



# Bronllys Well Being Park (CLT) Ltd

## Feasibility Study in to Well Being 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 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](http://www.bronllyswellbeingpark.org)

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## i. Abstract

This feasibility study reviews and highlights how land assets within the Bronllys Hospital site could promote and enhance well being opportunities for the local communities.

By supporting people to become active members of their community, enabling them to plan for their future, take meaningful action and increase overall well being is a key component of the Powys Health and Wellbeing Strategy.

These proposals support considerations for the future development of land 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 has received funding from Arwain Leader Programme to undertake this Feasibility Study that follows on from several engagement events with the members of Bronllys Well Being Park (CLT) Ltd.

The aim of the study is to provide recommendations on the potential for promoting Well Being at Bronllys Hospital for local communities.

## 1.1 Objective

The project has the following objective to undertake a feasibility Study of Well Being opportunities at Bronllys Hospital. As part of this work identify the Well Being factors that are integral to the Study Area. Completing additionally an audit of potential well being resources that could be achieved with co-productive collaboration between the community and public bodies.

## 1.2 Study Area

The overall study area is The Bronllys Hospital and grounds. The overall study area is indicated by the purple dashed line (Area A) in Fig 1. Area B (Fig 1) is currently in the ownership of NHS Wales, with Powys Teaching Health Board (PTHB) managing the site.

## 1.3 Study Constraints

The constraints of the study are that key assets such as the land within the study area have all been considered. All land and buildings) is currently in the ownership of NHS Wales, with Powys Teaching Health Board (PTHB) managing the site. The PTHB did not participate fully in this study.

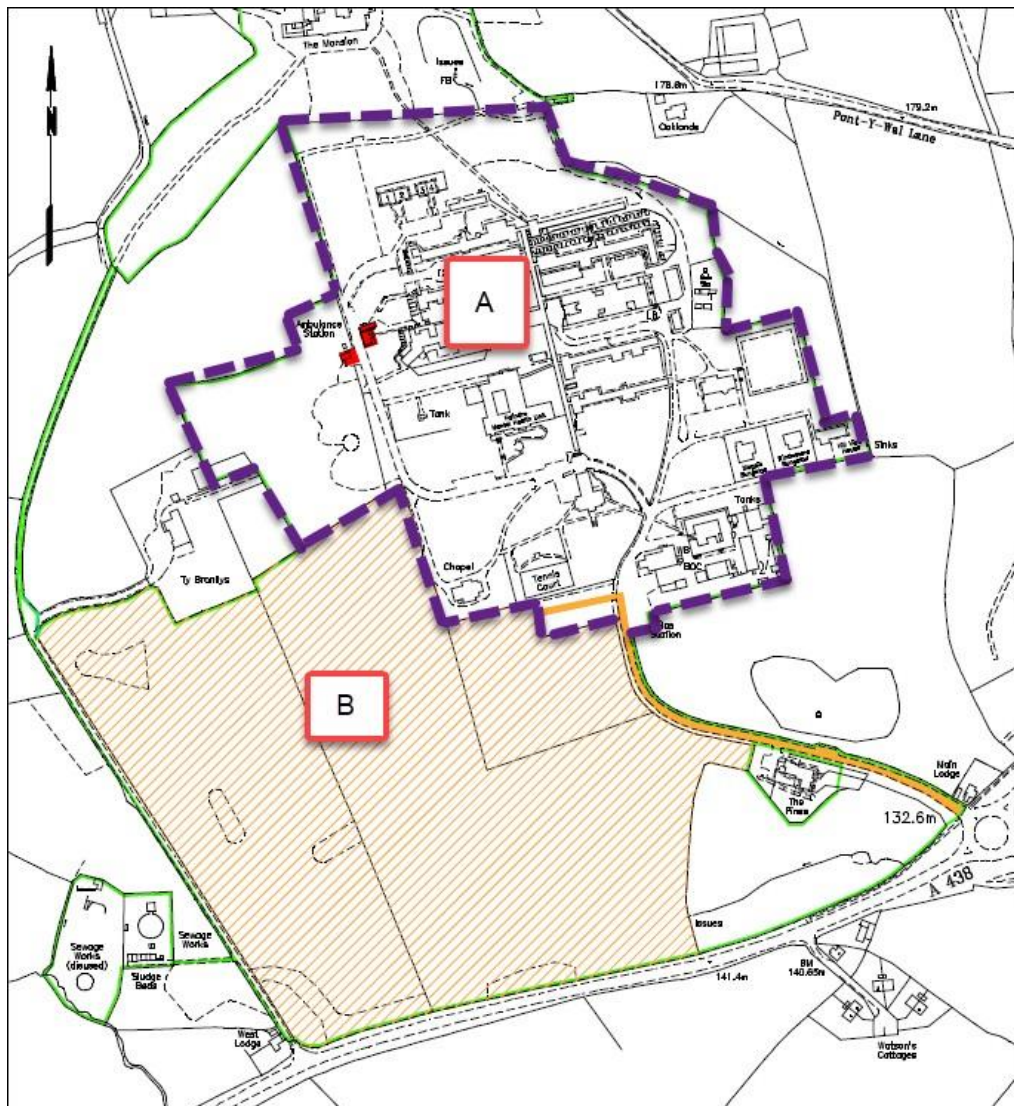


Fig 1. Area of land owned by PTHB at Bronllys Hospital

### 1.4 Purpose and Requirements

- To determine Well Being opportunities that the Study Area could provide for the local community and beyond.

## 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.

The Community Land Trust is overseen by a Board of Members drawn mainly from the local community, each individual board member having skills and experience from different walks of life including the public, the private and the voluntary sector.

Individual skills and experience include nursing, welfare, administration, business development, project management, company management, directorships and start-up organisations.

The Board is supported by a group of advisors from a wide range of organisations and backgrounds.

### **2.1 The goals of Bronllys Well Being Park (CLT) Ltd are to:**

- To provide truly affordable and sustainable housing by working closely with housing associations, community led 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.

## 2.2 BWBP SWOT Analysis

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

## 2.3 Context

Community Land Trusts (CLTs) are a form of community benefit organisation set up and run by ordinary people to develop and manage homes as well as other assets important to that community, like community enterprises, food growing or workspaces.



Following an enquiry by design by The Princes Foundation (2011) 'A Vision for Bronllys Hospital' and subsequent action from the local community to maintain Bronllys Hospital at the heart of the community, BWBP CLT is undertaking this feasibility study to build on its work and ambition to act as long term stewards and realise the value The Bronllys Hospital grounds can hold for the local community, not just for now but for future generations.

## 2.4 Background

Wales has a strong tradition and enjoyed the benefits communities caring for each other and their environment. Understanding and defending well being is central to this community. Communities in this area have been offering therapeutic and clinical support for generations. BWBP CLT is responding to requests by Welsh Government to work with Powys Teaching Health Board and Powys County Council issued in 2015 to develop a Health & Wellbeing Park [*Adopted Powys Local Development Plan 2011-2026*]

## 3. Introduction to the Study

This study looks at the well-being, Bronllys Well Being Park (CLT) Ltd. (BWBP) could offer through its vision: To create and deliver a ground-breaking community asset which is inspired and owned by local people.

BWBP CLT aims to complement and enhance Bronllys Hospital through the sustainable development of housing, transport, work and leisure opportunities, as well as a range of well-being facilities for the entire community.

The current study objectives are:

- to link with evidence collected in previous feasibility studies produced for BWBP, particularly considering the well-being aspect.
- Conduct an audit of potential for Well Being Promotion at Bronllys.
- to refer to policy papers and reports by the Welsh Government, Powys County Council, Powys Teaching Health Board and Public Service Boards.

The Well Being Park proposals are for a range of provision of facilities to enhance the Health Campus NHS resources.

These compromised Housing, Transport, Energy, Growing, and Leisure are studied in companion Feasibility studies. These are put into proposals that are contained in the "The Next Ten Years" document which will inform the Well Being Opportunity Audit.

This study additionally identifies three other major well being influences i.e. Employment, Nature and Heritage.

We are starting with the definitions of health and well being will also be examined along with the advice that informs our approach from The Future Generations and Welsh Government legislation.

## 4. Definition of Health and Well-Being

**Health definition of Well Being is** - the condition of being sound in body, mind, or spirit; especially: freedom from physical disease or pain.

Measuring National Well-being (MNW) is a method used to gauge **to measure** what really matters to people looking beyond GDP. (See fig 1)

### 4.1 The Determinants of Health

Many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts on health, whereas the more commonly considered factors by public health movements such as access and use of health care services also have far reaching impact.

**The determinants of health include:**

The social and economic environment

The physical environment

The person's individual characteristics and behaviours.

The context of people's lives determines their health, and so blaming individuals for having poor health or crediting them for good health is inappropriate. Individuals are unlikely to be able to directly control many of the determinants of health. These determinants—or things that make people healthy or not—include the above factors, and many others:

**Income and social status:** higher income and social status are linked to better health. The greater the gap between the richest and poorest people, the greater the differences in health.

**Education:** low education levels are linked with poor health, more stress and lower self-confidence.

**Physical environment:** safe water and clean air, healthy workplaces, safe houses, communities and roads all contribute to good health.

Employment and working conditions – people in employment are healthier, particularly those who have more control over their working conditions

**Genetics:** inheritance plays a part in determining lifespan, healthiness and the likelihood of developing certain illnesses.

**Personal behaviour and coping skills** – balanced eating, keeping active, smoking, drinking, and how we deal with life's stresses and challenges all affect health.

**Gender:** Men and women suffer from different types of diseases at different ages.

**Social support networks:** greater support from families, friends and communities is linked to better health. Culture – customs and traditions, and the beliefs of the family and community all affect health.

#### 4.2 Definition of Well-Being Graphic



Source: <http://alicemooreuk.blogspot.com/2016/05/wellbeing-and-welfare-are-still-being.html>

#### 4.3 Well-being definition in the Social Services and Well-being (Wales) Act 2014 (6)



Well-being means a person is happy, healthy and is comfortable with their life and what they do.

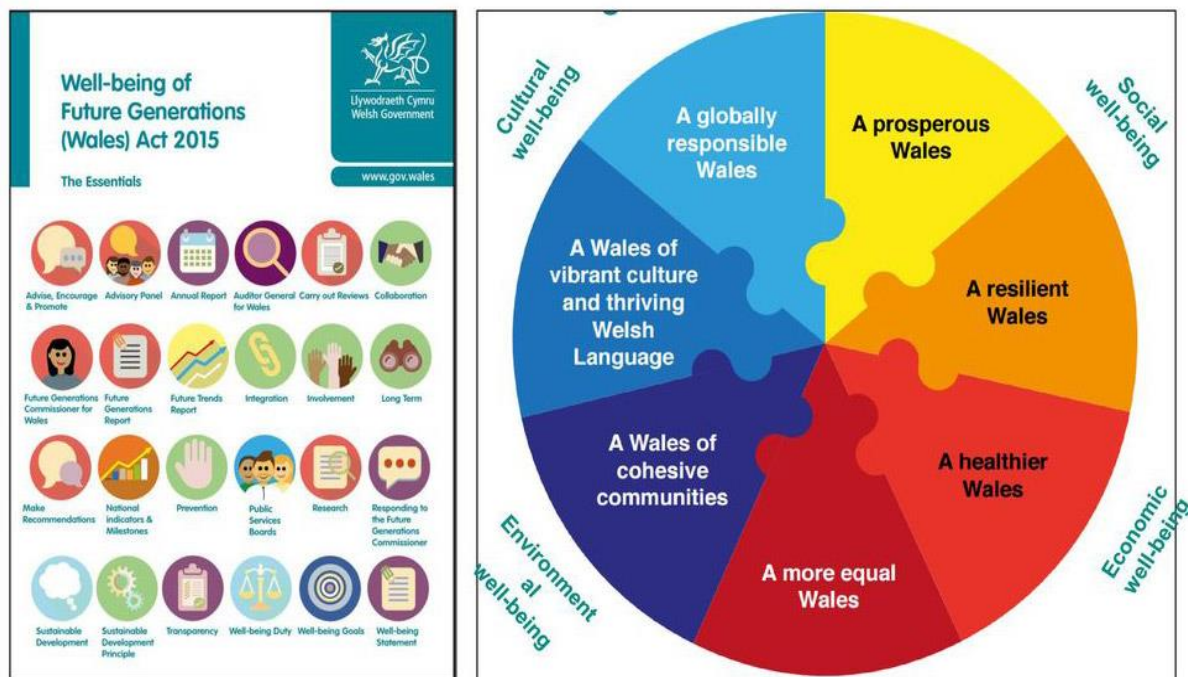
The Welsh Government has published a Well-being Statement to set out what this means.

It has been put together with the people who use and deliver social services. It says well-being is made up of eight main parts:

1. Being physically, mentally and emotionally happy
2. Making sure you have your rights
3. Having education, training, sports and play

4. You are protected from abuse, harm and neglect
5. Positive relationships with family and friends
6. Having a social life and enough money to live a healthy life
7. Having a good home
8. Being part of the community

**4.4 The Well-being of Future Generations Act Wales (2015) identifies four areas of well-being. Social, cultural, environmental and economic well-being (7)**



**4.5 Description of the Well-being Goals for Wales**

**A prosperous Wales:** An innovative, productive and low carbon society which recognises the limits of the global environment and therefore uses resources efficiently and proportionately (including acting on climate change); and which develops a skilled and well-educated population in an economy which generates wealth and provides employment opportunities, allowing people to take advantage of the wealth generated through securing decent work.

**A resilient Wales:** A nation which maintains and enhances a biodiverse natural environment with healthy functioning ecosystems that support social, economic and ecological resilience and the capacity to adapt to change (for example climate change).

**A healthier Wales:** A society in which people’s physical and mental well-being is maximised and in which choices and behaviours that benefit future health are understood.

**A more equal Wales:** A society that enables people to fulfil their potential no matter what their background or circumstances (including their socio- economic background and circumstances).

**A Wales of cohesive communities:** Attractive, viable, safe and well-connected communities.

**A Wales of vibrant culture and thriving Welsh language:** A society that promotes and protects culture, heritage and the Welsh language, and which encourages people to participate in the arts, and sports and recreation.

**A globally responsible Wales:** A nation which, when doing anything to improve the economic, social, environmental and cultural well-being of Wales, takes account of whether doing such a thing may make a positive contribution to global well-being.

## 5. Bronllys Hospital – its heritage and natural setting

Bronllys Hospital has a revered history. Opened in the 1920s by George V and Queen Mary as a memorial to his father, the aim of this Arts and Crafts designed sanatorium was to contribute to the eradication of tuberculosis. The hospital was built on a south facing site; this aspect would have been chosen specifically for its health enhancing properties, which would have been thought to aid recovery. The Bronllys Hospital site was considered to be conducive to well-being because of its south-facing aspect and panoramic views.

The whole area lies within the Middle Wye Valley Landscape of Historic Interest. These designations would form a key part of any consideration by Powys County Council or Cadw of future planning applications.

There are many structurally obsolete buildings, estate land which is not being used to its full potential and which as a result has become a maintenance burden to the Health Board.

These are the two Grade II listed buildings, the Basil Webb Hall and the Chapel. Whilst these buildings have been individually listed, there is a strong group value throughout the site. There is also a clear interrelationship between the structures and a strong harmony in their scale and materials. The spaces between the buildings and the connecting walkways are part of that historic character and the views into, out of, and through the parkland are of strong significance.

Ornamental planting between and around the hospital buildings is concentrated on the central area of the site near the Nurses Home and the Chapel. On the northern slopes, just below the Mansion House some over-mature orchard plantations remain. Three distinct landscape types are evident on or adjacent to the site:

- Agricultural - the landscape of the Wye Valley
- Ornamental - the parkland remnants
- Institutional - the hospital terraces and gardens

The site is included by Cadw in the Register of Historic Parks and Gardens and by the Countryside Council for Wales in the Mid Wye Valley Landscape of Historic interest.

## 6. Nature for well being

Our affinity toward nature is deep-rooted in evolution. For example, most people prefer to book accommodation that have a great view from the balcony or the terrace. Patients who get a natural view from their hospital bed recover sooner than others. When stress takes a toll people crave for time to relax amidst nature?

Walking in the woods or a stroll by the beach on a sunny morning can awaken the innermost feelings of happiness, peace and awe. Environmental Psychology has gone a long way proving this fact (Bell, Fisher, Baum, Greene, 1996).

We look at the positive effects of connecting with nature, why we feel so empowered when we are close to Nature? What happens to us when the soft breeze or the warm sun touches us?

Frank Lloyd Wright had said, “*Study Nature, love Nature, stay close to Nature. It will never fail you.*”

Author Richard Louv mentioned ‘Nature-Deficit Disorder’ in his famous **book** ‘*Last Child in The Woods.*’ (9)

According to Louv, nature-deficit disorder is not the presence of an anomaly in the brain; it is the loss of connection of humans to their natural environment. Staying close to nature improves physical, mental, and spiritual well-being. It makes us feel alive from the inside, and we should not compromise it for recent developments like urbanization, technology, or social media.

### How Does Nature Impact Our Well-being? (11)

Research reveals that environments can increase or reduce our stress, which in turn impacts our bodies. What we are seeing, hearing, experiencing at any moment is changing not only our mood, but how our nervous, endocrine, and immune systems are working.

The stress of an unpleasant environment can cause one to feel anxious, or sad, or helpless. This in turn elevates blood pressure, heart rate, and muscle tension and suppresses the immune system. A pleasing environment can reverse that.

And regardless of age or culture, humans find nature pleasing. In one study cited in the book *Healing Gardens*, researchers found that more than two-thirds of people choose a natural setting to retreat to when stressed.

### Nature heals

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes us feel better emotionally, it contributes to our physical well-being, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. It may even reduce mortality, according to scientists such as public health researchers Stamatakis and Mitchell.

Research done in hospitals, offices, and schools has found that even a simple plant in a room can have a significant impact on stress and anxiety.

### Nature soothes

In addition, nature helps us cope with pain. Because we are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort.

This is demonstrated in a now classic study of patients who underwent gallbladder surgery; half had a view of trees and half had a view of a wall. According to the physician who conducted the study, Robert Ulrich, the patients with the view of trees tolerated pain better, appeared to nurses to have fewer negative effects, and spent less time in a hospital. More recent studies have shown similar results with scenes from [nature and plants in hospital rooms](#).



### Nature restores

One of the most intriguing areas of current research is the impact of nature on general wellbeing. In one study in *Mind*, 95% of those interviewed said their mood improved after spending time outside, changing from depressed, stressed, and anxious to calmer and more balanced. Other studies by Ulrich, Kim, and Cervinka show that time in nature or scenes of nature are associated with a [positive mood](#), and psychological wellbeing, meaningfulness, and vitality.

Furthermore, time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature. This also provides a respite for our overactive minds, refreshing us for new tasks.

In another interesting area, Andrea Taylor's research on children with ADHD shows that time spent in nature increases their attention span later.

### Nature deprivation

A lack of time in the natural world, largely due to hours spent in front of TV or computer screens, has been associated, unsurprisingly, with depression. More unexpected are studies by Weinstein and others that associate screen time with loss of empathy and lack of altruism.

And the risks are even higher than depression and isolation. In a 2011 study published in the *Journal of the American College of Cardiology*, time in front of a screen was associated with a higher risk of death, and that was independent of physical activity!



© Photo by Anna James / View onto the chapel

## 7. Heritage and Well Being

Heritage has a unique role to play in promoting both societal and individual well-being. It offers the intangible: a sense of rootedness and identity, of place and understanding. It can also provide tangible benefits; volunteers at heritage sites feel more confident, and volunteering boosts their social skills. Providing spaces and activities which offer these benefits will be more important than ever as we move away from the immediate impact of COVID-19.

Heritage, as it is present at the Bronllys Hospital site, is unique in its ability to combine the tangible with the creative, supporting both physical and mental well-being in a myriad of ways.

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The benefits of staying close to nature and heritage are diverse. We can enjoy the positive effects of connecting to the environment at all levels of individual well-being.



Our heritage is our national story. And as we rebuild our society after the impact of the COVID-19 crisis, it has an integral role in the nation's future well-being. From the physical benefits of exploring heritage landscapes, to the positive impact historic sites can have on mental health, there is clearly a role for the past to play as we move into a healthier, happier future.



The two Grade II listed buildings on Bronllys Hospital: The Chapel and the Basil Webb Hall

## 8. Employment for well-being

The development of a Health Campus and a Well Being Park at Bronllys as envisaged in the Local Development Plan and proposed in the BWBP's "Next Ten Years" document will generate prosperity and in turn well being, via employment. Welsh Government support local procurement actively and as a planet saving policy.

Higher healthy life expectancy is strongly correlated with higher employment rates, particularly for men. On average, for every 10 percentage points higher the employment rate, healthy life expectancy is around 5 years higher.

Unemployment has consistently been found to have a negative impact on a range of health outcomes. Reviews have found\* links between unemployment and self-rated health, with worse effects for men and those unemployed due to health, and ameliorated by strong social networks. There are similar relationships with mental health, including depression, anxiety, and self-esteem.

\*The analysis showed that there was a health effect for gender, age, education level, household income, and geographic location. However, this effect differed between studies and no clear pattern on who benefits or suffers more among these groups could be determined. The result instead seemed to depend on the study context. The only clear patterns of association found were for socioeconomic status (manual workers suffer more), reason for unemployment (being unemployed due to health reasons is worse), and social network (a strong network is beneficial).

Most of the studies in the reviews showed a negative effect on health from unemployment on a population basis. Results at the factor levels were most common for gender (25 articles), age (11 articles), geographic location (8 articles), and education level (5 articles).

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4364585/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4364585/)

- There is a clear relationship between employment and both life expectancy and healthy life expectancy, although it is stronger for men than for women.
- The correlation also tends to be stronger for healthy life expectancy rather than total lifespan.
- An additional 10% of employment is associated with around 5 years of healthy life expectancy in this simple relationship.
- There is a clear pattern with the most deprived fifth of local areas experience both the worst health and employment outcomes. However, a significant share of the 20-30% of most deprived local areas have above typical rates of employment but less than typical health outcomes.
- Further analysis shows that the same relationships between life expectancy and healthy life expectancy with employment rates hold for unemployment rates and for inactivity rates.

Source: [Employment and unemployment | The Health Foundation](#)

## 9. Housing for Well Being

Housing or home making is essential for well being and peace of mind. It occupies an important position as a social determinant of health; it is part of a package of social and economic conditions that shape individual well-being (Bentley et al., 2016b). Housing is not only relevant in relation to its practical use-value as somewhere to dwell, but can also contribute to a sense of self, identity, security and constancy (Hiscock et al., 2001, Benson and Jackson, 2017).

Insecurity of tenure presents an increasingly prevalent issue for renters in the private sector, and potentially within the social rented sector as well due to the consequences of benefit caps and rising rent levels. The freeze on Local Housing Allowance (LHA) in the PRS has contributed to widespread issues of affordability for people receiving housing benefit, with just a third of private rents in Wales met by LHA (Community Housing Cymru, 2017). We are advised that these levels are likely to have risen by over a half due to the pressure on housing since the Covid pandemic struck.

The proposed home making solutions BWBP's "Next Ten Years" document offer a range of housing with community benefitting tenure. This will enable the resources to remain a perpetual community asset a form of modern day alms. It is proposed up to 44 homes will be discreetly built at Bronllys. That they are semi-detached, 2 storey. Zero carbon houses will be offered on special tenure to be rented or offered as a home for life purchase. This housing will be offered to people downsizing or looking for first homes; essential workers or those wanting to work from Home. In addition to more conventional homes Co-Housing and Co-Care Housing

The Co-Housing could possibly be located in a retrofitted re furnished building. This could be a multi-generational complex offering a balance of community and privacy with its own garden for cultivating vegetables, a hen-run etc. The complex could probably include about 20 to 25 units of varying size, ranging from 3 bed units to studio flats. A mixture of tenures including purchase for life, shared ownership and social renting, with no profit on re-sale. Thus remaining a community asset in perpetuity.

Co-care Housing is an innovative approach to providing a cared for home life for the individual and their carer. This is proposed to be housed in a retrofitted refurbished building, and offer homes for families who have a disabled member. Based on co-housing principles with an enhanced level of co-operation and sharing, with specialist facilities available – e.g. a Namaste Room – it aims to improve the lives of those with various conditions and to give regular respite to their Carers. It is an innovative solution to the challenge of increased care needs and will help combat the isolation that caring can bring.

It is also proposed to build on a vacated site a Care Assisted Home. This would offer extra care living for individuals and serve the south Powys area and beyond, targeting care for those with dementia or needing neurological care. It would also support those unable to live in their own home or when their carer needs a break. It would benefit from other BWBP facilities as residents and their visitors. The 20-person facility is intended to be in a purpose-designed building adjacent to the Day Nursery, sharing its enclosed outdoor space with it, with suitable division. The design will be to the highest, cutting-edge standards for buildings that promote the well-being of residents and their Carers.

## 10. Transport for Well-being

Mobility is essential for civic participation, connectivity, and health and well-being. Transport is integral to addressing the wider societal challenges of exclusion and isolation. Improved transport services are essential for increasing well being.

There are many pressing reasons why we need to rethink how we move and travel and travel in rural areas. From addressing air quality problems, decarbonisation of the transport sector, supporting the active travel agenda, decongesting and revitalising city centres and improve mobility in rural areas.

People on low incomes cannot afford the costs of travel to places of employment; older people cannot easily access the services they need. Of necessity, car use is high, unavoidable and costly in rural areas. Villagers who can't or no longer drive feel cut off from towns and other facilities.

Older People need affordable housing designed for their needs and which enables them to stay longer in their homes and for this they need effective transport to access services.

An envisioned Bronllys-based re-chargeable community mobility hub could complement and support the transport network for local villages, offering connectivity for treatment, shopping, employment and cultural events, cutting down on loneliness, social isolation and carbon emissions. This could contribute greatly to the Well Being of our community and increase the esteem of those who are not driving themselves. This also could cut down on single use-age of carbonised transport and help with the Welsh Government's drive to protect the Well Being of the planet.

## 11. Energy for Well Being

Energy is integral to well being for basic life, peace of mind and security of everyone. The need to have sustainable energy sources has been central to BWBP's proposal from the outset for individuals,

households and premises. Additionally the peace of mind that affordable and secure energy sources can provide in terms of heating, transport and cooling also enhances contentment and well being.

Genuinely affordable Energy solutions at the Bronllys Hospital have been identified both for the NHS and BWBP CLT Ltd complementing resources.

Environmental and financial savings are the prize for all involved in Bronllys from Public Bodies, Voluntary Organisations, Well Being Enterprises, potential residents and visitors. The top prize however is shared well being.

## 12. Food Growing for Well Being

Benefits of gardening and food growing for mental health and well-being is widely known. Gardens, as well as the activity of gardening, have been shown to have a positive impact on peoples' health and well-being,

The result of both the physical activity and the use of the garden as a space for mental relaxation and stimulation are widely known.

In 2013 the UK charity Mind published a report on the outcomes of their 130 ecotherapy projects across England (Mind, 2013). They described "ecotherapy as an intervention that improves mental and physical health and well-being by supporting people to be active outdoors; doing gardening, food growing or environmental work".

Based on a number of external evaluations (Bragg et al. 2013, New Economics Foundation, 2013) of their projects they concluded ecotherapy services can help people to look after their mental wellbeing, support people who may be at risk of developing a mental health problem and help the recovery of people with existing mental health problems (Mind, 2013).

Gardeners appear to be aware that gardening is good for their mental health; in a USA study gardener involved with the Philadelphia Gardening Programme were asked why they gardened (Blair et al., 1991). Interviewing a total of 144 gardeners Blair et al. found that recreation (21%) was the most important reason followed by health benefits including 'mental health' (19%), 'physical health and exercise' (17%) and 'produce quality and nutrition' (14%).

Besides the activity of gardening, viewing green space and being in green space has also been shown to have positive effects on mental health and stress. For example, Lohr et al. (1996) report that views over 'green space' in the form of plants at work can already improve performance. According to Pretty et al. (2007) "less green nature means reduced mental well-being, or at least less opportunity to recover from mental stress". Sugiyama et al. (2008) reported in a review that perceived neighbourhood greenness was positively correlated with mental health (together with walking and social cohesiveness), and in this case more so than physical health.

Food growing from allotments to care gardening to wildlife meadows are all proposals in the BWBP Next ten Years document. Each of these are solely geared to promoting well being

## 13. Leisure, Fitness and Cultural Opportunities for Well Being

Leisure, fitness and culture all contribute to well being. In Wales, culture has been identified as making an important contribution towards helping individuals and communities out of poverty (Andrews 2014).

Exploring the relationship between culture and well-being, The Browne Gott, H. (2020) report built on Welsh Government research. They found that:-

- People who attended an arts event were 54% more likely to have high self-reported life satisfaction.
- Respondents who attended or participated in cultural activities are 23% more likely to report high life satisfaction.

These findings also found that

- Respondents living in material deprivation are 67% less likely to have high life satisfaction, and
- People who are unemployed are 56% less likely to have high well-being.

Sharing the resources which are at Bronllys would bolster greatly the Well Being that could be gained from there.

Starting with leisure and fitness the Bronllys grounds offer a range of opportunities that could be developed from walking, safe cycling, running, tennis, bowls, walking football etc. Less active pastimes can also be envisaged painting and nature study for example.

Culture which is imbedded in the area been and can also be supported with shared use of the Concert Hall and the restored Arts and Crafts Chapel. An opportunity to contribute to contemporary culture was offered by proposals for a Hospital Community Radio [See appendix 2]

## 14. Conclusion

This study identifies that Well Being Opportunities are integral to the Study Area.

Selected for its sunshine soaked southern aspect and stunning views first as a prized mansion and then as a highly valued hospital over the last 100 years. In essence the setting at Bronllys generates well being.

The study identifies the natural setting and the heritage at Bronllys as being significant in well being promotion.

The natural setting is unsurpassed and bestows well being on all who are treated, work and visit there. Well being benefits that the natural setting generate are explored in this study.

The natural setting also accounts for part of the high regard that Bronllys Hospital is held in and community's staunch defence of the NHS resources.

The other integral factor identified in this study for promoting well being is the iconic heritage of the listed and other unlisted yet decorous buildings.

Moving on to non-integral factors this study highlighted how increased employment leads to improved Well Being levels. The Well Being Audit [appendix 3] identifies the potential for employment that could be generated at Bronllys by Well Being Park development. At a conservative estimate this can exponentially lead to increased well being.

Looking to each of the remaining Feasibilities Studies it is clear that each generates conditions for enhanced well being levels.

In *housing* the security, esteem contentment, health giving and fulfilment that genuinely affordable homes can offer in promoting well being could be massive.

*Transport* that connects people to the rest of their community for health, work, leisure and socially are also essentials for wellbeing. Additionally, the impact of achieving a transport system that diverts people from carbon based mobility would be major contribution to planet care. This also contributes another form of well being i.e. that which comes from climate anxiety reduction.

Looking at options for sustainable *Energy* to ensure cooking, warmth, cooling mobility, cooking without fuel poverty and well being is calculable.

In the feasibility studies on *Food Growing* and *Leisure Fitness and Cultural opportunities* the well being benefits are clearly demonstrable.

Measuring the possible well being that could be further developed at Bronllys can be seen in the Well Being Audit.

All of these potential well being gains can only be achieved with co-productive collaboration between the community and public bodies.

## 15. Recommended Actions

These findings highlight opportunities which should be wholeheartedly grasped with communities encouraged to play a proactive role in securing the development of a Well Being Park.

This will aid and help promote Well Being with the development of the component elements in the Well Being Park Proposals by implementing the following recommendations

- All efforts should be made to support the PTHB and PCC to re embrace their original vision and commitment to working with local partners in coproduction to ensure the components that the Well Being Park could offer are made available at the Bronllys site.
- BWBP CLT Ltd should by raising awareness of any land or open space which may come under threat from any proposed future private or commercial development at Bronllys Hospital preserve the interests of the local communities and members.
- Making progress will be possible through open and transparent interactions amongst all the collaborating parties.
- The involvement of local communities will be respected as promoted and supported Government policies.

- BWBP CLT Ltd should by raising awareness of any land or open space which may come under threat from any proposed future private or commercial development at Bronllys Hospital preserve the interests of the local communities and members.
- BWBP CLT should be engaged to identify partnership organisations and make applications to fund the component developments on the Bronllys site as highlighted and included in Local Development Plan.
- BWBP CLT Ltd is well positioned to and should apply for funding that is not available to local authorities, County Councils and Health Boards to progress the Well Being Park.
- BWBP CLT Ltd should by raising awareness of any land or open space which may come under threat from any proposed future private or commercial development at Bronllys Hospital preserve the interests of the local communities and members.
- BWBP together with representatives develop an organisational Not for Profit structure with strategic partners to take the project forward.
- Continue with effective and continuous community engagement and co-design in the planning process leads to greater community empowerment and leadership, essential elements of success.
- The PTHB works with local partners PCC and BWBP to identify the scope for permitting collaborative Well Being gains at Bronllys Hospital grounds and supports their implementation

## Appendix 1

### Measuring National Well-being (MNW) (12)

MNW is about looking at “GDP and beyond” to measure what really matters to people. The MNW programme began in November 2010 with the aim to “develop and publish an accepted and trusted set of National Statistics which help people understand and monitor well-being”. We describe well-being as “how we are doing” as individuals, as communities and as a nation, and how sustainable this is for the future.

#### What do we mean by personal well-being?

In the past, assumptions were made about how objective conditions, such as people’s health and income, might influence their individual well-being. Personal well-being measures, on the other hand, take account of what matters to people by allowing them to decide what is important when they respond to questions.

#### Harmonised Principles

Harmonisation is the process of making statistics and data more comparable, consistent and coherent. Harmonised principles set out how to collect and report statistics to ensure comparability across different data collections in the Government Statistical Service (GSS). Harmonisation produces more useful statistics that give users a greater level of understanding.

For personal well-being, the harmonised principle is made up of four questions, often referred to in literature as the “ONS4” (as they were developed by the Office for National Statistics (ONS)). Each of the questions are rated on an 11-point scale.

## The Four Questions (13)

Question stem	Response options
Overall, how satisfied are you with your life nowadays?	0 to 10
Overall, to what extent do you feel that the things you do in your life are worthwhile?	0 to 10
Overall, how happy did you feel yesterday?	0 to 10
On a scale where 0 is "not at all anxious" and 10 is "completely anxious", overall, how anxious did you feel yesterday?	0 to 10

### What matters to personal well-being? (1) (14)

Personal well-being (sometimes referred to as “subjective well-being”) is one of many ways in which the MNW programme aims to assess the progress of the nation.

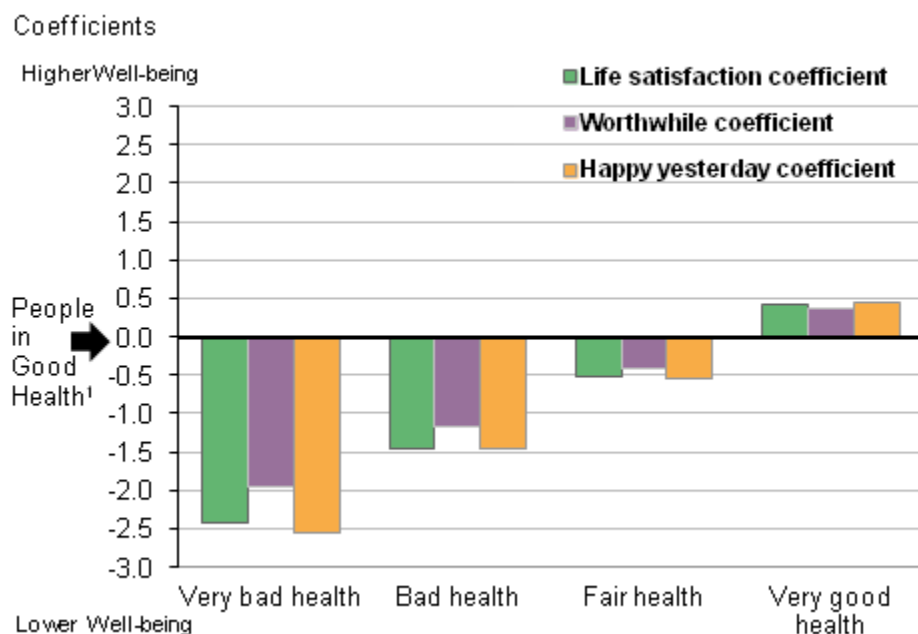
### Health, unemployment and relationship status are very important

Analysis from the large scale 2011/12 Annual Population Survey explores the influence of a range of factors on personal well-being across Great Britain. The analysis provides a sense of the relative importance of these factors in shaping people’s views about their own well-being – one aspect of national well-being.

How people view their health was the most important factor related to personal well-being, followed by employment status and relationship status.



**Figure 1: How self-reported health relates to personal well-being**



Source: Office for National Statistics

**Notes:**

- Reference group at 0 is a baseline of people who rated their health as good.

Holding other factors equal:

- People who reported very bad health had much lower ratings of life satisfaction, feelings that things were worthwhile, levels of happiness and higher ratings of anxiety on average than those who said their health was good.
- Unemployment has a strong and negative association with personal well-being. Unemployed people had lower ratings of life satisfaction, feelings that things were worthwhile, levels of happiness and higher ratings of anxiety than employed people on average.
- People who were married or in a civil partnership had higher levels of life satisfaction, feelings that things were worthwhile, levels of happiness and lower ratings of anxiety than people who are cohabiting, single, divorced or widowed on average.

**Other factors that matter to personal well-being**

To a lesser extent, a number of other factors are also related to personal well-being in interesting ways. Holding other factors equal:

- Employees with higher wages from their job give higher ratings of life satisfaction on average than those earning less, but feelings that things were worthwhile, levels of happiness and anxiety were not related to earnings.
- People with the highest levels of educational attainment have higher ratings of anxiety on average than people with lower educational attainment.

- People in the Black ethnic group rated their life satisfaction and happiness significantly lower on average than those in the White group.

### People's sense of choice and contentment with their situation affects personal well-being

People's sense of choice and contentment with their current situation also seem to be related to their levels of personal well-being. For example:

- It is not just about having a job that matters to personal well-being, but also being content with that job. Permanent employees who wanted a different or additional job had lower levels of life satisfaction, feelings that things were worthwhile, ratings of happiness and increased levels of anxiety on average than those that didn't want a different or additional job.
- Those who reported that their health or disability had a negative impact on their ability to work had lower levels of personal well-being than those who said it didn't affect their ability to work. This suggests that it is when disability and ill health limit people's activities that it affects well-being most.
- Also, those who are economically inactive and in caring roles but would rather be in paid work have lower personal well-being than people who are working and content with their jobs. In contrast, there is no difference in life satisfaction between people who are working and content with their job and those who are content to be economically inactive and in a caring role.

## Appendix 2 Hospital Community Radio

### Introduction

The following observations were taken from an impact study that was carried out on behalf of the Hospital Broadcasting association by performance consultancy HCL. The full report and associated film are available at <http://hbauk.com/impact>.

### Summary

#### Benefits

Evidence from the questionnaire data, interviews and patient feedback demonstrates how hospital radio has an impact upon psychosocial health outcomes including boredom, loneliness, anxiousness, disorientation, depersonalisation and health and well-being awareness.

Therefore, hospital radio could be expected to contribute a return on investment from social value generated through an improved patient experience. From deep dive interviews, and other evidence collected, it is apparent that hospital radio offers its listeners something that other forms of media generally do not.

The overriding reason is that hospital radio is a personalised service for patients associated with that hospital or facility. This is manifested through patient song requests, broadcasting in a way that is sensitive to their situation, and hospital radio volunteers meeting patients face-to-face, so they know who they are broadcasting to and are known to their listeners.

Hospital radio stations recognise that they provide patients with entertainment and are also aware that they promote important social interaction, both face to face and as a virtual friend via the airwaves. To some extent they are aware that they can help people who feel anxious by being a calming influence and distraction.

Beyond this, hospital radio can help people settle more easily within the hospital environment and, at the same time, celebrate their personal identity as they are asked about their preference in music and the associated memories. These positive impacts should be understood and embodied further by radio stations in order to proactively increase benefits to patients.

## Challenges

The positive impacts of hospital broadcasting are only realised if people are engaging with hospital radio. One of the key challenges identified by most stations involved in the research was raising and maintaining awareness of their station and activity.

From the research good practice was identified where hospital ward staff were proactive in encouraging patients to listen. In other instances, hospital partners involved the stations in their activities and actively promoted them.

## Conclusion

- To achieve the maximum impact of hospital broadcasting, and assist the healthcare partners in their work, partnership working is important.
- The impact could be extended with the additional involvement of other partners such as Public Health and third sector organisations, and by considering ways of extending broadcasting beyond bedside sets.
  - For example, involving the local community,
  - broadcast news,
  - gaps in service,
  - advertise business
  - announce needs for volunteers
- Where implemented these alternative approaches to extend the reach of hospital radio were generally contributing to an increase in awareness.

## Action taken by BWBP (CLT) Ltd.

An introductory video was produced for BWBP in March 2020 by James Ewins:

[Hospital and Community Radio Introduction - YouTube](#)

A Facebook Page was setup in April 2020 by James Ewins

[Hospital and Community Radio - Bronllys Wellbeing Park | Facebook](#)

Three volunteers interested in: a) fundraising role b) online and social media C) Station Co-ordinator. Role descriptions below.

First Workshop in January 2020 with presentation by James Ewins to introduce and discuss the concept of a community hospital radio for the Bronllys Hospital site and its opportunities involving surrounding communities. Thus supporting health and well-being.



Photo by © James Ewins

### Appendix 3 Well Being Audit for Bronllys Well Being Park



The potential for the following resources and opportunities for Well Being gain is present if asset transfer geared to community benefit in perpetuity occurs.

**Health:** New Health Campus: LI. Wd /AMH/DH/Pain Clinic/ Remote Diagnosis /Telehealth Unit etc. = a community with assured localised health diagnosis treatment and aftercare. Shorter stays in long distanced General Hospitals.

**Housing:** 44 two storey [ZC] semis/Bron home for 20 with 6 small homes/Co-Care for 10/Care-Housing20; = Homes for up to 150 people with a range of needs from all generations and needs. Possibly including:-

- Downsizers **to** workers from home;
- Local essential workers **to** people who need to have live in carers;

- People who want to be Co-carers **to** people who want to return to the area to work;
- People who want to save move out and buy elsewhere **to** people who just want an affordable rent;
- People who want to Co-share **to** People who want to own for life;
- People who want assisted Care Living to people who want to live near to assisted Care Facilities

**Environment:** Growing projects/ Community Orchard/Woodland Corridor/ Wildlife Walks /Allotments/Energy Harvesting/Wetland Habitat/Well Being Walks/Repair Recycle Restore projects/ Solar Tunnel

**Family Life:** Approx. 100 new households in homes which will be truly affordable and assets in perpetuity for our community. A range of resources and social enterprises that enhance daily well being; possibly including community childcare.

**Financial Security:** NHS posts/ Resid. Care Posts/Comm. Nurse/Complimentary Emp. /Social Businesses/Working from home; Peace of mind and increased prosperity integral to financial security.

**Learning:** Chapel Spiritual & Arts Hub/Community Nursery/Concert Hall/Skill Exchange workshops/

**Leisure:** Tennis/Netball/ Walking Football/Chapel Spiritual/Arts Hub/Safe Cycling Schemes/Concert Hall....

**Security:** Homes Workspaces/ Venues for events/Transport /Health/ Respite Care ...

**Social Participation:** Rechargeable Community Transport Hub/Chapel Hub/ Range of Vol. Orgs [Men in Sheds, Cancer support, Hospital & Community Radio etc.]. All examples will increase well being by social participation and community governance.

**Work:** Range of Employment on site include existing NHS jobs. New jobs from BWBPark developments in all the complimentary areas. People working from home, in own businesses renting office, studio and workshop spaces from the CLT. Employees of partnering voluntary organisations

## 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.