



Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board



New Ways to
Wellbeing



Abertawe Bro Morgannwg University Health Board; Cwmtawe Cluster

Project Lead; For more information email: cindy_hayward@scvs.org.uk or call Cindy on 07961 997599 (Mon-Wed).

Background and Rationale; Swansea Council for Voluntary Service (SCVS) is working in partnership with GP Practices within the Cwmtawe Cluster to deliver the Cwmtawe Social Prescribing Service – 'New Ways to Wellbeing'. This partnership aims to promote wellbeing for individuals and encourage positive engagement in the local community.

This service can help those who may be feeling isolated or disconnected for reasons such as; Bereavement; Chronic illness; Carer responsibilities; Long term absence from work; Mild mental health problems

Project Details; The Social Prescribing Co-ordinator provides a link between the GP, the patient, and community projects, and third sector organisations. Social prescribing complements the GP service in taking a holistic view of a patient's health and wellbeing by supporting people to re-engage with their community.

*Signposting to a group or organisation does not imply an endorsement of them or their services by Cwmtawe GP Cluster or SCVS

This service is open to anyone over 18 registered with any of the GP practices that make up the Cwmtawe Cluster:

Referrals available via your GP or any health professional in your surgery. Appointment are arranged with the Social Prescribing Co-ordinator, who will listen and help you decide what your needs might be, and provide information on what is available in the local community to help you find your way back to wellbeing.



The Co-ordinator can also discuss and address any potential problems or barriers to you accessing these options and help you where appropriate.

Intended Outcomes; You can expect to see the Social Prescribing Co-ordinator a minimum of 3 times, and have the opportunity to find your own way to wellbeing.

Appointments available at Clydach Primary Care Centre (Mondays) and Morryston (Tuesdays)

Partners; Clydach Primary Care Centre; Llansamlet Surgery; New Cross Surgery; Strawberry Place Surgery; Sway Road Surgery

Timeframe (Permanent; Fixed Term; Pilot) Not Known

Future Development Planned; Not known

Commissioning / Funding; Not known

Evaluation / Reporting; Not known

Supporting Documentation; Not known

Acknowledgement;

Similar projects (brief overview of any projects / services that are similar / complimentary / supportive in terms of aim / target audience / methodology)