



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

3 March 2015, 09:00 – 13:00, SWALEC Stadium, Cardiff

26 March 2015, 09:00 – 13:00, Glasdir, Conwy

Agenda

09:00 Registration, refreshments and exhibitions

09:30 Housekeeping

09:35 Keynote speech

Huw Vaughan Thomas, Auditor General for Wales

09:45 **Plenary session – Why Housing and Physical Health make for Common Sense**

Dr. Anne-Marie Cunningham

Lisa Dobbins, Welsh Government

More and more is being asked of health professionals in a time when budgets are being squeezed. Being healthy is not just down to being prescribed the right medicine, a range of factors contribute to people's health. So how can we ensure that housing and sports provision plays a part in the drive for a healthier Wales? In this plenary session we will hear from Dr. Anne-Marie Cunningham, who's a GP and a Cardiff University lecturer, and Lisa Dobbins from the Welsh Government, who are both passionate about how collaborative working can result in better health outcomes for the Welsh public.

10:30 A choice of attending one of the following workshops:

The Health Precinct

John Hardy, Conwy County Borough Council

The Colwyn Bay Health Care and Wellbeing Precinct works to improve the health of the people of Conwy through physical activity. Hear more in this workshop about they use exercise by prescription, chronic disease management or rehabilitation from acute or chronic ill health. The collaboration supports people to move from medically supported therapy to community based physical activity.

In One Place

Chris Edmunds, Aneurin Bevan Health Board

This project has been used as a vehicle to streamline the process of developing suitable accommodation for people with complex health and social care needs in Gwent. Fifteen agencies pooled their knowledge and intelligence to forecast future accommodation needs and used that

information to strategically plan and influence accommodation provision. In this workshop, hear how this approach has led to better care and substantial savings.

Enabling to Become Physically Active

Catherine Chin, Betsi Cadwaladr University Health Board

Betsi Cadwaladr University Health Board and Disability Sport Wales have joined forces to support more disabled people across North Wales to become physically active, and play sport. Hear how health and sport professionals are working together to double the number of disabled people who are physically active in North Wales and to find five performance level athletes by the end of 2016. By educating health workers about physical activity opportunities, the project sees disabled people in the area being able to lead an improved and healthier lifestyle, reaping the benefits of becoming more active.

The Lighthouse Project

Elaine Ballard / Mark Sheridan, Taff Housing Association

Could Hospital Tenant Support Workers help to combat delays in support for patients through third party referrals and unnecessary paperwork and liaison? In this workshop hear how the Lighthouse Project has helped to speed up a safe discharge from hospital and offer a more comprehensive support package by working in partnership with the hospital social workers and health professionals.

- 11:30 Tea and coffee
- 11:45 A second chance to attend one of the above workshops
- 12:45 Plenary session – Call to action
- 12:45 Close and buffet lunch

Contact details

If you require any further information please contact Dyfrig Williams on 029 20320614 or e-mail SharedLearningEvent@wao.gov.uk.