

# **CTM RIIC HUB ANNUAL REPORT**

**2021/22**

**Cwm Taf Morgannwg  
Research Improvement  
and Innovation Hub**

2nd Annual Report



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MORGANNWG REGIONAL  
PARTNERSHIP BOARD

**By your side.**





# INTRODUCTION TO THE RIIC HUB



**Prof. Kelechi Nnoaham**

**Director of Public Health Cwm Taf Morgannwg University Health Board**

We have all been through unprecedented times over the recent two years and as we look to the future, we need to ensure we reflect and learn from this period. We must be bold and brave in our ambitions to improve and innovate services and their delivery to meet the present and future needs of the communities we serve.

We still face many challenges over the coming years as we recover from the COVID-19 pandemic and have to look at different and better ways of providing health and care services across Cwm Taf Morgannwg (CTM) and beyond.

Research and innovation needs to address the whole health and care cycle – promoting health, preventing disease, interventional care, rehabilitation and palliative care. It must identify, promote and embed continual improvement in the services that we deliver across all organisations within the CTM Regional Partnership Board to guide and improve population health across CTM.

The CTM RIIC Hub (Research Innovation Improvement and Coordination Hub) has delivered on its ambition to act as a focal point, bringing together expertise to support the evidence base of work and initiatives currently underway across our Health and Care Partnership. This annual report sets out some of the key examples of the CTM RIIC Hub's ongoing activity and the impact it has had.

**Dr Tom Powell**

**RIIC Hub Lead, Cwm Taf Morgannwg**



We were established in the spring of 2020 to co-ordinate and support research, innovation and improvement activity across CTM. For the past two years, we have worked with many organisations to adopt new and creative approaches that will enhance the health and wellbeing of our populations in CTM. The innovation landscape is still developing in Wales and is the current focus of renewed interest, with Welsh Government developing a new integrated and streamlined innovation strategy.

As such we are adapting to meet this new focus, and will become the CTM Regional Innovation Coordination Hub from April 2022. As an innovation led 'engagement and coordination hub', we will continue to support organisations working across the CTM region to collaborate together, share resources, and pioneer new ideas.

If you are interested in how we can support you, please get in touch with the team either through our Twitter page (RIICHub\_CTM) by email on [CTM.riichub@wales.nhs.uk](mailto:CTM.riichub@wales.nhs.uk).



## Social media impressions

127,281



## Projects completed

10



## Engagement sessions held

6



## Number of people who attended engagement sessions

approx

135



## Organisations worked with

40



# LOVE INNOVATION WEEK

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**In February 2022, we worked with partners across CTM and Wales to launch a 'Love Innovation' week.**

The week aimed to put a spotlight on unique projects that are benefitting the lived experiences of large numbers of people. During the week, we shared stories, resources and learnings through a dedicated Love Innovation webpage (see below).

Online, a number of organisations and people living and working in CTM and beyond, engaged throughout the week using a #LoveInnovation hashtag.

By the end of the week, our online content relating to 'Love Innovation Week' had achieved 28,000 tweet impressions (how many people have seen a tweet), and visits to our Twitter page increased by 10,000.

**Scott Tandy, Community Regeneration Officer at Newydd, said:**

**"It's been an amazing week you've showcased lots of incredible projects – I genuinely feel honoured to be part of it"**

**"I've made quite a lot of contacts as a result of the week looking to link in, support, can help the work I am involved in which is brilliant."**



We now plan to use the page set up for the week as a dedicated 'Love Innovation' Hub.

[Visit this here.](#)





**Get Fit Wales is a free programme that supports children and young people to improve their physical and mental wellbeing. Those who sign up to Get Fit Wales can earn points to spend on healthy food and activities in school, local shops and community facilities.**

We supported Newydd Housing Association and its HAPI (healthy, aspiring, prosperous and inclusive) team to encourage participation with school children and the local community.

For example, during Children's Mental Health Week in February 2022, we co-ordinated the launch of the 'Step Up Challenge', a 'virtual 10K' to get children moving and earn more points.

We worked with our partners to engage local schools, and in total, over 100 young people took part, walking a total of 125,000 steps.

The challenge was featured on ITV Wales News at prime time on a Friday evening, and as a result, more schools have enquired about taking part in Get Fit Wales.

**Amelia Kelly, local student, said:**

**I've loved taking part in the step up challenge and have enjoyed being active, me and my friends have continued to meet up outside of school and go for walks. We are hoping to collect and use our points at Hawthorn Leisure Centre gym.**



We have also helped to scale up the project by connecting Newydd and HAPI to organisations including Public Health Wales, University of Trinity St David, Wales Institute of Digital Information, regional health boards, Cardiff and the Vale RIIC Hub and the Life Sciences Hub.

We are now working with Get Fit Wales to improve its digital platform to improve accessibility, which involves identifying funding opportunities. As a collaborative we endeavour to sustain and further spread these opportunities.

**[See more here.](#)**



# SUPPORTING ANNUAL HEALTH CHECKS

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## Supporting annual health checks with Cwm Taf People First and Cwm Taf Morgannwg University Health Board

**The Welsh Health Check is an annual health check held for people aged 16 years and older with a learning disability. Currently, the GP or practice nurse holds a physical examination and a medical review and completes a health check action plan. The health check takes approximately one hour.**

We worked in partnership with a learning disabilities liaison nurse at Cwm Taf Morgannwg University Health Board and Cwm Taf People First to coordinate a co-produced training package for health care professionals undertaking these examinations.

This training will help to improve the health-check process to ensure people with learning disabilities feel fully supported throughout.

Nine members of Cwm Taf People First, who each have a learning disability, helped to develop the six online sessions.

The members, and members of Bridgend People First, have since been invited to be Health Champions for the promotion of the Welsh Health Check training package across local surgeries starting in 2022.





# COMMUNITY ACTION STEERING GROUP

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## Coordination of a Community Action Steering Group to support the CTM Population Needs and Wellbeing assessments

**Every five years, Regional Partnership Boards undertake a regional Population Needs Assessment. This assessment guides what health, social care and wellbeing services are needed in our community, and the range of support and services required to meet that need.**

In addition, Public Service Boards (PSB) across Wales carry out a well-being assessment and publish an annual local well-being plan.

This year both boards worked together on '100 Days' campaign to promote data gathering and engagement activities to understand communities' experiences, current needs and aspirations for the future.

A Community Action Group (CAG) to oversee this work was set up, chaired by our lead, Dr Tom Powell. The group played an important role in bringing together partners from across the region, to ensure as much information was gathered as possible.

Over 19 organisations attended each meeting, co-ordinated by our engagement officers. Attendees ranged from local authorities and Natural Resources Wales, to people with lived experiences and the third sector.



# SUPPORTING ENGAGEMENT ACTIVITIES FOR THE CTM POPULATION NEEDS ASSESSMENT

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**The CTM Population Needs Assessment will guide what health, social care and wellbeing services are needed, and also what needs to be improved, so our residents can live happy and healthy lives.**

But to do this, the assessment needs to highlight barriers, challenges and ideas for change from those who directly use our services. We wanted to find an accessible way to support people with lived experiences to share their stories while connecting with others.

We worked with the Our Voice Matters project (funded through the Integrated Care Fund), and our colleagues in the Regional Partnership Board to organise a series of creative events.

These events were attended by both health, social care and wellbeing professionals and residents, and gave people an opportunity to share their thoughts and feelings through a variety of artistic activities.



Since starting the project we have met with over 300 people, including people with learning disabilities; unpaid carers; autistic children and parents and carers; people with physical disabilities and sensory impairments; people who access mental health services and older people.

A number of songs, drama sketches, artworks, poems and stories have been written to bring to life experiences.

The CTM Population Needs Assessment will be published in April 2022, including information from both engagement and data gathering activities undertaken during the 100 Days campaign.



# VOICES OF COVID

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**The 'Voices of Covid' programme, led by the Centre for the History of Science, Technology & Medicine, at Manchester University was set up to explore and record NHS heritage around the global pandemic by capturing stories and memorabilia from a diverse range of communities around the history of the NHS and Covid-19.**

We helped the project team collect a range of stories from staff to feature in this unique archive. Representation was taken from a number of people with experience of working at Cwm Taf Morgannwg University Health Board, including the health board's field (nightingale) hospital, Ysbyty'r Seren, the third sector; Local Authorities and independent practitioners.

By ensuring that representation of those in CTM have been included in the project, we have provided a valuable contribution to enable a more diverse and inclusive collection to go forward into the National Archive.





# REIMAGINING GLANRHYD HOSPITAL CHURCH

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**Glanrhyd Hospital is situated in Pen-y-Fai near Bridgend and is managed by Cwm Taf Morgannwg University Health Board. The church on site has been in a deteriorating state and we identified an opportunity to transform the building into a multi-use space for the local community, staff and patients with a focus on improving 'wellbeing' and mental health.**

As per the Wellbeing of Future Generations (Wales) Act, 2015, we have been working with the health board to develop innovative approaches that create positive long-term impact for the benefit of the local population, patients and staff.

To deliver this project we have established a partnership between Accelerate, Zenergy Design Ltd, Mental Health Matters Wales, BAVO and Cardiff University. This brings together a wide range of expertise from architects, sustainability build experts, engineers, experts in mental health and academia.

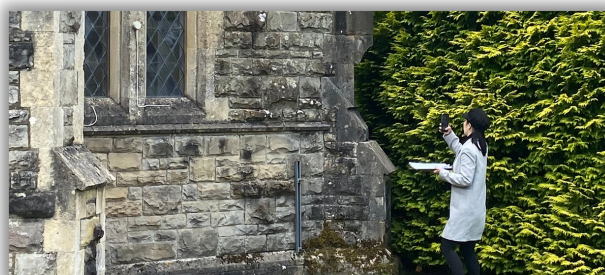


To ensure community voice is at the heart of this project, we co-ordinated engagement activities and workshops for the local community.

Through facilitating both community and partner focus groups we were able to evaluate local needs as well as ideas for the space. This was then fed back to our research partners who were equipped to develop a building plan that meets community needs, as well as site specifications in relation to faith, heritage and government targets for sustainability and the environment.

Expected outcomes include a co-developed plan and specification for a sympathetic refurbishment including a cost estimate that will help us identify and apply for potential funding sources.

**[Case Study link - Glanrhyd - CTM](#)**



# REIMAGINING GLANRHYD HOSPITAL CHURCH

continued

See quotes from some of  
our partners below:

Michaela Moore, Director of Mental Health  
Matters Wales

“Mental Health Matters Wales is  
delighted to be partner of such an  
innovative project which aims to  
support the Social and Emotional  
Wellbeing of the community”



Kay Baker, Operations and Partnership  
Manager BAVO

“Bridgend Association of Voluntary  
Organisations (BAVO) has had the pleasure  
of being a partner in an innovative project to  
reimage a beautiful community building that  
will provide space for local organisations  
and support the wellbeing of the  
community.”



Jenny Oliver, Governance and Patient Experience  
Manager Cwm Taf Morgannwg University Health Board:

“It is a really exciting opportunity for the  
Health Board to develop into a useable  
space for all.”

## RAISING ASPIRATIONS INNOVATIVELY

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**‘Raising Aspirations Innovatively’ aims to challenge children of Key Stage 2 ages to ‘think outside of the box’ and broaden their future prospects. The project coincides with the Raising Aspirations and Standards policy to improve and sustain education outcomes for all children and young people across Merthyr Tydfil.**

We worked with Merthyr Tydfil County Borough Council Education colleagues to engage with the local schools and provide access to technology and activities through local businesses.

We encouraged a creative and innovative approach by allowing the school children to vote on their favourite projects. Due to COVID restrictions at the time, online events were held to undertake this.



Schools fed back how much fun and enjoyment both children and staff had when taking part in the projects.

It was clear, even during the pandemic, we were able to provide a virtual safe creative space for children that has a positive impact on children’s futures.

The project has strengthened relationships between schools and local businesses. Education colleagues are now considering further partnership working with us.

Future success relies on the commitment of other schools to get involved if it is to be replicated regionally and assurance and monitoring will determine any long-term impact.



Sue Walker, Director of Education, Merthyr Tydfil County Borough Council said:

”

"Working with RIIC was a fantastic opportunity for us to engage with schools in a different way. The ‘Dragon’s Den’ style approach at the beginning caught the children’s attention and certainly engaged them in the activities. Despite the pressures of the pandemic there were many positives to be taken from this work and we are looking forward to working with RIIC to roll this out further."

Read the full Education Report here – See PDF



[Case Study link - Education](#)





## INTEGRATED CARE FUND (ICF) EVALUATION

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**The Integrated Care Fund (ICF) supports the Cwm Taf Morgannwg Regional Partnership Board to develop and test new approaches and service models that support health and social care integration and prevention.**

We funded Professor Carolyn Wallace, Professor of Community Health and Care Service at University of South Wales, to undertake an evaluation of a selected number of ICF projects.

We developed a brief for evaluating ICF projects, and co-ordinated regular meetings between Prof Wallace and ICF project leads, including those from Cwm Taf Morgannwg University Health Board, local authorities, and our third sector partners.

Prof Wallace is now in the final stages of producing an evaluation framework which in turn aims to benefit future commissioning strategies.

**Dr Carolyn Wallace, Professor  
Community Health & Care  
Services, University of South  
Wales/ PRIME Centre Wales,  
Cardiff/Director Wales School  
for Social Prescribing Research  
(WSSPR).**

**“Working with the RIIC has been invaluable. They have provided liaison between groups, setting up meetings and helped with aspects of the project which required specific recruitment. For example, we couldn’t have used the Groupwisdom software to identify the important data items for evaluation without their support.”**



Read more about the [ICF here](#)



# COMMUNITIES4CHANGE: HEALTHY HOUSING IN CWM TAF MORGANNWG

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**The Communities4Change (C4C) Wales programme brings together individuals from a number of organisations with a common goal to improve health and wellbeing equity.**

Comprising people from Cwm Taf Morgannwg University Health Board, Rhondda Cynon Taf County Borough Council, Hafod Housing, Public Health Network Cymru and Public Health Wales, C4C wanted to test an approach to improving health and wellbeing for our communities.



C4C is now working with the CTM Healthy Housing Partnership, to launch a pilot project to improve data sharing and usage between housing and health partners.

We have supported the project by supporting housing, health and social partners to set up a working group to identify the best way to advance the project.

We are taking part in evaluation interviews to gather learning from this initial phase, and will continue to work with partners.



**Read more here**  
**[Communities4Change Wales](#)**  
**[- Public Health Network](#)**  
**[Cymru](#)**



# We have been grateful to work with



Bridgend Association of Voluntary Organisations  
Cymdeithas Sefydliadau Gwirfoddol Pen-y-bont ar Ogwr



VOLUNTARY ACTION  
MERTHYR TYDFIL  
GWEITHREDU GWIRFODDOL  
MERTHYR TUDFUL

Cyngor Bwrdeistref Sirol



Rhondda Cynon Taf



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

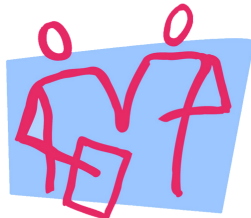


Cwm Taf Morgannwg

Bwrdd | Regional  
Partneriaeth | Partnership  
Rhanbarthol | Board



People First Bridgend  
Pobl Yn Gyntaf Pen-Y-Bont



putting people first  
rhoi pobl yn gyntaf



Cyngor Bwrdeistref Sirol  
MERTHYR TUDFUL  
MERTHYR TYDFIL  
County Borough Council



Llywodraeth Cymru  
Welsh Government



Cwm Taf People First



Rhondda Cynon Taf



Prifysgol Cymru  
Y Drindod Dewi Sant  
University of Wales  
Trinity Saint David



# We would like to acknowledge

**Tom Powell – CTM RIIC Hub Lead**

**Charlotte Evans – Project Manager**

**Elizabeth Thomas – Engagement Officer**

**Alex Skwarnecki-Cokeley - Engagement Officer**

**Joanne Sullivan - Engagement Officer**

**Rebecca Goodhand – Communications and Engagement  
Manager, CTM Regional Partnership Board**

**Ruby Harrison – Digital Communications Officer**



**Would you like to work  
with us? Get in touch below**



**@RIIChub\_CTM**



**ctm.riichub@wales.nhs.uk**



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