

Brief Description; Non clinical community based project for RCT aimed at improving general health and well being

Service Location; Project Leads Lisa Voyle (and Hannah) are based at the Newydd Community Hub in Rhydyfelin and refer participants onto local provision and fill existing gaps in health and wellbeing services.

Newydd Housing Association are based at Ty Cadarn, 5 Village Way, Tongwynlais, CF15 7NE 0303 040 1998 07539 115 115 enquiries@newydd.co.uk Cwm Taf

Project Title; Hapi (Healthy, aspiring, prosperous & inclusive)

Locality; Cwm Taf. Participants from Rhydyfelin, Hawthorn and surrounding areas get support to gain more control over their lives, understand health challenges and make long term improvements to their physical and emotional wellbeing.

NB; The service is available to anyone needing support regardless of where they come from; users of the service DO NOT have to be clients of Newydd.

Project Theme; The service delivers courses in a community setting, advising on health living, including weight management, stress management, physical activity and reducing the risky behaviour such as from sexual health, smoking, and substance misuse.

An additional key element of the Hapi project is the introduction of Hapi Project Champions who will volunteer within their area to learn new skills to run their own projects and classes with the ultimate aim of sustaining these once the Hapi project comes to an end.

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Rationale; The HAPI (healthy, aspiring, prosperous and inclusive) project makes a positive difference to the health and wellbeing of the communities living in and around the Cynon and Taf Ely area. HAPI is delivered as part of Newydd Housing Association's commitment to creating sustainable communities.

HAPI hopes to work with 5,500 people over the next five years, with project being supported by four key outcomes:

To increase the skills of participants to progress into employment through gaining new skills, including qualifications; Train volunteers with the knowledge and skills to support self-help intervention groups, to improve community wellbeing and sustain the project. This will be done through recruiting HAPI Champions, who will support project staff in the delivery of sessions, as well as become peer mentors

Reduce health inequalities through targeted support to promote physical activity and healthy eating. Project staff are trained by Cwm Taf public health dietitians, allowing them to deliver sessions focusing on how to maintain a healthy weight, sustaining a healthy balanced diet, as well as how to cook healthily and on a budget

Increase the understanding and coping mechanisms of participants; lower stress levels; address low level mental health needs. Project staff help participants provide practical explanations of feelings and conditions, learn how to understand themselves and others suffering mental illness; learn how to support and guide those affected. HAPI staff work in partnership with Communities for Work and the local Job Centre to deliver appropriate and accessible training within the community. The different workshops and activities are available to anyone who lives within the Cynon or Taf Ely valleys

Project Details; The project team who work with residents of Rhydyfelin, Hawthorn and Glyntaff to improve their health and wellbeing over a 2 year period. The project is open to anyone who lives in the area and wants to get healthy.

The Hapi project team are based at offices in Rhydyfelin and Tongwynlais and can assist anyone who wishes to make improved lifestyle choices. The hapi project team can offer you free 1-2-1 information and group workshops to help you and your family get healthy together. We can offer workshops and information on food and nutrition, healthy eating, physical activity and sports, depression busting, stress management, risky behaviours and much more. The service is free, confidential and informal

Intended Outcomes; Initially a 2 year wellbeing scheme to help more than 800 people in Rhondda Cynon Taf, an area exhibiting a gap in healthy life expectancy between the least and most deprived areas, with total life expectancy below the Welsh average.

The Hapi project empowers people in the Taf Ely area to enhance their knowledge and capabilities, to make positive health choices and in so doing gain confidence and improves their overall health and wellbeing

Partners; The project is administered by Newydd Housing Association. Partners; Cwm Taf UHB; Joanne Sullivan from Cwm Taf Health Board offered advice and information to support the additional funding bid

Janet Kelland has also provided support and liaison with Cwm Taf UHB. Links are being established with the Community Dietetic Teams

Links to General Practice have been established e.g. Dr Thomas from Parc Canol Medical Practice has committed to run a 12 week pilot course of sessions addressing Nutritional issues which will be evaluated by the Health Board.

Links to be established with Garth Olwg Nursing Home regarding future sessions

Time-frame; The Hapi 1 Project began in June 2015 and ran until August 2017 and will be succeeded by the Hapi 2 Project, running from January 2018 until the end of 2021.

Commissioning / Funding; Initially via Communities First but grant secured from Big Lottery. Initially £250,000 to cover 2 years pilot (Hapi 1).

Hapi 2 sees the project extended by a further five years (valued at £769,000) to extend the service into the Cynon Valley. There will also be a sum of matched funding made available from Newydd Housing.

In 2018 Hapi submitted a funding bid to People in Places, Big Lottery for £769k to continue and expand the project for another 5 years (2018-2022).

Evaluation; Eventually three academic faculties will be approached to conduct a formal evaluation of the project (Hapi 2).

Currently two teams have been approached (Cardiff Metropolitan and Swansea University with a third tender as yet unknown)

The chosen team will be commissioned to conduct a full academic study of the effectiveness of the project which will be used as evidence of effectiveness and in support of continuing work following the conclusion of the Hapi projects

Currently reports are produced for ongoing monitoring by the Big Lottery and a planned Interim Report will be compiled at the end of Year 3 of the Hapi 2 Project with a final evaluation at the end of Year 5.

An evaluation of Hapi 1 was produced by an independent research Consultant (Justine Scorer). Lisa agreed to approach Justine to request extending access of this report to The Hub for inclusion with the supporting documentation on PC One

Future Development Planned; Future Developments will see the Project extended geographically into The Cynon Valley. In addition the service will expand its range of services by moving into areas such as Digital Inclusion; Employment, Training and Education and connections to Universal Credits system established.

Promotion of the Project is currently via leaflet drops but also via virtual media such as Face-book

2018; Update; Hapi have developed a good working partnership with Parc Canol GP surgery delivering Lifestyle Workshops which incorporates healthy eating, physical activity and meditation over 8-10 weeks at Garth Olwg Life Long Learning Centre. These sessions have proved popular with patients from Parc Canol surgery and they continue to refer onto the project. Hapi aim to expand this project into new areas; Ashgrove surgery, also in Pontypridd Town have expressed an interest in delivering a similar model

In addition to this Parc Canol are working with St Catherine's Church and various organisations to provide help and support to homeless people in Pontypridd. The first event took place on January 12th and Hapi were invited to support through cooking breakfast for those who came in, providing 6 people with a warm breakfast on that day and the next event is planned for March.