



# Planning for our future wellbeing

Our plans to improve health and wellbeing in  
Cardiff and the Vale of Glamorgan by 2035



This document was written by **Cardiff and Vale University Health Board**.  
It is an easy read version of **Cardiff and Vale University Health Board  
Strategy to 2035 - Shaping our Future Wellbeing**'.

**September 2023**

# How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what all the words in blue mean on page 29.



Where the document says **we**, this means **Cardiff and Vale University Health Board**. For more information contact:

**Website:** [www.shapingourfuturewellbeing.com](http://www.shapingourfuturewellbeing.com)

**E-mail:** [news@wales.nhs.uk](mailto:news@wales.nhs.uk)



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# About us



We are the **Cardiff and Vale University Health Board**.



Our main aims are to:

- help people live well,
- and to provide excellent care and treatment.



We work with partners in social care and in voluntary services to provide:



- Primary care – the first place people go when they need healthcare services.



- Prevention services – to stop people getting unwell, or to stop issues getting worse.



- Community services.



- Hospital care and specialist services.



- Urgent and emergency care.



- Planned care treatments.



- GP services.



We work with organisations and education partners to train healthcare professionals.

# What this document is about



We have made plans for how to improve health and wellbeing in Cardiff and the Vale of Glamorgan by 2035.



We want to make sure the services we offer help improve people's wellbeing.



We wrote the first **Shaping Our Future Wellbeing Strategy** in 2013. Our priorities have changed since we developed the strategy in 2013.



We need to focus on things like the impact of COVID-19, **climate change** and **health inequalities**.



**Climate change** is about our weather changing over a long period of time. Like areas getting warmer or colder and having more rain. This causes problems like flooding and wildfires.



**Health inequality** is when groups of people have unfair differences in their health compared to other groups. This might be because of their gender, how much money they have, their family background or where they live.



### **Our new goals are:**

1. Put people first.
2. Provide the best quality services.
3. Deliver care in the right places.
4. Act for the future.



We would like to thank everyone who has helped us develop this plan by providing feedback through events and surveys.



This document is about our goals for our work until 2035 and how we plan to achieve them.



# Our aims for 2035

By 2035 we want to be:



- Working together to improve health.



- Making sure people receive health services fairly.



- Providing high quality services.



- Making sure patients and staff have the best experiences.



# Our values



Values are what is important to us.



We want to make sure these values are in all our work:



- To be kind and caring.



- To be respectful.



- To have trust and mean what we say.



- To each be responsible.

# Our goals



We have 4 main goals and things we will do to achieve them.

## 1. Put people first

We will:



- Be a great place for people to train, work, and live.



- Support people to live longer and healthier lives.



- Listen to our communities and staff.



- Have staff from different backgrounds.



- Support staff to use and promote the Welsh language.



- Respect everyone and treat people equally and fairly.



- Make sure people know where they can find help and support when they need it.



- Employ skilled and caring staff.

## How we will achieve this

### 1. Make people feel valued and supported.

#### By 2027 we want:

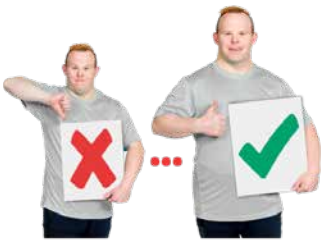


- Half of our staff to take part in the national staff surveys and other activities to have their voices heard.



- To meet our first set of goals written in the **People and Culture plan**. This includes keeping more members of staff and staff taking fewer sick days.

### By 2035 we want:



- To use what people tell us to improve services.



- More than half of our staff to take part in the national staff survey.



- To achieve our next set of goals written in the **People and Culture plan**. This includes keeping more members of staff and staff taking fewer sick days.

## 2. Be inclusive and have diverse staff.

### By 2027 we want:



- To follow our **Equality, Diversity and Inclusion** plans to make sure our staff are from different backgrounds.



- 1 in 4 members of staff to be able to speak some Welsh.



- Deliver more services in Welsh by making Welsh language skills essential for more job roles.

### By 2035 we want:



- Staff from different backgrounds working at all levels.



- 13 out of 20 members of staff to be able to speak some Welsh.



- To have care services available in Welsh without people needing to make special arrangements.

### **3. Help people to live healthy lives and reduce their risk of ill health.**

#### **By 2027 we want:**



- The number of years men can expect to live to go up to nearly 80 years, and up to 84 years for women.

#### **By 2035 we want:**



- The number of years men can expect to live to go up to nearly 81 years, and up to 85 years for women.

## 2. Provide the best quality services

We will:



- Provide the best services at the right time.



- Be kind and caring.



- Make sure everyone is treated fairly and gets the same level of services.



- Lower **health inequalities**.



- Make sure patients have the best experiences from our services.



- Help people live longer. People from poor communities live shorter lives. We want to change this.





- Provide support for young people for their mental wellbeing.



- Deliver the best care in all our communities.



- Work with partners to provide care for people at home and in the community.



- Provide hospital care for patients when needed.

## How we will achieve this

1. Focus on reducing **health inequalities**. Make sure people have access to services.



We will keep working to reduce the amount of **health inequalities** people face. We would like to see this improving over time.

## **2. Provide safe services at the right time.**



We will keep working to become one of the best health care providers in the UK.

## **3. Make the best use of our resources like buildings, money and equipment to improve services.**

We will keep developing our services and resources to:



- Support people to live healthy lives.



- Reduce the risk of ill health.



- Deliver more services in the community.

### 3. Deliver care in the right places

We will:

- Have tools and computer systems to support **real time data**.



**Real time data** is information that is available to people soon after getting it. Different specialised teams, patients and families will be able to look at information and make decisions together.



- Give people their information to help them manage their health and wellbeing.



- Make sure our buildings and places we provide care help our patients to recover and staff to work well.



- Provide care services where people need them. Close to home or at home where possible.



- Provide the best designed services with high quality equipment.



- Have facilities to support high quality research and training.

## **How we will achieve this**

- 1. Have tools and digital systems to help staff, partners and patients to communicate and make decisions together.**

### **By 2027 we want:**



- A digital health and care system. This means care records are available online. Everyone who needs to can see it and use it to make joined up decisions.



- To keep all records online. All patients care information right from birth to death will be online. Including care services at home. All health boards will be able to share information.

## **2. Have joined up health and care centres in local communities where people can access information and support in one place.**

### **By 2027 we want:**



- Half of the people living in Cardiff and the Vale of Glamorgan to be able to use a joined up health and care centre.

### **By 2035 we want:**



- 4 out of every 5 people in Cardiff and the Vale of Glamorgan to be able to use a joined up health and care centre.

### 3. Have more shared buildings and facilities with public and private organisations.

**By 2027 we want:**



- To work on plans to improve the University Hospital of Wales and University Hospital of Llandough and make them into **smart hospitals**. A **smart hospital** is a hospital that uses technology to improve patient care.



- To develop Health Science facilities. Health science involves research that gives us evidence to provide the best healthcare.



- To use regional centres like Llantrisant Health Park for planned care.



- To open the **All Wales Genomics Centre** at **Cardiff Edge Life Science Park**.

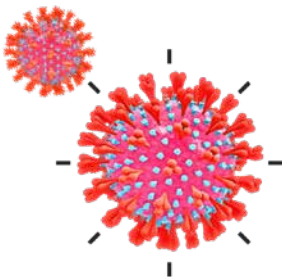
## By 2035 we want:



- The improved University Hospital of Wales to be ready. More progress to be made on the plans to redevelop the University Hospital of Llandough.



- All our facilities to meet the standards set by organisations that check facilities.



- To work with our partner organisations to deliver shared pathology services. Pathology is the study of diseases.



- To continue working with **Cardiff Edge Life Science Park**.



## 4. Act for the future



We will:

- Make sure that the services we develop help people now and in the future.



- Develop and use new treatments and techniques to provide the best health care for people now and in the future.



- Protect the environment. By 2030 we will lower the amount of **carbon** we let off. Carbon is harmful to the environment.



- Do more research to keep improving.



- Think about looking after the planet in all our work.



- Make plans for the needs of people of the future.

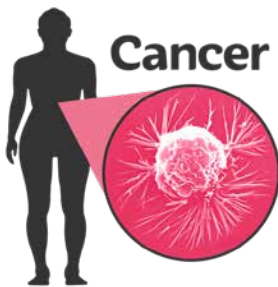
## How we will achieve this

### 1. Work with Cardiff University and other partners to develop our research and training.

By 2027 we want:



- To do more **clinical trials**. **Clinical trials** test new treatment methods.



- To open the Cardiff Cancer Research Hub.

By 2035 we want:



- To keep doing even more clinical trials.

## 2. Develop treatments, techniques, and technologies to improve health care.

### By 2027 we want:



- All eligible patients to be able to get advanced therapies based on the national guidelines.

### By 2035 we want:



- To be a place for providing high quality advanced therapies.



- All eligible patients to get advanced therapies based on the national guidelines.

## 3. Contribute to the economy.

### By 2027 we want:



- To give local communities a chance to apply for work to support the planning and delivery of our services.

## By 2035 we want:



- To give more chances for local communities to apply for work to support the planning and delivery of our services.

### 4. Support active and **sustainable** travel for staff and visitors. Reduce waste as part of our quality programme.

**Sustainable** means something will last a long time and works in a way that does less harm to our environment.



We want to keep working on lowering the impact the **carbon** we let off has on our environment.



By 2035 we want to balance out how much **carbon** we let off with how much we clean from the air.

# What happens next

## How we will work



Everyone will be included and involved in their care and health decisions.



**Co-production** will be important in the work we do to improve our services.

**Co-production** means people who use services are included in all decisions. They are equal partners with professionals.



Prevention will be at the centre of the care we provide. To stop illness before it happens and act early before it gets worse.



We will make health and care plans for the needs of people of the future.



We will plan and manage our services for now and the future.



We will have delivery programmes and plans to help achieve our goals.



We will review the delivery plan each year and make changes if needed.



We will check our progress.



We will make sure all staff know how we will work to achieve our goals.



We will review the **Shaping our Future Wellbeing Plan** and make changes if needed to improve health care.

# Hard words

## Climate change

Climate change is about our weather changing over a long period of time. Like areas getting warmer or colder and having more rain. This causes problems like flooding and wildfires.

## Co-production

Co-production means people who use services are included in all decisions. They are equal partners with professionals.

## Health inequality

Health inequality is when groups of people have unfair differences in their health compared to other groups. This might be because of their gender, how much money they have, their family background or where they live.

## Sustainable

Sustainable means something will last a long time and works in a way that does less harm to our environment.