



Please find attached the consultation draft of Denbighshire's Wellbeing Plan. This is Denbighshire's Single Integrated Plan, incorporating the statutory plans such as the Health, Social Care & Wellbeing Plan, Children & Young Peoples Plan, the Community Strategy and others. This replaces The BIG Plan which is due to end this year. You will notice that we have taken a different approach to strategic planning in light of what we learned from implementing The BIG Plan and in light of challenges in strategic planning and partnership working during this period of considerable financial funding pressures.

The consultation runs to the end of August, and I would be grateful to hear your views. Either send your comments by e-mail to [partnership.support@denbighshire.gov.uk](mailto:partnership.support@denbighshire.gov.uk) or complete the simple online survey on <https://www.surveymonkey.com/s/DenbighshireWellbeing>

All comments received will be considered and amendments to the plan will be made where appropriate. Denbighshire's Wellbeing Plan will be published by the Conwy & Denbighshire Local Service Board in December this year.

Thank you for your contribution.

Best wishes

Liz Grieve  
Partnerships & Communities Manager  
On behalf of Conwy & Denbighshire Local Service Board



# Supporting Independence & Resilience: Denbighshire's Wellbeing Plan

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**What do we mean by Independence?** We are independent when we have freedom to make choices for ourselves and the ability to live our lives with minimal help from others.

**What do we mean by Resilience?** We are resilient when we use our resources and knowledge to prepare for the future.

These definitions apply to individuals and communities. When people can maximise and maintain their independence they are able to achieve what is important to them. Where people collaborate to develop and sustain their community, the county is able to thrive.

Through delivering this plan we will help to create an environment where this is possible.

## Vision:

- People are active, connected & contribute to their community
- People take notice of what is going on around them, and in doing so, people keep learning about their world
- People prioritise their wellbeing and actively plan to maintain their independence

## Background:

Denbighshire's first Single Integrated Plan, The Big Plan, was published in 2011 and brought with it improved partnership working to help achieve our ambitions for Denbighshire. We have learned a number of lessons from this approach and have applied these to the planning and publication of our second integrated plan. Meanwhile, the environment for partnership working remains challenging while we adapt to a

difficult financial environment and prepare for developing policy and legislation that will place new demands onto local partnerships. The Future Generations Bill, due to be tabled at the Welsh Assembly this summer, is designed to put the needs of communities, now and in the future, at the heart of the decisions that Welsh public services make. The Wales We Want 'National Conversation' consulted on the proposed national outcomes that Local Service Boards are likely to have to address through taking a long-term approach, working better together and using evidence to make the best value decisions for both the now and the long term.

## Priority Areas

We want these outcomes for everyone in Denbighshire, but we have identified some priority areas to focus on over the next three years:

- Challenges of our rural areas
- Supporting the most disadvantaged to build their resilience
- Building the capacity of communities to develop and thrive

The Wales We Want by 2050: Proposed Outcomes for the Future Generations Bill:

- Wales is prosperous and innovative
- Wales is a more equal nation
- Wales uses a fair share of natural resources
- People in Wales are healthier
- Communities across Wales are safer, cohesive & resilient
- People in Wales participate in our shared culture, with a thriving Welsh language

## Principles

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 Fewer Themes  
 Higher Impact  
 What matters most to Denbighshire
 
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 Meanwhile, we want Denbighshire’s Wellbeing Plan to have a real and positive impact for people in Denbighshire. We have therefore decided to focus on one theme where we believe that partnership working can have the greatest impact. Through Denbighshire’s Wellbeing Plan we want to:

Add Value: Not Bureaucracy  
 Focus on Outcomes, not inputs and outputs

## Framework for Delivery: Five Ways to Wellbeing

The Five Ways to Wellbeing were developed by the New Economics Foundation from evidence gathered in a UK Government-commissioned project called the Foresight Project on Mental Capital and Wellbeing. The Project, published in 2008, drew on research about mental wellbeing through life.

Wellbeing - feeling good and functioning well - is positively associated with various positive health outcomes. Research tells us that positive mental states actually *precede* and help to *cause* good outcomes in health and wellbeing. For instance, studies of wellbeing have shown that the prevalence of good moods predicts working days lost through illness five years later, likelihood of stroke six years later and of cardio-vascular disease ten years later.

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 Connect  
 Be Active  
 Take Notice  
 Keep Learning  
 Give
 
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## What will look different as a result of Denbighshire’s Wellbeing Plan?

- Wide participation in local initiatives – ‘co-production’ with service users in service design and delivery
- Widespread & diverse public involvement in community developments
- Vibrant cultural and educational opportunities
- Improved neighbourhood knowledge and awareness: “Neighbourliness”

## How will we measure the difference we are making?

There are a number of things which will point to whether we are making a difference through emphasising independence and resilience, and we will closely monitor these indicators, as well as positively challenging service and partnership performance measures which also impact on the outcomes we wish to achieve. **These may include:**

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| ➤ Membership of Leisure Centres         | ➤ Intergenerational initiatives        |
| ➤ Membership of Community Organisations | ➤ Wellbeing Self-Assessments           |
| ➤ Crime and Anti-social behaviour       | ➤ Loneliness Indicators                |
| ➤ Numbers of Welsh learners             | ➤ Single Point of Access Enquiries     |
| ➤ Adult Education Programmes            | ➤ Family Information Service Enquiries |
| ➤ Volunteering Numbers                  | ➤ Emergency Department visits          |
| ➤ Children’s Achievements               | ➤ Reablement Figures                   |
|   | ➤ Team Around the Family Data          |

## The Process

Denbighshire's Strategic Partnership Board<sup>1</sup> followed the following process to agree what should be in Denbighshire's Wellbeing Plan:

- Identified Priorities through Needs Assessment & Community Engagement Activities
- Investigated what is already being done to address the priorities
- Decided what – if anything - would add value to existing activities
- Agreed what could be achieved in Partnership to meet the desired outcomes



## Existing Initiatives

There are a number of initiatives that are being undertaken in partnership which will help us to achieve our vision. Some **Examples** of these are:

- ✓ Digital Denbighshire Project (part of DCC's Economic & Community Ambition Programme)
- ✓ Fuel Poverty Action Plan (being delivered by the Denbighshire Advice Network)
- ✓ Rural Transport Project (being delivered in partnership with Cadwyn Clwyd)
- ✓ Volunteering Strategy (Denbighshire County Council's strategy to promote volunteering opportunities across the council)

Partnership governance through Denbighshire's Wellbeing Plan will support and challenge these initiatives to ensure they are meeting their objectives

<sup>1</sup> Membership made up of senior officers from DCC, BCUHB, PHW, North Wales Police, Cambria College, Grŵp Llandrillo Menai, DVSC

## Denbighshire's Wellbeing Plan Projects – Years 1-3

In addition, a number of new initiatives are being proposed to help achieve the vision. Denbighshire's Wellbeing Plan will be managed as a programme where new initiatives will be agreed using thorough Business Cases; rigorous Project Management methodology will ensure the projects achieve their planned objectives, helping to fulfil the expressed outcomes.

*We believe that we need to understand more about what the future holds for our communities; we believe that by working in closer collaboration with each other and the communities we serve, then we can enable the development of independent & resilient communities*

- **Strengthening our Communities** – Understand the environmental, economic and social changes predicted for Denbighshire, and plan a resilient future for our people and communities.
- Create a fuller understanding of communities' assets and needs by collaborating with communities and each other to progress local plans focussed on developing communities rather than services.
- Actively support the development of **Time Banking**<sup>2</sup> across the county in an innovative, coordinated and sustainable way.
- **Empowering & Enabling Services** – Change any of our services that disable or restrict individuals' and communities' independence and resilience. Ensure that services reinforce people's independence and wellbeing.
- Develop a **Wellbeing Information Hub** to support people to understand and develop their wellbeing – links to wellbeing self-assessment, tools, resources and local directory of community opportunities to support improved wellbeing.
- **Employee Wellbeing** – As employers, develop opportunities to empower staff to improve and maintain their wellbeing and independence during and after employment. Develop **Partnership Volunteering Strategy** to expand opportunities for staff to volunteer.

*We believe that we need to change the way we deliver our services to make more effective use of our resources to improve outcomes for people across the county. We need to collaborate more effectively in delivering services, supporting people to improve and maintain their wellbeing to maximise their independence.*

- **The Denbighshire 50** – Identify the people with the poorest outcomes and collaborate on assertive coordinated interventions to maximise their independence & resilience and reduce unplanned access to services.
- Develop **Collaborative Progression Pathways** between services and organisations to support people to develop their wellbeing and maximise their independence. Develop shared outcome monitoring to map service user journeys towards independence and resilience.

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<sup>2</sup> Timebanking is a means of exchange where time is the principal currency. For every hour participants 'deposit' in a timebank, perhaps by giving practical help and support to others, they are able to 'withdraw' equivalent support in time when they themselves are in need

## Publication and Delivery of Denbighshire's Wellbeing Plan

Denbighshire's Wellbeing Plan will be innovative in its approach through the following ways:

- Live Website – developing intelligence about independence & resilience in Denbighshire
- Live Measurement – indicators and project performance updated through embedded links with services and projects
- Live Needs Assessment and intelligence – an information resource indicating the wellbeing of Denbighshire through a variety of information sources, coupled with links to good practice across the UK and beyond to support innovative solutions
- Statutory Duties – there are a number of statutory duties that we are meeting through Denbighshire's Wellbeing Plan; how we are meeting those duties will be described on the website

## Conclusion

By focussing on individual and community independence and resilience, this plan aims to develop the right environment for people to prioritise and maintain their wellbeing; connecting and contributing to their communities to help create and sustain the Denbighshire they want.