

Cardiff South West Cluster Newsletter

Health and well-being in your community

December 2021

Cluster Park Run Event

We had an amazing turn out at our Park Run event on Saturday 23rd October! Check out some of the snaps we captured from the morning to the right.

Congratulations to everyone in our practice teams and the local community for running, volunteering and supporting. We'd like to pay a special thank you to our own Dr Rachel Lee for her continuous hard work with ensuring the park run, runs smoothly every week.

The event is a free, weekly, timed 5k walk, jog or run at 9:00am every Saturday at Trelai park. It's a great opportunity to socialise, make friends and be part of a welcoming, supportive community. If you would like to get involve with the weekly park runs, please visit parkrun.org for more infromation and to register.



Top: Dr Rachel Lee & First Minister Mark Drakeford, Team Canna Surgery
Bottom: Team Lansdowne Surgery, Team Westway Surgery

The Green Flag Award

We'd like to congratulate the Grow Cardiff team for being awarded 3 green flags at their Lansdowne Surgery, Dusty Forge and Riverside community gardens. This is a huge achievement as Lansdowne is the first Surgery in Wales to win such an award. The volunteers have done a superb job at creating and sustaining such beautiful, wildlife friendly, green spaces as well as shared food growing. The sessions are a great way to spend some time in nature, have a cuppa and form friendships. If you wish to get involved with gardening for all kinds of abilities, you can do so by self-referring to isla@growcardiff.org.



What's going on at Cardiff South West Cluster?

Community Interest Company

The Cardiff South West Cluster Community Interest Company (CIC) was incorporated on the 8th September 2021. Central to the CIC activity will be to develop a sustainable vehicle to drive and secure the future of the Cluster and related projects and initiatives.

The Cluster, in consultation with the local community, has identified that there is a gap in the current social prescribing model in that the specific needs of young people are not being met in a targeted way. Consequently this will be the first project for the CIC in commissioning a young persons service to complement the existing social prescribing provision across the Cluster.

We are looking forward to working more closely with the young adults of the community and seeing the continuing success of the South West Cluster.

RCGP Conference in Liverpool

The RCGP Annual Conference is the event of the year for GP practice teams. The event enables staff to showcase their latest clinical and policy developments across the UK, whilst connecting, inspiring and learning from others.

A few of our members of staff from the South West Cluster attended the conference in Liverpool. Dr Karen Parry, Dr Huw Williams and Dr Rachel Lee, presented two posters, delivering a successful care model - our integrated care hub and Dr Lee's work around the cancer prehabilitation and innovation model.

According to our project manager, Andrea, not only is she the queen of collecting freebies, she is a secret fan of the UK's chief medical advisor Chris Witty and Mr Motivator.

Follow us on
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all of the latest
updates in your
community



Growing Companions Project

GROW Cardiff are re-launching the 'Growing Companions' project, a sister project to Grow Well. The project aims to engage people in the local community with growing-from-home kits - engaging with nature from the comfort of your own home, for those experiencing anxiety, depression and other low mental health or physical states as well as isolation and loneliness.

Please note growing companions are a sister project to Grow Well and hope that in time, those who are struggling to venture out post COVID, may go on, through this project, to engage with their therapeutic community gardens. If you'd like to get involved, get in touch with Claire Terry at claire@growcardiff.org



Taking Care of yourself this Winter



Let yourself enjoy all of the foods



Go and see christmas lights



Make it a pyjama day



Spend some quality family time



Listen to holiday music



Reflect on the year

Wishing you all a very Merry Christmas & a happy New Year from all of us at Cardiff South West Cluster!

