Community Services Transformation

CONWY EAST

Locality Needs Assessment 2021-22











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INTRODUCTION

Locality Pen Profiles have been developed as part of the North Wales Regional Partnership Board's Community Services Transformation Programme, and are intended to support the development of place-based strategic planning and commissioning for health and care, across the region.

A Pen Profile has been developed for each of the **14 integrated health** and social care localities in North Wales. A Locality is defined as

ПП

A geographically bound area, which brings together all local services involved in the delivery of health and social care services for the area. A locality serves a population of between 25,000 and 100,000 people.

Our localities are based largely on GP cluster boundaries.

Locality Pen Profiles bring together data and insights from different agencies to build up a rounded picture of the needs and strengths of different communities at a very local, granular level. These insights are being used to help inform health and social care priorities for localities/clusters.

This data will also be used on an ongoing basis to adjust priorities and enable partners to hold one another to account for delivering their ambitions.

The Locality Pen Profiles developed by the Community Services Transformation programme are very much a work in progress, and will continue to evolve and grow as the range and type of information we have available at a more granular, locality footprint, increases. Nonetheless, they represent a significant step in realising our collective ambition to plan and deliver care and support in response to the needs of our local communities.



CONWYAS A VILLAGE OF 100 PEOPLE

OUR POPULATION

In our village...





117,203

Is our usually resident population in **CONWY** in 2019. In our village of 100, each person represents **1,172** people



28
people are aged **65** years +

people live alone



CONWY

AS A VILLAGE OF 100 PEOPLE

OUR POPULATION

In our village...



ANGUAG

Cymraeg

people speak Welsh

ETHNICIT

2 People are from a minority ethnic group



WIDER DETERMINANTS

Child poverty 🥭

Of the 100 children in our village...

are living in poverty



Sense of community



60 Adults feel part of their community

Unemployment

26
Adults
are unemployed



Loneliness

Adults feel lonely

LIFESTYLE BEHAVIOURS

Healthy weight

43

Adults are a healthy weight

69

Children are a healthy weight

Physically active

28
Adults are physically inactive

Nutrition

28

Adults eat 5 portions of fruit and veg a day

Smoking

25
Adults
smoke

Alcohol

15

Adults drink above recommended guidelines

Mental Health

2

Adults receive support with their mental health



Learning disability

2

People are registered as having a learning disability

o

CONWY EASTAS A VILLAGE OF 100 PEOPLE

In our village...

People have Arterial Fibrillation

5 People have Coronary Heart Disease

Person has heart failure

People have hypertension

Person has osteoporosis

Person has rheumatoid arthritis

people have COPD

people have asthma



People have diabetes

Ambulance

Emergency

people are obese

People are receiving palliative care

People have cancer People have had a stroke

Person has epilepsy

Person has dementia

Person receives support for their mental health



ABOUT CONWY EAST

Of the 117,200 people living in Conwy, approximately 53,000 live in the **CONWY EAST** locality. **CONWY EAST** covers a geographical area which includes mainly the coastal towns of Colwyn Bay, Abergele and Kinmel Bay. This also includes some rural parts further in land. There are pockets of deprivation and an influx of tourists during the summer months.

The people...

The % of the North Wales population is expected to increase by 6.7% between 2011 and 2036. All Local Authorities, including Conwy will see a sharp increase in the numbers of people over 85 years of age

6.7%
North Wales
Population
Increase
NEXT
25 YEARS

CONWY has the largest proportion of people aged over 65 years.

3,732

Small increase

There is anticipated to a small increase in people aged between 65 and 84 between 2011 and 2036

16.75% of the population in

CONWY EAST are aged over 0-15 years



27.53% of the population in CONWY EAST are

aged over 65 years



4.16%

of **CONWY EAST** are from a minority ethnic background

24.43%

of adults in **CONWY EAST** speak Welsh. This is above the Wales average (18%) and the BCUHB average (33%)





1.3% of adults in CONWY identify as LGB

CONWY EAST IS MADE UP OF THE FOLLOWING ELECTORAL WARDS...

Abergele Pensarn; Betws yn Rhos; Colwyn; Gele; Kinmel Bay; Llanddulas; Llansannan; Mochdre; Towyn; Llandrillo yn Rhos; Rhiw; Penrhyn; Bryn; Craig-y-Don; Glyn; Llysfaen; Pensarn; Pentre Mawr; Eirias

Its assets...

There are a range of important assets within the locality that not only help to deliver community health and social care, but which also support the health and well-being of the whole population.



LIFE IN CONWY EAST

Health is crucially linked with education; good health and wellbeing are associated with improved attendance and attainment at school, which in turn leads to improved employment opportunities and broader career options.

By the age of 30 those with the highest levels of education are expected to live four years longer than those with the lowest levels of education. Education is the single most important modifiable social determinant of health, it is both potentiating and protective, it can trigger healthier futures, mitigate social stressors and provide access to employment opportunities and life chances that could protect individuals from later-life disadvantage.



22%
of children in CONWY
live in poverty - this is
below the Welsh average

88.2%

of households in **CONWY** are able to afford everyday good and activities. This is significantly better than the Welsh average of 84.3%

The % of children in out-of-work families receiving tax credits in **CONWY EAST** is higher in:

- Mochdre (27.6%)
- Towyn (31.6%)
- Glyn (31.4%)
- Llysfaen (31.3%)
- Pentre Mawr (26.1)
- Abergele Pensarn (30.9)
- Kinmel Bay (24.4)

Than the Wales average (20.6%)

The % of adults in receipt of Universal Credit in:

- Abergele & Pensarn (23.9%)
- Kinmel Bay (18.2%)
- Towyn (17.7%)
- Glyn (25.8%)
- Llasfaen (20.10%)
- Pentre Mawr (18.2%)

Is statistically significantly higher than the Wales average (12.7%)



The overall quality of housing in **CONWY** is high

The average household size is lower than the Wales average

11,880

There are estimated to be around 11,880 people in **CONWY** living with fuel poverty. With people aged 75 and over being the highest group

3.94%

of adults in **CONWY** experienced hunger because they did not have enough food

11.80%

of adults in **CONWY** struggle to eat enough food

10.60%

of adults in **CONWY** are worried about not having enough to eat.

HOUSING ASSESSMENTS

The % of housing assessments which are free from category one hazards in **CONWY** (90.7%) is statistically significantly higher than the Wales average (68.7%)

81%

of people felt that their home best supports their well-being

Whilst the quality of housing in CONWY is good, the County has the second highest number of households that are unintentionally homeless and in priority need per 10,000 population (26.2)

The % of households without a car in the following electoral wards is statistically significantly above the Wales average

- Abergele & Pensarn (27.2%)
- Craig-y-Don (25%)
- Glyn (36.8%)
- Pentre Mawr (25.7%)

Not having access to a car or van impacts on the availability of services to those without personal transport.

In **CONWY EAST** there are relatively higher levels of owner occupiers and low levels of social renting (11.06%)

There are 16.5% pensioner only households in **CONWY EAST** than the Wales average

20.58% of households in **CONWY EAST** don't have a car or van. This is below the Wales average (22.0%) but slightly above the BCUHB average (20.3%)

THE PHYSICAL HEALTH OF PEOPLE IN CONWY EAST

25% of the population of **CONWY** Smoke - this is significantly statistically higher than the Wales average (17.4%) and is the highest in North Wales

Whilst the smoking rate is high, fewer people in **CONWY** report drinking above the recommended guidelines than the Wales average

Less than 3 in 10 adults in **CONWY** eat at least 5 portions of fruit and veg a day

The percentage of people across North Wales who are a healthy weight is decreasing - in **CONWY** 57% of adults are overweight and obese

CONWY has the 3rd highest % of overweight or obese children aged 4 to 5 years in North Wales (30.7%). This rate is higher than the Wales (26.4%) and the BCUHB (30.3%) average

Life expectancy for Women in **CONWY** is 82.6 years, although healthy life expectancy is 69.1 years. Women in **CONWY** spend 83.6% of their life in good health

Life expectancy for Men in **CONWY** is 78.9 years, although healthy life expectancy is 67.3 years. Men in **CONWY** spend 85.3% of their life in good health

1/3 (33.7%) of mothers continue to breastfeed at 10 days

96% of children in **CONWY** report being in good/very good health

20% report having a long standing illness, and;

6% report having a limiting long standing illness

Uptake of the influenza vaccine in **CONWY** is consistently lower than the Health Board average for all 3 priority groups: 65 and over (69.7%); Clinical Risk Groups (45.2%); and at 50.6%, the uptake of the influenza vaccine amongst children aged between 2-3 years was lower in Conwy than any other North Wales Local Authority

However...

81.1% of working age adults are in good health - above than the Wales average (76%) and BCUHB average (78.7%)

When it comes to people aged over 65 years of age in **CONWY** has a higher percentage of people in good health (63.3%) than the Welsh average (56.1%)



In contrast, uptake of screening programmes in **CONWY EAST** is high:

- Uptake for bowel screening is 54.7% which is below the Wales average (55.7%)
- Uptake of breast screening is 68.1% and is higher than the uptake for Wales (55.7%)
- Uptake for cervical screening is 74.4%; lower than the uptake for Wales (76.1%)
- Uptake of the MMR vaccine at 5 and 16 years of age in CONWY EAST remains below the 95% uptake target. Only two other locality in North Wales had a lower uptake
- 87.3% of children in CONWY EAST are up to date with their routine vaccinations by 4 years of age, this is lower than the 95% required for herd immunity

- Nearly half of CONWY EAST adults don't meet physical activity guidelines (49.3%)
- 61.7% of adults in CONWY EAST are of an unhealthy weight
- Less than ¼ of adults in CONWY
 EAST consume 5 portions of fruit and veg a day
- 18.8% of people aged over 16 in **CONWY EAST** smoke. This is above the estimated smoking prevalence for BCUHB (17.9%) but below Wales (19.2%)
- 18.6% of people aged 16+ in CONWY
 EAST drink above recommended guidelines –, this is below the BCUHB (19.4%) and Wales (18.9%)
- Uptake of childhood vaccines is below 90% target in CONWY EAST including the 4 in 1 pre-school booster (88.8%), MMR (89%) and 3 in 1 booster at 15 years (85.8%)

THE MENTAL HEALTH OF PEOPLE IN CONWY EAST

The average mental well-being score for **CONWY** is 53.5 compared with the Wales average of 51.4 and the BCUHB average of 52.3. The higher the score the better the mental health.

Life satisfaction for working age adults in **CONWY** is 82.8% - this is below the BCUHB average (83.3%) but above the Wales average (81.8%)

Life satisfaction for older adults is 87.1%, which is higher than both the Wales and the BCUHB averages

conwy has a suicide rate of 10.0 per 100,000 compared to the Wales average of 9.2.

A sense of community and 'belonging' is strongly related to health-behaviour change. 59.5% of adults in **CONWY** reported feeling that they belong to their community. Whilst this is above the Wales average (52.2%) less than 2/3 of adults in Conwy feel a sense of belonging, cohesion and respect

Despite this, **CONWY** has the joint highest % of adults reporting they feel lonely (17%) which is above the Wales average (15%)

There are more people aged 65 and over living alone in **CONWY** (17.1%) than in the rest of Wales (13.7%) and the rest of the BCUHB region (14.9%)

Social isolation can reduce independence and damage mental health, but can also lead to problems with physical health if services such as GPs, dentists and active leisure and social opportunities are inaccessible. Loneliness in **CONWY EAST** is a significant issue.

The rural nature of much of the locality means that it has poor access to services from a travel and transport perspective. There are also areas and groups of people in **CONWY EAST** who have poor levels of access to digital technology, which may also contribute to social isolation

Just under half (46%) of people who use social care services in Conwy report feeling part of their local community, whilst 44% report being able to do what matters to them

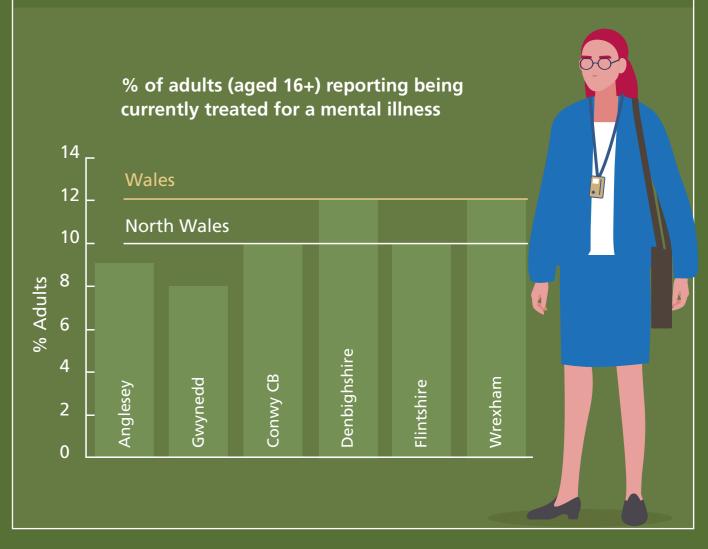
People in Conwy place a great deal of value on community groups and volunteering activities and particularly the role of community events in supporting social well-being. Such organisations and events were often of a small scale and specific to individual community areas

1.15% of adults in **CONWY EAST** receive mental health support from their GP.

Referrals to health services for substance abuse (all types) in Conwy is 1,000 per 100,000 population. This gives a referral rate of 864 for Conwy compared to a Wales average of 822.

Conwy is ranked 9th highest in Wales – however, it should be recognised that this does not reflect the many people who do not present themselves to the health service

The biggest concern about substance misuse in Conwy relates to alcohol – Conwy has a high rate for alcohol specific hospital admissions, with age standardized rate of 389 admissions per 100,000 population in 2014/15, a rate which is significantly above the Wales average of 333 admissions. This ranks Conwy 3rd highest in Wales



LIVING WITH A **LONG-TERM CONDITION IN CONWY EAST**

Conwy has a large population of people aged over 65, with population projections suggesting substantial and continued growth in the number of older people.

Increasing numbers of older people is likely to lead to an increasing number of people experiencing age related problems such as, chronic physical and sensory diseases, dementia and falls, all of which have a potential negative impact of people's overall well-being 5,963 people in **CONWY** aged 65 and over struggle with activities of daily living

The predicted number of people aged 65 and over, living with dementia in **CONWY** is 2,341.

This is the 2nd highest in North Wales. This is set to rise to around 3,914 by 2040 – the highest predicted percentage increase in North Wales

There are 32 severely sight impaired people in **CONWY** aged 18-64 years, and 136 aged over 65 years

There are 1046 physical/sensory disabled people without a visual impairment aged between 18-64 years, and 5352 aged over 65 years

There is greater unemployment for those with health conditions in **CONWY**; more than the Wales average



22.7% of working age people in **CONWY** are Equality Act (EA) core or work-limiting disabled

The percentage of people with a limiting long-term illness in:

- Abergele & Pensarn (34.9%)
- Gele (28.8%)
- Kinmel Bay (29.5%)
- Towyn (34.8%)
- Llandrillo yn Rhos (29.9%)
- Craig-y-Don (27.6%)
- Pentre Mawr (29.5%)

Electoral wards is statistically significantly higher than the Wales average (22.7%)

Llysfaen electoral ward is statistically significantly below the Wales average at 17.5%

1.06% of the population of **CONWY EAST** are predicted to live with dementia

The main cause of years of life lost for those under 75 years in Conwy is accidents, closely followed by coronary heart disease.

CONWY EAST is above both the BCUHB and Wales averages for a number of chronic conditions.



Top 4 lifestyle issues contributing to the top 3 chronic conditions

18.8%

of adults in **CONWY EAST** smoke

18.6%

of adults in **CONWY EAST** drink above recommended guidelines

49.3%

of adults in **CONWY EAST** are not meeting physical activity guidelines

61.7%

of adults in **CONWY EAST** are of an unhealthy weight

The most prevalent chronic conditions in CONWY EAST are:

18.3%

HYPERTENSION

(BCU - 16.8%; Wales - 15.8%) 7.8% **ASTHMA** (BCU - 7.2%; Wales - 7.1%)

7.1% DIABETES (BCU - 6.1%; Wales - 6.1%)

CHRONIC CONDITION	CONWY EAST (%)	BCU (%)	WALES (%)
Coronary Heart Disease	4.79	3.79	3.61
COPD	2.75	2.71	2.38
Atrial Fibrillation	2.91	2.57	2.43
Heart Failure	1.26	1.15	1.11
Cancer	4.26	3.71	3.28
Stroke	2.46	2.17	2.17
Epilepsy	1.04	0.95	0.97
Osteoporosis	0.84	0.71	0.64



PEOPLE'S INVOLVEMENT WITH HEALTH & CARE SERVICES IN CONWY EAST

In Conwy...

- Hospital admissions for cancer have continued to decline
- Admissions for cardio vascular disease have declined
- The average length of stay for elective admissions has decreased
- There has been an increase in emergency admissions for respiratory conditions
- Whilst admissions to A&E have been fairly stable across Conwy, the County has the highest average length of stay for emergency admission
- Despite Conwy's ageing population, the rate of hip fractures in those aged 65 and over is better in Conwy compared to Wales (555.0 per 100,000 population).
- There were 134 hospital admissions due to falls in Conwy
- In CONWY 15,618 people provide unpaid care to a family member or friend
- There were 580 children receiving care and support in 2019

- 31.8 per 100,000 population of children were on the child protection register
- There were 350 assessments for care and support for informal carers undertaken in 2018/19 in CONWY. Of these 199 led to a support plan
- In 2020 there 520 children receiving care and support in CONWY.
- In 2020 25% of children receiving care and support in CONWY, had a disability
- In 2020 20% of children receiving care had problems with mental health problems
- In 2020 42% of children receiving care and support had up-to-date health surveillance checks

7,060

In CONWY, 4,365 adults receive 7,060 social care services. 3,564 adults are aged over 65 years. 5,749 services are received by adults over 65 years of age 1,788 adults are aged over 85 years. 2,971 services are received by adults over 85 years

4,365 PEOPLE

The number of people supported during the year was 4365, of whom...

65+ YEARS

3,564 adults are aged over 65 years.

85+ YEARS

1,788 adults are aged over 85 years.

1,316 ADULTS

adults received support from the Information, Advice and Assistance service in 2019/20

82.6% ADULTS

of adults of received support from the IAA service in 2019/20 did not contact the service again for 6 months. There were 4,187 assessments for care and support in 2018/19



The average age of adults entering residential care in 2018/19 was 85.14 years

INCREASE

CONWY has the highest number of people aged 65+ in North Wales, who are unable to manage at least one self-care activity – this trend is set to increase from just over 11,000 in 2020 to around 15,000 in 2035

4,187 ADULTS

There were 4,187 assessments for care and support in 2018/19

1,868 ADULTS

Of which 1,868 led to a care plan

276 ADULTS

used care homes with nursing in 2019/20

661 ADULTS

adults used care homes (without nursing) in 2019/20

1,663 ADULTS

adults received domiciliary care in 2019/20

704.32 DAYS

Adults spent on average 704.32 days in residential care in 2019/20

PEOPLE'S EXPERIENCES OF HEALTH & CARE SERVICES IN CONWY EAST

In Conwy...

Access to respite services was raised as an area for increased anxiety amongst families in CONWY. The Welsh Carers Alliance has also raised concerns over reduced respite care

People in **CONWY** have raised concerns about the future and level of provision to support the ageing population. There was also worry about the future provision of support for carers of all ages. Residents also felt that a joined up Mental Health Service would be a high priority for the future

People in **CONWY** have said they would value better access to services (information/transport/technology) and how this may combat problems with loneliness and isolation

Engagement work in **CONWY** found an emerging vision for an active citizen. Here the role of people themselves in determining their own future and their own well-being is emphasised



73%

of adults felt they received the right information when they needed it

82%

of carers felt they received the right information and advice when they needed it

86%

were satisfied with the care and support received

78%

felt they were actively involved in decisions about how their care and support was provided

95% felt they had been

treated with dignity and respect

84%

were happy with the support they received from family, friends and neighbours

90%

were able to communicate in their language of choice

77%

agreed it was their choice to live in a residential care home





Locality	Pen	Profil	es:	Data	Source	List

Data Description	Data Source
ABOUT THE LOCALITY	
Population size by Local Authority	StatsWales
Population size by age	Statsyvales
Population projections	Public Health Wales Observatory
Ethnicity	StatsWales
Number of people who speak Welsh	National Survey for Wales
Number of people who identify as LGB Office for National Statistics	
Community assets	Primary Care IMPTs

LIFE IN THE LOCALITY	
Number of people who are unemployed	StatsWales
Number of children who live in poverty	Public Health Outcomes Framework
Number of people living in fuel poverty	National Social Care Data Set for Wales
Number of people without central heating	Census 2011
Welsh Index of Multiple Deprivation	Public Health Wales Observatory
Number of adults who experience hunger	
Number of adults who struggle to eat enough food	University of Sheffield,
Number of adults who are worried about not having enough to eat	Food Insecurity Map
Number of people who felt their home best supports their well-being	StatsWales
% housing assessments free from category one hazards	Public Health Wales Observatory
Number of households that are unintentionally homeless	StatsWales
Number of people renting from social landlord	
Number of households that don't have a car or van	Census 2011
Number of pensioner only households	

Data Description	Data Source	
THE PHYSICAL HEALTH OF PEOPLE IN THE LOCALITY		
Smoking in adults aged 16 years and over		
% adults (age 16 years and over) who report drinking above recommended guidelines	National Survey for Wales	
Working age adults of a healthy weight	Public Health Outcomes Framework	
Adults eating five fruit or vegetable portions a day	StatsWales	
Physical activity in adults aged 16 years and over	National Survey for Wales	
% children aged 4 years, up to date with routine vaccinations	Public Health Wales	
Life expectancy by gender	StatsWales	
Healthy life expectancy at birth, males and females	Public Health Wales Outcomes Framework	
% children who report being in good health		
Cervical Screening		
Bowel Screening Uptake	Public Health Wales Screening Division	
Abdominal Aortic Aneurysm screening coverage/uptake	- 11101011	
Uptake of MMR vaccine	Cluster IMTP	
% breastfeeding at 10 days	Public Health Wales Outcomes Framework	
Working age adults (16 to 64 years) in good health	Public Health Wales Observatory	
Older adults (65+ years old) in good health		
THE MENTAL HEALTH OF PEOPLE IN THE LOCALITY		
Mental well-being among adults,		

THE MENTAL HEALTH OF PEOPLE IN THE LOCALITY		
Mental well-being among adults, age-standardized average	Dublic Health Wales Observatory	
Life satisfaction among working age adults and older people	Public Health Wales Observatory	
% adults reporting they feel lonely	National Survey for Wales	
Sense of community	Public Health Outcomes Framework	
% of adults who report feeling that they belong to their local community		
% people who use social care services who report feeling part of their local community	StatsWales	
% of people use who social care services who report being able to do what matters to them		
Number of people aged over 65 living alone	Census 2011	
Number of patients in the mental health QOF disease register	QOF Database	
Admissions to mental health facilities by local health board	StatsWales	
Deaths from suicide, EASR per 100,000 population, all persons aged 10 years and over	Public Health Wales Observatory	

Data Description	Data Source		
LIVING WITH A LONG-TERM CONDITION IN THE LOCALITY			
Number of people who struggle with activities of daily living	StatsWales		
Gap in employment for those with a long-term health condition	Public Health Wales Observatory		
Predicted number of adults aged over 65 living with dementia	National Social Care Data Set for Wales		
Number of patients in the dementia QOF disease register	QOF Database		
% people of working age who are EA core or work-limited disabled	Office for National Statistics		
Number of physical/sensory disabled people without visual impairment	StatsWales		
Number of severely sight-impaired people	National Social Care Data		
% people with a limiting long-term illness	Set for Wales		
Percentage of patients registered with a chronic condition	QOF Database		

PEOPLE'S INVOLVEMENT WITH HEALTH AND CARE SERVICES IN THE LOCALITY			
Cancer admissions, EASR per 100,000 population			
Cardiovascular disease admissions, EASR per 100,000 population			
Respiratory Emergency Admissions, EASR per 100,000 population	Health Maps Wales		
Emergency Admissions, mean length of stay (days) all persons			
Hip fractures among older people (65 years and over)	Public Health Outcomes Framework		
Hospital admissions due to falls	Public Health Wales Observatory		
Provision of unpaid care	Census 2011		
% people satisfied with their ability to get to/access the facilities and services they need	StatsWales		
Number of children receiving care and support			
% children receiving care and support with a disability			
% children receiving care and support with mental health problems			
% children receiving care and support with up-to-date child health surveillance checks	National Social Care Data Set for Wales		
Number of assessments of need for support for carers undertaken during the year			
Number of assessments of need for support for carers undertaken during the year that led to a support plan			
Number of adults receiving services, all persons by age group	StatsWales		
Number of adults receiving support from the Information, Advice, Assistance service during the year	National Social Care Data Set for Wales		
Number of people aged 65+ who are unable to manage at least one self-care activity	StatsWales		

Data Description	Data Source	
PEOPLE'S INVOLVEMENT WITH HEALTH AND CARE SERVICES IN THE LOCALITY (CONT.)		
Number of assessments of need for care and support undertaken during the year		
Number of assessments of need for care and support undertaken during the year that led to a care plan		
Number of services received by adults during the year		
Number of adults supported during the year	National Social Care Data Set for Wales	
Number of adult care home (with nursing) services received by adults aged 65+ during the year		
Number of adult care home (without nursing) services received by adults aged 65+ during the year		
Number of domiciliary care services received by adults aged 65+ during the year		

PEOPLE'S EXPERIENCES OF HEALTH AND CARE SERVICES IN THE LOCALITY			
Qualitative feedback on experiences of social care Annual Social Services Director's			
services Report			

