



Making a difference to wellbeing in Cardiff

There are lots of things that can affect our health and wellbeing, from loneliness through to the way things are at home; money worries or coping with a health condition.

With the Community Wellbeing service, one of our team will meet with you and listen to what challenges you are facing, so together, we can create a path to support you to improve your situation and reach your goals.

This may be through one-to-one guidance, introducing you to local services or helping you to get involved in social activities where you can do what you enjoy and share experiences.



What we can support you with

- Finding hobbies and interests to connect you with what you enjoy
- Social worries such as housing, debt, benefit issues, work and family
- Improving physical health
- Reducing harmful habits such as drugs, alcohol, smoking or substance misuse
- Low level mental health
- Isolation and loneliness



We have relationships with over 100 community groups, service providers and interest groups throughout Cardiff, so we are well placed to connect you with local activities.



Want to talk to us?

To arrange a chat with one of our Wellbeing Facilitators, please use our online referral form:
www.unitedwelsh.com/communitywellbeing

Or if you prefer, you can call or email us:

☎ 029 2085 8148
✉ communitywellbeing@unitedwelsh.com

Community Wellbeing is delivered by the Thrive@UnitedWelsh team on behalf of Cardiff Council, supported by funding from Welsh Government.



Gwneud gwahaniaeth yng Nghaerdydd



Mae llawer o bethau'n gallu effeithio iechyd a lles unigolion, o unigrwydd i'r sefyllfa yn eich cartref, problemau ariannol neu ymdopi â chyflwr iechyd.

Fel rhan o'n gwasanaeth Lles Cymuned, bydd un o'r fîm yn cyfarfod â chi er mwyn trafod yr heriau rydych yn wynebu a gyda chi er helpu i wella eich sefyllfa a chyrraedd eich amcanion.

Gallai hynny olygu cyngor un-i-un, eich cyflwyno i wasanaethau lleol neu eich helpu i fod yn rhan o weithgareddau cymdeithasol er mwynhau eich hun a rhannu profiadau.



Eich cefnogi

- Cael hyd i ddiddordebau a hobiau er mwyn eich helpu i fwynhau eich hun
- Problemau cymdeithasol fel tai, dyledion, problemau budd-daliadau, gwaith a'r teulu
- Gwella iechyd corfforol
- Gostwng arferion niweidiol fel cyffuriau, alcohol, camdrin sylweddau neu smygu
- Cymorth iechyd meddwl lefel isel
- Ynysu cymdeithasol ac unigrwydd



Wrth gysylltu â dros 100 grŵp cymunedol, a grwpiau diddordebau arbennig ar draws y brifddinas, gallwn eich cysylltu â phob math o weithgareddau lleol.



Am siarad gyda ni?

Llenwch ein ffurflen arlein er mwyn cael sgwrs gydag un o'n Hwyluswyr Lles:
www.unitedwelsh.com/communitywellbeing

neu os yn well gennych ffonio neu anfon ebost:

☎ 029 2085 8148
✉ communitywellbeing@unitedwelsh.com

Darperir y gwasanaeth gan dîm Thrive@UnitedWelsh ar ran Cyngor Caerdydd, gyda chymorth cyllid gan Lywodraeth Cymru.