



**Cardiff South West
Primary Care Cluster**
Health & Wellbeing in your Community

Cardiff South West Cluster Newsletter

August 2021

COVID-19 Immunisation Programme at Cardiff SW Cluster



Mae Brechu yn achub bywydau
Vaccination saves lives
Mae apwyntiadau brechiadau'n rhesymau meddygol pwysig dros adael eich cartref
Vaccination appointments are important medical reasons to leave your home

Here at Cardiff South West Cluster, we have just completed our successful immunisation programme down at Cardiff City Stadium. We have given out approximately 4753 vaccines at our drive thru clinic, helping to protect the community against COVID-19. To the right is our first minister Mark Drakeford receiving his vaccine from one of our volunteers. Thank you to all of our volunteers and patients for making the clinics such a success. See you in the Autumn!



Travel ~ Summer Holidays ~ Certificates

For all information surrounding travel vaccination certificates, please visit our website at: <https://cardiffsw.co.uk>

Where are you hoping to go away this year?



The Grow Well Project

Our Grow Well project is back in full swing for the summer months! The project runs therapeutic gardening groups for all different abilities, moving in all sorts of directions for volunteers such as; carpentry, wildlife, crafts, photography and sharing recipes. Time spent in nature is extremely beneficial for us all, which has been proven by past volunteers, therefore the project moves at the pace people desire, from admiring the flowers to getting involved in physical gardening work. The project sessions places great emphasis on the social aspect, meaning building friendships and having a cuppa together are essential. Sessions run at the Dusty Forge in Ely on Mondays, Lansdowne Surgery on Wednesdays and Riverside on Thursdays. All of the gardens are for the community to enjoy, help yourself to some herbs for your cooking or lavender for your vase!



Community Involvement at Cardiff South West Cluster



Here at the SW Cluster, our Dr Rachel Lee from Woodlands Medical Centre played a fundamental role in getting the ball rolling with our local parkrun in Trelai Park. The run encouraged all 10 of our GP practices to get involved. Many members from the community have taken part as runners, walkers and volunteers. Not only is the parkrun a great way to promote greater health and wellbeing, it is needed now more than ever with the hit of the COVID-19 pandemic, playing a vital role in support our community.

We cannot wait to restart again and grow together better and stronger as a community. Keep your eyes peeled on our social media for further updates!



ACE (Action in Caerau and Ely) a local charity, are focused on bringing together the community through managing and supporting projects and finding ways to regenerate the community.

They have some exciting new upcoming community activities, including: Crochet groups, craft groups, sewing groups and repair café.

Also, some activities will be recommencing: dusty shed, knit and natter and retreat. These activities are aimed at all ages and needs, why not pop down and get involved?

For more information, visit ACE's website: <https://www.aceplace.org/>

Looking for ideas for the kids this summer?

ACE are proud to announce their involvement with Cardiff Council's 'summer of Smiles' festival, aiming to give all children a range of opportunities this summer holidays. For a full list of activities and how to book your child on, visit ACE's website.



Follow us on social media for all of the latest updates in your local community

The Welsh Pharmacy of the Year Award

The Welsh Pharmacy of the Year Awards are taking place on the 13th October at the Vale Resort. Our Cluster Pharmacists; Kathryn Harries, Ivana Wong and Nerys Williams have been nominated through our integrated care hub for all of their hard work and the difference they have made towards patient care. Good luck girls!

Mindfulness Corner

Have you taken some time for yourself today?

Why not try a simple breathing exercise?
Let your breath flow with the 2, 3, 4 method.
Breathe in for 2, hold for 3 and breathe out for 4.
Not only is this one of the most effective ways of calming the body, it helps with sleep, anxiety and stress.