

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
- Understanding areas of harmful behaviour; e.g. alcohol misuse, smoking to encourage a healthier lifestyle
- 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

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;



Microsoft Office
Word 97 - 2003 Docu

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