

Aminah can support you with:



Housing, benefits  
and financial  
Issues



Healthy lifestyle  
choices



Connecting to  
local groups  
and activities



Employment,  
volunteering  
or learning

Feeling lonely  
and  
isolated



Emotional  
health and  
wellbeing



Accessing specialist  
services and  
support



Anything else  
that matters to  
you



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



## What are the benefits?

- Improving your emotional wellbeing
- Connecting you to your community
- Helping you find the right support for various issues
- Learning new skills
- Trying new activities
- Improving quality of life

*Anwen was referred by her GP. When I met with her she was feeling vulnerable and overwhelmed. Her father had recently passed away whom she had cared for during a long illness. She was feeling scared and lonely which was affecting her mental health. She was facing debts built up after leaving her work to look after her father and her living accommodation was poor which was affecting her physical health. She was referred to a bereavement support group and Citizens Advice where she was given debt advice. Her Housing Association carried out much needed repairs and Anwen now reports that she is working through her grief, has made new friends, is on a firmer financial footing and her health is improving greatly.*

*'I can't wait to try the new opportunities that I have been told about.'*

*'I had no idea there was so much support out there.'*

*'This has made a real difference to our lives, thank you'*

Book an appointment today to gain support, information and advice that could help improve your health and wellbeing.

Contact Aminah on 07515 166035 or email: [aminah.teague@wales.nhs.uk](mailto:aminah.teague@wales.nhs.uk) or [ateague@interlinkrct.org.uk](mailto:ateague@interlinkrct.org.uk)

Would you like to improve your Health and Wellbeing?

Do you want to find out about community groups, activities and services in the area?

Your Taff Ely Wellbeing Coordinator is here to help you!



**Aminah Teague**  
Taff Ely Wellbeing Coordinator

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Aminah can listen to you and help you to access social, emotional and practical support to improve your health and wellbeing