

Do you want to improve your Health and Wellbeing?

Would you like to find out about community groups, activities and services in the Taff Ely area?

Your Community Wellbeing Coordinator is here to help you!

Hannah can help you with a range of issues:



Housing, benefits and financial support and advice



Education and Learning



Getting involved in local groups and activities



Employment, training and volunteering

Feeling lonely and isolated



Emotional health and wellbeing



Accessing specialist services and support



Anything else that matters to you



How?

Call or email Hannah and she will then contact you to discuss any issues or concerns you would like support with.



Contact Hannah Furnish
Taff Ely Community Wellbeing Coordinator
07730 431859
email: Hannah.Furnish@wales.nhs.uk
www.taffelycluster.com

