



INTEGRATED WELLBEING NETWORKS – CWM RHYMNI

New Tredegar Wellbeing Collective

January 28th 2020

Enabling change to enhance health and wellbeing in New Tredegar



Desired Collective Outcomes and Impacts

- New Tredegar is enjoying a strong local economy with thriving and vibrant 'high street'. There is a 'café culture' with the best use made of local facilities
 - Various activities on offer for all ages with local volunteers where people are sharing skills
 - The place has a vibrant community spirit with shared vision, strong local identity and community pride
 - People are healthier with a healthy, 'lovely looking' environment that is helping improve physical and mental health.
 - More people are celebrating 'healthy' 72nd birthdays.
 - There are better opportunities and options for employment and continued learning and development.
 - The place has activity clubs (rather than job clubs).
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- New Tredegar is a place where people are now sharing skills and supporting one another
 - There is good public transport
 - There is a good communication of what is available and going on.
 - People and places in the different areas of New Tredegar are "better connected"
 - People are engaged in intergenerational activities such as computer classes
 - There are ample activities younger generation
 - There are vibrant exercise classes where all ages are involved
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- There is good youth provision which is well-advertised
 - Communities feel positive and are 'connected'
 - Local housing provision meets the needs
 - People enjoy healthy lifestyles and healthy eating
 - There is a plethora of community activities, especially opportunities for Intergenerational activities
 - All areas of New Tredegar are well connected with no invisible boundaries
 - The community centres are vibrant across New Tredegar
 - The local environment is being used for educational and training opportunities, especially for young people
 - There is a reduced reliance on health and social care provision with an emphasis on community activities and "social prescribing"
 - Organisations and services are working together with a "truly" integrated approach
 - Local communication is excellent and people know what is available and "going on"