



The Current State of Play

Factors Impacting Adferiad's Beneficiaries

Appendix 1

Our Strategy 2025 – 2030

Mae Adferiad Recovery yn
elusen gofrestredig ac yn gwmni
cyfyngedig trwy warant

Adferiad Recovery is a
registered charity and company
limited by guarantee

Cyfeiriad cofrestredig: Tŷ Dafydd Alun, 36 Rhodfa'r Tywysog, Bae Colwyn, LL29 8LA Rhif Cofrestru: 2751104 Rhif Elusen: 1039386
Registered address: Tŷ Dafydd Alun, 36 Princes Drive, Colwyn Bay, LL29 8LA Registered Number: 2751104 Charity Number: 1039386

Factors Impacting Adferiad's Beneficiaries

NHS waiting times:

The number of patient pathways waiting to start treatment in NHS Wales increased from around 748,400 in May 2023 to around 760,300 in August 2023. This is the sixth consecutive increase and the highest figure on record.

Mental health waiting times:

Hundreds of people in Wales are waiting more than a year to access psychological therapies on the NHS. Welsh Government set a target that children and young people referred to the all-Wales neurodevelopmental pathway should attend a first assessment appointment within 26 weeks of a referral. In June 2023, 67% of children and young people waiting for an ADHD or ASD neurodevelopmental assessment in Wales had been waiting for 26 weeks or longer.

Suicide:

As of 2022, there were 294 suicides registered in Wales. Risk continues to be higher amongst males (male suicide rate = 19.6 per 100,000; female suicide rate = 6 per 100,000)-.

Caring responsibilities:

Social Care Wales estimate that 12% of the population of Wales are unpaid carers and this figure could increase to 16% by 2037. Unpaid carers are more like to be female, older, and living in more deprived communities.

Poor physical health:

In 2018, 46.6% of adults in Wales aged 16+ years reported having a longstanding illness. In the same year, nearly 60% of adults aged 16+ years reported being overweight or obese (a BMI of 25+). A further 24% had a BMI of 30+.

Ageing population:

Latest estimates show that there are 876,338 people over the age of 60 living in Wales. This number is estimated to rise to 956,000 (30% of the population) by 2026.

Social isolation and loneliness:

Approximately 12.45% of the Welsh population reported feeling lonely in 2020, with significant impacts on mental health, particularly among older adults. An estimated 236,000 older people in Wales live alone, contributing to increased loneliness and related mental health issues.

The ongoing cost of living crisis:

In 2019, 13% of people were living in households in material deprivation. Worryingly, in 2021 – 2022, 28% of children in Wales were reportedly living in poverty.

Homelessness:

There are rising numbers of rough sleepers in Wales - 240 people recorded in 2015, compared with 405 in 2019, but current actual figures are likely to be much higher.

Growing inequalities:

There is a widening gap in life expectancy between the most and least deprived areas of Wales. At birth, life expectancy on average for men in Wales is 78.3, but healthy life expectancy (the number of years on average lived in good general health) is only 61.4, a difference of almost 17 years. Life expectancy for women in Wales is 82.3, whereas healthy life expectancy is 62, a difference of over 20 years. Wales's highest male and female life expectancy is in Monmouthshire (80.3 and 86.6 respectively) and is lowest in Blaenau Gwent (75.7 and 78.9).

Drug-related deaths:

Welsh drug deaths are at their highest ever levels, with deaths from drug poisoning having increased by 78% over the last 10 years. Increased focus is needed on harm reduction strategies and expanding access to detox services to reduce drug-related fatalities.

Gambling harms:

In 2018, the Welsh Problem Gambling Survey identified that 52% of participants had gambled in the past year, and 3.6% or approximately 113,000 people experienced some harm from their gambling. There is continued need for support for individuals affected by gambling, with rising concerns over the intersection with other mental health issues.

Digital exclusion in older adults:

31% of over 75's (95,069 people) do not have access to the internet at home, limiting their ability to use digital services, including telemedicine and remote care options. 33% of over 75's do not use the internet (including Smart TV and handheld devices).

Challenges in rural broadband coverage:

Disparities in digital infrastructure between rural and urban areas hinders service delivery. 9 out of 22 counties in Wales are considered rural, accounting for 35% of the population of Wales.

Employment:

In 2019, 8% of adults in Wales aged 18-64 had no qualifications. 26.3% of working age people were unemployed.

Political and legislative factors:

- Devolution and potential changes to Welsh government policies
- UK-wide policy changes affecting Wales
- Brexit implications on funding, workforce, and regulations
- New legislation related to mental health, substance misuse, and social care
- Local authority budget constraints and service provision

References

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