

Wellbeing 4U

What is Wellbeing 4U?

Wellbeing 4U is a community wellbeing service provided by our Thrive team 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.

How can the Wellbeing 4U service help?

The Wellbeing 4U team focus on:

- Improving immunisation and screening uptake
- Understanding areas of harmful behaviour such as alcohol misuse and smoking to help reduce habits
- Increasing uptake of exercise
- Helping people to socially connect with their communities to reduce loneliness and isolation

The teams use a strengths-based approach that focuses on a person's strengths and enthusiasms, supporting them in a way that recognises their potential, abilities and individual journey in life to help them make the changes they need.

Our teams are currently based in the GP surgeries below:

GP Surgery	Wellbeing 4U team
Grange Medical Practice Bishop Street, Cardiff CF11 6PG	Jenna West - Wellbeing Co-ordinator Abby Wilson – Wellbeing Co-ordinator Joanne Dando – Wellbeing Assistant
Dr Anwar's Surgery 4 Corporation Rd, Cardiff, CF11 7AT	Abby Wilson – Wellbeing Co-ordinator
Caerau Lane Surgery Caerau Lane, Ely, Cardiff CF5 5HJ	Matthew Hutcherson – Wellbeing Co-ordinator Rhian Huws – Wellbeing Assistant
Fairwater Health Centre Plas-Mawr Road, Cardiff, CF5 3JT	Alyson Vorres – Senior Wellbeing Co-ordinator Matthew Hutcherson – Wellbeing Co-ordinator Rhian Huws – Wellbeing Assistant
Lansdowne Surgery Sanatorium Road, Cardiff, CF11 8DG	Matthew Hutcherson – Wellbeing Co-ordinator Helen Davies – Wellbeing Assistant
Highlight Park Surgery Lakin Drive, Barry, CF62 8GP	Bethan Cadwallader – Wellbeing Co-ordinator Michaela Harding – Wellbeing Assistant

If you are registered at one of these surgeries, you can refer yourself to use the Wellbeing 4U service. Simply complete this [Wellbeing 4U Self-Referral Form.pdf](#) and take it to your GP surgery.

For more information: Call: 029 2085 8148 Email: wellbeing4u@unitedwelsh.com