

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, 16 Tachwedd 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 Vicky Poole (Dirpwy Brif Arolygydd, Arolygiaeth Gofal Cymru)
Iechyd Cyhoeddus Cymru Teresa Owen (Cyfarwyddwr Gweithredol Cyhoeddus Iechyd)	Swyddfa Comisiynydd Heddlu a Throsedd Gogledd Cymru Stephen Hughes (Prif Weithredwr)
Cynghorau Tref & Chymuned Y Cyngorydd Carol Marubbi	

Shannon Richardson, Swyddog Cynllunio a Pherfformiad Strategol

Cyngor Sir Ddinbych, Blwch Post 62, Rhuthun LL15 9AZ

01824 706516 Shannon.richardson@sirddinbych.gov.uk

AGENDA

1 YMDDIHEURIADAU

2 COFNODION Y CYFARFOD DIWETHAF (Tudalennau 5 - 10)

Cymeradwyo cofnodion y cyfarfod a gynhaliwyd 27 Gorffennaf 2020 (copi'n amgaeedig).

9.30 am – 9.40 am

3 DIWEDDARIAD AR Y FLAENORIAETH CADERNID AMGYLCHEDDOL
(Tudalennau 11 - 15)

Cael diweddariad gan Gyfoeth Naturiol Cymru ar y Flaenoriaeth Cadernid Amgylcheddol (copi'n amgaeedig).

9.40 am – 10.15 am

4 DIWEDDARIAD AR FLAENORIAETH YMRYMUSO'R GYMUNED - EITHRIO DIGIDOL (Tudalennau 16 - 22)

Bydd Nicola Kneale (CSDd) yn arwain y drafodaeth ar yr eitem hon am y cyfleoedd i wella isadeiledd digidol yng Nghonwy a Sir Ddinbych.

10.15 am – 10.45 am

5 DIWEDDARIAD AR Y FLAENORIAETH LLES MEDDYLIOL (Tudalennau 23 - 51)

Cael diweddariad gan lechyd Cyhoeddus Cymru a thrafod pa gamau gweithredu a gymerir ar lefel boblogaeth leol i roi sylw i les meddyliol, a phrosiectau posibl cyfredol y gellir symud ymlaen â nhw i gefnogi'r flaenoriaeth a nodir (copi'n amgaeedig).

10.45 am – 11.20 am

6 ASESIAID LLES A GRANT BWRDD GWASANAETHAU CYHOEDDUS LLYWODRAETH CYMRU

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

11.20 am – 11.40 am

7 ADOLYGIAD BLYNYDDOL COFRESTR RISG BWRDD GWASANAETHAU CYHOEDDUS (Tudalennau 52 - 57)

Bydd y Cadeirydd yn arwain y drafodaeth ar yr eitem hon, i adolygu'r Gofrestr Risg Bwrdd Gwasanaethau Cyhoeddus (copi'n amgaeedig).

11.40 am – 11.50 am

8 CYNLLUN GWAITH I'R DYFODOL (Tudalennau 58 - 62)

Bydd y Cadeirydd yn arwain ar yr eitem hon (copi'n amgaeedig).

11.50 am – 11.55 am

9 TRACIO CAMAU GWEITHREDU' R CYFARFOD (Tudalennau 63 - 65)

Bydd y Cadeirydd yn arwain ar yr eitem hon (copi'n amgaeedig).

11.55 am – hanner dydd

10 MATERION YN CODI

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

Hanner dydd - 12.05pm

ER GWYBODAETH - EITEMAU SYDD WEDI' U RHANNU'N FLAENOROL YN ELECTRONIG

11 AMDDIFFYNFEYDD MÔR HEN GOLWYN - DIWEDDARIAD (Tudalennau 66 - 69)

Copi'n amgaeedig er gwybodaeth

12 PROFI, OLRHAIN, DIOGELU YNG NGOGLEDD CYMRU (Tudalennau 70 - 74)

Copi'n amgaeedig er gwybodaeth

13 ADRODDIAD CYLLID HYBLYG CONWY (Tudalennau 75 - 89)

Copi'n amgaeedig 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 Democraidd, 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.

ADRODDIAD I'R:

Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir
Ddinbych

DYDDIAD:

30 Hydref 2020

SWYDDOG ARWEINIOL A

Justin Hanson Cyfoeth Naturiol Cymru (CNC)

SEFYDLIAD:

Helen Millband Cyfoeth Naturiol Cymru

SWYDDOG CYSWLLT A

SEFYDLIAD:

Y diweddaraf am gefnogi cadernid
amgylcheddol ac adolygiad

TESTUN:

1. Am beth mae'r adroddiad yn sôn?

- 1.1 Mae'n sôn am waith yr is-grŵp yn adolygu'r 5 maes gwaith yn y flaenoriaeth yma yn sgil pandemig Covid-19, yn rhoi'r newyddion diweddaraf y gofynnodd aelodau amdani yng nghyfarfod Bwrdd Gwasanaethau Cyhoeddus fis Gorffennaf, ac amlinellu sut a pham bod dau brosiect wedi cael eu cyflwyno i broses grant Cyllid Strategol a Ddyrannwyd Cyfoeth Naturiol Cymru.

2. Beth yw'r rheswm dros lunio'r adroddiad hwn?

- 2.1 I roi'r newyddion diweddaraf am gynnydd ac adolygiad o flaenoriaeth Cefnogi Cadernid Amgylcheddol gan is-grŵp Cefnogi Cadernid Amgylcheddol.

3. Beth yw'r Argymhellion?

- 3.1 Mae'r adolygiad o feysydd gwaith presennol mewn cysylltiad â Covid-19 yn argymhell -
- a) oedi'r tri maes blaenoriaeth presennol;
 - b) bod blaenoriaeth newydd yn cael ei llunio sy'n cydnabod pwysigrwydd man gwyrdd a glas ar gyfer cymunedau, a;
 - c) bod 2 weithred ychwanegol yr is-grŵp am arferion gweithio staff partneriaid BGC, a sefydlu cysylltiadau gyda'r strategaeth cludiant ac ynni rhanbarthol yn berthnasol
 - d) bod y cyfrifoldeb a rennir a awgrymwyd i adrodd a monitro gweithredoedd yn cael cytundeb ar draws partneriaid y BGC

4. Manylion yr Adroddiad

- 4.1 Cyfoeth Naturiol Cymru sydd yn cadeirio'r is-grŵp yma. Rydym wedi cyfarfod ddwywaith eleni, ar 31 Ionawr a 16 Medi, cafodd cyfarfodydd eraill eu canslo yn sgil capasiti yn ystod y cyfnod clo.
- 4.2 Cafodd cyfarfod mis Medi ei alw yn benodol er mwyn:
- a) Cyfarfod y prif BGC a gofyn iddynt adolygu blaenoriaethau yn sgil pandemig Covid-19.

- b) Rhoi digon o le i'r is-grŵp fyfyrion ar yr hyn y mae'r BGC yn ei ofyn a thrafod ac adolygu'r blaenoriaethau yn sgil Covid a'r potensial ar gyfer adferiad gwyrdd.
- c) Mae'r cyfnod clo, a'n ymateb gweithio i'r pandemig wedi ei gwneud hi'n amlwg na allwn wneud yr hyn yr oeddem yn ei wneud, nac ychwaith pobl a chymunedau Conwy a Sir Ddinbych. Felly rydym yn cydnabod mai dyma oedd yr amser i adolygu, adlewyrchu ac ail flaenoriaethu. Gyda dealltwriaeth y gallai fod yn angenrheidiol i ni ganolbwyntio ar lai o bethau.
- d) Ystyried rhannu cyfrifoldeb ar gyfer gweinyddu, adrodd a monitro mewn perthynas â'r meysydd gwaith.
- e) Edrych ar y potensial ar gyfer prosiectau bach, i ddechrau neu beilota neu ddatblygu dulliau presennol o weithio ar draws y BGC allai fanteisio ar gyllid o £25,000 gan Cyfoeth Naturiol Cymru.

- 4.3 Fe atgoffodd CNC y grŵp am y cysylltiadau rhwng Deddf Llesiant Cenedlaethau'r Dyfodol a Deddf yr Amgylchedd a bod sesiynau ymgysylltu ar-lein yn cael eu cynnal ar gyfer gogledd-orllewin (Conwy) a gogledd-ddwyrain (Sir Ddinbych) Cymru yn ystod mis Hydref a mis Tachwedd a fydd yn cyd-fynd â gwaith BGC trwy flaenoriaethu cyfleoedd sy'n gysylltiedig â'r amgylchedd – caiff ystod eang o bartneriaid eu hannog i fynychu.
- 4.4 Bu'r cyfarfod yn adolygu'r pum maes gwaith presennol yn y flaenoriaeth yma. Er bod y cyfan dal i fod yn berthnasol, cytunwyd bod angen oedi rhai ohonynt oherwydd capasiti, neu yn syml, mai dyma'r amser anghywir yn ystod pandemig.
- 4.5 Cytunwyd i ddatblygu un maes gwaith newydd am fannau gwyrdd a glas ar gyfer cymunedau, gan adeiladu ar y brwdfrydedd newydd am yr amgylchedd lleol yn ystod y cyfnod clo cyntaf, a'r potensial i helpu adferiad. Fe gydnabuwyd fod yna gysylltiadau pwysig i'w datblygu mewn cysylltiad â blaenoriaeth "Cefnogi lles meddyliol da i rai o bob oed" gan fod yna dystiolaeth gadarn am fanteision manau gwyrdd.
- 4.6 Mewn trafodaeth ynghylch gweithio o adref a theithio, cafodd is weithred newydd pwysig ei adnabod o dan lleihau carbon – datblygu dulliau ar y cyd, arferion da a dulliau y gellir eu hailddefnyddio o gynnal busnes dros y we a gweithio o adref, lleihau teithio a chydraddoldeb cynyddol o fewn arferion gweithio. Cytunwyd y byddai'r is-grŵp yn annog dysgu a rhannu gwaith o dan faes gwaith 1.
- 4.7 O dan yr un maes gwaith 1, fe dynnwyd sylw at economi rhad-ar-garbon sy'n gysylltiedig â strategaeth cludiant ac ynni rhanbarthol. Roedd y grŵp yn cydnabod y gallai sgysiau ar lefel BGC hwyluso cydweithio gwell gyda gwaith/mentrau rhanbarthol a chenedlaethol. Fe argymhellir bod hyn yn cael ei gynnwys ym maes gwaith 1 (gweler 4.9 isod).
- 4.8 Cafodd crynodeb o feysydd gwaith diwygiedig o dan flaenoriaeth Cefnogi Cadernid Amgylcheddol a sefydliadu arweiniol eu cadarnhau:

Maes gwaith	Manylion	Canlyniad yr arolwg	Arweinydd Newydd y Cytunwyd
1	Gweithio gyda'n partneriaid BGC i ddatblygu fframwaith ar gyfer ein gwaith amgylcheddol, fel ein bod i	Dal YN BERTHNASOL ond – ehangu dangosydd mesur	Cyngor Sir Ddinbych

	gyd yn gweithio tuag at yr un nod.	bioamrywiaeth 44; - cynnwys manteision gweithio o adref; - strategaeth ynni rhanbarthol; a _ bwrdd iechyd ISO14401 a chysylltiadau BGC	
2	Gweithio gyda chymunedau i ddatblygu addewidion amgylcheddol a newidiadau gwyrdd y gallwn ei wneud i leihau ein heffaith ar yr amgylchedd.	Dal yn berthnasol ond WEDI'I OEDI	Cyngor Bwrdeistref Sirol Conwy pan fydd y swyddog perthnasol wedi dychwelyd
3	Edrych ar faterion amgylcheddol sy'n effeithio ar y rhanbarth nad oes modd i ni atgyweirio ein hunain, megis cadernid newid hinsawdd a lleihau'r swm o becynnau yn ein siopau.	Dal i fod YN BERTHNASOL, ond mân newid i'r geiriad, i ddangos ein bod ni'n edrych ar gadernid newid hinsawdd mewn cyd-destun ehangach, nid amddiffynfeydd arfordirol Hen Golwyn yn unig.	I'w drafod yn y cyfarfod nesaf.
4	Edrych ar ein prosesau caffael a nodi sut y gallwn wneud y mwyaf o fuddion cymunedol o ddatblygiadau adeiladau (e.e. trwy Gytundebau Adran 106 - cytundebau cyfreithiol yw'r rhain rhwng awdurdodau lleol a datblygwyr ar gyfer sefyllfaoedd pan efallai bydd angen mesuriadau i leihau effaith datblygiadau ar y gymuned).	Dal yn berthnasol ond WEDI'I OEDI	I'w drafod yn y cyfarfod nesaf.
5	Gweithio gyda'n timau cynllunio i sicrhau bod materion amgylcheddol yn	Dal yn berthnasol ond WEDI'I OEDI	CNC

	cael eu trin wrth gynllunio datblygiadau newydd.		
6	Mannau gwyrdd a glas sy'n gysylltiedig ag adferiad Covid ar gyfer cymunedau a staff.	NEW	CNC

4.9 Cafodd syniadau cychwynnol am brosiect i wario grant £25,000 Cyfoeth Naturiol Cymru eu trafod. Bu Fran Lewis (CBSC) a Howard Sutcliffe (CSDd) yn datblygu syniadau ar ôl y cyfarfod a chafodd dau brosiect eu cyflwyno. Nod CNC yw rhoi gwybod i'r BGC beth yw'r penderfyniad erbyn dydd Gwener 13 Tachwedd.

Prosiect 1 – Rhaglen galluogi gyda beiciau trydan arfordirol. £12,000 a fydd yn cael ei ddefnyddio i brynu 6 beic trydan (mae'r staff ac adnoddau technegol eisoes yn eu lle).

- Adeiladu ar brofiad presennol yng Nghyngor Bwrdeistref Sirol Conwy o gynnal gweithgareddau beic trydan penodol ar gyfer unigolion sy'n anodd eu cyrraedd. Yn cynnwys y rhai gydag anawsterau iechyd meddwl, gordewdra neu heriau rheoli eu pwysau a chyfranogwyr digartref; cefnogi cymunedau i ymgysylltu mwy â'r awyr agored.
- Datblygu cynllun sector arfordirol (wedi'i seilio yn ardal Bae Colwyn/Porth Eirias) gan ddefnyddio'r llwybrau o Gonwy – Mostyn, i gefnogi pobl o sawl cymuned ac annog beicio fel teclyn ar gyfer iechyd a lles ac fel dull o gludiant.
- Cyflwyno sesiynau wythnosol a thargedu pobl sy'n anodd eu cyrraedd a gweithio gyda sefydliadau megis Tai Gogledd Cymru a Cartrefi Conwy. Bydd hyn yn cyd-fynd â rhaglen waith parhaus a phartneriaid gyda Conwy Wledig.
- Bydd staff CBSC yn codi ymwybyddiaeth am yr amgylchedd arfordirol lleol a Chonwy wledig ac yn annog cysylltiad pellach gyda natur trwy ddeunyddiau gan CNC.

Prosiect 2 – Coetir Cymuned Glan Morfa.

Bydd £13,000 yn cael ei wario ar sicrhau ffiniau'r safle, gwella'r 3 pwynt mynediad, gosod 6 marciwr llwybr.

- Y nod yw darparu 'mynediad i bawb' tra'n ei gwneud hi'n anodd i feiciau modur oddi ar y ffordd allu cael mynediad i'r safle.
- Annog mwy o bobl sy'n byw yng ngorllewin y Rhyl i ddefnyddio mwy ar y safle – er bod y safle wedi cael ei leoli ochr arall i'r rheilffordd, mae'n cael ei ystyried yn rhwystr corfforol.
- Darparu nifer o fannau mynediad deniadol/atyniadol i annog teuluoedd ifanc gyda phramiau, cadeiriau/bygis i bobl anabl a beicwyr i ddod i'r safle, ac unwaith y maent yno eu bod yn gwybod y gallant fwynhau'r arwynebau fflat esmwyth heb berygl ac annifyrrwch beiciau modur oddi ar y ffordd.
- Bydd grŵp cerdded gorllewin/de-orllewin y Rhyl yn cael ei sefydlu.

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

- 5.1 Mae'r papur yma'n ymwneud â blaenoriaeth Cefnogi Cadernid Amgylcheddol ar gyfer y Bwrdd Gwasanaethau Cyhoeddus.
- 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 oes yna unrhyw beth y gallwn ei wneud i'w lleihau?**
- 7.1 Risg o ran capasiti'r grŵp i weinyddu ac adrodd ar y meysydd gwaith, fe eir i'r afael â hyn trwy rannu cyfrifoldeb ac oedi rhagor o weithredoedd.

Agenda Item 4

Adroddiad i	Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych
Dyddiad y cyfarfod	16 Tachwedd 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.

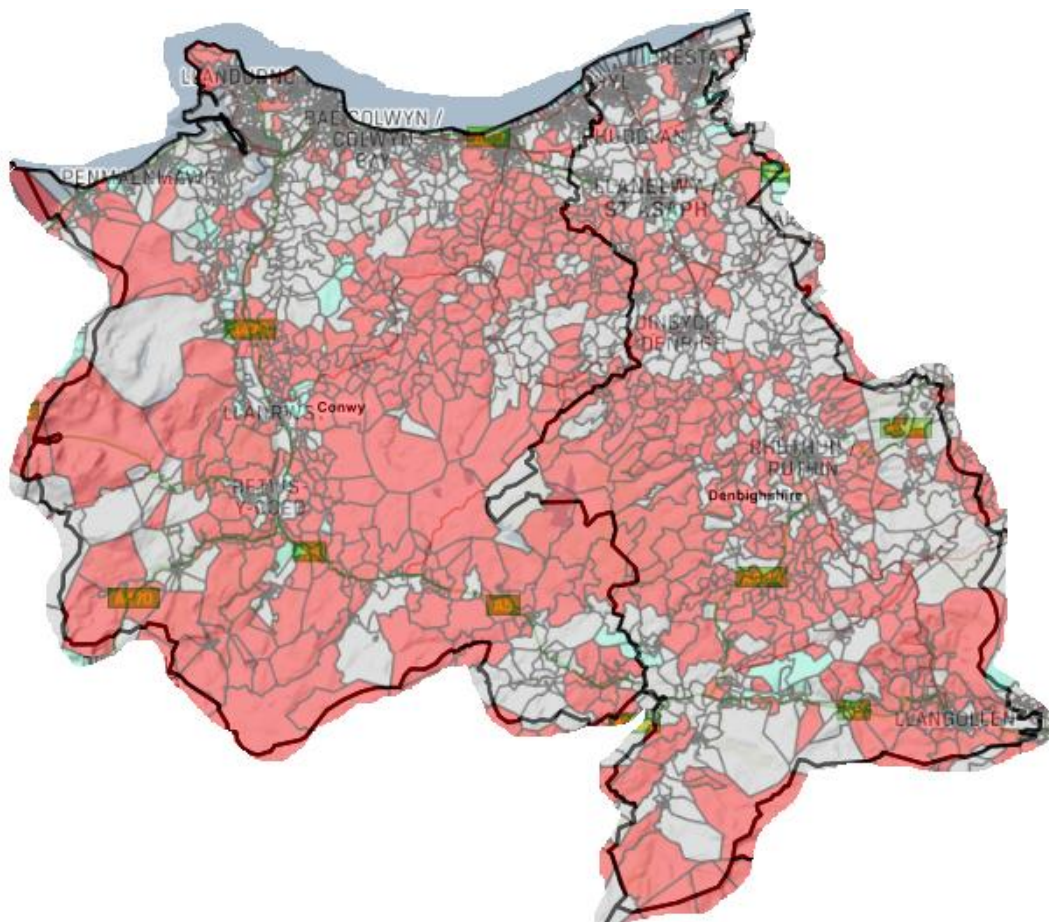
7. Pa risgiau sydd yna ac a oes unrhyw beth y gallwn ei wneud i'w lleihau?

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.

Adroddiad i'r Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych

Dyddiad y cyfarfod 16 Tachwedd 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 Iechyd 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:

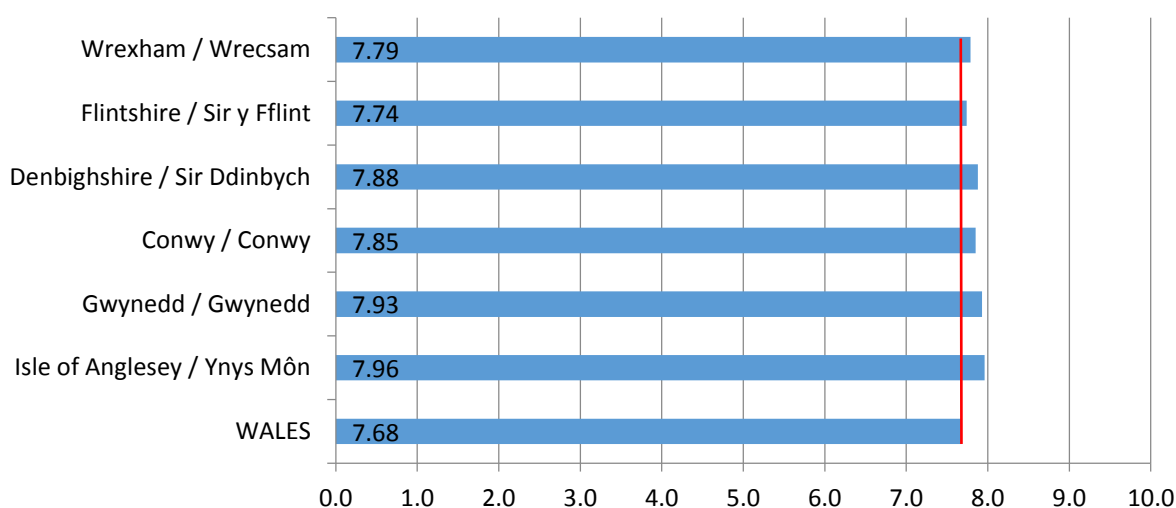
- Overall, how satisfied are you with your life nowadays?

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?

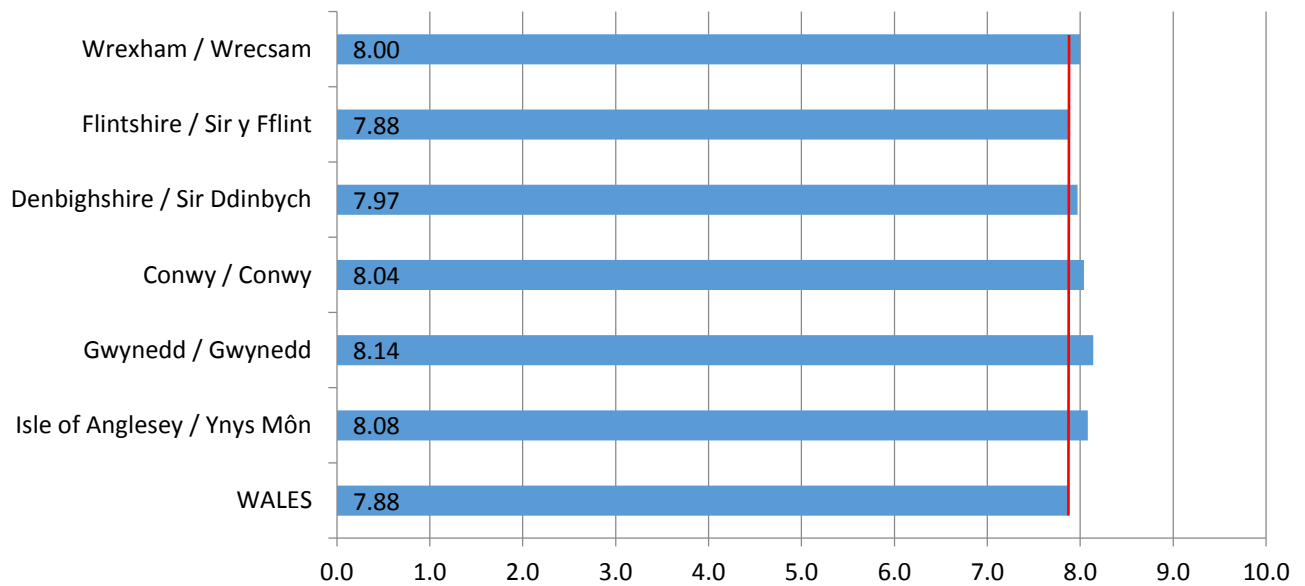
From the scores, indicators are calculated based on scores of 7 and above (high or very high levels of wellbeing), or scores of 3 and below for anxiety (low or very low levels of anxiety). The ONS data⁵ is presented below.

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

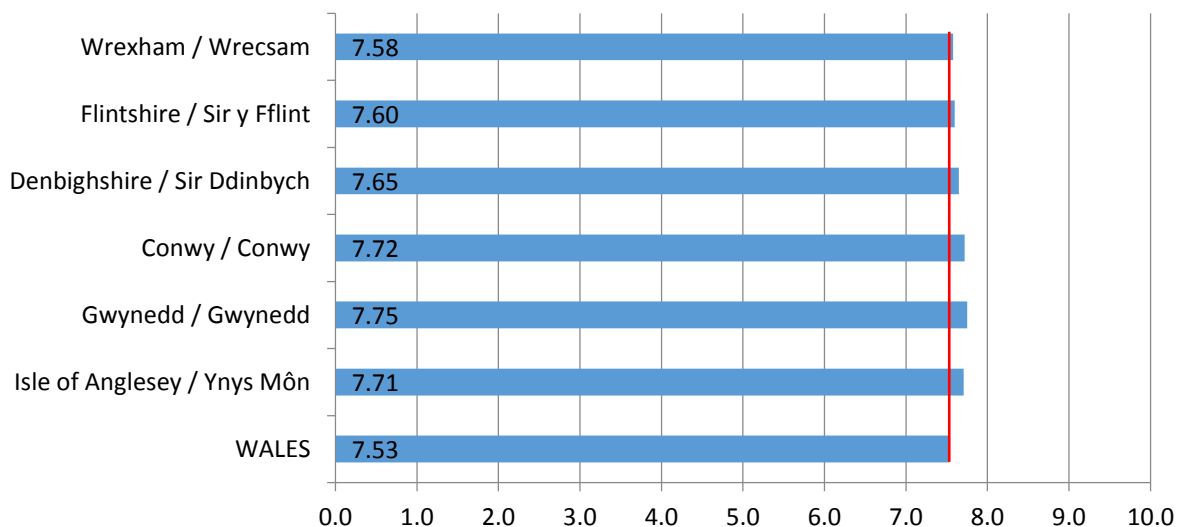


⁵ Office of National Statistics, Annual Personal Survey 2019. Available at: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/qualityinformationforpersonalwellbeingestimates>

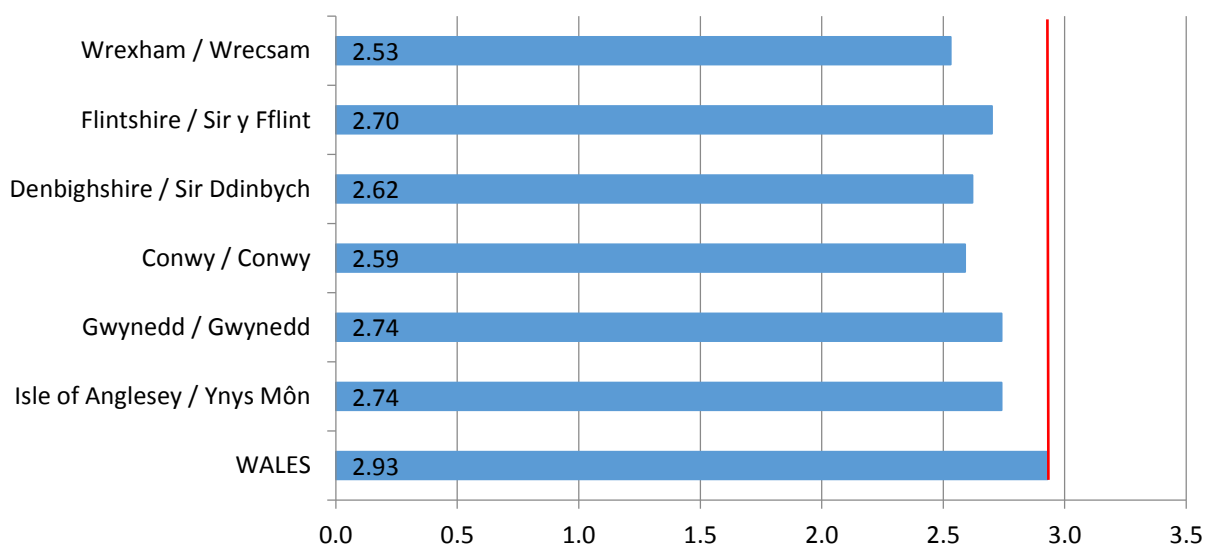
High sense of worthwhile, age-standardised, persons aged 16+, by local authority, North Wales 2019 Produced by BCU PHT, using APS (ONS).



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 aged16+, 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.

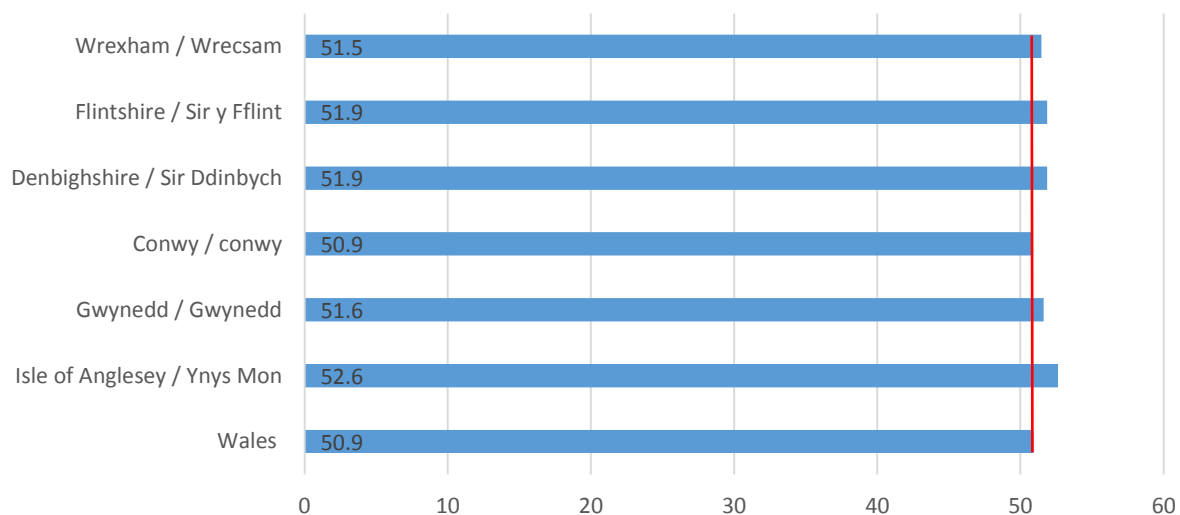
It is estimated that around 1% of the UK population report low ratings across all four personal wellbeing questions. This equates to around 1,700 people for Conwy and Denbighshire.

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.



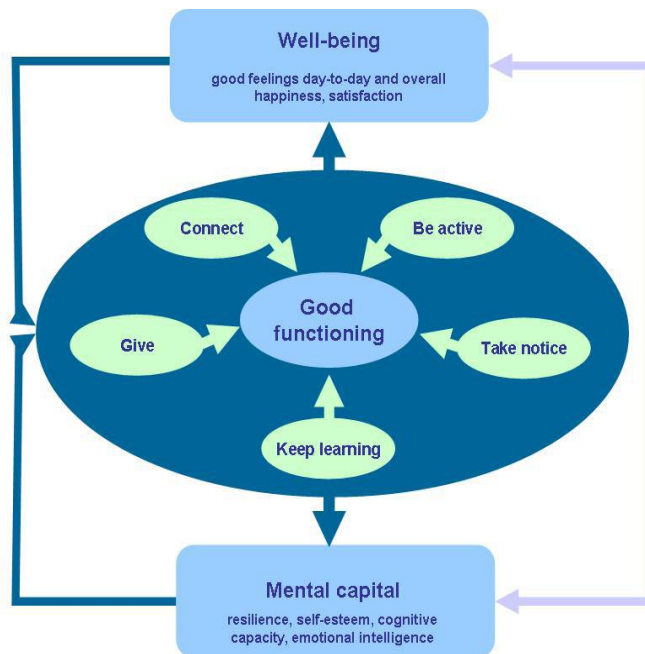
The Five Ways to Mental Wellbeing

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
Farming community - Rural Mental Wellbeing	<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 style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 42</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

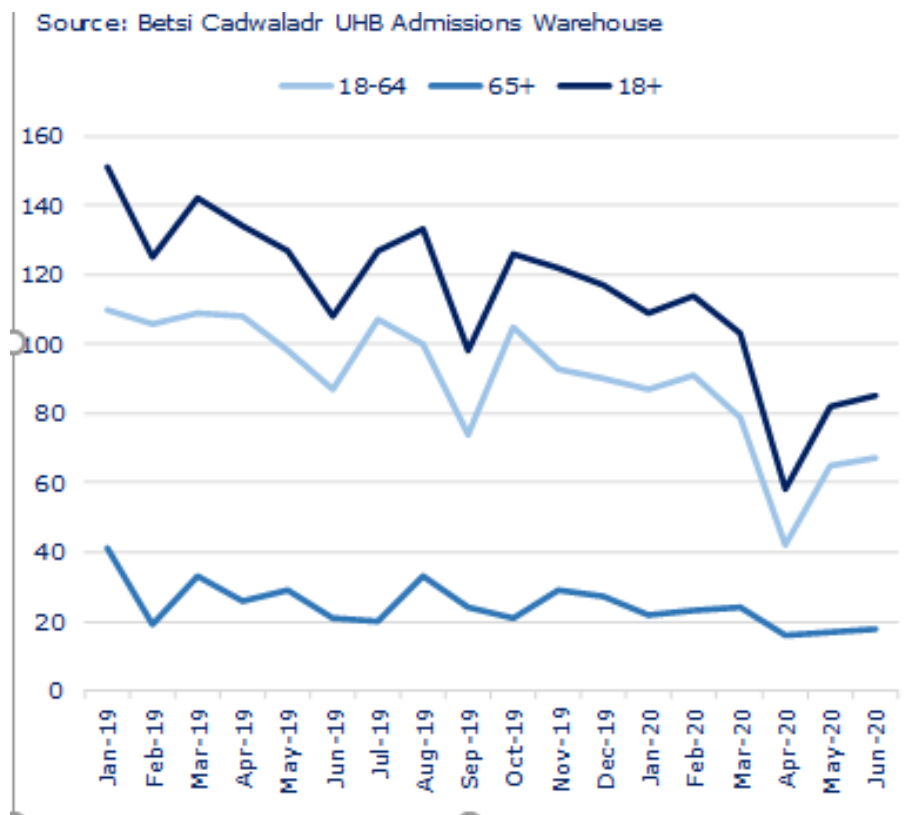
Source: Public Health Wales, PHOF

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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Agenda Item 7



Adroddiad i	Fwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych
Dyddiad y cyfarfod	16 Tachwedd 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.



Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych

Cofrestr Risg y Bwrdd a Risg Cymunedol

Mae'r ddogfen hon yn darparu gwybodaeth am y risgiau craidd a nodir gan Fwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych. Mae'r gofrestr risg hefyd yn nodi risgiau cymdeithasol a byd-eang ehangach lle gallai sefydliadau partner y BGC gael eu heffeithio pe bai'r risg yn dod yn ffaith.

Cyfeirnod	Disgrifiad o'r Risg	Effaith bosibl	Sgôr Risg Cynhenid	Camau Lliniaru Risg	Sgôr Risg Gweddillio I	Dyddiadau pwysig	Y Sawl Sy'n Gyfrifol am y Weithred
Risgiau'r Bwrdd							
P BGC 54 54	BGC 1 Y risg fod gan y BGC gyllid, adnoddau a capasiti annigonol i gyflawni'r blaenoriaethau a nodir yn y Cynllun Lles.	<ul style="list-style-type: none"> - Methu â chyflawni'r Cynllun Lles - Methu â gwella lles economaidd, cymdeithasol, amgylcheddol a diwylliannol ein poblogaeth. - Peidio â glynu wrth Ddeddf Cenedlaethau'r Dyfodol, gan arwain at ganlyniadau posibl gan y Comisiynydd. 	B3	<ul style="list-style-type: none"> - Diddymwyd grant y BGC ar gyfer 2020/21. Rydym yn rhagweld y bydd yn dychwelyd yn 2021/22, ond mae'n rhagnodol ac annigonol i'r blaenoriaethau cyfredol. - Rheolaeth y Rhaglen mewn lle i helpu i ddyrannu adnoddau a chynllunio ar gyfer cyflawni. - Fe ddylai unrhyw bwysau o ran capasiti gael ei godi gyda chadeirydd y BGC. 	C3		BGC
BGC 2	Y risg nad yw sefydliadau partner yn ymroddedig i'r bwrdd.	<ul style="list-style-type: none"> - Presenoldeb isel mewn cyfarfodydd. - Diffyg perchnogaeth dros gynllun a blaenoriaethau'r BGC. 	C2	<ul style="list-style-type: none"> - Cylch Gorchwyl mewn grym yn nodi'r trefniadau gwaith ar gyfer y Bwrdd, gan gynnwys diben, strwythur ac aelodaeth ddisgwyliedig. 	C3		BGC

DRAFFT

		<ul style="list-style-type: none"> - Gwaith y BGC yn cael ei weld fel endid ar wahân a ddim wedi ei ymgorffori i 'fusnes arferol' sefydliadau. - Yn niweidio effeithiolrwydd, gan arwain at ganlyniadau o ran enw da. 		<ul style="list-style-type: none"> - Y Bwrdd yn cael ei lywodraethu gan Ddeddf Llesiant Cenedlaethau'r Dyfodol 2015 - Tystiolaeth gadarn a rhesymeg seiliedig ar ymgynghoriad ar gyfer blaenoriaethau cyfredol. - Cadw rhaglen yn strategol. - Rheoli cyfarfodydd yn effeithiol - Adborth rheolaidd gan aelodau'r bwrdd. 			
BGC 3	Y risg fod y BGC yn methu sicrhau'r effaith fwyaf bosibl y gall ei gyflawni drwy ddull cydweithredol.	<ul style="list-style-type: none"> - Gwaith yn cael ei wneud mewn seilos, gan arwain at ddatblygu posibl ac aneffeithiolrwydd. 	B2	<ul style="list-style-type: none"> - Rheolaeth y rhaglen mewn grym i helpu i ddyrannu adnoddau partner a chynllunio ar gyfer cyflawni. - Sicrhau fod yna ddealltwriaeth dda ar draws y partneriaid o'r hyn y mae'r bwrdd yn ei gyfanrwydd yn ceisio ei gyflawni. - Sicrhau fod aelodau'r bwrdd, gwasanaethau a thimau wedi ymrwymo i flaenoriaethau wedi iddynt fod yn rhan o'u cynllunio a'u blaenoriaethu. - Nodi a deall rhyngddibyniaethau rhwng blaenoriaethau a ffrydiau gwaith. 	C2		BGC
BGC 4	Y risg fod y tirlun partneriaeth cymhleth, yn rhanbarthol ac is ranbarthol, yn effeithio ar gyflawni'r Cynllun Lles.	<ul style="list-style-type: none"> - Dyblygu posibl gydag enghreifftiau eraill o gydweithio. - Materion yn ymwneud a chapasiti ac adnoddau. 	B3	<ul style="list-style-type: none"> - Rheolaeth y rhaglen mewn grym i helpu i ddyrannu adnoddau partner a chynllunio ar gyfer cyflawni. - Cyfranogiad budd-ddeiliaid yn y dasg o gynllunio datrysiadau. - Sefydlu gweledigaeth gref a pherthnasol sy'n canolbwyntio ar 	C3		BGC





DRAFFT

				<p>y dyfodol, a gaiff ei hadolygu'n rheolaidd.</p> <ul style="list-style-type: none"> - Ymgymryd ag ymchwil cyn ac yn ystod datblygiad partneriaethau/cydweithio i sicrhau fod y prif ganlyniadau'n berthnasol i bawb. 		
BGC 5	Y risg fod yna donnau pellach o Covid-19 lle bydd yn ofynnol i aelodau o'r BGC ganolbwyntio eu sylw ar ymateb.	<ul style="list-style-type: none"> - Anallu i wireddu amcanion lles y BGC. 	B2	<ul style="list-style-type: none"> - Gohirio prosiectau a chynghori'r comisiynydd yn unol â hynny 	B3	BGC

Matrics Risgiau

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									

Y cyfuniad o effaith a thebygolrwydd yn arwain at raddfa agored i risg:

	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 (Cyfarfod wedi'i ganslo – eitemau wedi'u symud i gyfarfod mis Tachwedd)	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 Blynyddol 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			
16 Tachwedd 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 Blynyddol y Gofrestr Risg Bwrdd Gwasanaethau Cyhoeddus		Cadeirydd	
	Grant BGC Llywodraeth Cymru		Fran Lewis	
	Er Gwybodaeth		Dyddiad dosbarthu	
	Y wybodaeth ddiweddaraf am Amddiffynfeydd Môr Hen Golwyn			
	Perfformiad Profi, Olrhain a Diogelu			
	Adroddiad Cyllid Hyblyg Conwy			
	Prif Negeseuon Cyfathrebu			
	Prif Adborth Cymunedol			
	27 Ionawr 2021	Eitemau sydd angen Penderfyniad (Sicrwydd)		
Eitemau i'w Trafod (Gwelliant)				
Er Gwybodaeth		Dyddiad dosbarthu		
Prif Negeseuon Cyfathrebu				
Prif Adborth Cymunedol				
22 Mawrth 2021		Eitemau sydd angen Penderfyniad (Sicrwydd)		

	Eitemau i'w Trafod (Gwelliant)	
	Er Gwybodaeth	Dyddiad dosbarthu
	Prif Negeseuon Cyfathrebu	
	Prif Adborth Cymunedol	
	Eitemau sydd angen Penderfyniad (Sicrwydd)	
	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. Fodd bynnag, mae angen ystyried yn lle mae modd defnyddio'r offeryn yn y dyfodol.	Yn parhau	Yn parhau
Page 63 Rhagfyr 2019	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 wedi cwblhau – mae cynrychiolydd Cynghorau Tref, Dinas a Chymuned wedi'i ddewis a'i wahodd i holl gyfarfodydd y dyfodol.	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	Mae'r broses enwebu wedi'i chwblhau, a bydd Sarah Schofield o Adra yn cynrychioli Conwy a Sir Ddinbych. Mae trefniadau'n cael eu gwneud iddi hi fynychu'r cyfarfod nesaf. Bydd y cam hwn yn cael ei dynnu o'r camau i'w cwblhau gan ei fod wedi'i gwblhau heddiw, fel y gwelwch.	Tachwedd 2020	Wedi'i gwblhau
	3.	Tra'n cynnal yr adolygiad asesiad o effaith, ystyried a oes yna feysydd cydraddoldeb y mae'r Bwrdd angen bod yn ymwybodol ohonynt.	Grŵp swyddogion 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
Gorffennaf	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

Agenda Item 9

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
2020 Page 64	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 Tachwedd. Bydd y cam hwn yn cael ei dynnu o'r camau i'w cwblhau gan ei fod wedi'i gwblhau heddiw, fel y gwelwch.	Tachwedd 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 Tachwedd. Bydd y cam hwn yn cael ei dynnu o'r camau i'w cwblhau gan ei fod wedi'i gwblhau heddiw, fel y gwelwch.	Tachwedd 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.	Tachwedd 2020	Ar agor
Medi 2020						
Tachwedd 2020						
Mawrth 2020						

Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych

Olrhain Gweithredoedd



Cyfarfodydd BGC Conwy a Sir Ddinbych yn y dyfodol

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

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)

Agenda Item 11

Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych

Amddiffynfeydd Arfordirol Hen Golwyn - Diweddariad Mis Awst 2020

Ers y diweddariad diwethaf ym mis Chwefror mae'r gwaith ym mhen dwyreiniol y promenâd yn Hen Golwyn wedi'i gwblhau, gyda meini amddiffyn wedi'u codi o flaen y morglawdd presennol i amddiffyn un o rannau mwyaf bregus y promenâd. Mae'r Llwybr Teithio Llesol yn y rhan yma hefyd wedi'i wella, gydag wyneb newydd wedi'i osod yn ogystal ag arwyddion, goleuadau stryd a man gwasanaethu beics. Ceir ychydig o luniau ar ddiwedd y diweddariad hwn.

Er bod y gwaith yma wedi targedu'r rhannau mwyaf bregus o'r promenâd mae yna nifer o rannau eraill lle mae'r amddiffynfeydd mewn perygl o fethu. Un rhan sy'n peri pryder yw darn 400m o'r morglawdd sydd heb feini i amddiffyn blaen y morglawdd, a gwyddom fod y rhan yma wedi'i gwanhau yn y gorffennol. Mae yna rannau eraill sydd â meini amddiffyn isel ac er bod hyn yn darparu ychydig o amddiffyniad i flaen y morglawdd nid yw'n ddigon i atal y dŵr rhag dod drosodd pan fo llanw uchel.

Mae'r cyllid a ddyfarnwyd ar gyfer y gwaith diweddaraf wedi ein caniatáu i gomisiynu dyluniad manwl ar gyfer yr arfordir 1200 metr o Borth Eirias i Beach Road. Mae'r gwaith yma, a ddechreuwyd ym mis Chwefror, yn tynnu tua'r terfyn. Mae'r cynllun yn cynnwys codi wal gynnal y graig o flaen y promenâd cyfan a chodi'r rhan gul, ddwyreiniol o'r briffordd a'r promenâd (o Rotary Way i Beach Road) i ddarparu'r cadernid angenrheidiol yn erbyn y lefelau newid hinsawdd a ragwelir. Mae'r dyluniad hefyd yn cynnwys gwelliannau i'r Llwybr Teithio Llesol a'r parth cyhoeddus.

Yn ôl amcangyfrif o gost y gwaith bydd y gwaith adeiladu yn costio oddeutu £34 miliwn. Hyd yma rydym ni wedi diogelu £6.075 miliwn gan Lywodraeth Cymru (Cludiant) a £2 filiwn gan Gyngor Bwrdeistref Sirol Conwy. Rydym ni hefyd yn agos iawn at ddod i gytundeb gyda Dŵr Cymru am gyfraniad tuag at y gwaith ac mae'r trafodaethau ynglŷn â chyfraniad Network Rail yn parhau. Mae gan Network Rail a Dŵr Cymru isadeiledd a fydd yn elwa'n uniongyrchol ar yr amddiffynfeydd newydd ac felly mae Llywodraeth Cymru yn mynnu eu bod yn cyfrannu at gost unrhyw gynllun yn y dyfodol.

Rydym ni hefyd yn cynnal trafodaethau gyda Llywodraeth Cymru o ran defnyddio'r £6.075 miliwn. Ar hyn o bryd cynigir defnyddio'r arian hwn i dalu am y gwaith o godi wal gynnal o flaen y rhannau mwyaf bregus o'r morglawdd. Bydd hyn yn lleihau'r perygl o'r amddiffynfeydd yn methu, tra bod cyllid yn cael ei ddiogelu i godi'r briffordd a'r promenâd ac i ymgymryd â'r gwaith parth cyhoeddus. Hyd nes bydd y cynllun wedi'i orffen yn iawn mae'r perygl o fethiant trychinebus yn parhau'n uchel. I'r perwyl hwn rydym ni'n parhau i drafod dewisiadau ariannu posibl gyda Llywodraeth Cymru i ddiogelu'r cyllid sydd ei angen i gwblhau'r cynllun.



New surfacing and parking bays



Bike service station



Improved Active Travel route

Bwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych Profi, Olrhain, Diogelu yng Ngogledd Cymru

Pwrpas

Pwrpas y ddogfen hon yw rhoi trosolwg cryno i chi o'r Gwasanaeth Profi, Olrhain a Diogelu yng Ngogledd Cymru. Mae Profi, Olrhain a Diogelu yn wasanaeth newydd mewn ymateb i reoli Covid-19 ac mae disgwyl y bydd ei angen am o leiaf 12-18 mis.

Cefndir

Mae'r rhaglen Profi, Olrhain a Diogelu yn hanfodol er mwyn atal ail ymchwydd mewn Covid-19. Mae'n rhan greiddiol o bolisi'r Llywodraeth ac wrth gynllunio i adael y cam ymateb i argyfwng yn llwyr.

Ar gais y Prif Swyddog Meddygol, paratôdd Iechyd Cyhoeddus Cymru *Gynllun Ymateb Diogelu Iechyd y Cyhoedd*¹ i gynnig cyngor i Lywodraeth Cymru ar gyfer y cam adfer.

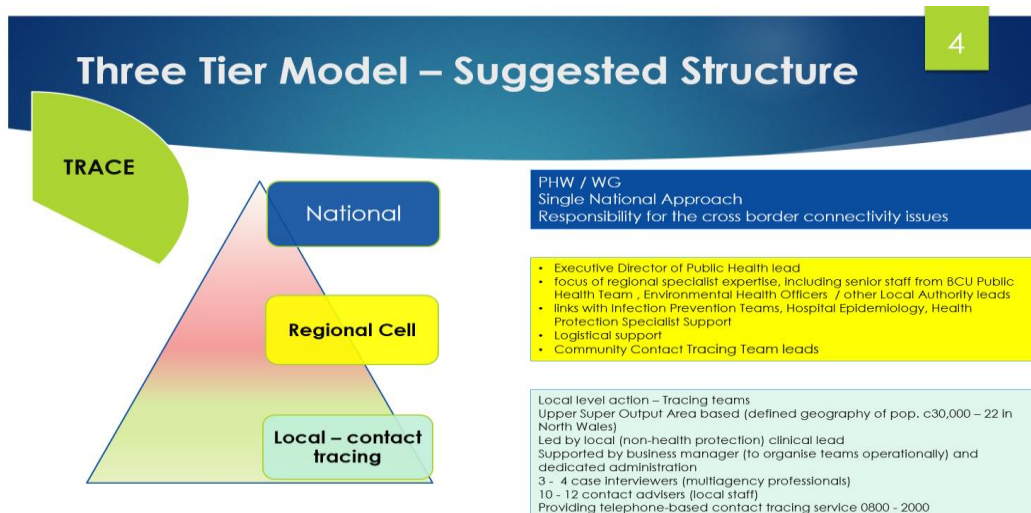
Beth yw Profi, Olrhain, Diogelu

Bwriad y rhaglen yw gwella gwyliadwriaeth iechyd yn y gymuned, ymgymryd â'r broses o olrhain cysylltiadau yn effeithiol ac ar raddfa fawr a chefnogi pobl i hunan-ynysu lle bo angen gwneud hynny. Mae hyn yn golygu gofyn i bobl roi gwybod am symptomau, profi unrhyw un yn y gymuned sydd â symptomau COVID-19, ac olrhain y rheiny y maent wedi dod i gysylltiad agos â nhw. Cynghorir cysylltiadau i hunan-ynysu er mwyn atal lledaeniad pellach ymhlith teulu, ffrindiau a'r gymuned. Mae olrhain cysylltiadau yn ddull sydd wedi ei hen sefydlu o fewn iechyd cyhoeddus er mwyn rheoli lledaeniad sawl haint ac mae wedi bod yn effeithiol wrth reoli coronafeirws mewn gwledydd eraill.

Mae dull tair haen i olrhain ar draws Cymru; cefnogir lefel **Cenedlaethol, Rhanbarthol a Lleol** (gweler y diagram) gan isadeiledd digidol er mwyn galluogi rhannu gwybodaeth amser real. Rheolir timau olrhain cysylltiadau yn **lleol** gan awdurdodau lleol a'u cydlynu yn **rhanbarthol** ar lefel ôl-troed Bwrdd Iechyd Lleol a byddant yn defnyddio fframwaith

¹ Cyhoeddwyd Public Health Protection Response Plan ar 21 Mai <https://phw.nhs.wales/news/covid-19-public-health-wales-health-protection-response-plan-published/>
Profi, Olrhain, Diogelu (14 Mai) <https://llyw.cymru/profi-olrhain-diogelu-html>

genedlaethol safonol i gefnogi ymateb cyson, o ansawdd uchel, seiliedig ar dystiolaeth ar draws Cymru. Mae'r model hefyd yn adlewyrchu'r sbectrwm o gymhlethdod a welir yn yr achosion, gyda olrhain cysylltiadau arferol yn digwydd ar lefel lleol yn y **mwyafrif o achosion**, gan uwchgyfeirio i lefel rhanbarthol, ac uwchgyfeirio ymhellach am gefnogaeth arbenigol gan Swyddogion Iechyd yr Amgylchedd neu arbenigwr Clinigol wrth i'r cymhlethdod gynyddu.



Sefydlu Gwasanaeth Profi, Olrhain, Diogelu yng Ngogledd Cymru

Mae'r sefydliadau partner ar draws Gogledd Cymru wedi gweithio ar y cyd i ymateb i'r gofynion o ddarparu'r gwasanaeth newydd; y chwe Awdurdod Lleol ar draws y rhanbarth, y Bwrdd Iechyd ac Iechyd Cyhoeddus i sefydlu'r **Grŵp Cynllunio Rhanbarthol** a darparu haen ranbarthol a lleol y cynllun olrhain.

Darperir Arweinydd Prosiect i bob Awdurdod Lleol, y Bwrdd Iechyd ac Iechyd Cyhoeddus i ddatblygu'r ffrydiau gwaith sydd angen i sefydlu'r gwasanaeth olrhain dan Nawdd Gweithredol Teresa Owen, Cyfarwyddwr Iechyd Cyhoeddus, Gogledd Cymru

Roedd y ffrydiau gwaith yn cynnwys:

- Cyfathrebu ac Ymgysylltu
- Data ac Adrodd
- Cyllid
- Strwythur a Llywodraethu
- Technoleg

- Gweithlu
- Cell Ranbarthol

Roedd cwrpas penodol i bob ffrwd waith ac roedd yn cael ei harwain ar y cyd gan Awdurdod Lleol ac arweinydd Bwrdd Iechyd. Roedd y ffrydiau gwaith yn adrodd i'r Grŵp Cynllunio Rhanbarthol.

Gwasanaeth Profi, Olrhain, Diogelu yng Ngogledd Cymru

Ers iddo fynd yn weithredol ar 1 Mehefin, mae cydran olrhain y gwasanaeth wedi olrhain mwy na 1,800 o achosion mynegai a 2,000 o gysylltiadau gyda'r holl wybodaeth wedi ei chynnwys mewn un gronfa ddata unigol i Gymru gyfan sy'n cefnogi'r tîm lleol a rhanbarthol i nodi unrhyw grynodiadau mawr o'r feirws sy'n amlygu eu hunain.

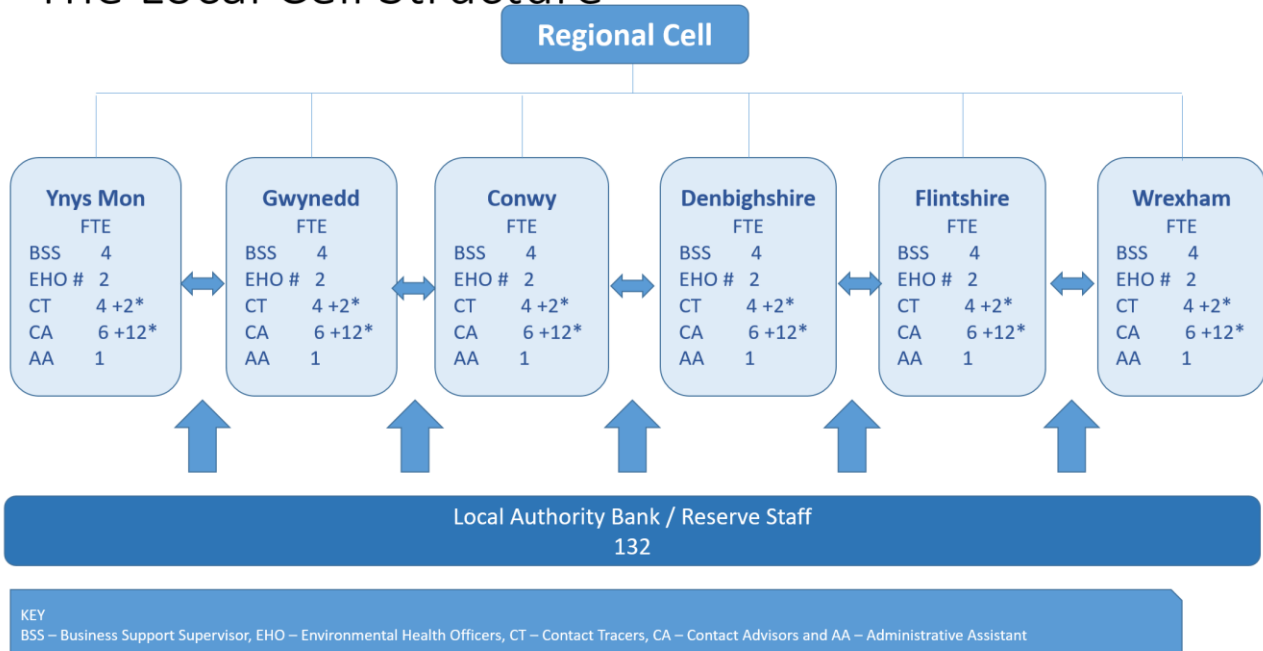
Mae Gogledd Cymru wedi profi nifer uwch o achosion positif o'u cymharu â gweddill Cymru. Yn y camau cyntaf ar ôl mynd yn weithredol, mae'r gwasanaeth wedi ymateb i olrhain pan gafwyd dau grynodiad o achosion mewn safleoedd cynhyrchu bwyd ac ar hyn o bryd yn delio a niferoedd uwch o brofi mewn un o'n prif drefi.

Un o fanteisiol ymateb i niferoedd uchel o achosion yn ystod cyfnod cynnar y gwasanaeth, yw ei fod wedi galluogi'r rhanbarthol i benderfynu beth sy'n gweithio'n dda. Yn benodol, sefydlodd y rhanbarthol yn gyflym y byddai dull cymorth cydfuddiannol yn fuddiol iawn er mwyn ffurfio perthnasoedd gwaith cryf ar draws y celloedd lleol a rhanbarthol yn ogystal â chefnogi ymateb effeithlon. Mae'r modelau gweithlu ar gyfer Gogledd Cymru (gweler isod) felly'n seiliedig ar y profiadau cynnar hyn. Cwblhawyd ymgyrch recriwtio sylweddol dros yr haf i gyflogi staff i'r model gweithlu newydd, gydag un awdurdod arweiniol, Cyngor Sir y Fflint yn awdurdod cyflogi ar gyfer y timau olrhain cysylltiadau lleol. Mae'r model hwn yn seiliedig ar ddull rhanbarthol lle gellir rhannu adnoddau drwy'r cytundeb cymorth cydfuddiannol sydd wedi gweithio'n dda yn ystod clystyrau o achosion diweddaraf.

Mae'r **haen leol** yn gyfrifol am gyfweld achosion a'r cysylltiadau dilynol. Cefnogir hyn fesul achos a system rheoli gwybodaeth cysylltiadau, ac wedi ei drefnu i dimau olrhain cysylltiadau.

Bydd yr haen leol yn uwchgyfeirio i'r haen rhanbarthol unrhyw achosion cymhleth, cysylltiadau neu glystyrau sydd angen cefnogaeth ychwanegol neu ymwybyddiaeth o ymateb yr Haen Ranbarthol.

The Local Cell Structure



Yn ystod yr wythnosau diwethaf, mae'r cyfnod clo wedi llacio, ailddechreuodd twristiaeth ac felly roedd mwy o symudiadau poblogaeth. Yn ôl yr arwyddion cynnar, mae nifer y cysylltiadau sy'n gysylltiedig â phob achos mynegai yn cynyddu'n sylweddol, fodd bynnag, mae nifer yr achosion positif presennol ar draws y rhanbarth yn isel ac eithrio'r clystyrau a'r achosion lleol hynny.

Dull yn y Dyfodol

Gyda'r gwasanaeth olrhain wedi'i sefydlu bellach ac yn weithredol gyda thimau olrhain cysylltiadau lleol newydd wedi eu cyflogi yn dechrau ym mis Medi, bydd llywodraethiant arfaethedig y gwasanaeth yn symud i grwpiau Trosolwg a Pherfformiad Gweithredol a fydd yn cymryd lle'r Grŵp Cynllunio Rhanbarthol. Bydd y grŵp Trosolwg Profi, Olrhain a Diogelu yn adrodd i Grŵp Cydlynu'r Adferiad a'r Pwyllgor Strategaeth, Partneriaethau a Iechyd Poblogaethau.

Mae hyn yn rhoi plattform cadarn er mwyn i'r gwasanaeth symud i'r hydref a'r gaeaf gyda'r heriau a allai fod o'n blaenau

Adroddiad i: Fwrdd Gwasanaethau Cyhoeddus Conwy a Sir Ddinbych

Dyddiad y cyfarfod 16 Tachwedd 2020

Aelod Arweiniol / Swyddog Y Cyngorydd Louise Emery, Aelod Cabinet Gwasanaethau Cymdeithasol i Oedolion a Gwasanaethau Hamdden, CBSC

Awdur yr Adroddiad Erica Wyn Roberts

Teitl Y Wybodaeth Ddiweddaraf am y Rhaglen Ariannu Hyblyg

1. Am beth mae'r adroddiad yn sôn?

1.1. Mae'r adroddiad yn rhoi'r wybodaeth ddiweddaraf ar y Rhaglen Ariannu Hyblyg yng Nghonwy.

2. Beth yw'r rheswm dros lunio'r adroddiad hwn?

2.1 Rhoi'r wybodaeth ddiweddaraf ar y Rhaglen Ariannu Hyblyg yng Nghonwy. Mae Llywodraeth Cymru yn ymofyn i ni sicrhau fod y grantiau Ariannu Hyblyg yn alinio gydag amcanion lles y Bwrdd Gwasanaethau Cyhoeddus, ac adrodd i'r Bwrdd ar y cynnydd.

3. Beth yw'r Argymhellion?

3.1. Nodi'r cynnydd ac ystyried a yw'r gwaith yn alinio ag amcanion lles Bwrdd y Gwasanaethau Cyhoeddus.

4. Manylion yr Adroddiad

4.1. Gweler Atodiad 1 am fanylion llawn.

4.2. Mae dull Ariannu Hyblyg Llywodraeth Cymru yn anelu at sicrhau fod 10 grant gwahanol yn gweithio gyda'i gilydd gyda'r nod o ddarparu ymreolaeth well gan yr awdurdod lleol dros ddarpariaeth gwasanaeth, a galluogi dull mwy strategol o ddarparu ymyrraeth gynnar, atal a chefnogi.

4.3. Mae dau grant integredig – neu ‘gronfa gyllid’. Sef:

- Grant Plant a Chymunedau Dechrau'n Deg, Teuluoedd yn Gyntaf, Cronfa Etifeddiaeth (cyd-nerthu cymunedol), Cymunedau am Waith a Mwy, Hybu Ymgysylltu ar gyfer Pobl Ifanc (Cyfiawnder Ieuencid), Gofal Plant a Chwarae, a Chronfa Dydd Gŵyl Dewi (pobl sy'n gadael gofal)

Cyfanswm i Gonwy - £4,124,140

- Y Grant Cymorth Tai: Cefnogi Pobl, Atal Digartrefedd a Rhentu Doeth Cymru (Gorfodaeth)

Cyfanswm i Gonwy - £6,571,460

4.4. Pwrpas y ddau grant yw mynd i'r afael â'r anghenion cymorth, ac anghenion cymorth y plant a'r oedolion mwyaf diamddiffyn yn ein cymunedau mewn perthynas â thai, drwy ystod o ddulliau ymyrraeth gynnar, atal a chefnogi. Bydd yn ceisio lleihau neu ddileu'r anfantais i bobl ddiamddiffyn, er mwyn eu galluogi i gael yr un cyfleoedd mewn bywyd ag eraill, ac felly cyfrannu tuag at Gymru sy'n fwy cyfartal.

4.5. Gweledigaeth Conwy yw cryfhau ein perthynas gyda dinasyddion er mwyn ein galluogi i weithio gyda'n gilydd i wella'r sir. Mae Ariannu Hyblyg yn rhoi cyfle i ni gyflawni gwell aliniad rhaglenni, a defnyddio cyllid yn fwy effeithiol i fodloni anghenion lleol. Disgwylir y bydd mwy o ryddid a hyblygrwydd â chyllid yn galluogi Conwy i weithio'n wahanol, gan roi mwy o le i gynllunio gwasanaethau i gefnogi awch y Llywodraeth am ddulliau mwy ataliol, hirdymor, a gweithio thuag at flaenoriaethau ein Cynllun Corfforaethol. .

4.6. Er mwyn datblygu'r dull i weithio'n hyblyg ac alinio'r 10 grant, rydym wedi sefydlu 5 ffrwd waith dan ein Rhaglen Ariannu Hyblyg. Mae'r rhain yn cynnwys swyddogion cefnogi ac arweiniol ar gyfer grantiau gwahanol, yn ogystal â rolau arbenigol ar draws yr awdurdod.

4.7. Rydym ni hefyd wedi nodi 6 thema i strwythuro'n gwaith: **(Gweler Atodiad 1 am ragor o fanylion):**

Rhianta, Gofal Plant a Chwarae, Pobl Ifanc, Iechyd a Lles, Cyflogadwyedd ac Atal Digartrefedd.

- 4.8. Un o brif nodau'r rhaglen yw nodi dulliau mwy effeithiol o weithio, gan nodi dyblygu a chyfleoedd i weithio'n agosach, er mwyn sicrhau ein bod ni'n manteisio i'r eithaf ar ein dull ymyrraeth gynnar ac atal.
- 4.9. Yng Nghonwy, mae deg grant yn cynnwys pum Gwasanaeth (Plant, Teuluoedd a Diogelu; Datblygu Cymunedol; Addysg, Gwasanaethau Oedolion a Chymunedol Integredig, a Rheoleiddio a Thai) ac mae'r Grŵp Cyflawni'n elfen allweddol o lywodraethu'r rhaglen, sy'n goruchwyllo 5 ffrwd gwaith y rhaglen yn fanwl, ac yn dod â'r rheolwyr gwasanaeth a'r swyddogion arweiniol ar gyfer y 10 cynllun ynghyd.
- 4.10. Mae'r gwaith yn cynnwys datblygu ein Proffiliau Lleol, sy'n cynnwys ystod eang o ddata, gan gynnwys dangosyddion tlodi, addysg, iechyd a gwybodaeth droseddol, yn ogystal â gwybodaeth ddemograffig ar gyfer pob ardal.
- 4.11. O fewn ein thema rhianta, rydym wedi datblygu dull Canolfan Deuluoedd, sy'n dod â'r grantiau Canolfan Deuluoedd a Dechrau'n Deg ynghyd dan un dull darparu. Mae'r adnodd Lles y Teulu wedi cyrraedd rhestr fer am wob, ac rydym wedi cael ei gwahodd i ymuno â phrosiect arloesol Rhoi Plant yn Gyntaf.
- 4.12. Yng Nghonwy, defnyddir y grant Gofal Plant a Chwarae i ddarparu cymorth ariannol i gefnogi teuluoedd a chlybiau, yn ogystal ag ariannu'r Swyddog Datblygu busnes Gofal Plant i sicrhau ansawdd a chynaliadwyedd yr 85 clwb Gofal Plant y Tu Allan i'r Ysgol, gan gynnig 2,641 o leoedd gofal plant yng Nghonwy.
- 4.13. Mae ein themâu Pobl Ifanc yn cynnwys NEET, darpariaeth hamdden, a gweithgareddau y tu allan i'r ysgol, yn ogystal â'r grantiau arbennig. Mae Cronfa Dydd Gŵyl Dewi, sy'n gronfa arbennig ar gyfer cefnogi pobl sy'n gadael gofal i gael mynediad at gyfleoedd a fydd yn eu helpu i arwain bywydau annibynnol a llwyddiannus, wedi gwahodd pobl sy'n gadael gofal i ymuno â'n panel i ystyried ceisiadau ar gyfer y gronfa Dydd Gŵyl Dewi yn ddiweddar. Mae'r grant Hyrwyddo Ymgysylltiad Cadarnhaol ar gyfer pobl ifanc sydd mewn perygl o droseddu yn cynnwys cefnogaeth ar gyfer cyfiawnder adferol, mynediad at Addysg, Hyfforddiant, Cyflogaeth a rhaglen wirfoddoli.

4.14. O fewn ein thema lechyd a Lles, rydym wedi bod yn ceisio adborth gan ddefnyddwyr ar gyfleoedd chwarae a gwasanaethau hamdden, ac rydym hefyd wedi bod yn gweithio gyda chydweithwyr lechyd yn ogystal â chysylltu â Banciau Bwyd yng Nghonwy.

4.15. Rydym wedi adolygu nifer o gynlluniau yn ymwneud â chyflogaeth, ac o ganlyniad, rydym wedi symud ein cymorth cyflogadwyedd i un maes gwasanaeth, yn ogystal â gweithredu strwythur cyflogadwyedd newydd.

4.16. Rydym ar hyn o bryd yn dadansoddi data Canlyniadau Cefnogi Pobl, er mwyn deall pwy rydym yn eu cefnogi ar hyn o bryd, beth yw eu hanghenion, a'n galluogi i ragweld y galw am wasanaethau atal digartrefedd a chymorth tai i'r dyfodol yn well.

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

5.1. Mae'r adroddiad (Atodiad 1) yn nodi sut mae'r rhaglen yn cyfrannu at flaenoriaethau Conwy a'r 6 thema sy'n sail i strwythur ein gwaith. Nid oes penderfyniad yn yr achos hwn.

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

6.1. Mae'r Rhaglen Ariannu Hyblyg yn cynnwys deg grant sefydledig, gan gwmpasu pum maes gwasanaeth. Mae'r rhaglen yn anelu at alinio'r grantiau hyn i ddefnyddio cyllid yn fwy effeithiol ac i fodloni anghenion lleol. Yr unig gostau ychwanegol yw'r costau sydd ynghlwm â Rheolwr y Rhaglen a'r Dadansoddwr Gwybodaeth a gafodd eu penodi ar sail cyfnod penodol.

7. Beth yw prif gasgliadau'r Asesiad o'r Effaith ar Les?

7.1. Nid oedd angen datganiad ganddo ar gyfer yr adroddiad hwn.

8. Pa ymgynghoriadau a gynhaliwyd gyda Chraffu ac eraill?

8.1. Ni chwblhawyd ymgynghoriad, mae'r adroddiad hwn er gwybodaeth yn unig.

9. Datganiad y Prif Swyddog Cyllid

9.1. Ni chwblhawyd ymgynghoriad, mae'r adroddiad hwn er gwybodaeth yn unig.

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

10.1. Ni nodwyd unrhyw risgiau, mae'r adroddiad hwn er gwybodaeth yn unig.



REPORT TO:	Conwy and Denbighshire Public Services Board
DATE OF MEETING:	16 th November 2020
PORTFOLIO HOLDER	Cllr Louise Emery, Cabinet Member for Adult Social Services and Leisure, CCBC
LEAD OFFICER:	Claire Lister – Head Of Integrated Adult & Community Services, Head of Service
CONTACT OFFICER:	Erica Roberts - Programme Manager
SUBJECT:	Flexible Funding Programme Update
ELECTORAL DIVISION:	All

1.0 CONTEXT

The Flexible Funding Programme is the latest approach to ensuring that 10 different grants work together with the aim of providing greater local authority autonomy in service delivery, particularly around joint planning and commissioning to better support outcomes. This extra freedom aims to allow for a more strategic approach in delivering early intervention, prevention and support. During 2018/19 Conwy was one of 7 pathfinders testing this way of working. By now all authorities have adopted this approach.

- 1.1 After some deliberation by Welsh Government, it was agreed that 10 grants would be part of the Flexible Funding make up, resulting in the alignment of £10,695,600 of grant funding in Conwy.
- 1.2 However, in October 2018, Cabinet Secretaries and Ministers decided that from 1 April 2019, there would be two integrated grants – or ‘funding pots’ - within Flexible Funding. These are:
 - The Children and Communities Grant (CCG): Flying Start, Families First, Legacy Fund (community resilience), Communities for Work Plus, Promoting Positive Engagement for Young People (Youth Justice), Childcare and Play, and St David’s Day Fund (care leavers):

Total for Conwy - £4,124,140

- The Housing Support Grant (HSG): Supporting People, Homelessness Prevention and Rent Smart Wales Enforcement.

Total for Conwy - £6,571,460

- 1.3 The implication of having two 'funding pots' is a limit to the ability to move or "flex" the funding.
- 1.4 The purpose of both grants is to address the support needs, and the housing and housing related support needs of the most vulnerable children and adults in our communities through the range of early intervention, prevention and support mechanisms. The grants seek to mitigate or remove disadvantage to vulnerable people to enable them to have the same life chances as others, and therefore contribute to a more equal Wales.

2.0 CONWY'S VISION

- 2.1 UK and Welsh Government legislative changes have and will continue to impact on the way the local authority and its partners work with Conwy's citizens. It is widely recognised that a new way of working with our communities is fundamental to the sustainability of future services for those most in need.

Key legislation which encourages this approach includes the Future Generations Act (2015), Social Services and Wellbeing (Wales) Act (2014), Housing (Wales) Act 2014, and the Planning (Wales) Act (2015).

The Welsh Government's Well-being of Future Generations (Wales) Act 2015 has created a set of national outcomes and placed a duty on public bodies to put sustainable development at the heart of decisions.

- 2.2 For Conwy County Borough Council they have been incorporated into the Conwy Corporate Plan. The 7 goals and 5 ways of working are aligned to Conwy's 8 Citizen Outcomes.

Other priority areas which have been taken into consideration include:

- Welsh Government Building Resilient Communities
- Taking Wales Forward
- The Welsh Government's Well-being Objectives (2016-2021)

- 2.3 Our Corporate Plan includes actions which are preventative not reactive, aim to work towards the longer term impact, are integrated in the consideration of how they contribute to the 7 Well-being Goals and are

collaborative in terms of the focus on working closely with communities - so they are involved in owning and working collectively to meet the Citizen Outcomes. The Corporate Plan priorities have been considered by the Conwy & Denbighshire Public Services Board to reflect on where priorities impact on other public organisations and where there are opportunities for collaboration.

- 2.4 Communities were involved in developing the priorities and the Council will continue to involve communities going forward, particularly by connecting local community discussions through the development of place plans. Our cross-cutting themes refer to the importance of assessing our actions and key decisions in order to have a positive impact on tackling poverty, equality and promoting the Welsh language.

- 2.5 As an authority, our Vision is:

Conwy - a progressive County creating opportunity

We are working in a changing and demanding environment. Our vision is to be progressive in managing change and to use it to create opportunities; to safeguard what we have, and to build on this to accommodate change. This vision is a shared endeavor. We want to strengthen our relationship with citizens so that we can work together to improve the county. In all that we do, from educating children, caring for the vulnerable, recycling waste, regulating businesses, to providing leisure facilities and theatre performances to name but a few, we want to be progressive and creative so that we maximise the opportunities available to the communities within Conwy county.

- 2.6 Flexible Funding provides us with an opportunity to achieve increased programme alignment, make more effective use of funding and meet local needs. This greater financial freedom and flexibility is expected to enable Conwy to work differently, giving more scope to design services to support the Government's drive for more preventative, long-term approaches, whilst also working towards our Corporate Plan priorities.

The Funding Flexibility Programme will improve the outcomes of the most vulnerable in our communities through early intervention and prevention approaches which encourage self-reflection and increase motivation. The aim is to remove the barriers that prevent people from achieving positive change by developing innovative approaches which are designed to prevent citizens from becoming more vulnerable in the future.

- 2.7 The Programme will assist in delivering against Conwy's 5 Priorities:

- People in Conwy are Educated and Skilled

- People in Conwy are Safe and feel Safe
- People in Conwy have access to affordable, appropriate good quality accommodation that enhances the quality of their lives
- People in Conwy are Healthy and Active
- People in Conwy live in a county that has a Prosperous economy

3.0 THE PROGRAMME

- 3.1 In order to progress the approach to working flexibly and aligning these 10 grants, we have established five work streams under our Flexible Funding Programme. These are made up of lead and support officers for the various grants, as well as specialist roles across the authority:

Work Stream 1 – Research and Assessment of Need
 Work Stream 2 – Programme and Project Activity
 Work Stream 3 – Commissioning and Partnership
 Work Stream 4 – Programme Monitoring & Administration
 Work Stream 5 – Coproduction

- 3.2 We have also identified 6 themes under which we are structuring our work:

- Parenting
- Childcare & Play
- Young People
- Health & Wellbeing
- Employability
- Homelessness Prevention

- 3.3 One of the aims of the programme is to identify more effective ways of working, identifying both duplication and opportunities to work more closely, in order to ensure our approach to early intervention and prevention is maximised.

- 3.4 In Conwy, these ten grants encompass five Services (Children, Families and Safeguarding; Community Development; Education; Integrated Adult and Community Services; and Regulatory and Housing) and as such a key element of the programme governance is the Delivery Group, which oversees the 5 programme work streams in detail, and brings together the lead officers and service managers for all 10 schemes. This group is pivotal to sharing an understanding of what is being delivered, barriers, and opportunities, establishing commonality and ensuring that areas of collaboration are identified and promoted.

- 3.5 The report will now give examples of how, as a programme, we are working together to share information, consider how we can combine data sets, and

how we are engaging more with our service users to develop and improve our services.

- 3.6 We have completed the Locality Profiles and these will continue to grow and be added to as new information becomes available. They include a diverse range of data including poverty indicators, education, health, and crime information as well as demographic information for each locality area. We are working with colleagues in Health, Public Health Wales and the Police to align different areas of work. These have been presented to the Area Forums.
- 3.7 **Parenting**
 Much of the research phase of this theme was undertaken as part of our Early Intervention and Prevention project which informed our Family Centre model, which brings together both the Families First and the Flying Start grants under one delivery mechanism. We continue to develop this approach and have established close links with other services within the authority, such as the Youth Justice Service, Children’s Duty Desk - Social Care, and the Youth Service, who have restructured to replicate the locality based model. The Family Wellbeing tool is also a finalist for an accolade award, and we have been invited to join the Children’s First Pioneers.
- 3.8 The locality profiles have been shared with several of our Family Centres, and the partner organisations who work closely with the team. Data has focused on child poverty, and key data sets included Free School meals entitlement and take up data, food bank information and housing benefit claimants. We also included SARTH information, looking at how many people were on the housing waiting list, and where their preference for a home was, as well as overcrowding.
- 3.9 We have been considering the suitability of the North Family Centre in terms of current location, facility, and “hub and spoke” model of delivery. A workshop for the North locality was held at the Llandudno Family Centre to seek the input from members. The centre – the hub - is currently established within a densely populated housing area, on the border of Tudno, the most deprived ward in the North locality, and the third most deprived ward in Conwy. The main “spokes” where we also deliver, are Ty Hapus and Ty Llywelyn, both of which are also within Tudno. We have also been consulting with families and partners to seek their opinion, which is almost complete. We have recently also recommissioned a number of contracts including our Domestic Violence Services and Family Relationship Counselling.
- 3.10 Family Support Activity during Covid has included supporting 953 families of which 486 had needs relating to a disability, or had additional needs. The service took the opportunity to use doorstep deliveries and at the same time

carry out socially distanced contacts to check on welfare. The doorstep deliveries included craft packs, donated semi-educational games, and Free School Meals food parcels. 26 specific meetings were held in the community at a social distance with families and 19 families met in family centres. New services developed included castle visits out of hours for vulnerable families in conjunction with CADW, Play spaces scheme – using closed school playgrounds for targeted work with individual families (46 sessions during lockdown period), Let's Get Busy activity on zoom, and WhatsApp parenting. 36 Family items were also sourced and delivered including a cooker, 2 child's beds, 2 chrome books and a calming box. 190 Flying Start Childcare families were supported by telephone/video/call/text/email/letter/doorstep conversations and 94 Flying Start families received weekly activity emails. 17 childcare practitioners from 2 childcare settings accessed virtual speech, language and communication training.

3.11 **Childcare & Play**

In Conwy the Childcare and Play grant is used to

- provide financial assistance towards the cost of childcare to support families in need.
- fund the Childcare Business Development Officer to ensure the quality and sustainability of the 85 Out of School Childcare clubs offering 2,641 childcare places in Conwy
- provide New Places and sustainability grants for Out of School Childcare Clubs.
- provide financial assistance to help cover the cost of additional staff members to enable children with additional or other specific needs, to access and participate fully in the Out of School Childcare Club.
- support the training needs of childcare providers

3.12 We have started to analyse childcare provision against the Flying Start postcode areas as a cluster map, and hope to also develop a cluster map demonstrating Child Birth rates in Conwy to get a better understanding of need and demand.

3.13 During Covid phone and email support have continued to be given to childcare settings in Conwy and this has varied from allaying fears, supporting through guidance, referring them to templates developed which are pandemic specific and signposting and supporting with available funding streams. Training was adapted in order for it to be delivered through an online format. Learners who have been identified as having additional learning needs or those who are struggling with online resources have

received training packs with extra supporting materials delivered to their home.

3.14 **Young People**

We have been analysing the NEET data captured over the last three years by the education service, and as part of our Leisure data analysis we have specifically looked at the use of our Leisure facilities by young people. There are also close links with the Health and Wellbeing theme here, where we have been consulting with young people around out of school activities.

3.15 The St David's Day Fund, which is a fund specifically to support care leavers to access opportunities that will lead them towards independent and successful lives, undertook a consultation with Conwy's care leavers to ask them how they thought the funding should be spent and how beneficial they found the support they received. We had a great response rate at 44%. We also invited them to join our panel to consider applications for the St Davids Day fund.

3.16 During Covid, the fund approved 55 requests including the purchase of 2 mobile phones, both of which are smart phones so young people can have video chats with friends and family and complete any Universal Credit applications; a chrome book and a laptop. The weekly panel continued during lockdown, and since April has included input from a pool of young people whose engagement, insight and research has proved to be invaluable.

3.17 We have a number of projects funded through the Promoting Positive Engagement grant (Conwy and Denbighshire) for young people at risk of offending including

- Enhanced Restorative Justice, where we ensure that the needs of the victims are understood and met or addressed, and that the young people understand the real impact that their behaviour has on others, with the aim of changing their behaviour in the future, and in turn reducing re-offending.
- Integrated Volunteer Programme – where volunteers can take part as referral order panel members, as community representatives as part of the out of court process, and as mentors, where they work one to one with young people, taking part in constructive leisure opportunities
- Improved support and access to Education, Training, Employment - where we support young people with careers advice and with their applications to college or work

- 3.18 During Covid the service has used social media and technology to undertake contact virtually and continue to deliver service provision. Children and young people were identified across the service area and dependent on their risk and vulnerability, the service triaged the medium to high risk individuals to ensure the staff team were in regular contact and when appropriate/possible socially distanced garden visits and/or walks were undertaken. Volunteers have continued to deliver referral order panels throughout the pandemic.
- 3.19 We are currently supporting the service to engage with the young people they support in order to evaluate and improve the services on offer. They are also working closely with the Employability team to develop work experience for young offenders.
- 3.20 **Health and Wellbeing**
We have been seeking user feedback on play opportunities, in line with the recommissioning plans, and to link in with our Health and Wellbeing theme. A survey was shared with all Family Centres, by CVSC, and taken to two youth clubs leisure sessions, two library Storytime sessions, and shared one of the Family Centres.
- 3.21 We have also linked in with Health colleagues and sit on the Immunisation/Childhood Measurement Programme Sub Group which is a group working with Public Health Wales, Betsi Cadwalder Health Board and Conwy Council. Child Obesity and Immunisation information from Public Health Wales has been shared for certain ward areas.
- 3.22 We are also liaising with Foodbanks within Conwy and making links between funding avenues and various teams who refer into the Foodbanks.
- 3.23 We have undertaken several surveys for the Leisure service and undertaken an in-depth analysis of Leisure facility use and membership demographics (pre-Covid). We have also been looking at playgrounds and green spaces within the authority to develop an overall picture of some of the wellbeing opportunities on offer.
- 3.24 **Employability**
We have reviewed the following schemes: TRAC, ADTRAC, Communities for Work (CFW), Communities for Work Plus (CFW+), The Legacy Fund and OPUS, and undertaken analysis in the data sets of CFW, CFW+ and OPUS.

This provided us with intelligence relating to the employability status of many of our participants, their barriers, where they come from, and the outcomes of support. We have also considered how we might improve our

current delivery, in terms of strategy, coordination of referrals, oversight of all schemes, delivery and project support, funding, closer working and data. A number of recommendations were made resulting moving all our employability support to one service area, and the implementation of a new employability structure. This included a Principal Officer for Skills and Employability which now oversees all employability schemes.

- 3.25 Discussions with Social Care have started in respect of employability support for people with learning disabilities. Increased partnership working especially with colleagues in Flying Start and Families First had enabled us to better engage with the community and increase partnership working.
- 3.26 Plans had been established to develop our Sit and Stew project within the Legacy work stream into the five localities and incorporate elements of our Confidently You model aimed at developing confidence and combating isolation, however as this was largely based on group work it has been replaced by a number of projects including support for Self-employment; access to Mental Health support, building mental resilience and toughness; and Digital Inclusion.
- 3.27 During recent months where face to face contact has not been possible the team have been communicating with participants using various approaches, based on the needs of the participants, including video, telephone, email, text etc. They surveyed all participants to determine their preferred method of working as well as skills and access to IT. A closed Facebook group for participants was created to promote job opportunities. A blended approach when working with, and engaging, participants will continue. The service is working closely with the Youth Justice/Ex-Offenders to develop a joint pathways project and with Housing colleagues on a joint project with Supporting People, Creating Enterprise and Communities for Work Plus to support people who are homeless and living in temporary accommodation.
- 3.28 **Homelessness Prevention**
We are currently analysing the Supporting People Outcomes data, in order to understand who we are current supporting, what their needs are, and be able to better predict our future demand for homelessness prevention and housing support services. We have analysed data based on both the Pathway (Housing led projects) and Outcomes Data (all projects funded by the Supporting People Grant including Social Care). We have also started to look at data supplied by Housing Solutions in order to consider trends within the people requiring support from this team.
- 3.29 During Covid all Providers have continued to work over and above their contractual requirements. Our accommodation based projects are all full and some people have moved into move-on projects or into independent

living. Providers are continuing to support clients with contact over the phone and have started increasing face to face contact. The team continue to deliver PPE to our B&B, Temporary Accommodation and HSG Providers.