin 2020, 10am tan 1pm (Bodlondeb, Conwy)

Conwy & Denbighshire Public Services Board **Old Colwyn Coastal Defences – August 2020 Update**

Since the last update provided in February of this year, work has been completed on the far eastern section of the promenade in Old Colwyn, with rock armour placed in front of the existing seawall to provide improved protection to one of the most vulnerable sections the promenade. Improvements have also been made to the Active Travel route in this section, with new surfacing, signage, street lighting and a bike servicing station installed. Some images are included at the end of this update.

Whilst these works targeted one of the most vulnerable sections of the promenade, there still remains significant sections where the defences are at high risk of failure. Notably a 400m stretch of seawall which currently has no rock armour protecting the toe of the seawall, which we know has previously been undermined. There are further sections which only have low level rock armour in front of them, whilst this offers some protection to the toe of the wall, it is not sufficient to prevent significant overtopping during high tides.

The funding which was secured for the latest works to be undertaken has also allowed us to commission the detailed design of the full 1200m stretch of coastline, from Porth Eirias to Beach Road. This commenced in February and is now significantly completed. The scheme will see a rock revetment constructed in front of the entire length of the promenade and the narrowest, easterly (from Rotary Way to Beach Road) section of highway and promenade raised to provide the required resilience to predicted climate change levels. Improvements to the Active Travel route and public realm have also been incorporated into the design.

A cost estimate for these works has been produced which put the construction cost of the scheme at circa £34m. To date, we have secured £6.075m from WG Transport, CCBC have allocated £2m and we are close to reaching agreement with Welsh Water for a contribution towards the work. We are still liaising with Network Rail to try and secure a funding contribution. Both Welsh Water and Network rail have significant infrastructure which will benefit directly from the improved defences and therefore WG have requested that they contribute to the cost of any future scheme.

We are currently in discussions with WG over the use of the £6.075m funding, at present, it is proposed that this will fund the construction of a rock revetment in front of the most vulnerable sections of seawall. This will reduce the risk of failure of the defences whilst funding is secured to implement the raising of the highway and promenade and the public realm works. Until the full scheme is implemented the risk of catastrophic failure of the current defences remains significant. To this end, we are continuing to discuss potential funding options with WG to secure the funding for the full scheme.

Report to Conwy & Denbighshire Public Service Board Test, Trace, Protect in North Wales

Purpose

The purpose of this document is to give a brief overview of the Test, Trace and Protect (TTP) Service in North Wales. TTP is a significant new service in response to managing Covid-19 and is expected to be a requirement for a minimum of 12-18 months.

Background

The *Test, Trace and Protect* (TTP) programme is critical to preventing a second surge in Covid-19. It is a fundamental part of Government policy and planning to fully exit the emergency response phase.

At the request of the Chief Medical Officer, in early May Public Health Wales prepared the *Public Health Protection Response Plan*¹ to provide advice to Welsh Government for the recovery phase.

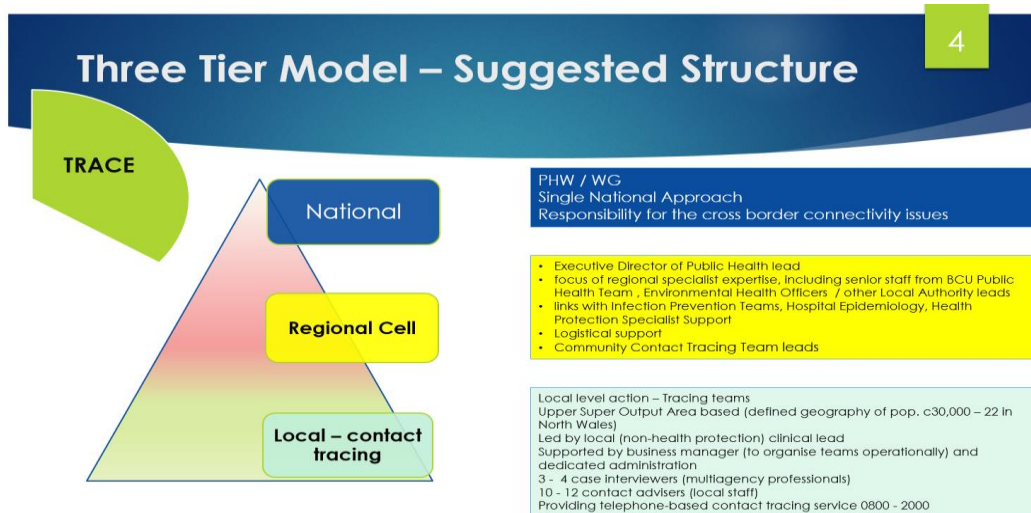
What is Test, Trace, Protect

TTP is to enhance health surveillance in the community, undertake effective and extensive contact tracing, and support people to self-isolate where required to do so. This ~~will mean~~^s asking people to report symptoms, testing anyone in the community who is showing symptoms of COVID-19, and tracing those they have come into close contact with. Contacts ~~will be~~^{are} advised to self-isolate in order to stop further spread among family, friends and the community. Contact tracing is a long established public health approach to containing the spread of many infections and has proven effective in controlling coronavirus in other countries.

There is a three-tiered approach to tracing across Wales; a **National, Regional and Local** (see diagram) level is supported by a digital infrastructure to enable real-time information sharing. Contact tracing teams are managed **locally** by local authorities and coordinated

¹ Public Health Protection Response Plan was published on 21 May <https://phw.nhs.wales/news/covid-19-public-health-wales-health-protection-response-plan-published/>
Test Trace Protect (14 May) <https://gov.wales/test-trace-protect-html>

regionally on a Local Health Board footprint and will use a single standard national framework to support a consistent, high quality, evidence based response across Wales. The model also reflects the spectrum of complexity seen in cases, with routine contact tracing occurring for the **majority of cases** at a local level, with escalation to regional level, and further escalation for specialist support from Environmental Health Officers or Clinical expert as complexity increases.



Setting up TTP Service in North Wales

The partner organisations across north Wales have worked collaboratively to respond to the requirements of delivering the new service; the six Local Authorities across the region, the Health Board and Public Health to establish the **Regional Planning Group** and deliver the regional and local tier of the tracing plan.

Each Local Authority, the Health Board and Public Health provided a Project Lead to develop the workstreams required to establish the tracing service under the Executive Sponsorship of Teresa Owen, Director of Public Health, North Wales

The workstreams included:

- Communications and Engagement
- Data and Reporting
- Finance
- Structure and Governance
- Technology
- Workforce

- Regional Cell

Each workstream had a defined scope and was lead jointly by a Local Authority and Health Board lead. The workstreams reported to the Regional Planning Group.

TTP Service in North Wales

Since go-live on the 1st June, the tracing component of the TTP service has traced more than 1,800 index cases and 2,000 contacts with all information contained within a single all Wales database which support the local and regional team to identify any emerging hotspots of the virus.

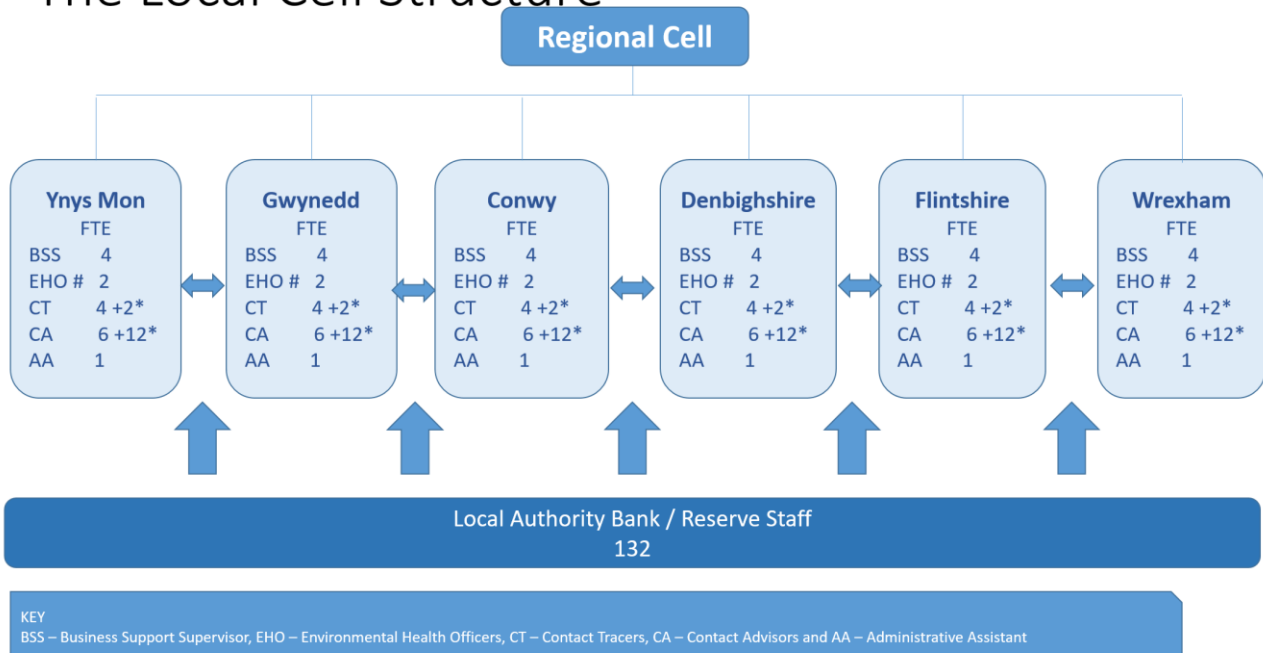
North Wales has experienced a higher volume of positive cases compared to the rest of Wales. In the early stages post go-live, the service has responded to tracing in two food manufacturer outbreaks and are currently dealing with larger volumes of testing in one of our major towns.

A benefit of responding to high volumes of cases in the early stages of the service, has enabled the region to establish what works well. In particular, the region quickly established that a mutual aid approach has been very beneficial both to forge strong working relationships across the local and regional cells as well as supporting an efficient response. The workforce models for North Wales (see below) are therefore based on these early experiences. A significant recruitment campaign was undertaken over the summer to employ staff into the new workforce model, with one lead authority, Flintshire County Council being the employing authority for the local contact tracing teams. This is model is based on a regional approach where resources can be shared via the mutual aid agreement which has worked well during recent outbreaks.

The **local tier** is responsible for interviewing cases and the following up of contacts. This is supported by a case and contact information management system, and organised in local contact tracing teams.

The local tier will escalate to the regional tier any complex cases, contacts or clusters that require additional support or awareness from the Regional Tier of response

The Local Cell Structure



In recent weeks, lockdown has eased, tourism resumed and therefore greater movement of the population. Early indications are that the number of contacts associated with each index case are significantly increasing, however current positive cases across the region are low except for those localised cluster and outbreaks.

Future Approach

Now the tracing service is established and operational with new employed local contact tracing teams starting in September, the proposal governance of the service will move to Oversight and Operational Performance groups replacing the current Regional Planning Group. The TTP Oversight group will report to the Recovery Coordinating Group (RCG) and Strategy, Partnerships & Population Health (SPPH) Committee.

This provides a solid platform for the service to move into the autumn and winter with the challenges that may lay ahead