

CWTSH

Health and Wellbeing Folder

CWTSH

Health and Wellbeing Information

This online folder contains a variety of health and wellbeing information and support services.

For more information, please visit our website:

www.cwtsh.wales

Facebook page:

<https://www.facebook.com/CaerphillyCwtshCommunity/>



Scan for our
website



Scan for our
Facebook

Connecting
with your
community

Cwtshh Caerphilly

We produce what's on guides to help people in Caerphilly look after their wellbeing and health.

We also share health and wellbeing information, groups, activities and events across the Caerphilly borough. Keep up to date with what's happening in your local area!

CWTSH All Together
Better



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Scan QR code for
more details

Or visit cwtsh.wales



Scan QR code to
visit our Facebook
page

Are you looking for local and national organisations or services that can help you?

Are you looking for local services that can help you?

Dewis Cymru aims to help people with their well-being by sharing information about a wide range of local and national organisations and services. Whatever you are looking for, from a childminder to a residential care home, Dewis has the answer! You can then make your own choice over which services best meet your needs.



Visit Dewis Cymru – THE place to find information about a range of well-being services in Wales.



Dewis Cymru

Have choice and take control



A Health and Well-being Wales Partner

what services are available and allows you to choose how best to meet your needs. So whether you're looking for childcare, something to do, help with housing needs, or help to provide care for someone, it's likely that Dewis Cymru will have information that can help you.

Where can I find Dewis Cymru?

Just go to www.dewis.wales. You'll then be able to search for services or browse our national information pages that have been designed to help you think about what matters to you. If you need any help, let us know using the 'Contact Dewis' link on the website and we'll be happy to help you.

How to contact us

You can contact us by:

- z using the 'Contact Dewis' link on the website
- z emailing us at help@dewis.wales
- z visiting our Facebook page
- z contacting us via our Twitter page



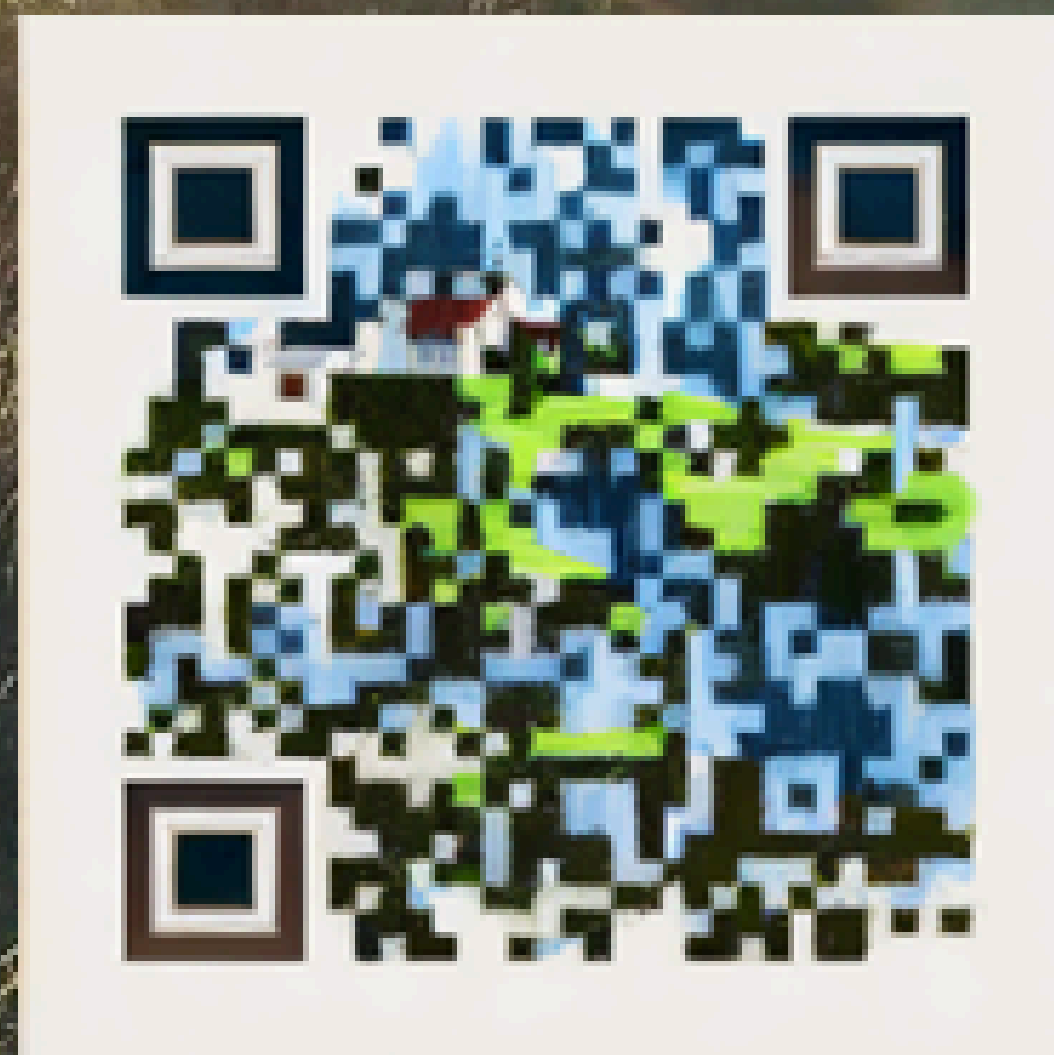
@dewiswales



/dewiswales

Better by Nature

**Being active outdoors can improve
your health and wellbeing**



Find out more

email: ABB.caerphilly.natureprescribing@wales.nhs.uk

phone: 01443 802712

visit: www.naturewellbeing.wales

or scan the QR code above



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University Health Board

CWTS

**All Together
Better**

INSERT PARENT NETWORK

Mental Wellbeing



melo,

Eich helpu chi i ofalu am eich lles meddyliol

Er na allwn ddatrys problemau bywyd, gallwn eich helpu i ddod o hyd i ffyrdd gwell i ymdopi â hwy.

Ewch i melo.cymru i gael gwybodaeth am gyfleoedd, adnoddau a chyrsgiau lleol i'ch helpu i ddod o hyd i ffyrdd i ofalu am eich lles meddyliol.

Free mental wellbeing resources, courses & support.

Ewch i www.melo.cymru/cy

Dilynwch ni @melo_cymru

Sganiwch fi



Helping you to look after your mental wellbeing

While we can't take away life's problems, we can help you find better ways to cope with them.

Visit melo.cymru for information on local opportunities, resources and courses to help you find ways to look after your mental wellbeing.

Free mental wellbeing resources, courses & support.

Visit www.melo.cymru

Follow us @melo_wales

Scan me



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Mae Bwrdd Iechyd Prifysgol Aneurin Bevan wedi datblygu'r wefan hon er mwyn hybu lles meddyliol pobl sy'n byw ac yn gweithio yn yr ardaloedd hyn; Torfaen, Casnewydd, Sir Fynwy, Caerffili, Blaenau Gwent.

Aneurin Bevan University Health Board have developed this website with partners to look after the mental wellbeing of people living and working in these areas; Torfaen, Newport, Monmouthshire, Caerphilly, Blaenau Gwent.



Am gyngor iechyd meddwl ar frys 24/7

**Ffoniwch 111 &
gwasgwch Opsiwn 2**

**For 24/7 urgent
mental health
support**

**Call 111 &
press Option 2**

GIG 111 Cymru

NHS 111 Wales



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



1 in 4 adults will be affected by mental health problems in their life

Mental health and wellbeing services are available at your GP surgery

If you are 18 or over and experiencing mental health concerns you may be able to speak to a Psychological Health Practitioner.

This is not an emergency service and should you feel your concerns are of a more serious nature please speak to your GP

- 1 Talk to your GP or Care Navigator
- 2 Book an appointment with a Psychological Health Practitioner
- 3 45 minute session with a Psychological Health Practitioner
- 4 Decide together what the best way forward is e.g. information you may benefit from, what support might be able to help, referral on if necessary

For more information, please speak to your GP or Receptionist

#psychologicalwellbeingservice
#primarycare



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Dyfodol  Clinigol
Clinical Futures



HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Os ydych chi'n cael meddyliau am hunanladdiad neu'n bryderus am berson ifanc a allai fod gallwch gysylltu â HOPELINEUK am gymorth cyfrinachol a chyngor ymarferol.

HOPELINEUK

Call: 0800 068 4141

Text: 07860 039 967

Email: pat@papyrus-uk.org

Open every day 9am - midnight

www.papyrus-uk.org

Our Suicide Prevention Advisers are ready to support you.

HOPELINEUK

Ffoniwch: 0800 068 4141

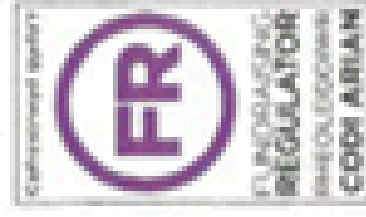
Neges Destun: 07860 039 967

E-bost: pat@papyrus-uk.org

Ar agor bob dydd 9am tan hanner nos

www.papyrus-uk.org

Mae ein cynghorwyr atal hunanladdiad yn barod i'ch cynorthwyo.



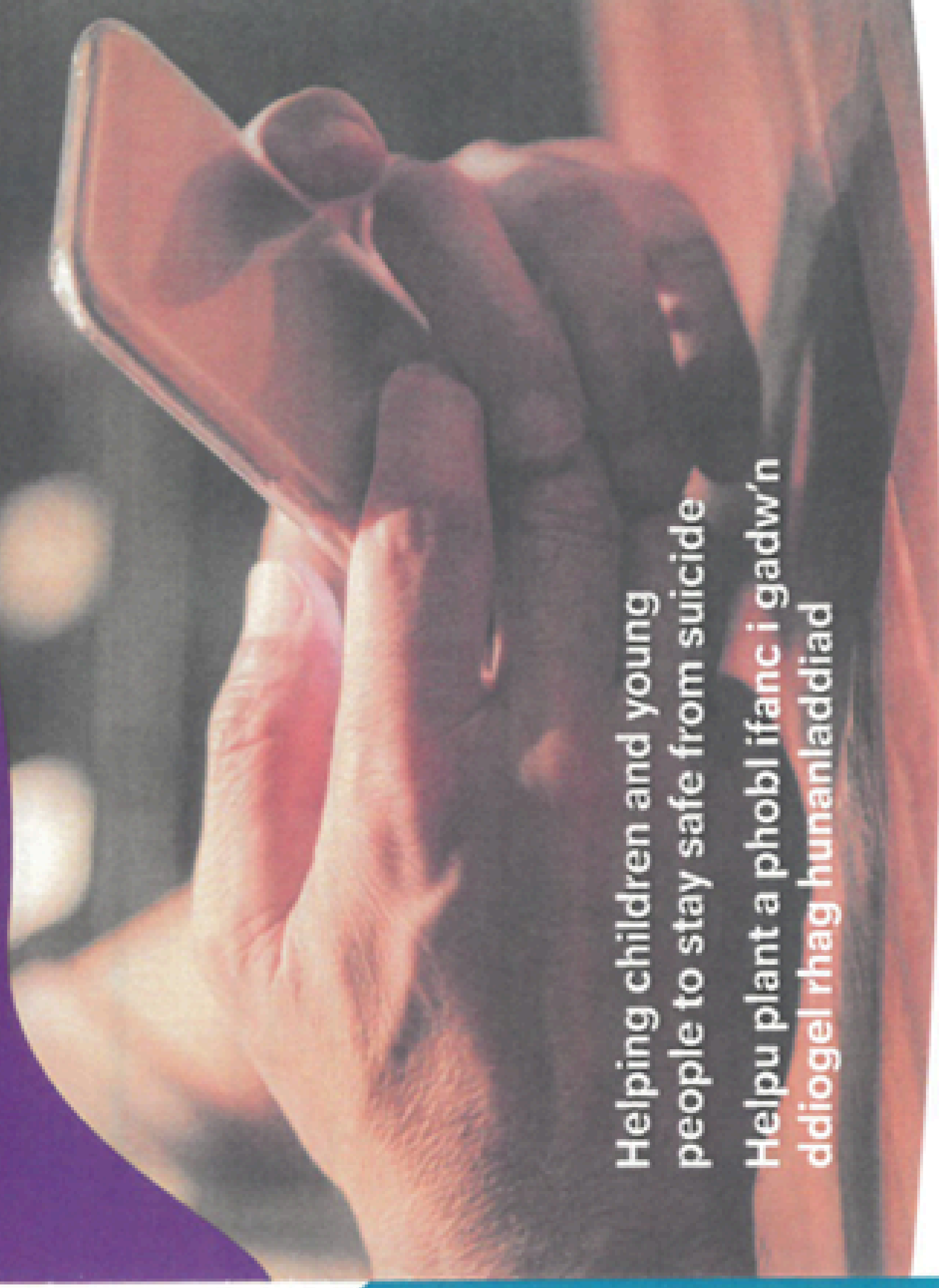
Registered Charity Number - 1070896
Rhif Eusen Gofrestrdig - 1070896

SUICIDE

the biggest killer of young people in the UK

HUNANLADDIAD

prif achos marwolaeth pobl ifanc yn y DU



Helping children and young people to stay safe from suicide
Helpu plant a phobl ifanc i gadw'n ddiogel rhag hunanladdiad



HOPELINEUK
0800 068 4141

What is HOPELINEUK?

HOPELINEUK is a confidential support and advice service for:

- Children and young people under the age of 35 who are experiencing thoughts of suicide.
- Anyone concerned that a young person could be thinking about suicide.

HOPELINEUK advisers want to work with you to understand why these thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

Young People

Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive.

Concerned Others

If you are concerned that a young person is feeling suicidal, advisors can support you to start a conversation about suicide and explore options of how best to support them.

Beth yw HOPELINEUK?

Mae HOPELINEUK yn wasanaeth cymorth a chyngor cyfrinachol ar gyfer:

- Plant a phobl ifanc sy'n iau na 35 sy'n profi meddyliau am hunanladdiad.
- Unrhyw un sy'n pryderu y gallai person ifanc fod yn meddwl am hunanladdiad.

Mae cynghorwyr HOPELINEUK am weithio gyda chi i ddeall pam y gallai'r meddyliau hyn am hunanladdiad fod yn bresennol. Mae'n nhw hefyd am roi man diogel i chi drafod unrhyw beth sy'n digwydd yn eich bywyd a allai fod yn effeithio ar eich gallu chi neu unrhyw un arall i gadw'n ddiogel.

Pobl Ifanc

Mae ein cynghorwyr i gyd wedi eu hyfforddi i'ch helpu chi i ganoibwytio ar gadw'n ddiogel rhag hunanladdiad. Mae eu hyfforddiant yn eu galluogi i ddarparu cyngor a chefnogaeth a allai eich helpu chi i symud ymlaen ac aros yn fyw.

Eraill Sy'n Pryderu

Os ydych chi'n pryderu fod teimladau o hunanladdiad gan rywun, gall cynghorwyr roi cymorth i chi ddechrau sgwrs am hunanladdiad ac archwilio'r opsiynau gorau i'w cynorthwyo.

Who can PAPYRUS HOPELINEUK help?

- Young people, children, family, parents, siblings, partners, carers, grandparents.
- Concerned friends: at work, in school, college, university.
- GPs, Nurses, teachers, school nurses, A&E staff, pastoral staff.
- Mental health professionals: CAMHS staff, CPNs, Psychiatrists.
- Education staff: teachers, lecturers, learning mentors, education social workers.
- Police, ambulance staff, prison staff, drug and alcohol services, probation workers.

"I've just searched online to find the service, this is the best advice I've had, and I'm talking about doctors and health professionals. Do you know nobody has just asked me to talk to him; it's really strange when you think about it - so thank you."

"Dwi newydd chwilio ar-lein i ddod o hyd i'r gwasanaeth, dyma'r cyngor gorau i mi ei gael, a dwi'n sôn am feddygon a gweithwyr iechyd proffesiynol. Wyddoch chi be', does na neb wedi jest gofyn i fi siarad 'da fe; mae'n rhyfedd iawn pan ti'n meddwl amdano - felly diolch."

Pwy all LLINELL GYMORTH PAPYRUS eu helpu?

- Pobl ifanc, plant, teulu, rhieni, brodyr a chwiorydd, partneriaid, gofalwyr, neiniau a theidiau.
- Ffrindiau sy'n pryderu yn y: gwaith, ysgol, coleg, prifysgol.
- Meddygon Teulu, Nyrsys, athrawon, nyrsys ysgol, staff damweiniau ac achosion brys, staff bugeiliol.
- Gweithwyr iechyd meddwl proffesiynol: staff CAMHS, nyrsys CPN, Seiciatryddion.
- Staff Addysgiadol: athrawon, darlithwyr, mentoriaid dysgu, gweithwyr cymdeithasol addysgiadol.
- Yr Heddlu, staff ambiwlans, staff carchar, gwasanaethau cyffuriau ac alcohol, gweithwyr gwasanaeth prawf.

"Thank you for helping me - no one has ever helped me this much before."

"Diolch am fy helpu - does neb wedi fy helpu gymaint â hyn o'r blaen."

"The people at HOPELINEUK are great - I feel understood."

"Mae'r bobl yn HOPELINEUK yn grêt - ron i'n teimlo bod yn fy neall i."

For families in Caerphilly

WELLBEING SUPPORT FOR FAMILIES

A safe space for families to meet and get support for their wellbeing. You will be able to share your experiences with other families facing similar challenges, develop strategies to build resilience, and access a network of support.

What sort of topics will the wellbeing course cover?

**MINDFULNESS
SELF-CARE
FINDING YOUR VOICE
GOALS AND AMBITIONS
MANAGING EMOTIONS**

WHO WE WORK WITH

We work with families in Caerphilly County Borough who are experiencing challenges with their mental health. It may be a child is having a tough time, or a parent is facing difficulties. We offer simple, straightforward wellbeing support for the entire family.

WHAT WE OFFER

We can work with you to explore what might help, including strategies to improve your own wellbeing or to support others in your family who may be experiencing a difficult time.

Parents, carers, children and young people can access individual support for their wellbeing, before moving on to a 6-week wellbeing course or further individual sessions if needed.

Support will be available in the form of group-based support, one-to-one support and online support. This will be according to you and your family's needs.

WHO'S THIS FOR?

For families

families@plattform.org
07976 080561 / 01495 245802

For professionals

families@plattform.org
07976 080561 / 01495 245802

The SPACE Wellbeing Panel

Information, Advice and Assistance (IAA)
for Children's Social Services
0808 100 1727

plattform.org




PLATTFORM

For mental health and social change



A new group to help boost the mentality and well-being
of men in the Caerphilly area

 **@Men.Talk.Walk**

 **mentalkwalk@gmail.com**

**Every man welcome, No need to sign up.
Plenty of free parking.**

**Aber Park Car Park
Aberfawr Rd,
Abertridwr,
Caerphilly
CF83 4EJ**

Scan here for this week's walk



Are you Depressed or Anxious?

We are here for you

SHADE



SELF HELP AGAINST DEPRESSION

For More Information, Please Contact

Sheila on 07791533382

sheilatwiddy@gmail.com

www.shade.org.uk

Please come and see us at

Dan Y Graig Church Hall

Dan Y Graig Road, Risca

NP11 6DB

Tuesdays 7pm-9pm

Thursdays 1pm-3pm

JOLLY BREW CREW

Men's health group.
Guest speakers. Free brews.

**FREE MONTHLY SESSIONS
AT NEWBRIDGE MEMO.**

**FOLLOW US
@JOLLYBREWCREW**

Instagram



Facebook





My Whole Life

My Whole Life is a programme offering a package of support to help participants improve their mental wellbeing and address many of the issues they may face on a daily basis.

Funded by the Lottery Community Fund and in partnership with Growing Space, Caerphilly Borough Mind offers a tailor-made support package to individuals over the age of 18, who live in Caerphilly County Borough.

Programme includes:

- Named contact
- One to one telephone support
- Text service
- Wellbeing checks
- Workshops
- Activities
- Counselling
- Introduction to alternative community groups and services



A holistic approach to mental health

To engage with My Whole Life, call us on: **01443 816945**

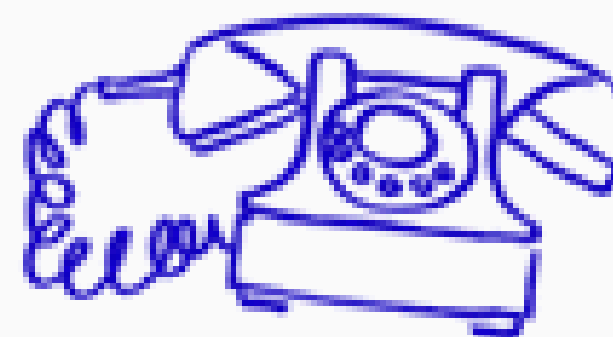
If you leave a message, please state your name and number clearly and we will get back to you within 2 working days.

Alternatively, you can email us at: **admin@caerphillyboroughmind.org**

Get in touch with us

Address:

Caerphilly Borough Mind
36 Penallta Road
Ystrad Mynach
Caerphilly
CF82 7AN
United Kingdom



Telephone: 01443 816945

Email: admin@caerphillyboroughmind.org

Website: www.caerphillymind.co.uk

Registered Charity number 1128082

Health Support



Ydych chi'n gwybod ble i fynd pan fydd angen cymorth y GIG arnoch?



Defnyddiwch *Ganllaw Iechyd Gwent* ar-lein i'ch helpu i ddod o hyd i'r gwasanaeth iechyd a lles cywir pan fydd ei angen arnoch bipab.gig.cymru/ganllaw-iechyd-gwent

Do you know where to go when you need NHS help?



Use the online *Gwent Health Guide* to help you find the right health and wellbeing service when you need it abuhb.nhs.wales/gwent-health-guide



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University Health Board

Dyfodol  Clinigol
Clinical Futures

Help Us Help You

By choosing the right place, first time



Contact your Pharmacist

for health advice, mild illnesses and ailments



Contact your GP Practice

if you have an ongoing illness or concern that you need help with



Call 111

or visit the online symptom checker
111.wales.nhs.uk/SelfAssessments for urgent medical advice or help if you are unsure where to go



Go to a Minor Injury Unit

at Nevill Hall, the Royal Gwent, Ysbyty Ystrad Fawr or Ysbyty Aneurin Bevan hospitals with injuries that are not life-threatening, such as broken bones, cuts, minor head or face injuries, and bites

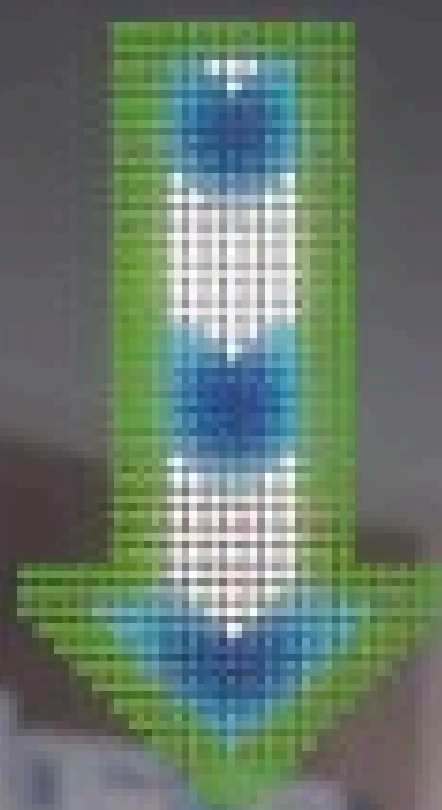


Call 999, or go to The Emergency Department at The Grange University Hospital

If you have a LIFE-THREATENING ILLNESS or SERIOUS INJURY such as suspected stroke, severe chest or stomach pains, seizure or severe blood loss



Am gyngor
iechyd cyflym a
chyfleus, **beth am
ddechrau yn eich
fferylfa leol.**



For quick
and convenient
health advice,
**start at your
local pharmacy.**



Mae'r Gwasanaeth Anhwylderau
Cyffredin ar gael mewn fferyllydd
ledled Cymru.

Cewch driniaeth a chymorth
cyfrinachol, proffesiynol am 27
o gyflyrau iechyd cyffredin, am
ddim. Gallwch gael rhywfaint o
feddyginiaeth dros y cownter, a'ch
presgripsiwn, heb orfod gweld eich
meddyg teulu.

Am ragor o wybodaeth,
gofynnwch i'ch fferyllydd neu ewch i
llyw.cymru/HelpuNiHelpuChi

Chi sy'n dechrau'r daith at fod yn iach

The Common Ailments Service
is provided by pharmacies
across Wales.

You can get confidential,
professional help and free-of-charge
treatment for 27 common health
conditions. That includes some
over-the-counter medications, and
prescriptions, without going to see
your GP.

For more information,
ask your pharmacist or visit
gov.wales/HelpUsHelpYou

Better health starts with you

Flu and COVID-19 vaccinations

Flu and COVID-19 are caused by viruses that spread very easily and can cause some people to become seriously ill and die.



Mae Brechu yn ochub bywydau
Vaccination saves lives

Check your eligibility for
a flu and COVID-19 vaccine

Find out more



GIG
NHS
Wales
Public Health
Wales



Older people and those with certain health conditions are more at risk. This winter we expect to see flu and COVID-19 circulating at the same time, so it's very important to get protected to reduce the risk of being admitted to hospital due to these infections. You will be offered the most suitable vaccine for your age and condition.

Make sure you don't delay getting your flu or COVID-19 vaccine if you're advised to.

Will these vaccines protect me?

Having a yearly flu vaccine is one of the best ways to protect against catching and spreading flu. People at higher risk of severe COVID-19 will be offered a vaccination this autumn. A COVID-19 vaccine reduces the chance of you being seriously unwell or dying from COVID-19. Protection from both vaccines generally starts around two weeks after having them. Like all medicines, no vaccine is completely effective. You might still get flu or COVID-19, but your symptoms are likely to be milder.

Who needs these vaccines?

If you have a long-term health condition, are pregnant or are older, flu and COVID-19 are both more likely to be serious. The flu and COVID-19 vaccination programmes continue to reduce severe disease across the population. As a result, both vaccines are being offered this autumn to people at higher risk of serious illness.

Find out more at:

<https://abuhb.nhs.wales/healthcare-services/staying-well-and-healthy/living-well/immunisations/>

**STOPIO YSMYGU
AR EICH PEN EICH
HUN NEU GYDA
HELP AM DDIM
GAN Y GIG?**

**QUIT SMOKING
ON YOUR OWN
OR WITH FREE
NHS HELP?**

0800 085 2219

Ewch i helpafiistopio.cymru

Tecstiwch HMQ i 80818

Visit helpmequit.wales

Text HMQ to 80818

**HELPA FII
STOPIO
-
HELP ME
QUIT**



Bowel Cancer UK

Beating bowel cancer together



We provide expert **information** and **support** to patients and their families



We **campaign** for early diagnosis and access to best treatment and care

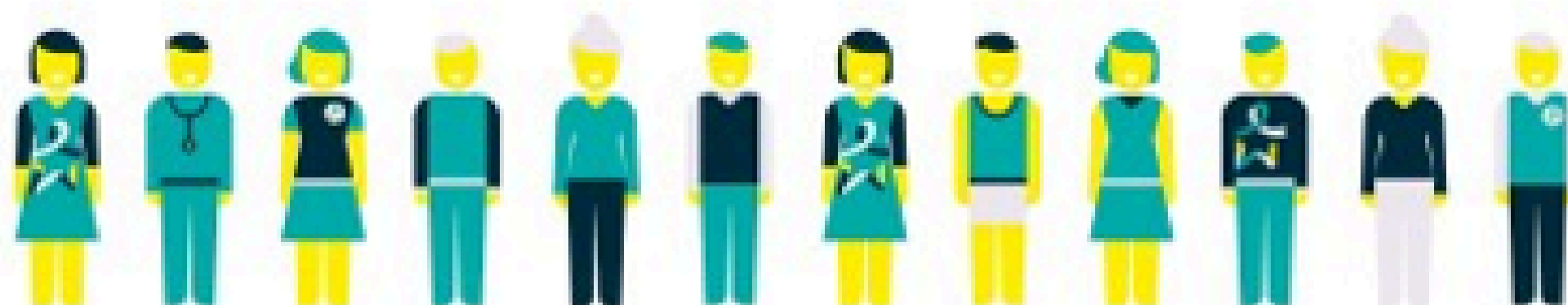


We support and fund **research** to help stop people dying of bowel cancer



We **educate** the public and professionals about the disease

We're bringing people together – patients, families and friends, doctors and nurses, scientists and researchers, politicians and campaigners and everyone fundraising for us to create a future where nobody dies of the disease.



Join us

bowelcanceruk.org.uk  @bowelcanceruk  /bowelcanceruk

Look after yourself and feel better with



**GWENT
YN SYMUD
YN WELL**

**MOVE
BETTER
GWENT**

The **Move Better Gwent** website has been developed to support people experiencing problems with their bones, muscles or joints to access information about their condition, the steps they can take to manage it, and how to access services if they need them.

The site also provides information on how to access podiatry, occupational therapy and weight management services.

You can also find information about patient information sessions on Osteoarthritis of the Knee or Low Back Pain

https://movebettergwent.nhs.wales/self_management/oak/

Contact the team on **01495 768645** or email OAKReferrals.ABB@wales.nhs.uk

Self-referral to physiotherapy

If you would like further help with your muscle, joint or bone concern you can self-refer to physiotherapy services.

<https://movebettergwent.nhs.wales/contact/seeking-further-help-self-referral-process/>

If you are unable to complete this form electronically and require further assistance, please contact 01495 768715 Monday to Friday 8.30 am to 4.00 pm

Alzheimer's Society Services in Caerphilly Borough

Music and Activity Groups

Singing for the Brain – every Wednesday, 10.30 to 12.00 at Holy Trinity Church Hall, Ystrad Mynach CF82 7DR

Music and Memories – every Monday, 10.30 to 12.00 at Pwll y Pant Village Hall, Caerphilly CF83 2ND

Fun & Friendship Activity Group – every Friday, 10.30 to 12.00 at St David's Church Hall, Fleur de Lys NP12 3UE

(For more information, please contact Michelle James on 07703 471646)

Young Onset Dementia Groups

Younger People Meeting Group – last Friday of the month, 2.00 to 4.00 at Pwll y Pant Village Hall, Caerphilly CF83 2ND

Younger People Community Activity Group – second Tuesday of the month. Variety of social events so times and locations are varied.

Younger People Carer's Group – second Tuesday of the month, online Zoom meeting, 6.00 pm to 7.00. Conversations with carers and peer support

(For more information, contact Lorraine Davies on 07720 947424)

Courses

CRISP – Carer's Information and Support Programme – a four week programme of information and support for Carers. 2-hourly sessions, can be online via Zoom or in face to face groups.

(For more information, contact Clare Gartside on 07732 646144)

Dementia Voice

Gwent Dementia Voice Group – last Wednesday of every month, 12.30 to 2.30 at St Julian's Baptist Church, Beaufort Road, Newport NP19 7PZ. Using your experience of dementia to inform others, influence policy makers and tell your story.

(For more information, contact Louise Nicholas on 07710 382014. Online, postal and telephone opportunities are also available)

General information

Contact **Dementia Support** on 03300 947 400 (bilingual Welsh/English) or 0333 150 3456 (evenings/weekends – English only) for information, advice and questions about support or visit alzheimers.org.uk to find out more.

IS ALCOHOL COSTING YOU MORE THAN MONEY?



Alcoholics Anonymous

0800 917 7650

www.alcoholics-anonymous.org.uk

Email: help@aamail.org

SCAN HERE FOR
LOCAL MEETINGS



ALL ENQUIRIES ARE TREATED IN THE STRICTEST CONFIDENCE

Free Bilingual Drug and Alcohol Helpline

Calls made to 0800 or 0808 phone numbers are free for all UK landline and mobile phones.

Dan 24/7 telephone number will NOT appear on your home itemised bill.

Freephone:

0808 808 2234

Or text DAN to:

81066

YMA I GYNRYCHIOLI'CH BARN CHI AR IECHYD A GOFAL CYMDEITHASOL

Helpwch ni i wneud gwahaniaeth
ac i wella gwasanaethau i bawb.

Rhannwch eich barn neu
gwirfoddolwch.

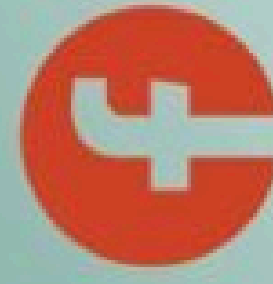
www.llaiscymru.org

HERE TO REPRESENT YOUR VIEWS ON HEALTH AND SOCIAL CARE

Help us make a difference
and improve services for
everyone.

Share your views or volunteer.

www.llaiswales.org



@LlaisGwent
@LlaisWalesGwent



@Llais_Cymru
@Llais_Wales

gwentenquiries@llaiscymru.org

t: 01633 838516



LLAIS

Eich llais mewn iechedd | Your voice in health
a gofal cymdeithasol | and social care



SCAN ME

Cadw ymhel cyn eich llawdriniaeth neu driniaeth

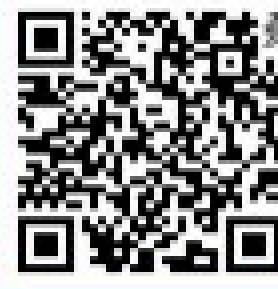
keeping well before your surgery or treatment

Os oes gennych lawdriniaeth neu driniaeth wedi'i chynllunio ar y gweill, mae'n bwysig cymryd camau bach syml i helpu i roi'r cyfle gorau posibl i'ch triniaeth yn ogystal â chefnogi eich adferiad.

If you have surgery or planned treatment coming up it is important to take small simple steps to help give your treatment the best chance possible as well as support your recovery.

Mae'r **Hyb Cadw'n** lach wedi'i lunio gan amrywiaeth o weithwyr iechyd proffesiynol i'ch cefnogi gyda llawer o awgrymiadau a gwybodaeth hawdd eu dilyn.

The **Keeping Well Hub** has been put together by a variety of health professionals to support you with lots of easy-to-follow tips and information.



SGANIWCH

FI!



SCAN
ME!



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan

Aneurin Bevan
University Health Board

Yn cael hi'n anodd ymdopi â symptomau **menopos**?

Struggling with **Menopause** symptoms?

Clinigwyr hyfforddedig yma i wrando, cefnogi, a thywys chi trwy'r menopos, eich lles, eich ffordd.

Trained clinicians here to listen, support, and guide you through menopause, your wellbeing, your way.

Ewch i weld Hyrwyddwr Menopos yn eich Meddygfa GP

See a Menopause Champion in your GP Practice

- Cyngor ar symptomau
- Cymorth gyda HRT neu ddulliau amgen
- Clust gwranddo sy'n deall
- Advice on symptoms
- Support with HRT or alternatives
- A listening ear who understands

Siaradwch â'ch Meddygfa GP am fanylion pellach

Speak to your GP Practice for further details



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
Aneurin Bevan
University Health Board



Other
support

WELLBEING CONNECTORS

Wellbeing Connectors aim to:

- **Improve social and emotional wellbeing.**
- **Promote independence.**
- **Reduce social and emotional isolation and loneliness.**
- **Help people feel part of the community.**
- **Coordinate appropriate support services to facilitate positive outcomes for complex cases.**
- **Provide Information and advice on suitable community groups and activities.**

We also work alongside various partner organisations, health & social care professionals who are able to provide the right help and support to meet your individual needs.

If you are 18+ and want to get connected please contact Wellbeing Connectors:

www.caerphilly.gov.uk/wellbeingconnectors

Email: wellbeingconnectors@caerphilly.gov.uk

Tel: **01443 866558**



Dewis Cymru

Have choice and take control





Gwent Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Gwent

THE CAERPHILLY GAVO TEAM!

We can help with;

- Setting up a new community group
- Funding advice and support
- Developing your organisation
- Governance information
- Wellbeing in your community
- Volunteering
- Health and Social Care
- Early Language groups and support
- Community Asset Transfer

Contact us now!
info@gavo.org.uk



PARENTING IS NOT ALWAYS EASY!

NID YW MAGU PLANT BOB AMSER YN HAWDD!

Gall fod yn unig, yn rhwystredig, yn dorcalonnu ac yn llethol.

Nid ydych chi ar eich pen eich hun.

Mae Home-Start Cymru yn gweithio ochr yn ochr â theuluoedd yn union fel eich teulu chi gan roi cefnogaeth dosturiol a chyfrinachol.

It can be lonely, frustrating, heartbreaking and overwhelming.

You are not alone.

Home-Start Cymru works alongside families like yours to give compassionate and confidential support.



CONTACT US/ CYSYLLTWCH

info@homestartcymru.org.uk





From simple questions
to serious issues...

Meic is someone on your side

Helpline for those aged up to 25



online chat
www.meic.cymru



phone
08088023456



txt
84001

8am to midnight
Every day



OLDER NOT COLDER



Care & Repair
Gofal a Thrwsio

Keeping Your Home Warm
and Your Bills Down



A new Wales-wide service for people over 60 who own their own home or privately rent. Contact your local Care & Repair for a free home assessment:

www.careandrepair.org.uk

Supporting
unpaid
carers



HwbGofalwyr
Gwent
CarersHub

Gwent

Gwent Carers Hub



01495 367564



Gwentcarershub
@adferiad.org



Adferiad

Support for all unpaid carers in Gwent from our hub in Pontypool.

We offer a safe space for unpaid carers to talk about themselves and their caring role and identify how we can help you to understand, achieve and grow as a carer.

Support includes: signposting to other avenues of support, carers groups, and help with physical, mental, emotional and financial wellbeing

TALK TO US ABOUT YOUR HOUSING

COME AND TALK TO YOUR LOCAL PLATFORM TEAM



PLATFFORM

For mental health and social change

TALK TO US ABOUT

If you're struggling with your mental health and it's affecting your housing or benefits, please contact your local Platform team for support. You'll receive a warm welcome.

WE CAN HELP WITH:

- FINDING LOCAL COMMUNITY SUPPORT
- BENEFITS CLAIMS AND APPEALS
- TALKING TO LANDLORDS AND LOCAL AUTHORITIES
- HOUSING APPLICATIONS
- BUDGETS AND DEBT
- FOOD BANKS
- COUNSELLING
- SUPPORT WITH EMPLOYMENT

THERE IS OFTEN A SOLUTION TO HOUSING PROBLEMS,
SO TOGETHER WE CAN WORK OUT WHAT TO DO NEXT.



ARE YOU WORRIED?

Talk to our team if you're facing homelessness. They can help connect you to places that can offer shelter. They can also offer support if your landlord is trying to take possession of the property.

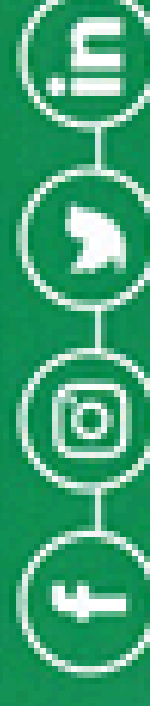
FINDING YOUR NEXT STEPS

If you are having a hard time, or there's things about your life that would like to change, we can offer coaching. It can help to have someone to talk through things with.

GET IN TOUCH

caerphillyenquiries@platform.org

01495 245802



SCAN HERE
platform.org





**Help finding housing and work.
Support with form filling, debts,
benefits, eviction notice, rent/
mortgage arrears.**

Contact Supporting People:

01443 864548

Email: supportingpeople@caerphilly.gov.uk

www.caerphilly.gov.uk/supportingpeople

Text: housupport to 81400



Caerphilly People First



Bargoed YMCA
Aeron Place, Gilfach
Bargoed, CF81 8JA
Tel: 01443 834444
Mobile: 07940 474640

Email:

enquiries@caerphillypeoplefirst.org
Website: caerphillypeoplefirst.org

*Working to protect the rights of
people with learning disabilities*

Registered Charity Number: 1067252

People First members meet regularly to talk about our lives, including the good and bad things that happen. Our County Representatives group, which is made up of people with learning disabilities from Caerphilly meets every month and is made up of over 30 people.

We provide weekly office work placements to a number of people with learning disabilities. We hold a weekly group called the Reconnect Focus Group which takes part in learning and wellbeing activities.

Our Chairperson Ffion Poole runs online activity events for members, which helps reduce isolation and loneliness.

Our Management Committee meets regularly and half the board is made up of people with learning disabilities.

Caerphilly People First is particularly grateful to Caerphilly County Borough Council for funding.



Caerphilly People First works in partnership with organisations including: Caerphilly County Borough Council, All Wales People First, Various People First groups, GAVO, Aneurin Bevan Health Board, Person to Person, Caerphilly Parent Network, Welsh Ambulance Service, Libanus Centre (Blackwood), Taraggan Gardening Project, Lloyds Bank Foundation Training & Consultancy, Insight App, Gig Buddies, and My Mates. We also have a close relationship with the University of South Wales and provide training to student nurses and psychologists, and welcome student nurses to our office on work placement. We also meet local AMs and MPs to talk about issues we feel are important.

Caerphilly People First members and staff attend meetings including: Gwent Citizens' Panel, TRAC at the University of South Wales, SWAN (South Wales Advisers Network), and the All Wales People First National Council.

Caerphilly People First members provide training to organisations on Learning Disability Awareness, Safeguarding, and producing Easy-read documents.

What Is Caerphilly People First?

As People First members we belong to an international network of advocacy groups run by, and for, people with learning disabilities.

Caerphilly People First gives us a chance to speak up for ourselves, to express our views, and to get the message across to other people that we can think for ourselves and should be allowed to make our own decisions.

Unfortunately, people with learning disabilities are often treated unfairly. We are sometimes treated like children, as though we can't do things for ourselves. People think we don't have views about things, even when we are adults.

We want to let people know our capabilities and are always looking for ways to put forward our views to challenge the fear, ignorance and prejudice of other people so that we can have a fair chance in life.

What We Believe

We believe that we know best about what we want, and we believe we should be in control of what happens in our lives.

We believe we can do all sorts of things for ourselves—as long as we get the support we need.

We believe we have equal rights which should be protected, the same as everyone else.

We believe that we should be encouraged to take responsibility for ourselves, to help us grow up and face life's challenges.

We believe that we have the right to a good education, jobs, healthcare, friendships, and the support to live our lives the way we want to.


We believe we should be in charge of our lives and can help other people with learning disabilities to do the same.

We believe we should be supported to make our own choices and decisions.

What We Do

Caerphilly People First is funded to work with people in Caerphilly who have learning disabilities. Our aims are:

- To give people with learning disabilities a chance to learn about self advocacy and People First.
- To give people with learning disabilities a chance to speak up for themselves.
- To support people with learning disabilities to attend meetings and conferences and have a say in the decisions which affect their lives.
- To provide training to people with learning disabilities so they can develop skills, such as digital skills, healthy eating, and handling money.
- To support people with learning disabilities to learn about Person Centred Planning and help them to develop their plans.



Do you provide unpaid care and support?

Anyone can become a carer. Carers come from all walks of life, all cultures and can be any age. Many people don't recognise themselves as carers, but they look after people with an illness, disability, mental health problem, learning disability or addiction or are parent carers.

The Social Services and Wellbeing Act (Wales) 2014 gives the same rights to carers as those they care for. Carers have a right to their own needs assessment. This is a conversation about what matters to you and how you can best be supported in your caring role, including services if appropriate. It doesn't matter how much care you are providing or intend to provide, you can still ask for a carer's assessment.

There are 5 local authority areas working in partnership with Aneurin Bevan University Health Board and 3rd sector organisations to support carers across the Gwent region. Each local authority provides a varied range of support to carers in their area.



You are not alone...

To contact carers support in your area see below for details.

Blaenau Gwent
IAA Team
www.blaenau-gwent.gov.uk
01495 315700

Monmouthshire
Monmouth/Usk/Raglan
01600 773041

Abergavenny
01873 735885

Chepstow/Caldicot
www.monmouthshire.gov.uk
01291 635666

Torfaen
www.torfaen.gov.uk
email: calltorfaen@torfaen.gov.uk
01495 762200

Caerphilly
IAA Team
www.caerphilly.gov.uk/carers
email: carers@caerphilly.gov.uk
0808 100 2500

Newport
www.newport.gov.uk/carers
email: info@newport.gov.uk
01633 656656

Gwent Carers Hub
www.thecarecollective.wales/gwent-area
email: gwentcarershub@thecarecollective.wales
01495 367564

Aneurin Bevan University Health Board
www.aneurinbevanhb.wales.nhs.uk

In addition the following are useful organisations that can offer support across the region:

www.carersuk.org and
www.carerswales.org

Independent Advocacy:

supporting you to be informed, heard and involved

Are you aged 50+, or a carer of an older person, living in the community and have issues or concerns that you're finding it difficult to resolve?

Do you need help to:

- Ensure people listen to your views, wishes and feelings so you lead the decision making?
- Get the right support you need when you need it?
- Be supported to say what matters to you and why?
- Understand information about services or your rights?
- Understand your options and choices?

HOPE has trained independent Volunteer Advocates who will be:

- Someone there for you and only you
- Someone to listen to you and support you so you can make your own decisions
- Someone to help you access and understand information and make informed choices
- Someone to represent you if you need them to
- Someone to help you be heard

If you think that HOPE can support you, please e-mail advocacy@agecymru.org.uk



Follow us on:

 [facebook.com/agecymru](https://www.facebook.com/agecymru)

 twitter.com/agecymru

Age Cymru, Ground Floor, Mariners House, Trident Court, East Moors Road, Cardiff, CF24 5TD
Tel: 029 2043 1555 E-mail: enquiries@agecymru.org.uk
www.agecymru.org.uk

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The Furniture Revival

Your local reuse, upcycling centre and charity

Do you have old and unwanted furniture?

The Furniture Revival is a social enterprise, upcycling and selling furniture in Rhymney. All income generated is invested back into the local community. Furniture Revival also offers volunteering and work experience opportunities for local people.

Donating your furniture to us will not only help the environment by diverting re-usable items from landfill, but will also be reinvested back to a great, local cause.

Collections

We offer free collections from households and businesses in Caerphilly, Blaenau Gwent, Merthyr Tydfil and surrounding areas, five days a week.

We are appropriately licenced to offer a full clearance to your property, with quotes starting from as little as £150.

**the
Furniture
Revival**



Donations

Any household or business donations are welcome:

Furniture

Electrical goods (in working order)

Bric-a-brac

~~Paint~~

~~Decorating materials~~

Before you donate to The Furniture Revival, you will need to check a few things:

- 1** Is it fire regulated? Check your items for fire regulated labels.
- 2** Can it be reused and is it working? We can carry out minor repairs, but unfortunately we cannot collect items that need extensive repairs.

Contact us:

For donations and collections:

Tel: 01685 846830

Email: info@thefurniturerevival.co.uk

To find our wide range of high-quality, upcycled furniture:

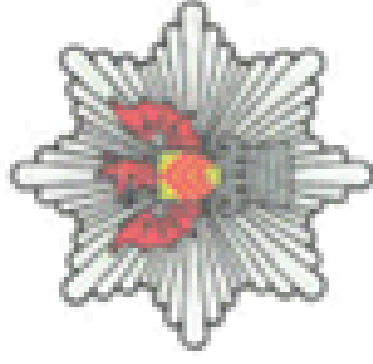
Website: www.thefurniturerevival.co.uk/

Address: The Furniture Revival, Unit 21, Lawn Industrial Estate, Rhymney, NP22 5PW

The Furniture Revival is a Groundwork Caerphilly social enterprise.

Find us on Facebook: search 'The Furniture Revival'

Registered Charity Number (Groundwork Caerphilly): 1006811



Gwasanaeth Tân ac Achub
De Cymru

South Wales
Fire and Rescue Service

Archwiliad Diogelwch rhag Tân yn y Cartref **AM DDIM**



Byddwn yn ymweld â'ch cartref i gynnig cyngor i chi ar sut i gadw eich cartref yn ddiogel a, lle bo'n briodol, gosod larwm mwg **AM DDIM**.

Pwy sy'n gymwys?

Rydym yn targedu ein hymweliadau mewn ardaloedd a sefyllfaoedd lle rydym yn ymwybodol bod perygl uwch o dân, gan gynnwys tai pobl fregus - ond gall unrhyw un sy'n byw yn Ne Cymru ofyn am ymweliad diogelwch tân yn y cartref.

Pam gofyn am ymweliad?

Os oes pryder gennych y gall eich cartref fod mewn perygl rhag tân, neu yn nabod rhywun rydych chi'n tybio sydd angen ein help, yna os gwelwch yn dda, trefnwch ymweliad.

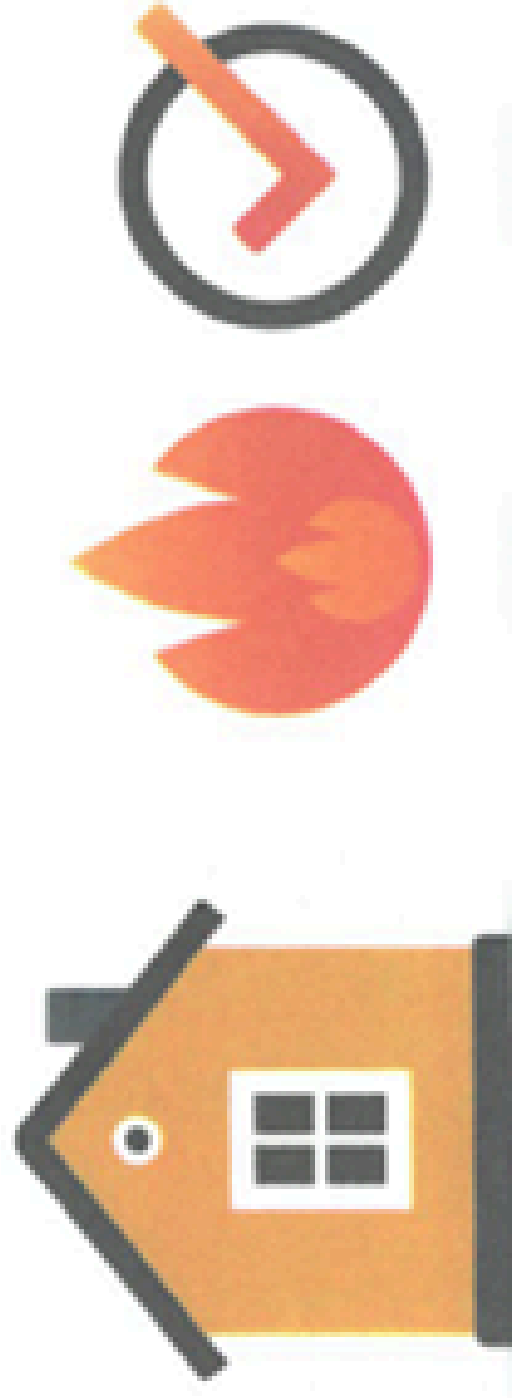
Pa mor hir fydd e'n cymryd i gwblhau'r ymweliad?

Dim mwy na hanner awr.

Hawliwch eich Archwiliad Diogelwch rhag

Tân yn y cartref **AM DDIM NAWR!**

FREE Home Fire Safety Check



We will visit you at home to offer advice on how to make your home safe and where appropriate fit a smoke alarm for **FREE**.

Who is eligible?

We target our visits in areas and situations where we know there is a higher risk of fire, including the homes of vulnerable people, but anyone living in South Wales can request a home fire safety visit.

Why request a visit?

If you are concerned that your home may be at risk of fire, or know someone who you think needs our help, then please arrange a visit.

How long will it take to complete the visit?

No more than half an hour.

Claim your **FREE
Home Fire Safety Check NOW!**

GALLWCH / CALL 0800 169 1234 NEU/OR TECSTIWCH 07756 847123

a dyfynnwch 'Ysbyty Cwm Rhondda Hospital' / and quote 'Ysbyty Cwm Rhondda'

HAVE YOU BEEN AFFECTED BY RAPE, SEXUAL ASSAULT OR SEXUAL ABUSE?

NEW PATHWAYS

offers crisis support, advocacy, wellbeing and counselling services to children, young people and adults affected by sexual violence, whether recent or in the past.

Crisis and Advocacy

Our Sexual Assault Referral Centres (SARCs) are available 24/7/365 and offer crisis support and Independent Sexual Violence Advisor (ISVA) support.

Counselling and Wellbeing

We offer 1:1 specialist counselling and wellbeing services for adults and children and group psychoeducational courses.

Courses and Training

We offer expert professional training on sexual violence, vicarious trauma, trauma informed practice, safeguarding and related subjects.



New Pathways

Life beyond sexual violence

Tel: 01685 379310

www.newpathways.org.uk
enquiries@newpathways.org.uk
training@newpathways.org.uk

Charity No: 1126120 / Company No: 6701013

Tel: 01970 610124

www.midwalesrsc.org.uk
enquiries@midwalesrsc.org.uk
training@newpathways.org.uk

Charity No: 1149321 / Company No: 08209555



[newpathways_](#)



[newpathways_](#)



[NewPathways](#)



Caerphilly Housing Support

In Caerphilly, our dedicated support workers are here to support anybody 18+ with their housing needs. We can support you with income maximisation, budgeting, form-filling, homelessness & more. Our goal is to support you to live more independently.

To make a referral for yourself or someone else, please contact Supporting People on 01443 864548.

For more information please contact us

01633 763330

email caerphillycss@agecymrugwent.org

or visit www.ageuk.org.uk/cymru/gwent/



Care & Repair
Gofal a Thrwsio

Helping older people in Blaenau Gwent and Caerphilly to repair, adapt and maintain their homes

Call us on **01495 321 091**

Care & Repair helps older homeowners and private tenants to live independently in safe, warm, and accessible homes.

How we can help you

- ✔ Undertake a free Healthy Homes Check
- ✔ Advise on options to repair, maintain or adapt your home
- ✔ Help to find sources of funding for any work that needs doing
- ✔ Advise and help to apply for the benefits you are entitled to
- ✔ Help you find a reliable, local contractor or builder
- ✔ Refer you on to other local services if needed

A little bit about us

Care & Repair is a Wales-wide charitable movement, working to ensure that all older people have homes that are safe, secure and appropriate to their needs. Our vision is a Wales where all older people can live independently at home.

Our home visiting service is **FREE** of charge and tailored to your individual needs.

You may be worried about how you can remain living independently at home as you grow older. That's where Care & Repair can help you.



To find out more about how we can help you or to arrange a visit please call **01495 321 091** or email enquiries@bgccr.co.uk



Araner yn Rhannol gan
Llywodraeth Cymru
Part Funded by
Welsh Government

www.careandrepair.org.uk

Improving Homes, Changing Lives.

Employment,
training and
volunteering



A Volunteering Opportunity

Would you like to **volunteer** to support someone who is **lonely** or socially isolated?

Ffrind i mi/Friend of Mine is a partnership approach to combatting loneliness and social isolation across our communities. **Loneliness** can affect anyone, at any time and at any age.

Ffrind i mi/Friend of Mine provide a robust volunteer recruitment process, all our volunteers will have:

- DBS check at **no cost** to the volunteer
- Occupational Health Check
- Reference check
- **Free** training
- Volunteer Peer **Support**

If your organisation is willing to support staff volunteering we will happily visit you in the work place to:

- Talk about Ffrind i mi/Friend of Mine
- Provide training
- Support with the application and DBS process

For more information please contact the **Ffrind i mi/Friend of Mine** team:



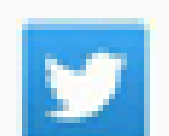
01495 768645



Ffrindimi.abb@wales.nhs.uk

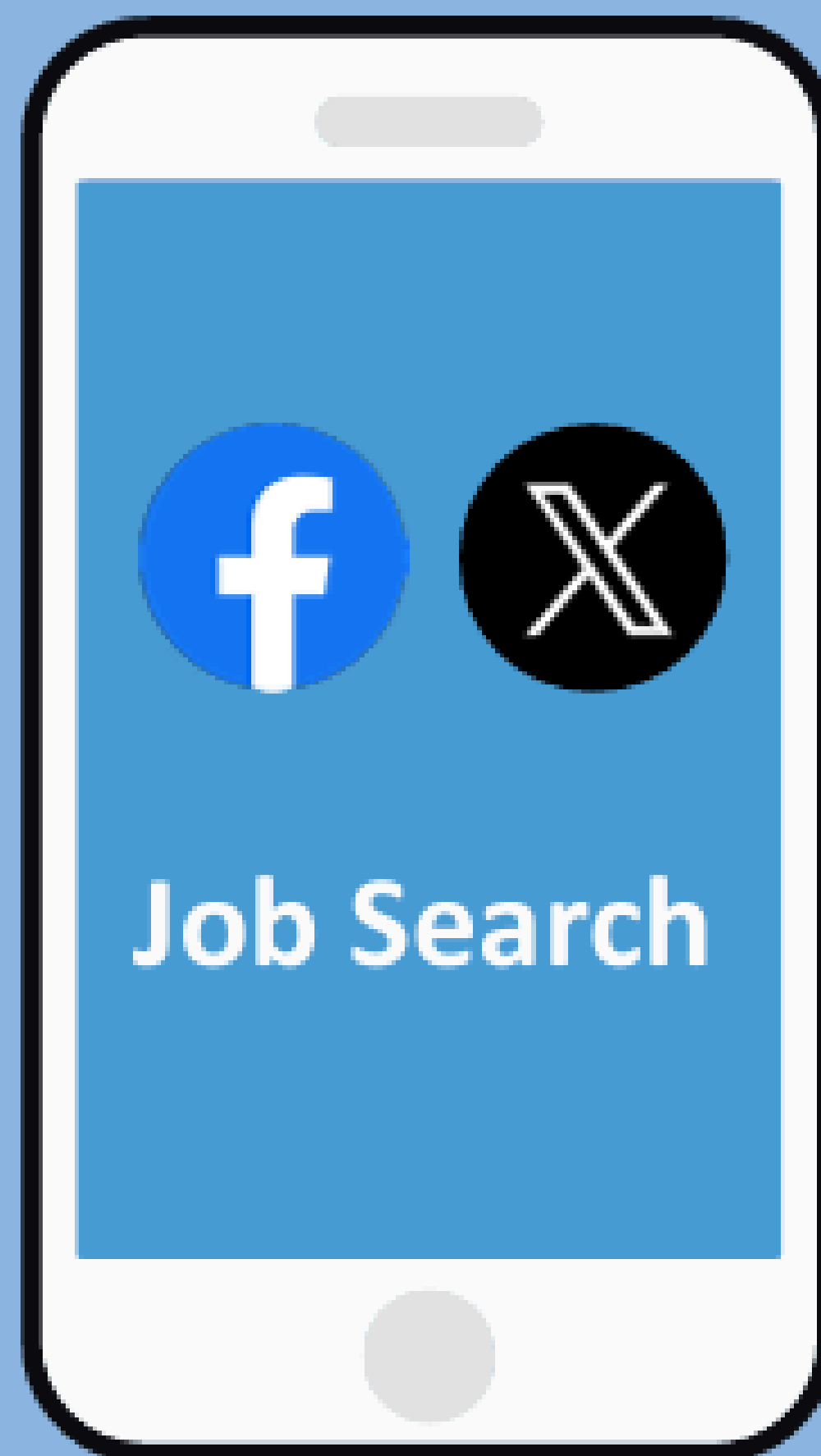


www.ffrindimi.co.uk



@FfrindIMi

Follow us on Facebook and X to find local jobs



JCP in South East Wales

Our social media accounts give you useful job search tips and the latest vacancies in the local area

jobcentreplus

Facebook

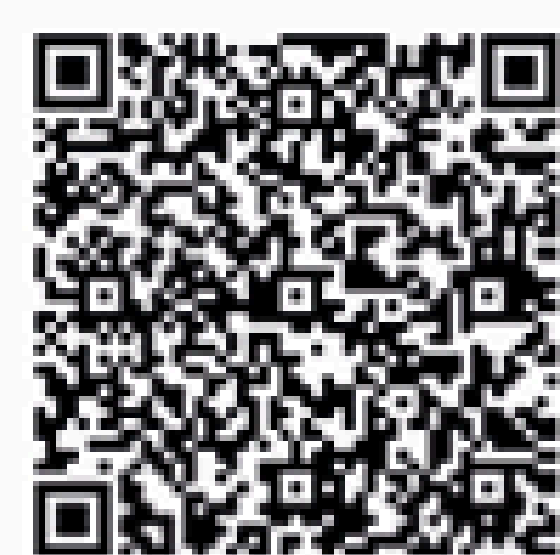


Scan the QR codes on your digital device to access your local Jobcentre Plus account

X



Have you considered **volunteering?**



www.caerphilly.gov.uk

- **Are you kind, caring and supportive?**
- **Do you have a little spare time to help others?**
- **Are you over 18 years of age?**

The Volunteer Service supports vulnerable adults within Caerphilly Borough to access social / leisure facilities and companionship within their community.

Come and join us in sharing kindness to others!

To find out more,
please contact the Volunteer Co-ordinators:

Tel: 01443 866558 Email: wellbeingconnectors@caerphilly.gov.uk

Facebook: @CaerphillyCommunityServices Website: www.caerphilly.gov.uk





Volunteer with us

Gwirfoddoli gyda ni



And you could make a difference to a family in your community.

For more information contact us at

volunteering@homestartcymru.org.uk

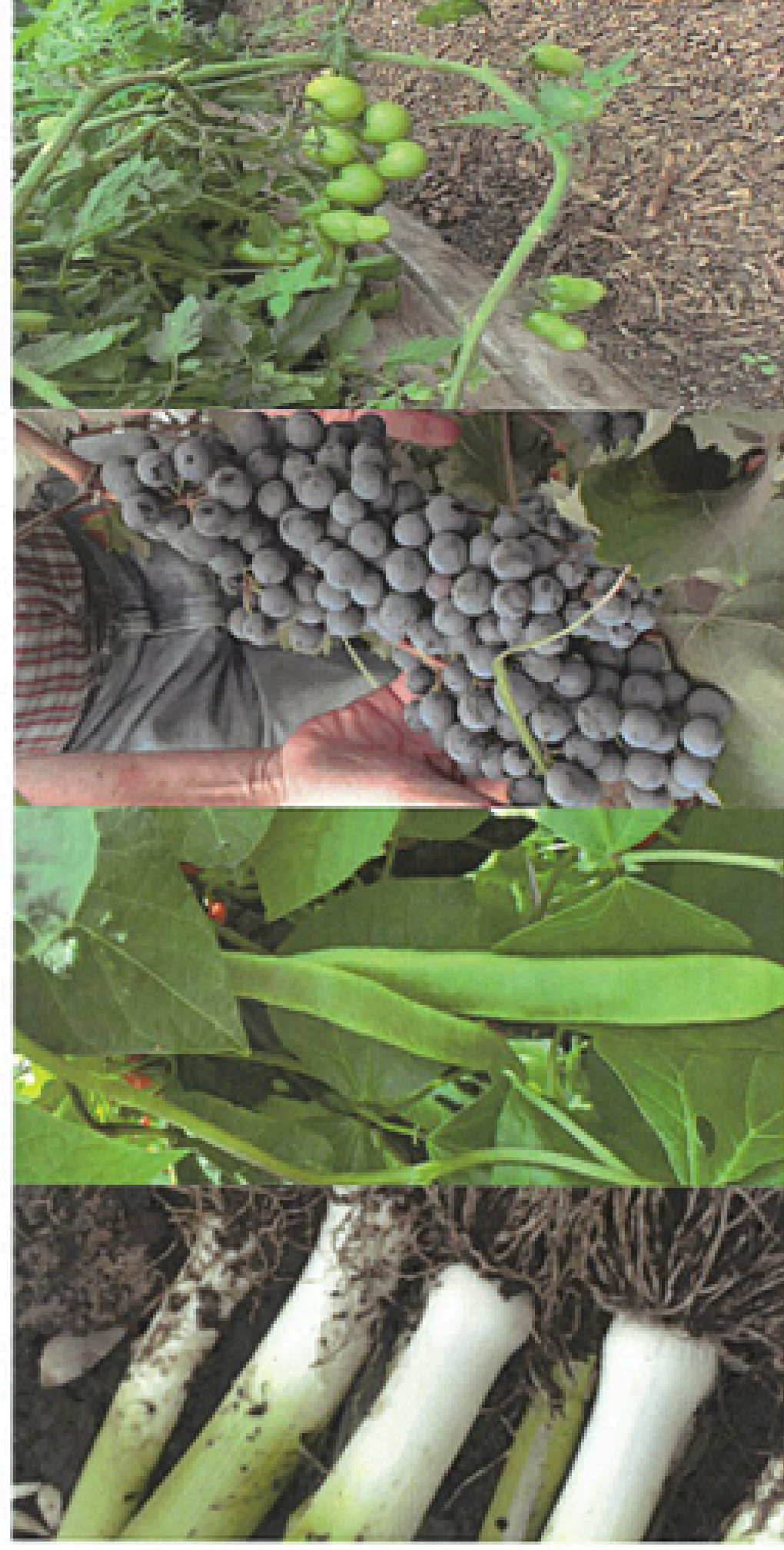
Ac fe allech chi wneud gwahaniaeth i deulu yn eich cymuned.

Am fwy o wybodaeth cysylltwch â ni yn

volunteering@homestartcymru.org.uk

Want to learn to Grow Your own food?

ROUTES 2 LIFE IN PONTLLANFRAITH,
CAERPHILLY, CAN HELP



Routes 2 Life gives you the opportunity to learn and develop a range of practical and horticultural countryside skills. You will learn to:

- Grow plants from seeds
- Nurture
- Harvest

And..... Take some freshly grown food to enjoy at home!

Coming to Routes 2 Life helps build confidence and self-esteem in a friendly calm space. You can even gain an Agored Cymru accredited Training Certificate.

Routes 2 Life also works with local schools, to teach food growing, learn about nature, supporting delivery of the Curriculum and promoting green ways of living.



FIND OUT MORE CONTACT

RACHAEL WALSH

Rachael.walsh@groundwork.org.uk

01495 222605

OPEN ALL YEAR



CYMORTH CYFLOGAETH CAERFFILI

CAERPHILLY EMPLOYMENT SUPPORT

Gallwn ni helpu gyda:

- Chwilio am Swydd ■ CVs
- Ceisiadau ■ Cyfweiliadau
- Gwirfoddoli ■ Hyfforddiant
- Cefnogaeth Un i Un
- Cymorth yn y Gwaith
- Newidiad Gyrfa
- Mynediad at Wasanaethau Llesiant

We can help with:

- Job Searches ■ CVs
- Applications ■ Interviews
- Volunteering ■ Training
- One to One Support
- In Work Support
- Career Changes
- Accessing Well-being Services

01443 864227

AdfywioCymun@caerffili.gov.uk

communityregen@caerphilly.gov.uk



Funded by
UK Government
Wedi ei ariannu gan
Llywodraeth y DU



Llywodraeth Cymru
Welsh Government



Cymunedau
am Waith
Communities
for Work



Free Training

... with or without qualifications.

Don't call it a dream...
...Call it a plan. Threshold

Are you interested
in free accredited
learning?

Natwest welcomes
participants aged
18 and over in
completing training in
a variety of subjects.

Free training is available in subjects: -

- Safeguarding
- Personal Confidence
- Customer Service
- Volunteering & Community Engagement
- Environmental Awareness
- Mental Health & Stress

Interested? Please contact Gail at
GHughes@threshold-das.org.uk
for more information regarding these courses.

 **NatWest**



**Llwybr
Gyrfaedd
Gofal Gwent**

Cydwethio i ddatblygu
gwethlu medrus a thosturial

**Gwent
career
pathway**

Working together to develop a skilled
and compassionate workforce

Looking for a rewarding, diverse & flexible career?

• For more information about roles in Social Care visit: www.wecare.wales • For more information about roles in health visit: www.jobs.nhs.uk

Roles in Health and Social Care

Professional Roles: Educated to degree level and must register to work with relevant professional body

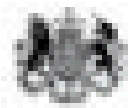
Registered Nurse	To become a nurse you'll need a degree in nursing and be registered with the Nursing and Midwifery Council (NMC) once qualified. There are many types of nursing roles including children's nursing and mental health nursing.
Social Worker *Social Work Assistants	To become a social worker you'll need a degree in Social Work and will have to register with Social Care Wales once qualified. *Social Work Assistant roles will be required to undertake training to ensure they are competent in relation to 'assessing and meeting needs'.
Occupational Therapist *Occupational Therapy Assistant	To become an occupational therapist, you'll need a degree in occupational therapy that's been approved by the Health and Care Professions Council (HCPC), and be registered with the HCPC once qualified. *Occupational therapy assistants do not need to register to work and there is no formal entry requirements. Although experience or a health and social care qualification may be required but is not essential.

Management Roles: You must register to work with Social Care Wales

Registered Managers: Children's and Adult Services	To become a registered manager you will require the Level 5 Diploma in Leadership in health and social care and you must register with Social Care Wales.
Deputy Manager: Children's and Adults Services	Children's Services: You will require the Level 3 in health and social care (Children and Young People) and you must register with Social Care Wales. Adult Services: You will require Level 5 in Leadership and Management of Health and Social Care and you must register with Social Care Wales.
Supervisor or Team Leader	To become a supervisor or team leader you will require the Level 3 in health and social care (Children and Young People), Level 2 in health and social care (Adults) practice along with the level 2 Core qualification.
Step Up to Management	This is a learning programme developed by Social Care Wales and the University of South Wales to support social care and health workers to transition into management roles.

Direct Work Roles: Typically hold a level 2 (adults) or level 3 (children and young people) Diploma in Health and Social Care

Care Worker: (Children's Residential, Adult Residential, Domiciliary Care)	To become a care worker you will need to register with Social Care Wales after completing the All Wales Induction Framework alongside with the level 2 Core qualification. You will then complete the Level 3 in health and social care (Children and Young People) or the Level 2 in health and social care (Adults) within three years of registration. These qualifications can be achieved vocationally once in post.
Health Care Assistant (NHS)	To become a health care assistant you will to be prepared to undertake Level 2 or Level 3 in a health related topic applicable to your place of work. Most health care assistants achieve these vocationally once in post.
Outreach or Activities Worker	Usually work in the community with children or in day centres or care homes with adults. Level 2 or 3 in health and social care usually required but is not essential.
Personal Assistant	Employed directly by the citizen requiring support. Formal qualifications not usually required but this will be up to the individual who is employing you.
Rehabilitation or Reablement Worker	Supporting citizens to live independently following an illness or accident. Level 2 or Level 3 in health and social care usually required but not essential.
Community Connector	Links vulnerable citizens to local social activities, support services and community groups. No formal qualifications required. However a level 2 or 3 in health and social care is often desirable.
Social Prescriber	Help citizens to access local, non-clinical support and reduce their need for primary health care. Level 2 Diploma in counselling is sometimes required but not always essential.
Independent Professional Advocate *(IMHA IMCA)	Help vulnerable citizens to have greater voice and more control over their lives. Level 2 Award in independent advocacy which can be completed in post. *Level 3 in independent advocacy required for IMHA and IMCA which again is usually completed in post.



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Your Community Needs You

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If you have time to spare, you could give a helping hand to an older person in your area to keep them active and connected in your community. We're looking for volunteers in your area.

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The Community Assistance Project provides practical help and emotional support to older people so that they may participate in, and develop links to, their community.

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