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WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

Information Governance Team
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Bronllys Hospital
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Our ref: IG/FOI/FOI.234.26

27 July 2026

Sent via email to: [REDACTED]

Dear [REDACTED]

Request under the Freedom of Information Act 2000

I write further to your request for information which was received on 08 June 2026, to confirm, in accordance with S.1(1)(a) of the Freedom of Information Act 2000, that Powys Teaching Health Board (PTHB) partly holds the information that you require. For ease of reference your request is set out below and the Health Board's response follows.

Your Freedom of Information (FOI) Request:

I am writing to you under the Freedom of Information Act to request the following information:

Q1. Please provide information on any services, programmes, or pilot projects operating within your Health Board area which support children and young people (up to age 25) with long-term health conditions through youth-focused, wellbeing, psychosocial, or transition-based approaches. This may include (but is not limited to):

- health-based youth work;
- transition support between paediatric and adult services;
- integrated mental and physical health support.

Please also provide:

- the name and brief description of each service/programme;
- which conditions/populations the service supports;
- whether the service is Health Board-run or commissioned through third-sector/community organisations;
- whether services are delivered Health Board-wide or in specific localities;
- any evaluations of the above services held by the Health Board.

Powys Response:

Pencadlys
Tŷ Glasbury, Ysbyty Bronllys,
Aberhonddu, Powys LD3 0LU
Ffôn: 01874 711661

Headquarters
Glasbury House, Bronllys Hospital
Brecon, Powys LD3 0LU
Tel: 01874 711661

Please see the programmes below operating within Powys Teaching Health Board:

Incredible Years Parenting Programme: This is a range of programmes for children from birth to 8 years of age. It includes an autism-specific programme, The Incredible Years which is a research-based, evidence-based early intervention programme for parents, teachers and children. It is designed to improve children's social and emotional skills, reduce behavioural problems, and promote positive relationships.

There is a considerable body of research demonstrating the effectiveness of the Incredible Years programme. It is jointly delivered by health and social care services across Powys, through both in-person and online sessions, and is evaluated by parents through weekly evaluations and an end-of-programme evaluation. A published paper was previously undertaken by Dr Sue Evans in conjunction with Bangor University on this programme, please find enclosed FOI.234.26 Attachment 1: Incredible Years Autism Spectrum Parent Programme Pilot Study.

Riding the Rapids: For children and young people aged 5–16 years, from primary school through to the end of secondary school. The programme is jointly delivered by health and social care services across Powys, through both in-person and online sessions. Please find attached FOI.234.26 Attachment 2: What is Riding the Rapids for further information. It is evaluated by parents through weekly evaluations and an end-of-programme evaluation. Riding the Rapids have only been delivered once so there are no current evaluations apart from parent evaluations for that programme.

If you are dissatisfied with the handling or response to your request, you have the right to ask for an internal review. Should you wish an internal review, please quote the reference number and send your correspondence to the above address.

If you are not content with the outcome of the internal review, you have the right to apply directly to the Information Commissioner for a decision. The Information Commissioner can be contacted at:

Address: Information Commissioner's Office (Wales), 2nd Floor, Churchill House, Churchill Way, Cardiff, CF10 2HH.

Telephone: 0330 414 6421

Complaints Portal: www.ico.org.uk/foicomplaints

Web site: <https://ico.org.uk/>

Re-use of Public Sector Information

All information supplied by the Health Board in answering a request for information (RFI) under the Freedom of Information Act 2000 will be subject to the terms of the Re-use of Public Sector Information Regulations 2015.

Under the terms of the Regulations, the Health Board will licence the re-use of any or all information supplied if being used in a form and for the purpose other than which it was originally supplied. This license for re-use will be in line with

the requirements of the Regulations and the licensing terms and fees as laid down by the Office of Public Sector Information (OPSI). Most licenses will be free; however, the Health Board reserves the right, in certain circumstances to charge a fee for the re-use of some information which it deems to be of commercial value.

Further information including a sample license terms and fees can be found at [Open Government Licence](#).

Yours sincerely



Amie Symes
Director of Midwifery, Women and Family

Rydym yn croesawu derbyn gohebiaeth yng Nghymraeg. Byddwn yn ateb y fath ohebiaeth yng Nghymraeg ac ni fydd hyn yn arwain at oedi.

We welcome receiving correspondence in Welsh. We will reply to such correspondence in Welsh and this will not lead to a delay.