



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

Cardiff South West Cluster

We work together to improve health
and wellbeing for the community of Ely,
Caerau, Canton, Riverside and Pontcanna



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Integrated Care hub

The team is made up of pharmacists, pharmacy technicians, occupational therapists, healthcare support workers and integrated care navigators.

Occupational Therapist

They can support you or a person you are caring for, to engage in everyday activities that you need or wish to perform as part of your daily routines but may find challenging.

Occupational therapists work with people that may have long-term health conditions find ways to overcome challenges to complete everyday tasks on their own. We also work with people to ensure they are staying safe and living independently at home.

Once a referral has been received, an occupational therapist will contact you by telephone to discuss these challenges further and may arrange to visit you at home to carry out an assessment.

Pharmacy Team

Following a hospital admission, they can check if you have and are made aware of any medication changes or monitoring needs during your admission. They can also complete medication reviews for certain medical conditions such as blood thinners.

The pharmacy team work with your GP surgery/ practice, local pharmacies and hospitals to make sure your medicine/ medication needs are met.

Once a referral has been received, the pharmacy team will contact you by telephone to discuss your medicines.

Healthcare Support Worker

They can support some people that are unable to leave their home to measure your blood pressure, take your weight, take blood samples requested from your practice.

Healthcare support workers sees you in your own home to complete the above and to also identify any other needs you may have.

Once a referral has been received, a healthcare support worker will contact you by telephone and will arrange to visit you at home.

Integrated Care Navigators

Integrated care navigators are experienced in carrying out conversations with people, on how you are managing at home, now that you have been discharged from hospital or attended A&E.

Integrated care navigators will ask what support you have and whether you need anything further to help with your recovery. This can include any activities during your day to include; cooking, cleaning, looking after yourself.

Once a referral has been received, an integrated care navigator will contact you by telephone to have a conversation. They can signpost or refer you to any community, health and social care services, if required.



Services available in your community

ACE (Action in Caerau & Ely) at Dusty Forge

www.aceplace.org / 02920 003 132

- Wellbeing Coffee Mornings
- Art Classes & workshops
- Warm Space
- Grief Space, Bereavement Support
- The Dusty Shed
- Forge Masters Men's Group
- Umbrella Peer Support Group – sensory play for children with suspected/ diagnosed ALN.
- Food Cycle
- Groups – Crochet, Carers, Youth Service,

Trelai Park

- Park Run – Saturdays at 9am
- 5k Your Way – Last Saturday of the month with Park Run

GROW Cardiff Community Gardens

www.growcardiff.org / just turn up

- Dusty Forge, Mondays
10.30am – 12.30pm & 1pm-3pm
- Lansdowne Surgery, Wednesdays
10.30am – 12.30pm & 1pm-3pm
- Riverside Health Centre, Thursdays
11am – 1pm

Food Cycle

www.foodcycle.org.uk

- Wyndam street, Wednesdays 6.30pm
- Dusty Forge, Mondays 6.30pm



Health & Fitness

- Stay Steady Clinics (Falls Prevention)
- Elderfit
- Tai Chi
- ESCAPE Pain clinics – Back, Knee & Hip – Western Leisure Centre Tuesdays & Thursdays
- Cardiff City Fit Bluebirds – Cardiff City Football Stadium

St Vincent's Ely Bridge

www.svp.org.uk/support-centres / 07500 170 764

- Men's group – Men Changing Lives
- Wellbeing Walks
- Monday Drop ins – Into Work Advice Service
- Boxing Group – Mondays 10am Trelai Changing Rooms
- Creative Hub - Tuesdays 1pm – 3pm
- Cuppa & Natter group – Wednesdays 10am – 11.30am
- Beyond Differences – Peer support in disables community Wednesdays 1pm – 3pm
- Lunch & Laugh – Mondays 12noon-2pm
- Quiz nights

Other groups & services

- Phone Friends – Providing regular phone call & a friendly chat
- Pedal Power - Bike Rides in Pontcanna Site Tuesdays – Fridays
- Repair Café – Chapter Ars Centre
- Forget-me-not Chorus – Canton Uniting Church Thursdays 6.30pm – 8.30pm

Contact us:

Swcluster.carehub@wales.nhs.uk
02921 678 795



Are you struggling?

If you feel are struggling, you can contact your GP surgery and they will be able to refer you, or you can contact the hub directly.

Services Working Together—'MDT'

If you are struggling with your wellbeing and have several concerns, with your consent, your NHS, community, social or third sector provider, can seek advice from our Community MDT (Multi-disciplinary Team). There are a number of professionals who can support 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 service provider) will discuss your concerns at the meeting. After the meeting, one or more services, may be in touch to discuss next steps

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.



Wellbeing Services

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

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).

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.

Advance Care Planning (ACP) / Future Care Planning (FCP)

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 take place, 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 GP practice/ surgery if you would like more information or discuss this further.

Cardiff South West Cluster Surgeries

Canna Surgery

Ely Bridge Surgery

Greenmount Surgery

Kings Road Surgery

Afon Elai Partnership – Lansdowne/ Westway Surgery

Llandaff Fields Surgery

St David's Court Surgery

Taff Riverside 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.

Cardiff South West Cluster
Integrated Care Hub,
Lansdowne Surgery,
Sanatorium Road,
Cardiff
CF11 8DG

