

COUNCIL: 26 OCTOBER 2023

TACKLING POVERTY, EQUALITY & PUBLIC HEALTH STATEMENT

PUBLIC HEALTH & EQUALITY

Cardiff Race Equality Taskforce Update

The Cardiff Race Equality Taskforce published its final report in March 2022, which consisted of 31 recommendations across the five thematic areas. All recommendations were considered and accepted subsequently by the Cabinet in December 2022.

A Cardiff Race Equality Taskforce Cabinet Sub-Group meeting was held on 10 October 2023 to receive updates on progress on the 22 out of 31 Race Equality Taskforce recommendations which are being led on by the Council. Each senior responsible officer provided details of the progress made to date in response to the recommendations and associated key performance indicators. Based on the updates provided as part of the half-year review of progress, it was clear that, overall, good progress has been made to date by the Council and provisions have been introduced and implemented to capture and monitor key performance indicators going forward. Suggested way forward is to produce an end of year report and reconvene the Cardiff Race Equality Taskforce in the new financial year.

Mastering Diversity Conference 2023

I joined officers in attending a conference held in Cardiff on the importance of Equality, Diversity, Inclusion and Belonging in Wales. Keynote speakers included the First Minister and Minister for Social Justice. The conference included various breakout sessions and workshops including one in the Cognitive and Neurodiversity Zone. The Council is committed to responding positively to the motion on Neurodiversity that was agreed by Council in September and is currently exploring ways in which to progress the delivery of the agreed actions within the workplace and also to support Cardiff becoming a neurodiverse-friendly city.

Minority Ethnic Communities Health Fair

I was pleased to be able to support the Minority Ethnic Communities Health Fair, which took place on 4 October 2023 at City Hall. The opening address was given by Roon Adam from Race Equality First, along with the First Minister Mark Drakeford and our Lord Mayor of Cardiff, Councillor Bablin Molik, the first woman of colour to hold this post. The theme of this year's Health Fair was 'Get Healthy! Get Stronger! Let's get together to reduce health inequalities' and the event was sponsored by the Council's People & Communities Directorate and Cardiff & Vale University Health Board.

This very successful event is now in its thirteenth year and is chaired by Race Equality First. The planning committee comprised of representatives from Cardiff & Vale University Health Board, Cardiff and Vale Action for Mental Health (CAVAMH), Cardiff Third Sector Council (C3SC), Community Care and Wellbeing Service (CCAWS), Diabetes UK Cymru, Diverse Cymru, Hindu Council Wales, Sight Cymru, The Mentor Ring, Ethnic Minorities & Youth Support Team (EYST), Hayaat Women Trust, Muslim Doctors Cymru and Women Connect First.

The purpose of the Health Fair is to support individuals from different ethnic backgrounds to become more aware of their own health needs and to enable health providers to improve their understanding of community health issues. It is clear that people from ethnic minority backgrounds in Cardiff experience health inequalities. It is very important that we do everything that we can to improve health outcomes for all communities across the city.

Organisations in attendance at the Fair included Home Instead, Public Health Wales, the Centre for Ageing and Dementia Research, the Wellbeing Support Service, Independent Living Services, Cymru Versus Arthritis, CCAWS, Macular Society and the Patient Experience team.

The Health Fair highlighted the importance of prevention, including regular check-ups, healthy lifestyles, and early interventions, as well as the importance of people looking after their own mental health and wellbeing. The event was very popular with lots of visitors in attendance; many of whom took part in health checks, including blood pressure monitoring and BMI checks, as well as enjoying complementary therapies and general lifestyle advice.

Breast Cancer Awareness Month

Breast Cancer Awareness Month has been taking place throughout October, and I want to take this opportunity to highlight the importance of being aware of the early warning signs and symptoms of breast cancer. It is crucial to regularly check your breasts as early detection of cancer can save lives. Breast cancer is the most common form of cancer in the UK with around 55,000 women and 400 men diagnosed with breast cancer every year and 1 in 7 women diagnosed with the condition during their lifetime.

The Community Hubs have teamed up with Tenovus Cancer Care and are utilising their network of digital screens by providing the public with advice on checking your breasts and what to look out for as well as what to do if you do notice something that is not normal for you.

There are known risk factors that could lead to the development of breast cancer including family history, gender (women at increased risk), age, and certain lifestyle risk factors. Research suggests that by acting on risk factors that are within our control, like maintaining a healthy weight, being active and limiting consumption of alcohol can help reduce the likelihood of an individual developing breast cancer.

In Cardiff there are useful resources that can help with supporting people to modify their lifestyle to reduce their risk of developing breast cancer, such as the [Move More](#),

[Eat Well](#) programme or the Public Health Wales webpages on [alcohol](#), which include a 'thinking about your drinking' quiz.

World Mental Health Day

World Mental Health Day, which took place on 10 October 2023, is all about raising awareness of the importance of mental health. It also provides an opportunity to encourage people to talk about mental health, consider how we need to look after it, and how important it is for those who are struggling to ask for help. This year's theme, set by the World Foundation of Mental Health, was 'Mental health is a universal human right'. To mark the day, Cardiff Central Library Hub hosted an event organised by CAVAMH. A variety of partners attended to promote their services across 19 stalls, including Cardiff Mind, Adferiad, the Mentor Ring, Diverse Cymru, Action in Caerau and Ely (ACE), Care'Diff, Independent Living Services and Age-Friendly Cardiff.

World Mental Health Day 2023 also promoted the 'Five Ways to Wellbeing' – five steps that individuals can take to improve their mental health and wellbeing:

- Connect – Talk to people if something is worrying or upsetting you and ask for help. This could be your friends, family or your local doctor.
- Take Notice – Focus on appreciation of the present moment.
- Keep Learning – Try something new.
- Give to others – Giving and acts of kindness can improve your wellbeing.
- Be active – Do things you enjoy.

TACKLING POVERTY & SUPPORTING YOUNG PEOPLE

Cost of Living & Winter Pressures Action Plan

The cost-of-living crisis continues to bite and, as I stressed in my last Council Statement in September, it is vitally important that support is in place for households throughout the city who may be struggling, especially through the winter months.

The Cost-of-Living Taskforce has been re-established, bringing together a range of internal departments and key stakeholders to work together to ensure a joined-up approach to supporting communities across the city.

Plans are now well in place to reopen our warm and welcome spaces in Hubs and libraries across the city, and a new 'Fuel Champion' has been appointed as part of the Money Advice Team who will act as an advocate for customers when dealing with utility companies.

A wide-ranging publicity campaign will soon be launched, which will include local newspapers, radio and social media. Cost-of-living information leaflets have been updated to contain the most up-to-date information on the support available to everyone. Teams across the service will be promoting the help available in a number of different engagement and outreach events across the city.

The Welfare Liaison team, which is now part of the Advice Service, along with the Money Advice Team, is now contacting those who received assistance through the Cost-of-Living Discretionary Fund last year, offering further support. Further details of current support can be found on the Money Advice Team website at: www.cardiffmoneyadvice.co.uk

Universal Credit Migration

With the imminent changes to Universal Credit in the coming weeks for a number of households in the city, the Advice Service have started preparing to assist those affected. Households who only claim Child and/or Working Tax Credits will need to make a new claim for Universal Credit and their claims for Child and/or Working Tax Credits will cease. The Department for Work and Pensions (DWP) will soon be writing to households who need to make a claim for Universal Credit to replace their tax credit claims; the Council's Money Advice Team will also be contacting those affected to offer support and advice before making the claim, to ensure future payments aren't affected. The team will shortly be launching a social media campaign and have provided briefings for all frontline Advice and Hub Staff to be able to support those affected. More information can be obtained by contacting the Money Advice Team by phoning: (029) 2087 1071 or by emailing: advicehub@cardiff.gov.uk

Fuel Bank Foundation

The Council's Advice Service has been recently approved as a Fuel Bank Foundation partner, which will allow the Money Advice and Welfare Liaison Teams to access emergency fuel vouchers for customers who are experiencing fuel poverty. As part of the team's comprehensive service available to customers, Advice Officers will carry out full financial assessments, including applying for Discretionary Assistance Fund Emergency Assistance Payments and other discretionary funding to ensure full income maximisation but will also assess the customer's entitlement to a fuel voucher. More information can be obtained by contacting the Money Advice Team by phoning: (029) 2087 1071 or by emailing: advicehub@cardiff.gov.uk

Youth Employment and Wellbeing Support

Bright Futures Summer Wellbeing programme concluded with some successful sessions focussed on mindfulness, team building and sporting activities. The team is currently planning the next six months of wellbeing and engagement sessions. Delivering group sessions has enhanced the confidence of looked after young people engaged on the Bright Futures programme.

12 young people completed their Bright Start pre-placement training this week, in anticipation of starting their three to six-month work placements across Cardiff. All young people successfully passed their training, including a Level 2 Food Safety in Training qualification. In addition to the 12 young people due to complete their placement, the team currently has 14 young people in placements at Cardiff Riding School, British Heart Foundation, Cardiff Dogs' Home, White Water Rafting, Cardiff Community Housing Association, Beauty Lounge, Big Moose, Ministry of Life, Wales Millennium Centre and Boulders Climbing Centre.

The Butetown Youth Development Project Mentors have continued to support their young people living in the southern arc of the city, to complete training and find employment. 17 young people have successfully completed their Level 2 Door Supervisor training, 22 gained an accredited first aid qualification, two achieved a food hygiene certificate, while 13 completed customer service training. Last month, 16 young people were helped into work across a variety of sectors, including call centre work, construction work, customer service roles and security work. One young person has even been supported to set up their own business and move into self-employment.

Adult Learners' Week

Adult Learners' Week, which takes place every year, aims to engage adults to step back into learning as a way of improving their health and wellbeing or to advance their career opportunities. Last month, the Adult Community Learning team was out and about promoting the learning opportunities that they can provide. A total of nineteen two-hour taster sessions were delivered during Adult Learners' Week, including some at Canton and Whitchurch Hubs. Learners took part in pottery, drawing, digital sessions, working with clay and sewing sessions to name but a few. 120 of the participants have gone on to sign up for ongoing courses with Adult Community Learning which is fantastic.

Childrens' Play

The Children's Play Service is in the throes of final planning and preparation for the Playday event that was sadly postponed in summer 2023. Thankfully, the event is now going ahead during the forthcoming school half-term holiday period on 2 November 2023 (1-4pm) in partnership with Cardiff Central Library Hub. The Children's Play Service and partners are taking over the library for the day over four floors to provide loose parts play, role play, sensory, arts & craft activities, and sing-alongs. The Fostering, Childcare Offer, Family Help & Support, and Money Advice teams will also be on hand to offer advice. The Children's Play Service is also supporting the 'Rights Fest' event, which is being held at Cardiff City Stadium on 27 October 2023.

Play Shacks Project

The Council currently supports the Play Shacks project, which offers local communities a range of safely stored but accessible loose parts play resources to offer a changeable play alternative. The Play Shacks project was originally derived from the All Wales Play Opportunities capital funding grant. The project is based on a partnership between Re-Create, Cardiff Children's Play Service and a local organisation/ community of interest. As part of the partnership, Re-create purchased several lockable metal containers which are then upcycled to be redesignated as Play Shacks. Re-create also fund the provision of loose parts equipment for Play Shack partners.

The Children's Play Service sources training for the Play Shack partners through Play Wales, so each organisation can access training to support the provision of loose parts play opportunities at a local level. The success of each project depends on the partner organisations opening the shacks and operating play sessions, with shacks being moved if they are no longer able to operate.

There are currently 16 Play Shacks across Cardiff, two of which are unused, and which are in the process of consideration for relocation. Children's Play Service is also working to obtain funding to purchase a new play shack and resources for the hostel at the Gasworks in Grangetown. This will be used in partnership with the Parenting team and Children's Play Service to offer play provision to children whilst they are in temporary accommodation.

Cardiff Youth Service – Locality Working Update

The start of the new academic term has been an action-packed time for Cardiff Youth Service. A fun-filled programme of activities and opportunities in our local Youth Activity Centres is providing young people the chance to develop new skills and abilities. There is also a range of support being offered within our schools and communities that support young people's engagement, safeguarding and wellbeing.

Each locality has developed youth activities and opportunities to engage with young people over the Halloween and Bonfire Night period, which this year will coincide with the school half-term holiday period. These include centre-based engagement at Youth Activity Centres which are providing open access provision, including Halloween discos, sporting events, hot food and games. There will also be a range of street-based activities interacting with young people to ensure they stay safe and engage in purposeful activities and opportunities. The Youth Service is also collaborating with South Wales Police and South Wales Fire & Rescue Service to promote safety campaigns and messaging over this period. A more detailed outline of activities and opportunities will be available on the Youth Service website and social media channels closer to Halloween and Bonfire Night.

A new Youth Work team has been recruited to Caerau and will provide activities and opportunities in various locations across the community consulting with young people to develop a programme that meets their needs. The team has started provision at the Heritage Centre providing hot food and developing plans to reach out to other venues in the coming weeks. Sports-based provision continues to be provided by the Youth Service at Western Leisure Centre with young people given the opportunity to engage in a range of sports including football, basketball and dodgeball, whilst also accessing youth work information, support and guidance sessions. The Council is also progressing ideas to utilise the facilities of Cardiff West Community High School to offer sessional youth work activity.

The Council has started to develop a youth work offer in Canton, Fairwater and Radyr, offering pop-up provision which seeks to develop relationships with young people. This will be essential in ensuring any new provision meets the needs of young people and can provide the safe spaces that young people require. I will provide further updates on this exciting programme of work as it develops.

Young people have been able to get involved in an into-construction project which has seen them engage in a range of construction skills that prepare them for the world of work. Young people have tried carpentry, painting & decorating, as well as undertaking health & safety and first aid sessions. Councillors Stubbs and Henshaw visited the project and young people, and were impressed with their dedication to the project and the standard on work carried out at the theatre in Eastmoors Youth Centre.

The Welsh & Bilingual Team (CFTi) is part of a trilateral partnership between Cardiff Youth Service, Menter Iaith and Urdd Gobaith, which has developed new Welsh language provision at Cardiff & Vale College on Wednesday evening and Gabalfa on Thursday evening. A Welsh language forum has also been developed to ensure that the voices of young people are central to provision development going forward.

Digital Youth Work

Young people have continued to engage with our innovative online Youth Club. This allows young people who are vulnerable or isolated the ability to still engage in a safe online space where a Youth Worker is on hand to offer support and develop their confidence. The Cardiff Youth Service digital team has also supported four young people to take part in a national augmented reality sport tournament called Hado, which took place in Bangor for Children in Need. The team won the first ever Welsh Hado championship and has taken the national first spot and could play in a live-streamed event for Children in Need at the BBC studios in Coventry next month.

Summer Transition Programme – Year 11

Some 3,874 young people left Year 11 this summer, with some requiring support to transition into post-16 destinations. Cardiff Youth Service has continued to support young people to identify opportunities in further education, work-based training placements and employment opportunities. This has been a truly collaborative project with events held in partnership with Into Work Services, Careers Wales and Cardiff & Vale College as well as a range of work-based learning programmes.

Councillors Julie Sangani & Peter Bradbury
Cabinet Members for Tackling Poverty, Equality & Public Health (Job Share)
20 October 2023