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NORTH WALES SOCIAL CARE AND WELL-BEING
SERVICES IMPROVEMENT COLLABORATIVE

Population assessment update

August 2017 (Issue 9)

Confused?

A beginner's guide to telling a well-being assessment from a population assessment.

They both look at what people need to improve their well-being using statistics and consultation, so what's the difference?

The law. Population assessments are required by the Social Services and Well-being (Wales) Act 2014. Well-being assessments are required by the Well-being of Future Generations (Wales) Act 2015.



The scale. The population assessment is regional – it covers the whole of North Wales. The well-being assessments are based on the Public Services Board areas, so in North Wales we have four: one for Gwynedd and Anglesey, one for Conwy and Denbighshire, one for Flintshire and one for Wrexham.

Spotlight on... Mental health



The content. The population assessment focusses on care and support needs of the population. The well-being assessment looks at all aspects of well-being – social, cultural, economic and environmental.

Of course there are overlaps and we need to work together so we don't repeat ourselves. Mental health is included in both and we'll share more about the plans to respond to the assessments as soon as we know more.

Have your say!

The first draft of the population assessment regional plan is now out for consultation here: www.northwalescollaborative.wales/north-wales-population-assessment/regional-plan.

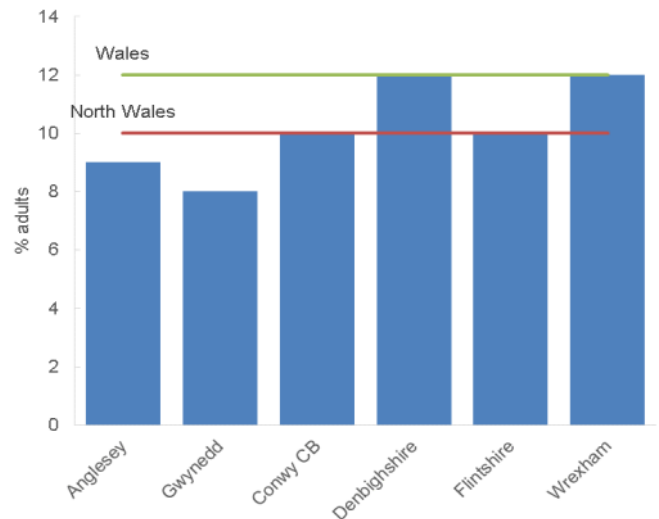
Please take a look and let us know what you think.



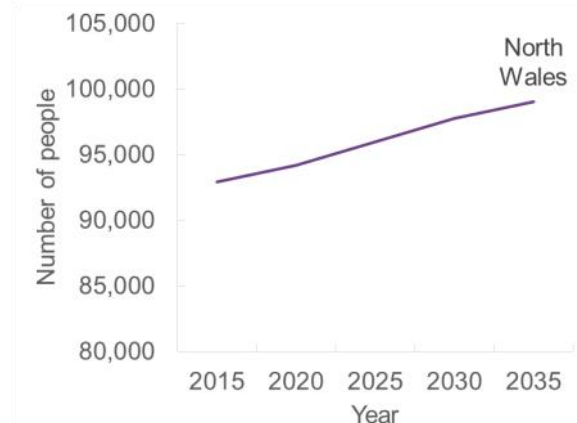
What we found out

- An estimated 92,000 adults in North Wales have mental health needs, 16% of the population.
- People in North Wales report slightly better mental health than in Wales as a whole.
- The number of people with mental health needs is likely to increase.
- The most common mental illnesses reported are anxiety and depression.
- Research suggests a high number of people are not seeking help.
- The number of admissions to mental health facilities is reducing due to a reduction in the number of beds available in North Wales. People are being placed out of the region.
- The number of people with more complex needs is increasing.
- People with mental health needs are more likely to have poor physical health.
- Poverty, welfare reform and a drive to get people back to work causes additional stress for vulnerable people.
- The population assessment linked to the work of the [Area Planning Board for substance misuse](#).

Percentage of adults being treated for a mental illness



Number of adults predicted to have a mental health issue



"I would rather go into hospital than let my local community know I have a mental health problem, especially schizophrenia"

- Consultation participant

What people told us...

- Transport and cost restrict access to activities and services.
- There should be as much support for mental health as there is for physical health. More mental health staff are needed.
- It can be difficult for people with mental health needs to get back into employment.
- Support needs to be flexible
- People need someone to contact in a mental health crisis or emergency.
- People who use mental health services find friendships and social networks very important but still often keep things to themselves to avoid being a 'burden' or because they fear people won't understand. They value the services available.

What we think should happen

- Services should be based on shared principles of:
 - service user and carer involvement and participation;
 - community advocacy;
 - carers support;
 - the role of learning and work opportunities in recovery;
 - joint working between agencies.
- Provide a clear pathway from acute services (such as in hospital) into community based services.
- Reduce the use of acute hospital beds outside North Wales.
- Invest in more preventative work so fewer people need hospital services.
- Work to manage increase in demand for services with reducing budgets
- Provide more befriending opportunities to support people to access existing social activities.
- Make sure there is enough suitable accommodation to support people to step down from residential care to community resources.
- Develop public mental health in North Wales and promote mental well-being to prevent mental ill-health.
- More support is also needed for people with Autism Spectrum Disorder (ASD) - we will look at this in detail in a future newsletter.

Mental health strategy

Betsi Cadwaladr University Health Board have produced *Together for Mental Health in North Wales* which outlines their new approach to responding to mental health issues for people of all ages. The strategy addresses many of the needs identified in the population assessment.

The strategy is available here:

www.bcugetinvolved.wales/mental-health-and-wellbeing

Five ways to well-being

Five steps we can all take to improve our mental well-being based on research.

Connect... with the people around you: your family friends, colleagues and neighbours.

Be active... take a walk, go cycling or play a game of football. Find an activity you enjoy.

Give... do something nice for a friend or a stranger.

Keep learning... try something new, set a challenge you will enjoy.

Take notice.. Be aware of the world around you and what you are feeling



Themes

- Children & young people
- Older people
- Health, physical disabilities & sensory impairment
- Learning disability & autism
- Mental health
- Carers
- Violence against women, domestic abuse & sexual violence
- Homelessness
- Veterans
- People in the secure estate

More information

Population assessment and area plan toolkits:

www.socialcare.wales/hub/hub-resource-sub-categories/planning-and-promoting

Part 2 Code of Practice:

www.socialcare.wales/hub/sswbact-codes

Area plan guidance:

<http://gov.wales/docs/dhss/publications/170206statutory-guidanceen.pdf>

Dewis Cymru (services available to meet the needs identified in the assessment):

<https://www.dewis.wales/>

Contact us

Sarah Bartlett, Project Manager
01824 712432

sarah.bartlett@denbighshire.gov.uk

www.northwalescollaborative.wales

Background to the population assessment

The population assessment pulls together information about people's care and support needs and the support needs of carers in North Wales. It aims to show how well people's needs are being met and the services we will need to meet them in future. Local authorities in North Wales worked together with Betsi Cadwaladr University Health Board (BCUHB), supported by Public Health Wales, to produce the assessment which is a requirement of the Social Services and Wellbeing (Wales) Act (2014).

The population assessment will be used to make decisions about the services we need to provide in North Wales to meet people's care and support needs and the support needs of carers. It will help us make decisions about where to use our resources, meet other requirements of the act and inform the work of the Regional Partnership Board.

We have used all kinds of evidence to identify what's needed and asked people what they think is important including people who currently use care and support services, the North Wales citizen's panel, and staff who deliver services in the local authorities, health, private and voluntary sectors.

Next, we will write a regional area plan setting out the range and level of services councils and local health boards propose to provide or arrange in response to the population assessment. This has to be finished by 1 April 2018.

