

Our **Wellbeing Mentoring Service** seeks to boost your wellbeing by helping you become more active in your community. We provide short term, one-to-one mentoring by our own Health and Wellbeing Mentors to help you access activities, events, advice, and other opportunities to help meet your wellbeing needs.

Once a Health and Wellbeing Mentor has been assigned, a period of support for up to 13 weeks is available for you and your mentor to work on what is needed to improve your wellbeing, as you will have outlined in your own personal action plan.



## Contact us for more information

**Telephone:**

**029 2087 1071**

**Email:**

**[wellbeingteam@cardiff.gov.uk](mailto:wellbeingteam@cardiff.gov.uk)**

**Website:**

**[www.cardiffhubs.co.uk](http://www.cardiffhubs.co.uk)**

**Facebook:**

**@CardiffWellbeing**

**X:**

**@Car\_Wellbeing**

**Instagram:**

**@cardiff.wellbeing**



This document is also available in Welsh



**Gwasanaeth  
Cymorth  
Lles Caerdydd**  
**Cardiff Wellbeing  
Support Service**

**Mentoring Service**

## How does the Wellbeing Mentoring Service work?

Our team receives a referral from you or from another organisation you are working with

Your mentor will contact you to arrange to meet to talk about your wellbeing and create your action plan

You will meet regularly with your mentor to work on your goals

At 6 weeks, your mentor will review your progress with you

At 11-12 weeks, your mentor will prepare an exit plan, recapping information you have discussed

At 12 weeks you will complete an evaluation form to look back at how your wellbeing has improved



## How do we help?

We use the NHS 5 Ways to Wellbeing to help you become more active and engaged in your community



**CONNECT**



**BE ACTIVE**



**GIVE**



**TAKE NOTICE**



**KEEP LEARNING**



## What people have said about their Wellbeing Journey

*"You have been really helpful. Thank you. I know that I am a bit awkward but I really appreciate that you listened to me and were very accommodating and found things that I was able to join in with and made things easier for me "*

*"I feel that the support has definitely helped me and I feel more confident now"*

*"I feel like my mentor understood me like nobody else has ever done. I have enjoyed working with her very much. I felt I could relax and be myself with her. The help she gave me is just amazing, it is exactly what I needed. She is so good at what she does. I can never thank her enough for understanding me."*

