

# 2020 Accolades awards ceremony

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Find out more about the 2020 Accolades awards ceremony.

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0:01[Music]

0:04the project

0:05runs twice a week so the group meet from

0:07flashy live center

0:09we have a run leader who's qualified in

0:12the running

0:13fitness and then we've got a mental

0:15health specialist

0:16who gives the mental health support to

0:18the group

0:20it's a beautiful location to run we do a

0:22lot of our running on the path

0:24we start each session with a warm up

0:26everybody together

0:28even though the two groups will will

0:29split up naturally

0:31with regard to ability we always try to

0:33start together

0:36the service users have been incredible

0:38really everybody supports each other

0:40not just throughout the run then but

0:42generally it's

0:44it's become a community really i think

0:48it's fantastic and it's provide

0:52everyone and keep me so well and

0:55just happy and confident

0:58and running keep keep me going and fit

1:03there's been so many new friends that

1:05i've met by coming out three times a

1:07week it obviously improves your fitness

1:08and your mental health

1:10and it's nice to actually go for a run

1:11and just feel relaxed that you can talk

1:13to somebody

1:14you know without being judged and it's a

1:16more relaxed environment

1:19we've had some members that have gone

1:21through some hard times

1:22the change in their life has been you

1:24know a positive side

1:26and the fact that people want to come

1:27and keep coming back and asking when's

1:28the next run and

1:30can we run further so i think i hope

1:32that this will continue

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0:01hi there i'm alison johnson

0:04and i'm program manager for dementia for

0:06the welsh ambulance services

0:08we have a really exciting dementia

0:10programme with a continuous engagement

0:12approach to our work

0:14we know that many people affected by

0:16dementia access and use our services

0:18every day

0:20our work priorities are based around the

0:23needs and requirements

0:25of people affected by dementia and they

0:27drive our engagement and improvement

0:30programmes some of the feedback and

0:32suggestions have influenced

0:34a range of information resources that

0:36we've developed in partnership

0:38so that's been really valuable as the

0:41feedback is already contributed to ideas

0:44for change

0:45so that's wonderful hi my name is chella

0:48rolls and i'm the dementia coordinator

0:49for the welsh ambulance service  
0:51one of the areas of work we're really  
0:53excited about is our work around  
0:55learning and development  
0:56we've had many opportunities over the  
0:58years to deliver training to our own  
1:00workforce and to some of our partners  
1:02the feedback from attendees has been  
1:04really positive with people saying it's  
1:06had an impact on their practice  
1:07the sessions are valuable and of really  
1:09good quality  
1:11so generally the things that we're  
1:12focusing on for the future  
1:14is making sure that people living with  
1:16dementia are front and center  
1:18and are really involved in our work you

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0:00well yeah this time

0:05the rainbow centre is a community

0:07wellbeing hub and we're working across

0:09the whole of south wrexham so we call

0:11our service

0:12day opportunities rather than daycare we

0:14deliver lift

0:15exercise classes we've got six hens

0:18living on site with our henchness

0:19project

0:20we've also got the goose and godzillions

0:22project which is

0:24in partnership with the nursery across

0:25the road who come in once a week where

0:27we do activities with the children

0:30my name is helen my mom mary comes to

0:33the project here

0:35she was very inward looking she didn't

0:37want to talk to people she didn't want  
0:38to meet people  
0:39and coming here has changed that  
0:41dramatically for her she's much more  
0:43upbeat  
0:44and she's she's more like the mom i  
0:46remember  
0:48i enjoy most things that they do we're  
0:50having the sing-song at the moment  
0:52and it was very nice doing the exercises  
0:56if anybody ever told me i would have  
0:58consented to come three days a week and  
1:00i said no way  
1:02but i i really i quite look forward to  
1:04it and i think it's very good and i'm  
1:06very pleased she  
1:07she taught me into coming we can visibly  
1:09notice that people are more engaged



1:11they're laughing

1:12and they become a lot more verbal when

1:13they come to us for support

1:15and they're just happier and healthier

1:16within themselves we're really proud

1:18that about 95

1:20of the people that use our day

1:21opportunity service stay living at home

1:24until the end of their life which is a

1:25real credit to the rainbow centre

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0:00[Music]

0:01okay so uh the name of our project

0:04is perithin which means belonging and

0:07that for us was about really recognizing

0:09that

0:10children who are in our residential care

0:13belong in newport hi i'm scott i've

0:16lived at rose cottage for over a year

0:18and during that time i've gone from a

0:21small school

0:22to full-time mainstream school made lots

0:25of new friends

0:26and enjoyed our internet in my bedroom

0:30we we started our project really because

0:33although

0:33as a local authority we already had

0:36residential care

0:38and children's homes in newport we also

0:40had a number of children who were placed

0:42away from newport

0:43we wanted to increase the number of

0:44children's homes that we were able to

0:46access within newport

0:48but it's more than that it's not just

0:50about children's home it's about  
0:51children's home that really makes a  
0:53difference  
0:55and creates an environment for children  
0:57that provides them with love  
0:59and with care what we've seen is an  
1:01incredible difference in the children  
1:03that have been able to live at rhode1:05cottage and call it their home  
1:07an environment that is superb  
1:11in terms of how those children feel  
1:14and how they feel nurtured and cared for  
1:16it's really helped us to think about  
1:18what we want1:19in terms of the care for our children  
1:21the development of rose cottage the  
1:23improvement in our other children's  
1:24homes and the thinking about the care  
1:28has given us a way forward

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0:05outside in

0:06is a focus group of people who use

0:08health and social care services and

0:11social work services and they have as a

0:13result of that

0:14considerable expertise in those services

0:18so they come to outside in really to

0:21share that expertise

0:23my part is to for the students to learn

0:26about

0:27conditions such as what i have

0:30and some of the other students have

0:33the value that it brings not just for us

0:35as students learning for this

0:37individual's experiences but also seeing

0:39the enjoyment they get out of it as well

0:41for a lot of people they've said it's

0:42the highlight of their week they

0:43absolutely love it they feel like

0:45they've made friends here they learn a

0:46lot

0:47i retired 10 years ago i could have been

0:51sat over twitter in their comments but by

0:53coming to this

0:55outside in group then i could pass on my

0:57experiences

0:58of life to the students it definitely

1:02gave me more confidence

1:03the opportunity to be able to talk to

1:05the next generation of social workers

1:07and help understand their morals their

1:09values and sometimes

1:10challenge what they believe and being

1:12part of the project has actually opened

1:13my eyes up to a folding career within

1:16social work myself1:18the overall aim is that when our

1:20students go into practice

1:22they're better social workers they know

1:25more about

1:26the point of view of the person with

1:28whom they're working this is an

1:29opportunity to see the world from others

1:31points of view

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0:00[Music]

0:08in partnership with flint county

0:09council

0:10we have developed a project that we call

0:12bridge in the gap

0:14and the project was developed following

0:15consultation with our carers

0:17around what a respite service needed to

0:20provide

0:21the way the project operates with

0:23flexibility

0:24choice and control at its heart means

0:27carers are empowered

0:28to focus on what matters to them whether

0:31that might be

0:32catching up with friends attending a

0:34group to build peer support

0:37or having a much needed holiday hello my

0:39name is yvette

0:40and i am a parent carer to my 14 year

0:44old daughter first of all i just want to

0:45say what an absolutely great

0:47service this is it's been so refreshing

0:50to access a service that really really

0:52put my well-being first

0:54it meant that i could really have a full

0:56break from my caring role for a little

0:58while

0:59and do something that i really wanted to

1:00do for me it really did make me feel so

1:03much better to be able to do that

1:05and then i had the strength then to

1:07continue with my caring role because i'd

1:08had that time for me i'd had that little

1:10break

1:11and then i just found that i came back

1:12from that feeling refreshed and ready

1:14then

1:15to care for my daughter in a bit more of

1:16a positive way

1:18one of the great things about bridging

1:19the gap is the job satisfaction that it

1:21brings to the nucas staff

1:23because they get to offer carers a

1:25meaningful and bespoke



1:26service they see firsthand the  
1:29difference that it can make to a carer's  
1:30life and their well-being

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0:01my name's lorna and i've got a  
0:03five-year-old son called jack  
0:05jack was diagnosed with autistic  
0:07spectrum disorder in 2018.  
0:10jack doesn't deal very well with change  
0:12in routine and his anxiety was making  
0:14him behave in a way that was putting him  
0:16at risk  
0:18i was really concerned at that time and  
0:20i didn't really know what to do to try  
0:22and support him  
0:23i saw an advert for the navigate service  
0:26online

0:27we were struggling a bit as a family at  
0:29the time and so i clicked on the link to  
0:31try and find out more  
0:33it's a six session service for parents  
0:36of disabled children  
0:37what we do is provide support for the  
0:39parents so emotional support  
0:42lorna was struggling with um the  
0:44behavior at home  
0:46over the period of the six weeks we  
0:47spoke  
0:49she just she made lots of decisions and  
0:51i think it just helped having somebody  
0:52she could speak to  
0:54sebev gave me quite a lot of different  
0:56types of support  
0:57she gave me some practical solutions to  
1:00some of the different behaviors that

1:01jack was  
1:02was showing but also what i found the  
1:05most  
1:06important was that bev gave me a space  
1:08to talk about my needs  
1:10as a parent of a child with special  
1:12needs you spend so much time  
1:15trying to work out what the child needs  
1:17that you neglect yourself  
1:19and actually they've really reinforced  
1:21that  
1:22i needed to be okay in order to care for  
1:24jack  
1:25the amount of change that happened  
1:27within that short period of time i  
1:29i would never have expected from any  
1:32service if i'm honest  
1:34there is so little support out there for

1:35parents sometimes they just need someone

1:38to talk to and we're there to talk to

1:40you

1:40and we're there to support you and we're

1:42there to listen

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0:07we initially started the gwent career

0:09college consortium back in 2018

0:12and it was a way to bring together the

0:14gwent regional partnership team

0:16colleague grant an iron beverage health

0:18board and private providers of social

0:20care

0:21to create a more joined up seamless

0:24career pathway into the health and

0:25social care sector

0:27this project can do a huge amount for

0:29the students

0:30in the college we work with a number of

0:32employers across gwent

0:33to be part of this group to help make

0:35these changes

0:36and to improve our curriculum our

0:39placement opportunities

0:40work experience academically the college

0:43can look

0:44after those needs they can provide all

0:45the all the

0:47theoretical knowledge that students will

0:49need

0:50but it's not quite the same when they go

0:52out into the real world they've got all

0:54the theory but they

0:55have to apply that theory and then they

0:57are matched up with one or two of our

0:59really experienced carers who will take  
1:02them under their wing  
1:03as they go about the normal day whereas  
1:05is a  
1:06company a non-not-for-profit  
1:07organisation that supports people with  
1:09learning disabilities to live in their  
1:10own homes sometimes they haven't got a  
1:12learning disability they're just  
1:14full of anxiety and they have mental  
1:16health needs  
1:17my aim is for a student to go back to  
1:20the college and say  
1:21that was a brilliant workplace with  
1:22ramirez i've fallen in love with it  
1:24i want to work there and they tell other  
1:26students then

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0:08the project

0:09is a universal project for all parents

0:12in the vale of blue morgan with

0:14children pre-birthed to the age of 18.

0:16we support

0:18them with areas such as behavior

0:20management routines

0:22promoting emotional well-being and we do

0:24that by

0:25offering strategies and tools but also

0:27building on strengths which are already

0:29part of the family unit we also support

0:31their

0:32interaction so for some parents if they

0:35are feeling particularly on their own

0:37or isolated we are a support for them

0:40to help them overcome that but also to

0:42help include them in society

0:44and that sort of peer networking as well

0:46so they

0:47almost gained the skills to move forward

0:49independently then

0:51my name's darren i'm a parent i've

0:54absolutely loved

0:55using this service it's about making

0:58sure that

0:59people are comfortable with being

1:01parents

1:02making sure that people have the help

1:04and advice that they need

1:05if they need it parents can meet other

1:08parents and realise it's not

1:10or roses in the garden at times and

1:13there are difficult times

1:15i don't think i've i would have made

1:17half the progress that i have made



1:19if it wasn't for this service

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0:06the name of the project is the Conwy

0:08family support model

0:10and the family wellbeing profile which

0:12we developed as part of our

0:14tools that we use to have collaborative

0:16conversations with families that we work

0:18with

0:19our approach has been to actually look

0:20at the whole county

0:22and to introduce and make sure that

0:24there are family support services

0:26to meet people's needs we offer play

0:30sessions

0:31we offer sessions for the parents we can

0:34offer financial support emotional

0:36support

0:37we are catering for the whole family on

0:39that holistic approach

0:42we've done a lot of work with families

0:44to make sure that they're involved in

0:46how things develop as well

0:47one example of that co-production is the

0:50family wellbeing profile

0:52they give themselves a score for each

0:53area of their family life and we can

0:55track how they're getting along

0:57where they're improving what difference

0:59it's made to them

1:02i've been with the central families team

1:03for over a year and a half

1:05the family worker lucy williams has been

1:08an amazing support to myself and my

1:09family

1:10it's been a difficult time but she's  
1:12helped me through it  
1:14conway um holds our family centre model  
1:18as a as a flagship model really in terms  
1:20of how we  
1:22see the integration between the various  
1:24departments of the local authority  
1:26and the independent and food sector and  
1:29i'm just really really proud to be the  
1:31head of safest responsible for this area  
1:33of work

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0:02i passed past that one yeah  
0:04yeah yeah so the baby in mind project is  
0:07a multi-agency team  
0:09working with parents uh and their  
0:12families  
0:13to try and prevent babies coming into

0:14the the care system

0:16myself and dave identified there was

0:18there was a need for this service

0:20we were acutely aware that bridge end

0:23had very high numbers of babies who were

0:26made subject to

0:27care orders at birth and we felt that

0:29there could be an alternative

0:31so we were looking at that and thinking

0:33how could we target some of our work

0:35and address some of the practice to try

0:37and prevent some of those babies coming

0:39coming into k so we developed a baby

0:41mind service which was

0:42focused on early intervention and

0:44prevention working with parents at that

0:46earliest stage

0:47to try and prevent the baby coming into

0:49the case system

0:51this project is designed to work  
0:53intensively with with the family  
0:55and with social services with the aim of  
0:58keeping the family together  
0:59the project does an amazing package of  
1:02support tailor-made for  
1:03individual families best outcome for the  
1:06family is that the baby's returned home  
1:09and  
1:10that our statistics show that 18 i think  
1:12it's 86  
1:14of the families that we've worked with  
1:15in bridgend have been able to keep their  
1:17babies  
1:18at home it's that extra gateway  
1:21towards keeping your child and it gives  
1:24families that chance to prove it because  
1:25sometimes just social services on their  
1:27own can feel really daunting

1:29it gives parents another fighting chance

1:31to be able to keep their children and

1:32also

1:33they can they can also rely on them for

1:37anything

1:38you know if they need guidance in any

1:40way uh the day

1:42and they will literally put their necks

1:43on the lines for a parent and they will

1:45help you out