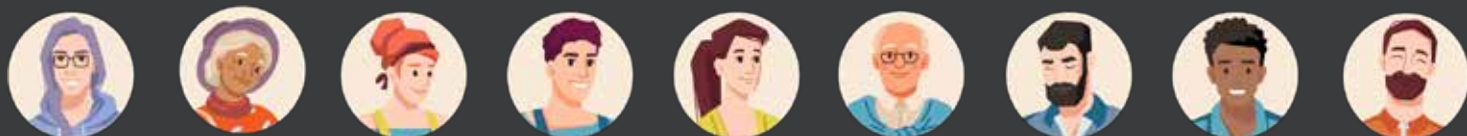
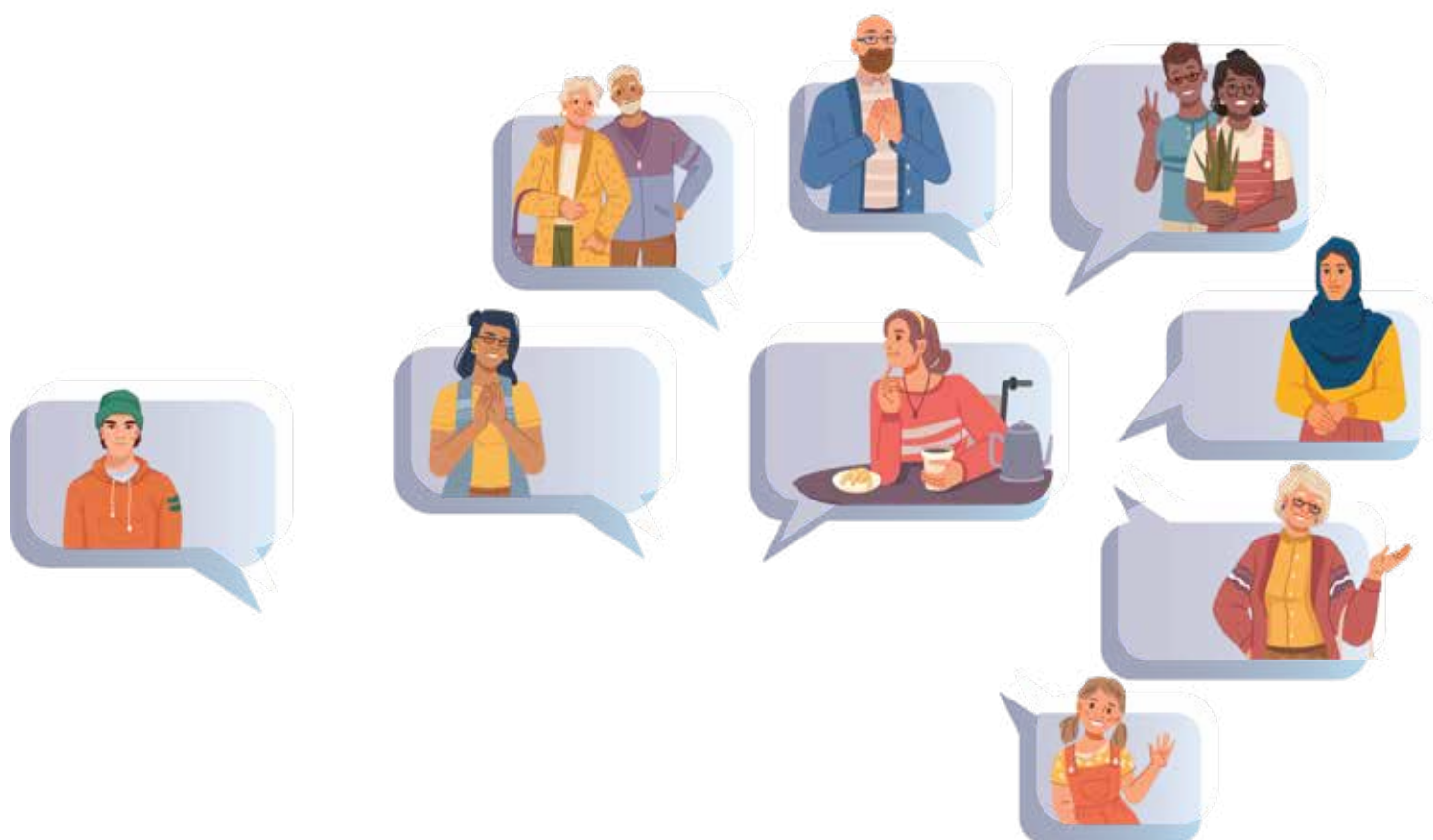




North Wales population assessment

What we learned about the people in North Wales



This document was written by the **North Wales Regional Partnership Board**. It is an easy read version of 'North Wales Population Assessment: A summary - April 2022.'

March 2022

How to use this document

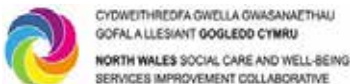


This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what all the words in blue mean on **page 33**.

Where the document says **we**, this means **Wales Regional Partnership Board**. For more information contact:



Website: www.northwalescollaborative.wales

E-mail: northwalescollaborative@denbighshire.gov.uk

Phone: 01824 712622



This document was made into easy read by **Easy Read Wales** using **Photosymbols**. To tell us what you think about this easy read version, [click here](#).

Contents

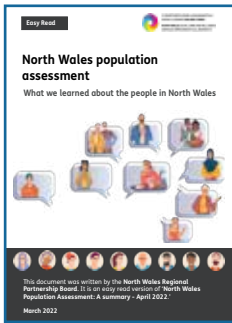
Page

Introduction.....	4
1. Children and young people.....	7
2. Older people.....	10
3. Health and physical disability.....	13
4. Learning disability.....	17
5. Autism.....	22
6. Mental Health.....	25
7. Unpaid carers.....	28
8. Other group.....	31
What happens next.....	32
Hard words.....	33

Introduction



A **population assessment** collects information about the people who live in a certain area.



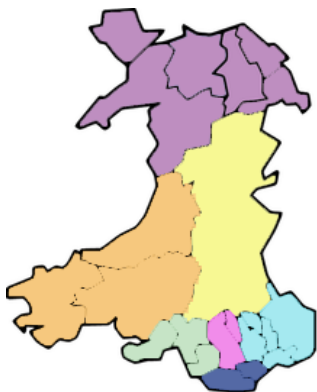
This **population assessment** is about the people who live in North Wales.



The **population assessment** helps us understand how we can support people better. And plan services for the future.



It also gives people a chance to have a say in how we plan our services.



This **population assessment** was done by Betsi Cadwaladr University Health Board and the six North Wales councils:

- Anglesey
- Conwy
- Gwynedd
- Denbighshire
- Flintshire
- Wrexham



More than 350 people took part in the **population assessment**.

To do this population assessment we:



- collected and looked at information from lots of different places



- looked at policies and plans for Wales and UK



- spoke to people and organisations.



Around 703 thousand people live in North Wales.

We looked at 8 important groups of people:



1. Children and young people
2. Older people
3. Health and physical disability
4. Learning disability
5. Autism
6. Mental health
7. Unpaid carers
8. Other groups

1. Children and young people

Here are some of the things we found out about children and young people in North Wales:



There are around 123 thousand children aged 15 or under. We think this number will go down over the next 15 years.



Most 5 year olds are a healthy weight.



Nearly half of all 16 to 24 year olds drink more alcohol than they should, at least 1 day a week.



More than 11 thousand children and young people have serious health conditions.

1 out of 10 pupils have **additional learning needs**.

Pupils with **Additional Learning Needs** need extra support to learn.





1,500 children and young people are looked after by our local authorities.



More than 9 thousand children and young people had mental health problems.



24 thousand children are studying in Welsh and this number is going up.

What we need to work on

We need:



- Child and Adolescent Mental Health Services (CAMHS) to be easier to get and use



- better mental health services in schools. Especially for primary school



- more counsellors. Especially male counsellors, and counsellors who can speak Welsh and other languages



- services to take actions quickly and support families who need help



- more support for children looked after by the local authorities. Like more nurses and better support when moving to adult services



- training and money to get more staff.

2. Older people

Here are some of the things we found out about older people in North Wales:



There are around 160 thousand people aged 65 years or over. This number will go up.



A lot of people in this age group find it hard to do day to day things.



Women and men in North Wales spend most of their life in good health.



Fewer people in Wales use the internet for their health needs compared to other parts of the UK.



Around 11 thousand people are living with **dementia** in North Wales.



Dementia is a condition that affects the brain. People with dementia have problems with memory and can be confused.

What we need to work on

We need:



- more support for people after they leave hospital



- more emergency care for older people who fall and are injured



- services to give support earlier, and shorter waiting lists



- more homes for disabled people



- homes that older people can afford



- information that is easy to understand and available in more places



- more support to manage care paid for with **direct payments**



- to focus on getting more staff, training and better wages for staff.

3. Health and physical disability

What we found out:



Most people said they are in good health.



Nearly 1 in 5 pregnant women said they smoked.



Less than half of the adult population are a healthy weight.



Just over half of the adult population are active for at least 2 hours in a week.



Nearly 1 in 5 adults said they drink more alcohol than they should in a week.



By 2030, 1% of the population of North Wales will be deaf and blind.



People living in poor areas have more hearing, sight and health problems.



Disabled women are 2 times more likely to experience **domestic abuse** and **assault** and **rape**.



Domestic abuse is any behaviour that causes harm to someone that is carried out by a partner, ex-partner or family member.



Assault means physical attack that might or does cause harm.



Rape is when someone puts something inside you, in your vagina, mouth or anus, against your will.

What we need to work on

We need:



- more support for younger disabled adults



- more dental care for older people



- easy to understand information



- better information, advice and support for deaf people



- better communication with social workers



- **assessments** to happen sooner. This is when health professionals check your care needs to see if you need support



- transport that is easier for everyone to get to and use, across all areas



- more support for older people and their families towards end of life



- support to recover and manage long covid. This is when the impact of covid has an impact on your health for a long time.

4. Learning disability

What we found out:



There are around 13 thousand people with a learning disability in North Wales. This number has gone up a little since 2015.



Around 770 children aged 0 to 16 are on the learning disability register.



There are around 300 people aged 65 years and over with a learning disability.



Around 2 and a half thousand adults get support from learning disability services.



Over half of people with a learning disability find it difficult to communicate.



Most disabled people live with their parents.



Around:

800 people are in supported housing

400 people live in their own home

380 are in residential homes.

Good things people said:



More people know about the health and **well-being** of people with a learning disability.

Well-being means a person is happy, healthy and is comfortable with their life and what they do.



Services are flexible and working well together.



People have choice and control over the care and support they get.



There are more ways to keep in touch. For example, community groups and over the internet.



There is lots of support for people to learn new skills.



Staff were helpful during coronavirus.

What we need to work on

We need:



- better services for children and young people with a learning disability



- shorter waiting time for **assessments**



- money for services to support more people in need



- better wages for staff. And better work life so they want to stay in the job



- support for people to use the internet safely, including upskilling support workers



- to give more chances for adults with learning disabilities to work



- more activities for families



- more houses that people can afford



- to treat people with respect and fairly



- more choice and control over the support you get



- services to share information



- more care services in Welsh.

5. Autism



People with **autism** may find some things difficult. Like communication, being with other people, or how they think and feel about things.

What we found out:



There are just over 6 thousand adults with **autism**. We think this number to go up a little by 2040.



There are around 2,500 children with **autism**. We think this number will go down to 2,400 by 2040.



During coronavirus people with **autism** lost contact with friends, family and things they were used to doing.



Autistic women are often not **diagnosed** properly. **Diagnosed** is when a doctor or other health professionals confirm that you have a certain condition.



There is less information about what people with **autism** from Black and minority ethnic groups experience.



Under 1 in 4 **autistic** people are in paid work.

What we need to work on

We need:



- shorter waiting times to get support



- services to share information and communicate better



- better information for families about what is happening. And more advice whilst waiting for support.



- services to put people's wants and needs first



- to train staff in different setting about **autism**



- more groups for parents to meet other parents and get support



- more **respite** care

Respite care is when services provide care for people with support needs, so their usual carers can have a rest and a break.



- more support for children who have more needs



- better mental health services for families.

6. Mental Health

What we found out:



Nearly 1 in 10 people were treated for a mental health problem.



Coronavirus has affected some people's mental health more than others. Like people who do not earn much and NHS and care workers and other frontline staff.



People who live in North Wales have slightly better mental health than the rest of Wales.



In 2020, more than 93 thousand adults had a mental health problem. This could go up to 94 thousand by 2040.



Many people with mental health problems do not ask for help.



Around 3 out of 4 suicide deaths were men.



Farmers are more likely to have mental health problems because of the challenges they face.

What we need to work on:

We need:



- shorter waiting times for **assessment**



- to offer support in different ways, like 1 to 1 sessions as well as group sessions



- more services in the community



- more out of hours services



- money to have better services and to keep staff with good skills



- more counselling services in the community to support people with alcohol and drug problems.

7. Unpaid carers

What we found out:



There are around 79 thousand unpaid adult carers. The number of carers is going up.



Over half of unpaid carers are women.



Most unpaid carers are 50 to 64 years old.



Nearly 3 out of 4 carers in Wales said they have mental health problems.



Over half of carers said that their physical health got worse because of coronavirus.



There are around 1,750 young carers.

What we need to work on

We need:



- to support carers early before it becomes a **crisis**

A **crisis** is when someone needs help quickly because something suddenly gets worse.



- staff and people to know more about unpaid carers and young carers



- more **respite** care services



- social workers to include breaks away in care plans



- money to help people affected by coronavirus



- money to improve mental health services



- more training on how to get services and support online.

8. Other groups



There are around 39 thousand veterans in North Wales. These are people who used to be in army, navy, or air force.



From 2017 to 2021, 240 **asylum seekers** and **refugees** were given somewhere to live in North Wales.

Refugees or **asylum seekers** are people who have been forced to leave their country because they were in danger.

What happens next



We have learnt a lot about our area by doing this **population assessment**.



It will help us plan.



We are going to check and update this **assessment** to see how things change.



For more information about getting involved:

Email: northwalescollaborative@denbighshire.gov.uk



You can read the full population assessment here:

Website: northwalescollaborative.wales

Hard words

Additional Learning Needs

Pupils with Additional Learning Needs need extra support to learn.

Assault

Assault means physical attack that might or does cause harm.

Autism

People with autism may find some things difficult. Like communication, being with other people, or how they think and feel about things.

Crisis

A crisis is when someone needs help quickly because their something suddenly gets worse.

Dementia

Dementia is a condition that affects the brain. People with dementia have problems with memory and can be confused.

Domestic abuse

Domestic abuse is any behaviour that causes harm to someone that is carried out by a partner, ex-partner or family member.

Rape

Rape is when someone puts something inside you, in your vagina, mouth or anus, against your will.

Refugees or asylum seekers

Refugees or asylum seekers are people who have been forced to leave their country because they were in danger.

Respite care

Respite care is when services provide care for people with support needs, so their usual carers can have a rest and a break.

Wellbeing

Wellbeing means a person is happy, healthy and is comfortable with their life and what they do.