

COUNCIL: 18 JULY 2019

SOCIAL CARE, HEALTH & WELL-BEING STATEMENT

Reading Well – Dementia Books on Prescription

Grangetown Hub was the host this month of the launch of a really exciting collaboration between Welsh Libraries and Boots UK.

Boots have signed up to promote the *Reading Well Dementia* scheme at the 103 Boots stores and pharmacies in Wales. Boots will provide posters and leaflets describing how the Reading Well programme works, where to get help and information about the list of clinically selected books available in all Cardiff Hubs and Libraries. It's fantastic to see Boots so committed to helping customers and staff increase their awareness of Dementia. Boots staff will signpost people to the Hubs and Libraries resources available to support the wellbeing of our local communities.

The event, which was attended by the Director of Alzheimer's Society Wales and the Boots UK Head of Customer Experience, also included as part of the regular Dementia Café a reminiscence group session attended by residents of Ty Llandaff Care Home.

In a specially recorded video message that was played at the event, Heléna Herklots CBE, Older People's Commissioner for Wales, said: *"It's great to see how this scheme is developing and expanding so that more people can be helped through the power of books. The scheme will help people living with dementia, and their carers, to get information and advice about dementia and find out more about living well with dementia."*

Reading Well Dementia collections are available in all Hubs and Libraries across the city and are, of course, free for people living with Dementia and their carers to access.

Reading Well – Mental Health Books on Prescription

Central Library Hub hosted the launch of *Reading Well Mental Health Books on Prescription* on 26 June. The scheme was launched in Wales, following its success in England which has seen 931,000 people borrow over 2 million Reading Well books from public libraries. Given that one in four of us will face a mental health issue at some point in our lives, and there is scientific evidence that reading has proven power to help people manage their own mental health and wellbeing, *Reading Well Mental Health* will make available a life-changing programme in Wales; with many of the books available in Welsh for the first time thus enabling the scheme to reach even more people.

Free copies of the books will be available to members of the public to borrow from all 22 public library authorities in Wales, and free to access in all of Cardiff Hubs and Libraries. The books can be recommended by a health professional and borrowed free of charge, or customers can self-refer and borrow the titles as they would any other library book.

There are 37 books on the mental health list which have been selected by Health experts and people with lived experience of mental health issues. I am delighted that Cardiff citizens will have the opportunity to access bibliotherapy through the use of these self-help books written by expert clinicians.

Learning Disability Strategy – Promoting Independence and Improving Lives 2019-2024

I was pleased to attend the launch of the inaugural Learning Disability Strategy – Promoting Independence and Improving Lives 2019-2024, where Cardiff Council proudly joined with partner agencies, the Vale of Glamorgan Council and Cardiff and Vale University Health Board. The strategy outlines the commitment of all partners to work together alongside people with Learning Disabilities and their carers to co-produce solutions to their needs in a co-operative, combined and cohesive way. The event was well attended with a good mix of service providers, Third Sector organisations, people with Learning Disabilities and their families making up the 200-strong audience.

The event was opened by the outgoing Chair of Cardiff and Vale University Health Board, Maria Battle, who described the strategy as a ‘celebration of positive work’, emphasising a true commitment to a multi-agency approach that would ‘continue to do the brilliant work and improve upon it’. She also reiterated the shared belief of everyone in the room that ‘people are the most valuable resource’. Sitting at the heart of the strategy are 8 key principles that have all been developed, designed and described by people with Learning Disabilities themselves. As the event progressed, individuals with Learning Disabilities and their families took to the stage to relay their own highly individual experiences of service provision and use.

A number of service users and their families attended to speak to the group about their experiences working with a number of disciplines to achieve as much independence and fulfilment as possible. The value in the freedom to do the ordinary was emphasised by representatives from the Cardiff and Vale Day Opportunities and Support Planning team. They described their role as ‘supporting people to do have a good day by doing ordinary things in ordinary places’.

I joined with Councillor Ben Gray, Cabinet Member for Social Care and Health for the Vale of Glamorgan Council to close the event. We noted each partner’s commitment to providing services that ‘wrap around individuals’, and, more importantly, invited service users and their families to continue to bring forward ideas to keep providers ‘honest and on track’.

Care Inspectorate Wales Annual Letter 2018/19

Care Inspectorate Wales (CIW) in their *annual performance review letter* noted the senior management changes in Social Services over the last 12 months, and commented that the Council had used these changes as an opportunity to build on good practice and review areas for development across the directorate. CIW acknowledged the good level of corporate support for Social Services in Cardiff, and that the directorate has achieved a good understanding of its own strengths and areas of challenge in Adult Services.

In terms of strengths, CIW recognised the shift in the balance of care to early intervention within Adult Services that is enabling an early focus on well-being outcomes, and the involvement of people in the design and delivery of their care – an example being engagement with people with learning disabilities, and their families and carers, in service consultation and evaluation.

Areas of challenge include issues in relation to levels of assurance in terms of Deprivation of Liberty Safeguards, and difficulties facing the local authority in recruiting and retaining approved mental health practitioners.

CIW also acknowledged the positive impact of the “Get Me Home” scheme being piloted jointly with Cardiff & Vale University Health Board at University Hospital Wales (UHW), where local authority contact officers are working on hospital wards to help facilitate more timely discharge back into the community for people who do not require ongoing care and support.

Councillor Susan Elsmore
Cabinet Member for Social Care, Health & Well-being
12 July 2019