



Summary of Treherbert Initiative for Stakeholders

Whole System Approach to a Healthy Weight in Treherbert

Introduction

The Treherbert Initiative seeks to improve the health and wellbeing of the local community by addressing key challenges such as access to healthy food, community connectivity, mental health, and infrastructure. Using a Whole Systems Approach and Human Learning Systems methodology, the project aims to foster collaboration, shared learning, and innovative solutions to create a sustainable and inclusive environment.

Key Activities

Gathering Insights

Using Appreciative Enquiries, the Healthy Weights Team captured lived experiences from local residents, revealing key themes and challenges affecting the community. A sense-making session held on 7 May 2025 brought together 32 organisations to analyse the insights and identify areas for collaboration.

Community Engagement

Activities focused on amplifying community voices, fostering collaboration between local organisations, and addressing barriers to healthy living. Insights gathered included mental and physical wellbeing, youth opportunities, access to good quality food, access to recreational spaces, transport, financial challenges, safety, and community pride.

Key Focus Areas

Key themes and areas of focus emerged, such as:

- Enhancing collaboration and funding bids between organisations and stakeholders.
- Expanding youth and family activities.
- Improving infrastructure and recreational spaces.
- Supporting and expanding mental health initiatives and long-term wellbeing programmes.
- Making healthy eating easier, more accessible and supporting the RCT good food movement.

Recommendations

Next Steps

- Validate themes identified by stakeholders with community through focus groups (OAP Hall - July 2025).
- Form a Treherbert Listening Community (TLC) to drive the initiative forward (August/September 2025).
- TLC to Identify leaders, prioritise areas, and leverage collaborations for funding applications.
- Train local organisations in AE to sustain community insights, learning and collaborative actions.



- Feedback to Healthy Weights Team to filter this work up to strategic level to influence change within the system.

Collaborations

This approach has enabled the Healthy Weights team to build strong relationships within the local area, gain valuable insights into what is working well in the community, and create opportunities for collaboration between organisations. Collaborative efforts established in the area are detailed below:

First 1000 Days:

- Early Years Wales and Valleys Kids- Active Baby at home -0-8 months programme- 8th May 25 for 6 weeks

Children and Families:

- Edible Playgrounds (Grow Rhondda) – Support preschools and schools in Treherbert
- PIPYN RCT linking up with Grow Rhondda – planting and growing session
- PIPYN RCT and Valleys Kids reconnection
- PIPYN RCT and Play Yard introduction
- Valleys Kids and Grow Rhondda reconnection
- Healthy Preschools and Healthy Schools Scheme linking up with Grow Rhondda



Youth:

- YEPS introduced to the work of Rhondda Kerb Appeal

Active Environment:

- Sport RCT introduced to the Pathways to Wellbeing Walking Route information (this information could be used to strengthen walking route info in Treherbert)
- Junior Parkrun- link has been made
- Rhondda Tunnel Society link with Healthy Weight Team made.

Chronic Conditions: WISE (chronic condition support) - link has been made.



Collaborative Vision

The initiative aims to build on the strengths of the community in Treherbert so they can benefit from and access the health improving environments around them and together build a healthier, more inclusive community.

From a Healthy Weight position this aligns with our governing strategy - Healthy Weight Healthy Wales Delivery Plan, the Wellbeing of Future Generations (Wales) Act 2015 and the CTM 2030 Strategic Goals. Central to this vision is a whole-systems approach to a healthy weight addressing the wider causes of poor health and wellbeing in our communities.

Stakeholder Call to Action

The stakeholders who attended the event in Cwm Farm Shop in May 2025 agreed that there was an opportunity to unite around listening to the community more effectively and they would like to continue to work together.

The way organisations currently compete for funding is a significant driver of the fragmentation and competition between initiatives to improve health and wellbeing in the area. It would therefore be a good idea to work collaboratively to identify ways of maximising and supporting each other in Treherbert. Advocating for different ways of funding community work would be useful such as working together to create joint work and joint funding bids.

Treherbert has the opportunity to unite its community and organisations in a shared effort to improve health and wellbeing.

We extend our sincere thanks to all the organisations that have collaborated with us over the past few months. We hope this joint effort will serve as a model for other local areas within Cwm Taf

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Morgannwg University Health Board to follow to enable exploration of health and wellbeing within local communities.

Interested parties are encouraged to join the initiative and participate in Appreciative Enquiry training by emailing CTM.ShapingEnvironments@wales.nhs.uk.

