



## Work, Leisure, and Learning

Innovative models of day opportunities for adults in Powys report  
Learning Disability (Leisure)

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This report reflects the work undertaken in relation to reviewing **day opportunities for adults aged 18 - 65** (up to 64 years) with care and support needs and is to inform delivery of services for **adults with learning disabilities** that reflect their needs and wants, now and into the future, as part of The Work, Leisure and Learning Project.

This project is key to informing a **Stronger, Fairer, Greener Powys**<sup>1</sup> and is a priority transformation project for Commissioning and Adult Social Care.

For the purpose of this project day opportunities include:

1. Day services, which are place-based services provided by the council, or by organisations on behalf of the council, which help people to achieve their identified outcomes and lead a fulfilled life.
2. Day time activities targeted at individuals needing care and support. Such as a disability support group, dementia café, or writing for wellbeing group.
3. Day time activities open to everybody, where individuals attend with support, if needed. This support may be provided by a family member, friend, or paid carer.

The work leisure and learning project has been designed as a mixed method, co-operative inquiry, a form of action research and has been conducted using an 'alongside approach,' to build relationships, gain trust and provide opportunities for people to engage in meaningful ways. A variety of data sources and feedback have been gathered and analysed to inform this report they include, but are not limited to, visits to existing day opportunity settings, a county wide survey, 33 public engagement events, desk research to include a review of local and national literature available and a gap analysis of provisions county wide.

This overall approach was taken to produce a robust, evidence base to inform future service delivery and design in line with the Social Service and Wellbeing (Wales) act 2014<sup>2</sup> and support a journey to A Wales of Cohesive Communities as outlined within The Well-being of Future Generations Act (Wales) 2015<sup>3</sup>.

The findings show across the county we have identified a total of 112 opportunity providers offering day opportunities in 128 locations. Ninety-two opportunities are open to all; sixteen target mental health provision; fourteen target individuals with a learning disability; four target carers and two target specifically individuals with a physical disability. Seven of these opportunities are Powys County Council owned day services, two are externally commissioned day services. There are twenty-three provisions that receive grant funding from the council, regional partnership board and/or charitable funding streams. The remaining opportunities are provided by third sector organisations and seventy-eight of these have a charge to the individual to attend at point of access.

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<sup>1</sup> [Stronger, Fairer, Greener - Our Corporate Plan - Powys County Council](#)

<sup>2</sup> [Social Services and Well-being \(Wales\) Act 2014 \(legislation.gov.uk\)](#)

<sup>3</sup> [Well-being of Future Generations \(Wales\) Act 2015: the essentials \[HTML\] | GOV.WALES](#)

Individuals accessing day opportunities feel strongly that they build and maintain peer relationships within different settings. There is evidence of some good practice where day services work in partnership with local communities. Individuals feel integrated within their community and able to access universal services where appropriate.

There is evidence that a high proportion of individuals on role within the day services are over 50 years of age, with a number over the age of 64 years. Younger individuals have indicated that they want activities *'like everyone else.'*

It is apparent that day opportunities are not equitably spread across the county, with some areas having several options to meet a variety of needs, and other providing a limited offer.

It has been recognised changes were made to day opportunities over the course of the Covid-19 pandemic, in response to Welsh Government legislation and guidance. Significant changes were made to the delivery model within day services, which saw a shift from a focus on people attending the day service to a more community-based approach. Some day services have continued to use this approach. It is believed that the funding of day services has remained the same during this period of change, however this style of delivery calls for different resource considerations.

Communication was identified as a challenge across the county. Individuals accessing services highlighted difficulties with identifying what is available, professionals also highlighted this. There is a lack of knowledge and understanding of where to go to get this information. A number of discussions were had around needing differing approaches to sharing information to meet the diverse needs of the individuals accessing day opportunities.

Transport has been a key theme throughout the engagement, being highlighted as a barrier to access in all but one locality. The range of opportunities accessed by individuals can be limited due to this.

This report concludes that a new approach to the offer of day opportunities should be considered.

Consideration should be given to development of 3- tiers of day opportunities for individuals aged 18 - 65 with care and support needs as follows:

1. Preventative Support - Providing information, advice, and assistance to encourage independent access to social activities and engagement with opportunities within the community.
2. Personalised Support - Providing those who need it with assistance to access community services and activity through targeted intervention and support.
3. Specialist Support - Supporting those with the most complex needs through high quality, specialist day services.

- Developing a provision framework and database to house the information on opportunities. This needs to be public facing, to support individuals in accessing opportunities of their choice. It should include internal and commissioned services as well as third sector providers.
- Developing a central bureau within the day opportunities delivery team to assesses individuals and match them with activities of their choice that deliver identified outcomes. This could be facilitated through creating a community navigation type role within the day opportunities staffing teams to collaborate with individuals in identifying outcomes, provide a centralised point where information about all services and opportunities could be available, and provide initial hand over hand support to help make initial connections. This would better support the development of connected communities, in turn better supporting individuals to explore what they could access and giving them voice, choice and control.
- Look at innovative ways in which direct payments can be used to support individuals to access the opportunity that they want when they want it. Consider pooling of direct payments to organise shared activities.
- There are clear opportunities for more effective joint working between the NHS and the Council in supporting those with more profound needs. This needs to start at the level of strategic planning and feed down into integrated commissioning and funding for the delivery of seamless support for individuals. Regional and local partnership arrangements provide appropriate forums for this to be taken forward.
- Commission a strategy to onboard and recruit volunteers for a community car scheme to support with mitigating the challenge of transport being a barrier to accessing services.

## 1. Introduction

- 1.0 The Work, Leisure and Learning project undertook a co-produced engagement exercise with people across Powys, about daytime opportunities, to include employment and leisure. The project extends across older people with care and support needs, and younger adults with learning, physical disabilities, mental health issues.
- 1.1 This report reflects the work undertaken in relation to reviewing **day opportunities for adults aged 18 - 65** with care and support needs and is to inform delivery of services for **adults with learning disabilities** that reflect their needs and wants, now and into the future.
- 1.2 Day opportunities provide individuals with the chance to enhance their wellbeing through taking part in various activities, develop relationships, and gain new skills. They enable people to become more independent and live fulfilling lives. Day opportunities also provide support to carers, by providing respite so that they can pursue interests outside their caring role.
- 1.3 The Social Services and Well-being (Wales) Act 2014<sup>4</sup> seeks the transformation of social care in Wales in line with the following two principal objectives:
- 1.3.1 Services that achieve the well-being of citizens: “what matters” to them as they define it.
  - 1.3.2 Services that are sustainable despite demographic trends.
- 1.4 Day opportunities should be underpinned by the five core principles of the Act:
- 1.4.1 Increased citizen engagement and ensuring **voice and control** for people who need care and support, and carers who need support.
  - 1.4.2 **Prevention and early intervention**
  - 1.4.3 The promotion of **well-being**
  - 1.4.4 **Co-production** – individuals and professionals sharing power and working together as equal partners.
  - 1.4.5 **Multi agency** working and co-operation.
- 1.5 This project considers the role that prevention and early intervention can play in promoting well-being and how people can be empowered by information, advice, and assistance that involves people in the design and operation of the services they use.
- 1.6 Day opportunities contribute to the well-being duty, as set out in Section 5 of the Social Services and Well-being Act (Wales) 2014: any person exercising functions under the Act is required to seek to promote the well-being of people who need care and support, and of carers who need support. Well-being includes the following:

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<sup>4</sup> [Social Services and Well-being \(Wales\) Act 2014 \(legislation.gov.uk\)](https://legislation.gov.uk)

- 1.6.1 physical and mental health, and emotional well-being protection from abuse and neglect
- 1.6.2 education, training, and recreation
- 1.6.3 domestic, family, and personal relationships
- 1.6.4 being able to participate and contribute to society.
- 1.6.5 respecting and securing rights and entitlements
- 1.6.6 achieving social and economic well-being
- 1.6.7 control over day-to-day life and participating in work.

1.7 **For the purpose of this project day opportunities include:**

- 1.7.1 Day services, which are place-based services provided by the council, or by organisations on behalf of the council, which help people to achieve their identified outcomes and lead a fulfilled life.
- 1.7.2 Day time activities targeted at individuals needing care and support. Such as a disability support group, dementia café, or writing for wellbeing group.
- 1.7.3 Day time activities open to everybody, where individuals attend with support, if needed. This support may be provided by a family member, friend, or paid carer.

1.8 Powys County Council's ambition is to become **stronger**, through communities and social connections; **fairer**, by ensuring that people's voices are heard and that they have more equal access to services and opportunities; **greener**, by ensuring that our response to the climate and nature emergencies is at the heart of everything we do.

1.9 This project is key to informing a Stronger, Fairer, Greener Powys<sup>5</sup> and is a priority transformation project for Commissioning and Adult Social Care.

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<sup>5</sup> [Stronger, Fairer, Greener - Our Corporate Plan - Powys County Council](#)

## 2.1 Aim

- 2.1.1 Engage adults with learning disabilities, carers, communities, and other stakeholders, in co-producing the services they want, now and for the future.

## 2.2 Objectives

- 2.2.1 Understand what day opportunities are currently available throughout Powys.
- 2.2.2 Understand the role day opportunities within Powys play in supporting people to live the lives they choose.
- 2.2.3 Understand stakeholder views on the current day opportunity provision. What is working well, what is not working well, and what needs to change.
- 2.2.4 Identify recommendations and solutions based on Powys wide information and models of good practice which fully use community assets and partnership working.

- 3.1 The work leisure and learning project has been designed as a mixed method, co-operative inquiry, a form of action research.
  - 3.1.1 *“Co-operative inquiry is a way of working with other people who have similar concerns and interests to yourself, in order to understand your world, make sense of your life and develop new and creative ways of looking at things learn how to act to change things you may want to change and find out how to do things better.”* (Reason and Heron, 1996)<sup>6</sup>
- 3.2 The review has been carried out using an ‘alongside approach’ over an extended period. This has been primarily to build relationships, gain trust, to provide opportunities for people with a variety of learning needs, including speech, language, and communication difficulties, to engage in a meaningful way.
- 3.3 Co-production principles<sup>7</sup> have underpinned this work with a task and finish group established to include a wide range of stakeholders (see appendix 1). This group have supported the project officers with ensuring the formal engagement activities have been accessible to a wide variety of individuals, supported with communication and sharing of the work being undertaken with interested parties, brought ideas to the project group and ensured the views of people who use services have remained at the centre of the review.
- 3.4 A number of visits to existing day opportunities settings have been conducted by project officers to engage with individuals using services, individuals working in the sector, community groups and volunteers, through semi structured interviews.
- 3.5 A county wide survey was produced (appendix 3) and hosted through the Engagement HQ platform. This was available in Welsh, English and easy read. Paper copies were also available through libraries, day service settings and were distributed via email to a number of key partner agencies, as identified by the task and finish group. The survey ran from 16th October to 11th December 2023.
- 3.6 33 Engagement events were also conducted across the county between 13<sup>th</sup> November – 7<sup>th</sup> December 2023, within day opportunities settings, and community buildings (schools and libraries). Each locality had at least one day time and one evening event to try and maximise participation. There was also one daytime and one evening online session organised to ensure maximum accessibility. These were advertised through social media, within day service settings, libraries and through key partner organisations (see appendix 2). Sessions in day services for adults with a learning disability were conducted using a variety of techniques to engage individuals with diverse needs.

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<sup>6</sup> [https://wagner.nyu.edu/files/leadership/avina\\_heron\\_reason2.pdf](https://wagner.nyu.edu/files/leadership/avina_heron_reason2.pdf)

<sup>7</sup> [In more detail - Co-production - Co-production in commissioning tool - Think Local Act Personal](#)



- 3.7 Desk research has been conducted, which included a review of local and national literature available, gap analysis around provision across the county and research into models of good practice.
- 3.8 This overall approach was taken to produce a robust, evidence base to inform future service delivery and design in line with the Social Service and Wellbeing (Wales) act 2014<sup>8</sup> and support a journey to A Wales of Cohesive Communities as outlined within The Well-being of Future Generations Act (Wales) 2015<sup>9</sup>.

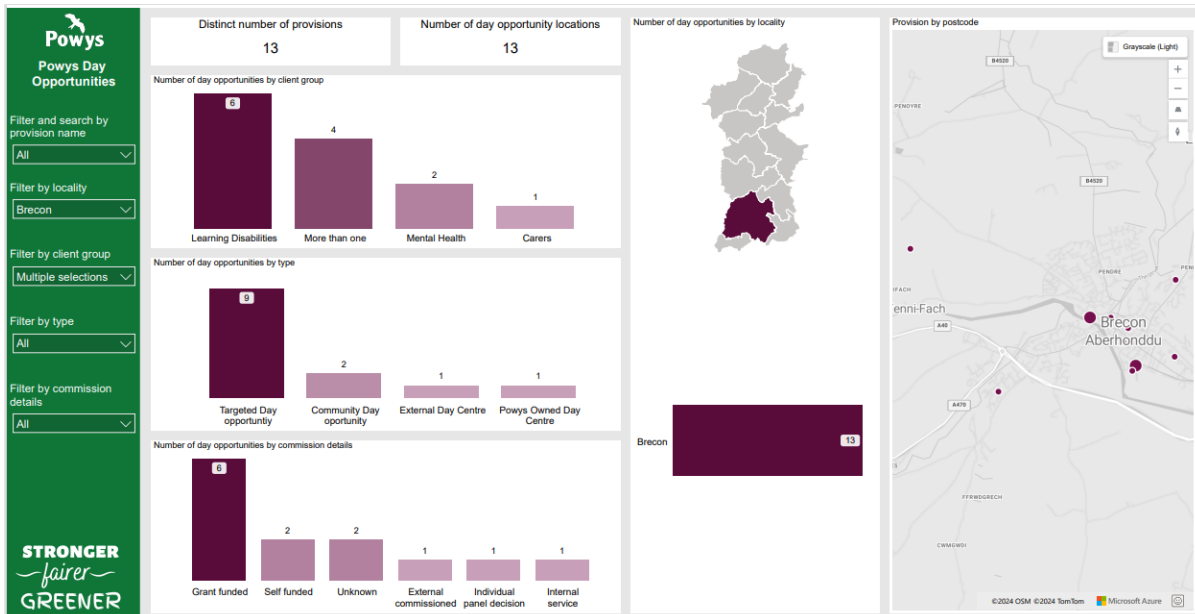
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<sup>8</sup> [Social Services and Well-being \(Wales\) Act 2014 \(legislation.gov.uk\)](https://legislation.gov.uk)

<sup>9</sup> [Well-being of Future Generations \(Wales\) Act 2015: the essentials \[HTML\] | GOV.WALES](#)

## 4.1 Brecon



- 4.1.1 As shown in the above table, within the Brecon locality, thirteen opportunities were identified through the mapping and engagement exercise of notable interest to adults aged 18 - 65 with care and support needs. Six providers of day opportunities were identified offering support specifically for adults with learning disabilities, four opportunities have been highlighted as open to anybody and enjoyed by this cohort, two provisions focussed on mental health support and one opportunity targeted at carers.
- 4.1.2 Brecon is the only locality in Powys with two-day services specifically for adults aged 18 - 65 with learning difficulties. The Rhyd ([appendix 4](#)) is a Powys owned day service open five days a week, and Beacons Creative ([appendix 10](#)) is an externally commissioned day service offering work focused activities for both adults with learning disability, physical disability, and adults with mental health support needs.
- 4.1.3 Individuals attending the Rhyd are offered activities such as craft and cooking within the centre as well as being supported to attend a variety of opportunities offered through third sector providers in the area.
- 4.1.4 A vast variety of activities are available to individuals throughout the locality during the week, promoting independence and allowing for the learning of new skills. Through the engagement activity a number of highly regarded third sector organisations were highlighted as providing day opportunities for adults aged 18 - 65 with care and support needs ensuring individuals can engage in opportunities of their choice. Examples of these include Rebound books (see [appendix 12](#)), Brecon Advocacy Service (BCA) who run a number of different activity-based projects (see [appendix 13](#)) to include Powys People First, Healthy Lives Project, Theatre Wildcats, and Choir Cats.

- 4.1.5 Within the locality there are a number of activities provided within the cultural and leisure services run by the council that are also used by individuals, with support that they self-direct, or in a group. An example of this is the Healthy lives project that ran a six week block of sessions at Freedom Leisure Gym (see appendix 13).
- 4.1.6 It is common within this locality for an individual to attend multiple providers throughout their week, with commissioned services supporting individuals to access third sector projects as part of their programme of activities. (see appendix 4)
- 4.1.7 Transport for individuals living outside of the town is poor and can be a barrier to accessing opportunities of choice.
- 4.1.8 The Rhyd Day Service is fully staffed save one temporary post which is in the process of being filled.
- 4.1.9 An aging cohort of adults with learning disabilities were found to access the day service, with younger people with learning disabilities appearing to want a more flexible, self-directed offer.
- 4.1.10 Opportunities are not often available in the evenings.
- 4.1.11 Concerns over continued funding for third sector provider BCA for their projects which include Powys People First, Healthy Lives Project, Theatre Wildcats, and Choir Cats.
- 4.1.12 Beacons Creative (see appendix 10) staff report that referral since the covid pandemic have been slow to come in. They feel this is due to social workers not being aware of what the provision is and how to make referrals. However, this may be an issue across several services. This will require further investigation.

## 4.2. Builth and Llanwrtyd



- 4.2.1 Builth and Llanwrtyd locality do not have any PCC directly commissioned day services within the locality. Through the mapping exercise as tabled above, four provisions were identified, one specifically for adults with learning difficulties and three open to anyone to attend. One of these is accessed on a spot contract basis, one is grant funded and the remaining two individuals self-fund to access.
- 4.2.2 Apple Blossom Farm is run as a community enterprise, following the care farm model (see appendix 14). This is accessed by a number of individuals and currently funded via an individual panel decision, charged at £72.50 per day (£14.50 hourly rate)
- 4.2.3 Healthy Lives Project (appendix 13), also run block session throughout Mid and South Powys on a rolling programme sporadically offer opportunities, such as ready steady cook in the strand hall in Builth.
- 4.2.4 A number of individuals engaged with, who live within this locality reported they are happy to travel to access day opportunities, with individuals mainly accessing opportunities within Brecon locality (both commissioned and third sector)
- 4.2.5 Public transport links to neighbouring localities were reported by individuals that attend activities in Brecon, by bus, to be adequate. There is also a

community car transport scheme, however it is not clear if this is accessed by any of the adults aged 18 - 65 with care and support needs.

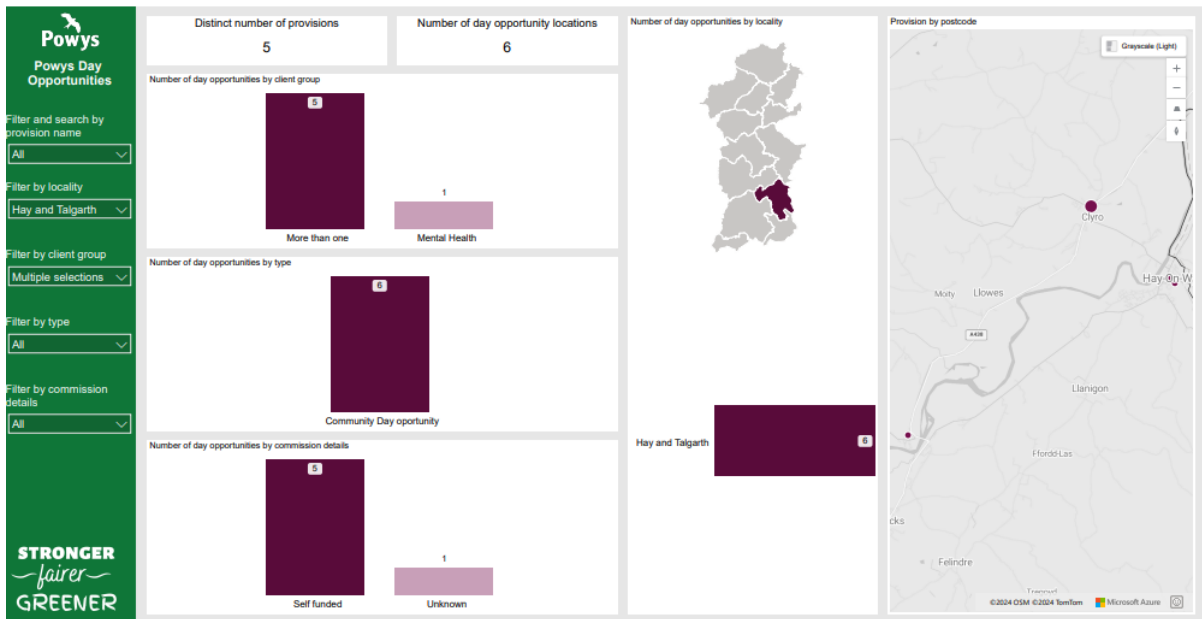
### 4.3. Crickhowell



- 4.3.1 Crickhowell also has no PCC directly commissioned day opportunities for adults aged 18 - 65 with care and support needs, but through the Crickhowell Volunteer Bureau many activities are provided, thirteen of these are open to anyone and could be enjoyed by this cohort.
- 4.3.2 Crickhowell Volunteer Bureau's approach to providing the local community with a hub, where information can be accessed, and activities provided to meet local need has been identified as a model of good practice (see appendix 17)
- 4.3.4 As a locality sharing a border with Gwent, at least one Powys resident with care and support needs accesses day opportunities across in Gwent. Able Radio is a social firm that uses the media environment to support disabled people to develop skills. It is based in Pontypool and is chargeable at £50 per day.
- 4.3.4 Crickhowell community car scheme is extraordinarily successful within the locality, with 130 registered clients and thirty volunteer drivers doing on average ten trips per day. Drivers use their own vehicle to offer transport to those that need it. They mainly support individuals with attending health appointments and shopping, but the model could be explored for use in other areas for the widening of access to day opportunities. The member of staff

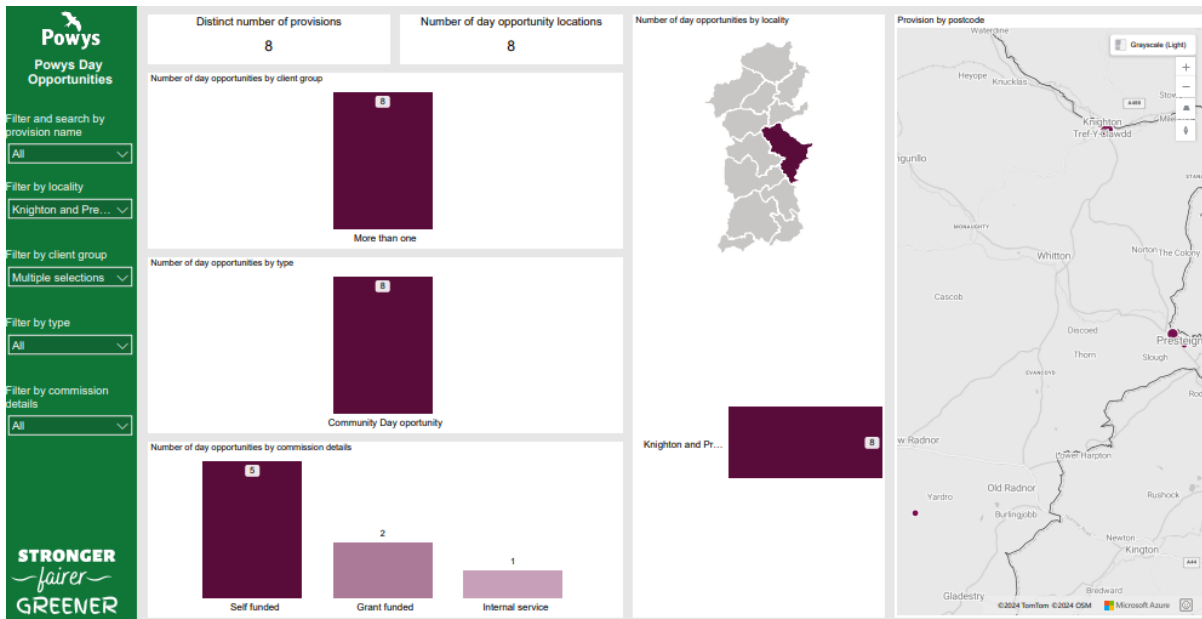
driving this forward is very much integrated within the community and have built a trusted relationship with volunteers over a number of years. This is likely a contributing factor to the success of the scheme.

#### 4.4. Hay and Talgarth



- 4.4.1 Hay and Talgarth also have no PCC directly commissioned day opportunities for adults aged 18 - 65 with care and support needs. Through the mapping exercise, as tabled above six opportunities were identified, five of these were open to everyone and one is targeted to offer mental health support.
- 4.4.2 Several individuals from within this locality access services in the neighbouring Brecon locality. Public transport to Brecon from both towns is reasonable, with up to ten buses a day between the locations.
- 4.4.3 Perthyn, a provider of supported living within the locality have employed an activity co-ordinator who is working creatively with other organisations to provide day opportunities for individuals they support (see appendix 20). Other organisations commissioned under the Accommodation and Support for Living a Good Life framework offer limited employment support.
- 4.4.4 Engagement events in this locality saw the smallest numbers of attendees, and the number of surveys returned was also one of the fewest. Those people we did engage with highlighted a need for more use of buildings within the locality for 'outreach support' and the provision of a community hub to try to combat social isolation and provide more information about services and opportunities in this area they felt would be the most welcome additions.

## 4.5. Knighton and Presteigne



- 4.5.1 Knighton and Presteigne also have no PCC day services for adults aged 18 - 65 with care and support needs within the locality. Through the mapping exercise, as tabled above eight opportunities were identified that are all open to everyone and a mixture of grant funded and self-funded opportunities.
- 4.5.2 Knighton has a community hub at the Comm (see Appendix 18) that offers a multi-use space for a number of providers to offer services, a central point for information gathering and voluntary opportunities to adults with learning disabilities. They also have a volunteering coordinator that collaborates with individuals to match them to activities of interest. One such example provided was a community furniture recycling scheme that provided a young adult with learning difficulties a weekly voluntary placement helping collect and deliver the furniture that was to be restored.
- 4.5.3 The Comm is also home to the PCC library service.
- 4.5.4 As another border locality individuals access provisions out of Powys. The Houghton project, a care farm in Leominster is accessed, payable at £40 per day. There is also a day service for adults with profound and multiple disabilities run by National Star in Hereford. Transport to these activities can be a barrier.
- 4.5.5 Pentre Farm is a Community Interest Company within Old Radnor, near Presteigne. Currently they provide opportunities to preschool and home education groups and older people, via care homes. Opportunities for adults aged 18 - 65 with care and support needs here could be explored further.

## 4.6. Llandrindod and Rhayader



- 4.6.1 Llandrindod and Rhayader locality does not have a PCC commissioned day service for adults aged 18 - 65 with care and support needs. Through mapping and engagement, as tabled above 10 provisions of interest were identified. One of which is specifically targeted at adults with learning disabilities and one other offering targeted mental health support.
- 4.6.2 Celf o Gwmpus offer an arts-based weekly group for adults with disabilities from their centre in Llandrindod Wells. This is a provision part funded by arts funding, with a small charge currently to the individuals who access. This has been running for many years and has a large attendance from the local area. Due to changes in arts funding it is currently at risk of closure.
- 4.6.3 KDM gaming is a business within Llandrindod that offers clubs (online and board games) and volunteering opportunities, within their shop, to young people and adults. This provision is accessed by adults with care and support needs. It was reported to offer an opportunity for social interaction with like-minded peers.
- 4.6.4 It was reported that several individuals from this locality travel to access more targeted day service support. These Individuals either go to Brecon or Newtown, with bus links being reasonable to these locations.

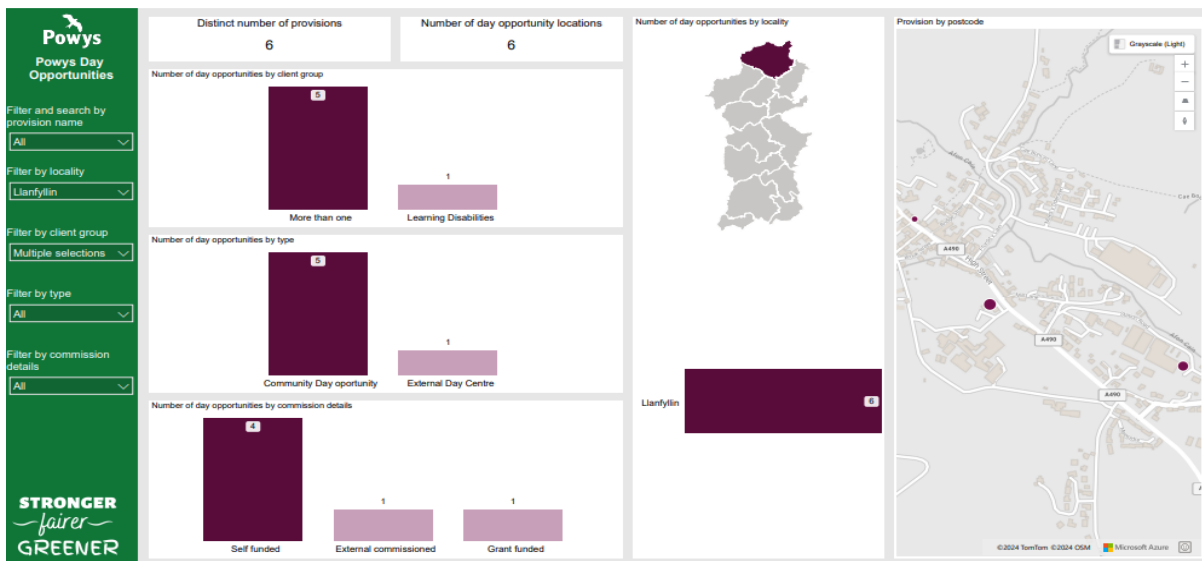


## 4.7. Llanfair Caereinion



- 4.7.1 There are no PCC-provided Day Services for adults aged 18 - 65 with care and support needs within this locality, although there are a couple of options nearby. There is a day service in Newtown, a 12 mile journey, and one in Welshpool which would be ten miles.
- 4.7.2 Llanfair Caereinion Institute and Library is in the centre of the town and has a number of meeting rooms of assorted sizes for hire alongside the library itself. The building acts as a warm hub for the town. Through the mapping exercise a coffee morning running twice a week within the community café in town was identified.
- 4.7.3 This locality highlights the need for a vehicle in Powys, as transport links are poor.
- 4.7.4 Through the engagement exercise only one person engaged with us at the events in this locality, who also worked for a third sector provision, and the survey response was also extremely low and did not suggest that anything currently needed to change. We are unclear why this was, as a comprehensive and successful communications campaign to publicise the events took place across Powys before and during the engagement exercise.

## 4.8. Llanfyllin



- 4.8.1 As tabled above in Llanfyllin locality it was identified that there were six opportunities of notable interest, one of which is an externally commissioned day service and five open to anyone.
- 4.8.2 Mencap (see appendix 11) is one of two externally commissioned day services within Powys for adults aged 18 - 65. It is accessed by adults with learning and/or physical disabilities during the day and is open four days per week, Monday - Thursday.
- 4.8.3 It was reported in the engagement event that if the day service was open for five days per week, most service users would like to attend every day, although staffing would be an issue.
- 4.8.4 It was identified at the engagement events that transport can impact attendance, with some individuals travelling long distances to attend, e.g. Welshpool. A suggestion was made by staff on pooling resources to negate transport difficulties, however inflexibility and differences within policy between providers can impact a common-sense approach being achieved.
- 4.8.5 Mencap advised their aim is to support individuals to gain skills and move closer to the labour market such as computer and office work and they are supported with this. Mencap have their own market stall in the town where they sell items which they make in the day service.
- 4.8.6 Individuals attending Mencap are well respected in the community due to the strong community links built up by staff and individuals that attend (See appendix 11)
- 4.8.7 Several individuals that access Mencap suggested that the hours should extend to 1- 8pm to give people options for activities within the evening. They recalled a previous opportunity that used to run on a Thursday evening and provide social activities and the opportunity to do 'normal things' with the right level of support.

## 4.9. Llanidloes



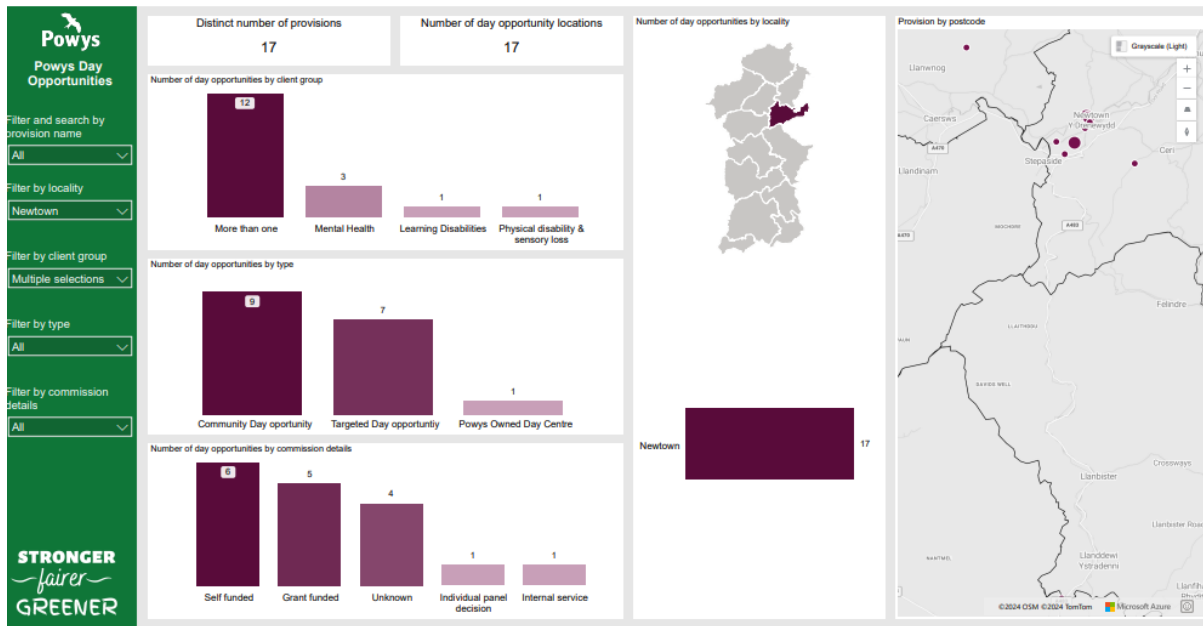
- 4.9.1 Within Llanidloes, as tabled above four opportunities were identified through the mapping and engagement exercise of notable interest to adults aged 18 - 65 with care and support needs. One provider of day opportunities was identified offering support specifically for adults with learning difficulties, this is a PCC owned day service. Once provision targeted to offer mental health support and two opportunities anyone can access.
- 4.9.2 Sylfaen (see appendix 5 for more details) is a Powys owned day service within the Llanidloes locality. This provision is for adults with learning disabilities and is based in a number of porta cabins, within a complex of buildings offering wider care and support services (older persons care home and day service and sheltered housing complex).
- 4.9.3 Sylfaen has a sensory room, and attendees take part in a programme of sensory based activities that include soap making, touch/lights experiences, sensory craft, gardening, and cooking. This programme of activities is designed with the services users' needs in mind.
- 4.9.4 Within the locality there were identified a small number of third sector organisations operating of interest to his cohort, to include an accessible sailing club and mental health outreach services. It is possible that this small number of other activities is because the commissioned day service is providing the support that is needed, but this would need further exploration to confirm.

## 4.10. Machynlleth



- 4.10.1 As tabled above, within Machynlleth locality six opportunities were identified through the mapping and engagement exercise of notable interest to adults aged 18 - 65 with care and support needs. One provider of day opportunities was identified offering support specifically for adults with learning difficulties, this is a PCC owned day service. One provision targeted to offer mental health support and four opportunities anyone can access.
- 4.10.2 Cyfle Newydd (see appendix 6 for more details) is a Powys leased day service within the Machynlleth locality. This provision is for adults with learning disabilities and is based in a rented single storey building within the town.
- 4.10.3 Cyfle Newydd has a range of activities on offer to individuals that attend including accessing groups within the community such as CAMAD and the community garden.
- 4.10.4 Within the locality there were identified a small number of third sector organisations operating of interest to his cohort, to include an accessible sports club and mental health outreach services. It could be assumed that this is because the commissioned day service is providing the support that is needed.

## 4.11. Newtown



- 4.11.1 Within Newtown 17 opportunities were identified through the mapping and engagement exercise of notable interest to adults aged 18 - 65 with care and support needs. As tabled above, One provider was identified offering support specifically for adults with learning difficulties, this is the PCC owned day service Castell Y Dail. Twelve opportunities have been highlighted as open to anybody and could be enjoyed by this cohort, two provisions targeted to offer mental health support and one opportunity targeted at individuals with physical disability and/or sensory loss.
- 4.11.2 Castell Y Dail (Appendix 7) is a Powys-run day service within the Newtown locality. This provision is for adults with learning disabilities and is based within a small holding within the Newtown locality.
- 4.11.3 Castell Y Dail offers a range of activities at the day service based around woodwork and horticulture. People who attend Castell Y Dail think of it as work rather than a day service – they bring a packed lunch, work in teams, and develop and use different skills.
- 4.11.4 In the workshop they make assorted items including bird boxes, recycling units, hedgehog boxes and wooden decorations (like spiderman masks). They also make bespoke items commissioned by members of the public.
- 4.11.5 They have good local community links with organisations such as N-Able sports club (see appendix 7), as well as utilising opportunities within the county. Prior to the Covid19 pandemic, service users and staff would attend events such as the Royal Welsh Show to sell their wares. This is something they would like to revisit.

- 4.11.6 Within the locality there are also several opportunities based around the outdoors, offered through third sector organisations within the locality. Cultivate in Newtown<sup>10</sup>, Dal dy Dir in Kerry through their '@ The Forest' programme<sup>11</sup>, and The Game change project<sup>12</sup>, are all able to offer opportunities for adults aged 18 - 65 with care and support needs through their volunteer's programme. However, if care and support is needed this is not available through the projects and would need to be self-directed by the individual.
- 4.11.7 Ponthafren offer targeted mental health support. Alongside this they offer several activities which support wellbeing that can be accessed by members. Ponthafren advised that a lot of requests are for practical support e.g. form filling, life skills (see appendix 15 for details). They have an inclusion officer who offers 1:1 support and a drop-in session open to all, during their opening hours. Having two premises this has worked very well in the Newtown locality, interestingly this has not had the same impact in Welshpool. Their offer is based on a hub approach, working with other organisations to holistically support all members of the community.

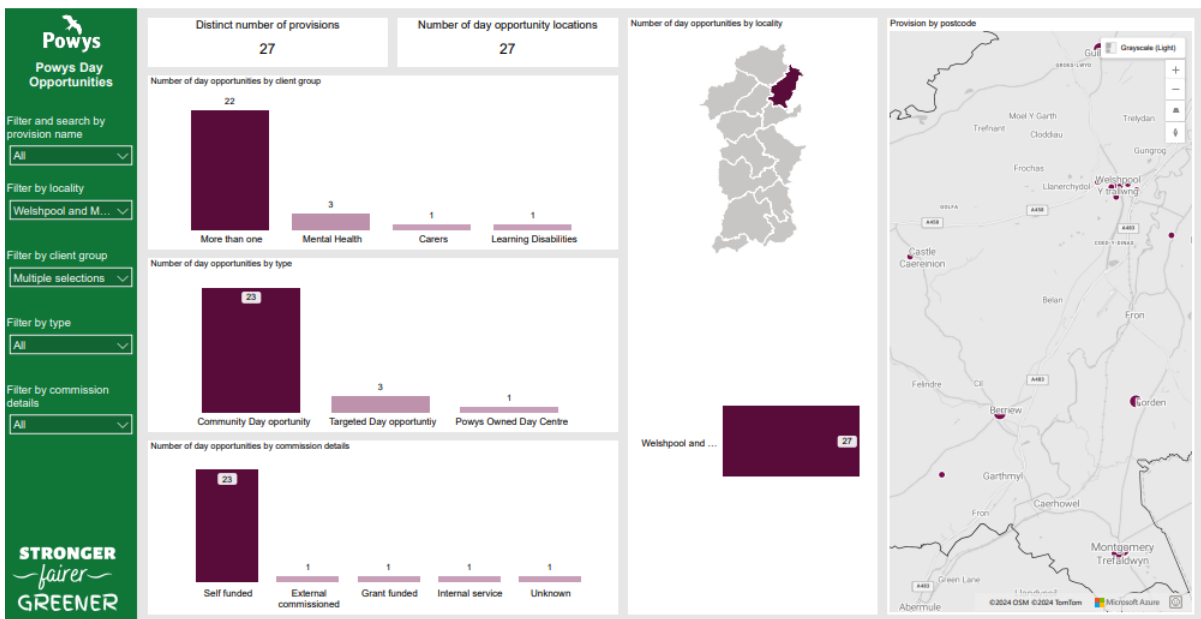
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<sup>10</sup> [Home - Cultivate](#)

<sup>11</sup> [Dal Dy Dir @ The Forest – Dal Dy Dir](#)

<sup>12</sup> [Life skills confidence and training - The Game Change Project CIC](#)

## 4.12. Welshpool and Montgomery



- 4.12.1 Within Welshpool and Montgomery locality twenty-seven opportunities were identified through the mapping and engagement exercise of notable interest to adults aged 18 - 65 with care and support needs as tabled above. One provider was identified offering support specifically for adults with learning difficulties, Coed Isaf. Twenty-two opportunities have been highlighted as open to anybody, three provisions targeted to offer mental health support and one opportunity targeted at carers.
- 4.12.2 Coed Isaf (appendix 9) is a Powys owned day service within the Welshpool and Montgomery locality. This provision is for adults with learning disabilities and is based in a bungalow that is part of the PCC estate, in the small village of Leighton. This locality is not accessible by foot (no footpath along a single-track road for part) or public transport.
- 4.12.3 Coed Isaf as a provision is very self-sufficient, with a woodwork area, room used for craft, sensory room, and large garden that the individuals are in the process of developing. Those who attend value the support they receive here, however there is evidence to suggest that there are opportunities to extend this support to help individuals progress and integrate within their local community further.
- 4.12.4 Location of the building presents several challenges. It is out of town and on its own. There is no footpath along the single-track access road, therefore it is not safely accessible by foot. Links between day service and other providers in the locality is not as strong as other parts of the county, possibly due to location of building.

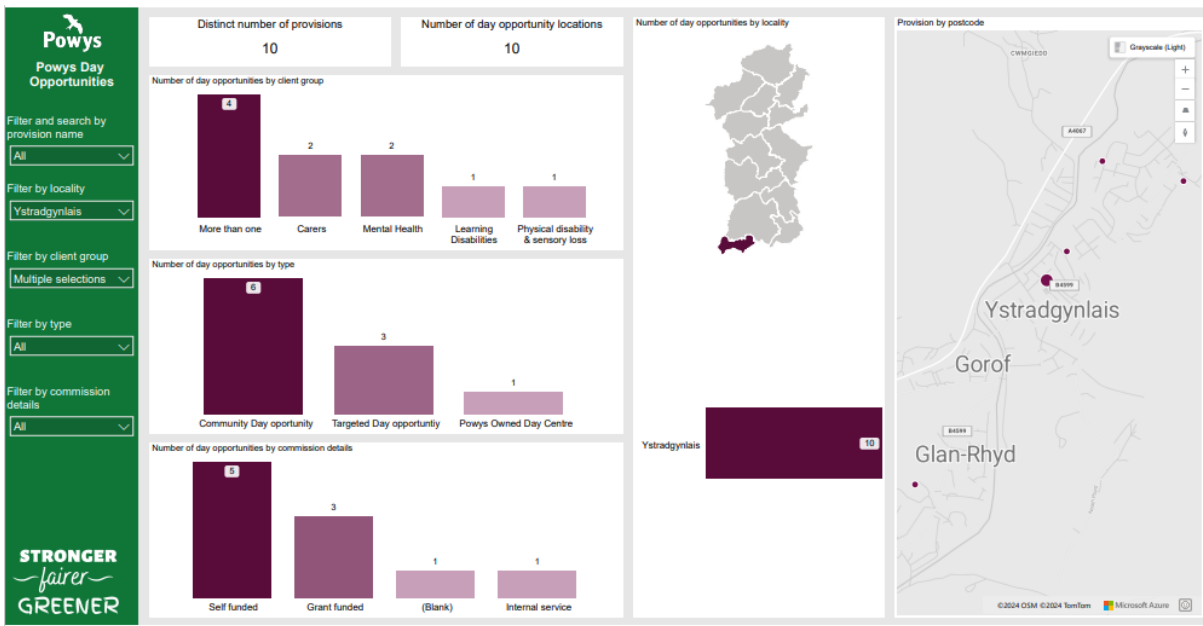
- 4.12.5 Welshpool Community Haven<sup>13</sup> (see appendix 19) was set up by a group of carers. They are currently operating from the Anne Holloway centre, run by the community council. Their vision is *“to operate a community hub, where every individual has opportunity to access well-being opportunities, feel part of a supported community, and the opportunity to live a fulfilling life.”* Currently they have sourced funding to provide opportunities to older adults and children with additional learning needs. Trustees highlighted that funding streams make it difficult for organisations to provide the right support at the right time. The short-term nature of many grants making it difficult for organisations, such as Welshpool Community Haven, to offer long term solutions.
- 4.12.6 Ponthafren (see appendix 15) operates from a large building in Welshpool, with Gym, IT suite and rooms for wellbeing activities as well as 1:1 mental health support. They too advised that they are trying to create a community hub, but efforts to engage the local community so far have not yielded the results that the Newtown ‘hub’ has.

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<sup>13</sup> [Welshpool Community Haven](#)



## 4.13. Ystradgynlais



- 4.13.1 Within Ystradgynlais 10 opportunities were identified through the mapping and engagement exercise of notable interest to adults aged 18 - 65 with care and support needs as tabled above. One provider of day opportunities was identified offering support specifically for adults with learning difficulties, which is the PCC day service, Ystradgynlais day service. Four opportunities were identified as open to anybody and could be enjoyed by this cohort. Two provisions targeted to offer mental health support, two opportunities for carers, and one opportunity targeted at individuals with physical disability and/or sensory loss.
- 4.13.2 Ystradgynlais day service (see appendix 8 for more details) is a Powys owned day service within the Ystradgynlais locality. This provision is for adults with learning disabilities and is currently running out of an accessible building, known as Canolfan. This is part of the PCC estate, and previously was the home of the older persons day service which is currently closed. This building has been used by the learning disability service since their previous location, part of Penrhos community centre, was sold in July 2023.
- 4.13.3 The day service has accessible vehicles they use to transport individuals to and from the service, also to use for trips and outings. Several individuals have mobility vehicles, which staff are permitted to drive, some attendees are transported by their family. Transport links are good, and several individuals have bus passes, with the companion element, which have been used to access the community as a group.
- 4.13.4 Ystradgynlais day service have strong links with the local community, and these are used by staff very effectively to increase the opportunities available to the service users (see appendix 8)

- 4.13.5 Staff at the day service think creatively to incorporate daily living skills into the activities they provide. An example of this is a party they held to celebrate the Queens Jubilee, where attendees planned and shopped for the food with a budget, made decorations and incorporated sensory activities into the celebrations.
- 4.13.6 The Canolfan building is currently not used to its full potential (see appendix 8)
- 4.13.7 Ystradgynlais has an active Volunteer Centre with cafe and furniture recycling workshop, the Welfare Hall and variety of third sector organisations that work within the locality to offer activities that people aged 18 - 65 with care and support needs could access. Care and support for attendance at these activities would not routinely be provided, therefore this would need to be self-directed by the individual if required.
- 4.13.8 Mind operate within the locality and offer group and 1:1 wellbeing activities as well as more targeted support for individuals with mental health difficulties.

- 5.1 Individuals accessing day opportunities feel strongly that they build and maintain peer relationships within different settings. Often these relationships continue and are built upon outside of the targeted provision (see case study 7).
- 5.2 Individuals feel valued within the provisions and there is evidence where they can collaborate with staff and support workers to identify new opportunities or skills which they would like to develop (see appendix 9).
- 5.3 Staff spoke warmly about their relationships with individuals, many had collaborated with the council for several years. They value the time they spend with individuals and feel they are making a positive difference in that person's life.
- 5.3 There is evidence of some good practice where day services work in partnership with local communities (see appendix 11). Individuals feel integrated within their community and able to access universal services. There is evidence of building strong connections, interweaving communities from young to old, supporting and enabling connections and creating welcoming opportunities to engage with the wider community.
- 5.4 Community hub approach (see appendix 19) ensure individuals have choice and the ability to access well-being opportunities and feel part of a supported community to lead a fulfilling life.
- 5.5 Adults aged 18 - 65 with care and support needs can access a range of opportunities with self-directed support (see appendix 13) in some areas of the county. The opportunity being facilitated by an organisation and the individual being able to access with support is successfully implemented in certain areas.

- 6.1 Communication was identified as a challenge across the county.
- 6.1.1 Internal staff and external partners (PTHB) raised not being aware of services, opportunities, and provisions. (appendix 20)
  - 6.1.2 Individuals that use services and their parent/carers reported that they did not always know what was available, for whom it was available and when it was available. They also reported about not knowing who to ask to find this information.
  - 6.1.3 Communication between providers of opportunities and professional that refer into these was highlighted as not always effective. (appendix 12, 14 & 20)
  - 6.1.4 People, from all stakeholder categories, reported being unaware of the role of the community connector and who they were within their locality.
  - 6.1.5 It was also noted that some community connectors were unaware of some service, opportunities, and provisions within their area.
- 6.2 It has been recognised changes were made to day opportunities over the course of the Covid-19 pandemic, in response to Welsh Government legislation and guidance. Over the course of the pandemic, significant changes were made to the delivery model, which saw a shift from a focus on people attending the day service base to a more community-based approach, with individuals receiving an outreach support offer and integrating, with support, into their local community more.
- 6.2.1 There is evidence that some day services have continued to use this approach and maintain strong links with their retrospective communities and others have reverted to delivery mainly within the base. (appendices 4 – 9)
  - 6.2.2 There is evidence that younger individuals in particular value a community integrated delivery model, indicating they want activities *'like everyone else.'* (appendix 4)
  - 6.2.3 It is believed that the funding of day services has remained the same during this period of change, however this style of delivery calls for different resource considerations.
- 6.3 Alongside evidence of organisations not working together effectively to meet population needs holistically. There are some areas with overlaps in provision and a lack of collective working to ensure services are efficient and cost effective. (see appendix 15)

- 6.4 The duration of some community sessions and limitations on travel may reduce the options available to those receiving them. There is a perception individuals can only be taken to opportunities outside their locality on an exceptional basis. Some staff express frustration at not being able to be more creative when planning community activities, due to these constraints.
- 6.5 There is a lack of evidence of joint planning or commissioning between the NHS and the Council in relation to day opportunities: The needs of individuals who use day opportunities vary significantly from moderate to those with profound and multiple learning and physical disabilities.
- 6.6 Funding has been recognised as a challenge, third sector organisations are unable to plan long term or offer stability due to uncertainty around securing relevant grants and the challenges of the funding cycle. (see appendix 13)
- 6.7 Transport has been recognised as a challenge across the county (apart from Crickhowell), inflexible systems have been identified (particularly with individuals who have mobility cars), difficulties in securing community transport, lack of taxi availability and a lack of accessible vehicles. (see appendix 11)
- 6.8 Staffing shortages, both within day service settings and individuals to provide self-directed support (PA's).
- 6.9 Aging population and disparity of wants and needs between older and younger generations.
- 6.10 Staffing considerations must be given for individuals residing in supported living or residential settings. To allow them voice, choice, and control there needs to be flexibility within the system when accessing day opportunities.
- 6.11 Lack of evening and weekend opportunities has been identified as a challenge. We have heard from individuals that this is often when they feel lonely and would like to access activities or have peer support at this time.