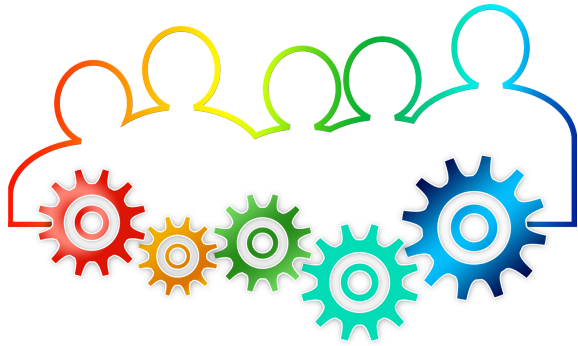


The Wellbeing Coordinator Team



Our Wellbeing Coordinator Team work across Rhondda Cynon Taff.

They will work with you to identify what matters most to you and link you to activities, groups and services in your community.






Contact us

-  wellbeing@interlinkrct.org.uk
-  07526 571340
-  01443 846200 (Option 2)
-  www.interlinkrct.org.uk
-  www.connectrct.org.uk



Find us on Facebook!

-  Rhondda Wellbeing Coordinators
-  Cynon Wellbeing Coordinators
-  Taff Ely Wellbeing Coordinators



RCT Wellbeing Coordinators



Wellbeing Coordinators link adults to sources of support in the community to help with any social, emotional and practical needs.

What is the Wellbeing Coordinator Service?

Referral Received

The Wellbeing Coordinator receives the referral, either from you or a professional you are working with.

Appointment Arranged

The Wellbeing Coordinator will arrange to have a conversation with you, either over the phone or face to face.

What Matters Conversation

You will speak to the Wellbeing Coordinator about how we can best support you.

Referrals and/or Signposts

You will be signposted or referred to the most suitable support that is available in your community.

Follow up Appointment

You will have a follow up appointment with a Wellbeing Coordinator, either face-to-face or over the phone, to see what services you have engaged with and how you are doing.

We can link you to support for:



Emotional Health



Food Banks



Financial/ Debt



Community Information



Loneliness and Isolation



Anything that matters to you



Housing



Bereavement

People have told us:

“

This service has been really helpful for me and it's really improved my mood and made me feel happy. I've got to do lots of new activities, including things I've never done before like photography classes.

”

“

I am so grateful and happy to have spoken to you that day. You helped me open up for the first time in years. You helped me to see that there was nothing wrong with telling people how I feel and to get help. You've honestly made such a difference to me. Thank you for everything.

”

“

Thank you for ringing me, before this call I didn't know where to turn. Thank you for the food voucher, the fuel voucher and referral for support with my debts, benefits and help to claim PIP. I feel so much better now, thank you.

”