



## Video Blog from the Chair >>



Powys RPB Chair Kirsty gives her round up of the Board's news. In her video message she outlines the key work and challenges of the board in the coming months, including the review of the Health and Care Strategy.

**You can view the video blog [here](#)**

## RPB in brief

Powys Regional Partnership Board (RPB) brings together a number of public service representatives including Powys Teaching Health Board, Powys County Council and the Third Sector. The Board meets bimonthly and also includes members who represent the interests of citizens and unpaid carers.

The mission is to improve the health and wellbeing of the population and how health and care services are delivered, helping services focus on what matters to people and communities.

To learn more about the RPB visit: [www.powysrpb.org](http://www.powysrpb.org)

## Dementia Listening Campaign



Local residents coming together with services, community groups and charities in Rhayader Leisure Centre

The campaign launched in Rhayader is bringing local residents together to shape how local people with dementia are cared for.

Local people are at the centre of the conversation, along with support from Improvement Cymru, Citizens UK, Powys Teaching Health Board, Powys County Council, PAVO and many voluntary sector organisations.

Residents of Rhayader and surrounding areas can get involved by becoming Active Listening Volunteers and by completing this questionnaire. To find out more visit [www.dementiamatterspowys.org.uk](http://www.dementiamatterspowys.org.uk)

## Family centre open

The Welshpool Integrated Family Centre was officially opened last month by Deputy Minister for Social Services Julie Morgan.

The centre opened its doors in October last year as a "one stop shop" providing services and support to children, young people and their families. It provides activities such as parent and toddler groups, baby massage, information and advice, Incredible Years Parenting Training programmes, health advice, family support and counselling.

This is the second Integrated Family Centre to open in the county and is part of a wider ambition to develop a series of similar sites across Powys.



The Minister meets with families, staff and services at the centre

**You can read the full story [here](#)**

# Health and Wellbeing Wales App



If you work in the community with members of the public you could now have up-to-date information at your fingertips.

The new Health and Wellbeing Wales App provides offline access to information about a wide range of local and national organisations, groups and services. The information is brought together from Dewis Cymru, Infoengine and the NHS Direct Wales resource directories.

The App is aimed at staff from a range of organisations and is only available to registered users with an e-mail address from one of the approved organisations.

To download the App, go to the App store or Google Play and search for 'Health and Well-being Wales'. Once you've got the App, don't forget to use your work email address to register.

If you need help to access the app email [help@dewis.wales](mailto:help@dewis.wales)

**KEEP IN TOUCH**

Want to know more about how the RPB works and what it's doing in your area?



Email us at [prpb@powys.gov.uk](mailto:prpb@powys.gov.uk) with any questions.



[@PowysRPB](https://twitter.com/PowysRPB)



[www.powysrpb.org](http://www.powysrpb.org)

# CARERS' VOICE

Unpaid carers play a vital role in looking after some of our most vulnerable citizens in Powys. Work is underway locally and nationally to recognise and support young and adult unpaid carers to live their best lives whilst caring for a friend or family member.

Two key priorities have been identified by Powys carers:



To raise the profile of carers in Powys

To provide respite breaks to support them to carry on caring

Local charity Ceredu, are leading on two projects to address these priorities, with funding allocated by Powys RPB as part of the Welsh Government's Regional Integration Fund.

The Raising Awareness project has enhanced the way hidden carers are identified and supported in Powys. The Co-producing Respite Project complements this work and has enabled creative community based respite opportunities within the county.

Carers who have been part of these projects share their stories with us. Mandy, a mum who is a carer for her daughter with complex needs, talks about the strength she has found as a carer and the support she's been given by the community.



Ffion

You can also hear from a young carer called Ffion. Ffion cares for both her parents and is active in local and national young carer groups. Ffion has gained a lot from connecting with other young carers and continues to speak out and raise awareness of issues faced by herself and others.

To find out more about the projects and support for carers in Powys visit [www.carers.cymru](http://www.carers.cymru)



Mandy



Bwrdd Partneriaeth  
Ranbarthol Powys  
Iechyd a Gofal  
Cymdeithasol



Powys Regional  
Partnership Board  
Health and  
Social Care



Llywodraeth Cymru  
Welsh Government