

Cluster Plan 2024-2025

CARDIFF EAST

CARDIFF INTEGRATED DELIVERY PARTNERSHIP (IDP)

Cluster Executive Summary:

Throughout 2023/24, the cluster has remained committed to the delivery of outcomes that matter to our local population. We have continued to work on the identified health priorities with contributions from local GP Practices, Health Board Partners, Public Health Wales and Community Pharmacy and Third Sector organisations, supported by the South East Cardiff Locality Team.

We are transitioning into the revised format for Cluster Working, and continue to build upon the bedrock of relationships formed over the past 6 years, but with the added benefit of more formal and extended engagement from other Independent Contractors, Cardiff Council and the Third Sector. The opportunity to refresh our Population Needs Assessment will also reinvigorate our thinking as to the priority health needs amongst our population.

During 23/24, the cluster has continued to invest in staff and technology to help manage the increasing workload within GP practices. The cluster has also continued to maximise the use of additional UHB funding services including first point of contact physiotherapy and community provided mental health services as part of the GP practice extended multi-disciplinary team.


The cluster has also continued to diversify by increasing its use of the third sector to support the wellbeing needs of its population and has engaged in a variety of community events and social media campaigns to raise the profile of health and wellbeing as key determinants of long-term good health.

Key Cluster Actions 2024/25:

Decisions on Cluster Priorities for 24/25 will be determined based on the latest population needs assessment (completed October 2022) and local knowledge of our residents. It is likely that a continued focus on the following areas will be required:

- *Population Growth- impact and management of additional service demand resulting from the Local Development Plan*
- *Demographic changes- the cluster has a higher proportion of under15-year-olds than other areas, and comparable increase in the ageing population.*
- *Cultural variation- the acceptability and accessibility of services needs to be reflected in future plans*
- *GP practice sustainability- particularly relevant given LDP growth and existing service pressures*
- *Life expectancy and Healthy Life Expectancy-people who live in deprived areas have shorter lives and less years in good health. The difference in life expectancy and health life expectancy demonstrates potential inequalities in East Cardiff.*
- *Deprivation- Estimated that circa 45.5 % of patients registered in East Cardiff Cluster, live in the 20% most deprived areas in Wales*
- *Child Poverty- high rates, estimated 38.6% of children living in poverty.*
- *Teenage pregnancies*
- *Life- Style Behaviours: Levels of smoking are high in the cluster, with comparably high rates of alcohol consumption possibly reflective of the deprivation. Consumption of 5 fruit or vegetables a day is low as is the level of physical activity. The prevalence of obesity – BMI 30+ is also high (10.2%)*
- *Health Condition Priorities- cardiovascular disease – stroke, undiagnosed dementia, mental health, diabetes and pre-diabetes*
- *Screening: Low level of diabetic eye screening, bowel and breast screening for cancer, Aortic Aneurysm screening and long waits for dental treatment*
- *Immunisation-levels of childhood vaccinations is a concern, including MMR, flu vaccination and pre -school boosters. Uptake of flu vaccination amongst 65 years+ is also low.*
- *People Seeking Asylum- increasing numbers of arrivals*

Cluster Plan 2024-2025

	<p>Based on the above identified needs, through 2024/25, the cluster will continue to focus on ensuring the sustainability and growth of GP Practices as the bedrock of healthcare delivery. Improving levels of public health screening, pre-diabetes screening and immunisation levels as a means of reducing levels of chronic disease, cancer prevalence and hospital admissions will continue to be priorities. Continued education on healthy lifestyles and access to wellbeing support will also be important.</p>	
<p>Health Needs Assessment Summary:</p> <p>The 2022 Regional Population Needs Assessment for Cardiff and the Vale highlighted the following priorities facing our population.</p> <ul style="list-style-type: none"> • <i>Growing and ageing population</i> • <i>Ethnically diverse – especially in South Cardiff</i> • <i>Increasing levels of chronic disease; impacted by Covid pandemic – 5 harms, long Covid and ‘syndemic’ effect</i> • <i>Modifiable risk factors – of concern before pandemic, but again impacted by Covid, mostly in less favourable direction</i> • <i>Wider determinants, social isolation – impact of Covid and Cost of living crisis</i> • <i>Impact of Climate Change and Climate Emergency</i> <p>In addition, local Cluster profiles were developed to provide further insights on the needs of the population. The Cluster will build on this through 2023/24 with contributions from its members and partners.</p> <div style="text-align: center;">  <p>Cardiff East Summary 2022.pdf</p> </div>	<p>Finance and Workforce Profiles 2023/24:</p> <p>Workforce:</p> <p>Cluster workforce profile:</p> <ul style="list-style-type: none"> • Cluster Pharmacist • Cluster Project Support <p>Extended Cluster workforce models:</p> <ul style="list-style-type: none"> • Mental Health Liaison Practitioners • First Contact Physiotherapy <p>Finance:</p> <p>Welsh Government Core Cluster Funding 23/24 - £314,414</p>	
<p>Key achievements/successes related to the 2023/24 Cluster Plan:</p> <ul style="list-style-type: none"> • The cluster has continued to focus on improving the quality of care provided to patients • The cluster has developed and embedded working relationships with the third sector in order to better support the wellbeing needs of our population through use of community assets and promotion 	<p>Key reflections / challenges related to the 2023/24 Cluster Plan:</p> <p><i>The Cluster has been without a formal Cluster Lead throughout 23/24, and Cluster Support Officer for most of the year which has somewhat impacted on the cluster. The Locality Manager, Assistant Locality Manager & Cluster Project Development Manager have supported continuity for the Cluster. However, a Project Support Officer for</i></p>	<p>Emerging alignment with IDP Plan 2023/26 / PRB Area Plan 2023/2028</p> <p>The revised cluster structure will provide the ability to ensure that ongoing cluster plans align with those of the Cardiff Integrated Delivery Partnership (IDP) and Regional Partnership Board.</p> <p>A number of Cluster developed/delivered schemes already demonstrate alignment to the life stages of the RPB Area Plan; Starting Well, Living Well, Ageing Well. This will continue into 2024/25 and although yet to be confirmed, the cluster plan we be reflective of the following core priorities:</p> <ul style="list-style-type: none"> • Children Services & Safeguarding (starting well) • High Risk Adults – Frailty (aging well)

Cluster Plan 2024-2025

<p>of self-care/patient empowerment</p> <ul style="list-style-type: none"> • Ongoing investment in roles such as, Cluster Pharmacists, Primary Care Liaison Workers and First Point of Contact Physiotherapy services has continued to provide benefits for both patient care and management of GP workload • Despite gaps in cluster leadership, the cluster has continued to commit significant effort to improving the health and wellbeing of its population • Fit 50 project preparation work completed in readiness to launch on 1st April where patients will be invited to a bespoke Fit50 health screening appointment using Making Every Contact (MECC) principles to coincide with their 50th birthday with main aim o provide a preventative/proactive approach for focused consultations with patients to detect any areas of concern and to signpost, educate and inform patients on how to improve their general health and wellbeing and also help increase cancer screening and vaccination uptake rates as during appointments, patients can be advised to book a normal surgery appointment to receive any missed vaccinations and / or cytology smears. • Appointment of 0.5wte cluster project support officer who commenced on 5th Feb 2024. 	<p>(.05wte) commenced at the beginning of February and a Cluster Lead has been appointed and will commence in post on 1st May 2024.</p>	<ul style="list-style-type: none"> • Prevention – Immunisation, Chronic disease (starting well/living well) • Future Care Planning (aging well) • Health / physical disabilities (starting well/ living well/ aging well) • Learning disability / autism • Social prescribing (living well) • Mental Health (starting well/living well) • Teenage pregnancies starting well/living well) • Substance misuse (starting well/living well) • Older people (aging well)
--	--	--

Cluster Plan 2024-2025

- Appointment of cluster lead (0.2wte) who commences on 1st May 2024.

List activities or projects planned to commence during 2024-25, as well as those planned/ initiated in 2022-23 (or earlier, if ongoing)

Activity/ project title	New or existing activity	Brief activity/ project description	Results/ benefits expected by end March 2024	Strategic alignment: Ministerial priorities	Strategic alignment: SPPC key programme priorities	Activity/ project budget	Funding source(s)	Current status	Comments
Provide a consist activity or project title, one per unique activity	Is this a new activity for 23/24 or part of a previous cluster plan?	Simple and to the point - no need to go into specific objectives	Brief list of main results or benefits anticipated from this activity or project before end of March 2025	Does this fit any of the ministerial priorities?	Does this fit any of the SPPC key priorities?	What money has been allocated to this project or activity? Insert total – to include staff, equipment etc. costs	What is the source of this funding? I.e. transformation funding, cluster funding etc.	What is the current status – short description only	Comments you feel may be relevant here – for example barriers to success, workforce issues etc.
Cluster Pharmacists	Existing (ongoing from 2021-22 plan)	To provide additional capacity to meet medication needs of patients	Enables GP to focus on GP time to spend on patients with complex medical needs. Annual medication reviews carried out in a timely manner.	A Healthier Wales	None	68K	Cluster funding	Ongoing	Retention of workforce
Community Connectors	Existing (ongoing from 2021-22 plan)	To embed community connectors to support & signpost patients according to needs	More people accessing community support as an alternative to/in addition to care via GP Practice	Population Health/ A Healthier Wales/Mental & Emotional Wellbeing	Community Infrastructure / Mental Wellbeing	Locality funding East Cardiff Cluster are highest user of this service within the Locality	Locality Funding	Extended to 30/06/24. Going out for re-tender shortly. Specification being reviewed.	Project Evaluation due 23/24
Cluster Project Support Officer	Existing (ongoing from 2021-22 plan)	To support the Cluster in delivery of projects	Delivery of projects as per cluster plan	Population Health	ACD	24K	Cluster funding	Commenced in post 05/02/2024	Retention of workforce
Teenage Advice Clinic	Existing (ongoing from 2021-22 plan)	To maximise uptake of immunisation within the cluster	Better resistance to disease within the community	Population Health/Health Inequalities/AHS Recovery	Community Infrastructure	16k	Cluster funding	Ongoing	Ended
Complex Wound Care	Existing (ongoing from 2021-22 plan)	To enable practices to treat patients with chronic wounds	Improve access to treatment Gp Practice Nurses are trained to undertake	Population Health/Health Inequalities/A Healthier Wales	Community Infrastructure	36k	Cluster funding	Ongoing	Project Evaluation due 23/24

Cluster Plan 2024-2025

			complex wounds in GP Practices						
Widening access to health as a career	Existing (ongoing from 2021-22 plan)	To try and encourage interest in a career in the NHS and Gp practices	To increase the number of people who chose NHS as a career- help reduced the recruitment problems in GP Practice in the future	Health & Social Care Workforce	None	10k	Cluster funding	Ongoing	Project Evaluation due 23/24
Pre-Diabetes early Intervention	Existing (ongoing from 2021-22 plan)	Implement a pre-diabetes pathway in the East Cluster	Preventing Type 2 Diabetes by reducing modifiable risk	Population Health/Health Inequalities/A Healthier Wales	Community Infrastructure	TBC	Cluster funding	Ongoing	Project evaluation- March 2024
Cluster Professional Lead	Existing	To improve the quality and safety of primary care services, integrate working and chronic disease management.	To provide Primary Care clinical leadership within the specified locality/Cluster for the strategic development and planning of services.	Population Health	ACD	£14k	Cluster	Appointed / commencing 01/05/2024	
Fit50	New	To provide a preventative/pro active approach to focused consultations with patients to detect any areas of concern and to signpost, educate and inform patients on how to improve their general health and wellbeing.	To maximise screening and immunisation uptake rates	Population Health /A Healthier Wales	Community infrastructure	£25k	Cluster	Preparatory work completed this financial year. Service to be implemented on 1 st April 2024	Project evaluation- March 2024