

## CEREDIGION COUNTY COUNCIL

<b>Report to:</b>	<b>Cabinet</b>
<b>Date of meeting:</b>	<b>6<sup>th</sup> December 2022</b>
<b>Title:</b>	<b>Location of Wellbeing Centre 2</b>
<b>Purpose of the report:</b>	<b>To seek Cabinet agreement on the location of the council's second Wellbeing Centre</b>
<b>For:</b>	<b>Decision</b>
<b>Cabinet Portfolio and Cabinet Member:</b>	<b>Councillor Alun Williams, Deputy Leader of the Council and Cabinet Member for Through Age and Wellbeing</b>

### **Background**

A key element of the council's Through-age and Wellbeing Strategy is the creation of Wellbeing Hubs serviced by a Wellbeing Centre.

The council's first Wellbeing Centre is being created through the redevelopment of Lampeter Leisure Centre to service the Mid Wellbeing Hub.

The Wellbeing Centre will provide a wide range of services that consider and improve the physical, mental and social aspects of an individual's wellbeing. These Through-age services will include skills and employment advice, hardship and housing support, services for young people, support for carers, early support for Mental Health. The Wellbeing Centre will also provide increased access to Information, advice and assistance for residents on all council services.

Our aim, by providing these services to residents in their communities, is to ensure that they're provided with support at the earliest opportunity, which will prevent cases from escalating through to statutory services.

Construction commenced in August 2022 with completion due in February 2023 with the aim of opening the Wellbeing Centre, Lampeter in March/April 2023.

Funding for the creation of the Wellbeing Centre, Lampeter is via Welsh Governments Community Hub aspect of its Sustainable Communities for Learning Programme and the council's capital programme.

### **Location of the second Wellbeing Centre**

It is the intention to create 3 Wellbeing Hubs in the county, each serviced by a Wellbeing Centre. With the Mid of the county hosting the first Wellbeing Centre a decision is required in respect of the second Wellbeing Centre and whether it should be developed in the North or South of the county.

To inform decision making, data has been sought from the council's policy and performance team to create a needs analysis for each geographical area focussing on the following data sets:

1. Population
2. Diversity
3. Deprivation
4. Housing
5. Accessibility

The data focusses on the main population areas for each area namely:

**North: Aberystwyth**

**South: Cardigan; Llandysul & New Quay**

The data provided is intended to enable a decision to be made on the locations that will provide the best opportunity to maximise the impact of a Wellbeing Centre in the North and South of the county.

A copy of the North & South Ceredigion Needs analysis is provided as **Appendix A**.

The data provided in **Appendix A** has informed the following conclusion:

That Aberystwyth and Cardigan are the locations that will provide the best opportunity to maximise the impact of a Wellbeing Centre in the North and South of the county respectively.

### **Data Comparison of Aberystwyth and Cardigan LSOAs**

A table has been provided as **Appendix B** that compares the headline data from the respective needs analysis and where available, service level data from the Through-Age and Wellbeing Programme.

### **Demographic Data Overview**

As expected, there are some significant differences in the demographic data for the Aberystwyth & Cardigan LSOAs.

There is a significantly bigger population in Aberystwyth despite a 14% drop since the 2011 census and Cardigan experiencing a 1.6% increase in its population during this time.

Aberystwyth has a much younger population than Cardigan resulting in a 13year difference in the respective average ages (32years compared to 45years). Cardigan at 25% has a greater % of residents 65yrs +than Aberystwyth at 14%.

Cardigan has a far greater % of people with a disability 28% compared to 16.7% whilst Aberystwyth has double the % of people from a BAME background (6.2% compared to 3.1%).

Both Aberystwyth and Cardigan demonstrate greater levels of deprivation than the remainder of the county. However, the three data sets namely:

1. Ranking of deprived areas
2. % of households below 60% GB median income
3. Average Household Income

clearly demonstrate that Cardigan has increased levels of deprivation compared to Aberystwyth.

There is little difference between the make-up of the housing tenure in each area.

### **TAWP Service Level Data Overview**

Whilst the TAW data isn't currently segregated into North, Mid and South, it does provide a broad overview of the North and South when considered alongside the demographic data.

Whilst as expected the participant numbers are higher for Aberystwyth due to the greater population the difference may not be as large as anticipated. There are also services where participation or need is higher in Cardigan which suggests correlation with the demographic data.

**Summary:** Through comparison of the data provided in the data comparison table document, it suggests that **Cardigan** has the greater levels of need and will provide the best opportunity to maximise the impact of the second Wellbeing Centre in the county.

The rationale for this recommendation is as follows:

1. Cardigan has the greater level of deprivation
2. Cardigan has a higher average age of population which potentially means that residents will require support / intervention sooner than residents in Aberystwyth
3. Cardigan has a higher % of the population with a disability

### **Potential Locations for a Wellbeing Centre in Aberystwyth and Cardigan**

#### **Aberystwyth**

Prior to the Covid-19 pandemic, Plascrug Leisure Centre was the intended location for the council's first Wellbeing Centre. It is an ageing facility consisting of a 50-year-old swimming pool and a 30-year-old leisure centre which is in need of significant capital investment.

There have however been some significant recent developments which should be considered before confirming the location for the Wellbeing Centre in Aberystwyth:

1. New Ways of Working adopted by the authority and future use of Canolfan Rheidol and the Welsh Government Building in Llanbadarn Fawr
2. The requirement of a location to deliver Community Physiotherapy services by Hywel Dda University Health Board
3. An agreement to jointly commission a feasibility study with Aberystwyth University to produce a report that identifies "*The facility infrastructure required in the North of Ceredigion to meet the strategic aspirations of both organisations for improving the health & wellbeing of their citizens through being physically active, now and in the future.*"

The feasibility study report is due in March/April 2023 and its contents should be considered in determining the potential location of a Wellbeing Centre in Aberystwyth.

#### **Cardigan**

If we pursue a similar approach to that taken for the Mid of the county in developing an existing leisure facility into a Wellbeing Centre, then the location would be Teifi Leisure Centre. To accommodate this would require:

- An adaptation / extension to Teifi Leisure Centre to house the Wellbeing Centre.
- Consideration of how to address the current parking issues/challenges
- The land that Teifi Leisure Centre is located on is subject to a Charity Commission Order and would require further investigation.

Other significant council owned buildings in the town include the Library and Market Hall, although neither provide the capacity to accommodate the range of services that intend to be delivered at the Wellbeing Centre.

There are also facilities not in council ownership in the town that should be taken into consideration.

### **Proposal**

It is proposed that further work is undertaken to consider the options available to develop the second Wellbeing Centre in Cardigan.

This exercise will include the scoping of all public facing council services that could be delivered from the Wellbeing Centre and any opportunities to relocate existing services to make the most effective and efficient use of council resources. An outline of the potential facility and estimated cost will also be identified.

The receipt of the joint feasibility report with Aberystwyth University will be used to inform discussions on the potential location of the 3<sup>rd</sup> Wellbeing Centre in Aberystwyth in the future.

	<b>Has an Integrated Impact Assessment been completed? If, not, please state why:</b>	To be completed during the development process
<b>Wellbeing of Future Generations:</b>	<b>Summary:</b>	
	<b>Long term:</b>	<b>Positive</b> - Ensuring council facilities are operating effectively and efficiently and providing services that improve the health & wellbeing of residents
	<b>Collaboration:</b>	<b>Positive</b> - Working with others from both the statutory and third sector
	<b>Involvement:</b>	<b>Positive</b> - Engaging with both internal and external services and the public to ensure the services delivered are what's required
	<b>Prevention:</b>	<b>Positive</b> - Developing an early intervention and prevention service as part of the Through Age Wellbeing Programme
	<b>Integration:</b>	<b>Positive</b> - Adoption of a holistic and integrated way of working

<b>Recommendation(s):</b>	<p><b>Recommendation 1:</b> Having considered the data available; it is recommended that Cardigan is confirmed as the location of the county's second Wellbeing Centre.</p> <p><b>Recommendation 2:</b> That an options paper is produced on the preferred location to develop a Wellbeing Centre in Cardigan, including an outline of the potential facility and estimated cost.</p>
<b>Reasons for decision:</b>	To progress the development of the county's second Wellbeing Centre
<b>Overview and Scrutiny:</b>	N/A
<b>Policy Framework:</b>	Through Age and Wellbeing Strategy: <i>To ensure fair access to excellent universal and targeted services that safeguard and support the health and wellbeing of all citizens.</i>
<b>Corporate Priorities:</b>	Creating Caring and Healthy Communities
<b>Finance and Procurement implications:</b>	To be identified during the development process
<b>Legal Implications:</b>	To be identified during the development process
<b>Staffing implications:</b>	To be identified during the development process
<b>Property / asset implications:</b>	To be identified during the development process
<b>Risk(s):</b>	Failure to deliver against corporate priorities
<b>Statutory Powers:</b>	N/A
<b>Background Papers:</b>	N/A
<b>Appendices:</b>	<p><b>Appendix A:</b> North &amp; South Ceredigion Needs Analysis</p> <p><b>Appendix B:</b> Data Comparison Table for Aberystwyth &amp; Cardigan</p>
<b>Corporate Lead Officer:</b>	Elen James – Corporate Lead Officer: Porth Cymorth Cynnar
<b>Reporting Officer:</b>	Carwyn Young – Corporate Manager: Wellbeing Centre Service
<b>Date:</b>	23.11.2022



## Appendix A

### North and South Ceredigion Needs Analysis

#### North Ceredigion Needs Analysis

North Ceredigion is home to the largest town in Ceredigion – Aberystwyth situated on Cardigan Bay with a population of approximately 18,000. The immediate town area is comprised of six Lower Super Output Areas (LSOAs) with a combined population of 8,860

- Bronglais
- Central
- Penparcau 1
- Penparcau 2
- Rheidol 1
- Rheidol 2

The town is also home to Aberystwyth University, accounting for some 8,000 students during term time and which consistently ranks amongst the best in the UK for overall student satisfaction. The town attracts many visitors and tourists from the county and beyond due to the range of activities and attractions, such as the Promenade, Constitution Hill, the Vale of Rheidol Railway and the National Library of Wales.

#### Population

Like many parts of Ceredigion, most areas of Aberystwyth have witnessed a decrease in population (14.8%) since the last Census in 2011, although it is still by far the largest town in the county (Population approx. 18,000).

The 'Penparcau 2' area, which covers the south-eastern part of the town is the only area to witness a growing population over the last ten years, rising slightly by 0.3%. Conversely, the Bronglais area to the north has witnessed the largest decrease.

#### Diversity

Aberystwyth is much more diverse than many of the more rural areas of the county. For example, the BAME population at 6.2% is higher than average across all six areas, ranging from 3.9% in Penparcau 2 to 7.7% in Rheidol 1 which covers the sea front and substantial student accommodation. Most of the town also has a larger proportion of residents whose country of birth is outside of the UK, some of whom are international students at the University.

The average age of residents in the 6 LSOA's at 32years is also much lower than across the County as a whole. This is significant because younger people were one of the groups most disproportionately affected by the COVID-19 pandemic due to the impact on mental health and on incomes.

The Rheidol 1 area, which covers the sea front actually has the single lowest average age at just 24.1, and due to the significant student accommodation in the area. Many students were not present during the national lockdowns as teaching was moved to a virtual environment, but it is known that mental health is a particular concern amongst younger people following the pandemic.

It is widely recognised that some groups, such as those from an ethnic minority background have been disproportionately affected by the COVID-19 pandemic and who may require additional well-being support during the recovery period.

There is also a much higher proportion of people with a disability in the Penparcau areas, 22.8% in Penparcau 1 and 22.1% in Penparcau 2. Whilst this is only slightly above average for the County as a whole (20%), it is significantly higher than the more student-centred areas of the town. Disability in this instance is defined as a limiting long-term condition where day-to-day activities are limited 'a lot' or 'a little'.

### **Deprivation**

There are significant pockets of deprivation in the town, particularly concentrated in the Penparcau areas, which rank as the 3<sup>rd</sup> and 4<sup>th</sup> most deprived areas in the county behind the Teifi and Rhyd-y-Fuwch areas of Cardigan.

Penparcau 1, which is the west part of Penparcau, is within the 20-30% most deprived areas nationally and ranks particularly low on the employment domain which assesses the numbers of people in receipt of key out of work benefits.

However, deprivation is not solely concentrated in Penparcau. The Rheidol 1 area is within the 50% least deprived areas nationally yet ranks within the 10% most deprived for community safety and for housing. Rheidol 1 covers the sea front and west part of the town centre.

### **Housing**

The housing domain focuses overcrowding in properties and the likelihood of poor-quality housing. Similarly, community safety and housing are also issues for the Aberystwyth Central, where it also ranks within the 10% most deprived nationally for these domains.

With the exception of Bronglais, average household incomes are lower in Aberystwyth than across the County as a whole. The particularly low incomes in Rheidol 1 and Central are likely to be related to the large student population in those areas, many of whom will not be in full-time employment or not economically active. However, there is a higher-than-average proportion of households with an income below 60% of the GB median, i.e., living in poverty in Penparcau 1, Penparcau 2 and Rheidol 2.

### **Accessibility**

Accessibility to Aberystwyth is good, as the town is on the main A487 route heading along the coast, south towards Llanrhystud and Aberaeron and North to Bow Street and Talybont. Just outside of the town, the A487 meets the A44 bringing traffic from the east across the border with Powys. Aberystwyth is also served by the rail link terminating in the town centre and linking with Bow Street and Borth, before spitting at Dovey Junction to head either north or east over the border with Gwynedd or Powys.

## **South Ceredigion Needs Analysis**

South Ceredigion is serviced by the three towns of Cardigan, Llandysul and New Quay.

### **Population**

Cardigan and its immediate catchment area, with a population of just over 2,400, is much larger than both Llandysul (1,409) and New Quay (980). Cardigan is made up of the Teifi and Rhyd-y-Fuwch areas covering the majority of the town centre, but the population increases significantly to 4,250 if the Mwldan area to the immediate west is included.

Cardigan's LSOAs also has a slowly growing population, increasing by 1.6% since the last census, and the only area to do so amongst the three possible locations considered. Llandysul's population has decreased by 1.9% over the same period, while New Quay's has decreased by 9.4%.

### **Diversity**

All three areas have a higher-than-average proportion of people with a disability than across the county as a whole (10.0%). Disability in this instance is defined as a limiting long-term condition where day-to-day activities are limited 'a lot'.

Cardigan has a larger proportion of people with a disability at 15.8%, compared to 13.4% in Llandysul and 10.9% in New Quay.

Furthermore, it also has a larger proportion of its population whose country of birth is not Wales or the UK at 4.8%, compared to 3.0% each for Llandysul and New Quay. Similarly, it has a larger BAME (Black, Asian and Minority Ethnic) population at 3.8% compared to 2.2% in New Quay and 0.8% in Llandysul.

It is widely recognised that some groups, such as those from an ethnic minority background have been disproportionately affected by the COVID-19 pandemic and who may require additional well-being support during the recovery period.

### **Deprivation**

There is a broader mix of ages in Cardigan, both young and old, and a larger working-age population who may have been affected by the financial implications of COVID-19 and the national lockdowns, such as reduced income or redundancy or the resulting mental health concerns. We know, for example, that the Rhyd-y-Fuwch area of Cardigan has the lowest household incomes in the County at £21,788<sup>1</sup>, compared to New Quay's which is much higher at £30,514.

We also know that the Teifi and Rhyd-y-Fuwch areas the two most deprived areas of Ceredigion and feature in the 10% most deprived nationally. These two areas rank as being particularly deprived in the income, employment and community safety domains of the Welsh Index of Multiple Deprivation 2019.

Although there are pockets of deprivation in Llandysul and New Quay in the Access to Services and Housing domains, overall, they are much less deprived according to the Index.

### **Housing**

There is a broader mix of housing tenure in Cardigan – only 40% of households own their property outright or with a mortgage, almost a quarter (24%) live in social rented accommodation and a further 24% rent privately. Both Llandysul and New Quay have a higher proportion of households owning their property (47% and 56% respectively) and a lower proportion in social rented accommodation (20% and 8% respectively).

### **Accessibility**

Accessibility to Cardigan is good for those travelling by vehicle. The town is served by the main A487 heading north to Penparc and then onto Blaenporth, and south over the county border to Llantood in Pembrokeshire. The A484 carries westward traffic towards Lechryd following the county border in the south.

## Appendix B

### Data Comparison Table for Aberystwyth and Cardigan

#### Demographic Data

Data Heading	Ceredigion	Aberystwyth	Cardigan
Population	71,500 (46 LSOAs, 34 Electoral Wards) -4.08% Decrease since 2011	8,860 (6 LSOAs) 14.8% Decrease since 2011 8,040 Students	4,250 (3 LSOAs) 1.6% Increase since 2011
	31,562 Households	4,124 Households	2,005 Households
Diversity	47yrs Average Age 17% 0-17yrs 58% 18-64yrs 26% 65+yrs	32yrs Average Age 15% 0-17yrs 71% 18-64yrs 14% 65+yrs	45yrs Average Age 20% 0-17yrs 54% 18-64yrs 25% 65+yrs
	21% People with a Disability	16% People with a Disability	28% People with a Disability
	6.0% not of UK Birth	10.9% not of UK Birth	4.1% not of UK Birth
	3.3% BAME Population	6.2% BAME Population	3.1% BAME Population
Deprivation	2 LSOAs within most deprived 20% nationally	Penparcau 1 = 3 <sup>rd</sup> Penparcau 2 = 4 <sup>th</sup> Most deprived areas in Ceredigion	Teifi = 1 <sup>st</sup> Rhyd-y-Fuwch = 2 <sup>nd</sup> Most deprived areas in Ceredigion
	32.7% of households below 60% GB median income	38.2% of households below 60% GB median income	41.1% of households below 60% GB median income
	Median Average Household Income: £31,162	Lowest Median Average Household Income: £25,406 Rheidol 1	Lowest Median Average Household Income: £21,788 Rhyd-y-Fuwch
Housing	59% Owned outright or with mortgage 9% Social Rented 16% Private Rented	35% Owned outright or with mortgage 18% Social Rented 35% Private Rented	51% Owned outright or with mortgage 10% Social Rented 8% Private Rented

#### Notes:

Disability is defined as a limiting long-term condition that limits day-to-day activities a lot or a little.

Number of Students from Higher Education Statistics Agency and based on 2020/21 year

Household incomes is based on the median household income

Households below 60% of GB median income and median average household income from CACI Paycheck 2021

Percentages may not sum to 100 due to computer roundings

**TAWP Service Level Data**

TAWP Area	Data Heading	Ceredigion	Aberystwyth	Cardigan
<b>Porth Cymorth Cynnar</b>	National Exercise Referral Scheme	913 Client referrals in 2018/19 814 Client Referrals since re-commencing due to covid-19	318 Client referrals in 2018/19 173 Client Referrals since re-commencing due to covid-19	331 Client referrals in 2018/19 284 Client Referrals since re-commencing due to covid-19
	Number & % of Children aged under 4 in income deprived households in 2016/17  <i>(Data on the population of children aged under 4 is from the Office for National Statistics and refers to the 2016 Mid Year Estimates)</i>	610 Children	Bronglais: 0 / 0% Central: 10 / 43% Penparcau 1: 20 / 30% Penparcau 2: 35 / 40% Rheidol 1: 5 / 21% Rheidol 2: 5 / 21%  Total: 75 children	Teifi: 50 / 67% Mwldan: 25 / 32% Rhyd-y-Fuwch: 15 / 31%  Total: 90 children
	No. of Children & Young People referred and open to Support & Prevention Service	422 (as at 04.10.2022)	177 (North of county)	132 (South of county)
	Dysgu Bro Learners	348 (2021/22 Data)	150 (North of county)	111 (South of county)
	Employment Support	1,043 participants (May 2016 to present)	489 participants (May 2016 to present)	279 participants (May 2016 to present)
<b>Porth Gofal</b>	Number of referrals progressed to Porth Cynnal from Porth Gofal contact/SIFT Team	1,155 reported on Teifi Q1 2022/23	Data isn't currently split into North, Mid, South	Data isn't currently split into North, Mid, South
	Number of people in receipt of a direct payment	516 reported on Teifi Q1 2022/23	Data isn't currently split into North, Mid, South	Data isn't currently split into North, Mid, South
<b>Porth Cynnal</b>	Number of people experiencing substance misuse issues who are receiving support in the community	62 New Referrals to Substance Misuse Team in 2021/22	North (Newquay & above) – 38 New Referrals to Substance Misuse Team in 2021/22	South (including Llandysul/Lampeter) – 24 New Referrals to Substance Misuse Team in 2021/22
	Number of people who are experiencing mental health difficulties and are supported in the community	377 reported on Teifi Q1 2022/23	Data isn't currently split into North, Mid, South	Data isn't currently split into North, Mid, South

Notes:

Data used obtained via Teifi Dashboard or directly from Services identified