

**Together
For
Change**

**Prosiect Cymunedol 4Wards Community Project
Project report
July 2022**

Jessie Buchanan, Rachel Kelway-Lewis, Ella Starling,
Becky Lloyd & Sue Denman



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Acknowledgements

We would like to take this opportunity to thank all who contributed to the content of this report across the 4Wards of Llanrhian, Milford East, St Davids, and Solva and Brawdy. For steering group members, please see appendix 1



Contents

1. Introduction & background	5
1.1 Introduction	5
1.2 Background	5
1.3 Objectives of the 4 Wards Project	6
2. The 4Wards Project Approach	7
2.1 Project Approach	7
3. Wellbeing in the Wards	9
3.1 Llanrhian Ward	9
3.1.1 Community wellbeing.....	9
3.1.2 What assets are supporting community wellbeing?	9
3.2 Solva & Brawdy Ward	11
3.2.1 Community wellbeing.....	11
3.2.2 Connection.....	11
3.2.3 Security	11
3.2.4 Health	12
3.2.5 What assets are supporting community wellbeing?	12
3.3 St Davids Ward	12
3.3.1 Community wellbeing.....	12
3.3.2 What assets are supporting community wellbeing?	12
3.4 Milford East Ward	14
3.4.1 Community wellbeing.....	14
3.4.2 What other assets are supporting community wellbeing?	14
3.4.3 Issues of concern across the Wards	15
3.5 Summary	16
4. Community event	17
4.1 Points raised by the attendees	17
4.1.1 Building connections	17
4.1.2 Policy considerations	18
4.1.3 Town and Community Councils	18
4.1.4 Businesses.....	18
4.1.5 Volunteering	19



4.2 The survey.....	19
5. Further reflections on opportunities for collaboration	19
5.1 Llanrhian Ward	20
5.2 Solva & Brawdy Ward.....	20
5.3 St Davids Ward	21
5.4 Milford East Ward	21
6. Next Steps.....	23
Appendix 1 – Steering group.....	24
Appendix 2 – Together for Change 10 point plan	25
Appendix 3 - Project Schedule	26
Appendix 4 – Survey results.....	27



1. Introduction & background

1.1 Introduction

This document reports on the findings and conclusions of the 4Wards Project involved research on how the residents in the four Wards of Llanhrian, Milford East, Solva and St Davids felt about life in their communities, how they thought their lives and prosperity could be improved and sustained, and whether collaboration by the participating Wards could help in that endeavour. The Project received £61,000 from the UK Renewal Fund. It was formally launched in March 2022 and named the 4Wards Project, with some planning meetings starting earlier in December 2021. The project finished in June 2022, but further developments are anticipated in the future. The application for funding was led by the Together for Change ([Home - Together for Change \(tfcpembrokeshire.org\)](http://Home-TogetherforChange(tfcpembrokeshire.org))) in collaboration with the Community, Town and County Councillors of the four Wards.

1.2 Background

The pandemic has shone a spotlight on the role of community groups and organisations in supporting the wellbeing of their residents. Whether formally or informally constituted, new or already in existence, they mobilised quickly to protect the physical and mental health of their populations.

Welsh Government policies, most notably the Wellbeing and Future Generations Act, Wales 2015 (WFGA), have long emphasised the holistic nature of wellbeing and the crucial role of communities in supporting it. Implementation has been slow, and there is some way to go before: the voice of community groups is heard and acted upon as standard practice; there is sharing of power with the public sector; and a place around the table where strategic decisions are made about matters that impact upon them.

The COVID pandemic has undoubtedly sped up the pace of change. The 4Wards Project harnessed this to see if locally driven approaches and collaborations that are embedded in local democratic structures and relationships, could determine a future that better meets the needs of communities.



The values, principles and processes that underpinned the 4Wards Project were defined in two meetings held in June and July 2020. The meetings were attended by community, third sector intermediary and public sector leaders in Pembrokeshire and Hywel Dda Regional Health Board. Minutes from both meetings can be found at the following links: [Microsoft Word - 18:6:20 Meeting report \(ENGLISH\) .docx \(tfcpcbrokehire.org\)](#). [Microsoft Word - 30:6:20 Meeting report \(ENGLISH\).docx \(tfcpcbrokehire.org\)](#). The discussions focused on how communities of place could be better integrated and supported to provide a holistic approach to wellbeing in place-based communities. A holistic approach recognises that wellbeing is determined by a complex interplay of factors: economic, social, environmental, lifelong learning, transport etc. These require policy solutions that are connected, coordinated, and delivered in partnership by public and third sector organisations. Consensus was reached and synthesised into a 'Ten Point Plan' for Pembrokeshire which the organisations informally signed up to: [Together-for-Change-10-Point-Plan-ENGLISH.pdf \(tfcpcbrokehire.org\)](#).

See website for documents in Welsh

1.3 Objectives of the 4 Wards Project

Within the context of the delivery of Pembrokeshire's Ten Point Plan:

- Build local insights and knowledge of life and prosperity in the communities in the participating Wards.
- Share that knowledge and use to improve connections in and between the Wards.
- Agree broad plans and priorities for cooperation and joint action to improve and sustain the wellbeing of the population.
- Improve understandings and synergies between statutory service provision and local needs.



2. The 4Wards Project Approach

An independent report, called the Asset Report, was commissioned to begin the process of gathering data in the four Wards and inform the qualitative data stage of the enquiry that followed. The author of the report helpfully extended her remit to include a rationale for an asset-based approach to community development and examples of successful implementation of the approach. Asset based community development (hereafter, ABCD) is based on the principle of the strengths of a community as opposed to the weaknesses.

The Asset report can be accessed here [4 WARDS Short read report 310322.docx](#) (tfcpcbrombroskeshire.org) (TfC website).

Four Community Action Researchers (CARs) were recruited through an open recruitment process. Two of the successful applicants lived in the Wards of Solva and St Davids and researched their own communities. The additional two researchers were also residents of St Davids and agreed to cover Llanrhian and Milford East Wards. Following a change in circumstance, the Co-ordinator of 4Wards (also the Coordinator of Together for Change) took on the remaining 6 weeks of the Project research in Milford East. There were no applications received from Llanrhian and Milford East residents. The successful applicants had a strong background in third sector work. They had worked mostly in a voluntary capacity and two had international experience.

The CARs attended an online and face to face programme of briefings and workshops, organised by the Project Coordinator. The purpose of the induction programme was to build a sense of team spirit and to develop a common basis of knowledge, understanding and skills for the tasks ahead. Wellbeing sessions were also built into the programme. See appendix 3 for an outline of the induction programme.

2.1 Project Approach

The CARs began their role by reviewing local documentation and collated the findings of previous research applicable to the Project. Importantly, they also spent the majority of the allocated time interviewing individuals and groups to gain an insight into three broad questions:

1. How do you feel about living in your community?



2. Do you feel that your wellbeing could be improved and if so, how?

3. Would it help if the Wards collaborated and if so, how should they do so?

Each CAR kept an activity log and record of their findings which were discussed regularly in team meetings. The following table provides a breakdown of the engagement within each Ward.

Ward	Individuals directly engaged	Groups attended / Engaged with
Llanrhian	29	10
Milford East	20	4
Solva	108*	10
St Davids	87*	4
** Plus Solva & St Davids joint engagement with young people in both Wards	102	4

An overarching Project Board was formed comprising the CARs, the politicians involved and Together for Change personnel. The Councillors and Together for Change had contact prior to the appointment of the CARs in shaping the grant application and to lay the foundations for the Project before formal approval was given to start. There were three meetings held before recruitment: one in person and two online. Following the recruitment of the CARs, two meetings were held in different community venues and two online. These meetings were attended by the CARs.



3. Wellbeing in the Wards

The following summaries were derived from the Ward specific reports (link to be provided). The Ward level data was discussed at Project Board meeting and subsequently at a meeting of business and community project leaders on the 24th of May 2022, to start teasing out the themes that could provide opportunities for cross Wards collaboration.

3.1 Llanrhian Ward

3.1.1 Community wellbeing

Throughout the research, the most consistently mentioned element when considering wellbeing (or 'living well' as preferred by the community) was "**connection**":

- Simply knowing one another.
- Sharing information and experiences.
- Meeting like-minded people.
- Having a sense of belonging.
- Being reliant on the communication networks across the Ward, due to sparse population.

3.1.2 What assets are supporting community wellbeing?

14 different themes emerged from the gathered information relating to the assets and strengths of community wellbeing (see summary below).



Community Groups

Community Events

Qualities of the people

Community Facilities

Social Hubs

Community Activities

Communication

Social Support/ Social Care

Environment

Qualities of the Community

Transport Services

Community Champions

Local Producers

Community Engaged Businesses



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Community groups were seen as the greatest asset to the wellbeing of residents. They provided support and facilitated social interactions. The Llanrhian Connected Community Project was singled out as having helped people to be better informed and in making connections among the residents. Gwelliant Trefin Improvement (GTI) was also appreciated for the broad-based support the organisation offered and for organising and hosting events. Community events provided opportunities for people to come together, celebrate and support one another, particularly within the farming community. Events such as the tractor runs were mentioned several times which, although now rare, offer a crucial opportunity for residents to come together.

The qualities of local people were also seen as an asset, encapsulated in trust and neighbourliness, and underpinned by a sense of familiarity. Hard working and active community members were also singled out as contributing energy and expertise to community life.

The physical assets of this community are also much valued. As many as five community halls are available for holding meetings and events. Croesgoch School Hall was specifically designed as a community space with external access making it adaptive and equipped for



community events. Local pubs are valued as social hubs, informal meeting places to socialise in.

3.2 Solva & Brawdy Ward

3.2.1 Community wellbeing

Wellbeing for this community was associated with the connection between people, security, and health. (See below)

What does wellbeing / living well mean?

- Connection**
Friendship, Support & Kindness
- Security**
Food, Jobs, Housing & Climate
- Health**
Mental & Physical

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3.2.2 Connection

- Social interactions.
- Living in a kind and friendly community, where a walk will typically generate a conversation with another resident.
- Knowing neighbours and living amongst familiar face.
- Mutual aid and care as seen during the pandemic.
- Neighbourliness: supporting one another in an informal manner that is respectful of boundaries.

3.2.3 Security

- Housing: the ability to afford to live in the community by renting or purchasing property.

- A living wage, permanent employment with opportunities to progress.
- Food security both in terms of affordability and availability.
- Protecting the natural environment which supports community life & wellbeing.

3.2.4 Health

- Mental & physical health.
- Importance of maintaining local surgery.

3.2.5 What assets are supporting community wellbeing?

Groups and organisations, for example Solva Care and Luncheon Club, facilitate social interactions and prevent feelings of isolation and loneliness especially in older residents. Community events such as the edge Festival also play an important part in this respect. The Memorial Hall and Solva Club House enable people to come together for meetings and events. Whereas the pubs, which hold open mic and quizzes, are informal spaces where members of the community can socialise with friends and family. Bayview Stores, the local village shop which sells essential goods by friendly staff, was also seen as an important asset.

3.3 St Davids Ward

3.3.1 Community wellbeing

Connection, purpose and security were seen as the key determinants of wellbeing in the Ward.

- The opportunity to participate and unite with others in the community, with the local school and religious groups playing a strong part in building connections.
- The sense of community spirit as exemplified by the Befrienders Group and Food Pod that supported residents during the pandemic.
- Feeling safe in the area.
- Having family locally.
- Friendly neighbours they could speak to.

3.3.2 What assets are supporting community wellbeing?

The below image presented the key themes emerging from the research within the Ward.





Who

- Diverse ages and groups
- Formal interviews
- Informal conversations
- School engagement
- Past action plans and surveys

How

- What is good about living here?
- What supports people's well-being?
- What cross ward collaborations could improve things?

What people said

- Pride, especially in saving the school
- Belonging and Connection
- Family/Neighbours
- Coast/Environment/Sea
- Culture/Heritage/Language/Arts
- Associations, cathedral, chapels, rugby and other sports
- Farming, Conservation
- Cross ward collaboration exists - sports, clubs, school
- Much Shared Value

Ysgol Penrhyn Dewi, the Cathedral and chapels, along with Oriel y Parc and the City Council, have a variety of activities for the community to participate in as well as events and festivals which support an overall sense of connection. The activities include art groups, poetry and literature; tennis, women's netball, surf life-saving and indoor bowls. The rugby club provides a focal point for intergenerational activities. Many volunteering opportunities exist including the RNLI, the fire station, and new initiatives such as 'Câr-Y-Môr'. In addition to the civic and association assets for example Tŷ Certis, Tŷ Pererin, the City Hall and the Rafa Club, there are business venues many of which offer free or reduced rates to groups.

There is a sense of shared pride in the natural environment and enjoyment of the coast and sea. A sense of responsibility to protect the environment has led to St Davids becoming the first 'Bee Friendly' City in Wales, with a pollinator trail and open gardens event. Volunteer opportunities are taken up in Eco Dewi, maintaining the community garden and beach cleans and environmental campaigns.



3.4 Milford East Ward

3.4.1 Community wellbeing

The defining themes underpinning wellbeing were connection and pride. The image below highlights the key elements which contribute to wellbeing and provides examples of successful efforts.

Milford East; Defining community wellbeing

<p>Ownership</p> <p>Trustee Board 3 new trustees who live on the estate Community needs to be involved to create sense of ownership.</p> <p>Lunch club – 4 years ago, one person attended. For the jubilee lunch next week there will be 28 children and 25 adults.</p>	<p>Trust</p> <p>Mount Community Centre Took time to build trust & for people to come</p> <p>Trusted garden user 4 people now access code and can use the garden, the toys, the tools in the shed.</p>	<p>Engagement</p> <p>Milford School Community Engagement Officer has previously been positive, awaiting replacement officer to start</p> <p>Milford Youth Matters Food Parcels</p> <p>Working with young people School students waiter at the Christmas lunch and food is cooked in the school kitchens and then brought over.</p> <p>Health and beauty – pamper session for the estate was organised with sixth formers at the school. The 6th Form has now closed however, so this may not be possible in the future.</p>
<p>Activities gardening, coffee morning, seed to table activities.</p>	<p>Key message Involve the community</p>	

3.4.2 What other assets are supporting community wellbeing?

In addition to the people that live in the community, a number of tangible assets were mentioned. The Mount shop and post office is at the heart of the Mount Estate. It is open 7 days a week, and offers a limited grocery range, along with full postal services. It is a crucial asset in the community as an accessible and convenient service. The Mount Community Centre offers short-term courses and activities around food, gardening, and wellbeing. Collaborative projects are run with Mind Pembrokeshire, Pembrokeshire County Council and the NHS trust. Regular sessions are organised by the Trustees including weekly lunch club and bi-weekly family prize bingo. The focus on outdoor spaces includes an increasing use of social prescribing and the Mount Community Centre is currently working with the Small Woods organisation to offer a 6 week 'Back to Nature' course in the Mount Woodland.



The historic strength of industry in Milford is also viewed as a strength. It links people through the heritage of related industries, for example platers, welders, people working in the petrochemical plants. The sports clubs are a strong part of community with parents bonding around the youth teams.

The built assets of Milford Haven are open to locals and visitors. Such assets include, the Torch Theatre, the Waterfront Development and Hotel, an independent retail shopping centre, Milford Haven Leisure Centre, the Hamad Bin Khalifa Islamic Centre, the Musafir Khana Mosque, numerous churches and chapels, the Maritime and Heritage Museum and the Pill Centre. Clubs for young people include Sea Cadets, Army cadets and youth groups such as Milford Youth Matters.

The Regeneration Framework 2018 for Milford Haven is associated with an increase in investment in tourism and in the popularity of Milford as a destination. However, the benefits of tourism are not experienced equally as transport within the town is very poor and job opportunities are mostly seasonal and poorly paid.

Good relationships between organisations are seen as a significant asset e.g. the Mount Community Centre and Milford Haven School providing a Christmas lunch for residents on the Estate.

3.4.3 Issues of concern across the Wards

As previously stated in this report the 4Wards Project took an asset approach to the enquiry. This set a positive tone for reflection. Nevertheless, many issues could be extracted by the researchers, from the interviews and discussions, that residents felt could be improved upon and where collaboration across the Wards could be useful. These often centred on young people and concerns over their future:

- The lack of affordable housing, for purchase and rent.
- A dependence on poorly paid seasonal work without prospects.
- The poor transport infrastructure which affected many people in both town and rural villages.
- A social care service clearly under intense pressure.



- The impact of tourism, which, whilst positive, also had negative effects on communities.

The above issues were also linked with concerns over the environment and growing inequalities in the populations.

3.5 Summary

The summaries covered the perceptions of the residents, by Ward, on how they felt about wellbeing and the human and built assets of their communities. Overall, the research suggests that the Wards have many similarities, with lasting impacts of the pandemic still prevalent. The importance of social connections and assets that support those connections were consistently identified as vital elements of community wellbeing. These centred on the personal qualities of the residents and the way that they link with each other to support others, and the community spaces available to gather to facilitate social connections.

There was also a palpable sense of the communities being worried about a number of matters that currently impinge on the health of all age groups that require urgent attention. Overall, this part of the Project points to potential in sharing experiences and collaborating on projects that encompass social support, arts and culture and the environment. It also indicates there would be value in joining forces to ensure that the voice of communities is heard and acted upon in policies that affect their wellbeing.



4. Community event

An event was held on the 24th of May 2022 in Solva Memorial Hall to present and draw upon the findings from the research in the Wards. The purpose of the event was to share the research findings, and to gain feedback on the proposed opportunities for collaboration. The event was attended by 72 people spanning community and business leaders, community councillors, county councillors and third and public sector organisation representatives.

Presentations were given by the three Community Action Researchers and Trustee of the Mount Community Centre. The presentations were followed by a chaired discussion centring on the slide below. The attendees were also encouraged to complete a short survey at the end of the meeting to indicate what they thought of the meeting, provide any further ideas they could offer and to indicate if they wanted to be involved in developments in the future (see Appendix 4 for survey results).

Cross Ward Collaboration

Key themes of research

- Affordable housing
- Secure employment & living wage
- Transport
- Social care and health
- Regenerative Tourism

Cross cutting themes:

- Environment & Sustainability
- Tackling inequalities

Opportunities

- Sharing knowledge on successful projects
- Events
- Guest speakers
- Food security: linking up food support networks
- Joining forces to influence policy

Ideas for a way forward

- Build on positive effect of 4Wards
- Explore structures for cross-ward working
Eg, Wellbeing Forum
- Start prioritising themes
- Secure resources for ward level Community Development workers



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4.1 Points raised by the attendees

4.1.1 Building connections

The 4Wards Project was perceived to be positive in creating connections that could be built upon, the event itself was seen as providing an opportunity to network. Building a positive



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relationship with statutory services is deemed to be an important factor in the success of future endeavours, but previous experience was not all positive.

- Integrated Community Networks (ICN) and Multi Agency Teams (MAT) are operating across sectors and need to know and understand the assets of communities of place.
- There is a need to understand the community and where there are issues concerning service delivery.
- Join up with the community voice and utilise community assets to better ignite a holistic approach to wellbeing.

4.1.2 Policy considerations

- Community Asset Transfer is a key area of interest.
- Utilise Support and encouragement for social landlords to help maintain a stock of properties available for long term lets.

4.1.3 Town and Community Councils

- Raise the ambition of Town and Community Councils (TCCs) as they are an untapped resource.
- Many TCCs are not active. Elections are costly and a disincentive. Solva often has a contested election which results in them being charged £5K. There was support from the audience that a movement towards removing the charge would be beneficial.
- Engagement from County Hall would be impactful by linking TCC activities to what happens at County level.

4.1.4 Businesses

- They are a key asset in communities and are often an undervalued resource.
- Bring the sectors together and recognise the value and role of commerce in communities.
- Many business leaders have energy to expend on their community and are willing to share experience and knowledge. The audience were very receptive to this suggestion.



4.1.5 Volunteering

- Volunteers were perceived by some as having little support, yet there is a need for opportunities to share issues, network, and seek advice.
- To add to current provision the Pembrokeshire Community Buildings Forum and Pembrokeshire Volunteer Organisers Network may be revived.
- Younger people are often not able to volunteer time.
- In areas where economic poverty is high there is limited interest in volunteering.

4.2 The survey

Thirty attendees completed the short survey, representing a response rate of 43%. Of the respondents 64% were representatives of organisations, 23% were independent, 10% stated they were attending as both a representative and independent, and one participant did not provide an answer. The organisations ranged from sustainable initiatives and social care to businesses and tourism associations (see appendix 4 – survey results).

Overall, the event met its objectives. Whilst it is noted that not all attendees completed the survey, those who did predominantly found the event and information to be useful and interesting. The majority would like to be kept informed of the project's progress, with 64% wishing to get involved. Additionally, none of the respondents gave negative feedback, with 0% answering 'No' to any of the questions asked. Finally, the event was also deemed to be useful for networking by 83% of respondents, which is a key element due to the importance of connection within the research findings.

5. Further reflections on opportunities for collaboration

This section draws together research conducted in the individual wards along with comments made at the event and further meetings of the Project Board. As discussed within section 3, the research across the 4 Wards has identified key similarities. Collaboration could be an opportunity to address some the key needs and deficits within the areas. The common themes of assets supporting wellbeing throughout the Wards have many similarities, which could help to facilitate such collaboration as there is a sense of shared value. Prior to discussing any suggestions of overarching opportunities for cross-Ward



collaboration it is first necessary to highlight the ideas and previous experience of cross-Ward collaboration coming directly from community members.

5.1 Llanrhian Ward

Within the Llanrhian Ward there is a substantial appetite for cross-Ward collaboration. The dominant opportunity for such collaboration coming directly from participants was believed to be the replication of successful projects seen within other Wards. For example, several residents expressed a desire to see the Solva Care model replicated in the Ward. Llanrhian Connected Community is also considering establishing a Community Land Trust; therefore, it could be beneficial for them to communicate with Solva Community Land Trust to learn about the process and support one another.

A further model that is working well is the Peninsular Producers Food Hub that operates out of St Davids. Residents put forward the idea of expanding this model, offering a Peninsular Producers Food Hub outlet weekly in each of the four Wards. This would enable affordable access to locally produced food which was noted as having a positive impact on community wellbeing as well as sustainability. Other ideas for cross-Ward collaboration include, to address public transport issues, and organising events and day trips.

5.2 Solva & Brawdy Ward

The community has a strong sense of place and significant assets. Residents have previously established a range of grass roots initiatives which positively impact wellbeing in the area. The Ward has also shown previous ability to engage in successful cross Ward collaboration including the Festival of Ideas and knowledge sharing through the CLT.

In terms of appetite for such collaboration, the majority community members were receptive and felt this could be beneficial to address key concerns and shared issues. The opportunities for collaboration coming from the community included, replicating successful projects, holding events such as the Festival of Ideas, campaigning for policy change and building a stronger relationship with the local authority.

The overarching suggestion to connect the dots of the initiatives improving wellbeing throughout the Wards, would be to create a vehicle to help mobilise cross-Ward



collaboration such as a wellbeing forum. This would facilitate the conversation and encourage the Wards to share their experience and work together to create grass roots, sustainable solutions. If this was to be implemented, along with securing funding for community development workers or community connectors as seen within the Llanrhian Ward, there could be significant opportunities for the communities to thrive together.

5.3 St Davids Ward

Opportunities for collaboration exist through the themes of connection, sustainability, and security. It was felt that the community's wellbeing is supported by shared values and connections. Cultural assets of place and community are linked across the Wards through family history and businesses.

Residents felt that each ward could benefit from more connected and sustainable community hubs. Through supporting a network of local connector hubs and workers, with both a physical and digital, there could be an increase in engagement and inclusion. Regenerative and sustainable tourism could also represent a broad-based thematic project to take forward.

5.4 Milford East Ward

There are several crosscutting issues pertinent to Milford East that have been highlighted during this research: economic inequality and its consequences, improving mental health and the need for adequate resources. The research has also highlighted several opportunities that respond directly to need including creating a resource for capacity building.

Peer to peer mentorship and recognising the confidence and capacity to volunteer and get involved in different activities across the Wards, as well as opportunities to share experiences were also highlighted as possibilities.

Monthly or bi-monthly meetings could also be beneficial, to touch base on funding opportunities, issues, projects etc. Community leaders feel this could be an opportunity to provide support and signpost one another, or simply provide a space to discuss issues.



Several policy concerns have arisen throughout the research: to explore a way to stimulate the mechanism for devolving power and money to Ward level; exploring ways for communities to join forces with political representatives in a united effort.



6. Next Steps

1. Further strengthen community connections and engagement, and the sustainability of the participating communities.
2. Maximise the social and economic value of assets across the Wards.
3. Strengthen social care and support for living well for all, and reduce the demand and dependence on services, by sharing knowledge and implementing successful and sustainable projects that include: Llanrhian Connected Communities, Solva Care, Meals on Wheels, and Micro and Social Enterprises (latter with Neyland) in domiciliary care.
4. Strengthen community cohesion and engagement in Milford East, foster good physical and mental health, and build partnerships across the Wards in the Town.
5. Build the current 4Wards partnership to include business partners who are keen to contribute resources to this agenda.
6. Contribute to the intersectoral Integrated Community Networks to forge a closer alliance with the statutory services in relation to living well.
7. In line with a holistic model of living well, ensure that implementation is in line with considerations related to employment and training, housing and transport. Collaboration across the Wards on Community Land Trusts and with the proposed Pembrokeshire Academy will be a helpful start in this respect.
8. Commence prioritisation of action on the regenerative and sustainable tourism theme.
9. Develop the processes, mechanisms and structures to ensure continuing good relationships and delivery for success. This will involve the recruitment of community development workers, the setting up of a Living Well Forum, events, lobbying, and the linking of networks.
10. Share the learning from 4Wards in the County and Region to catalyse action elsewhere.
11. Provide place based community settings for training in community and third sector work.
12. Evaluate for social value and economic gain and include comparisons with other projects such as Cardi Care and Preseli Cares to start establishing impact based evaluation of innovations.



Appendix 1 – Steering group

Sue Denman	Project lead
Jessie Buchanan	Project lead
Becky Lloyd	St Davids Community Action Researcher
Ella Starling	Llanrhian Community Action Researcher
Rachel Kelway-Lewis	Solva & Brawdy Community Action Researcher
Cllr Neil Prior	Llanrhian Ward County Councillor
Cllr Mark Carter	Solva & Brawdy Ward County Councillor
Alun York	Mayor of St Davids (until April 2022)
David Lloyd	St Davids County Councillor (until April 2022)
Cllr Bethan Tudor Price	St Davids County Councillor (from April 2022)
Josh Philips	Solva Community Council chair (until April 2022)
Ifor Thomas	Solva Community Council chair (from April 2022)
Mollie Roch	Solva Care
Cllr Guy Woodham	Milford Haven County Councillor



Appendix 2 – Together for Change 10 point plan

1. Agree and adopt an evidence-based social and green model of wellbeing to inform our plans, with the national policy context being the Well-being of Future Generations (Wales) Act 2015 and Social Services and Well-being (Wales) Act 2014. We will also develop a joint vision and strategy for wellbeing to meet the varied needs of Pembrokeshire communities of place.
2. Work in a joined-up, coordinated and integrated way to maximise our resources in order to deliver a preventive agenda to support wellbeing.
3. Share power and coproduce policies and strategies with communities – however defined – to fit the policy context, to ensure that their expressed needs are met on a consistent basis.
4. Prioritise for action the many inequalities that are endemic in our population, including those that have been exacerbated by the pandemic.
5. Actively promote and support the shortening of food, goods and services supply chains, and implement sustainable procurement models that will enhance local economies.
6. Review the funding needs of community-led groups; make funding processes simple and inclusive; support and develop local fundraising capacity; contribute to the creation of social and community investment funds and support sustainable income generation through the transfer of assets to community ownership.
7. Support the growth and effectiveness of community action and leadership through the facilitation of shared learning, tailored advice and a strengthening of local democratic processes by allowing a stronger voice for communities in decision making that are also inclusive of young people.
8. Promote, support, and celebrate volunteering across the life course, including from the workplace.
9. Commit to the culture change needed to achieve the above, through strong leadership and organisational transformation plans.
10. Promote digital inclusion policies and actions for all communities and ages.



Appendix 3 - Project Schedule

Part 1 - Introduction to the 4Wards Community Project

Tuesday 8th March 10:00 - 12:30 (Solva Clubhouse)

Introduction to the 4Wards Project, context, background, aims including the holistic model of health and its determinants, the Wellbeing and Future Generations Act, Together for Change and the Ten Point Plan.

Wednesday 9th March 14:00 – 16:30 (Solva Clubhouse)

The Assets of a Community – presentation and discussion of the Asset Report with Dr Susan Chichlowska.

Thursday 10th March 14:00 – 17:00 (Zoom)

4Wards Finances, admin, logistics

Part 2 – Evaluation, Community Development and Wellbeing

Wednesday 16th March 13:00 – 16:30 (St Davids Cathedral Refectory)

Evaluation and research – exploring and creating a Theory of Change

Thursday 17th March 14:00 – 15:00 (Zoom)

Planning and reflection on research skills and resources

Monday 4th April Curtis House, St Davids

Individual wellbeing and somatic training to support the community development role.

Monday March 28th at the Harbour Inn, Solva

Training in using evidence enriched practice and Community of Enquiry. Externally facilitated by the DEEP Project, Swansea University.



Appendix 4 – Survey results

‘Would you like to keep in touch with 4Wards?’

- 90% wish to keep in touch
- 3% answered maybe in the future
- 7% did not provide an answer.

‘Would you like to get involved with 4Wards?’

- 64% said yes
- 33% answered maybe in the future
- 3% didn’t provide an answer

Feedback

‘Did the event meet your expectations?’

- 73% answered yes
- 20% in part
- 7% did not answer

‘Did you find this event interesting?’

- 93% answered either ‘yes’ or ‘in part’
- 7% did not answer

‘Did you find the information presented by the Community Action Researchers interesting?’

- 93% answered either interesting or interesting in part
- 7% did not answer

