

Workshop Invite - Social Prescribing

Sometimes the things that help us to improve our health, our mood and our wellbeing are not part of 'traditional' health services - they could be things like gardening groups, mental health courses, money advice, arts activities or social groups.

The South West Cardiff Primary Care Cluster has been working on how best to help people access 'non-healthcare' activities to improve their health and wellbeing - we call this 'Social Prescribing'. We would love to hear your views on this, whether you have been involved as a patient, volunteer or staff member. Even if you haven't been involved, if you're a patient at one of the Cluster practices (see list below) and would be interested to find out more and join in the conversation, we would also love to hear from you.

If you would be willing to join us to find out more and share any comments or ideas, please come to one of our workshops: -

Thursday 18th October

10am - 1pm

**Riverside Health Centre (Lecture Room),
Canton Court , Wellington Street, Cardiff, CF11 9SH**

Monday 22nd October

12pm - 3pm

**Ourplace: Dusty Forge (Main Hall),
460 Cowbridge Road West, Ely, Cardiff, CF5 5BZ**

For directions, parking information or any other queries please contact us on 02920 003132 (ask for Hazel) or email healthy@elycaerau.com

Cluster Practices:

Ely Bridge Surgery
Kings Road Surgery
Meddygfa Lansdowne Surgery
Llandaff Fields Medical Practice
The Taff Riverside Practice
Woodlands Medical Centre

The Caerau Lane Surgery
Meddygfa Canna Surgery
The Surgery St Davids Court
Greenmount Surgery
Westway Surgery

**South West Cardiff Cluster
Health and Wellbeing Group**



ace

Action in Caerau & Ely
Gweithredu yng Nghaerau a Threlái

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