



Developing new ways to help you stay well

Our community development services 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 list of what services are available are listed separately sent with this leaflet. If you have any ideas for what's missing or would like to get involved contact the 'Yourspace' Team (Action in Caerau & Ely - ACE).

Are you struggling?

If your GP thinks you are struggling, they will also be able to refer you to the hub on your behalf.

What do I need to do?

Once you have given your consent to the GP to refer your case to the Hub, the team will be in touch by phone.

Wellbeing Groups & Services available in your community

- Phone Friends—Providing regular phone call & a friendly chat
- Walking group @ Trelai Park
- Wellbeing Coffee Mornings @ Dusty Forge
- Tai Chi classes
- Bike Rides
- Art Classes & workshops
- Community Gardens @ Dusty Forge, Lansdowne Surgery & Riverside Health Centre,
- Park Run @ Trelai Park
- Warm Space
- Repair Café
- Grief Space, Bereavement Support
- Forget-me-not Chorus
- The Dusty Shed

You can contact us on 02921 678 795



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Thehub.lansdowne@wales.nhs.uk



www.CardiffSW.co.uk



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

Cardiff South West Cluster

We work together to improve health and well-being for the community of Ely, Caerau, Canton, Riverside and Pontcanna.



Cardiff South West Cluster

Integrated Care Hub, Lansdowne Surgery,
Sanatorium Rd, Cardiff CF11 8DG

www.cardiffsw.co.uk

How we support you

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

Cardiff South West Cluster Surgeries

Canna Surgery

Ely Bridge Surgery

Greenmount/ Caerau Lane Surgery

Kings Road Surgery

Lansdowne Surgery

Llandaff Fields Surgery

St David's Court Surgery

Taff Riverside Surgery

Westway Surgery

Woodlands Medical Centre

Please make sure your GP practice has your current telephone number(s) in order to receive support from the services listed.



Wellbeing Services

Not all problems with health can be solved with medication or operations. Our wellbeing team can help you 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). There are a number of professionals who can help with mental health, housing, medication, mobility, finances, medical/ care needs & 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.

Hospital Discharge

If you have been discharged from hospital recently, you may receive a call from the Care Hub. A professional from the Hub will contact you to make sure you have all you need, based on the things that are most important to you. They can help you access the help and support needed whether that's medication, help to access food/ shopping, or emotional support.



Advance Care Planning (ACP)

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.

We are working to support these conversations and there is now an Advanced Care Planning 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 discuss this further.