

Katy 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 Katy 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 Katy on 07515 166024 or email: katy.williams5@wales.nhs.uk or kwilliams@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 Rhondda Wellbeing Coordinator is here to help you!



Katy Williams
Rhondda Wellbeing Coordinator

Contact Katy on 07515 166024 or email: katy.williams5@wales.nhs.uk or kwilliams@interlinkrct.org.uk

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