



The journey towards
delivering the Well-being
of Future Generations Act
(2015) across NHS Wales



This publication sets out how NHS organisations across Wales are working towards delivering the Well-being of Future Generations Act (2015).

The Welsh NHS Confederation is the only national membership body which represents all the organisations that make up the NHS in Wales: the seven Local Health Boards, three NHS Trusts and Health Education and Improvement Wales. Our role is to support our members to improve health and well-being by working with them to deliver high standards of care for patients and best value for taxpayers' money. We act as a driving force for positive change through strong representation and our policy, influencing and engagement work.

Key Points

The Welsh NHS Confederation has produced this publication to provide an overview of some of the projects and initiatives currently being delivered by NHS organisations as part of the journey to implementing the Well-being of Future Generations Act (2015) - starting with adopting small changes and moving on to make greater changes.

The Act sets out how public bodies need to consider the long-term impact of their decisions, to work better with people, communities and each other to prevent persistent inequalities such as poverty, health inequalities and climate change.

The Act places an obligation on public bodies to improve our social, cultural, environmental and economic well-being. The Act is unique to Wales.

Since the Act was introduced in 2015, NHS organisations have been working to deliver innovative care models which help to create long-lasting and positive change to current and future generations. The Act puts in place seven well-being goals, and the NHS is maximising their contributions to all seven goals.

NHS organisations also have to deliver against a backdrop of significant pressure on their emergency departments and primary and community care services. This increase in demand means the NHS needs to adapt and focus on innovative models of care, working across the public sector to ensure our communities are brought closer together, with early interventions and prevention at the heart of what we do.

The Well-being of Future Generations Act (2015) in action

Fit for Future Generations - A childhood obesity strategy for Gwent to 2025

The strategy sets out a vision of healthier, fitter future generations – where obesity will not be harming children and limiting the well-being and health of future generations in Gwent as it is today. The aim of the strategy is to see present and future generations of children, from all communities, enjoying much longer healthy life expectancy.

Aneurin Bevan University Health Board

Fit for Future Generations is the beginning of a collaborative journey towards achieving this vision and it makes a case for the leadership, accountability and governance for coordinated and collective action on childhood obesity prevention at both the partnership and organisational levels. In particular, the ambition around *“Population Health and Well-being through better prevention and self-management”*.

The strategy highlights the significant benefits for individuals, families and communities, the public sector and services, the environment and the economy from making public-service wide, coordinated, changes together.

Obesity is a consistently underestimated public service challenge. Being able to set the strategy in the context of the Act and demonstrate the significant impact obesity can have across the 7 Well-being Goals enables partners across the system to clearly see their role and contribution and how/where it aligns with their agenda.

Applying the principles of the Act the ways of working provides a unique opportunity for all partners to be focused on working in such a way that supports the multi-sector, system-wide approach that is required to tackle childhood obesity.

Welsh language tutor employed to help improve communication with patients

In 2017, Betsi Cadwaladr University Health Board (UHB) brought their clinical staff and patients closer together by hiring a Welsh Language tutor to help health staff to communicate with Welsh-speaking patients. The role of “travelling” Welsh tutor is to cover the whole of the Health Board area.

Betsi Cadwaladr University Health Board

A range of training has been provided to staff from all professional backgrounds, from people learning Welsh from scratch to those needing to develop their language skills. In addition, training sessions have been provided at venues across North Wales including hospitals, clinics and administration centres.

The Health Board are rising to the challenge of making as many people as possible feel at home with using Welsh to the benefit of patients.

Reducing carbon emissions

Cardiff and Vale UHB has started to introduce energy conservation measures at key sites including Llandough Hospital, University Hospital of Wales (UHW) and Barry hospital. This involves a range of projects which will result in a reduction in carbon emissions. The projects include:

Cardiff and Vale University Health Board

- LED lighting projects
- High efficiency ventilation systems
- Solar panels
- Control system upgrades which automatically shut down systems and equipment when not in use
- Water saving schemes e.g. water-less urinals

Traffic management arrangements have been introduced and improved to encourage a more sustainable approach include Park and Ride schemes at UHW and Llandough; Nextbike cycle hire stations; development of a shuttle service between the two sites to reduce single occupancy private care journeys between the two sites; and development of a UHW bus and cycle hub. The UHB has signed up to the Cardiff Healthy Travel Charter.

For further information visit:

<http://www.cardiffandvaleuhb.wales.nhs.uk/directory-of-demonstrator-projects>

Well-being support in the community is helping people feel better

People with worries such as housing difficulties, the demands of caring for a relative or struggles with stress and loneliness, are being helped to better health by a new community role. A Well-being Community Co-ordinator is supporting six GP practices in the Cynon South area and offers help for issues that may not need to be seen by a GP.

Cwm Taf Morgannwg University Health Board

Often the people that the Co-ordinator helps have made an appointment to see their GP to deal with symptoms, but the role is to address the cause and help put them in touch with support and services that can help. This then often eliminates the need to see the GP at all.

The new role is part of Cwm Taf Morgannwg UHB's #YourLocalTeam campaign which aims to raise awareness of the range of professionals in the community who can help patients without the need to go to the GP.

Education programme for patients

During the last year, Hywel Dda UHB held 150 courses which helped 1,365 individuals complete a health education programme, with 91% of participants completing the course.

Hywel Dda University Health Board

The Health Board is working with several clinical areas such as cancer, podiatry and continence to ensure they include robust patient education to empower the patient to make subtle changes that may result in fewer medical interventions. The education programme aims to contribute to achieving significantly better health and well-being outcomes in the short and long-term.

Powys Well-being 12 Steps

Powys Teaching Health Board

The Powys Well-being Plan, overseen by the Powys Public Service Board, sets out the very long-term, inter-generational approach to the social, economic and environmental determinants of health, well-being and inequalities.

There are 12 steps identified in the Powys Well-being Plan and Powys Teaching Health Board is a contributor across all of these as an employer, commissioner and provider of health services.

The Area Plan reflects the social and economic determinants including social isolation, loneliness and poverty.

Responding to adverse childhood experiences

Public Health Wales NHS Trust

Public Health Wales' Policy, Research and International Development directorate in conjunction with the Public Health Collaborating Unit at Bangor University, has produced a new report ['Responding to Adverse Childhood Experiences'](#).

The report looked at programmes and interventions for 11 individual Adverse Childhood Experiences types, and Adverse Childhood Experiences as a collective term, to identify common approaches across programmes.

The report found there is no single intervention or approach which addresses the complexity of ACEs. By bringing together an extensive and complex evidence base, the report has drawn out seven key themes from the literature which are common and important when it comes to the prevention and mitigation of the harms of ACE's across the life course.

Apprenticeships helping Health Board train for a healthy future

Swansea Bay University Health Board

Swansea Bay UHB apprenticeship programme is developing a new, innovative and smart workplace for the future.

Since creating its Apprentice Academy with the support of Skills Academy Wales in late 2016, 193 apprentices have been appointed covering 12 learning frameworks including; administrators, Health Care Support Workers on our wards and in our theatres, assistants in laboratories and in areas such as Learning & Development, Outpatient Booking Offices, Estates and Facilities and our Therapies Department. A further 15 successful candidates are awaiting pre-employment checks.

All apprentices are guaranteed interviews for posts if they meet the personal specification and Academy staff help them with application and interview techniques.

£13m funding for new, greener and more efficient ambulances

Welsh Ambulance Services NHS Trust

111 new vehicles have replaced some of the existing Welsh Ambulance Service fleet which are 'cleaner and greener'. The vehicles include 71 new emergency operations ambulances, 33 non-emergency patient transport vehicles, and 7 specialist emergency vehicles for major incidents.

All new vehicles will be chosen for their 'cleaner, greener' credentials. They will use fuel-efficient V6 engines to minimise the impact on the environment and community.

Better performance and lower running costs will ensure value for money for the public purse. They will also be fitted with the most up-to-date communications systems and equipment to deliver the best services.

All 33 of the new non-emergency patient transport vehicles will be fitted with solar panels to convert available sunlight into electricity. Using solar panels instead of mains chargers negates the need to install multiple charging points, which will reduce our energy consumption, as well as the health and safety risks posed by trailing lead.

**Mindfulness
App officially
launched.**

The Mindfulness App, created by Velindre Cancer Centre, is deliberately non-cancer specific so anyone can use mindfulness as a tool to manage stress and anxiety.

**Velindre NHS
University Trust**

Listeners are guided through mindfulness exercises to help improve mental health and well-being and can be used before, during or after hospital treatment. There is also a relaxation element to the App which has been provided by Occupational Therapy team at Velindre.

The app is designed to walk listeners through mindfulness practice and gain an understanding of how mindfulness works.

How can the Welsh NHS Confederation help you?

Please get in touch if you want further details on anything highlighted in this briefing. Please contact **Nesta Lloyd-Jones, Assistant Director**, on Nesta.Lloyd-Jones@Welshconfed.org

You can visit our website at www.welshconfed.org or follow us on Twitter  [@WelshConfed](https://twitter.com/WelshConfed)