

SOURCES OF KNOWLEDGE ON WELLBEING, COMMUNITIES AND COMMUNITY LED ACTION TO INFORM STRATEGIES

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BACKGROUND

This overview was prepared by the Together for Change Team in response to questions raised by partners on sources of data and information on community wellbeing before, and especially during the pandemic. It was felt that before further surveys were embarked upon, it was necessary to have some idea of the research already underway or completed by communities and organisations. It was also recognised that research is not the only source of knowledge that can be useful in strategic planning. The knowledge of professionals and the lived experience of people, that are shared, in a less structured way than research can also make an important contribution. We therefore adopted a broad interpretation of the term knowledge and its sources.

The lists that follow therefore include not only research studies undertaken at the local and national (Wales and UK-wide) levels but also networks where the latter type of information is shared. The list was compiled during the period July 2020 - January 2021. We have included sources found during that period and this document should therefore be considered a snapshot in time. We should also highlight that we have not reviewed the robustness of the survey methods but have been as inclusive as possible.

SUMMARY OF FINDINGS

SOURCES IN THE COUNTY OF PEMBROKESHIRE:

- Responding in part to the conditions of the COVID19 Pandemic, there has been an emergence of new **community networks** and **central resources** including the PCC Hub, Community Resilience Network, PCSN and the Pembrokeshire Community Food Network, directories and databases, toolkits and resources and active citizenship in the form of virtual events and meetings. County based projects are working with communities to deliver support to emerging groups.
- Two **Together for Change consultation meetings** looked at the effects of Covid19 on communities and highlighted 3 specific work streams as well as ideas and proposals to address the challenges ahead: a joint vision, a need for robust evidence and support for community action.
- The **PCSN – Future of Network Meeting** looked at future plans, the role of the PCC HUB, and what support is needed to continue. It highlighted that the HUB is a useful resource, consistent handling of data is needed and that PCSN is considered valuable. Concerns were raised around rising anxieties, as well as the need for mental health support.

- **Reports** have highlighted:
 - Community support during the pandemic; improving the economic, environmental, cultural and social well-being of people and communities in Pembrokeshire; community support has surged and there have been examples of partnership working as well as plans to develop collective vision around recovery that will make the most of the community led action that has come about during the pandemic (**PSB first Annual Report 2019/20**);
 - The importance of: active citizenship and partnership working during COVID19 recovery to continue supporting individuals and communities; involving young people; regional collaboration and the need to focus on social and green solutions for health; digital information systems; continuous engagement; and connecting people to increase resilience and independence (**PSB first Annual Report 2019/20**);
 - Communities require action in the following areas: encouraging youth engagement and developing better communication with councils, more central meeting places to allow for more collaborative working and community development, more community groups, improving and maintaining access to and upkeep of outdoor spaces; with a focus on engaging with and involving youth people in its work; a youth engagement toolkit has been developed and more in the making (**CWBR Project**);
 - The impact of Government policy on community groups; the key challenges facing community groups and what people wanted from a community sector network (**BCT** and **PLANED** Community Sector Network);
 - The importance of volunteering and difficulties found in attracting volunteers; older people and volunteering (**BCT** and **PLANED** Community Sector Network, **PCC wellbeing assessment**);
 - What wellbeing means to residents of Pembrokeshire and how they would like it to look in the future; good health, enough money for essentials and good relationships (**PCC wellbeing assessment**);
 - Value of the county's natural environment and concerns about access and connectedness in rural areas (**PCC wellbeing assessment**);
 - The support needed for: young people regarding mental health, independence, skills provision, learning environments and healthcare; the adult population regarding employment, inequalities, health, family; older people regarding access to and provision of services (**PCC wellbeing assessment**).

- A large number of **surveys at County level** have been undertaken or are currently underway to:
 - Better understand the needs of communities and community led action, both established and emerging;
 - Establish the impact of the Covid19 Pandemic on third sector organisations and provision of services;
 - Assess the access of communities to green space and to determine how to establish opportunities to connect with nature;
 - Understand digital access needs including how to improve internet provision in the County;
 - Establish need for community growing and local food production;

- Impact upon individual and community wellbeing of Covid19 Pandemic;
 - Engage population in Local Authority Budget Consultation;
 - Gauge public opinion for policing priorities and funding;
 - Determine public interest in volunteering opportunities to improve mental health through a connection with others and with nature;
 - Offer more tailored support and advice for communities;
 - Guide and support the coordination of volunteers within new community support groups;
 - Establish the needs of communities regarding physical assets, such as local halls and leisure facilities;
 - Understand the work and contribution of volunteers during the pandemic and where support is required;
 - There do not appear to be surveys undertaken or underway that focus upon young people, isolation (detailed findings can be found in **PSB** report), job losses.
- **Survey findings** have demonstrated:
- A need for local plots of land for growing food;
 - A widening of the health inequalities already endemic in our society with food security being a key issue;
 - A digital divide in the County with some households having little, none or poor access to digital or online access;
 - PCSN interim report produced May 2020 of 54 respondents that were members of the Network. Interim results showed main tasks being carried out were shopping and picking up prescriptions; most respondents undertook under 5 hours of volunteering per week and were satisfied with this volume; some volunteers wished for more opportunities and more clarity on potential roles;
 - Newport Assets and Needs survey received 160 responses that outlined the needs of residents and an Engagement Support Officer employed to work with findings.

SOURCES IN WALES:

- Responding in part to the conditions of the COVID19 Pandemic, there has been an emergence of projects, networks, digital platforms, and connections being made, such as the **Connect Wales** network which provides opportunities for people to find ways to support their communities;
- COVID19 has seen communities come together during lockdown with a positive attitude, as well as the emergence of inequalities which the Welsh Government are being urged to tackle (**Welsh Government Consultation**).
- **Reports** have looked at:
- How to tackle rural poverty in Wales through community-led responses by looking at the material and socio cultural dimensions of low income in rural places; tackling rural poverty through community-led initiatives; the impacts of austerity and Brexit on rural places (**Rural Futures Wales**);

- The impact of the pandemic on: social care in terms of added pressures and innovation (**WCPP**), loneliness and social isolation and potential solutions such as technology and the importance of equal access (**WCPP**); mental wellbeing and psychological distress compared to the year prior to COVID19 particularly among younger people, women and those from deprived areas (**Swansea, Cardiff and Newport Universities and Health boards**); social wellbeing (and the need for support to mitigate the effects of restrictions) (**Wales School for Social Prescribing Research**); social care and the provision of social care; non-coronavirus healthcare (**Human Rights Tracker**);
 - Access to: healthcare (**Human Rights Tracker**); communication (making people aware of support, online platforms, the social problems in lockdown such as, mental health problems, domestic abuse, financial problems, support networks impacted by situation); (continued) funding to support and sustain community action (**BCT**);
 - Social prescribing (**WSSPR**) and the opinions and needs of those involved with support services and social care; people value straightforward acts of kindness, and respectful human relationships, while they reject overly complex, bureaucratic systems (**Measuring the Mountain**);
 - Access to and provision of social/social care services prior to and during the pandemic (**WCPP, Human Rights Tracker**);
 - Community responses and support during the pandemic: increase in volunteering, support activities, new ways of working; an increase in support for basic needs (food and medicine), slower yet prioritised support in tackling isolation particularly for the older and younger generations (**BCT**);
 - Inequalities during the pandemic: financial, emotional, in access to IT (for the very old, those with disabilities, minority ethnic groups, those in rural Wales and those who cannot afford a computer), in the provision of support for certain groups such as those shielding, isolating families and BME communities, in education (the impact of home life, caring responsibilities) (**BCT**);
 - Community assets and the role they can play in positive community connections (**BCT**);
 - The results of investing in communities; growth in community action (**BCT**);
 - **PHW** weekly reports aim to inform Wales' COVID19 Public Health response and recovery;
 - **Wales Centre for Public Policy** are running a project to increase links between council, public health and academia with the aim of connecting communities and building relationships.
- A large number of **surveys at National level** have been undertaken or are currently underway to:
- Regularly assess the effects of COVID19 on the well-being and mental health of the population in Wales;
 - Better understand the inequalities that exist and have been exacerbated by the pandemic, and determine the needs and concerns of citizens as a result;
 - Determine how the Welsh Government should support post COVID19 recovery;
 - Identify research priorities for the social care and support of older people (**Health and Care Research Wales and Social Care Wales**).

- **Survey findings** have demonstrated:
 - The toll of COVID19 on mental health in Wales. Survey participants reported clinically significant psychological distress, with younger adults, women and people from deprived areas are suffering the most (**Wales Wellbeing Survey**);
 - The **Welsh Government Consultation** looked at the following key areas to support post COVID19 recovery and reconstruction;
 - **Society**; education, housing, employment and community building;
 - **Economy**; proposals to provide improved support for Welsh owned businesses and a circular economy;
 - **Environment**; a focus on the climate crisis in 'rebuilding' after COVID19, developing a green economy, re-wilding, agriculture and green spaces, local food production and eliminating food insecurity, green transport;
 - **Health, Social Care and Well-being**; response focused on improving the quality of care provision in Wales, wellbeing and health inequalities;
 - **Political engagement**; increasing opportunities for citizens to be involved in decision making, desire for Wales to be distinguished from Westminster, delivery of Well-being of Future Generations Act;
 - **Digital technology**; digital inequalities, potential for digital to improve productivity;
 - **Inequalities**; age, race and gender inequalities in the following areas: digital, wage, health and minority groups. COVID19 is having a differential impact on certain groups: elderly, BAME, women and girls, those with disabilities;
 - **Future of work**; working from home improved productivity and work-life balance, issues about safe working environment, access to digital technology, employment opportunities, infrastructure of Wales to be adjusted in response to pandemic.

SOURCES AT UK LEVEL:

- Responding in part to the conditions of the COVID19 Pandemic, there has been an emergence of research projects looking into: the experiences of parents and carers on low incomes during the pandemic (**Covid Realities**); the benefits of nature on mental health (**Gov.uk**); community responses in times of crisis (**Local Trust**).
- **Reports** have highlighted:
 - Rapid and robust community response to COVID19 and how groups have mobilised and rallied support, from mental health to food provision (**Local Trust**);
 - The inequalities that have emerged during the pandemic;
 - Poor children have been more badly affected than better-off peers, higher earners and graduates have had work disrupted much less than lower earners and less highly educated, poor and ethnic minorities have suffered more with the health crisis, the young have fared worse economically than the middle-aged, the old have been largely protected from the economic shock (**IFS Deaton Review**);

- Lessons learned from lockdown: We're not all in this together when it comes to our homes; School closures are tough on children, both in the short- and long-term; Low-income families often have to spend more in lockdown; Mums pay an especially heavy price for school closures; Many families are entering this lockdown with lower reserves (**Resolution Foundation**);
 - Higher rates of COVID19 mortality when looking into previous health conditions, deprivation of area of residence, region, living conditions, employment, ethnicity, religious group (**Marmot Review**);
 - Ways to reduce inequalities in early years, in education; to build back fairer for children and young people; create fair employment and good work for all; ensure a healthy standard of living for all; create and develop health and sustainable places and communities; strengthen the role and impact of ill health prevention (**Marmot Review**).
- A large number of **surveys at a UK level** have been undertaken or are currently underway to:
- Enable regular research on the socio-economic and health consequences of the pandemic and assess the impact of COVID19 on individuals, families and communities in the UK and their welfare. (**Understanding Society Covid19**) [Data from annual *Understanding Society* interviews collected in 2019 are now included in the COVID19 data, allowing researchers to compare earlier answers and explore the longer-term impact of COVID19];
 - Assess on a weekly basis the social impact of COVID19 on: people, households and communities in Britain, including on their personal well-being (**ONS Opinions and Lifestyle**);
 - Determine the effects of the pandemic on the homes, community, health and work of people in England aged 50-70 (**Centre for Ageing Better**);
 - Determine the changes that need to be made in order to be able to 'live in the place we call home with the people and the things that we love, in communities where we look out for one another, doing the things that matter to us' (**Social Care Future**).
- **Survey findings** have demonstrated:
- The impact of COVID19 on people's long-term health conditions, loneliness, financial security, mental health, life satisfaction, neighbourhood cohesion (**Understanding society**, Wave 6, 29 January 2021);
 - Personal wellbeing scores for life satisfaction: feeling that things done in life are worthwhile and happiness remained at some of the lowest levels recorded since March 2020; the anxiety score remained similar this week to last week, having previously declined slightly compared with early January 2021 (**ONS Opinions and Lifestyle** 29 January 2021);
 - Lockdown has seen the health of people aged 50-70 deteriorate with more unhealthy behaviours, fears that finances will worsen in the year to come, but many appreciate time spent with family, helping communities, a better work-life balance and time to reflect on careers and future (**Centre for Ageing Better**).

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
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	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

		existing and emergent, constituted and un-constituted		
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 Pems	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

				<ul style="list-style-type: none"> • Creating a play park and ways to protect the environment could be explored • https://www.planed.org.uk/wp-content/uploads/2020/01/Clarbston-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 Scleddau and Trecwn	Residents of Scleddau 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 • Scleddau CC focus on communicating roles and duties with community <p>https://www.planed.org.uk/wp-content/uploads/2020/01/Scleddau-Trecwn-CWBR-Report-October-2019.pdf</p>
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	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 and group	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 Pembs. 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 intermediary organisation representatives	Meeting; meeting notes	36 attendees. Meeting to establish future plans, role of PCC HUB, support needed to continue. Key points: HUB useful resource, consistent handling of data needed, concerns around rising anxieties, need for supporting mental health, PCSN valuable.

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	<p>Have your say - What would a better Social Care future look like for you? (limeask.com)</p> <p>Easier read version: https://puttingpeoplefirst.limeask.com/178841</p> <p>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)</p>

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?	Citizens of Wales aged 65+ who have received care or support, and professionals, volunteers and family members who provide that care Social care practitioners delivering social care and support services to people in Wales aged 65 or over	Online survey, also accepted submissions from group discussions of survey questions, easy read option available and a downloadable Word version to email	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. Email: healthandcareresearch@wales.nhs.uk
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	Literature review exploring latest evidence in relation to four policy areas of interest. 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	Online survey for 50-70 year olds in England; report	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 https://www.ageing-better.org.uk/publications/experience-people-approaching-later-life-lockdown-impact-covid-19-50-70-year-olds

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 the difficult weeks ahead	UK population	Report	<p>Looks at experience of first lockdown, and what it can teach us about what is to come.</p> <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 https://www.resolutionfoundation.org/publications/lockdown-lessons/
2020	Measuring the Mountain: experiences of care	Stories gathered from people who are unpaid carers and	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

	and support services and being an unpaid carer in Wales	people who use care and support services		<p>minimal administrative burden. Worst experiences described confusing and complex systems</p> <ul style="list-style-type: none"> ➤ 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 Conversations with experts in England, Scotland, the Netherlands, Sweden and Quebec.	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. <p>Squeezed budgets and increasing demand mean local authorities face pressure to keep costs low, in turn placing financial pressure on providers.</p> <p>https://www.wcpp.org.uk/publication/alternative-models-of-domiciliary-care/</p>
11/20	The Influence of the COVID-19 Pandemic on Mental Well-Being and Psychological	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

	Distress: Impact Upon a Single Country			<ul style="list-style-type: none"> 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	<p>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.</p> <p>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.fossegaltier@premieradvisory</p> 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

				<ul style="list-style-type: none"> • 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 continue as a backdrop to the new context in which community assets will have to operate for the foreseeable future</p> <p>http://www.bct.wales/mapping-community-assets-in-wales/</p>
04/20	WCPP Loneliness in the Lockdown	Citizens of Wales	Report	<p>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</p>

				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,	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.

		personally interested in this project		<ul style="list-style-type: none"> 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 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. 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>



Gyda'n Gilydd dros Newid – Together for Change