



Elusen Iechyd
Bae Abertawe

Swansea Bay
Health Charity



Regional Health, Social Care and Wellbeing Small Grant Scheme

Purpose of the Paper:

To provide a summary of the projects funded through the Regional Health Social Care and Wellbeing Grant Scheme.

Background:

The Grant Scheme is a fund sponsored by Swansea Bay Health Charity. It targets groups which provide, or intend to provide, local services which improve the health and wellbeing of the local population in Swansea and Neath Port Talbot or across these areas.

Specifically, the scheme will invest in health and wellbeing activities which aim to encourage independence and self-care and shift the balance from secondary care services.

The Health Board's Strategic Objectives are:

- **Strategic objective 1:** People of Swansea Bay live healthier, more equitable and prosperous lives
- **Strategic objective 2:** Care is high quality, safe, efficient and delivers the best possible outcomes for people
- **Strategic objective 3:** Care is delivered in partnership with our communities in appropriate settings supported by innovative solutions
- **Strategic objective 4:** The Health Board is a great place to work where staff feel valued and work towards a common goal
- **Strategic Objective 5:** The Health Board is a resilient, financially sustainable and responsible organisation

The Health Board Priorities are:

- Improving its population's well-being, resilience and independence
- Prevention, self-care, care closer to home or at home
- Providing care as a regional and integrated system
- Enabling staff and creating new ways of working



Elusen Iechyd
Bae Abertawe

Swansea Bay
Health Charity



A total of 31 applications were received totalling £196,723.25. The grant was therefore oversubscribed by £146,723.25.

A panel meeting was held with representation from Swansea Council for Voluntary Service, Neath Port Talbot Council for Voluntary Service and Swansea Bay University Health Board. Applications were assessed by the panel, with the panel allocating the £50,000 across 8 projects.

A summary of the projects and project outcomes (as appropriate) is listed below:

1. Mums and Toddlers Foundation – Regional Project – Allocated £10,000 – Bilingual Peer Wellness Pilot for Isolated BME Mothers

The aim of the Bilingual Peer Wellness Pilot is to launch an, integrated, and scalable project across the Swansea Bay region (Swansea and Neath Port Talbot) to promote prevention and self-care by connecting isolated BME mothers with trained peer mentors, thereby building resilience and reducing the reliance on clinical services.

Expected Number of Beneficiaries: 45 Individuals

Please Note due to a delay in commencing the project, the delivery of this project will conclude at the end of June.

2. Forest School SNPT – Regional Project – Allocated £8,112.00 – Forest School Project

Forest School SNPT will run morning and afternoon sessions for children young people and their families during school term and holidays. Forest School SNPT want to encourage more children and families into natural spaces to enjoy Forest School activities. Forest School SNPT has been “Making Muddy Fun” for over 24 years, providing inspiring approaches to outdoor learning and play since 2001. Their mission is to ensure that all children have access to safe, inclusive outdoor play opportunities that support holistic growth, development, and physical and mental well-being.

They achieve this by offering fun, engaging, and meaningful outdoor learning experiences and nature play sessions for children, young people, and their families. These sessions are delivered in local woodlands and green spaces by qualified Forest School Practitioners.

Expected Number of Beneficiaries: 40 Families

Project Outcomes – Forest School SNPT

Forest School SNPT delivered 23 sessions with the funding that was allocated. Offering 276 spaces for children and their adults to attend Forest school in nature. By bringing children and their adults into nature it helps with their mental health, they all make new friends and enjoy the activities that have been offered.

“T asked if we could eat peas from the garden again, he called them nature candy, we said we will plant some and wait till summer again.”

“Really glad this is on as we wanted to find an outdoor play setting. We loved getting him outdoors and immersed in nature. Grandma said she loved it and both her and her daughter got a lot out of it, interacting with W and us.”

“Mum said how much they were both enjoying coming and that they both love being outdoors in nature.”

All that attended the sessions have asked for more, as they realise how beneficial it is for them to be out in nature and doing fun things especially getting muddy!





Elusen Iechyd
Bae Abertawe

Swansea Bay
Health Charity



3. The Poppy Factory – Regional Project – Allocated £5,234.03 – The Poppy Factory’s Navigator Service

The Navigator project supports veterans with physical and mental health conditions who want to find meaningful employment in the future but face barriers that make returning to work difficult. The veterans will be experiencing considerable barriers to employment. The project delivers considerable support to these veterans before they begin their transition into the workforce.

Expected Number of Beneficiaries: 5-6 Veterans

Project Outcomes – The Poppy Factory

This grant helped The Poppy Factory to deliver their pre-employment Navigator service to veterans in Swansea and Neath Port Talbot. The project ran from November 2025 to 31 March 2026. Navigator supports veterans with physical and mental health conditions and other complex barriers who want to find employment in the future, but for whom returning to work is particularly challenging at present. The grant enabled a dedicated Navigator to help veterans connect with specialist services, take part in activities in their local community, and build a support network. The grant resulted in the following benefits and outcomes.

- 10 veterans supported during the grant period: 8 new clients started within the grant period, plus 2 clients who were already on the programme at the start of November.
- The Poppy Factory strengthened relationships with statutory and voluntary organisations in Swansea and Neath Port Talbot. This contributed to referrals into the Navigator service from NHS Veterans Wales (7), Bulldogs (1), The Wallich (1), and through a Poppy Factory-led outreach event (1).
- 11 progress indicators were achieved, including: 3 veterans engaging in community activities; 2 veterans transferring to our Employment Service; 1 veteran benefiting from a multi-agency support plan; 2 veterans having appropriate benefits put in place; and 1 veteran achieving primary care registration.
- 2 clients achieved their primary goal within the grant period.

An additional benefit of the grant for The Poppy Factory was the support, advice and guidance provided by the SCVS development team in helping us develop policies. As a result, the charity has increased its knowledge of Welsh legislation, enabling us to better serve Welsh veterans.



Elusen Iechyd
Bae Abertawe

Swansea Bay
Health Charity



During the grant period the Poppy Factory captured baseline information showing the level of need among veterans accessing the Navigator service¹. On entry, veterans reported an average life satisfaction score of 4 compared with the national average of 7.45 (ONS index). Pathway Star also highlights challenges across eight key life areas (skills, stability at home, money, healthy lifestyle, emotional wellbeing, family and relationships, friends and connections, and confidence and aspirations), with Navigator veterans typically reporting significantly low scores in at least three areas at the point of entry. Specific project impact is evidenced through clear, attributable steps towards stability and wellbeing and for this cohort is shown through our internal progress indicators, which during the grant period include:

- 3 veterans engaged in community activities.
- 2 veterans transferred to the Employment Service.
- 1 veteran received multi-agency support planning.
- 2 veterans now have appropriate benefits in place.
- 1 veteran achieved primary care registration.

A key outcome was that 2 veterans stepped up from Navigator into the Employment Service during the grant period. This is an important indicator of increased readiness for employability-focused support, as moving on typically reflects improved day-to-day stability and confidence across the Pathway Star areas (for example, managing health needs, finances, routines, and social connection) to a point where the veteran feels able to begin focusing on employment goals.

An example includes veteran 'Andy' (pseudonym). Andy lives with a physical disability and, when he first joined the programme, low confidence in public spaces was affecting his wellbeing and making it difficult for him to return to work. His service-related injuries meant he was unable to find a job, and he was becoming increasingly withdrawn and socially isolated. His Navigator arranged a guided visit to a local gym as a first step towards reconnecting Andy with the community. This connection is boosting his confidence in public settings and has encouraged him to try other accessible activities. Andy is now more confident leaving his home and is beginning to work towards longer-term employment goals.

The support of Swansea Bay Health Charity has also helped increase local awareness of our services. This includes the Swansea Navigator and the Manager of the Swansea Bay Health Charity, working together on a news story with The Poppy Factory's Comms team



Elusen Iechyd
Bae Abertawe

Swansea Bay
Health Charity



to promote the service to the local community: [Swansea veterans can navigate a new way forward.](https://www.poppyfactory.org/swansea-navigator/) <https://www.poppyfactory.org/swansea-navigator/>

Our Navigator, Paul Roberts, said: “I’d like to thank Swansea Bay Health Charity for contributing important funding for our service, and for helping to spread the word that support is out there.

“I know there are veterans in and around Swansea and Neath Port Talbot who are going through difficult times and can’t easily find a way forward. If you’re a veteran and you’re thinking about finding work in the future, The Poppy Factory is here for you every step of the way.”

Swansea Bay Health Charity’s Manager, Lewis Bradley, said: “We’re proud to support The Poppy Factory’s Navigator service and the positive difference it is making for veterans across our communities that [Swansea Bay University Health Board](#) geographically serves. At Swansea Bay Health Charity, we’re committed to working in partnership to improve wellbeing of our veterans and create opportunities for people to move forward with confidence. We’re always pleased to work in collaboration with partners who have been awarded funding that’s been distributed by the Swansea Council for Voluntary Service, helping to strengthen local networks and ensure vital services like this can reach those who need them most with effective collaboration.”

4. Alzheimer’s Society – Regional Project – Allocated £3,985.00 – Younger People with Dementia Peer Support Group Pilot

The aim of the pilot is to provide age appropriate, person-centred support and offer an opportunity for peer support for younger people affected by dementia in their local community. It will allow opportunities to address the unique challenges faced by individuals and their carers who are diagnosed at a younger age which could include employment disruption, family responsibilities and social isolation. The project will promote engagement in meaningful activities to reduce isolation and connect younger people affected dementia with information, advice and guidance. It will also increase the community awareness and reduce stigma around younger individuals who are affected by dementia. It has been identified that across the region, there is a critical gap in age-appropriate support which can lead to unmet needs, social isolation and increased strain on families and carers.

Expected Number of Beneficiaries: Up to 32 Individuals



Project Outcomes - Alzheimer’s Society

The grant enabled the Alzheimer’s Society to successfully set up a peer support group specifically for younger people affected by dementia and their carers, addressing a clear gap in local provision in Swansea and Neath. Younger people affected by dementia often report feeling isolated, misunderstood, and out of place in traditional dementia services that are typically geared towards older age groups. This group has provided a safe, age-appropriate environment where participants feel comfortable sharing experiences with others who truly understand the unique challenges they face. A total of 16 individuals engaged with the group.

One of the most significant benefits has been improved emotional wellbeing and a reduction in social isolation. Participants have reported feeling less alone, more understood, and more confident in expressing their thoughts and feelings. The peer-led nature of the group has helped normalise experiences, reduce anxiety, and foster a strong sense of belonging and mutual support.

For carers, the group has offered vital emotional support and reassurance. By connecting with other carers in similar situations, participants have been able to exchange practical coping strategies, learn from shared experiences, and build informal support networks that extend beyond the group sessions. This has helped increase carers’ confidence and resilience, enabling them to manage the ongoing emotional and practical demands of their caring role more effectively.

Overall, the group has not only improved individual wellbeing but has also strengthened community connections and enhanced our organisation’s ability to provide targeted, responsive support for younger people affected by dementia and their carers.

Below are some case studies that have been provided by the Alzheimer’s Society.

| |
|---|
| <p>Project (activity):</p> <p>Name the project activity to which this case study relates.</p> |
| <p>Younger Persons with dementia and their carers Active Minds peer support group.</p> |
| <p>Background summary</p> <ul style="list-style-type: none"> • Describe the activity and what it included for you. • How involved are / were you in deciding how this activity was (or is being) delivered? In what ways were you involved? |

- (For service users) How did you come to engage with/access the project in the first instance?

A peer support group has been set up for individuals with a diagnosis of dementia, and their carers who are younger (under the age of 65).

Service user

My husband and I attend this monthly group.

We were first made aware of this group that was in the planning stages during an initial assessment visit by the dementia adviser.

During a conversation we were asked to give ideas of what would like from the monthly group which was nice and not to be told what was at the group.

We were asked if there were any barriers which would prevent us from attending, transport, health, physical mobility and discussions on how to overcome these followed with the dementia adviser.

Dementia adviser met with manager and colleagues, discussed appropriate venue, group capacity, how and when we would deliver this.

What worked well, what didn't work so well:

- Describe what you thought worked well and what change occurred as result of what the activity has delivered or is delivering.
- If things have not gone as well as you would have liked or expected, please tell us what happened and how you felt about this?
- Were there any unexpected changes in what was delivered?
- How were any problems or challenges dealt with?

Service User

The group has been very successful, the relationships and friendships which we have formed from this have been invaluable.

Both my husband and I have gained confidence, and the group has also contributed to the wellbeing of us both.

Due to my husband's diagnosis of Parkinson's and dementia, he has difficulty eating and drinking, he has involuntary tremors/shakes, and this has impacted on him wanting to go out and meet other people.

He can sometimes say things that are inappropriate, but we have never felt judged or embarrassed or feel the need to explain these to our peers who both understand and accept them, often making light of things which end in laughter.

My husband is also comfortable eating out, and what he says as having a normal lifestyle.

The group provides us with the opportunity to share stories of good and bad experiences, local support and information and coping strategies.

Having a Dementia adviser present gives us the opportunity to ask questions or share concerns without feeling any pressure from them.

There were some challenges in fear of the unknown, who would be there, what would this be like, but we experience that daily and have learned to overcome it as best we can.

This group has been better than we ever expected.

What 'good' or 'success' looks like:

- Thinking about the activity that you were involved in, or have benefitted from, how would you describe what a "good" or "successful" experience looked like?
- How did this feel for you?

Service user

Seeing how we have both grown in confidence and wellbeing has been fantastic.

The friendships that have formed, the trust and the opportunity to share and learn from experiences.

Dementia Adviser

Hearing the laughter, the banter and them all feeling at ease no matter what the conversation is. Feeling confident to order snacks, eat out despite the challenges which have been a barrier for them in the past.

Having the opportunity to speak with us face to face about any issues or something that may arise from their conversation.

What has been learned:

- What do you think you have learned from your experience of this project/activity?

- Which aspects were particularly important to you?

Dementia adviser

Providing an opportunity for younger people affected by dementia to have the opportunity to meet, chat, share experiences, both good and bad, learn from each other and in addition to this have a dementia adviser there to speak to with any concerns or queries.

Held at a venue which they feel is more and have commented “age appropriate, no bingo, no singing, no games or activities, just a normal afternoon out with friends who are experiencing what they are”

Outcomes:

- What has been the main impact of the project activity on your life and experiences?

Service user

Building relationships, gaining confidence, learning from each other.

The impact on wellbeing and the opportunity to speak with the dementia adviser monthly face to face.

Conclusion:

- Overall, is there anything about the project/activity that you feel it is important to share with others?
- What do you think people could learn from your experience(s) of the project/activity?
- Is there anything specific that you would like the project/activity to do for you in the future?



Service user

The difference it has made to both me and my husband.

We would be devastated if this group came to an end so all we hope for in the future is it continues.

Dementia adviser

Groups are not always suitable for all, the need for a younger persons with dementia group is great and this has provided both carers and the person with a diagnosis the opportunity to meet new people who are experiencing some of the challenges they have experienced, form trusting lasting friendships, share experiences and have support from ourselves as and when needed.

This also gives us the opportunity to ask if there is anything specific for the future, is there anything else they would like to gain from the group as time goes on.

This has been very rewarding to be part of as there is a lack of support available to younger people affected by dementia.

Case Study 2

Project (activity):

Name the project activity to which this case study relates.

Younger Persons with dementia and their carers Active Minds peer support group.

Background summary

- Describe the activity and what it included for you.
- How involved are / were you in deciding how this activity was (or is being) delivered? In what ways were you involved?
- (For service users) How did you come to engage with/access the project in the first instance?

I am the local dementia adviser for Swansea Bay where I facilitate this group with a colleague.

This group has been advertised locally following a need for a group that supports people and their carers living with early onset dementia.

Mr E attended the group after seeing a poster advertised locally for it.

Mr E is the main carer for his wife who has young onset dementia at the age of 64.

On arrival Mr E explained that they try to attend groups to keep his wife engaged and for him to gain some support from others. Mr E said that many of the groups were not aimed at their age and therefore he finds he struggles to find the level of support he needs.

As my role as a dementia adviser, I asked Mr E if he had any other support in place.

Mr E said that he seems to have been left 'rummaging around and finding things out by accident'.

I explained my role and asked him if he would like to arrange a home visit to discuss ongoing support in the privacy of his own home and not in a group setting.

Following Mr E's attendance at the group I arranged a home visit that was convenient for himself and his wife.

What worked well, what didn't work so well:

- Describe what you thought worked well and what change occurred as result of what the activity has delivered or is delivering.
- If things have not gone as well as you would have liked or expected, please tell us what happened and how you felt about this?
- Were there any unexpected changes in what was delivered?
- How were any problems or challenges dealt with?

During my home visit Mr E was able to chat freely and discuss his concerns. Mr E explained that sometimes he feels that 'the walls are coming in around him and he struggles to cope'

We discussed a referral to social services to arrange respite for the future.

Mr E said that even though he has family support and friends he feels he puts on an act of coping.

Mr E was very relieved that I was able to support with completing the referral for social services.

What 'good' or 'success' looks like:

- Thinking about the activity that you were involved in, or have benefitted from, how would you describe what a "good" or "successful" experience looked like?
- How did this feel for you?

Mr E was able to discuss his concerns with me openly while his wife was supported by their son. Mr E said that this benefited him due to not wanting to talk in front of his wife about his concerns and worries.

Mr E's referral has been received by social services, and he has been contacted to discuss their support.

Mr E was very grateful to get this support so soon and thanked me for all the information I provided.

Mr E said my visit was very informative and helpful for him.

What has been learned:

- What do you think you have learned from your experience of this project/activity?
- Which aspects were particularly important to you?

Being able to offer our services to support someone who wasn't aware of what was available to them.

Being able to support someone by providing the correct information and support, not being left to 'rummage around for it'.

Outcomes:

- What has been the main impact of the project activity on your life and experiences?

To provide person centred support to people and their carers living with early onset dementia. To encourage shared experiences and increasing acceptance of diagnosis.



To increase confidence and better ability to manage daily tasks and promote independence.

Conclusion:

- Overall, is there anything about the project/activity that you feel it is important to share with others?
- What do you think people could learn from your experience(s) of the project/activity?
- Is there anything specific that you would like the project/activity to do for you in the future?

I feel this group can significantly improve the quality of life by reducing social isolation and promoting wellbeing. This group is person centred to the specific needs of the individuals attending, as traditional services are often aimed at older adults.

Case Study 3

Project (activity):

Name the project activity to which this case study relates.

Younger Persons with dementia and their carers Active Minds peer support group.

Background summary

- Describe the activity and what it included for you.
- How involved are / were you in deciding how this activity was (or is being) delivered? In what ways were you involved?
- (For service users) How did you come to engage with/access the project in the first instance?

The group was set up specifically for younger people living with dementia and their carer/partners. Two colleagues and I met with our manager to discuss the type of group we thought would be beneficial to a younger person with dementia.

We talked about the venue and decided that we would prefer it to be somewhere where they felt comfortable and relaxed and would not feel out of place. We talked about not

providing activities as in a traditional dementia group setting. It was decided that the group would feel more like a social event where they could chat and have a drink and offer support to each other as well as having dementia advisers there to support as needed. The group meets once a month in a local public house/restaurant, where we have an area to ourselves.

Service user

I heard about the group from my husband's speech and language therapist. I called straight away and spoke to the local dementia adviser.

We had been asking for something to be set up to meet my husbands' needs for a long time. The groups currently available for a person with dementia were for people who were much older, and the activities they provided were unsuitable for someone my husband's age.

What worked well, what didn't work so well:

- Describe what you thought worked well and what change occurred as result of what the activity has delivered or is delivering.
- If things have not gone as well as you would have liked or expected, please tell us what happened and how you felt about this?
- Were there any unexpected changes in what was delivered?
- How were any problems or challenges dealt with?

The group has been a great success. The service users attending have said that it is something they all look forward to and they all get on well. They don't just talk about the dementia and the challenges they have, they also chat about various things such as holidays, their jobs, children etc.

They all feel much less isolated and alone since they have been attending and friendships have grown.

Service user

We feel very relaxed at the group, and everyone is friendly. The venue is great. We can have something to eat and drink, and it feels like a social event.

Attending the group and being around others who are in the same position has improved my husband's confidence. He wasn't keen to attend initially, but he really looks forward to going now. Just talking to others is a massive benefit to us both. We no longer feel so alone and have made friends with the other people in the group. Due to my husband's condition, he sometimes says and does things which are deemed

inappropriate to others who may not understand his condition. In this group he can talk freely and openly with no judgement from others as they understand his condition.

What 'good' or 'success' looks like:

- Thinking about the activity that you were involved in, or have benefitted from, how would you describe what a "good" or "successful" experience looked like?
- How did this feel for you?

As a dementia adviser I feel that we have made a big difference to the service users who attend the group. They have made new friends and feel less alone.

They all support each other and know we are on hand if they need to ask advice on anything.

Service user

The group has been really good for all of us. We all get on well. We have set up our own WhatsApp group so we can chat and support each other at any time, but it is nice to meet face to face, it brings us together.

What has been learned:

- What do you think you have learned from your experience of this project/activity?
- Which aspects were particularly important to you?

The group we have is a manageable size which I think is important. The service users attending feel more able to talk in a group which is not too big as it can be overwhelming for them. The venue is also important. The group we have like the fact that they are in a place they feel comfortable and relaxed in.

Service user

It is important to have people in a group who understand what you are going through so you can support each other. Just talking and exchanging ideas with each other helps us to cope with things better.

Outcomes:

- What has been the main impact of the project activity on your life and experiences?

The group has made a positive difference to the service users attending. They are confident around each other and able to openly discuss how they are feeling.

Service user

Not feeling so alone. Having people to talk to who know how you feel and making friends.

Conclusion:

- Overall, is there anything about the project/activity that you feel it is important to share with others?
- What do you think people could learn from your experience(s) of the project/activity?
- Is there anything specific that you would like the project/activity to do for you in the future?

Talking with others who are a similar age has made a massive difference to this group. They have shared ideas and can talk openly and honestly about their experiences. The group is a friendly, social event and has gone from strength to strength in the short time it has been running.

Service user

We would have had no contact with others in the same position if we did not have this group to attend. Before the group we felt very alone. It has benefitted us both very much, and we would be devastated if it stopped.



Elusen lechyd
Bae Abertawe

Swansea Bay
Health Charity



5. Chinese in Wales Association – Regional Project – Allocated £8,628.00 – Digital Health Connect

To raise awareness and understanding of digital health tools such as the NHS Wales App among the Chinese community in Swansea and Neath Port Talbot, helping people access reliable health information and manage their health more easily.

The project will also:

- Curate and translate health resources for accessibility
- Explore AI translation support
- Provide a small-scale research component to understand barriers and needs
- Gather community feedback to inform future improvements and integrated health and social care initiatives.
- Work in partnership with Digital Health and Care Wales (DHCW) to access free NHS Wales App Digital Champion training and align project delivery with national digital health priorities

Expected Number of Beneficiaries: 200-300 individuals online; 25-40 individuals through community engagement.

Project Outcomes – Chinese in Wales Association

During this five-month project, the grant enabled Chinese in Wales Association to act as a vital bridge between the NHS and the Chinese community, delivering several key benefits:

- **Strategic Partnership and Advocacy:** We successfully collaborated with Digital Health and Care Wales (DHCW) to access Digital Champion training for our staff and volunteers. Drawing from our delivery of two in-person sessions and 72 community survey responses, we provided direct feedback to the DHCW app development team. This included highlighting gaps in awareness, accessibility issues, and the need for authorised user access for carers, helping to ensure the app's future design considers ethnic minority families.
- **Addressing Health Inequality through Targeted Support:** We identified that while some community members can use digital resources independently, those with significant language barriers and limited digital literacy require in-person assistance. By delivering two dedicated support sessions, we addressed this inequality, providing the person-centred guidance necessary for these individuals to begin accessing digital health services.
- **Developing Community Confidence and Awareness:** The project raised awareness of the NHS Wales App among those previously unaware of it. Critically, we trained five youth volunteers who expressed great pride in learning these new skills and



Elusen lechyd
Bae Abertawe

Swansea Bay
Health Charity



using them to support vulnerable community members. This multi-generational approach empowered capable users to use the app independently while ensuring a support network remains for those with higher needs.

- **Creating a Digital Legacy:** To ensure the project's impact continues beyond the five-month period, we produced a suite of digital resources including a Chinese article on our WeChat account, a bilingual information webpage, and instructional videos on YouTube. These tools provide on-demand guidance that remains available to the community.
- **Improving Connectivity:** Recognising that data costs are a barrier to digital health, we partnered with Swansea University to distribute free SIM cards. This ensured that participants had the connectivity required to use the app and manage their health records from home.

Approximately 500 – 600 people have benefitted from this project.

Beneficiaries were reached through a blended approach focused on residents in Swansea and Neath Port Talbot, underpinned by a successful "Train the Trainer" capacity-building model:

- **Direct Support and Capacity Building:** 30 individuals received intensive support through our two formal in-person sessions and informal one-to-one sessions. This was made possible by our significant increase in internal expertise: 7 staff members and 2 adult volunteers were directly trained as Digital Champions by our partners at DHCW. Following this, our staff cascaded this knowledge to train a further 5 youth volunteers, creating a sustainable support network within the organisation.
- **Evidence Base:** we received 72 responses to our community survey, which provided the necessary data to advocate for better digital health accessibility for ethnic minority communities in Wales.
- **Digital Outreach:** we estimate a further 500 people were reached through our trilingual WeChat articles, YouTube instructional videos, and social media campaigns. While these resources were produced primarily for the target regions of Swansea and NPT, they have provided wider benefit to the Chinese community across Wales based on the high engagement and reading rates recorded on our digital platforms.



Elusen lechyd
Bae Abertawe

Swansea Bay
Health Charity



6. Bulldogs Boxing and Community Activities – Local NPT Project – Allocated £4,700.00 – Building Resilience Together

To improve the wellbeing, confidence and resilience of young people aged 12–16 in Neath Port Talbot who are school refusers or electively home educated (EHE), through structured wellbeing and fitness activities. The project aims to support positive mental health, self-care, and social reconnection in a safe, supportive environment.

Expected Number of Beneficiaries: 25-30 Young People

Please Note that due to a delay in commencing the project, the delivery will conclude at the end of June.

7. Neath Port Talbot Mind – Local NPT Project – Allocated £4,793.97 – Community Outreach Project

To take mental health services and support to people in their own communities (Port Talbot and Pontardawe). Across a period of 4.5 months, in publicly accessible venues Port Talbot and Pontardawe, NPT Mind will deliver weekly 2-hour psychoeducational sessions for up to 12 people per session. Each session would be:

- structured around facilitated content, and provide time for participants to share, reflect and offer peer support
- be standalone, so that participants could choose which dates and topics work for them

Content would be iterative, depending on what they are asked for by participants, though would likely include:

- dealing with grief and loss
- living with chronic/long-term health conditions
- managing change
- challenging negative self-beliefs
- how to discuss emotional and mental health needs with other people
- where to find support for mental and emotional health

Expected Number of Beneficiaries: 60 Individuals

Project Outcomes – Neath Port Talbot Mind

The grant has allowed NPT Mind to offer more outreach sessions in the heart of the communities where their service users and stakeholders told NPT Mind that they needed



Elusen Iechyd
Bae Abertawe

Swansea Bay
Health Charity



a greater presence. With the main office being in Neath, some people need more access closer to home, either struggling with the cost and reliability of public transport or feeling limited due to only being able to access our digital groups.

By setting up these additional outreach sessions in Port Talbot and Pontardawe, NPT Mind have been able to reach people who would have otherwise struggled to access their services. By making services more accessible, it's allowed NPT Mind to directly tackle the issues they are facing right now, like loneliness, stress and anxiety, which have been core topics of our sessions.

The sessions themselves worked exactly as hoped, they used the 'Moodometer' to check in with everyone and were confident in saying that people are leaving in a more positive mood than when they walked through the door.

Thanks to the experienced facilitators, service users at the Pontardawe and Port Talbot sessions said they felt more resilient and better able to manage their own mental health, open up to others and navigate local support systems.

Over the course of the programme, NPT Mind has supported 32 people through their Port Talbot and Pontardawe sessions. There was an average of 8 people attending each week. However, the average does not account for the attendances being skewed towards the most recent months. Attendance was low during the first couple of months of delivery and have since picked up through word of mouth and our own social media and physical advertising.

While NPT initially aimed to support 60 individuals, the feedback of these sessions has shown that the depth of the impact was significant for those who attended. It is believed that a few factors contributed to the attendance being lower than anticipated. Firstly, building trust takes time. As this particular service was new in Port Talbot and Pontardawe, it took longer than anticipated to build the trust and word of mouth momentum needed to reach higher attendance.

Secondly, many of the people who joined were dealing with complex issues, such as chronic health conditions or grief. The facilitator found that with smaller groups, these topics felt more manageable for service users. Thirdly, one of our venues is owned by a local Women's aid charity. Although the space itself met all the criteria for our project, the organisation had reservations about how the service was promoted, and the location of their building due to the nature of their work. This presented barriers of engagement for some service users in the initial stages of the project.



Elusen lechyd
Bae Abertawe

Swansea Bay
Health Charity



Please see the below case studies and quotes to support this.

Pontardawe Case Study

Jan (Anonymised) came to us feeling a little nervous and apprehensive. In their first session, after a number of calls to make them feel supported in attending, they were only going to stay for 30 minutes and ended up staying for an hour and 20 minutes.

The first session was very much about the introduction to the group and what we hoped to bring to the group, the fact that it would be peer lead, with guidance and useful information/psychoeducation supplied by the group facilitator.

Jan surprised herself of how quickly she settled into the group, and her anxiety was nowhere near the levels she had expected and when she left, felt calm and relaxed.

As the weeks have progressed Jan shared how her confidence had grown and she has shared so much more with the group than she expected. She also commented on how much she has taken onboard of what we have spoken about which is helping her understand more about herself and her mental health.

Before the group, Jan was spending a lot of time alone and isolated, and coming to the group has helped build confidence, self-esteem, and she finds herself being able to go out more often. Jan attributes these positive changes to the support she has received in the sessions.

Port Talbot Case study

Daniel (Anonymised) came to us after going through almost 2 years of bereavement. He felt alone and knew he was isolating himself which was having a negative impact the life of him and those around him.

After seeing our advertisements, Daniel decided to contact us to learn more. Daniel spoke of how knowing it was hosted by NPT Mind played a role in his decision to reach out. Daniel also spoke of how coming to a structured group which was offering different topics of conversation, was exactly what he was looking for.

After attending the Port Talbot sessions with NPT Mind, Daniel has been able to look inward on the difficulties he has faced, share his own experiences with others and help those who may be experiencing similar things. Daniel has since joined different groups, is now making new friends, finding his independence, is being more social, and told us that he is “starting to smile again” and looks forward to joining more of our groups in the future.



Elusen Iechyd
Bae Abertawe

Swansea Bay
Health Charity



Quotes

“This group on a Friday has given me purpose and a routine on a day where I wouldn’t feel motivated to go anywhere or do anything.”

“This is a safe space for me to share some of the things I have been through in my life, and I feel supported by people who understand.”

“I am able to let go of negative energy and top on the positivity that comes from the group.”

“I laugh and learn in this wonderful group.”

“I no longer feel that I am alone in my struggles.”

8. Bikeability Wales – Local Swansea Project – Allocated £4,547.00- Cycling for Wellbeing

To provide free cycling activities using standard and adapted bikes for people who self-refer or are referred by NHS staff or social prescribers in order to promote their physical health and mental health and wellbeing. Activities will include onsite ‘try a bike’ sessions during which participants will be supported to select and use the right bike for their specific needs, and guided rides along the beautiful Clyne Valley and Swansea Bay cycle paths.

These activities will deliver a low impact, accessible form of outdoor exercise for participants in the company of expert support staff and people in similar situations with the aim of providing them with improved mood, reduced isolation and increased physical wellbeing.

Expected Number of Beneficiaries: 30 Individuals

Please Note that due to a delay in commencing the project, the delivery will conclude at the end of June.