



Bronllys Well Being Park (CLT) Ltd

Feasibility Study into Leisure, Cultural and Fitness Opportunities at Bronllys Hospital



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Bronllys Well Being Park (CLT) Ltd was established in 2016 as a Community Benefit Organisation dedicated to providing local people with opportunities to address local truly affordable housing need, improve their lifestyle and well-being through social and sporting activities, employment opportunities and economic and environmentally sustainable projects in the grounds of Bronllys Hospital.

For more information visit www.bronllyswellbeingpark.org

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i. Abstract

This feasibility study reviews and highlights how land, buildings and resources within the Bronllys Hospital site could enhance the leisure, cultural and fitness opportunities for the local communities.

Supporting people to become and remain active in their community, enabling them to plan for their future, take meaningful action and reduce the incidence and progression of life limiting conditions such as Parkinson's disease and dementia is a key component of the Powys Health and Wellbeing Strategy.

The findings can support any considerations for the future development of the land, buildings, assets and resources for the benefit of the local community, now and for years to come.

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1. Background

Bronllys Well Being Park (CLT) LTD has been funded through Arwain Regeneration leader programme to undertake a feasibility study in to the leisure, cultural and fitness opportunities within the local area to understand how the assets at Bronllys Hospital Site can support the future development of leisure, fitness and culture in the area.

Community Land Trusts are a form of community-led housing, set up and run by ordinary people to develop and manage homes as well as other assets. CLTs act as long-term stewards of housing, buildings and/or land, ensuring that it remains genuinely affordable and accessible for the local community.

1.1 Terms of Reference

This feasibility study reviews the current Leisure, Fitness and Cultural Opportunities around Bronllys and South East Powys geographical area and examines the scope of developing opportunities within the Bronllys Hospital Grounds using available accommodation and land-based assets. The study examines how green spaces for enhancing health and wellbeing are being developed within NHS estates elsewhere in Wales and this report will focus on considering the feasibility of any next steps in the process of utilising opportunities at Bronllys Hospital which are not currently being accessed by Powys Teaching Health Board.

1.2 Study Methodology

Due to the primary objective of this project being to conduct a feasibility study into opportunities at Bronllys Hospital Grounds it was decided to use mixed method research with its pragmatic approach. Mixed methods research is the type of research in which a researcher or team of researchers combines elements of qualitative and quantitative research approaches. (e.g. use of qualitative and quantitative viewpoints, data collection, analysis, inference techniques) for the broad purpose and depth of understanding and corroboration. (Johnson 2006).

2. Bronllys Well Being Park Community Land Trust Ltd

Established in 2016, Bronllys Well Being Park (CLT) Limited is a Community Benefit Organisation dedicated to providing local people with opportunities to address local affordable housing need, improve their lifestyle and well-being through social and sporting activities, employment opportunities and economic and environmentally sustainable projects.

2.1 Goals of Bronllys Well Being Park

The goals of Bronllys Well Being Park (CLT) Ltd over the next five years are to:

- to provide truly affordable and sustainable housing by working closely with housing associations, self-build groups, the planning authorities and appropriate natural resource specialists
 - utilise existing vacant and unused land and buildings within the grounds of Bronllys Hospital estate to encourage small businesses and social enterprises (particularly in the health and well-being sectors) offering local employment opportunities
 - employ existing vacant and unused facilities at the Bronllys Hospital estate to offer sporting, recreational and wider social activities
 - facilitate community food growing initiatives
 - engage with the local community to encourage and support renewable / sustainable energy projects
 - encourage alternative ways of delivering non-statutory well-being services
 - connect with others to offer sustainable local community transport solutions
 - develop new events to encourage sustainable living within the community
 - provide facilities that ensure residents can experience and take part in various physical activities, encourage healthy living, promote a positive mental state and become involved with life enhancing social and environmental activities.
 - work with Powys Teaching Health Board to provide community health and well-being services which complement but do not replace NHS services
 - recycle any profit for the exclusive benefit of the Bronllys Well Being Park community
- BWBP Business Plan (2018)

2.2 SWOT Analysis

<p>Strengths</p> <ul style="list-style-type: none"> - The Well-being of Future Generations (Wales) Act 2015 - Positive encouragement and support by Powys County Council - Endorsement by Bronllys Community Council, Hay-on-Wye Town Council and Talgarth Town Council - Outstanding geographical location - Exceptional environmental setting - Extensive spread and range of public, voluntary and private sector management skills and expertise at board level 	<p>Weaknesses</p> <ul style="list-style-type: none"> - Start-up business - Formal agreement for land acquisition with Powys Teaching Health Board yet to be received - Area of influence within the Bronllys Park Estate yet to be defined - Lack of funds to deliver vision
<p>Opportunities</p> <ul style="list-style-type: none"> - Build and develop a unique, flagship community enterprise focused on delivering world class well-being services - Exploit existing and future funding opportunities - Enhance local cultural, recreational and sporting capacity - Reach short term agreement to manage and monitor enquiries for use on behalf of PTHB - Work closely with PTHB and PCC to provide innovative well-being services - Utilise locally available skills and expertise - Support and use new, locally sources, sustainable living technology 	<p>Threats</p> <ul style="list-style-type: none"> - Negative changes to Welsh Government well-being policy - PTHB identifies alternative uses for the park and built environment - Failure to reach agreement with PTHB on the acquisition of the site on viable terms - Inability to identify and source suitable funding - Site is left to deteriorate and sold off to fund deficits elsewhere.

2.3 Context

Powys is a principal area and county, and one of the preserved counties of Wales. Powys covers the historic counties of Montgomeryshire and Radnorshire, most of Brecknockshire (Breconshire), and a small part of Denbighshire. The population demographics for Powys are shown in fig (X).

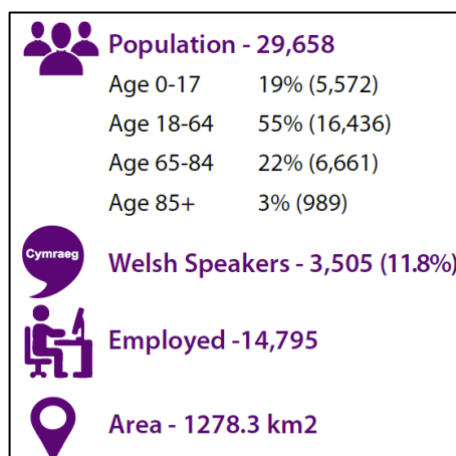


Fig (X) Population Demographics Powys

Most of the population of South East Powys live in small towns or villages which include Talgarth, Bronllys, Hay on Wye with the nearest large towns being Brecon and Crickhowell.

Crickhowell locality represents a section with low unemployment and a noticeably greater amount of wealth compared to other towns in the area. However, this region also has the lowest percentage of the working population aged between 20 and 39. Most employed residents are in the 40 to 59 age group.

South East Powys has a diverse community and accessible community resources. The Welsh Index of Multiple Deprivation (WIMD) gives a low score to this area, based on the economy and health factors. This is particularly the case around Brecon and the St. Johns localities. Brecon itself has also seen a sharp increase in the number of homeless presentations

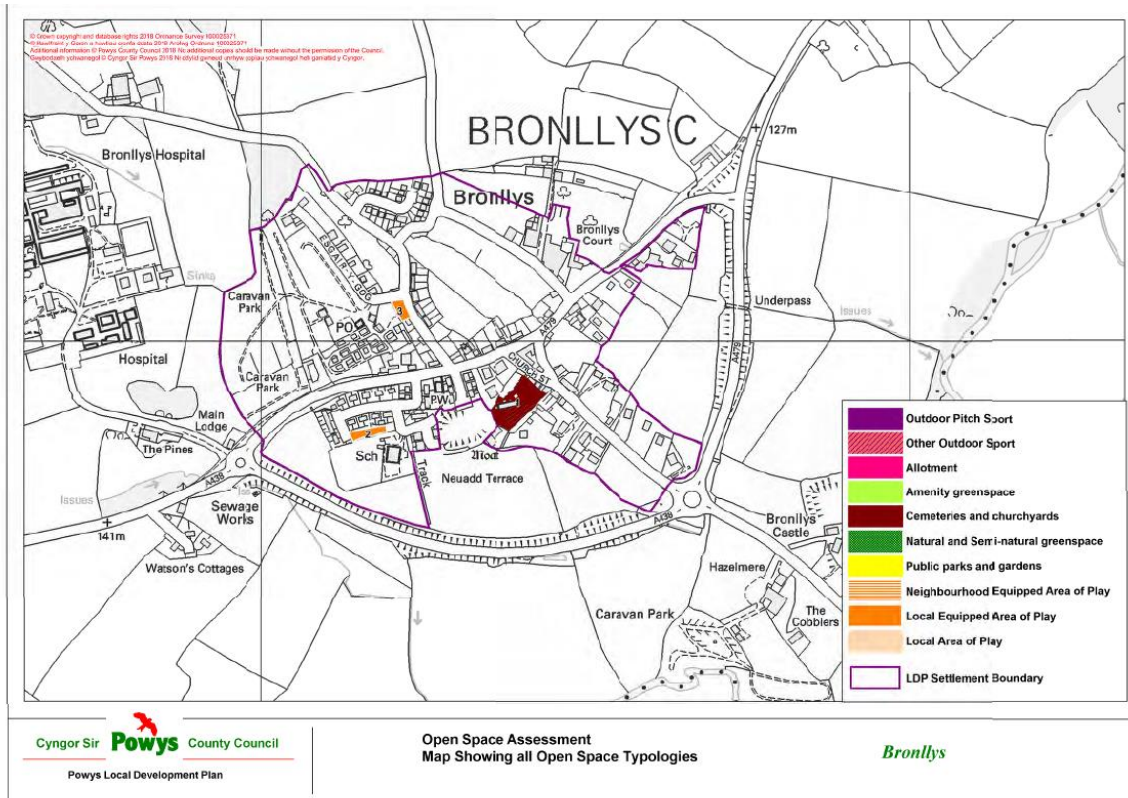
Largest Town/Village	Population	
Bronllys	427	PCC LDP
Talgarth	1724	<i>"Ward/Town population 2011". Retrieved 14 November 2015</i>
Hay on Wye	1598	<i>"Ward/Town population 2011". Retrieved 11 November 2015.</i>

Population size per Town or Village

2.4 Bronllys

Bronllys is a village in Powys with a population of approximately 427, renowned for its historic cultural past including the 11th Century Norman Castle and the rather individual St Mary's Church with its separate bell tower it has spectacular views of the Black Mountains to the South. Close to the larger towns of Talgarth, Brecon and Hay on Wye the village hosts a variety of local amenities including a garage with shop, 2 caravan parks with shop and laundrette, swimming

pool and leisure facilities open to the public, Church, Café and Village Hall. The local primary school closed in 2018.



The community in Bronllys has access to designated local equipped areas for play (LEAP) playgrounds and an informal open space near the Church yard. The provision of designated play space is adequate however Bronllys lacks a designated outdoor pitch sport area (**Fig**)

Settlement:	Bronllys
Population:	427

	Target Area (Based on Benchmark Standard per 1000 Population)	Total Area Within Settlement (and Accessibility Buffer)
Outdoor Pitch Sport (1.2 ha)	0.51	0.00
All Outdoor Sports (1.6 ha)	0.68	0.00
Designated Equipped Playing Space (0.25 ha)	0.11	0.13
Informal Open Space (2 ha)	0.85	0.33

	Population within accessibility buffers	Percentage Population within Accessibility Buffers
Outdoor Pitch Sport (1.2km)	0	0%
Designated Equipped Playing Space (240m, 600m)	333	78%
Informal Open Space (300m)	377	88%

GIS ID	Name	Size	Catchment size	Area typology (classification)
1	St Mary's Church	0.33	300m	Cemeteries and churchyards
2	Bronllys School Playground	0.07	240m	LEAP
3	Caravan Park Playground	0.06	240m	LEAP

Play Spaces - There are two LEAP playgrounds one adjacent to the primary school (0.07 ha) and one off Pont Y Wall Lane (0.06 ha).

Informal Open Space - There is a churchyard (0.33 ha) in the centre of the settlement.

Settlement	Settlement Population	Designated Equipped Playing Space		Percentage Difference Between Actual and Target (0.25ha per 1000) Designated Equipped Play Space.	Informal Playing Space		Total Playing Space		Population within recommended Distance of an Equipped Play area (LEAP – 240m, NEAP 600m)	Percentage of Population within recommended Distance of an Equipped Play area
		Target (0.25 ha per 1000)	Actual		Target (0.55 ha per 1000)	Actual	Target 0.80 ha per 1000	Actual		
Boughrood & Llyswen	428	0.11	0.00	0.00%	0.24	0.00	0.34	0.00	0	0%
Bronllys	427	0.11	0.13	121.78%	0.23	0.00	0.34	0.13	333	78%
Caersws	830	0.21	0.35	166.67%	0.46	0.04	0.66	0.39	413	50%
Carno	461	0.12	0.11	95.44%	0.25	0.00	0.37	0.11	230	50%
Castle Caereinion	331	0.08	0.07	84.59%	0.18	0.00	0.26	0.07	225	68%
Churchstoke	649	0.16	0.02	12.33%	0.36	0.00	0.52	0.02	221	34%
Clyro	343	0.09	0.04	46.65%	0.19	0.00	0.27	0.04	223	65%
Coelbren	519	0.13	0.02	15.41%	0.29	0.10	0.42	0.12	167	32%
Crewgreen	419	0.10	0.30	286.40%	0.23	0.00	0.34	0.30	289	69%
Crossgates	355	0.09	0.05	56.34%	0.20	0.04	0.28	0.09	8	2%
Forden	525	0.13	0.07	53.33%	0.29	0.00	0.42	0.07	273	52%
Four Crosses	775	0.19	0.03	15.48%	0.43	0.00	0.62	0.03	328	42%
Glasbury	420	0.11	0.06	57.14%	0.23	0.00	0.34	0.06	184	44%
Gullsfield	1154	0.29	0.14	48.53%	0.63	0.07	0.92	0.21	569	49%
Howey	601	0.15	0.21	139.77%	0.33	0.00	0.48	0.21	299	50%
Kerry	760	0.19	0.03	15.79%	0.42	0.00	0.61	0.03	512	67%
Knucklas	252	0.06	0.02	31.75%	0.14	0.00	0.20	0.02	181	72%
Llanbrynmair	193	0.05	0.39	808.12%	0.11	0.00	0.15	0.39	157	81%
Llandinam	239	0.06	0.30	502.09%	0.13	0.00	0.19	0.30	153	64%
Llandrinio	357	0.09	0.07	78.43%	0.20	0.00	0.29	0.07	104	29%
Llanfechain	324	0.08	0.09	111.11%	0.18	0.00	0.26	0.09	207	64%
Llangurig	180	0.05	0.00	0.00%	0.10	0.00	0.14	0.00	0	0%

Provision for Children and Young People Settlement Breakdown

Table 10: Outdoor Pitch Sport - Settlement Breakdown

Settlement	Settlement Population	Outdoor Pitch Sport		Percentage	Total Population within 1.2km buffer for pitch sports	Percentage of population within 1.2km buffer for pitch sports	All Outdoor Sports		Percentage
		Target (1.2 ha per 1000)	Actual				Target (1.6 ha per 1000)	Actual	
Builth Wells & Llanelwedd	2752	3.30	3.44	104.17%	2750	99.93%	4.40	3.80	86.30%
Knighton	2760	3.31	3.75	113.22%	2760	100.00%	4.42	4.06	91.94%
Llandrindod Wells	5349	6.42	8.40	130.87%	5103	95.40%	8.56	9.26	108.20%
Llanfair Caereinion	970	1.16	1.48	127.15%	970	100.00%	1.55	1.74	112.11%
Llanfyllin	1080	1.30	1.70	131.17%	1080	100.00%	1.73	1.84	106.48%
Llanidloes	2704	3.24	3.76	115.88%	2704	100.00%	4.33	4.18	96.62%
Llanwrtyd Wells	570	0.68	0.00	0.00%	0	0.00%	0.91	0.00	0.00%
Machynlleth	2152	2.58	1.74	67.38%	2148	99.81%	3.44	1.89	54.89%
Montgomery	1002	1.20	1.41	117.27%	1002	100.00%	1.60	1.62	101.05%
Newtown	10938	13.13	8.97	68.34%	10890	99.56%	17.50	22.64	129.37%
Presteigne	1797	2.16	1.10	51.01%	1797	100.00%	2.88	1.38	48.00%
Rhayader	1857	2.23	3.87	173.67%	1857	100.00%	2.97	4.18	140.68%
Welshpool	5968	7.16	7.32	102.23%	5968	100.00%	9.55	7.83	82.01%
Ystradgynlais	7080	8.50	8.22	96.75%	7022	99.18%	11.33	8.81	77.77%
Abercrave	681	0.82	0.81	99%	677	99.41%	1.09	0.81	74.34%
Abermule	609	0.73	0.90	123.15%	609	100.00%	0.97	1.05	107.76%
Arddleen	362	0.43	0.19	43.74%	362	100.00%	0.58	0.19	32.80%
Berriew	289	0.35	0.84	242.21%	289	100.00%	0.46	1.10	237.89%
Bettws Cedewain	238	0.29	0.00	0.00%	0	0.00%	0.38	0.15	39.39%
Boughrood & Llysven	428	0.51	0.00	0.00%	0	0.00%	0.68	0.00	0.00%
Bronllys	427	0.51	0.00	0.00%	0	0.00%	0.68	0.00	0.00%
Caersws	830	1.00	0.78	78.31%	830	100.00%	1.33	0.91	68.52%

Settlement	Settlement Population	All open space (0.2ha) (within settlements and within 300m of settlements)			Population within 300m of informal open space		Public Parks and Gardens	Natural and semi-natural greenspaces	Amenity greenspace	Cemeteries and Churchyards
		Target (2 ha per 1000)	Actual	Percentage	Total	Percentage				
Arddleen	362	0.72	0.51	70%	291	80%			0.51	
Berriew	289	0.58	1.20	208%	274	95%				1.2
Bettws Cedewain	238	0.48	0.64	134%	229	96%			0	0.64
Boughrood & Llswen	428	0.86	0.65	76%	35	8%				0.65
Bronllys	427	0.85	0.33	39%	377	88%				0.33
Caersws	830	1.66	5.08	306%	678	82%			5.08	
Carno	461	0.92	1.60	174%	318	69%			0.57	1.03
Castle Caereinion	331	0.66	0.70	106%	321	97%				0.7
Churchstoke	649	1.30	0.76	59%	328	51%				0.76
Clyro	343	0.69	2.13	310%	343	100%		0.90	0.59	0.64
Coelbren	519	1.04	41.15	3964%	519	100%		39.37	1.52	0.26
Crewgreen	419	0.84	0.00	0%	0	0%				
Crossgates	355	0.71	0.23	32%	2	1%				0.23
Forden	525	1.05	0.50	48%	102	19%				0.5
Four Crosses	775	1.55	2.43	157%	620	80%			1.87	0.56
Glasbury	420	0.84	17.57	2092%	399	95%		14.83	1.68	1.06
Guilfield	1154	2.31	5.70	247%	1154	100%		3.36	1.29	1.05
Howey	601	1.20	0.00	0%	0	0%				
Kerry	760	1.52	3.02	199%	718	94%			1.81	1.21

Informal Open Space Settlement Breakdown

3. Bronllys Hospital

3.1 History of Bronllys Hospital

Bronllys Hospital lies just outside the village boundary of Bronllys. The site at Bronllys hospital comprises of a late-19th-century mansion which was sold to a private developer in 2018 and an early-20th-century purpose-built tuberculosis hospital with associated landscaping, set in earlier 18th- and 19th- century parkland.

Within the historic parkland some grass terraces survive as well as some mature trees which may have been planted in the original 18th-century parkland. The hospital is arranged on a widely spaced pavilion-system plan. It was built by Edwin T. Hall and Stanley Hall in c. 1913-20, on open land descending to the south. Built as a TB sanatorium, many of the south-facing sides of the wards open on to verandahs. A central corridor, running north-south, links the wards. The central western pavilion is notable in being built on a butterfly plan. The hospital remains in general use but is no longer a sanatorium. The site is owned and managed by Powys Teaching Health Board (PTHB).

Significant Features

Several historic and significant features exist which may serve future uses to support leisure, fitness and cultural opportunities within the grounds of Bronllys Hospital. The CADW Register of Listed Buildings in Wales lists the following buildings at Bronllys Hospital:

- Grade II Reference Chapel.
- Grade II Reference Basil Webb Hall.

- CADW Register of Landscapes Parks and Gardens of Special Historic Interest in Wales
Grade II Reference

3.2 Historic Parkland (Bronllys Hospital)

- The park at Bronllys descends south across rolling parkland to the southern boundary, the A438. On the 1888 Ordnance Survey map the park was recorded as being semi- circular in shape and of approximately 200 acres. Woodland plantations surrounded the mansion house to the west, enclosing the drive, and to the east.
- A lake lay in the south- west corner. Within the parkland, to the south of the house, a square plantation lay centre-west. The drive reached the site from the south-west, a lodge lying at the junction of drive and road. Near the house unidentified buildings lay on the edge of the park, south of a plantation which enclosed the drive. The appearance of the park in 1888 suggests an early nineteenth-century landscape which could be the remains of a park planted around the first recorded house of 1759.
- Indeed the 1809 25-inch Ordnance Survey map appears to record the plantations around the lake in the south- east corner of the estate. Certain mature trees still on site, with respect of their size, girth and condition, could be about 200 years old which may make them the relict planting of this first park.
- The pleasure grounds and gardens at Bronllys are composed of a series of historic overlays. No obvious evidence remains of any eighteenth century pleasure grounds unless the woodlands immediately to the west and east of the house are included. An unidentified feature, possibly a pond, also lay to the east of the house.
- A substantial orchard lies at the top of the site with some old varieties of apple trees.



Staff regularly use the parkland for walking and members of the public can be seen walking up from Bronllys village on an evening to walk.

3.3 The Chapel and Tennis Court

A sophisticated Arts and Crafts chapel with modernist influences lies in the hospital grounds some 50m south-west of the main hospital. It was built in c. 1920, following a £5000 gift from Sir David R. Llewellyn and H. Seymour Berry (Lord Buckland of Bwlch) and was dedicated in July 1920. It is a Grade II listed building and not currently in use.

The chapel area is defined by a rectangular yew hedge, in each corner of which is a standard Irish yew. East of the chapel a tennis court is surrounded by a small area of woodland, containing walnut, yew and Lawson cypress, around a small, raised brick seating dais overlooking the court.

Various community groups have expressed an interest in using the Chapel for religious activities, meeting spaces, workshop and community café. Currently the building is not safe for public use but with the enthusiasm of interested parties it might be something that would be a feasible regeneration project.

Powys Teaching Health Board have undertaken a recent survey and the estimated costs to make the building safe for use has been estimated at circa £70,000



3.4 Basil Webb Hall and Bowls Lawn

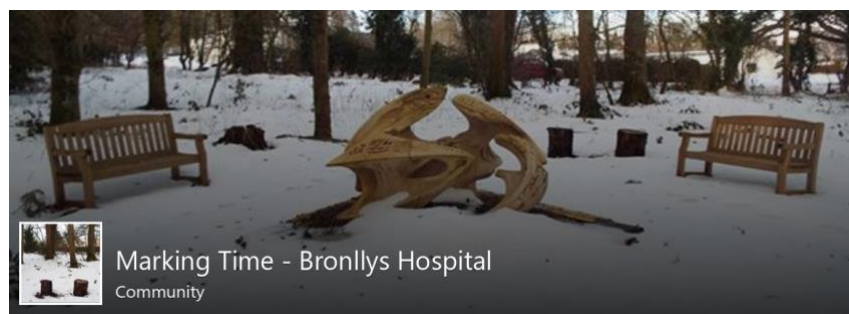
The Basil Webb Hall was a recreation hall, a memorial to Tom Henry Basil Webb, funded by Lieut. Col Sir Henry Webb at a cost of £5,000. It was opened by King George V and Queen Mary on 17th July 1920. A similarly styled building to the chapel, with a slate hung gable, it lies 50m to the east of the main hospital. A croquet/bowls lawn lies immediately adjacent to and above it on the east. This listed Cadw listed building is destined to become a base for the Powys Teaching Health and Social Care Academy.



3.5 Woodland Walk and Veteran Projects

Marking time woodland walk and garden at ease have been developed on site by Powys Veteran Community to provide a space for therapeutic support and woodland walk for staff and members of the community to enjoy.

There is scope for this to be further developed. The Veterans are particularly interested in supporting the restoration of the Chapel



3.6 The Concert Hall

The Concert Hall is a large Hall on site which is used predominantly by PTHB but it is also used by community groups and at other times it is empty. It has access to facilities such as toilet and kitchen facilities and has level access with good car parking nearby. Recently held an Armistice Commemoration and a local short mat bowling club have expressed an interest in using the facilities as the community hall currently used by the group is not wholly adequate.



4. Natural Environments and Innovative Spaces in Wales

Natural environments have enormous benefits for people's wellbeing as evidenced by many research studies. For example, hospital patients who have a view of trees from their window have been shown to recover more quickly and to need fewer painkillers than similar patients who can't see trees from their beds.

The Centre for Sustainable Healthcare (CSH) ran a three-year Lottery funded project between 2010 and 2013 focusing on in-depth community engagement with University Hospital, Coventry and St Catherine's Hospital, Doncaster. University Hospital Coventry replaced a destitute area with a beautiful new nature reserve featuring local apple varieties, a pond platform and even an otter holt involving school children, hospital patient groups and staff in the project. The site features in a short film:

<https://sustainablehealthcare.org.uk/what-we-do/green-space-and-health>

<https://www.youtube.com/watch?v=g5bD5AGetbc>

A key focus of the project at St Catherine's hospital was to target 'hard to reach' groups and to reduce barriers, both physical and perceived, between the local community and the services users. Consequently, a key element of this project was to involve the hospital's service users in skill-building activities including horticulture, pathway construction and teamwork alongside other community members.

Ein Berllan – Our Orchard

Cardiff and Vale University Health Board are developing an innovative new space at its University Hospital Llandough (UHL) site. Ein Berllan – Our Orchard will bring to life the vision of a community orchard to the fields surrounding the hospital site. The Health Board is working with partners to establish this innovative project which is believed to be the first of its kind at a hospital site in the UK. It will be a semi-natural planted area which has been set aside for the protection of plants and wildlife. It consists of 7 acres of semi-rural pasture land and woodland which makes up part of the UHL estate. This will be a unique space and it is hoped that it will be a legacy for generations to come. This long-term project will be established in phases and we anticipate that the initial phase will commence with the planting of the orchards and a shelter belt which will be completed in around two years.

The project also provides an opportunity for UHL to lead the way in the Well-being of Future Generations (Wales) Act 2015.

<http://www.cardiffandvaleuhb.wales.nhs.uk/ein-berllan-our-orchard>

Glanrhyd

Glanrhyd in Bridgend is only the second hospital in the UK to receive the award, which recognises the finest parks and green spaces. The historic site has bird and bat boxes, insect-friendly "bug hotels" and interpretive signs explaining the flora and fauna that can be found there. Local organisations worked alongside the environment team within ABMU's estates department on the wildlife-friendly features.

Health board Chairman Andrew Davies, who also chairs the health board's environment committee, said: "Glanrhyd is an excellent example of how having an attractive natural environment can improve people's quality of life. "There is very clear evidence that being able to enjoy the natural environment has a positive impact on the wellbeing of patients, staff and visitors, and on recovery after illness.

"We have a strong commitment to greening our estates and have been working with our partners to achieve this. "This work is also helping us deliver the goals of the Wellbeing of Future Generations Act." The Green Flag Award programme is delivered in Wales by environmental charity Keep Wales Tidy with support from Welsh Government.

It is judged by green space experts, who volunteer their time to visit applicant sites and assess them against eight strict criteria, including horticultural standards, cleanliness, environmental management and community involvement. Keep Wales Tidy's Green Flag coordinator Lucy Prisk said: "We're delighted to be celebrating another record-breaking year for the Green Flag Awards in Wales. "They are a testament to the dedication and enthusiasm of the staff and volunteers across the country who work tirelessly to maintain Green Flag Award standards."

Source: [Abertawe Bro Morgannwg University Health Board](#)

NHS Forest

The Llanberis GP Practice Garden is the first NHS Forest site in Wales. The site is central to the village and is a triangular landscaped space with mature trees, pond and interesting features. It has a gate which allows access from the High Street and will be improved with new Welsh fruit trees, restructuring and cleaning of overgrown areas and new beds.

At Llanberis GP Surgery, volunteers have been working to improve access to the practice's green space, restore a wildlife pond, plant some Welsh heritage fruit trees, create an herb garden, and establish open air circular sitting spaces as outdoor classrooms/activities spaces. The site is now used for regular activities by Forest Schools, Youth Offending teams, local schools and preschool groups, Youth clubs, Girls Guides, Age Concern and many more local organisations.

The aim is to encourage members of the community in social and physical activities to improve their wellbeing and to improve the physical and mental health of the patients. This is also aided by a bespoke self-referral form for the surgery to refer patients to the garden directly. The site is also important for raising people's awareness of the importance of sustainable living and the safeguarding of wildlife and healthy community green spaces. Plans are afoot to install a sign at the pond designed by local school children to highlight water safety and to enhance the site with further planting and installations.

5. Leisure, Cultural and Fitness and Cultural Opportunities Analysis and Survey

Life expectancy in Powys is above average for Wales and continues to improve. However there has been a growing inequality gap appearing between genders, with females tending to outlive males, as well as between the least and most well off (not yet to levels of statistical significance). This gap is expected to widen over the next 10 years.

Healthy life expectancy is also unequally distributed. 58% of adults are overweight or obese (Wales 59%), yet Powys citizens are generally healthier than the rest of Wales. 20% of adults smoke (Wales: 20%) and 24% of adults in Powys binge drink at least once a week (Wales: 24%). This will put a strain on health services in the county. (Powys Well Being Assessment)

Health and Care Strategy for Powys

We also know that Powys is a place where we aspire to help improve the wellbeing of all people. This is why this strategy seeks to enable children and young people to 'Start Well', for people to 'Live Well' and older people to 'Age Well'. Whilst it doesn't describe the detail of the developments at this stage—which will follow during 2017/18—it does outline the direction we feel is important to take. Promoting wellbeing; offering early help and support to people; tackling the big four diseases that limit life (cancer, circulatory diseases, mental health, respiratory diseases); and providing joined up care are the key areas that we suggest become priorities for action. This means that we will spend more time and effort helping people to stay well, to help them act early to prevent ill health and get support, and where care and treatment is required that we work with people to ensure care is joined up and based on what matters most to the individual.



The Health and Care Strategy for Powys: A Vision to 2027 and Beyond (June, 2017)

Prevention

More people are regularly active in Powys than in the rest of Wales, nearly 58% adults are overweight or obese and this is predicted to continue to rise. Powys adults report significantly higher levels of emotional well-being than in the rest of Wales, and the assets required for healthy communities appear to be more prevalent in Powys than elsewhere. According to Age UK, 6-13% of the elderly are often or always lonely, and social isolation is associated with an

increased risk of death from any cause (Welsh Government, 2014). (Powys Well Being Assessment)

Young People and Mental Wellbeing

People are increasingly using mental health services in Powys, particularly young people. This is placing more pressure on the service. This increase is partly attributed to improved access to information and counselling services. (Powys Well Being Assessment)

Child Obesity

The majority of four to five-year-old children in Powys are of a healthy weight. However, this is not evenly distributed, 28.4% of the most deprived fifth of 4-5-year-old children in Powys are overweight or obese compared with 20.9% of the least deprived fifth. The overall rate of overweight or obese four to five-year olds has remained at just under 25% in recent years. (Powys Well Being Assessment)

Culture

Many arts and culture services are managed by voluntary groups. 19% of citizens said they could speak Welsh (2011 census). The main pockets of Welsh speakers are found in the North West and South West of the county. Promotion of the Welsh language has continued, with an increase in the number of young Welsh speakers since 1991.

Welsh Language in Powys

Welsh language standards as set out in PCC compliance notice

Community Services

12,900 people are employed in the public sector (2016). A variety of services are provided by the public sector such as 98 schools, 17 branch libraries and 2 mobile libraries, 16 leisure centres, 10 hospitals, 18 fire stations and 14 police stations. The voluntary sector involves over 4,000 groups contributing an estimated £174 million to the economy. Powys has lots of small communities with strong community spirit. 81% of respondents agreed that Powys is a safe place for children to play outside.

Older people – Increasing in South Powys facilities for older people to engage in leisure pursuits

Barriers to engaging in Activities

Analysis by stakeholders found that the three areas that impact most negatively on the national well-being goals are:

1. People's ability to travel around the county,
2. Suitable accommodation options for older people / living independently
3. Poverty and deprivation.

Factors found to have a positive impact on the goals include:

1. Adequacy of childcare provision,
2. Health prevention,
3. Tourism and the county's environment.

Powys Well Being Assessment 2016/2017

Many technological advances and conveniences that have made our lives easier and less active, many personal variables, including physiological, behavioural, and psychological factors, may affect our plans to become more physically active. In fact, the 10 most common reasons adults cite for not adopting more physically active lifestyles are (Sallis and Hovell, 1990; Sallis et al., 1992)

<https://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html>

- Do not have enough time to exercise
- Find it inconvenient to exercise
- Lack self-motivation
- Do not find exercise enjoyable
- Find exercise boring
- Lack confidence in their ability to be physically active (low self-efficacy)
- Fear being injured or have been injured recently
- Lack self-management skills, such as the ability to set personal goals, monitor progress, or reward progress toward such goals
- Lack encouragement, support, or companionship from family and friends, and
- Do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their homes or offices.

<https://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html>



Market Analysis

Bronllys Well Being Park CLT is not operating to compete with current businesses and services but is seeking to identify how Bronllys Hospital can fill any gaps in terms of holding assets in order to maintain or improve leisure, fitness and cultural opportunities for the local communities of South East Powys.

Several private companies and individuals provide access to Leisure, Fitness and Cultural opportunities in South East Powys. In July 2015, the County Council formally transferred the management and operations of its sports and leisure centres to a new commercial operating partner Freedom Leisure. This concluded a detailed and complex tender process leading to an award of contract, with Freedom Leisure now acting as the commercial provider of all leisure-based activities within 15 sports and leisure facilities (including one outdoor centre) across Powys. CYNGOR SIR POWYS COUNTY COUNCIL CABINET 13th September 2016



Freedom Leisure Operating Sites Powys

Freedom Leisure operates Gwernyfed and Hay Leisure Centre where a number of regular activities are held including Walk 2 Run courses, indoor football, and Running Club and circuits.

Village and Town Halls

Village halls in Powys are at the heart of rural community life, they provide a hub for social activities, classes and services. The closest village halls to Bronllys Hospital are Bronllys Royston Hall and Talgarth Town Hall. Bronllys Well Being Park CLT is not operating to compete with village and Town Halls but is seeking to identify how Bronllys Hospital can fill any gaps in terms of holding assets in order to maintain or improve leisure, fitness and cultural opportunities for the local communities of South East Powys.

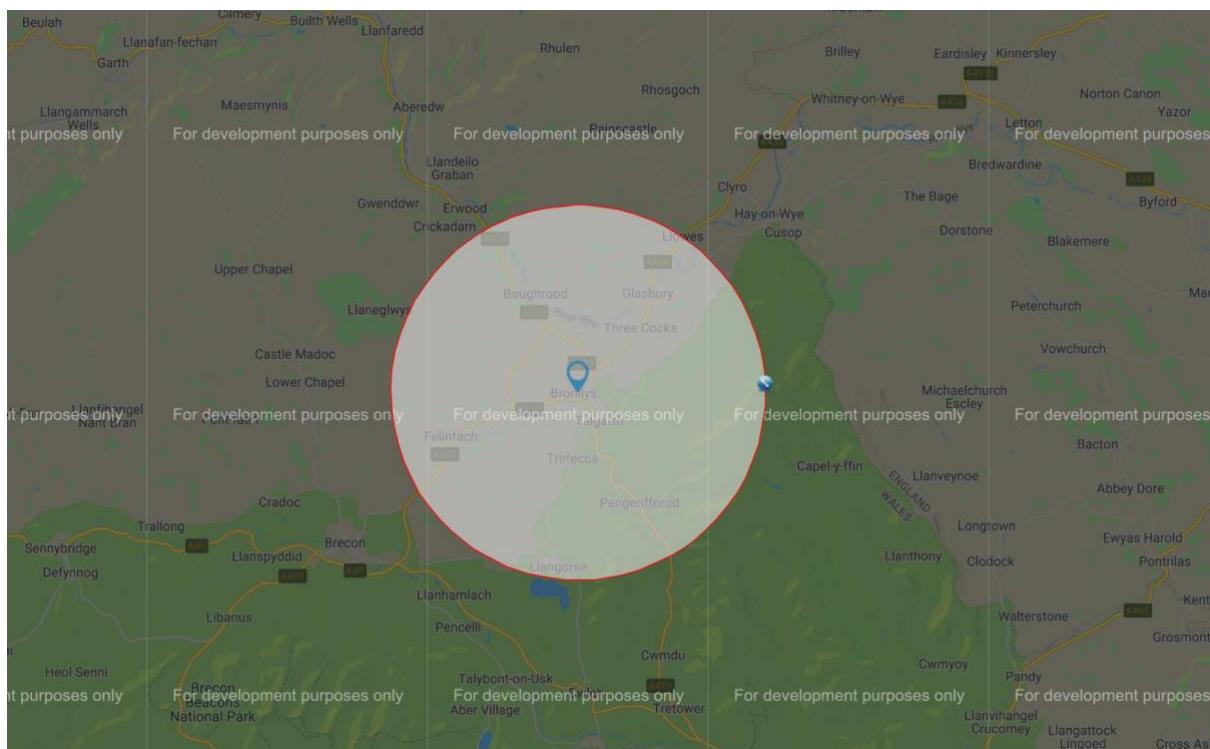
Bronllys Royston Hall

The Royston Memorial Hall is in the centre of Bronllys village and boasts a large hall, committee room, kitchen and large stage. Royston Memorial Hall has the following facilities Kitchen, Seating - 100 Chairs and 10 Folding Tables, Stage - Fixed stage measuring 4.35m x 3.6m, Dance floor - 12m x 7m Toilets - Male, Female and Disabled. The Hall hosts a very successful coffee morning every Wednesday morning among other regular activities and events.



Talgarth Town Hall

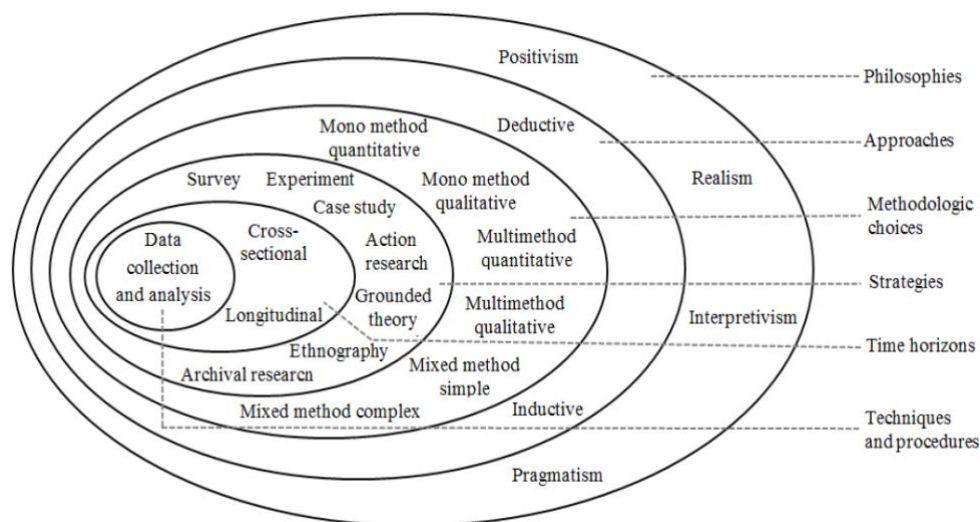
This building was originally erected as a combined town hall and “market house”. Its home to Talgarth Town Council. The Hall hosts regular sport, fitness and cultural events for the local community.



Concept Evaluation

This investigation was carried out using a concurrent mixed method approach to collect both quantitative and qualitative information in a systematic way. Phase 1 of primary data collection consisted of a descriptive survey and phase 2 used a focus group to further explore participant's attitudes, feelings and knowledge on how they engage in leisure, cultural and fitness activities in South East Powys. A pragmatism philosophy strives to reconcile both objectivism and subjectivism, facts and values, accurate and rigorous knowledge and different contextualised experiences. Reality matters to pragmatists as practical effects of ideas, and knowledge is valued for enabling actions to be carried out successfully. Saunders (2012)

The purpose of descriptive research is to gain an accurate profile of events, persons or situations Saunders (2012) Description in business and management research has a clear place and it is envisioned will contribute to Bronllys Well Being Park CLT strategic direction. The 'research onion' (fig) provides some structure for the methodological approach used Saunders (2012). As in a cross-sectional survey it was intended that the information gained concerning the participation in leisure, cultural and fitness activities of people living in around South East Powys would be relevant for that given time.



Participants

The sample of participants were invited to participate through advertising on social media and running a series of drop in events. Polgar and Thomas (1991) support incidental sampling methods as they involve the selection of the most easily accessible members of the target population.

Returned Responses

The total number of surveys returned was 75. Not all responses were fully completed. Partial responses include situations where the participant may have chosen to not complete a question. Where a response has been recorded either from a fully completed questionnaire or partially completed questionnaire it has been included in this analysis as it is stated within the ethical statement that participants did not have to complete every question.

Consent

Approval for the survey was granted by Bronllys Well Being Park (CLT) Ltd Board. Each participant was given information about the survey and consent was assumed by participation. Anonymity and confidentiality was assured with access to the data limited to Bronllys Well Being Park (CLT) Ltd and Arwain. Participants had the option to share their email to be entered into the prize draw and or to be included in the Bronllys Well Being Park CLT mailing list.

Survey Design

A structured questionnaire was designed using information gathered from a literature review which included the work of. The questionnaire was piloted on five people before being finalised following feedback from the pilot participants. Through reflecting on the feedback some amendments were made to the questionnaire terminology and question structure.

The survey was distributed via face to face contact with people in the community at organised engagement events which had been advertised. Also, via email and social media including local community Facebook pages using a structured approach designed to investigate people's engagement in leisure, cultural and fitness activities.

Results

Just over 50% of the survey respondents were aged 45yrs and over. 27% were aged under 18. 67% were female and 4% preferred not to disclose their gender. In 2016 the ratio of male to female in the population of Powys was 49.5% Male and 50.5% Female. 52.1% of respondents were working age. In 2006 57.2% of population in Powys were of working age.

Question 1...Which activity do you currently participate in?

The top five most common themes of activity which people completing the survey participate in are shown in fig...

Social Events... Quiz, Bingo, Educational trips, Clubs, Societies, Coffee mornings
Music... Listening to music, Gigs, Playing music
Taking care of pets and animals... Horses, Dogs, Cats
Arts.... Museum visits, Theatre Visits
Physical Activity... Walking, exercise classes, Swimming, Rugby, Cycling, Dance

Question 2...Which activity, if not currently doing would you like to do in the future?

The top five most common themes of activity which are not currently doing but would like to do in the future are shown in fig...

Welsh Language
Creative Activities... Flower Arranging, Painting, Drawing, Dance
Exercise... Yoga, badminton
Local Community/Hospital Radio
History and Politics

Question 3...What stops you doing activities?

The top three barriers which stop or inhibit people doing activities were: -

1. Accessibility – Activity not available to near where I live
2. Time
3. Cost

Other barriers included not knowing how to access the activity, confidence, health, and child care.

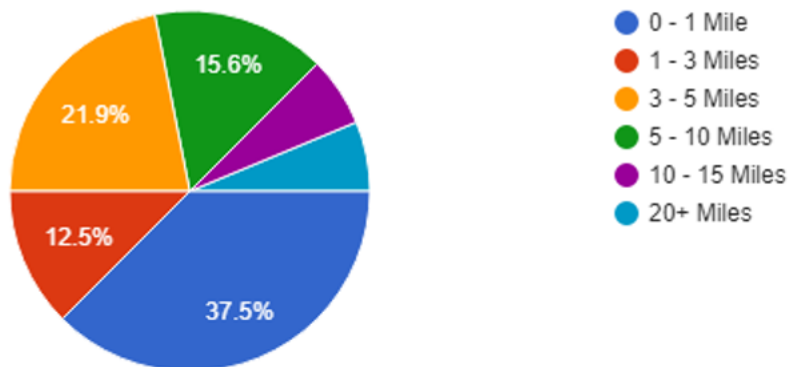
Question 4...Describe any support you feel you need to help you participate in leisure, cultural and fitness activities.

People described various support mechanisms that would help them participate in leisure, cultural and fitness activities. These are outlined in the table below.

Social Support ...Company, having People to go with, if my friends are going, I will go too
Financial ...Costs are high for some things, If it was cheaper
Support Worker ...Support to attend activities due to health needs, Support worker available
Transport ...Support with accessing transport, improved timetabling of public transport
Access to local activities ...Classes and teachers/coaches/experts coming to the village

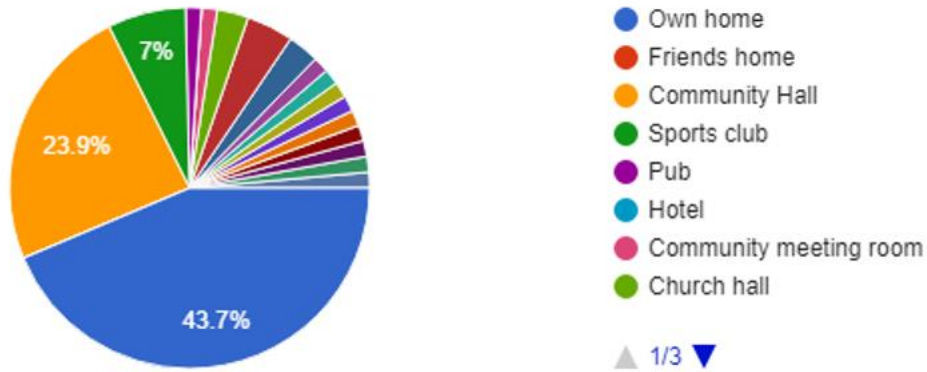
Question 5...How far do you travel to your most regular activity?

Most respondents (37.5%) travel 0-1 mile to get to their most regular activity with 71.9% travelling up to 5 miles. Only 12.5% of people surveyed travelled over 10 miles to get to their most regular activity.



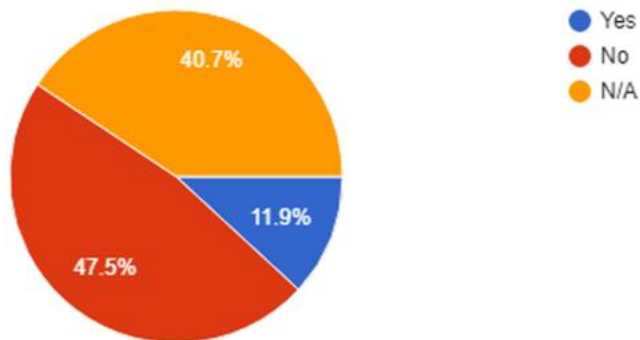
Question 6...What type of venue do you use for your most regular activity?

Most people (43.7%) use their own home as the main place for leisure, fitness or cultural activities. With 30.9% using a community hall or sports club. 32.4% use a variety of venues including pubs, hotels, church halls, and friends' homes.



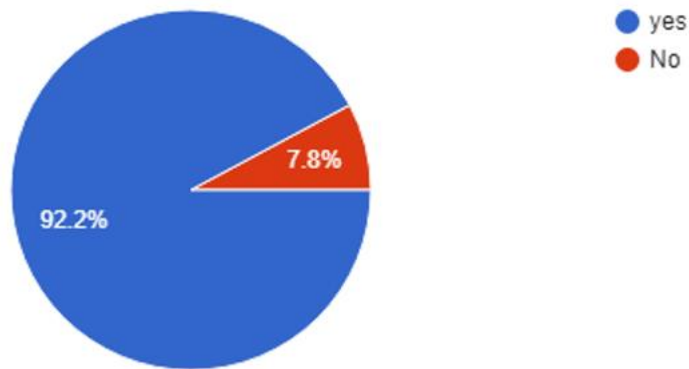
Question 7...Do you access Leisure, cultural or fitness activities whilst travelling to and from work?

Most respondents (47.5%) don't access activities whilst travelling to and from work.



Question 8...Is the current venue suitable for your most regular activity?

Most people surveyed indicated that the current venue is suitable for their most regular activity.



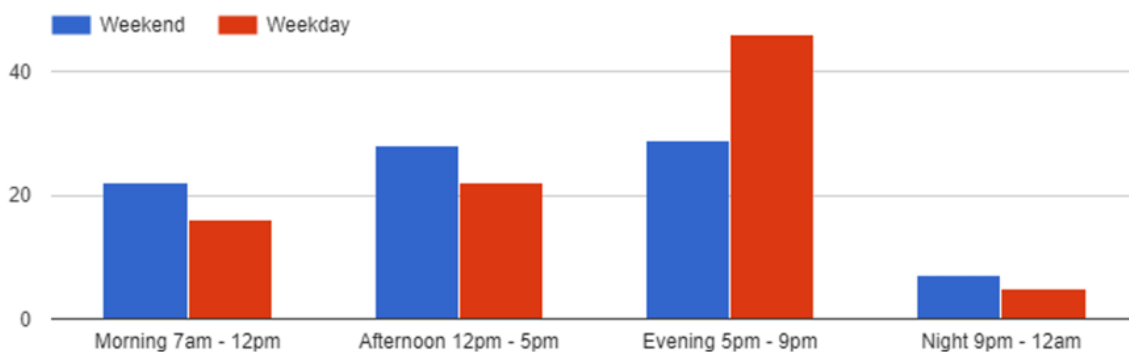
Question 9...How could the venue be improved?

The top themes for how venues could be improved included, access, upgrading of current facilities and buildings, improved space and storage and improved energy and environmental efficiencies.

Access...More facilities, longer opening hours
Upgrades...Modernisation, equipment
Space...Storage, access
Environment...move from oil to other types of heating

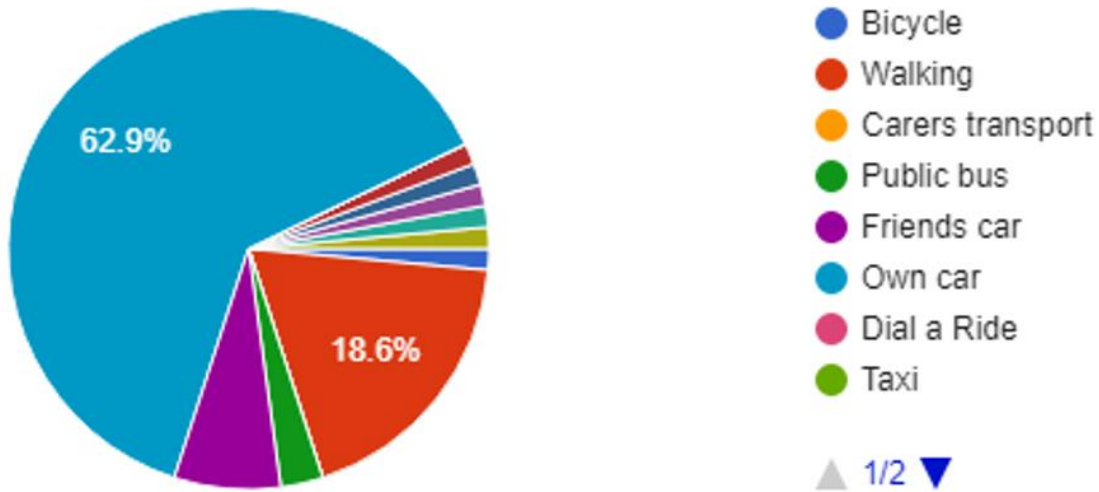
Question 10...What time of day are you most likely to engage in leisure, cultural and fitness activities?

Participants indicated that they are most likely to engage in leisure, cultural and fitness activities weekdays between 5-9pm.



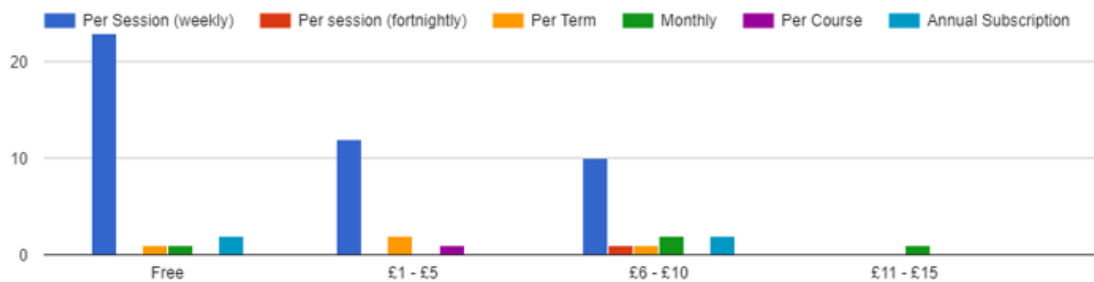
Question 11...What is your primary form of transport when travelling to activities?

The primary form of transport from people surveyed is their own car at 62.9%. The second most popular form of transport was walking at 18.6%.



Question 12...How much do you pay for your least expensive activity?

Least expensive activities are often free activities as those surveyed indicate with 23% choosing to walk. The highest least expensive activity cost was a monthly expense at between £11 to £15.

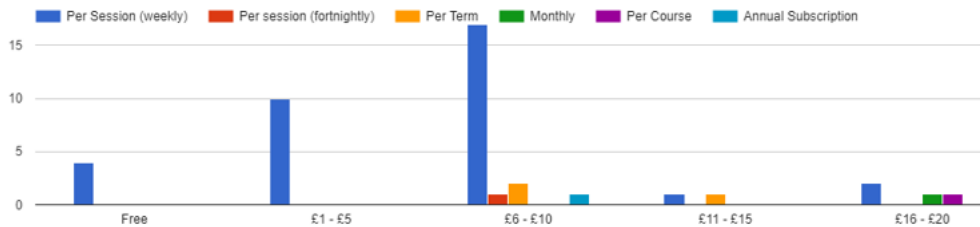


Question 13...What is your least expensive activity?

Walking	23%
Gardening	10.6%
Swimming	6.4%
Other Activities included...Scouts, sailing, painting, animal care, music, cooking book club, religious activities, running.	

Question 14.... How much do you pay for your most expensive activity?

The amount paid for participants most expensive activity was highest in the per session category at £6-£10. The highest most expensive activity cost was a monthly/per course expense at between £16 to £20. Theatre/Museum and Gym membership/classes costs were the most expensive activities of participants.

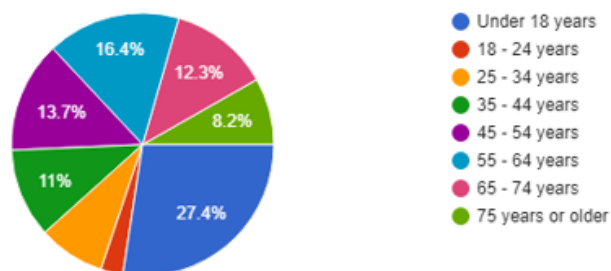


Question 15...What is your most expensive activity?

Theatre/Museum....	14.7%
Exercise...Gym membership/Classes	14.7%
Climbing	7%
Other Activities included...U3A, Dance, Language classes, Singing, Guitar lessons, Restaurant, pottery, religious activities	

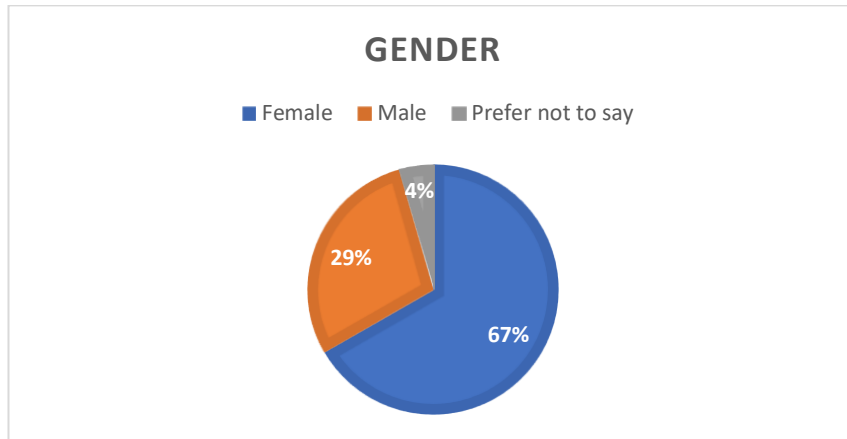
Question 16...What is your age?

27.4% of those surveyed were under 18yrs of age with just under 50% under 44yrs of age.



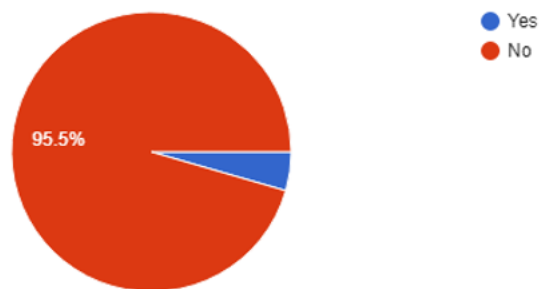
Question 17...What is your Gender?

The majority of participants were female at 67% and 29% were male.

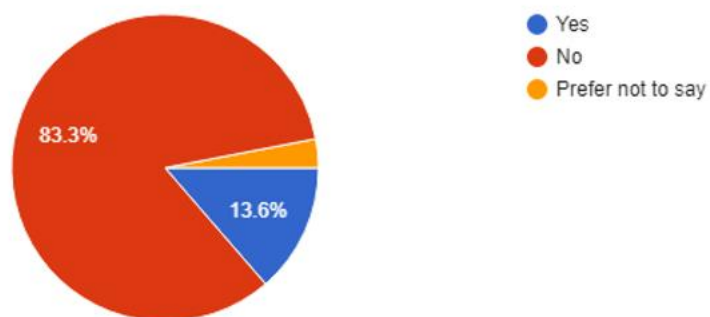


Question 18...Do you have any Cultural Needs that are not being met?

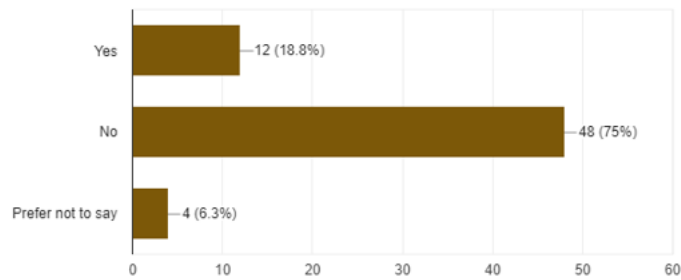
The majority 95.5% of people indicated that their cultural needs are being met.



Question 19...Are you responsible for caring for an adult relative, friend or neighbour



Question 20...Do you have a Health Condition that prevents you from doing activities?

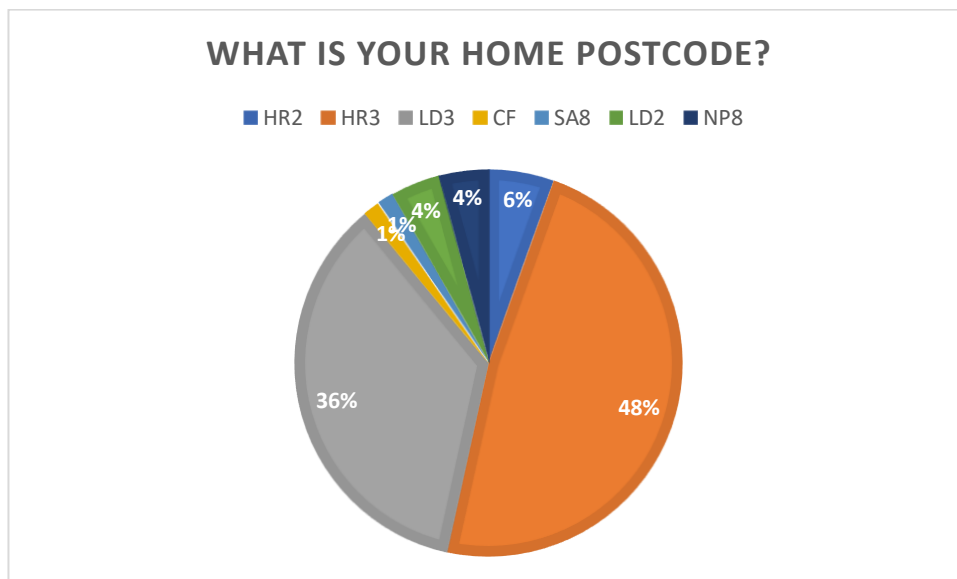


Question 21...Is there any physical or emotional support you need that would help you engage in activities?

Access to activities...When my elderly mother stays access to coffee mornings and exercise
Physical help...with lifting objects when gardening...gardening as group activity
Support to attend activities...to go with someone other than my mum...support worker to attend gym

Question 22.... What is your home postcode?

36% of respondents from LD3 with 90% of respondents within the catchment defined by Bronllys Well Being Park area of influence.



Providers of Activities in South East Powys

Four providers were asked about the services they provide. Venues used village halls, gym sports facilities. 50% are looking for alternative venues which would include Bronllys

Focus Group Evaluation

The following evaluation is based on the thematic analysis of two focus groups undertaken with the Leisure Group from Powys Teaching Health Board Integrated Autism Unit (IAU) and the Hay on Wye Cub Scout Group. The data provides a description of themes based around the focus group questions (appendix X). The Leisure group from the IAU meet regularly at Bronllys Hospital Site so were familiar with potential opportunities. Some members of Hay on Wye Cub group were familiar with Bronllys Hospital site as they had visited relatives who had been patients at the hospital but for many, they were unable to comment on potential opportunities at the Hospital Site.

Following a process of coding where important information could be labelled related to the study inquiry, a set of themes was established that captured the key factors of the focus group.

Focus Group – Hay on Wye Cub Scout Group

Theme	Summary of Key Points
Sport and fitness.....	Football, Rugby, Climbing, Sailing
Animal Care.....	Horses, Dogs, Cats
Gardening.....	Home, With Scout Group
Bush craft Skills.....	Cubs and Scouts

Focus Group - with the Leisure Group (IAU)

Theme	Summary of Key Points
Access.....Improved access to Leisure, Fitness and Cultural Opportunities for people with Autism	Training for teachers, coaches, activity facilitators in Autism Awareness would make people feel more confident about attending groups in the community. Support to attend community groups
Opportunities at Bronllys Hospital..... The Chapel, Green Spaces, unused buildings, Woodland Area	An application had been submitted to PTHB for use of The Chapel for workshop space, Café, meeting space. Mens Sheds. Gardening. Woodland management. Orchard

Summary

The following discussion summarises the main findings of the evaluation, bringing together quantitative and qualitative data in relation to the literature. Reflecting the aims of this feasibility study, the study focuses on the degree to which Leisure, Culture and Fitness Opportunities can be further developed at Bronllys Hospital and how these can be supported by Bronllys Well Being Park Community Land Trust

The diverse communities of South East Powys are looking to access activities close to where they live and at cost effective prices with a broad range of opportunities. Bronllys Village and Talgarth are well served by an active community and have some community assets which support current provision however some facilities are not fully meeting the requirements of the clubs and societies and a wider base of asset types is required.

For more general activities such as yoga and quiz nights people generally are looking for activities within 0-5 miles from home. For more bespoke activities people appear to be willing to travel further distances. The immediate communities (including staff of PTHB) surrounding Bronllys Hospital are likely to be served by the existing assets with routine general activities whilst more bespoke functions are likely to attract people from further afield.

A collaborative approach between BWBP CLT and PTHB to release some of the social value within the current public assets at Bronllys Hospital such as The Concert Hall is likely to have a positive impact on the local communities in expanding the resources available in the local community.

It is widely recognised that hospitals can play a greater role in promoting the health and wellbeing of their local communities through the access and development of land and buildings for wider uses. Within Wales several initiatives have grasped the opportunity to pioneer and promote hospital places as a place open to the public, developing green health initiatives for future generations. Bronllys Well Being Park CLT is ideally constituted to support PTHB and NHS Wales look to develop a green health environment at Bronllys Hospital to promote leisure, Fitness and Cultural experiences for all age groups.

Findings and Indications from the Arwain Feasibility Leisure, Cultural and Fitness and Cultural Opportunities Survey at Bronllys Hospital 2021

With the current offering of leisure, fitness and cultural opportunities in South East Powys Bronllys Well Being Park CLT working with PTHB at Bronllys Hospital has the potential to fulfil an essential need to fill gaps in that current provision through the utilisation of public owned assets for the benefit of the local communities.

The policy drivers which are working towards building strong communities in our rural areas to enhance the health and wellbeing are ideally placed to facilitate the opportunity growth within the assets and buildings at Bronllys Hospital. The author will recommend that PTHB and BWBP CLT develop a coordinated plan to develop increasing the access to leisure, cultural and fitness opportunities on the hospital site for the benefit of patients, staff and the local communities.

7. Conclusion

The Bronllys Hospital site is of huge significance to any future vision of developing local leisure, cultural and fitness activities and can bring significant value to residents of the local area, patients and staff.

A flagship resource to enhance what is currently available in the local vicinity, Bronllys Hospital site has the potential to support innovative solutions to public policy health and wellbeing plans.

The BWBP CLT Leisure, Fitness and Culture Feasibility Study demonstrates this.

People want to engage in leisure, fitness and cultural opportunities and whilst local resources can meet some of that need there are gaps in the availability of opportunities and a need for a variety of facilities to deliver a range of meaningful activities for the community.

We are aware of the health and social impacts of social isolation, sedentary lifestyles, and reduced cross intergenerational cohesion.

Maximising the resources available in our community to enable active communities to thrive and continue to build effective, robust networks, that cross intergenerational boundaries that can be self-sustaining is a priority for all

8. Recommended Actions

If these opportunities are to be grasped and communities encouraged to play a proactive role in planning leisure, cultural and fitness activities through a model of co-production, it is recommended:

- The PTHB embraces the vision and works with local partners to identify the scope for permitting collaborative leisure, fitness and cultural activities on Bronllys Hospital site and supports their implementation.
- BWBP CLT and its partners to support the wider community to engage in a long-term collaboration with PTHB in order to establish opportunities for leisure, cultural and fitness activities at Bronllys Hospital.
- BWBP CLT to be a voice for its members and local communities and raise awareness of any land and buildings under threat from any proposed future private development at Bronllys Hospital.
- Read this Feasibility Study in conjunction with the Next Ten Years proposal document which will ensure the reader/s are fully informed of community aspiration.

- Low cost green health leisure and fitness opportunities are expanded at Bronllys Hospital for the benefit of patients, staff and local communities. This can include developing paths for walking, the siting of green health gym equipment within the park, nature trails with signage identifying local flora and fauna as envisaged in the proposed Measured Mile Walk.
- Leisure, fitness and cultural opportunities at Bronllys Hospital site need to be inclusive and engagement of volunteers and additional local support networks developed to enable accessibility for those needing additional support.
- Establish links with an academic body to independently mentor research and monitor the Well Being Park's development of Leisure, Sports and Cultural Project at Bronllys Hospital.
- Innovative applications need to be considered such as technology, media and radio to support the development of creative activities.
- In 2011 (Census) 19% of citizens said they could speak Welsh with the main pockets of Welsh speakers found in the North West and South West of the county. Promotion of the Welsh language needs to be continued and developed into existing and future leisure, fitness and cultural opportunities at Bronllys Hospital site

ii. Acknowledgements

Bronllys Well Being Park (CLT) Ltd would like to thank its members and the communities of South East Powys for their involvement in the feasibility study and to the other key partners and stakeholders who are actively involved in this work.