

# **Cardiff and Vale University Health Board;**

## South West Cardiff; Wellbeing 4 You Co-ordinator Programme

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**Rationale;** Welsh Government Primary Care funding agreed for 2 years for Cardiff & Vale of Glamorgan with an aim to strengthen the preventative agenda by:- Improving the links between GPs and the community to deliver public health priorities and enhance a social model of care

**Project Details;** Wellbeing 4U is a community wellbeing service provided by the Thrive team of United Welsh Housing and Community Action Group on behalf of Cardiff and Vale University Health Board. A team of Wellbeing Coordinators and Wellbeing Assistants are available to help people to achieve their health goals through a flexible service that is tailor-made for them. People can be referred to use the service through their GP or other primary health care workers.

Team of 7, working across Cardiff and Vale UHB

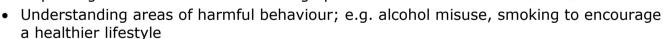
- Senior Wellbeing coordinator, responsible for:
  - leading team
  - quality of service delivery
  - performance and data
  - partnership working



- Three teams of 2, a Wellbeing Coordinator and Wellbeing Assistant in:
  - Cardiff North, West and South West
  - Cardiff South, East and City
  - Vale of Glamorgan

#### **Intended Outcomes**;

- Mapping of community activities and services
- Improving immunisation and screening uptake



- Increasing uptake of exercise
- Helping people to re-connect with their communities to reduce loneliness and isolation,

Partners; United Welsh, WG, Communities First provide referral sheets to their service

Time-frame; 2 Years

#### **Future Development Planned;**

**Commissioning / Funding;** Fixed 2 yrs; Intermediate Care Fund (WG) / Cluster Funds



Five ways to wellbeing

**Evaluation / Reporting;** for the latest report regarding Wellbeing 4U follow the link below;

https://www.unitedwelsh.com/wp-content/uploads/2018/09/Annual-Report-2018-English.pdf

### **Supporting Documentation**;



Acknowledgement; Lee Virgo, Cardiff and Vale UHB

**Project Status;** Located 1 team per locality within Cardiff and Vale. It has two years funding delivered by United Welsh Housing Association and funded by Welsh Government. There is a scheme of monitoring report available but not included here and no formal evaluation