

Together towards a healthier upper Rhymney valley

How we can work together to improve health and wellbeing in Rhymney, Pontlottyn, Abertysswg, and Fochriw

The upper Rhymney valley along with the Darran Valley has some of the biggest health and wellbeing challenges in Wales and indeed the UK. These include heart and lung disease, obesity, and Type 2 diabetes, along with mental health and wellbeing issues.

These health inequalities severely impact the quality of life in our communities with people living healthy lives for far fewer years than those in more affluent areas. In addition, it places extra demands on already stretched health and social care services which exacerbates the situation. This needs to and must change.

No single organisation alone can successfully address these challenges and deliver the changes needed. Moreover, it requires working together with people, so they participate and are empowered. Within our communities, we have assets vital to achieving the change needed – people, places, and provision of services.

In our IWN work, people said:

Create vibrant, connected community venues and groups

Ensure people get local health and wellbeing information

Make the most of our local green spaces and countryside

Take advantage of the area's unique history and heritage

Support healthy lives across all ages – young and old

Enhance health opportunities through local volunteering

Empower people to better manage their health and wellbeing

Support wellbeing and health in our town and village centres

This outline plan is aimed at contributing to achieving these outcomes. It is not a standalone plan and must complement other projects and initiatives. It is not intended to be prescriptive or definitive, but an outline plan that crucially requires wider community involvement and greater collective action with three main aims:

To catalyse more and wider conversations and encourage greater involvement in enhancing wellbeing and health in our communities

To stimulate further action working together based on what's good and strong in the area to improve wellbeing and health, building on progress to date

To initiate new actions on the ground led by the community together with services to make real differences to the area's wellbeing and health

We warmly welcome everyone living and working in the area to be part of the change