

Better Together

We want to know what you think about our
Health Services in Powys

June 2025



About this document



This is an easy read version of:

Better Together: Seeking Your Views on Adult Physical and Mental Health Community Services in Powys



Where the document says **we**, this means **Powys Teaching Health Board**. For more information contact:



Website: [Better Together - Seeking Your Views on Adult Physical and Mental Health Community Services in Powys | Have Your Say Powys](#)



Email: powys.engagement@wales.nhs.uk



Phone: 01874 442917 to leave a message asking for a printed copy of the Easy Read document. Remember to include your name and postal address, and spell any unusual words.

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Hello



Thank you for getting involved with **Better Together**.



Better Together is about talking and listening to people about our health services.



We want to:

- improve the health of people in Powys,
- and improve our health services.



We need to think about the future and the best ways to run services.



To do this we need to find out people's views.



We will talk more about the changes we need to make and why.



People have told us we need to start by looking at our physical and mental health community services.

Our physical and mental health services are:



Inpatient Services – this means care in hospitals and mental health hospital wards. And end of life care in and out of hospital.



Urgent Care – this includes Minor Injury Units, GP practices and hospitals.



Mental Health – this means mental health services that support adults.



Other important community services – this includes District Nursing, Home First and Falls Prevention teams. Also, some other services in person and online.



We are focusing on these services this year. Then we will look at other services.

More about healthcare in Powys



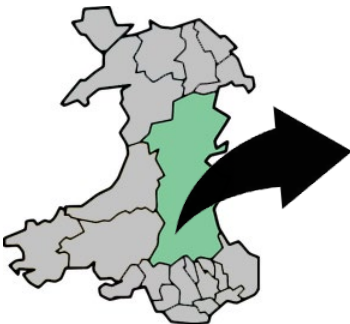
Powys Teaching Health Board looks after people's health in Powys. It helps around 133,000 people.



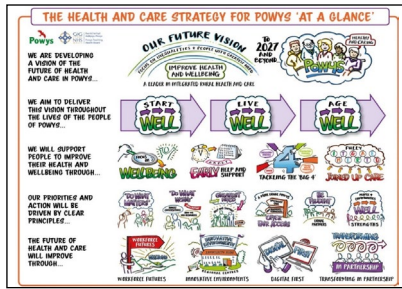
More older people live in Powys now than before. Almost 3 out of 10 people are over 65.



Because Powys is mostly countryside and people live far apart, it can be hard to give healthcare nearby.



Some care is safest in hospitals outside Powys. These are in other parts of Wales or England.



In 2017, Powys made a plan called **A Healthy Caring Powys**. This plan tries to help people earlier and bring care closer to their homes when possible.



In this plan we found 3 bigger centres were needed in Powys to run community services. They would help reduce the need to travel outside of Powys.



They were: Newtown, Llandrindod Wells and Brecon.



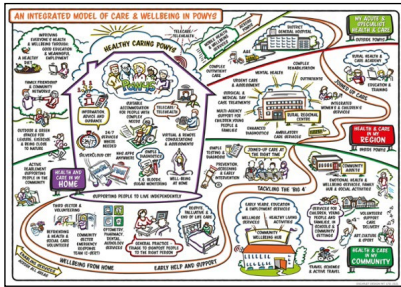
The plan also said Community Wellbeing Hubs were needed.



These would be provided close to where you live.



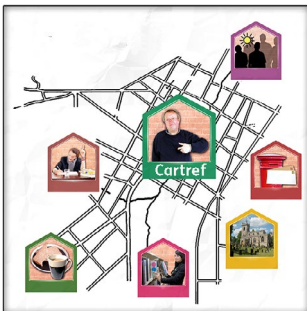
They would support people to stay well and bring people together.



We made another document called **An Integrated Model of Care and Wellbeing in Powys.**



This was made from asking people what is important to them about their health.



It shows what health services people want to be available in their community and outside of Powys.

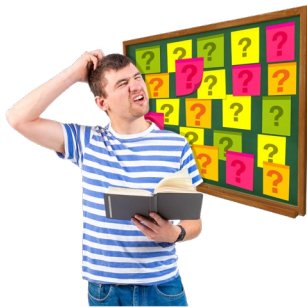
Why change is needed



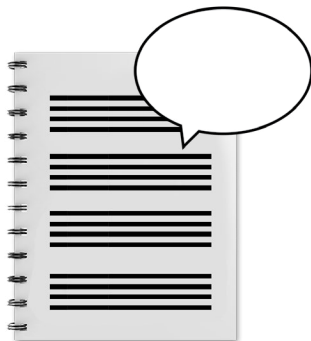
Health staff and volunteers in Powys work hard to make life better for people.



But to keep health services safe, strong, and good quality, changes are needed.



There are big problems in both physical and mental health services.



The health board has talked about these problems in a plan called **Case for Change**.



People's thoughts and ideas about this plan help the Health Board understand what is most important to them.



More people are living longer and getting illnesses that last a long time. This means more people in Powys need help.



Many have more than one health problem. They need care that is planned properly and close to home.



Older people who stay too long in hospital can become weaker.



Some who could walk on their own before, need help to walk after leaving hospital.



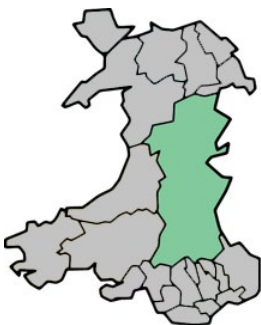
More people are struggling with their mental health. COVID-19, money problems, and other issues have made life harder too.



Our mental health services can't help everyone quickly enough. So some people wait too long to get support.



If things don't change, the number of people needing mental health support could grow a lot in the next 10 years.



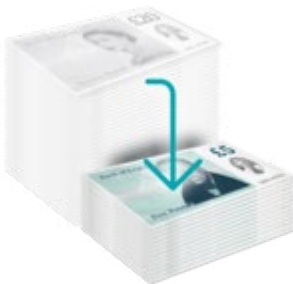
It can be hard to make sure people get the help they need. Because of the way communities are spread out.



There are also not enough staff in some services and places. It can be difficult to get the staff we need.



Lots of our health services are spread out. This can make it difficult to work together.



There is not enough money for health and other services. We also have to make difficult decisions about how to spend the money we have.

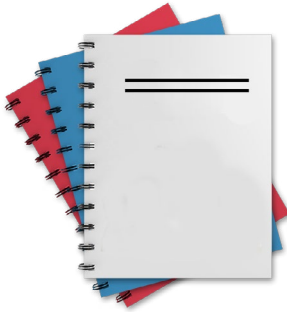


Many of our buildings are old and they affect our services. We need to improve some of them. But don't have enough money.

What people told us



We have had a lot of feedback from people and staff about what is important to them.



These views have helped us develop a few plans for Powys.



We know we can't give people all the services they want. But we do listen and try and meet people's needs.



We listened to people's views in 2024 and have made changes to some services.



Our inpatient wards and Minor Injury Units have been changed to improve them.



These are short term changes. We will keep monitoring them.



You can find out more by going here: pthb.nhs.wales/temporary-2025



For more info about **Case For Change** please go here: www.haveyoursaypowys.wales/better-together-spring25

Some of the things people have told us are:



People in Powys feel proud of their local health services. Many of these services depend on volunteers and unpaid carers from the community.



Some people worry about how far they must travel for hospital care, especially in emergencies. They also worry about transport, ambulance services, long NHS waiting times, and crowded emergency rooms.



People have different experiences with healthcare. Some parts of Powys have better access to care than others. The quality of care is not always the same everywhere.



Powys has many older people, and more are living with many health problems. The people who work in healthcare are also getting older.



People are worried about being lonely.



People are worried about the number of staff in Powys and how this can be increased.



People are worried about there not being enough money for health services.

What we have achieved

Some of the things we have achieved already are:



- Improved the **Integrated Health and Wellbeing Hub** at Ysbyty Bro Ddyfi in Machynlleth.



- Our plans for a new health and care setting in Newtown.



- New modern X-ray equipment across Powys.



- Improved way of accessing mental health support.



- Improvements to **Llandrindod Wells County War Memorial Hospital**.

Our goals for adult physical and mental health

We want to:



- Help people stay healthy

- Make local health services better



- We want services to work together better

- We want to improve inpatient care



- Improve care in the community

- Use technology to help people

- Make the Health Board a great place to work



- Work well with the money we have

Ideas for services in the future



Powys needs to make changes to healthcare services. Here are different ideas for improving health care:



1. No changes are made – we don't think this is an option. Changes need to be made.



2. Small Changes: Care would stay mostly the same, but some updates might happen.



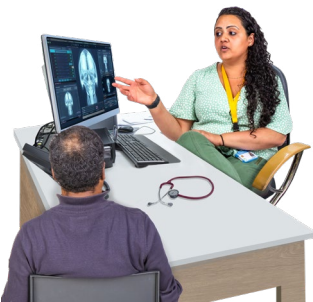
Some services might not keep working as they do now. And some emergency changes might be needed. Improvements would be slow, and some buildings would not be updated.



3. Centres of Excellence: Some healthcare services, like hospital beds, would be grouped in fewer places in Powys.



This could mean better care and fewer trips outside Powys for treatment.



People are more likely to get a diagnosis sooner. A diagnosis means being told what illness a person has.



People may also spend less time in hospital.



But, people might need to travel more within Powys.



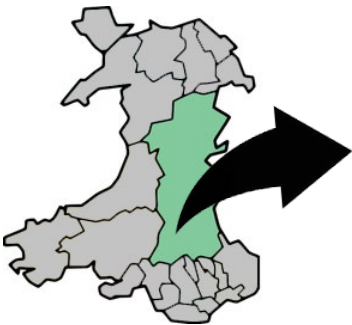
4. Better Home Care: More services would be available at home.



Information and support would be easier to access.



But some special treatments might only be offered in fewer places.



5. Hospital Care Outside Powys: More focus on helping people in their own homes.



But those needing hospital care would have to travel outside the county.



6. New Big Hospital in Powys: This is not possible because Powys is rural. It doesn't have enough people to support a large hospital.



Each option has good and bad points. Changes must help people get the care they need in the best way possible.



We would like to know what you think about these ideas.

What will happen next

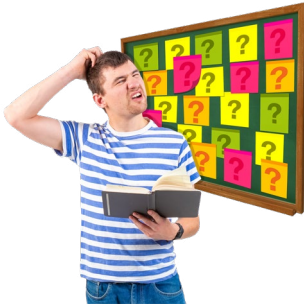


After we get feedback we need to plan what happens next.

We will then need to think about:



- **Design** - What services might look like and where they should be.



- **Issues** – What issues might we face. For example, can the idea work, will it last a long time? We can then make a shortlist of options.



- **Assessing** – Looking at the shortlist and deciding what should happen next.



We want good quality health services that:

- are safe,
- are given at the right time,
- work well,
- are well organised,
- are fair,
- and put people first.

Tell us what you think

1. Do you think the idea is a good one?

☒ Yes

☐ No

☐ Not sure

Please now look at the questions on **pages 27 to 36**.



We will then look at people's views and use them to develop more ideas.

We will also talk to Llais about this. Llais are independent. They support people to have a say about health services.



If you would like to stay up to date about our work, please join our mailing list at:
pthb.nhs.wales/news-sign-up

Questions



We would like to know what you think of our ideas.



Please answer the following questions and return them by **27 July 2025**.



You can either email them to:

Powys.engagement@wales.nhs.uk



Or post them to:

Better Together
Powys Teaching Health Board
Glasbury House
Bronllys Hospital
Bronllys
Powys
LD3 0LY

1. Please tell us if you are replying as a:
(You can tick more than 1 box if you need to)



A person who lives in Powys



On behalf of an organisation that supports people



As someone who works for the health board



2. On pages 20 to 23 we talk about our ideas for improving healthcare.



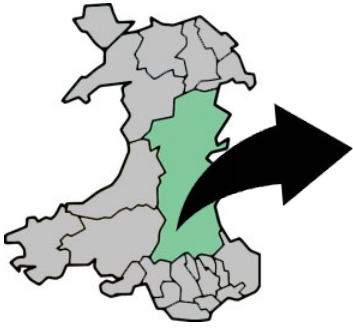
What do you think about Option 2 - Small changes?



**What do you think about Option 3 -
Centres of excellence?**



**What do you think about Option 4 - Better
home care?**



**What do you think about Option 5 -
Hospital care outside of Powys?**



**Please tell us about any other ideas for
options you have.**



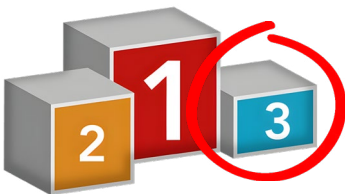
3. We said we would need to make a short list of options then assess what to do next. To do this we test each option to check it could work.



This is the list of things we check options with. We need to think about providing good quality health services that:

- are safe,
- are given at the right time,
- work well,
- are well organised,
- are fair,
- and put people first.

Which of these do you think is the least important?



Which do you think is the most important?





4. Are there any issues we need to think about to make sure people are treated fairly?

For example because of age, gender, disability, background, health or something else.

Questions about you



It is your choice to answer these questions.



The information we collect helps us check we are including all groups of people.



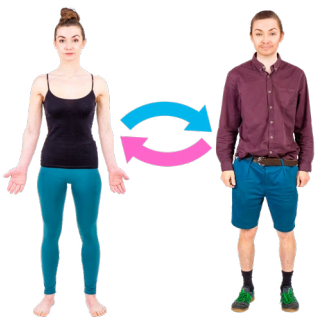
We will keep your information safe and private. We will not ask for your name or address.



5. Please tell us which area of Powys you live in:



6. What is your gender? For example, male, female, non-binary.



7. Is your gender the same as at birth?

Yes

No

I prefer not to say



8. How old are you?



9. Do you have any physical or mental health conditions?

Yes

No

I prefer not to say



10. Are you an unpaid carer?

Yes

No

I prefer not to say



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