

Bro llys

Health and ;
Wellbeing

Aberhonddu
Brecon
A438 (A470)



Llanfair-
ym-Muallt
Builth Wells
A479 (A470)
Henffordd
Hereford
(A438)



Bronllys Park - a vision for the next 100 years

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The boundaries shown by dotted lines have been plotted from the original field books. The plan may be amended from later surveys.



THE SITE

6660
4.812ha



A STUDY INTO THE FUTURE OF BRONLLYS HOSPITAL SITE BY POWYS HEALTH AND WELLBEING ACTION GROUP

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Georgina Funnell

The group wishes to thank the Health Board for the opportunity to put forward proposals to add to the potential of the site and for future health services in mid-Wales.

We welcome and support the objectives set out in the December 2013 document *"The Potential Development of a Health and Wellbeing Park on the Bronllys Site"* also the County Council's 'One Powys Plan 2014-2017, and hope that you will find, in our response , a positive and constructive contribution . The current financial difficulties are recognised, but equally we are anxious to assist in the retention of a very valuable site for the benefit and wellbeing of the local community.



INTRODUCTION

The proposals in this submission are a response to Powys Teaching Health Board's document "The Potential Development of a Health and Well-being Park on the Bronllys site" and Powys County Council's "One Powys Plan 2014-2017". They follow a meeting with Bob Hudson, when our draft submission was discussed.

Following helpful and encouraging exchanges of views, we now present what we hope will be a positive and constructive contribution to the debate, for the benefit of PthB, the County Council, the Hospital staff, local communities, community organisations, our elected members and policy makers. We look forward to their support, advice and especially their participation in making the Bronllys Health and Well-Being Park happen.

The development can offer a special, wide range of health services and housing for leasing, purchasing and rent. In addition, it is proposed that an extensive range of affordable houses be included to meet the desperate shortage in the locality, which will benefit nurses and carers plus other site staff as well as local individuals and families.

Housing for the elderly, or those needing care, will be designed to ensure that they can live at home surrounded by family, friends, dogs and cats, plus well-loved furniture and trappings of life for as long as possible. Those needing extra care will be able to stay on site at a new 40-bed nursing home. All-important social contact will be encouraged, utilising a community centre housing a cafe/pub, library, computer resources, workshops etc., and the Chapel refurbished to accommodate both religious and secular activities. The objective being to create a vibrant and sustainable settlement, not just a retirement home for an ageing population but a balanced extension of Bronllys Village for people of all ages.

We are very well aware that the resources and finances available to the Welsh Assembly, the NHS and County Councils are exceptionally difficult and are beyond that required to meet the challenges of an ageing population. We therefore believe that it is necessary to create a more flexible legal entity which will enable access to other sources of finance. We propose a not-for-profit community interest company formed with trustees drawn from the NHS medical staff, national and local Government, community organisations, commercial concerns and other charitable bodies.

This organisation will manage and develop the site, oversee and maintain the Park, at the same time ensuring that revenues remain in Wales for the benefit of the community at large.

This operational structure does not involve any untried ideas. All aspects of the scheme have been undertaken not just in the UK but in most European countries, and we can raise our standards by drawing on the lessons from elsewhere. It can also be especially appropriate in generating commitment and pride amongst staff and users.

We are convinced this formula and these proposals will offer real Health and Well-Being in answer to the significant future demographic challenges, and be a Beacon of Excellence for rural health care in mid-Wales.

EXISTING MEDICAL SERVICES

The alternative of selling the site to a housing building company will, of course, help to overcome current budget deficits, but the time bomb of an ageing population will not go away. The projections in "One Powys Plan" that people aged over 80 in the county will rise from 8,600 in 2014 to 18,900 in 2036, and be 14% of the population, mean that the challenge will still have to be confronted. Given that the care of the elderly is already a problem, and that redevelopment of the site will take perhaps five years, it must be prudent to retain the site for the longer term needs of the community.

We are very concerned that it appears that the site is being sold off in bits. The preparation of a master plan for the whole site is urgently needed to ensure that the legacy of nearly one hundred years is not lost, and the site is not available for future generations.

And building on what's already there

In addition to the valued existing Community Hospital and Mental Health Unit, there are a number of ventures which the new Park would support. The excellent Pain Clinic is renowned in Wales and beyond and would be supported. Their model of short courses might be applicable to other conditions, problem eating, anger management, PTSD and cognitive behaviour therapy etc under proper clinical supervision. Further work needs to be undertaken to examine the support and medical care of military personnel damaged, both psychologically and physically by active service.

We understand that PthB intends to retain

- palliative care accommodation for post-operational patients, respite and other neurological specialist care
- the pain clinic
- the physiotherapy clinic for on-site and outpatients.

Our proposals intend to complement these and more detailed discussions will be necessary to ensure that there will not be overlapping competition and/or, if possible, gaps. Hopefully a seamless service for visiting and resident patients alike would be maintained.

We are proposing that the land, surrounding Bronllys Community Hospital and the Mental Health Unit, becomes a new settlement, both for the healthy and those needing a wide variety of care.

We support the retention of the following existing services:

Palliative Care and Accommodation

Neurological Care

Respite Care

Pain Clinic Day Centre

An important connection to the surrounding communities as well as an essential element of care.

Physiotherapy

Children's Nursery

The existing nursery to be supported and perhaps expanded [subject to discussion]. If possible this facility to be positioned near to the care home for patients to benefit from having young children at play within earshot.

SOURCES OF FINANCE

- NHS Wales
- Powys Teaching Health Board

Notes

We would welcome discussions with the Health Board in order to obtain a greater understanding of the financial and legal complexities of the site.

- Lottery funding with other community elements of the scheme.
- Local community fundraising
- Subscriptions
- Sponsorship

PROPOSED NEW DEVELOPMENTS

These proposals have the objective of creating a wide-ranging health care and well-being centre of excellence and a balanced community of those needing medical support and care.

In addition the facilities are to stimulate healthy life-styles for residents and staff alike, taking advantage and adding to the beautiful site and landscape.

A major bonus will be the construction of affordable housing for the benefit of members of staff and the local community; an invaluable asset when recruiting highly skilled and motivated staff.

New health care proposals

These will offer the highest quality of palliative care for people at their most vulnerable. "Bron Home" will offer residential care, when a person with dementia has become unable to live in their own home or when their carer needs a break. Outreach support from the "Bron" will also be a feature in the Park and beyond. The "Maggie Centre" would be only the second of its kind in Wales. The work of the Maggie Centre is "to help cancer sufferers to help themselves, and to inspire carers to care more. Whilst the quality of architecture, usually designed by a world-class architect on an honorary basis, is of secondary importance, the buildings do encourage the highest standards generally. They are complementary to large hospitals and the scale of the NHS. They present a face that is welcoming, aesthetic and spiritual, together with a commitment to the arts and landscape, and they bring in a full range of restorative experiences.

Extended care home

This can be linked or separate from the Mental Health/Crisis Unit, the existing care bed facilities, to assist transfers and staffing.

Long term residents
Dementia sufferers
PTSD home [SAFA]
Other residential clinics

Provisionally estimated at 40 beds

Notes:

Quality for the benefit of patients, taking into account recent studies which concluded that these need to be non-institutional and more domestic in spirit, giving rise to faster rates of recovery

Maggie's Centre for Terminally 111

Or those receiving treatment for cancer and other terminal conditions. This could be linked to the Community Centre and to share common services like kitchens, libraries, computer access and other resources

SOURCES OF FINANCE

- Institutional commercial undertaking e.g. like St. Monica Trust model
- BUPA
- MacMillan
- Commercial finance
- Charitable bank
- Local fund-raising

- Charitable donations
- Sponsorship
- Local fund-raising
- Lottery funds integrated with community centre managed by CIC



MAGGIE CENTRE, LONDON – MORE DOMESTIC, LESS INSTITUTIONAL

Note

Maggie's Centres for reference. Recent research by Oxford and Edinburgh Universities concludes that a more integrated approach is needed in the management of depressed cancer patients. Their distribution map of the UK shows that there is a need for one in mid-Wales

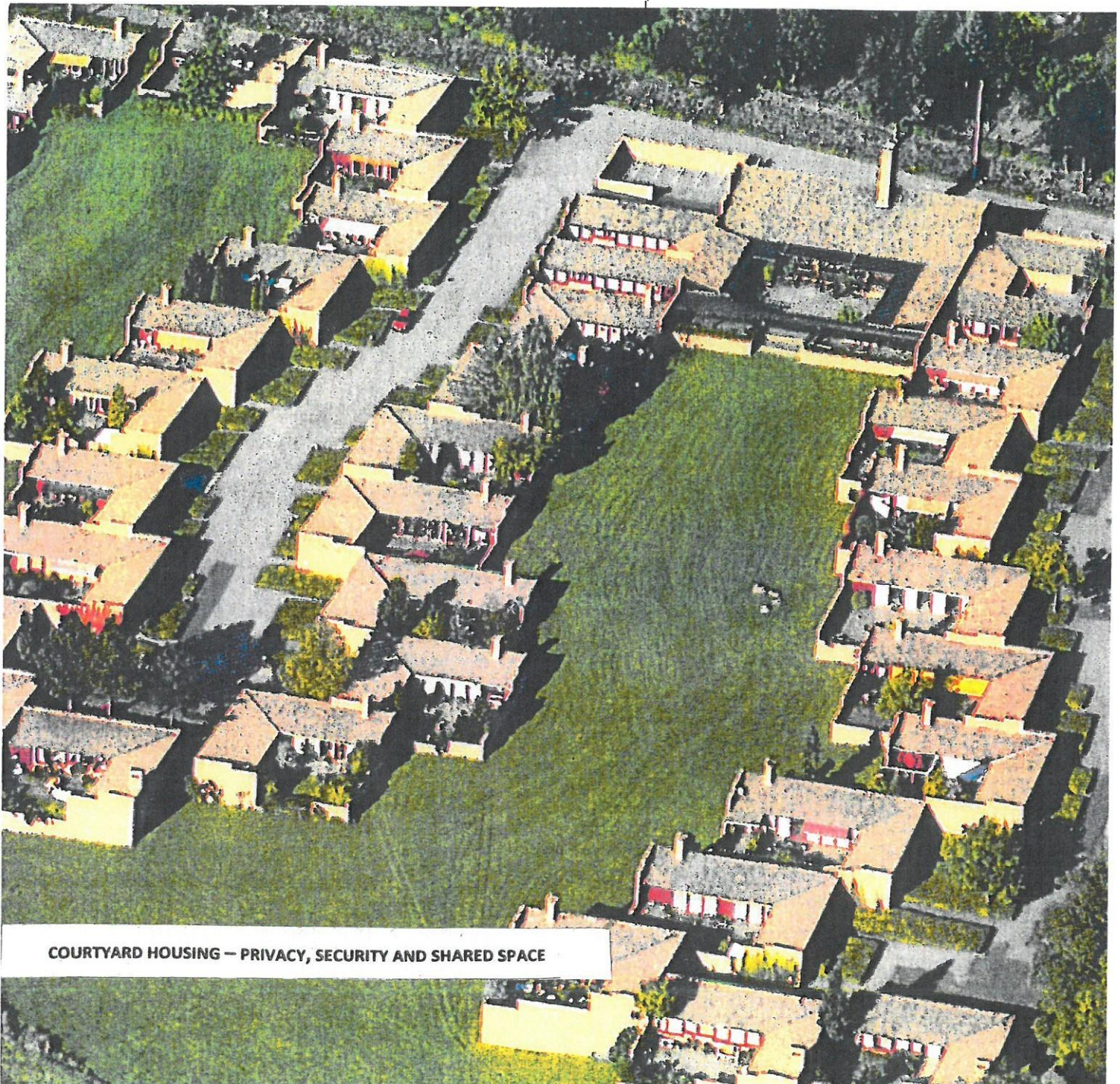
Tele-Health Care

Integrated with Shropdoc?

Bronllys may provide an ideal base for a regional Telehealth service, and the idea merits further discussion with the appropriate health providers, including local GPs.

- NHS

It is important to note that none of the elements proposed are unique or untried.



Open market housing for sale and leasing

Designed specifically with the ageing and less able in mind. The homes should be predominantly single storey with safe and secure courtyard gardens for dementia sufferers and with winter gardens [i.e. glazed, covered planted links between the house and the exterior) and designed to maximise views and connections with nature and passive warming.

Homes for the future

In the surplus 70 acres of parkland the Park would offer individuals, couples and families homes to buy and rent. Some of the accommodation, which we call "Fit Homes", will be specially designed to meet the needs of residents who have age related illnesses. The homes will have courtyard gardens with glazed winter gardens to offer all year round use. All the Fit Homes will have smart technology and adaptable floor plans to accommodate the changing needs of the occupiers. [Depending on the individual's need, outreach support can come from what we are calling "Bron Home" a 40-bedded residential home, specialising in supporting people who have dementia.)

The mix and number of homes will require a detailed study. Those for sale will subsidise other buildings. Surpluses will be retained within the scheme, as opposed to developer profits ending up in national contractors' headquarters elsewhere.

Alongside the Fit Homes a range of accommodation will be offered to buy and rent affordably. These homes for individuals and families will offer a mix of housing solutions including "home working" dwellings, key worker and starter homes. Downsizing and self-build opportunities will also be in the range offered. It is also hoped that short break "Fit housing" can be provided for disabled people and their carers to have short breaks and holidays.

All the housing will be designed to passive house standards to exploit the open aspect of the lovely setting and views. They will be built to a high standard, above that normally created by volume builders.

Numbers: say 80, subject to further analysis
Made up of varying accommodation

Flexible homes and apartments for sale or lease-purchase [St. Monica Trust]· freehold to remain with the CIC.

This model is worth exploring in detail as a financially-sustainable method of operating

- Charity bank
- Housing Association
- Wales Co-operative/ Community led housing centre

- The St. Monica model
- The Vale, Oxford

- Private house building
- Building companies

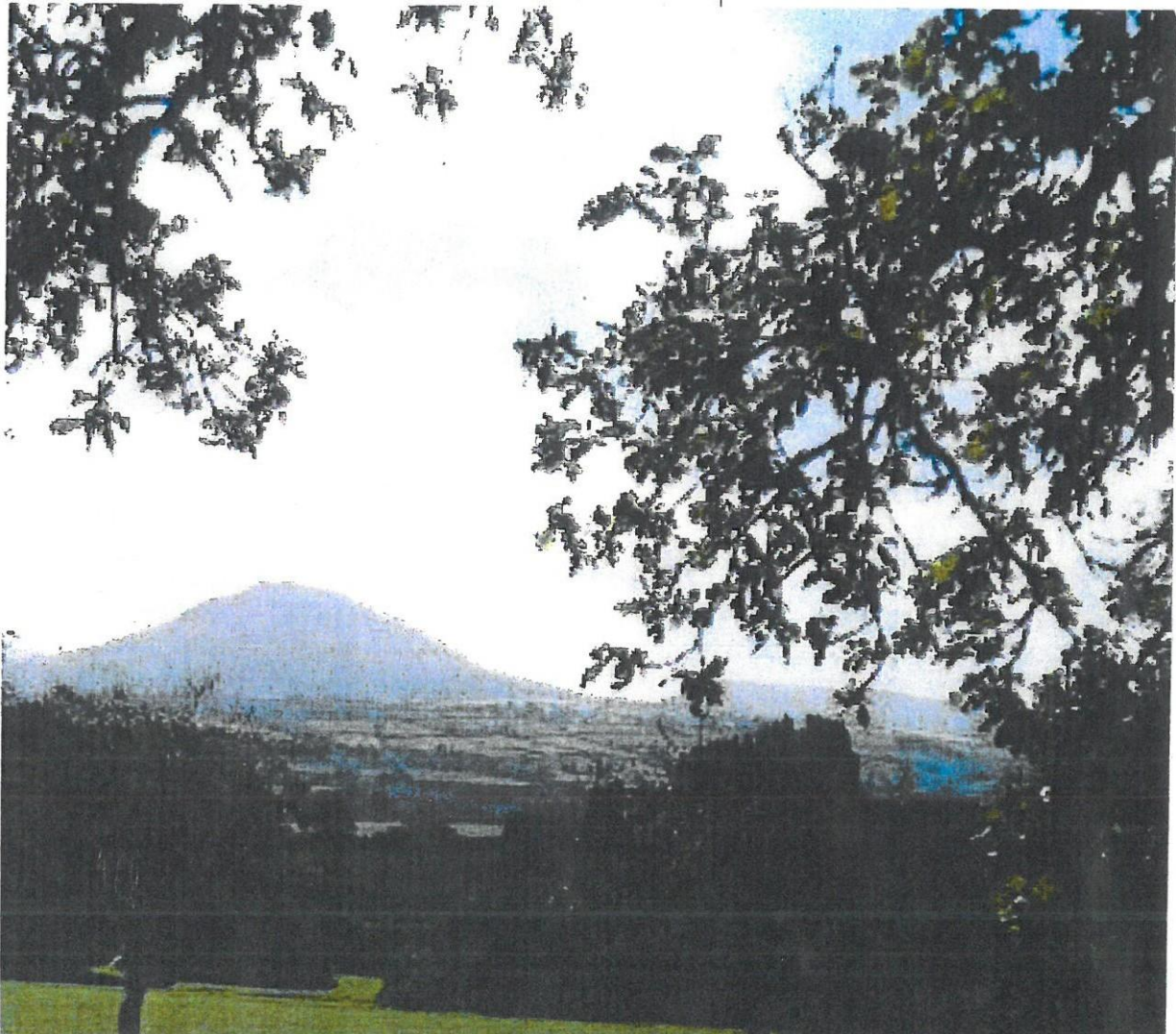
It must be stated that the large housing companies all too often do not measure up to the Welsh Assembly's vision in respect of the sense of place, spatial standards and energy performance.

Any plans should be design-led, pursuing the highest standards of design and specification incorporating specialised 'smart' electronic installations and soft and hard landscaping appropriate for:

- the elderly and impaired
- patients confined to bed
- blind, deaf, severely visually-impaired patients
- wheelchair users
- individuals who are physically disabled

Any development profits [as opposed to building profit] should remain within the scheme for community benefit. Selling off the site to a national house builder wishing to build executive homes to standard plans would be inappropriate and would dilute financial returns within the project.

We would welcome clarification of the current ownership in order to maximise the financial potential of the site and the costs of new infrastructure including drainage, demolition and enhancement.



Affordable Housing*

With priority to be given to key medical and nursing staff, support staff, including carers, maintenance personnel etc.

Numbers: say 80, subject to further analysis
Made up of varying accommodation

Designs to be energy-efficient, extendable for growing families and seamlessly integrated with the houses for sale/lease.

Also the affordable housing needs to incorporate models suitable for ex-service personnel and others suffering from injuries, psychological and social problems.

Low wage earners who rely on housing benefit.

Quality, added-value design, with energy conservation, space and landscaping, to attract the best staff.

Visitor Accommodation

Accommodation for visiting consultants and other medical staff, visiting family members and friends.

Non-local individuals who may be severely disabled [or who have a family member who is] for respite care

Community club/pub/cafe, concert hall

Social centre, shop, pharmacy, resource centre, library for all local residents, staff and patients

To encourage sense of community, reduce isolation, and provide activities and fun.

The community centre, apart from serving the local area, could also be a point of contact for those from further afield.

- Housing Associations
- Wales Co-operative Housing
- Charity bank
- Building societies

*** Note**

In this case the affordable housing designation is used in its widest sense:

- Housing to rent
- Shared equity
- Co-ownership
- Self-build

Affordable housing for sale limited to Powys CC's Section 106 conditions.

- Form links with other local providers of accommodation.
- Private funds by potential owner/operator
- Powys Teaching Health Board
- Specialist non-local individuals operation

- Lottery funds
- **CADW**
- EURural Alliances fund/BBNPA
- Local fund-raising

Solar energy farm

300Kw array of photo -voltaics
Panels to be integrated into the architecture or free-standing
Bronllys site to be carbon-neutral

To provide lower energy costs as a benefit for all site users.

Self -Building Housing/YCubes

A small component of new housing could be a self-build project for young locals who are unable to raise the capital to secure a home for themselves. To ensure quality, this can, if necessary be done using pre-fabricated elements. There are few opportunities for this sort of initiative in the area.

To attract the local young to achieve ownership through self-help.

Adaptation of the Chapel into a mixed religious/secular hall

For:

Services
Concerts and plays
Dances
Workshops, carpentry, joinery, Perma-culture, including programmes designed for those with disabilities and to suit recreational interests of residents
Recreation

Form link with caravan park in order to provide swimming

New allotments/market garden/ orchards/ greenhouses

For residents, medical patients and local people plus the local community

Enhanced Biodiversity and Landscaping Quality

New pond for the above
Fishing [recreation]

The integration of nature with the architecture .
Mid-Wales has few gardens of distinction compared with other areas of Wales. The site already retains a rich layout of soft landscape. Both private and communal areas should be enhanced by an integrated commitment to high quality architecture and landscape.

- Funded by public subscription based on Llangattock Green Valleys Co-operative Ltd. Micro Hydro project which was funded 90% from the community and the balance from a grant

- Co-operative Housing Movement
- Building societies
- CIC to maintain title

- Lottery fund
- CADW
- Local community groups

- CIC
- Local groups Green Valleys
- Grant aid
- Sponsorship
- Advice Perma-culture Association
- Volunteers and recreational participation by all residents and staff

- Welsh Assembly grants
- In-house project
- Wildlife Trusts
- Lottery fund

Re-conditioning of the sports facilities

- Tennis, bowls, Gymnasium
- Walking and cycling routes. We would like to explore the potential for a Welsh Road Racing and Sportif Centre.
- Cycling for softies and veterans

Transport and Car pool - Shared

- Electric cars powered by the PV energy farm. Apart from the low cost of fuel, the car pool could reduce the number of cars and parking provision and infrastructure costs.
- Bus services will require modification and enhancement following redevelopment of the site
- Dial-A-Rideservices to be embraced

Designated Helicopter Landing Site and Ambulance Services

Taking into account the location of the site and the provision of specialist services there will be a need for a designated helicopter landing area, and the provision of appropriate ambulance services.

Possible compatible, commercial and educational uses

Offices and studios for commercial companies

Research facilities

Live/work housing

Accommodation for knowledge-based businesses

- Lottery funding
- Sports Council
- Welsh Assembly
- Charitable donations
- Sponsorship
- CIC

- Hay Town-in-Transition
- Public subscription
- Existing energy not for profit

- Welsh Assembly
- Local fund-raising

- Any appropriate organisations which would make a contribution to the capital and revenue budgets, As well as adding to the social balance and vitality of the settlement .
- Sharing of facilities

Staff skills and employment

Bronllys Hospital already offers valuable skilled work to the area. This new development will offer even more employment; new health and fitness related businesses could spin off from the project. Vital skills training for clinical staff and quality need to be offered by the new care services, in conjunction with the Health Board. The retention of young people in the area is highlighted as a priority in the "One Powys" report, and we are confident that the proposals will be highly supportive of this aim. The development of the Park will also boost local service businesses, attract and retain high skills to Powys.

Opportunities for sport - "Prevention is better than cure"

As advocated in "One Powys" recreational sport is crucial for gaining and maintaining fitness and well being and, it will be a feature of the Park. Walking routes to a nearby swimming pool will be set up. Cricket, tennis, football, bowls, (indoors and out), croquet, fishing in the small lake and outside table tennis will be available in response to demand. Safe cycle routes through the Park will offer use by tandems, tricycles for disabled people and for those too timid for the open roads. Set as Bronllys is, in the heart of fantastic hills and mountains, with low traffic levels on the roads in the Park, we are proposing that this offers the opportunity to become a National Cycle Racing Centre. The Park will then offer a highly valued tourist appealing venue internationally, as well as a resource to growing Powys people, following this healthy pursuit.

Recreation

A rich social and cultural life is also central to health and well being. The new Park would have:

- a reading room, book share scheme, range of book clubs and regular visits from the mobile library
- a tea room, a social club hosting dances and village concerts, and outdoor ones in the grounds
- a cafe offering computer access and darts, bar billiards and board games from Scrabble to Dragon Chase
- facilities for conferences
- a restaurant and catering would be incorporated
- gardening, an allotment, conservation and wildlife groups would also be set up
- art and music workshops, and a skill-sharing project where older residents can pass their knowledge onto others
- areas where people can meet, walk and talk and share experiences and have fun will be incorporated in the overall design.

The benefits for the able-bodied and those requiring care, especially dementia sufferers, cannot be underestimated.

Social life

A community club, pub, cafe, library, pharmacy, and a resource centre for the use of the Bronllys community as well as residents and staff. Again the "One Powys" report stresses the importance of social activities, reducing any sense of isolation, raising morale and creating enjoyable activities and fun. It is hoped that the Centre will also provide the base for a regional support system for the geographically isolated population of mid-Wales, especially the farming community, as noted in the report. A vibrant social centre will help to unite the new community with the established residents of Bronllys.

Energy

In addition to adding to the solar panels located on the roofs of existing buildings, and the objective of Passive house standard new buildings, we propose the creation of a solar farm on site. This would be a self-funded installation providing substantial electricity for the site.

Transportation

This also integrates with the idea of a car club and Boris-type bicycle hire for the use of residents and staff, and also a source of energy for a Dial-a-Ride scheme. An extensive installation will avoid the necessity of cluttering up the roof-scape of otherwise beautiful buildings.

The ambulance station could be enhanced by having a helipad, for people who need urgent transfer to specialist hospitals.

Childcare

Bronllys Hospital already has a children's Nursery, provided by a private contractor, which may well have potential for improved accommodation and support bearing in mind the increasing demand which the redevelopment will generate. The presence of young children on site will contribute to the stimulating and enjoyable environment of the complex, and also stir memories of childhood in dementia patients.

Landscaping and gardens

The Veterans Walk, already developed, will dovetail into the landscaping plans. The extension of wilderness spaces, community orchards and secret gardens could complement the walk.

The redundant walled vegetable garden could provide allotments for those dwelling in the Park and Bronllys residents, or used for rehabilitation of vulnerable people. A working example of this would be the Severn Project in Bristol. The production of food in this way is a deeply satisfying and rewarding therapy and a totally sustainable pursuit.

Care will also be essential in siting and detailing the farm so as not to damage the quality of the landscape.

Bio-diversity

CADW has rightly listed the grounds of the Hospital as being of special importance. As part of the project a detailed landscaping scheme and management plan will be required to enhance the site and to carefully integrate new buildings and infrastructure. Enrichment of the bio-diversity will encourage wildlife and enhance the sensory benefits of all participants.

Listed Buildings

The listed Chapel will offer not only a religious and spiritual focus for the Health Park, it will meet secular needs as well as a venue for discussion, music and choral groups, exhibitions and writers groups, Floral shows etc. The Basil Webb building would be an ideal venue for the social centre. We would welcome discussions with PthBas to its availability.

We have not, as a Group, had access to the Basil Webb Building or the church. Clearly both have the potential for community use. No doubt CADW will need to explore options, and may make a small contribution to repair costs.

These are our main proposals that we are putting forward at this time and that were unanimously supported by members at our recent meeting. We will be sharing these widely and will welcome further queries, advice, and support as we move forward to achieve, a future for Bronllys Hospital within a Health and Well Being Park.



THE BUILT ENVIRONMENT AND ARCHITECTURE

DESIGN

Where possible the design should incorporate the existing infrastructure to minimise cost and retain the historical characteristics of the site. The layout of the roads provides the main access road. We propose that the housing should be predominantly single storey and single aspect orientated, as existing buildings, to engage with the views and to maximise passive warming. Open market and affordable housing should be designed using the same visual characteristics and materials, making them indistinguishable one from the other: a coherent palette of materials reinforcing a strong sense of place.

In order to create safe, secure homes, especially for dementia residents, we would recommend that each house would have a richly planted courtyard, secure whilst connecting occupiers with Mother Nature, the objective being to keep patients in their own homes surrounded by family, friends, animals, furniture and much-loved possessions for as long as possible.

Internal planning needs to be flexible, allowing for varying layouts to facilitate changes in levels of health and care requirements. In addition, the close relationship of care facilities and homes will ensure that families and friends are never far away, encouraging regular visits both ways, saving staff journey times and transportation costs.

All new buildings should be constructed to Passive house standards.

The requisite quality of medical and residential accommodation dictates that the design process, within some of the Master Plan, should be of the highest standard. As stated before, volume house builders currently build to the smallest space standards in Europe. We believe that a high quality, spacious built environment is required. Excellent standards of warmth, comfort, movement and visual stimulation will demonstrate our respect and collective concern for the wellbeing of those in need of medical support.

The embodied site value and use of local builders for the scheme will retain profits and value which should be used to enhance the excellence of the project rather than adding to the profitability of volume builders.

Current planning legislation and market forces have consistently failed to produce the numbers and range of housing required in the UK, especially affordable homes. Nor have homes incorporated standards of sustainability or the technology to ensure the wellbeing and safety of the infirm and elderly.

This project represents aspirations which will meet these objectives and, in our opinion, should be embedded in Planning and Building Regulations, to make homes fit for purpose whilst recognising the anticipated dramatic changes in demography.

With this in mind, we have had expressions from one University to monitor the development so that invaluable lessons can be learned.



How DO WE MAKE THINGS HAPPEN?

Taking into account the complexities, breadth of scale and the undertaking involved we are of the opinion that the Health Board cannot cope with the financial task on its own. There are insufficient funds available in the system, not only to deal with the burden of health care, but also the scope presented by a magnificent site and the potential opportunity to address the extent of future care.

The Welsh Assembly advocates in its "One Wales: One Planet" vision that we should "build a resilient and sustainable economy, including fostering local economies and suppliers, supporting innovation, achieving the transition to low carbon, low waste economy" and to "enjoy communities which are safe, sustainable and attractive, where people enjoy good health, by having a much stronger connection with local economies and communities."

They also advocate strong active resilient and supportive communities where people take responsibility for their own actions and how they affect others.

Wales leads the way in promoting more sustainable and good quality architecture; more energy-efficient, together with the enhancement of the environment, encouraging working with existing networks, groups and associations at local level, which is "critical to maintaining long term involvement within that community" ("One Wales: One Planet").

Fundamental to our proposals is the desirability for a new partnership between the Welsh Assembly, Powys County Council, the Health Board, the clinical multi-disciplinary team, local and national charitable bodies together with local communities.

In this case it can be achieved by the creation of a Community Interest Company or a similar legal entity, representing all of the above interests. Not only does such an organisation garner the active support of the wider community, it also opens up new sources of skill, capital and revenue which would lower the burden on the Health Board's finances, and widen the potential of the site as a settlement where care and improved health are priorities - a committed response to changing demographics. The appendices illustrates the extensive range of funding organisations made possible by dividing the project into parcels.

Faced with the austerity in the public sector, there are a growing number of community not-for-profit companies and co-operative ventures successfully working in the UK and across Europe [see Appendices]. They offer a creative and appropriate mechanism for action and commitment

We suggest that such an organisation should have a body of trustees from the following:

- The Welsh Assembly
- Powys County Council
- Powys teaching Health Board
- The clinical multi-disciplinary team
- Powys Health and Wellbeing Action Group
- Bronllys Hospital League of Friends
- Bronllys and Talgarth Community Council
- Local medical practitioners
- Representatives of the local community and interest groups
- The third sector

This list is not necessarily definitive, and other suitable candidates and organisations can be added to broaden the expertise required.

We regard the retention of the site in this form to be the over-riding priority.

NEXT STEPS

The organisation will be not-for-profit. Funding will be sought from a variety of sources - banks, Government grants, housing associations, Lottery funding, philanthropic donations, community fund-raising, etc. This will significantly enlarge the funds necessary to meet the future demographic challenge and, at the same time, embed the residents of Powys into the project. Revenues will be ploughed back into the Health and Well Being Park facilities and into benefitting local communities. Mechanisms will be in-built to ensure that the benefits remain within the community, consistent with the original objectives of the TB hospital initiators, funded by public subscription for the common good.

Independent scrutiny and transparency will be ensured by outside fiscal audit and evaluation of how we make this happen. Regular progress updating will be built in to the development process and we will share this with other communities who have similar opportunities to serve their growing community needs.

Following the support shown at these early stages:-

- We will share these proposals with our wider community those who represent them and all interested groups.
- We will meet jointly with the CEOs of Powys County Council and the Powys teaching Health Board, to look at progressing the Park and the resources it offers.
- Present the proposals to elected members of our community and Community Health Councils and third sector organisations in Powys, to gain further support.
- Given that there is a great deal of common ground in the thinking of PCC, the PthB and ourselves, backed up by existing Europe-wide practice, it is vital that we design a master plan for the whole site and before any sections of the site or buildings are sold. Joined-up thinking and planning is essential to avoid losing the embedded value of the estate gathered over the last one hundred years.
- Practically we need to establish what exactly will be available and what the NHS is keeping for the current community hospital, pain clinic and mental health unit and what area they may need to reserve for future contingencies.
- From this we can draft planning proposals which will be complementary to the current use and the beauty of the setting. This will then make it possible to work out costings, revenue streams and funding targets to make up the financial plan.
- At the appropriate time we will appoint a project development worker. This person will be able to continue the work of the community members, who have brought this proposal forward. Funding will be sought for this and the independent monitoring that will be required.
- The setting up of a Community Interest Company or similar legal entity to take the Park Development forward will continue.
- For our part we will continue with our efforts with the objective of assembling a coherent strategy for the next hundred years.

The proposals put forward by the PH&WB will make the Bronllys Health and Well Being Park a beacon of excellence in care for older members of our community. It will also bring regeneration and vitality to Bronllys and the surrounding community, including the creation of high value jobs and skills training. Additionally these proposals offer cultural, educational, social and health gaining opportunities to our area. The proposals are green, sustainable and low carbon and are respectful and caring of the spectacular and much loved setting.

This is not an exhaustive list of options. The Group recognises that some may be inappropriate, but the Group is equally convinced that a partnership between the County Council and the local community can [as others have done] create a mechanism for a successful and sustainable centre of excellence.

The proposals that we are putting forward are not unproven, they have all worked in other instances. We hope that a partnership can develop between our healthcare givers and the community they serve to make this happen here in Mid-Wales, for the most vulnerable in our community.

We firmly believe that we have the opportunity here in Bronllys, to make this Health and Well Being Park a Centre for Excellence, not only in Wales but internationally.

IN CONCLUSION

Bronllys Hospital is a very special place serving its community for over a century, enhanced by one of the most beautiful settings that could be found anywhere in the world. These health giving resources can now combine in the Bronllys Health and Well Being Park, to enrich the lives of residents and the people of Mid and South east Powys.



"Care in the Community"

The Health Challenges in the 21st Century and meeting them.

The Health challenges that face the UK, Wales and the people in Powys are somewhat daunting , in time of scarcer finances.

These challenges are clearly put in Powys teaching Health Boards own reports. In "*Dementia Care Annual Report June 2014*", in the UK, it is estimated that 820,000 people have the diagnosis of dementia with Wales making up 44,598, of that number. "*The estimated number of people aged 80 or over in Powys is currently 8,600 and by 2036 this figure is predicted to rise to 18,900. This means the proportion of people aged over 80 will increase from 6.5% in 2012 to 14% in 2036. It is also estimated that, in 2011, there were 1,058 people aged over 85 with dementia in Powys. However, by 2031, this number is projected to double to 2,236. This will significantly increase demand on our services as growing numbers of older people will need support and care.*" [PowysCouncil's "One Powys Plan 2014-2017)

When looking for inspiration and guidance for the proposals that the PHWB group are putting forward to help meet these challenges, we referred to:

- NHSWales
- Powys teaching Health publications
- Aneurin Bevan Commission's document May 2011 "Forging a Better Future"

"Now is the time for NHS Wales to take further bold and courageous action in partnership with the people of Wales, to secure the future for a national health service forged and implemented by previous generations." Professor Aylward goes on to say "*Ensuring the future of the NHS is about keeping people as fit and healthy as possible, successfully tackling inequities, alleviating suffering, and bringing comfort, dignity and hope to people when they are at their most vulnerable.*" and "*It is essential that Wales will demonstrate that it can deliver health services at a level comparable with the best examples found anywhere in the world*".

Powys Health and Wellbeing are clear that the proposals that we are putting forward are going to be more than comparable. "*Comparable*" is not good enough for Powys or Mid Wales, and we hope that if our partnership project works, we can have an internationally acclaimed project; a Health and Well Being Beacon of Excellence for Rural areas

In addition, in "Silver lining: the Active Third Age" Hunter and Parkinson tell us that "*in post retirement age we can all expect to live over half of our remaining lives in good health. An increased number of active, healthy members of society approaching (or beyond) retirement represents a new phenomenon, unique to this period in history. Known as the "Active Third Age" this group is 60-74 year olds, and still very much engaged in leisure and cultural pursuits. This demographic shift will present challenges, but more interestingly , significant opportunities: a cohort fully able to contribute to both society and the economy. This group has a key role to play in the successful transition to a new demographic landscape; one in which older age is more widely considered as a dynamic and productive phase of life.*"

Bearing in mind the challenges and opportunities, we have formulated the Health and Well Being Park proposals . We firmly believe that our proposals offer the opportunity to create a partnership which will help those generations who forged our health care system, and be there for those to come.

We are clear that our plans share these goals and provide infrastructure both physical, economic and social to meet the challenges that the people of Powys are facing.

The Group has also looked at how our proposals contribute to the aims of "Together for Health: a five year NHS Wales Vision", and that they are imbued with an underlying health and well being ethos, which chime clearly with those espoused in the "Together for Health" guidelines.

Looking beyond Wales, we have found the recent "Looking Forward to Later Life" by Early Action Task Force and "Making our Communities Ready for Ageing" by AgeUK and the International Centre for Longevity, both inspirational and encouraging . We have looked also to Scandinavia and Europe for information on their provision for supported living, care models as well as accommodation design.

The challenge of fuel poverty and sustainability assails all ages but mostly the vulnerable. In addressing these issues to guidance "One Wales One Planet" has been invaluable and we have also looked to local working examples.

We have been guided by the part of the "One Powys Plan", "older people in Powys will be supported to lead fulfilled lives within their communities". We have measured our proposals to meet the 8 specified outcomes and, in partnership with all involved agencies, we can contribute greatly to them.

These are to:-

- Maximise the quality of life for our local population
- Maintain as far as possible, a normal pattern of life within their community
- The local population will be supported to achieve improving levels of health.
- People will receive enhanced services closer to home
- Individual's needs for hospital admission will be reduced
- Once in hospital, people's length of stay will be minimised
- People will be able to stay at home for as long as possible
- Increasing the network of community based services.

To close, we share a recent letter to the Guardian 4th June 2014 written by Ron Webster, Chief Executive, NHS Confederation and 70 other Hospital CEOs across England.

"We as leaders of the NHS and organisations providing NHS care across England, believe that the NHS is at it's most challenged time of its existence..... At the same time, the services we commission and run are not designed to cope with the care needs of the 21st Century- especially the needs of the large numbers of people with multiple long term conditions and an increasing elderly population.

Local organisations are urgently planning the transformation of how we care for people to ensure we continue to deliver a service that meets people's needs and improve the public's health. Our challenges are well set out in the 2015 Challenge Declaration published by the NHS Confederation on 6th May."

We have our own Welsh NHS but face the same 7 Challenges of the Declaration as England does: Need; Culture; Design; Finance; Leadership; Workforce; and Technology. We rely on NHS Wales to maintain and enhance our existing clinical capacity and meet these 7 "burning issues". We are confident that when the the Health and Well Being Park proposals are achieved, they will be of considerable help to meeting the challenge. The Park will enhance our NHS capacity, and help us as community members to meet the 21st Century, challenge in Mid Wales.

THE OBJECTIVES OF POWYS HEALTH AND WELL BEING ACTION GROUP;

PH&WB Action Group* was formed following a petition of 3,114 signatures, presented to the Welsh Assembly Government on 4th December 2012 in defence of Bronllys Community Hospital and against the "Vision for Health Care in South East Powys" that the PtHB was presenting.

The petition :-

We call upon the National Assembly of Wales to urge the Welsh Government to reject any attempt by the Powys Teaching Health Board to asset-strip the Bronllys Community Hospital by closing or moving its Stroke Unit, nor by placing new services or facilities for the region elsewhere and rather to instruct the Health Board to devise a strategy to build or rebuild, improve and/or extend this NHS Hospital's facilities and services and resource expertise; and to retain and rebuild this valuable community asset as a centre of excellence.

We further call upon the National Assembly of Wales to urge the Welsh Government to instruct the Health Board to place Bronllys Hospital at the centre of its Strategy for Older Peoples Health services in South east Powys for the next 50 years, and to release the necessary resources to make this happen.

It was collected by a very small group over a very short time and during severe weather conditions and shortened day light hours. It clearly demonstrated how valuable Bronllys Hospital is regarded by its community.

The PtHB were planning to move the Stroke Unit to Brecon War Memorial Hospital yet, in that same consultation, replacement of Bronllys by a nursing home was presented. The petition showed how vehemently opposed our community is to any downgrading of Bronllys Hospital.

As part of one of the caveats the PtHB agreed to meet, before moving the Stroke Unit, was to come up with a "robust plan for Bronllys" In December 2013 the PtHB launched with stakeholders, an engagement process looking at the surrounding site called "BronllysHealth Park".

In January 2014 an engagement process began, using a visual depicting 26 possible uses for the site. The PH&WB group were asked by its members to develop a constructive response for the Board and to work positively with them.

To this end a core group of PH&WB members developed initial proposals and presented them then to Bob Hudson the Chief Executive of Powys Teaching Health Board in April. This core group went on, encouraged by this initial engagement, to further develop the proposals. They were joined by volunteer experts to work on the completed proposals.

Underlying these proposals is a strong commitment to see the whole of the Bronllys site, given to our community nearly a hundred years ago for its Health and Wellbeing, become an even more valuable resource to meet the challenges of the 21st Century for people in Mid-Wales.

PH&WB wish to positively contribute to developing a Health and Well Being Park, to surround and support the NHS Wales provision on its retained 10 to 12 acres with a sympathetic and self-financing development.

Recognising the serious financial and demographic challenges facing our Health Services in meeting our growing community health needs, the PH&WB proposals are geared to take the pressure off our frontline health services and enable them to make every pound count.

The proposals put forward by the PH&WB will make the Bronllys Health and Well Being Park a beacon of excellence in care for older members of our community. It will also bring regeneration and vitality to Bronllys and the surrounding community, including the creation of high value jobs and skills training. Additionally these proposals offer cultural, educational, social and health gaining opportunities to our area. The proposals are green, sustainable and low carbon and are respectful and caring of the spectacular and much loved setting.

The proposals explore the potential for a wider catchment of health services and skills, recognising the contemporary and continuing limitations of public monies.

In addition to the medical and financial benefits the Group is anxious to enhance the vitality of Bronllys Village, the intention being to create employment, cultural, educational and social opportunities for local people.

This is not an exhaustive list of options. The Group recognises that some may be inappropriate, but the Group is equally convinced that a partnership between the County Council and the local community can [as others have done] create a mechanism for a successful and sustainable centre of excellence.

The embodied site value and use of local builders for the scheme will retain profits and value which should be used to enhance the excellence of the project rather than adding to the profitability of volume builders.

All too often high value sites like Bronllys are sold off in lots, or as a whole, for others to maximise their potential, producing commercial profit.

We are anxious to see the site and future activities benefitting the community, utilising funds and expertise from a variety of sources, whilst at the same time retaining overall management and control.

The proposals that we are putting forward are not unproven, they have all worked in other instances. We hope that a partnership can develop between our healthcare givers and the community they serve to make this happen here in Mid-Wales, for the most vulnerable in our community.

We firmly believe that we have the opportunity here in Bronllys, to make this Health and Well Being Park a Centre for Excellence, not only in Wales but internationally.

(DD)[INEWS

3 September 2014

BUILD HOMES FOR ELDERLY ON NHS LAND,SAYS MP

By Nick Triggle, Health correspondent, BBC News

Surplus NHS land should be used to build dedicated housing for older people, a former care minister says.

Lib Dem MP Paul Burstow - who led a review of residential care for the think tank Demos - said retirement villages and adapted flats were needed as well as traditional care homes.

The review also suggested planning rules could be relaxed and discounted prices offered to encourage investment. In return, care providers could be asked to contribute to council care. This could be done by setting quotas for the proportion of the new complexes set aside for state-funded care. The model mirrors the Section 106 laws currently used to ensure property developers build affordable housing.

About 450,000 people in England live in residential care homes, but the numbers living in adapted housing known as extra care apartments or retirement complexes are much smaller.

'Genuine choice'

Mr Burstow said this needed to change as the term residential care had become "fatally damaged" by recent scandals about abuse and neglect in homes. He said another solution to help care homes would be to offer residents "tenancy rights" when they move into the homes to give them more influence in how the homes are run. "As we are living longer lives, housing with care is going to become increasingly important in helping us stay independent, happy and healthy. It is vital that government wake up to this reality sooner rather than later and helps create the right incentives to ensure older and disabled people have a genuine choice when they need to move."

It is believed that less than 40% of land held by NHS trusts is used for hospitals and medical buildings. But the Department of Health said it was working to free up land - although admitted it was not offering the incentives the Demos report called for. Since 2010, NHS land with the capacity for more than 10,000 homes has been sold. Not all of this would have been used for housing for older people however.

Health Minister Dr Dan Poulter said he felt what was being done was appropriate.

"We agree that the NHS can make better use of surplus land. That is why we have a programme to identify and sell surplus land."

Publication of the review came as a report from Age UK called for all new homes to be built to a lifetime homes standard, which means they can be easily adapted as people age, by introducing things such as grab rails and level-access showers.

Adapting a standard new house design costs about £1,500 extra at the building stage, government research shows.

The charity said action was needed as thousands of older people face delays in being discharged from hospital because they are waiting for home adaptations that are harder to do in older properties.

Age UK charity director Caroline Abrahams said: "Ensuring all new housing can be easily adapted would save the country millions and help end the nonsense of older people lingering for long periods in hospital, simply because of delays in fitting adaptations like grab rails and ramps."

The Proposals at a glance Work, Play and Social Life in the Bronllys Health and Well Being Park cont.

Work in the Park: open to all

Bronllys hospital already offers valuable, skilled jobs. There will be increases in knowledge based businesses, eco, bio and

hitech research bases. High level skill training for clinical and care staff, will be available. This will encourage well qualified young people to remain or return to Powys. The Park and its feel good factors and its facilities, will assist in staff recruitment and retention. The setup of the site with all kind of homes new businesses and facilities, will boost the local service industry. The community will also assist in the extending of older peoples working lives both paid and unpaid. Market Gardening on the site along the "Severn Project" lines, could offer not only fresh food sales but empowerment. The project is financially self-sustainable and offers people the chance to gain independence. Increasing in Park employment, will also make for a more mixed and vibrant community. This will also regenerate the area.

Play in the Park: open to all

Play and recreation, crucial for gaining and maintaining fitness and wellbeing, will be enhanced in the Park. Healthy living life

styles will feature. Tennis, bowls, petanque and crochet will be restored to the Park. Fishing pursuits will return as the small lake is restored. Walks will be extended to gain safe access to nearby facilities of Gyms and swimming pool. The Woodland Military walk will be extended into the landscape.

Safe Cycleways through the Park will offer safe places for people to learn and train on Tandems and tricycles will be available for disabled or those too timid for the open road initially. The wider environs of the Park set in stunning Hills, Mountains and sweeping Valleys offers wonderful opportunities to people who wish to maintain their health. The Park proposers feel that it will offer the chance to make a national base for Cycle Road Racing. This sport has become iconic in recent years, is easily accessible and is gaining in popularity.

Social: Open to all

A rich social and cultural life are also central to wellbeing, the new Park would have a reading room, book share scheme, and a range of

bookclubs. There would be a regular visit by the mobile library. There would be a tea room and a Social Club hosting Dances, Bands, Jazz and Open Mike evenings. A Cyber Cafe hosting whist, quoits, darts, bar billiards. Board Games from Scrabble and Ludo to Dragon Chase. There will be facilities for Seminars Conferences, Lecture and catering. There will be space for a range of hobby groups, gardening, sewing, wildlife study. Art, singing and music group will be offered. Skills Exchanges will be set up from tractor maintenance to furniture restoration to jewellery making to The listed Chapel will offer spiritual focus for the Park, and more secular support with talks, poetry readings, concerts and singing groups, seasonal Floral shows etc. The Health and well Being Park will also be designed to have outdoor places where people can meet and talk and have fun. There will also be space for solitude and contemplation.

The Park is open to all

nature, in its beautiful setting with high quality landscaping; protecting and complementing what was already there. Careful building design will be core to the Park and biodiversity will be enhanced with sensitive planting. The Park will only use surplus land, not needed now or in the future, by the PtHB.

The new Park will enhance the existing facilities and become a place to visit (not just when you are poorly). It will be an asset to the village and wider community, bringing Health and Well Being to Mid Wales. It will also become a Flagship for Quality Rural Health Care

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At a Glance: Living Life to the Full in Bronllys Health and Well Being Park

When people (or their carers) need more support, outreach carers based in the Care facilities will be available.

Eg One partner may need help to care for the other.

Eg Both residents may need support.

Eg Person very ill and may need hospital or residential break

Bronllys Community Hospital and Mental Health unit

offering restorative and palliative in patient care under

NHS Medical Consultant and

WELSH
SOCIETY

The Fit Homes for older individuals, Couples Family and live in Carers

Living at home with pets, family or carers with smart tech adaptations and enclosed garden within a mixed eco garden settlement.

"Bron Care Home for people with Dementia"

Maggie Day Centre offering help to people with cancer

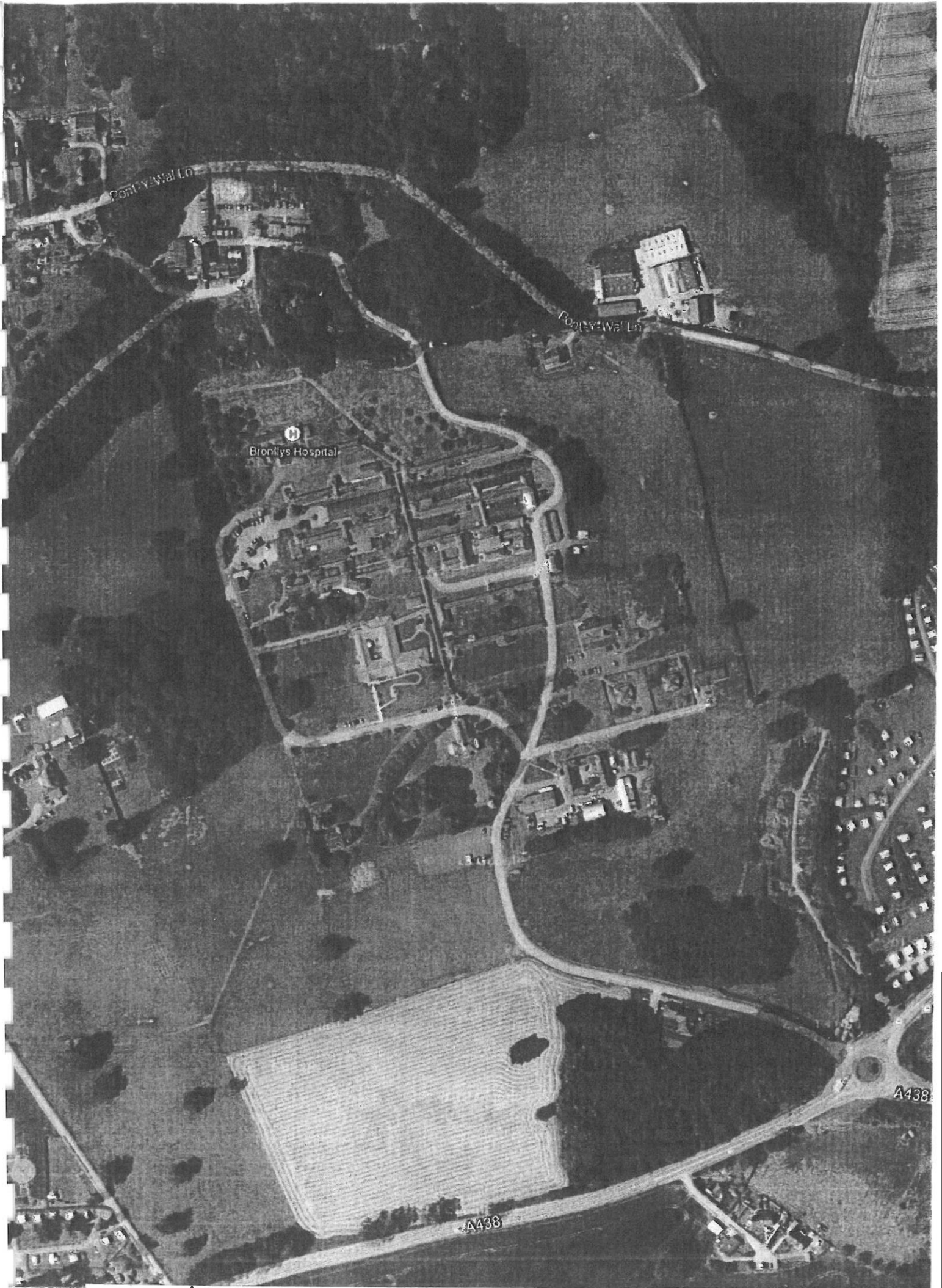
Among the Fit Homes there will be a range of homes to buy and rent to meet community needs. Built to the same high build standards and latest eco. Designs to ensure low carbon and low fuel bills. The houses will be low level with glazed courtyards offering secure all year gardens.

A mix of homes will be offered to buy and rent affordably from single to family to work from home dwellings. The range of housing will offer key workers, downsizers self builders and those just starting out. First homes using Ycubelike designs, will be part of the mix. Solar gain technology is integral to the Park

Healthy Living will be a feature of the Park. So sport, recreation, cultural, and social facilities will be enhanced and developed. The settlement will compliment and be supported by the Community Hospital and Mental Health Unit and Rehab Services already on site.

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A FUTURE FOR BRONLLYS HOSPITAL WITHIN A HEALTH AND WELLBEING PARK