BWRDD GWASANAETHAU CYHOEDDUS
PUBLIC SERVICES BOARD

CWM TAF MORGANNWG

Well-being Plan
2023 – 2028

easy
read

About this document (Part 1)

This document will tell you:

What the **Cwm Taf Morgannwg** region is.
(Page 4)

What a **Public Services Board** (PSB) is.
(Page 5)

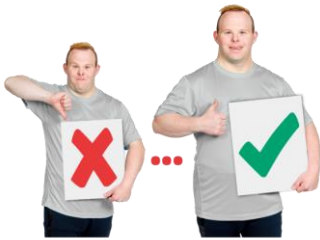What a **Well-being Plan** is.
(Page 6)

What a **Well-being Assessment** is.
(Page 6)

About this document (Part 2)

What the **objectives** of our plan are.
(Page 7-10)

What doing our plan will **achieve**.
(Page 7-10)

How we will do our plan.
(Page 11-12)

How we will know if our plan is **working**.
(Page 13)

What is the region of Cwm Taf Morgannwg?

Cwm Taf Morgannwg is a **region**.

It is made of **3 counties** that work together:

Bridgend

Rhondda Cynon Taf

Merthyr Tydfil

What is a
Public Services Board?

A Public Services Board is a group of leaders from:

- **Emergency Services**

- **Health Services**

- **Nature Services**

- **Councils**

- **And other people in charge of public services**

Public Services Boards work as a **region**.

They **work together** to make the region a better place to live.

What is a Well-being Plan?

Public Services Boards must **write a plan** that tells you we will make the region better.

This is called a **Well-being Plan**.

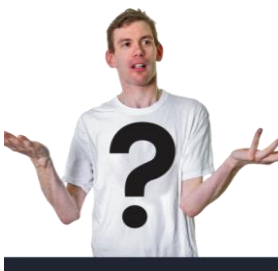To write a Well-being Plan, a did a **Well-being Assessment**.

This is where we:

- looked at lots of information about our region

- Asked people living in the region what they thought.

Our findings from the well-being assessment tell us:

- what is **going well**,

- what we could do **better**.

We use this to make the Well-being Plan.

Objective 1: Healthy Local Neighbourhoods (Part 1)

Our well-being assessment told us **you want to feel:**

Part of your **community**

Able to get the **right support** and be **active** near to where you live

Safe from harm

Your **voice matters**

Objective 1: Healthy Local Neighbourhoods (Part 2)

By **working together** on this, we will:

Help **everyone** feel a part of their community, no matter their race, gender, sexuality, disability or other differences.

Help people to be more active, to exercise and lead a **healthy life.**

Make people care more for where they live so that it is **safer** with **less crime**.

Help people do **local activities** and **services** that are easy to get to and don't cost a lot.

Objective 2: Sustainable and resilient local neighbourhoods (Part 1)

Our well-being assessment told us you want to:

Use **nature** to keep you **active** and **healthy** while also protecting the **environment**.

Walk, cycle use public transport more instead of using your care.

Recycle more, **waste less**, and use energy that is better for the **environment**.

Help with **climate change**.

Objective 2: Sustainable and resilient local neighbourhoods (Part 2)

By **working together** on this objective, we will:

Protect **nature** and the **environment**.

Help people **cycle**, **walk** and use **public transport**.

Be **smarter** with how we use **resources**.

Make everyone more **aware** of **climate change** and how they can **slow** it down.

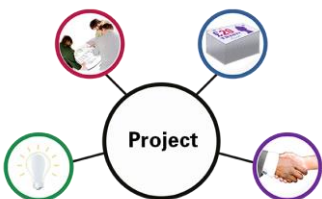# How will we do our plan? (Part 1)

We will do our plan by:

Having good, strong **leadership** and a **well managed team** that do the plan.

Making sure we are **responsible** and **working to the plan**.

Using **experts** and **funding** to support our plan.

Breaking down our work into **smaller parts** that help us do the whole plan better.

How will we do our plan? (Part 2)

We will do our plan by:

Using the plans of the **government** and **council** to make sure we are all working towards the same goals.

Listening to the voices of **people** in our **community** and the other **organisations** we work with.

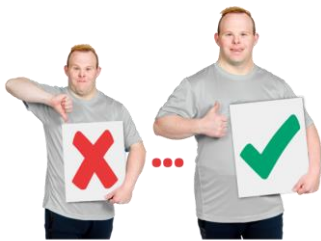**Sharing** what we know with other people so that everyone knows what our community needs.

How will we know if our plan is working?

To make sure our plan is working we will:
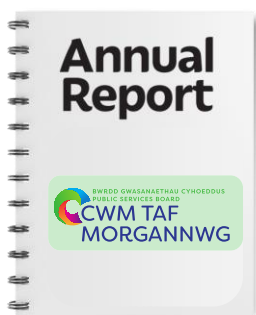
Check our work has good **outcomes**.

Outcomes are things you expect to happen because of your work.

For example, the outcome of doing exercise every day is that you get more fit and healthy.

To check the outcomes of our work, we will:

- **Count** how much work we are doing.

- Write **stories** about our work.

At the end of the year, we will write a **report** that tells people about the **outcomes** of our work.