



## Housing and Sport: Improving wellbeing and providing better value for public money

3 March, 09:00 – 13:00, Wales Audit Office, Cardiff

26 March, 09:00 – 13:00, Glasdir, Llanrwst

### Video transcript

#### Alan Morris, Wales Audit Office

Today's seminar was about how, by working together, public service organisations and third sector organisations can really make a difference to the long term health and wellbeing of people. The particular focus of today was on the role of housing and sport and the role that they can play in making sure that people are healthy, that they put less pressure on health services and conventional services so that they really do bring about cost savings in the long term, which may involve costs in the short term, but to achieve that partnership working is an essential factor.

#### Neville Rookes, Welsh Local Government Association

As the WLGA, we felt that it was important to be involved in this particular seminar and workshops. We've been doing a lot of work with local authorities in preparation for the Wellbeing of Future Generations Bill. We've seen an awful lot of examples of where at an operational level, organisations are collaborating, they are integrating, and I think the stumbling block of it all and one thing that will really come out to make this bill successful, is if we can get the integration and collaboration between the different departments and silos that exist within Welsh Government and other public bodies - that there is that conversation between each other, with getting the right people to the table who can say "How can I help with the delivery?" rather than looking at it from a very selfish point of view, "What can we get out of this for my department? For my budget?" If you're looking for a single winner from all of this, you're not going to get one. It's either we all win together, or we all lose together. And I think that's the key message.

#### Elaine Ballard, Taff Housing Association

The project is the Lighthouse Project at Newport, which is essentially a floating support project. The particular project I talked about today was a tenant support worker being based in the Royal Gwent Hospital alongside the social work team. So the co-location of the team and the worker was key to the success of the project, and through that we were able to reduce the time people spent in hospital, and obviously it's a better outcome for the individual as well.

#### John Hardy, Conwy County Borough Council

The top three points of my presentation were about the benefits that we can deliver to the residents of Conwy through the partnership working that's taking place between Betsi Cadwaladr University Health Board, the Conwy Council and a range of units within Conwy Council, particularly Social Services and Leisure, and the Welsh Rugby Union on the site at Eirias. So it was about the benefits that have been generated for Conwy residents from that.

The benefits to the people of Conwy are a better quality of life, particularly for people who are suffering with managing long term chronic disease. We've identified that making use of physical activities is a positive intervention and all the professionals, the health professionals, the social service professionals and the leisure

professionals can get together and really deliver on that.

#### **Rupert Moon, Welsh Rugby Union**

The one key message I'd like delegates to walk away with today is that 'The impossible is possible.' And collaborations do work. Visions, ideas, pulled together with the right people – it is possible.

#### **Catherine Chin, Betsi Cadwaladr University Health Board**

The three main things I think the delegates need to know about our health disability sport project is about with working in partnership between health and disability sport to achieve that main aim of increasing the health and physical activity of disabled people, it's about promoting that different people can refer in to disability sport, but it's by using that contact with healthcare that we can really make that difference – that it is accessible to everybody.

The one key message I'd like people to take away from the health disability sport workshop is that anybody can link in to disability sport to get disabled people more active and help them find what opportunities are available to them in their local authority. They can search on the Disability Sport Wales website, so on [disabilitysportwales.com](http://disabilitysportwales.com), or they can search by their impairment or what sport they're interested in, but they can find the contact details for their local officer to support them.

#### **Chris Edmunds, Aneurin Bevan University Health Board**

The three main messages of my presentation, the first one is if it doesn't succeed, you try and try again. Collaboration is very, very easy to say, but hard to do, and you need to persevere with that, but the rewards are fantastic – to see individuals achieve their goals and objectives, and get a reward for staff and the services involved as well, they're the three main key messages – it can be done.

The one key message that I want delegates to take away is to persevere. Whether you've got the right people in the room first time, I doubt it. But those people will tell you that there's somebody else that you need to speak to. So get out there and speak to everyone you need to speak to because communication is key, and it'll take up most of your time and it can be very hard and challenging, but you've got to do that. You've got to get that message out and sell what you're selling, and get people to buy into that.