

FFYNONELLAU GWYBODAETH AM LES, CYMUNEDAU A GWEITHREDU DAN ARWEINIAD Y GYMUNED I FOD YN SAIL I STRATEGAETHAU IONAWR 2021

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CEFNDIR

Paratowyd y trosolwg hwn gan Dîm Gyda'n Gilydd Dros Newid mewn ymateb i gwestiynau a godwyd gan bartneriaid ynghylch ffynonellau data a gwybodaeth am les cymunedol cyn, ac yn arbennig yn ystod, y pandemig. Teimlid ei bod yn angenrheidiol, cyn ymgymryd ag arolygon pellach, cael rhyw syniad am yr ymchwil sydd wrthi'n cael ei chynnal eisoes neu wedi cael ei chwblhau gan gymunedau a chymdeithasau. Cydnabyddid hefyd nad ymchwil yw'r unig ffynhonnell wybodaeth a all fod yn ddefnyddiol mewn cynllunio strategol. Gall y wybodaeth sydd gan weithwyr proffesiynol a'r hyn y mae pobl yn ei brofi yn eu bywydau, sy'n cael eu rhannu mewn ffordd lai strwythuredig nag ymchwil, wneud cyfraniad pwysig. Felly, fe wnaethom fabwysiadu dehongliad eang o'r term gwybodaeth a'i ffynonellau.

Mae'r rhestrau a ganlyn felly'n cynnwys nid yn unig astudiaethau ymchwil a gynhaliwyd ar lefel leol a chenedlaethol (Cymru ac ar draws y Deyrnas Unedig) ond hefyd rwydweithiau lle y mae gwybodaeth o'r ail fath yn cael ei rhannu. Casglwyd y rhestr at ei gilydd yn ystod y cyfnod o fis Gorffennaf 2020 hyd fis Ionawr 2021. Rydym wedi cynnwys ffynonellau a ganfuwyd yn ystod y cyfnod hwnnw ac felly dylid ystyried y ddogfen hon fel ciplun mewn amser. Dylem hefyd bwysleisio nad ydym wedi adolygu cadernid y dulliau arolygu ond ein bod wedi bod mor gynhwysol â phosibl.

CRYNODEB O'R CANFYDDIADAU

FFYNONELLAU YN SIR BENFRO:

- Gan ymateb yn rhannol i amgylchiadau Pandemig COVID19, mae **rhwydweithiau cymunedol** wedi dod i fod a **ffynonellau canolog** gan gynnwys HWB Sir Benfro, Rhwydwaith Gwynwch Cymunedol, Rhwydwaith Cymorth Cymunedol Sir Benfro (PCSN) a Rhwydwaith Bwyd Cymunedol Sir Benfro, cyfeiriaduron a chronfeydd data, pecynnau cymorth ac adnoddau a dinasyddiaeth weithredol yn ffurf digwyddiadau a chyfarfodydd rhithwir. Mae prosiectau sirol yn gweithio gyda chymunedau i ddarparu cymorth i grwpiau sy'n dod i fodolaeth.
- Bu dau **gyfarfod ymgynghori Gyda'n Gilydd Dros Newid** yn edrych ar effeithiau Covid19 ar gymunedau a thynnwyd sylw at dair ffrwd waith yn ogystal â syniadau a chynigion i fynd i'r afael â'r heriau o'n blaenau: cyd-weledigaeth, yr angen am dystiolaeth gadarn a chefnogaeth ar gyfer gweithredu cymunedol.
- Edrychodd **Cyfarfod y PCSN – Dyfodol y Rhwydwaith** ar gynlluniau ar gyfer y dyfodol, rôl HWB Sir Benfro, a pha gymorth sydd ei angen i barhau. Pwysleisiai fod yr HWB yn adnodd defnyddiol, bod angen ymdrin â data mewn ffordd gyson a bod PCSN yn cael ei ystyried yn werthfawr. Soniwyd am gonsyrn ynghylch pryderon ar gynnydd, yn ogystal â'r angen am gymorth iechyd meddwl.

- Mae **adroddiadau** wedi tynnu sylw at y canlynol:
 - Cefnogaeth gymunedol yn ystod y pandemig; gwella lles economaidd, amgylcheddol, diwylliannol a chymdeithasol pobl a chymunedau yn Sir Benfro; mae cefnogaeth gymunedol wedi chwyddo a bu enghreifftiau o weithio mewn partneriaeth yn ogystal â chynlluniau i ddatblygu gweledigaeth ar y cyd o gwmpas adferiad, fydd yn gwneud y defnydd gorau o'r gweithredu dan arweiniad y gymuned sydd wedi dod i fod yn ystod y pandemig (**Adroddiad Blynyddol cyntaf Bwrdd Gwasanaethau Cyhoeddus 2019/20**);
 - Pwysigrwydd y canlynol: dinasyddiaeth weithredol a gweithio mewn partneriaeth yn ystod adferiad COVID19 i barhau i gefnogi unigolion a chymunedau; cynnwys pobl ifanc; cydweithredu rhanbarthol a'r angen i ganolbwyntio ar atebion cymdeithasol a gwyrdd i iechyd; systemau gwybodaeth digidol; ymgysylltu parhaus; a chysylltu pobl er mwyn cynyddu gwytnwch ac annibyniaeth (**Adroddiad Blynyddol cyntaf y BGC 2019/20**);
 - Mae ar gymunedau angen gweithredu yn y meysydd canlynol: annog yr ifanc i gymryd diddordeb a datblygu cyfathrebu gwell gyda chynghorau, mwy o leoedd cyfarfod canolog i wneud mwy o weithio ar y cyd yn bosibl a datblygu cymunedau, mwy o grwpiau cymunedol, gwella lleoedd allanol a chadw mynediad iddynt a'u cynnal a'u cadw; gan ganolbwyntio ar ymgysylltu â phobl ifanc a'u cynnwys yn y gwaith; mae pecyn cymorth ar gyfer cysylltu â phobl ifanc wedi cael ei ddatblygu ac mae mwy ar y gweill (**Prosiect CWBR**);
 - Effaith polisi'r Llywodraeth ar grwpiau cymunedol; yr heriau allweddol sy'n wynebu grwpiau cymunedol a'r hyn oedd ar bobl ei eisiau oddi wrth rwydwaith y sector cymunedol (Rhwydwaith y sector cymunedol **BCT a PLANED**);
 - Pwysigrwydd gwirfoddoli a'r anawsterau a ganfyddir wrth geisio denu gwirfoddolwyr; pobl hŷn a gwirfoddoli (Rhwydwaith y sector cymunedol **BCT a PLANED, Asesiad Iles CSP**);
 - Yr hyn y mae lles yn ei feddwl i drigolion Sir Benfro a sut yr hoffent iddo edrych yn y dyfodol; iechyd da, digon o arian ar gyfer hanfodion a pherthynas dda â phobl eraill (**Asesiad Iles CSP**);
 - Gwerth amgylchedd naturiol y sir a phryderon ynglŷn â mynediad a chysylltedd mewn ardaloedd gwledig (**Asesiad Iles CSP**);
 - Y gefnogaeth sydd ei hangen ar gyfer: pobl ifanc ynghylch iechyd meddwl, annibyniaeth, darparu sgiliau, amgylcheddau dysgu a gofal iechyd; y boblogaeth o oedolion ynghylch cyflogaeth, anghydraddoldebau, iechyd, teulu; pobl hŷn ynghylch mynediad at wasanaethau a'r gwasanaethau a ddarperir (**Asesiad Iles CSP**).

- Mae nifer fawr o **arolygon** wedi cael eu cynnal neu wrthi'n cael eu cynnal ar hyn o bryd ar **lefel y Sir** er mwyn:
 - Deall yn well beth yw anghenion cymunedau a gweithredu cymunedol, sydd wedi ei sefydlu neu'n dod i fodolaeth;
 - Canfod beth yw effaith Pandemig Covid19 ar sefydliadau'r trydydd sector a'r gwasanaethau a ddarperir;
 - Asesu mynediad cymunedau at fannau gwyrdd a phenderfynu sut i sefydlu cyfleoedd i gysylltu â natur;
 - Deall anghenion mynediad digidol gan gynnwys sut i wella darpariaeth y rhyngwyd yn y Sir;
 - Gweld beth yw'r angen am dyfu pethau yn gymunedol a chynhyrchu bwyd yn lleol;
 - Effaith Pandemig COVID19 ar les unigolion a chymunedau;

- Cynnwys y boblogaeth yn Ymgynghoriad yr Awdurdod Lleol ynghylch y Gyllideb;
 - Mesur barn y cyhoedd ynghylch blaenoriaethau plismona a chyllid;
 - Gweld faint o ddiddordeb sydd ymhlith y cyhoedd mewn cyfleoedd i wirfoddoli er mwyn gwella iechyd meddwl drwy gysylltu ag eraill ac â natur;
 - Cynnig cefnogaeth a chynghor wedi ei deilwra ar gyfer cymunedau;
 - Arwain a chefnogi'r gwaith o gyd-drefnu gwirfoddolwyr o fewn grwpiau cefnogi cymunedol newydd;
 - Darganfod beth yw anghenion cymunedau o ran asedau ffisegol, megis neuaddau lleol a chyfleusterau hamdden;
 - Deall gwaith a chyfraniad gwirfoddolwyr yn ystod y pandemig a ble mae angen cymorth;
 - Does dim arolygon i'w gweld wedi cael neu yn cael eu cynnal sy'n canolbwyntio ar bobl ifanc, unigrwydd (ceir canfyddiadau manwl yn adroddiad y **BGC**), colli gwaith.
- Dangosodd **canfyddiadau arolwg**:
- Yr angen am leiniau o dir yn lleol ar gyfer tyfu bwyd;
 - Cynnydd yn anghydraddoldebau iechyd, oedd eisoes yn endemig yn ein cymdeithas, gyda diogelwch bwyd yn fater allweddol;
 - Gwahaniad digidol yn y Sir lle nad oes gan rai cartrefi ond ychydig neu ddim mynediad digidol, neu fynediad gwael i fod ar-lein;
 - Ym mis Mai 2020 cynhyrchwyd adroddiad interim PCSN seiliedig ar 54 o atebwyr oedd yn aelodau o'r Rhwydwaith. Dangosai canlyniadau interim mai'r prif dasgau oedd yn cael eu cyflawni oedd siopa a nôl presgripsiynau; roedd y rhan fwyaf o wirfoddolwyr yn cyflawni llai na 5 awr o wirfoddoli yr wythnos ac yn fodlon ar hyn; dymunai rhai gwirfoddolwyr gael mwy o gyfleoedd a mwy o eglurder ynghylch rolau posibl;
 - Derbyniodd arolwg Asedau ac Anghenion Trefdraeth 160 o atebion, oedd yn amlinellu anghenion y trigolion a chyflogwyd Swyddog Cefnogi Ymgysylltu i weithio gyda'r canfyddiadau.

FFYNONELLAU YNG NGHYMRU:

- Mewn ymateb yn rhannol i amgylchiadau Pandemig COVID19, daeth prosiectau, rhwydweithiau, llwyfannau digidol i'r amlwg a chafodd cysylltiadau eu gwneud, megis rhwydwaith **Cysylltu Cymru** sy'n rhoi cyfleoedd i bobl ddod o hyd i ffyrdd i gefnogi eu cymunedau;
- Mae COVID19 wedi gweld cymunedau'n dod at ei gilydd yn ystod y cyfnod clo gydag agwedd gadarnhaol, yn ogystal ag ymddangosiad anghydraddoldebau, y mae Llywodraeth Cymru yn cael ei hannog i fynd i'r afael â hwy (**Ymgynghoriad Llywodraeth Cymru**).
- Edrychodd **Adroddiadau** ar:

- Sut i fynd i'r afael â thlodi gwledig yng Nghymru drwy ymatebion a arweinir gan y gymuned drwy edrych ar ddimensiynau materol a cymdeithasol-ddiwylliannol incwm isel mewn gwledig; mynd i'r afael â thlodi gwledig drwy fentrau a arweinir gan y gymuned; effeithiau llymder a Brexit ar leoedd gwledig (**Dyfodol Gwledig Cymru**);
 - Effaith y pandemig ar y canlynol: gofal cymdeithasol, o ran pwysau ychwanegol ac arloesedd (**Canolfan Polisi Cyhoeddus Cymru - WCPP**), unigrwydd ac arwahanrwydd cymdeithasol ac atebion posibl fel technoleg a phwysigrwydd mynediad cyfartal (**WCPP**); lles meddyliol a gofid seicolegol o'i gymharu â'r flwyddyn cyn COVID19, yn enwedig ymhlith pobl iau, merched a'r rhai o ardaloedd difreintiedig (**Byrddau Iechyd Prifysgolion Abertawe, Caerdydd a Chasnewydd**); lles cymdeithasol (a'r angen am gymorth i liniaru effeithiau'r cyfyngiadau) (**Ysgol Cymru ar gyfer Ymchwil i Ragnodi Cymdeithasol - WSSPR**); gofal cymdeithasol a darparu gofal cymdeithasol; gofal iechyd heb fod yn coronafeirws (**Olrheiniwr Hawliau Dynol**);
 - Mynediad at: ofal iechyd (**Olrheiniwr Hawliau Dynol**); cyfathrebu (rhoi gwybod i bobl am gymorth, llwyfannau ar-lein, y problemau cymdeithasol sydd yn y cyfnod clo megis problemau iechyd meddwl, cam-drin domestig, problemau ariannol, y sefyllfa'n effeithio ar rwydweithiau cymorth); (parhad) cyllid i gefnogi a chynnal gweithredu cymunedol (**BCT**);
 - Rhagnodi cymdeithasol (**WSSPR**) a barn ac anghenion y rhai sy'n ymwneud â gwasanaethau cymorth a gofal cymdeithasol; mae pobl yn gwerthfawrogi gweithredoedd syml o garedigrwydd, a pherthnasau dynol parchus, ond yn gwrthod systemau biwrocraidaidd rhy gymhleth (**Mesur y Mynydd**);
 - Darparu gwasanaethau gofal cymdeithasol a mynediad atynt, cyn ac yn ystod y pandemig (**WCPP, Olrheiniwr Hawliau Dynol**);
 - Ymatebion a chefnogaeth gymunedol yn ystod y pandemig: cynnydd mewn gwirfoddoli, gweithgareddau cymorth, ffyrdd newydd o weithio; cynnydd yn y cymorth ar gyfer anghenion sylfaenol (bwyd a meddyginiaeth), cymorth arafach ond wedi'i flaenoriaethu i fynd i'r afael ag unigrwydd, yn enwedig ar gyfer y cenedlaethau hŷn ac iau (**BCT**);
 - Anghydraddoldebau yn ystod y pandemig: ariannol, emosiynol, o ran mynediad at TG (i'r rhai sy'n hen iawn, y rhai ag anableddau, grwpiau lleiafrifoedd ethnig, y rhai sy'n byw yng nghefn gwlad Cymru a'r rhai na allant fforddio cyfrifiadur), yn y cymorth a ddarperid i grwpiau penodol fel y rhai sy'n gwarchod eu hunain, teuluoedd sy'n ynysu a chymunedau pobl dduon a lleiafrifoedd ethnig, mewn addysg (effaith bywyd cartref, cyfrifoldebau gofalu) (**BCT**);
 - Asedau cymunedol a'r rhan y gallant ei chwarae mewn cysylltiadau cymunedol cadarnhaol (**BCT**);
 - Canlyniadau buddsoddi mewn cymunedau; twf mewn gweithredu cymunedol (**BCT**);
 - Nod adroddiadau wythnosol **Iechyd Cyhoeddus Cymru** yw rhoi gwybodaeth ar gyfer ymateb Iechyd Cyhoeddus Cymru i COVID19 a llywio adferiad;
 - Mae **Canolfan Polisi Cyhoeddus Cymru** yn cynnal prosiect i gynyddu'r cysylltiadau rhwng y cyngor, iechyd y cyhoedd a'r byd academiaidd gyda'r nod o gysylltu cymunedau a meithrin cydberthnasau.
- Mae nifer fawr o **arolygon ar lefel genedlaethol** wedi cael eu cynnal neu wrthi'n cael eu cynnal ar hyn o bryd er mwyn:
- Asesu effeithiau COVID19 ar les ac iechyd meddwl y boblogaeth yng Nghymru yn rheolaidd;

- Deall yn well yr anghydraddoldebau sy'n bodoli ac sydd wedi cael eu gwneud yn waeth gan y pandemig, a phenderfynu beth yw anghenion a phryderon dinasyddion o ganlyniad;
 - Penderfynu sut y dylai Llywodraeth Cymru gefnogi adferiad ar ôl COVID19;
 - Nodi blaenoriaethau ymchwil ar gyfer gofal cymdeithasol a chymorth i bobl hŷn (**Ymchwil Iechyd a Gofal Cymru a Gofal Cymdeithasol Cymru**).
- Dangosodd **canfyddiadau arolygon** y canlynol:
 - Traul COVID19 ar iechyd meddwl yng Nghymru. Adroddai cyfranogwyr yr arolwg am drallod seicolegol oedd yn glinigol arwyddocaol, gydag oedolion iau, merched a phobl o ardaloedd difreintiedig yn dioddef fwyaf (**Arolwg Lles Cymru**);
 - Edrychodd **Ymgynghoriad Llywodraeth Cymru** ar y meysydd allweddol canlynol i gefnogi adferiad ac ailadeiladu ar ôl COVID19;
 - **Cymdeithas**; addysg, tai, cyflogaeth ac adeiladu cymunedol;
 - **Yr Economi**; cynigion i ddarparu gwell cymorth i fusnesau sy'n eiddo i bobl Cymru ac economi gylchol;
 - **Yr Amgylchedd**; ffocws ar yr argyfwng hinsawdd wrth 'ailadeiladu' ar ôl COVID19, gan ddatblygu economi werdd, ailwylltio tir, amaethyddiaeth a mannau gwyrdd, cynhyrchu bwyd yn lleol a dileu ansicrwydd bwyd, trafndiaeth werdd.
 - **Iechyd, Gofal Cymdeithasol a Lles**; ymateb yn canolbwyntio ar wella ansawdd y ddarpariaeth gofal yng Nghymru, lles ac anghydraddoldebau iechyd;
 - **Ymgysylltu gwleidyddol**; cynyddu cyfleoedd i ddinasyddion fod yn rhan o'r broses o wneud penderfyniadau, dymuniad i wahaniaethu Cymru oddi wrth San Steffan, cyflawni Deddf Llesiant Cenedlaethau'r Dyfodol;
 - **Technoleg ddigidol**; anghydraddoldebau digidol, potensial i dechnoleg ddigidol wella cynhyrchiant;
 - **Anghydraddoldebau**; anghydraddoldebau oedran, hil a rhyw yn y meysydd canlynol: technoleg ddigidol, cyflog, iechyd a grwpiau lleiafrifol. Mae COVID19 yn cael effaith wahaniaethol ar rai grwpiau: yr henoed, BAME, merched a genethod, y rhai ag anabledau;
 - **Dyfodol gwaith**; gweithio gartref yn gwella cynhyrchiant a chydbwysedd rhwng bywyd a gwaith, problemau yn ymwneud ag amgylchedd gwaith diogel, mynediad at dechnoleg ddigidol, cyfleoedd cyflogaeth, seilwaith Cymru i gael ei addasu mewn ymateb i'r pandemig.

FFYNONELLAU AR LEFEL Y DEYRNAS UNEDIG:

- Yn rhannol mewn ymateb i amgylchiadau Pandemig COVID19, cafwyd prosiectau ymchwil yn dod i'r amlwg sy'n ymchwilio i'r canlynol: profiadau rhieni a gofalywr ar incwm isel yn ystod y pandemig (**Realiti Covid**); effeithiau llesol byd natur ar iechyd meddwl (**Gov.uk**); ymatebion cymunedol ar adegau o argyfwng (**Ymddiriedolaeth Leol**).
- Tynnodd **adroddiadau** sylw at y canlynol:

- Ymateb cymunedol cyflym a chadarn i COVID19 a'r ffordd y mae grwpiau wedi ysgogi a threfnu cefnogaeth, o iechyd meddwl i ddarpariaeth bwyd (**Ymddiriedolaeth Leol**);
 - Yr anghydraddoldebau sydd wedi dod i'r amlwg yn ystod y pandemig;
 - Bu'r effaith yn waeth ar blant tlawd nag ar eu cyfoedion mwy cyfoethog, bu llawer llai o darfu ar waith enillwyr mawr a graddedigion nag ar rai sy'n ennill cyflogau llai ac wedi cael llai o addysg, mae pobl dlawd a lleiafrifoedd ethnig wedi dioddef mwy drwy'r argyfwng iechyd, mae'r ifanc wedi gwneud yn waeth yn economaidd na phobl canol oed, mae hen bobl wedi cael eu hamddiffyn i raddau helaeth rhag y sioc economaidd (**Adolygiad IFS Deaton**);
 - Gwersi a ddysgwyd o'r cyfnod clo: Dydym ni i gyd ddim i mewn yn hyn gyda'n gilydd o ran ein cartrefi; mae cau ysgolion yn cael effaith galed ar blant, yn y tymor byr a'r tymor hir hefyd; yn aml, mae'n rhaid i deuluoedd incwm isel wario mwy yn ystod cyfnod clo; mae mamau'n talu pris arbennig o uchel am gau ysgolion; mae llawer o deuluoedd yn mynd i mewn i'r cyfnod clo hwn gyda llai o gronfeydd wrth gefn (**Resolution Foundation**);
 - Cafwyd cyfraddau uwch o farwolaethau o COVID19 wrth edrych ar gyflyrau iechyd blaenorol, amddifadedd ardal breswyl, rhanbarth, amodau byw, cyflogaeth, ethnigrwydd, grŵp crefyddol (**Adolygiad Marmot**);
 - Ffyrdd o leihau anghydraddoldebau yn y blynyddoedd cynnar, mewn addysg; adeiladu'n ôl yn decach i blant a phobl ifanc; creu cyflogaeth deg a gwaith da i bawb; sicrhau safon byw iach i bawb; creu a datblygu iechyd a lleoedd a chymunedau cynaliadwy; cryfhau rôl ac effaith atal afiechyd (**Adolygiad Marmot**).
- Mae nifer fawr o **arolygon** wedi cael eu cynnal **ar lefel y DU** neu ar y gweill ar hyn o bryd i wneud y canlynol:
- Galluogi ymchwil reolaidd i ganlyniadau economaidd-gymdeithasol a chanlyniadau o ran iechyd y pandemig ac asesu effaith COVID19 ar unigolion, teuluoedd a chymunedau a'u lles yn y DU. (**Deall Cymdeithas Covid19**) [Mae data o gyfweiliadau blynyddol *Deall Cymdeithas*, a gasglwyd yn 2019, bellach wedi cael eu cynnwys yn nata COVID19, gan alluogi ymchwilwyr i gymharu atebion cynharach ac archwilio effaith tymor hir COVID19];
 - Asesu'n wythnosol effaith gymdeithasol COVID19 ar y canlynol: pobl, teuluoedd a chymunedau ym Mhrydain, gan gynnwys eu lles personol (**Barn a Ffordd o Fyw y Swyddfa Ystadegau Gwladol**);
 - Gweld beth yw effeithiau'r pandemig ar gartrefi, cymuned, iechyd a gwaith pobl yn Lloegr 50-70 oed (**Canolfan Heneiddio'n Well**);
 - Penderfynu ar y newidiadau y mae angen eu gwneud er mwyn gallu 'byw yn y lle yr ydym yn ei alw'n gartref gyda'r bobl a'r pethau yr ydym ni'n eu caru, mewn cymunedau lle rydym ni'n gofalu am ein gilydd, gan wneud y pethau sy'n bwysig i ni' (**Social Care Future**).
- Mae **canfyddiadau'r arolwg** wedi dangos:
- Effaith COVID19 ar gyflyrau iechyd hirdymor pobl, unigrwydd, diogelwch ariannol, iechyd meddwl, bodlonrwydd bywyd, cydlyniant cymdogaethau (**Deall Cymdeithas**, Ton 6, 29 Ionawr 2021);

- Sgorau lles personol am fodlonrwydd bywyd: teimlo bod y pethau a wneir mewn bywyd yn werth chweil ynghyd â hapusrwydd yn parhau ar rai o'r lefelau isaf a gofnodwyd ers mis Mawrth 2020; roedd sgôr pryder yn parhau'n debyg yr wythnos hon i'r wythnos ddiwethaf, ar ôl gostwng ychydig o'i gymharu â dechrau mis Ionawr 2021 (**Barn a Ffordd o Fyw y Swyddfa Ystadegau Gwladol**);
- Mae'r cyfnod clo wedi gweld iechyd pobl 50-70 oed yn dirywio gyda mwy o ymddygiadau afiach, ofnau y bydd amgylchiadau ariannol yn gwaethygu yn y flwyddyn i ddod, ond mae llawer yn gwerthfawrogi'r amser a dreuliodd gyda'r teulu, yn helpu cymunedau, gwell cydbwysedd rhwng bywyd a gwaith a chyfle i fyfrio ar yrfaedd a'r dyfodol (**Canolfan Heneiddio'n Well**).

GLOSSARY

BCT – Building Communities Trust

CWBR – Community Wellbeing and Resilience Project (PLANED)

IFS– Institute for Fiscal Studies

PAVS – Pembrokeshire Association of Voluntary Services

PCC – Pembrokeshire County Council

PCC Hub – Pembrokeshire County Council Hub

PCNPA – Pembrokeshire Coast National Park Authority

PCSN – Pembrokeshire Community Support Network

PRIME Centre Wales – Wales Centre for Primary and Emergency Care Research

PSB – Public Services Board

RCE Cymru – Regional Centre of Expertise Wales

TSPC – Third Sector Partnership Council

WCPP – Wales Centre for Public Policy

WCVA - Wales Council for Voluntary Action

WSSPR - Wales School for Social Prescribing Research

A SOURCES OF KNOWLEDGE IN THE COUNTY OF PEMBROKESHIRE

COUNTY LEVEL: SURVEYS				
DATE/STATUS	TITLE	SOURCE (ATTENDEES/COMMUNITY/AR EA)	TYPE OF SOURCE	SUMMARY

Data collection	Pembrokeshire Coast National Park Authority Experiences for All survey	Pembrokeshire residents and visitors	Online survey in 2 formats, standard and easy read. Welsh and English versions available. Views can also be provided by telephone	Project aims to make sure everyone can access and benefit from National Park. Asks for information to help identify opportunities to improve access to PCNPA for under-represented groups. https://www.pembrokeshirecoast.wales/get-involved/public-consultations/experiences-for-all/ 01646 624800
Data collection	Paul Davies Covid-19 Survey	Residents of Pembrokeshire	Online/postal survey to Paul Davies MS	To share views on the pandemic https://www.paul-davies.org.uk/covid-19-survey
Data collection	Pembrokeshire Coast National Park Authority and Mind Pembrokeshire Roots to Recovery Project survey	Residents of Pembrokeshire	Online survey. Anonymous, giving contact details is optional. Multiple choice and open questions	Survey to inform project that will provide supported volunteering opportunities for people to improve their mental health by connecting with others and doing something to help local natural and green spaces. This 'people-led' project needs views on what it should do and how it should work https://www.pembrokeshirecoast.wales/get-involved/public-consultations/roots-to-recovery-consultation/ https://www.surveymonkey.com/r/MG2K66D
Data collection	PCC Pembrokeshire Broadband Survey	Pembrokeshire residents and businesses	Online survey	Opinions on current broadband provision and ways to help improve internet service. Community working group will review proposals and work with suppliers to agree a gigabit capable internet supplier for project area https://www.pembrokeshire.gov.uk/broadband-survey
Data collection	PCC Budget Consultation 2021-22 Council Budget Survey	Residents of Pembrokeshire	Online survey, hard copy response form is available to print	Responses will be compiled into report and to inform an integrated impact assessment. These documents will be made available to Council for consideration in its final decision making. https://haveyoursay.pembrokeshire.gov.uk/budget-consultation-2021-22 Completed hard copies; Email: surveys@pembrokeshire.gov.uk Post: Pembrokeshire County Council, County Hall, Haverfordwest, SA61 1TP

Data collection	CWBR Summary Survey January 2021	Communities across Pembrokeshire	Online survey	To support communities by identifying type of support and advice to create a support package that responds to needs of community https://docs.google.com/forms/d/e/1FAIpQLSejSYeuyT66GkxbhMsaK3UUpEZf3Q4UB-A7CFEw7rXtA4mA4Q/viewform?fbclid=IwAR1eal6KzVcxllqzwVqYsiE-1OI9qgbVNhkapegzbJa78vq5zqHBZXIYTAQ
Data collection	PAVS Community Support Group survey	New community support groups in Pembrokeshire	Online survey	To collate information about newly developed Community Support Groups in Pembrokeshire to offer support, information and guidance on good practice and safeguarding when coordinating volunteers in response to COVID-19 https://www.surveymonkey.co.uk/r/7PSFLLR For enquiries contact Nia George email PCSN@pavs.org.uk
Data collection	PAVS Covid-19 third sector support survey	Voluntary groups and organisations in Pembrokeshire	Online survey	To determine how Covid is affecting services and to identify the needs of groups and organisations to provide tailored support https://www.surveymonkey.co.uk/r/D9BNJGL Check website and Facebook page for up to date information http://www.pavs.org.uk https://www.facebook.com/pavs.pembs Email for support: enquiries@pavs.org.uk
Data collection	CWBR/Carnegie Trust	Residents of South Pembs	Survey	CWBR working with Carnegie Trust to share and collect data for national study looking at effect of covid-19 upon communities. Work ongoing.
Data collection	Helping Halls Community Survey	Residents of North East Pembs	Survey	Postal and online survey to establish community needs for local halls Contact Julie Payne for more info helpinghalls@outlook.com
Closed 03/01 2021 Analysis and draft reporting	Public consultation on policing priorities and police funding 2021/22	General public, residents and business owners	Online survey	Dafydd Llywelyn Police and Crime Commissioner for the Dyfed-Powys. Survey results analysed and will be reported back to Commissioner Welsh: https://www.surveymonkey.com/r/9HRHLM6 English: https://www.surveymonkey.com/r/9H2Y3DB
29/10/20	Ffynnone Community Resilience Skills and Assets Survey North East Pembs	Community members, all ages	Online survey; weekly	Weekly survey to understand community members' views and assess community needs. For access, contact Jo Brookman Lloyd at jo_brookman@hotmail.com 07595 192933

				https://www.surveymonkey.co.uk/r/ffynnone https://connectpembrokeshire.org.uk/activity/ffynnone-community-resilience-skills-and-assets-survey
18/09/20 Analysis and draft reporting	Haverfordwest Town Council Community Garden survey	For those interested in community gardening, growing own food and getting outdoors	Online survey	Survey to support grant applications for the scheme Survey put together by Chris Evans and Stella Hooper https://www.surveymonkey.co.uk/r/QT7FHG9?fbclid=IwAR3PseeBrY9CQ0HMvnyC7NEzMR5NmofYYBUhZKS6zZXbYYZ3hkFv4hFwIEU
17/08/20 Complete	Community growing spaces: food resilience for North East Pembrokeshire	Residents of North East Pems	Online survey	Love Food survey demonstrated a large local need for areas of land on which to grow food. https://www.rhwydwaithcommunityresilience.co.uk/pembrokeshire-plots
05/20 Analysis and draft reporting	PCC Pembrokeshire Leisure Survey	Residents of Pembrokeshire	Online survey, now closed	To contribute to exit strategy, how people feel about the service and what can be done to help members upon return https://www.pembrokeshire.gov.uk/have-your-say/pembrokeshire-leisure-survey
05/20 Analysis and draft reporting	Milford Haven Town Council Community Wellbeing Survey (CWBR)	Residents of Milford Haven	Survey, online, phone	Community wellbeing survey for residents. Milford Haven Wellbeing Assessment currently in draft. https://www.planed.org.uk/projects/community-well-being-resilience-project-pembrokeshire/
27/4/20 Data collection	PCSN Community Volunteer survey	Community groups and representatives of communities volunteering during the Covid-19 pandemic	Online survey	Interim report produced May 2020. 54 respondents. Results show volunteer hours, tasks undertaken, levels of content with voluntary work, support needed. https://www.surveymonkey.com/r/S3QD5YM
2018 Complete	Newport Assets and Needs Survey	Residents of Newport	Paper survey	160 responses, outlining needs. Engagement Support Officer employed to work with findings, funded by Enhancing Pembrokeshire Grant. Contact Rose Seymour Engagement Support Officer Newport rose.pavs@gmail.com

COUNTY LEVEL: NETWORKS

START DATE	TITLE	SOURCE (ATTENDEES/COMMUNITY/AREA)	TYPE OF SOURCE	SUMMARY
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05/2020	Community Resilience Network	Residents of Pembrokeshire	Network	Aims to support self-reliant communities, link local businesses, government and community https://www.rhwydwaithcommunityresilience.co.uk/
03/20	PCSN	Network of members: community groups and representatives of communities volunteering during the Covid-19 pandemic both existing and emergent, constituted and un-constituted	Network of members	97 community groups registered since March. PAVS provide secretariat. Weekly meetings providing mutual support, guidance and advice during Covid-19. Facebook group of approx 130 members: community support network
23/4/2020	Pembrokeshire Community Food Network	Open to anyone	Network of members	Facebook group approximately 150 members to address food production, a reliable income for farmers and a re-localisation of food production Platform to collaborate, share information, resources, coordinate efforts https://www.facebook.com/groups/862564817573400

COUNTY LEVEL: REPORTS

DATE/STATUS	TITLE	SOURCE (ATTENDEES/COMMUNITY/AREA)	TYPE OF SOURCE	SUMMARY
2019/2020 Complete	Pembrokeshire's first Annual Report (wellbeing)	PCC	Report	PSB partners meeting 'well-being duty' to improve economic, environmental, cultural and social well-being <ul style="list-style-type: none"> • Involving young people • Working with Ceredigion, Carmarthenshire and Powys • Building on community-led action in Pembrokeshire during crisis • Working on: social and green solutions for health, digital information systems, continuous engagement, connecting people, providing support to increase resilience and independence https://www.pembrokeshire.gov.uk/public-services-board/annual-reports

12/7/20 Report in draft	Ffynnone Community Resilience Meeting North Pembs	Community members, local councillors, speakers from Pembrokeshire representing third sector organisations, NFU, FUW, horticulture and farming	Meeting; report to be drafted	Identify need for resilience, actions needed to achieve this. Approx. 70 attendees. Five themed areas emerged for working groups: <ul style="list-style-type: none"> • Cooperation • Local food • Political action • Housing, energy and transport • Arts and culture https://www.facebook.com/events/d41d8cd9/ffynnone-community-resilience-online-meeting/918955491952738/ contact Jim Bowen: 07980 290 522 or resiliencenorthpembs@gmail.com
9/7/20 Report in draft	Pembs Community Food Network Webinar	Public, third sector organisations, producers, local Councillors	Webinar; report to be drafted	Food security webinar, report due https://www.facebook.com/events/s/pembs-community-food-network-w/323479455315264/
30/6/20 Complete	Together for Change Meeting – The Future of Community Led Action in Pembrokeshire	Representatives of communities and community led organisations, intermediary organisations	Meeting with presentations; discussions; report	28 attendees. Report outlines outcomes; three clear work streams identified: <ul style="list-style-type: none"> • Further knowledge needed to inform the way forward • Developing a joint vision and framework for a social model of wellbeing • Actions to support community led groups https://www.tfcembrokeshire.org/resources/
18/6/20 Complete	Together for Change Meeting – The Future of Community Led Action in Pembrokeshire	Representatives of third sector support and public sector organisations	Meeting; report	39 attendees. Report outlines outcomes; three clear work streams identified: see above. https://www.tfcembrokeshire.org/resources/
06/20 Complete	CWBR Llanrhian community council	Residents of Llanrhian	Report	<ul style="list-style-type: none"> • Imperative to create a central meeting place where residents can share ideas and celebrate their community • Park and pavilion is in need of refurbishment and a relaunch • Young people want a louder voice • Must look at ways to encourage wider use of outdoor space • Idea for renovation project is popular

				https://www.planed.org.uk/wp-content/uploads/2020/08/Llanrhian-Community-Council-6.pdf
2019 Complete	CWBR Clarbeston Road and Wiston	Residents of Clarbeston Road and Wiston	Report	<ul style="list-style-type: none"> • People want to run community events and clubs, visiting older residents, improve transport, litter picking, build community facilities • Students could benefit from stronger connection with the community council. Youth Voices Matter #justsaying • Creating a play park and ways to protect the environment could be explored • https://www.planed.org.uk/wp-content/uploads/2020/01/Clarbeston-Rd-and-Wiston-report.pdf
2019 Complete	CWBR Haverfordwest	Residents of Haverfordwest	Report	<ul style="list-style-type: none"> • Community groups and organisations to work more collaboratively • Working partnership with PCC essential for positive development • Communication been an issue for HTC and the town, e.g public not aware what HTC do, available spaces to use and events • Link set up: HTC + Pembs Youth Service • Arts, history, castle and river are valued • Green suggestions made and prioritised by many • - Improved public transport, safety at night and housing is priority https://www.planed.org.uk/wp-content/uploads/2020/08/Final-Hwest-report.pdf
10/19 Complete	CWBR Scloddau and Trecwn	Residents of Scloddau and Trecwn	Report	<p>Incl. a community survey from April 2019</p> <ul style="list-style-type: none"> • Imperative to locate a central meeting place to share ideas and celebrate heritage and landscape • Showcasing existing assets may help active participation • Vision and Action Plan will increase community cohesion and identify priorities • Involving everyone in fundraising for community improvements • Scloddau CC focus on communicating roles and duties with community

				https://www.planed.org.uk/wp-content/uploads/2020/01/Scleddau-Trecwn-CWBR-Report-October-2019.pdf
02/19 Complete	TSPC BCT PLANED community sector network workshop		Report	BCT and PLANED held series of meetings around Wales establishing Community Sector Network. Workshop discussions; the impact of Government policy on community groups; the key challenges facing community groups and what people wanted from the network. http://www.bct.wales/uploads/resources/2019-03-27-22-1-communitysectorworkshopsreport.pdf
08-11 2018 Complete	CWBR Hook	Residents of Hook	Report	<ul style="list-style-type: none"> • Lots of community activities going on • Lots of skills possessed by the community that could be used to support and drive project initiatives • The River is very important to the community and access to it would greatly improve community well-being • Community project ideas focus on creation of improving access to exercise, play areas and caring for local environment https://www.planed.org.uk/wp-content/uploads/2020/01/Hook-report-2018.pdf
03/04/17 Complete	PCC wellbeing assessment	People of Pembrokeshire	Report	Sets out what is important to people and communities in Pembrokeshire in terms of well-being Survey highlights 3 key areas: good health, enough money for essentials, good relationships https://www.pembrokeshire.gov.uk/public-services-board/well-being-assessment
COUNTY LEVEL: OTHER				
DATE/STATUS	TITLE	SOURCE (ATTENDEES/COMMUNITY/AREA)	TYPE OF SOURCE	SUMMARY
28 /01/21	Speed Network Meeting - Community Connectors Pembrokeshire	3rd sector organisations and partner organisations in health and local authority	Monthly online meeting	To discuss change in service provision due to COVID guidelines. To share project updates To register:

				https://us02web.zoom.us/meeting/register/tZAqc-gtpzMoGNauZgOrmRTyCGmhRPDkd-e3
Active	St Davids and Solva Food Pod	Open for anyone to join. Operates from St Davids to a 10 - mile radius	Facebook Community page and group	Set up to provide food support during the covid19 crisis. Approx 34 people following the page. Approx 470 members in group Group: https://www.facebook.com/groups/247882982931288 Page: https://www.facebook.com/St-Davids-and-Solva-Food-Pod-100607998405901/ Anyone in need of food support should contact Louise Tarbuck via Facebook message. Confidential service.
Active	Connect Pembrokeshire Community Listing	Timebank database, online platform for sharing skills, requests and information, for managing small teams, community listings and running campaigns	Website; database	For communities to connect and support each other during the COVID pandemic https://connectpembrokeshire.org.uk/
Active	Catalysts for Care - social enterprise programme	Planed, PAVS and PCC	Directory	<ul style="list-style-type: none"> List of small, independent care and support services run by locals on small scale Provides more choice to find a personal, local care or support service https://www.planed.org.uk/wp-content/uploads/2020/12/The-directory-15.12.20-2.pdf
12/20 Active	CWBR Wellbeing Plan Toolkit	For communities in Pembrokeshire	Toolkit	Enabling communities to create wellbeing plan using 7 wellbeing goals https://cwbrproject.planed.org.uk/?p=135
03/20 Active	PCC Hub	Central resource used to signpost information, support and resources – Two directories: Directory of County/National Support Directory of Community Support	Data sets of contacts, geography, activity	Community information resource operating during Covid-19. Available to all residents of Pems. https://www.pembrokeshire.gov.uk/coronavirus-covid-19-community-information/community-hub
16/7/20	PCSN – Future of Network Meeting	Community Connectors (PAVS), Members of PCSN, other	Meeting; meeting notes	36 attendees. Meeting to establish future plans, role of PCC HUB, support needed to continue. Key points: HUB useful resource,

		intermediary organisation representatives		consistent handling of data needed, concerns around rising anxieties, need for supporting mental health, PCSN valuable.
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B KNOWLEDGE AT NATIONAL LEVEL (WALES AND UK WIDE)

NATIONAL LEVEL: SURVEYS				
DATE/STATUS	TITLE	SOURCE (ATTENDEES/COMMUNITY/AREA)	TYPE OF SOURCE	SUMMARY
Data collection	Understanding Society Covid-19 survey	Participants from the main Understanding Society sample	Online survey, telephone option available sometimes. Briefing notes available on webpage	<ul style="list-style-type: none"> • Allows researchers to explore how pandemic is impacting individuals, families and communities across the UK • From April 2020 participants asked to complete a short web-survey • The COVID-19 survey has the core modules: Household composition; Coronavirus illness; Long-term health conditions management; GHQ; Loneliness; Employment • Participants complete one survey a month, includes core content designed to track changes, alongside variable content adapted each month as the coronavirus situation develops. • Telephone version of questionnaire in some of the months. • Data from the COVID-19 questionnaire will be made available to researchers each month via the UK Data Service. • Data included in briefing notes can be accessed on the webpage https://www.understandingsociety.ac.uk/topic/covid-19

Data collection	Social Care Future What would a better Social Care Future look like for you?	For people who receive social care, care for a loved one, don't qualify for support, work in social care or are someone who cares about this	Anonymous online survey, easy read version available, other methods of providing opinions include attending a Zoom session, telephone call or can email another method of communication	Have your say - What would a better Social Care future look like for you? (limeask.com) Easier read version: https://puttingpeoplefirst.limeask.com/178841 Zoom sessions: 22 Jan 2:30pm, 28 Jan 6pm, 30th Jan 2:30pm Call Wendy on 0121 474 5900 Email: inquirysocialcarefuture@gmail.com (Information provided via email from Gaynor Cockayne gaynor.cockayne@in-control.org.uk)
Data collection	Coronavirus and the social impacts on Great Britain	Citizens of Great Britain	ONS Opinions and Lifestyle Survey Indicators Online self-completion survey or over the phone Updated weekly	Impact of COVID-19 on people, households and communities in Great Britain https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandwellbeing/bulletins/coronavirusandthesocialimpactsongreatbritain/15january2021
11/20 initial consultation. Data collection	Wales Wellbeing Survey	Citizens of Wales 12,989 survey participants were recruited via social media and publicity and with support from large organisations across Wales	Online survey, bilingual, reopening to collect more data from participants to examine how crisis continues to impact daily life, what particular factors act as stressors and further analysis of how age affected responses and experiences.	<ul style="list-style-type: none"> • 7 Health Boards examined impact of coronavirus on emotional well-being and mental health of Welsh population • Survey in 06/20 and 07/20: about half of 13,000 participants reported clinically significant psychological distress, about 20% suffering severe effects • Survey to reopen to examine how ongoing COVID-19 crisis continues to impact daily life, what particular factors act as stressors and further analysis of how age affected responses and experiences • study led by Cardiff University's Professor Robert Snowden and Swansea University's Professor Nicola Gray (paper linked below in Reports section) https://www.cardiff.ac.uk/news/view/2476309-new-survey-reveals-toll-of-covid-19-on-mental-health-in-wales

09/20 Complete	Welsh Government Consultation	Citizens of Wales	Survey; report	<ul style="list-style-type: none"> • How WG should support post covid-19 recovery and reconstruction • Society; Economy; Environment; Health, Social Care, and Well-being; Political engagement; and Digital technology • Two cross-cutting issues: inequalities and the future of work • Lockdown saw communities supporting each other without need for government intervention • Need: build on positive community initiatives, better train and pay those that care for sick and vulnerable, initiatives promoting well-being • Concerns: unequal healthcare provision in rural Wales vs urban https://gov.wales/sites/default/files/publications/2020-10/annex.pdf
07/20 Complete	Health and Care Research Wales and Social Care Wales How can we best provide sustainable care and support to help older people live happier and more fulfilling lives?	<p>Citizens of Wales aged 65+ who have received care or support, and professionals, volunteers and family members who provide that care</p> <p>Social care practitioners delivering social care and support services to people in Wales aged 65 or over</p>	Online survey, also accepted submissions from group discussions of survey questions, easy read option available and a downloadable Word version to email	<p>To identify research priorities for the social care and support of people aged 65 and over. Aims to develop social care research agenda that will enable older people in Wales to live happier and more fulfilling lives.</p> <p>Email: healthandcareresearch@wales.nhs.uk</p>
07/20 Complete	Centre for Ageing Better: The experience of people approaching later life in lockdown: The impact of Covid-19 on 50-70 year olds in England	<p>Literature review exploring latest evidence in relation to four policy areas of interest.</p> <p>1,000 participants did an online survey on life in lockdown, and their thoughts on future. 19 purposively selected participants designed to reflect a range of different experiences</p>	Online survey for 50-70 year olds in England; report	<p>1 in 5 saying physical health has worsened since lockdown. Over half have had medical or dental appointment cancelled. 32% drinking more, and 36% smoking more. Almost half of people in 50s and 60s expect finances to worsen in year ahead. 68% of workless not confident that that will be employed in future. 30% volunteering informally. Nearly half in work would consider changing working pattern in future, a quarter would consider career change</p> <p>https://www.ageing-better.org.uk/publications/experience-people-approaching-later-life-lockdown-impact-covid-19-50-70-year-olds</p>

NATIONAL LEVEL: REPORTS

DATE/STATUS	TITLE	SOURCE (ATTENDEES/COMMUNITY/AREA)	TYPE OF SOURCE	SUMMARY
Current	Public Health Wales – International Horizon Scanning and Learning to Inform Wales’ COVID-19 Public Health Response and Recovery	COVID-19 international evidence, experience, measures, transition and recovery approaches, to understand and explore solutions for addressing on-going and emerging health, wellbeing, social and economic impacts (potential harms and benefits).	Weekly reports	High-level summary of emerging evidence from country experience and epidemiology
Current	WCPP connecting communities, building relationships	Citizens of Wales	Active Project	<ul style="list-style-type: none"> • Four-month National Institute for Health Research funded project to increase links between council, public health, and academia. • Between November 2020-January 2021, project involves three structured workshops and an online survey with staff in children’s services at the council https://www.wcpp.org.uk/project/connecting-communities-building-relationships/
5/01/21	IFS Deaton Review of Inequalities: A New Year’s Message	UK population	Review	<ul style="list-style-type: none"> • COVID crisis exacerbated inequalities between high- and low-paid and between graduates and non-graduates. • Hit self-employed and others in insecure and non-traditional forms of employment hard • Educational inequalities almost certainly exacerbated by crisis • March - July, mortality rates from COVID-19 were twice as high in the most deprived areas as in the least deprived • Very different impacts on different ethnic groups. • Through 2020, pensioners financially better off, young borne brunt of job and income loss https://www.ifs.org.uk/inequality/the-ifs-deaton-review-of-inequalities-a-new-years-message/
01/21 Complete	Resolution Foundation Lockdown Lessons: What 2020 has to teach us about	UK population	Report	Looks at experience of first lockdown, and what it can teach us about what is to come.

	the difficult weeks ahead			<ul style="list-style-type: none"> • Many children are learning and exercising in less than ideal conditions, spending increased more for lower income families with children during lockdown than other types of households • Women were almost twice as likely to cut hours of work to care for children than men when schools were closed • Those with the lowest savings were most likely to draw down on their reserves for everyday costs during the pandemic <p>https://www.resolutionfoundation.org/publications/lockdown-lessons/</p>
2020	Measuring the Mountain: experiences of care and support services and being an unpaid carer in Wales	Stories gathered from people who are unpaid carers and people who use care and support services	Final Report	<ul style="list-style-type: none"> ➤ People value human relationships and treating each other well, straightforward processes, offers of information and support and minimal administrative burden. Worst experiences described confusing and complex systems ➤ Implementing approaches that restore, embed and nurture humanity <p>Range of issues: accessing information, understanding assessment processes and feeling confident about financial support that was available</p> <p>http://www.mtm.wales/resources</p>
12/20	Build Back Fairer: The Covid-19 Marmot Review	England population	Review	<ul style="list-style-type: none"> • Examines inequalities in COVID-19 mortality; in mortality among members of BAME groups, among certain occupations, the more deprived the area, the worse COVID-19 mortality tends to be • Effects that the pandemic, and the societal response to contain the pandemic, have had on social and economic inequalities, effects on mental and physical health, likely effects on health inequalities in the future • Makes recommendations on what needs to be done <p>http://www.instituteofhealthequity.org/resources-reports/build-back-fairer-the-covid-19-marmot-review</p>
12/20	WCPP Alternative models of domiciliary care	Findings from series of interviews with policymakers, managers, and researchers with expert knowledge of domiciliary care in Wales	Report	<ul style="list-style-type: none"> • Outlines what is known about the current state of domiciliary care provision in Wales and the key issues that need to be addressed • Provision of care in home needs to take account of community assets, importance of wellbeing and prevention, and role played by unpaid carers and other services such as healthcare and housing. Quality of care depends on staff who deliver it.

		Conversations with experts in England, Scotland, the Netherlands, Sweden and Quebec.		Squeezed budgets and increasing demand mean local authorities face pressure to keep costs low, in turn placing financial pressure on providers. https://www.wcpp.org.uk/publication/alternative-models-of-domiciliary-care/
11/20	The Influence of the COVID-19 Pandemic on Mental Well-Being and Psychological Distress: Impact Upon a Single Country	Swansea, Cardiff and Newport Universities and Health boards	Report	<ul style="list-style-type: none"> • Decrease in psychological well-being in the people of Wales in period 11–16 weeks since implementation of lockdown • 3- to 4-fold increase in those classed as having “severe” problems of psychological distress • Severe in younger adults and also greater for women, and those from areas of greater deprivation https://www.frontiersin.org/articles/10.3389/fpsy.2020.594115/full
11/20	Wales School for Social Prescribing Research developing a tool to measure social well-being in the context of social prescribing	Gatekeeper organisations and networks including Wales Social Prescribing Research Network, Wales School for Social Prescribing Research, Group Wisdom, Elemental Software, WCVA, international academic networks, PRIME Centre Wales, RCE Cymru, Older People’s Commissioner for Wales	Report	<ul style="list-style-type: none"> • Researchers at University of South Wales undertaken Group Concept Mapping study to explore and develop concept of social wellbeing. • Analysis of data within GCM; identification of six elements of concept of social wellbeing: ‘everyday life, activities and pastimes’, ‘family and friends’, ‘connecting with others and supporting needs’, ‘community involvement’, ‘engaging with and reflecting on the wider world’ and ‘self-growth and security’ http://www.wsspr.wales/resources/SWB%20GCM%20report%20final.pdf More reports on social prescribing at: http://www.wsspr.wales/publications.php
09/20	The Community Cohesion Team in Mid and South West Wales is leading a research project	Residents and volunteers within the four communities. Online interactive consultation using Zoom	Focus Group - report to be written	Research project to gauge attitudes towards community in regard to impact of Brexit and COVID-19. Results will inform work of Community Cohesion Team across Carmarthenshire, Pembrokeshire, Ceredigion and Powys. Evidence collected will identify potential community tensions and issues, and inform planning for improving community integration across four counties. For more information about the community engagement project, contact: Senior Researcher James Mellors at james.mellors@premieradvisory.co.uk Project Manager Anna Fosse-Galtier at anna.fosse-galtier@premieradvisory

				https://www.eventbrite.co.uk/e/focus-group-residents-dyfed-powys-community-cohesion-tickets-113322851700#
06/20	Building Communities Trust: Community responses to COVID	Citizens and organisations of Wales	Report	<ul style="list-style-type: none"> • Inequalities in impact of lockdown; people already in poverty, people in unstable or temporary employment, self-employed people without savings and small local businesses/social enterprises, people whose physical and mental health were already compromised • Community response with many wanting to volunteer • Emergence of support activities, new relationships and ways of working • High level forum in Pembrokeshire to discuss this shift was welcomed • http://www.bct.wales/community-responses-to-covid/
06/20	Rural Futures Wales: Tackling Rural Poverty in Wales Developing Community Based Approaches	Overview of recent academic writing on rural poverty (critique of the findings of the recent What Works in Tackling Rural Poverty report (Powell et al., 2018)	Position Paper	<p>Report proposes 3 key mechanisms for engendering community-led responses to poverty:</p> <ul style="list-style-type: none"> • People with first-hand experience of poverty in shaping local policies and actions, • Local authorities providing strategic co-ordination and providing financial or in-kind support for genuinely community-led solutions • Fostering connections between community groups and public service providers to create prosperity and reduce poverty locally <p>https://ruralfutures.wales/wp-content/uploads/sites/7/2020/06/Rural-Poverty-Report-final.pdf</p>
05/20	Building Communities Trust: Mapping Community Assets in Wales	Communities across Wales	Report	<p>Physical assets play important roles in bringing people together. Can become central focal points of communities, help improve and enrich quality of life, reduce loneliness and isolation, create a sense of familiarity. Problem: length of time for community asset transfer to complete e.g. when long delays jeopardised funding applications</p> <p>The study was commissioned prior to the outbreak of the Covid-19 pandemic, so the picture will have changed since the report was written, with many organisations being forced to either close, re-configure or adapt themselves in order to survive. However, it is likely that many of the issues addressed in the report can be seen as fairly constant and are likely to</p>

				continue as a backdrop to the new context in which community assets will have to operate for the foreseeable future http://www.bct.wales/mapping-community-assets-in-wales/
04/20	WCPP Loneliness in the Lockdown	Citizens of Wales	Report	Those at risk of loneliness and social isolation place high value on opportunities for active engagement with others. Need for interactions that are focused on purposeful activities. Emerging networks of support provide opportunities to take an active role in building new connections. Many opportunities not accessible to those in high-risk groups. Alternative: telephone and technology-based volunteering. Technology enabled means of tackling loneliness should be designed with the group that will use it https://www.wcpp.org.uk/wp-content/uploads/2020/04/Short-Note-Loneliness-in-Lockdown.pdf
02/20	Building Communities Trust: Invest Local Report	Communities across Wales	Evaluation Report	Ten-year programme of funding and support for 13 communities across Wales. Increasing the consciousness, confidence and capacity of communities, investing in local organisations, supporting the delivery of services, investments making a difference. All 13 communities seen growth in community capacity and action. Many invested in strengthening local area's existing assets, leading to increase in community capacity, wellbeing and resilience http://www.bct.wales/invest-local-the-first-three-years/
03/19	Measuring the Mountain: What really matters in social care to individuals in Wales?	Stories gathered from unpaid carers and people who use care and support services	Report	<ul style="list-style-type: none"> • Co-production needs to be better understood • Negative stories: need to fight for services, feeling judged when accessing care and support, needing to fit in with service provision • Positive stories: balances in decision-making power, thorough and reliable communication and flexibility in approaches from social care professionals. • Need to provide better support for carers. Three in four of experiences negative http://mtm.wales/resources

NATIONAL LEVEL: OTHER				
DATE/STATUS	TITLE	SOURCE (ATTENDEES/COMMUNITY/AREA)	TYPE OF SOURCE	SUMMARY
Current	Covid Realities	Welcomes input from people who are: carers or parents of a child under 19 facing difficulties making ends meet, researchers, policy makers, work for a charity, personally interested in this project	Research project: website	<ul style="list-style-type: none"> • Research project looking into the experiences of parents and carers on low incomes during the pandemic. • To better understand struggles of daily life for low-income families, and help policymakers make the right decisions. • Looking to help other researchers with work, bringing together findings from related studies and helping share key research messages. https://covidrealities.org/
Current	Connect Wales	Community based workers across Wales	Network	Connects community connectors, community navigators, social prescribers and local area coordinators to share best practise, and experiences in delivering support to communities
12/20	New sites to test how connecting people with nature can improve mental health	Sites in England	Gov.uk Press Release	<ul style="list-style-type: none"> • Seven sites to test how connecting people with nature can improve mental wellbeing • Will explore and bring together opportunities for communities to get involved in natural environment • Will support Green Social Prescribing programme https://www.gov.uk/government/news/new-sites-to-test-how-connecting-people-with-nature-can-improve-mental-health
09/20	Developing a theory of change for a complex programme; a systematic framework for ensuring the delivery of outcomes in a new Wellbeing Hub for the Nantlle Valley	Bangor University	Research paper - pending	<p>Is the application of a theory of change model effective in supporting the redesign of complex public services? Research expected to be completed 31/03/21</p> <p>https://www.researchregistry.com/browse-the-registry#home/registrationdetails/5f6df47f2c8a940015297543/</p>
09/20	Human Rights Tracker; Social Care Welsh Government: progress assessment	Welsh Government	Progress Assessment	<ul style="list-style-type: none"> • Limited progress • Lack of available data about levels of unmet need for adult social care services. Satisfaction levels with quality of care remain consistent, but

				<p>evidence of an improvement in outcomes for those receiving care and support is limited. Pandemic restricted provision of care and raised concerns about ability to keep people in care homes safe. Human rights of disabled people and older people have been disproportionately affected.</p> <ul style="list-style-type: none"> • https://humanrightstracker.com/en/progress-assessment/social-care-welsh-government-assessment/
09/20	Human Rights Tracker; Access to healthcare: Welsh Government assessment	Welsh Government	Progress Assessment	<ul style="list-style-type: none"> • No progress • Lack of evidence and data separated by protected characteristic means incomplete picture of the barriers specific groups face in accessing healthcare in Wales. • Evidence that certain groups experience persistent inequalities and discrimination in accessing services. • Waiting times for treatment have not improved significantly in recent years, and pandemic has made existing delays worse. • Welsh Government introduced services to improve access to healthcare for some groups, there is limited evidence of improvements of outcome in access. • https://humanrightstracker.com/en/progress-assessment/access-to-healthcare-welsh-government-assessment/
04/20	Local Trust: Community responses in times of crisis	Residents from four areas in England	Essay	<p>Steve Wyler looks at crises in history and considers how to engage with these examples to understand the responses to COVID-19 in 2020</p> <p>https://localtrust.org.uk/insights/essays/community-responses-in-times-of-crisis/</p>



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