

# What do you think about Health and Wellbeing Services in Cardiff and the Vale of Glamorgan?



## We want to know

Are you interested in finding out about the services available to support you? Would you like **your voice** to be heard on topics related to your health and well-being? Would you like the chance to influence health services?

**Co-Creating Healthy Change** is an exciting new project that can help you have your say - and make services better for all!  
**Take a look at the 10 projects working together overleaf.**

## Find out more about Co-Creating Healthy Change:

**Call:** Kerrine Phillips on (029) 2048 5722

**Email:** [kerrine.p@c3sc.org.uk](mailto:kerrine.p@c3sc.org.uk)

**Visit our blog at:** <http://co-creatinghealthychange.tumblr.com/>

Co-ordinated by Cardiff Third Sector Council (C3SC) and Vale Centre for Voluntary Services (VCVS), Co-Creating Healthy Change is a diverse portfolio of 10 projects, which is being funded by the Big Lottery from 2013 to 2017.



### **Would you like to become a Community Ambassador?**

Volunteer Ambassadors from Ely or Caerau help local community members to access, benefit from, and influence services that could help improve their physical and mental health.

Contact Action in Caerau and Ely: phone Helena Jones on 07739 859 342 or email [helenaj@elycaerau.com](mailto:helenaj@elycaerau.com)

### **Do you or someone you know suffer from Dementia?**

Joining the Forget-Me-Not-Chorus can help people with dementia and their carers to engage with others. The project can also signpost you to other helpful support and information to get your voice heard.

Contact the Alzheimer's Society: phone Jaz Williams on 029 2043 4974 or email [jaz.williams@alzheimers.org.uk](mailto:jaz.williams@alzheimers.org.uk)

### **Do you work with those with a long term health condition?**

The Long Term Conditions Alliance aims to raise awareness, share information and ensure that those with a LTC have their say about health services and provision.

Contact C3SC: phone Jacqueline on 029 2048 5722 or email [jacqueline.j@c3sc.org.uk](mailto:jacqueline.j@c3sc.org.uk)

### **Support for mental health service users**

Do you access one of the Community Mental Health Teams in Cardiff or Barry? Would you like to get involved in shaping the services you receive?

Contact Cardiff and Vale Action for Mental Health: phone Jack Watkins on 029 2022 2000 / 07706 251036 or email [jack@cavamh.org.uk](mailto:jack@cavamh.org.uk)

### **Support for people with learning disabilities**

This group is run by, and for, people with learning disabilities. Standing Up, Speaking Out and the Real Lives project can help equip you to become a self-advocate. Come and make decisions about the services you receive.

Contact People First:  
Cardiff - [speakout1.cpf@btconnect.com](mailto:speakout1.cpf@btconnect.com) / 029 2023 1555  
Vale - [geoffrey\\_davies@hotmail.co.uk](mailto:geoffrey_davies@hotmail.co.uk) / 01446 732 926

### **Support for refugees and asylum seekers**

The Refugee and Asylum Seekers Forum meet to discuss solutions to health and well-being issues that affect them. You can have the opportunity to influence policies and decision making in a safe environment.

Contact Displaced People in Action: phone Faruk Ogut on 07929 032818 or email [farukdpia@gmail.com](mailto:farukdpia@gmail.com)

### **Are you a single parent?**

Would you like to access ongoing support to develop your confidence and skills through the Single Parent Forum – you can have a voice to influence local decisions and improve the health and well-being of your family.

Contact Gingerbread: phone Michelle Brown on 07816 172981 or email [michelle.brown@gingerbread.org.uk](mailto:michelle.brown@gingerbread.org.uk)

### **Are you 16-25 and not in education, employment or training?**

By using video film making and photography, the Visual Voice project can work with you to think about health and well-being topics that affect you. Have a say on the services you use in Cardiff and the Vale. Get Involved. Get your voice!

Contact Media Academy Cardiff: phone Darryl Wakelin on 029 2066 7668 or email [Darryl@mediaacademycardiff.org](mailto:Darryl@mediaacademycardiff.org)

### **Calling All Diverse Communities!**

Diverse Cymru's project brings together people from diverse backgrounds so they can have their say on health, wellbeing and social care services. We especially welcome Black and Minority Ethnic people; Carers; Disabled people; Lesbian, gay and bisexual people; Older people and Transgender people.

Contact Diverse Cymru: phone 029 2036 8888 or email [roz.warden@diversecymru.org.uk](mailto:roz.warden@diversecymru.org.uk) / [shelagh.maher@diversecymru.org.uk](mailto:shelagh.maher@diversecymru.org.uk)

### **Are you supporting or caring for someone with a mental illness?**

Would you like the opportunity to get involved in planning and shaping your loved one's services? Then please get in touch.

Contact Hafal's Carer Participation project: phone Bec Cicero on 07792 653205 / 029 2056 5959 or email [rebecca.cicero@hafal.org](mailto:rebecca.cicero@hafal.org)