

Healthy People

Our goal: To enable accessible and affordable opportunities for good food and movement that are equitable and inclusive for everyone throughout their lives

	System priority	The change we are trying to influence	What we will do	What success will look like	Who will lead
15	Accessible and affordable; activities, programmes and services that support and enable movement and good food	Improve access to good food	Improve access to good food and work to tackle root causes of food poverty through: • Food Cardiff Network • Vale Food Forward Group	Cardiff: • Stakeholders working on food insecurity better connected • Root causes of poverty tackled through at least one solution in collaboration with Cardiff Council • Collaborative action plan developed with Cardiff Community Food Collective, to support longevity of community projects Vale of Glamorgan: • Stakeholders working on food insecurity better connected • Root causes of poverty tackled through collaborative solutions including exploring a cash-first approach to food insecurity • Community food projects working collaboratively to source better food and support longevity	Food Cardiff Partnership Food Vale Partnership

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16	Accessible and affordable; activities, programmes and services that support and enable movement and good food	Maximise the role of sports clubs and physical activity providers to meet local needs	Work together with National Governing Bodies and professional clubs to develop a shared strategic plan for Cardiff Work together with National Governing Bodies, local sports clubs, physical activity providers and non-sport community groups to provide opportunities that meet the needs of communities in the Vale of Glamorgan	Cardiff: • Strategic plan co-developed with National Governing Bodies and professional clubs • Clubs and membership mapped to better understand the local landscape • Data dashboard developed to inform decision-making and growth • Profile and impact of professional clubs in Cardiff maximised inspiring communities, and unlocking additional resource • The role that high profile sporting ambassadors can play scoped Vale of Glamorgan: • Shared understanding of local landscape and insight developed and used to inform and shape provision of opportunities • Providers (NGB's, local sports clubs, physical activity providers and non-sport community groups) committed to a joint approach to developing opportunities, including pooling resources, knowledge, expertise and avoiding duplication • Non-sport community groups empowered to deliver and/or host physical activity opportunities	Move More Partnership Group Vale Healthy Living Team (physical activity, sport and play)

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17	Accessible and affordable; activities, programmes and services that support and enable movement and good food	Maximise the opportunities for healthy conversations	Explore the opportunities and challenges to enable the early years healthcare workers to have 'healthy conversations' with families, provide support and signpost	- Current training/resources and healthy conversation opportunities mapped - Challenges and enablers identified, understood and opportunities to address progressed - Opportunities to have healthy conversations strengthened	Cardiff and Vale Public Health Team with the early year's Healthcare workforce, Cardiff and Vale Public Health Dietetic Team, Met Sport, Vale Healthy Living Team (physical activity, sport and play)
18		People better connected to accessible and affordable physical activity opportunities	Work together to embed the Activity Finder across services, communities and as part of healthy conversations in Cardiff so it becomes the primary tool for connecting people to local physical activity opportunities Explore mechanisms to better connect residents and practitioners to appropriate local physical activity opportunities in the Vale of Glamorgan	Cardiff: - Providers actively engaged - Activity finder widely promoted and used by providers, connectors, and the public - Accurate and up-to-date picture of local opportunities provided. - Gaps in provision identified and future planning informed - Opportunities to align regionally/nationally explored Vale of Glamorgan: - A range of mechanisms explored and the appropriate one progressed and promoted - Accurate and up-to-date picture of local opportunities available to access by residents and professionals	Move More Partnership Group Vale of Glamorgan: Healthy Living Team (physical activity, sport and play) with service leads, providers and connectors

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23	Social norms, culture, and community values	Strengthen community assets in our communities of greatest need	Work together to understand community challenges, assets and enablers, co-create solutions and support locally led action	• A more connected and collaborative approach towards shared goals for Good Food and Movement • Insight and learning from communities shaping what we do to address broader influences and how we do it • Clearer routes and mechanisms to unblock community and third sector challenges	C3SC, GVS, and Third Sector groups, Food Vale Partnership, Food Cardiff with Cardiff and Vale Public Health Team
24	Build capacity targeting support to the needs of people and communities	Strengthen community assets in our communities of greatest need	Focus community action towards those who need it most	Community insight gained to: • Ensure diversity of voices • Better understand community assets • Shape and drive community action • Shape and drive action that addresses wider influences • Community leaders identified and supported • Impact of community action understood and used to evolve the work • Learning shared	C3SC, GVS, Cardiff Council, Vale of Glamorgan Council, Vale Healthy Living Team (physical activity sport and play), Cardiff and Vale UHB, Met Sport, Food Vale Partnership, Food Cardiff