

A Healthy Place

A place where people's physical and mental well-being is maximised and in which choices and behaviours which benefit future health are understood.

Current position and actions

The statistical profile of the area identifies some significant differences in the health conditions of different wards. Chronic conditions such as asthma, arthritis and heart disease are up to 50% above average in some wards. The ageing population across the area places particular pressures on primary and secondary care services in Llanelli and there is recognition that preventative work alongside the community is essential to improving outcomes. The community survey results also identified examples of people feeling isolated, partly due to their location but also due to a lack of opportunity to socialise with others, particularly during the day.

People's mental well-being is affected by the condition of the local environment, consistent concerns regarding dog-fouling, litter and fly-tipping across the area were highlighted in community workshops and surveys.

Proposed Interventions

Caring community – Local area co-ordination

Supporting Carmarthenshire County Council (CCC) and Local Health Board (LHB) community care plans with strengthened network of community based care, support and social settings.

Active promotion of use of community centres as **information points** and outreach health clinics as well as providing more leisure daytime activities developed in conjunction with local street buddies to support early intervention.

Keep Llanelli Tidy

Area wide Community Pride programme encompassing Time Credits, community clean ups, education and enforcement.

Building on work done by Keep Wales Tidy and CCC Tidy Towns/Environmental Protection teams to deliver a wider local impact, securing greater local ownership and involvement. Greening, In Bloom, grot spots, dog-fouling, Fly tipping actions all addressed under a common ongoing brand for action.

Partners- Local Health Board locality team, community hall committees, schools, local voluntary and community groups.

Measures of progress - Increased numbers of daytime activities in community halls, community led clean ups.

Local priorities – All areas – Bynea, Dafen, Furnace lanes, Millennium Coastal Park/Pwll, Ponthenri fields.