

# Health and care support in Gwent

What care and support do you need?  
Tell us what you think



# About us



We are the Gwent Regional Partnership Board.



We work together to help make health and social care services better for everyone.



We work to improve life for people in Gwent. We want to:



- Improve care and support for people.
- Improve health and wellbeing. Wellbeing is feeling happy, healthy, and comfortable with life.



- Provide person centred care and support. Person centred means focusing on what a person wants and needs.

# About the Population Needs Assessment



A population needs assessment is a type of survey. It collects information about people who live in an area.



This survey is about what people in Gwent need. This includes health, care, and wellbeing support.

It covers these areas:

- Blaenau Gwent
- Caerphilly
- Monmouthshire
- Newport
- Torfaen



The results help us understand how to support people better. They also help us plan services for the future.



We do this survey every 5 years.

## What are health and social care needs



Health care means support for your body or mind. This includes help from doctors, nurses, and hospitals.



Social care means practical help with daily life. It helps people live safely.

Care and support services can include:



- Help with washing, dressing, cooking, and shopping.
- Help to stay safe and well at home.
- Emotional support. This means help to feel happy and calm.
- Help to stay connected with other people.
- Seeing a doctor or specialist.
- Support for carers and families.

# Why we want to hear from you

## Gwent



We want to hear from people who live in Gwent.

We want to know:



- What care and support you need and what matters most to you.



- How services should work for you.



- How you look after your own health and wellbeing.



Your answers will help improve support and services.



The answers will help people get care in the right place and time.



The survey takes about 10 minutes to fill in.



You can speak to someone by phone or online instead if you want to.



This survey is available in:

- Welsh
- Other languages
- Large print

**For more information, contact our team:**



**By post:**

Gwent Regional Partnership Team  
Torfaen County Borough Council  
Civic Centre  
Hanbury Road  
Pontypool  
NP4 6YB



**Phone:** 01495 761691



**Email:**

[gwentregionalpartnershipboard@torfaen.gov.uk](mailto:gwentregionalpartnershipboard@torfaen.gov.uk)

# What we will do with your answers



We will use your answers to:

- See what works well.
- See what needs to improve.

## Gwent



This will help make health and social care services better in Gwent.



No one will know which answers are yours. We will not ask for your name or details.



We will keep your information safe. We follow rules to keep information safe:

[www.gwentrbp.wales/privacy-notice](http://www.gwentrbp.wales/privacy-notice)



If you answer for someone else, they must say this is OK.

# Questions

## Section 1: About you



### 1. Which best describes you?

Choose 1 option.

I receive care or support now.

I am an unpaid carer - I support a family member, friend, or neighbour without being paid.

I do not need care or support right now.

I am answering for someone else. For example, as a parent or carer.

# Gwent



## 2. Which area of Gwent do you live in?

Blaenau Gwent

Caerphilly

Monmouthshire

Newport

Torfaen

## Section 2: Your experience of care and support



3. **If you used health or social care services recently, what went well and what could be better?**



**4. Can you get care and support services when you need them? For example: health services, social care, community or wellbeing support.**

Yes, always

Yes, sometimes

No, rarely

No, never

Please tell us more:



**5. How easy is it to find clear and right information about local support and services?**

Very easy

Easy

Hard

Very hard

Please tell us more:

## Section 3: Access to support



### 6. What helps you stay well?

Family and friends



Community groups and activities

Emotional or mental health support. This means help to feel happy and calm.



Physical activity. Like parks, leisure centres, walking groups.



Respite and carer support Respite is when someone who needs support stays somewhere for a short time.

Employment



Volunteering

Practical help. Like changes to your home.  
Or money advice.



Transport



Housing support



Online support and information

Other

If you chose Other, please tell us more:



**7. What makes it hard to access support in your area?** Choose up to 3 options.

Not having enough money for things like food and bills.



Transport problems

Hard to use the internet or online services.



Being alone and not in contact with other people.

Where you live



Hard getting into buildings

Sensory needs - being sensitive to light, sound, smell, or touch.

Not having the right language options



Other:

## Section 4: Feeling safe and included



**8. Do you feel involved in decisions about your care?**

Always

Sometimes

Rarely

Never

Does not apply

## Section 5: Unpaid carers



An unpaid carer supports a family member, friend, or neighbour without being paid. This might be because of illness, disability, age or mental health needs.



People who get Carer's Allowance are still unpaid carers.

### 9. What support helps you most as a carer?

Choose all that apply.



Emotional support or someone to talk to



Clear information and advice



Training to improve caring skills



Breaks from caring

Practical help or money advice



Help to find services

Being involved in decisions



Community or support from people

Other

If you chose Other, tell us what helps you:



## 10. Do you know how to get a Carer's Assessment?

A Carer's Assessment is a meeting with social services. They talk with you about what support you need. Anyone giving unpaid care in Wales can ask for one.

Yes

No

Not sure

## Section 6: Prevention and future support



### 11. What early support or community services would help you stay well and independent?

Choose all that apply.



Time with other people in the community

Information and advice



Home adaptations. Like grab rails and ramps.

Transport



Emotional wellbeing support. This means help to feel happy and calm.

Help with daily living



Breaks and support for carers

Housing support



Volunteering or training

Other

If you chose Other, tell us what would help you:

## Section 7: Welsh language



**12. Can you get care and support services in Welsh if you want?**

Yes, always

Yes, sometimes

No

I do not speak Welsh

# About you



You do not have to answer these questions.



## 13. How old are you?

Under 18

18 to 24

25 to 44

45 to 64

65 to 84

85 and older

Do not want to say

## 14. What language do you prefer to use?



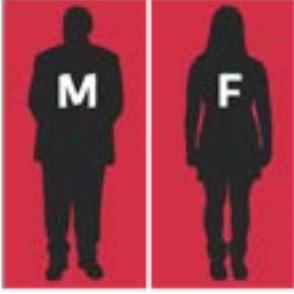
English

Welsh

Other

If Other, please tell us which language:

## 15. What is your gender?



Gender is how you feel about being male, female, or other. It does not always match the body you were born with.

Female

Male

Non-binary – a person who feels or knows they are not male or female.

I do not want to say.

I want to describe it myself.

If you want to describe it yourself, write in this box:

## 16. What is your sexual orientation?



This means who you feel attracted to.



Asexual – not attracted to other people.



Bisexual – attracted to men and women.



Gay or Lesbian – man attracted to men, or woman attracted to women.



Heterosexual or Straight – man attracted to women, or woman attracted to men.



Pansexual – attracted to people of any gender.



I do not want to say.



I want to describe it myself.

If you want to describe it yourself, write in this box:

## 17. What is your ethnicity?



Ethnicity is the group you belong to because of things like:

- where your family comes from
- your culture
- language
- and traditions.

Bangladeshi

Chinese

Indian

Pakistani

Black African

Black Caribbean

Asian White

Black African and White

Black Caribbean and White

White - Welsh , English, Scottish, Northern  
Irish, British

White Gypsy or Irish Traveller

Arab

Other



## 18. What is your religion or belief?

Buddhist

Christian

Hindu

Jewish

Muslim

Sikh

No religion or belief

I do not want to say.

I want to describe it myself.

If you want to describe it yourself, write in this box:



## 19. Are you disabled or living with a long-term health condition?

This means you may need help with daily life. It can also mean you face barriers that make some things difficult.

Yes

No

I do not want to say.

If Yes, please tell us what type of disability:



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