

## New Wellbeing Groups and Services in your Community

We are currently providing groups and services over the phone, by post or using video calling due to social distancing restrictions. Current services include: -



### Phone Friends:

Providing a regular phone call and a friendly chat.



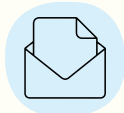
### Wellbeing Coffee Mornings:

An informal group in the Dusty Forge garden, with other venues starting soon.



### Walking Group:

Led by Walking Friends Wales around Trelai Park. 1:1 walking support also available from Walking Friends Wales.



### Community newsletter and activity guides:

Posted to you at home

**Yourspace** Facebook page: [www.facebook.com/Yourspace-100421065048611](https://www.facebook.com/Yourspace-100421065048611)

For more information or to book any of the above,  
**please contact ACE on 02920 003132.**

We also run one-off sessions and courses throughout the year including Tai Chi, bike rides and art classes.

For updates please see our website [www.aceplace.org](http://www.aceplace.org) or Facebook group 'ACE - Action in Caerau and Ely'.

## GP Practices covered by the project:

### Canton/Riverside:

Meddygfa Lansdowne Surgery.  
Meddygfa Canna Surgery.  
Kings Road Surgery.  
Llandaff Fields Medical Practice.  
Taff Riverside Practice.  
St David's Court Surgery.

### Ely/Caerau:

Greenmount & Caerau Lane Surgery.  
Ely Bridge Surgery.  
Westway Surgery.  
Woodlands Medical Centre.

## To find out more:



- 'Cardiff South West Cluster'



- <https://cardiffsw.co.uk/>



- @cardiffSW



- Or ask your GP practice



- [instagram.com/cardiff.sw/](https://www.instagram.com/cardiff.sw/)



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

# Transformation Project

*transforming  
how we support you*

## Transforming how we support you

Health, wellbeing and support services in South West Cardiff are working together in new ways to improve health and wellbeing. If you're a patient at one of the practices below, you can benefit from the new services and initiatives listed in this leaflet.

Please make sure your GP practice has your current phone number in order to receive support from the services listed.

### Wellbeing Services

Not all problems with health can be solved with medication or operations. Our new wellbeing team can help you to access a range of local services and activities to boost your wellbeing, help you get more active or resolve issues with debt, benefits or housing.

#### What do I need to do?

Nothing, your GP, pharmacist, nurse or reception team will refer you using our online social prescribing referral service, Elemental, or if you would like to refer yourself, call your practice and ask to be referred for 'social prescribing'.

### Services Working Together— 'MDT'

If you are struggling with a particular aspect of your wellbeing or have several concerns your GP may – with your consent – seek help from our Community MDT (Multi-disciplinary Team).

mobility, finances, medical / care needs and much more.

#### What do I need to do?

Nothing. If you agree your GP (or other health professional) will discuss your concerns at the meeting. After the meeting a professional will be in touch to discuss how best to proceed.

Here there are a number of professionals who can help with mental health, housing, medication,

## Help when you need it the most - 'Cluster Hub'

If your GP thinks you might need some extra help at the moment, for example if you have been discharged from hospital recently, or if you are 'shielding' due to Covid-19 guidance, they may refer you to the Cluster Hub.

that are most important to you. They can help you to access the help and support needed whether that's medication, help to access food if shielding / self-isolating or emotional support.

#### What do I need to do?

A professional from the Hub will contact you to make sure you have all you need, based on the things

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### Advanced Care Planning

Living with a chronic or life limiting illness can be an uncertain time. This can be improved by having conversations about what you would prefer to happen in the future with family, others close to you and health care professionals.

form for South West Cardiff to help you consider and record your wishes. Any decision you make can be changed at any time

#### What do I need to do?

Please contact your practice if you would like more information or to discuss this further.

We are working to support these conversations and there is now an

### Developing new ways to help you stay well

Our new community development service works with local people to develop new ways to help you stay well, by talking about what's missing and working with the community to develop new services and activities.

What do I need to do? A few of the new things we have started are listed on the back of this leaflet. If you have any ideas for what's missing or would like to get involved contact the 'yourspace' team (details overleaf).