











CWM TAF MORGANNWG UNIVERSITY HEALTH BOARD HEALTH & WELLBEING DAY

FOR VETERANS, THEIR FAMILIES, & THE WIDER ARMED FORCES COMMUNITY

MENTAL HEALTH & WELLBEING

<p>CTM COMMUNITY DRUG AND ALCOHOL TEAM</p> 	<p>CTM's Community Drug and Alcohol Team (CDAT) provides a specialist service for people experiencing problems with substance misuse. Our service is based upon a harm reduction approach which includes working towards abstinence where appropriate.</p>	<p>Tel: 0300 333 0000 Referral via Drug and Alcohol Single Point of Access (DASPA)</p> <p>www.ctmuhb.nhs.wales/services/mental-health/drug-and-alcohol-services</p>
<p>CTM VETERANS WALES</p> 	<p>VNHSW is a priority mental health service for veterans and reservists who have served in HM Armed Forces and have a suspected service-related mental health condition. Service-related mental health problems can occur for many reasons, you do not need to have served in a combat role to experience service-related psychological health problems.</p>	<p>Tel: 01443 443443 (ext.75411)</p> <p>Email: CTT_adminVNHSW@wales.nhs.uk</p> <p>Facebook: @veteranswales</p> <p>www.veteranswales.co.uk</p>
<p>NHS 111 - "PRESS 2"</p> 	<p>111 Press 2 is a telephone triage service where members of the public with urgent mental health needs can access local mental health services, 24/7. Callers will be assessed, offered support and interventions, and referred or signposted to appropriate local services and/or given information on self-care.</p>	<p>Tel: 111 (press option 2 for urgent mental health support)</p> <p>www:111.nhs.uk</p>
<p>CTM MEMORY SERVICE/ DEMENTIA PROGRAMME</p> 	<p>The Memory Service offers a comprehensive assessment for patients suspected of having cognitive difficulties due to a progressive condition. Following a diagnosis, individuals and their care partners will be supported with guidance in coming to terms with the diagnosis, functional and practical advice on living well with dementia, and signposted to third sector services.</p>	<p>Tel: Rhondda 01443 443033 Taff Ely 01443 443001 Bridgend 01656 763097 Cynon 01443 715100 (Option. 1) Merthyr 01685 351122</p> <p>Facebook – Cwm Taf Morgannwg University Health Board</p> <p>www.ctmuhb.nhs.wales</p>

<p>CTM MIND</p> 	<p>In partnership with Valley Veterans, CTM Mind provides support for veterans, serving armed forces personnel, reserves and their families. Support includes free counselling services (offered in a safe space) and a financial entitlements advocacy service, providing clear information related to financial entitlements.</p>	<p>Tel: 01685 707480 Email: info@ctmmind.org.uk yourmoneymatters@ctmmind.org.uk claire.lloyd@ctmmind.org.uk</p> <p>Facebook: @ctmmind Instagram: @ctmmind</p> <p>www.ctmmind.org.uk</p>
HEALTHY LIFESTYLES		
<p>ADMIRAL NURSE RBL</p> 	<p>Royal British Legion Admiral Nurses work in association with the charity Dementia UK. They offer a specialist service helping the Armed Forces community and families who are living with dementia.</p>	<p>Tel: 0808 802 8080 (RBL helpline for referrals) Email: ANSupport@britishlegion.org.uk Facebook: @RoyalBritishLegion X: @PoppyLegion www.britishlegion.org.uk</p>
<p>ARA</p> 	<p>ARA delivers free and confidential gambling harms information, help and support across Wales. ARA is a project partner of the Armed Forces Gambling Support Network, providing free gambling harms awareness sessions to the Armed Forces communities, including serving personnel, veterans, third sector, reserves and cadet forces.</p>	<p>Tel: 0330 1340 286 Email: info@recovery4all.co.uk</p> <p>Facebook: @ararecoveryforall Instagram: @ararecoveryforall LinkedIn: @ararecoveryforall</p> <p>www.recovery4all.co.uk</p>
<p>CTM ALCOHOL SUPPORT</p> 	<p>CTM's Alcohol Care Team offer immediate inpatient assessment at the point of referral, supporting safe management of withdrawals and follow up for inpatients and on discharge home, working to support colleagues in the Barod or Community drug and alcohol teams.</p>	<p>Email: CTM.CommsAndEngTeam@wales.nhs.uk</p> <p>www.ctmuhb.nhs.wales/services/alcohol-care-team-act</p>
<p>BAROD</p> 	<p>Barod CTM operates across Rhondda, Cynon, Taf, Bridgend and Merthyr Tydfil, providing free, confidential and non-judgmental support to individuals affected by alcohol and drugs, and their friends and family. Barod specialises in substance use support for both adults and young people.</p>	<p>Tel: 0300 333 0000</p> <p>Facebook: @Cwm Taf Barod & @Barod Bridgend Instagram: @Barodproject</p> <p>www.barod.cymru For referrals in Cwm Taf Morgannwg: www.daspa.org.uk</p>
<p>DIABETES UK</p> 	<p>Diabetes UK's vision is a world where diabetes can do no harm. They are working to support that vision in Wales by raising awareness, improving care, and providing help, support, and information for people with diabetes and their families across Wales.</p>	<p>Tel: 02920 668276</p> <p>Facebook: @diabetesukcymru Instagram: @diabetesukcymru X: @DiabetesUKCymruX</p> <p>www.diabetes.org.uk</p>

CTM NUTRITION & DIETETICS



CTM's Nutrition and Dietetics Service offers a range of Healthy lifestyle programmes to support wellbeing within local communities. Support includes guidance on weight management, prevention of diabetes, practical cooking on a budget and access to affordable and nutritious food.

Tel: 01685 351293
Email: CTT_Dietetics_Public-Health@wales.nhs.uk

www.ctmuhb.nhs.wales/services/public-health-dietitians

SMOKING CESSATION SUPPORT



Help Me Quit is the national smoking cessation programme for Wales, providing access to free NHS support and treatment products to help people quit smoking for good.

Tel: 0800 0852219
Email: CTM.HelpMeQuit.Community@wales.nhs.uk
Facebook: @Helpmequit
X: @Helpmequit
www.helpmequit.wales

PHYSICAL WELLNESS

CTM DENTAL HEALTH AND REGISTRATION ADVICE / EMERGENCY CARE



Independent dentists provide dental advice and a full range of NHS dental treatment from dental practices across CTM. The Community Dental Service is a referral only service specifically for vulnerable patient groups such as patients with learning or physical disabilities, severe mental health. Patients that do not have access to a regular dentist can visit the Dental Access Portal. NHS numbers are needed to register details on the portal.

Tel: 0300 1235060 (Urgent Access Hub)

Email: ctm.dentalhelpline@wales.nhs.uk
Facebook: Cwm Taf Morgannwg University Health Board

Dental Access Portal:
dentalaccess.wales.nhs.uk

CTM COMMUNITY PHARMACY



The Community Pharmacy teams offer services that are available to patients through their GP surgeries and community pharmacies. Pharmacists are highly qualified experts in medication, can be seen more quickly than a GP, and can help you get the most out of your medicines to improve your quality of life.

Email: ctm.communitypharmacy@wales.nhs.uk

www.ctmuhb.nhs.wales

BEREAVEMENT & TRAUMA

2WISH CYMRU



2Wish Cymru and 2Wish supports anyone affected by the sudden or unexpected death of a child or young person aged 25 years or below, that lives or has died in Wales or the bordering counties of Cheshire, Shropshire, Herefordshire, Worcestershire, Gloucestershire and Avon and Somerset.

Tel: 01443 853125
Email: 07760732025
Facebook: @2wish.cymru
Instagram: @2wish.cymru
LinkedIn: 2wish-cymru

www.2wish.org.uk

SANDY BEAR









Sandy Bear is a children's bereavement charity, dedicated to supporting children and young people from 0-25 years old, & their families, who are experiencing grief following the death of a special person. Through therapeutic interventions and age-appropriate support, we help children & young people navigate the emotional challenges of bereavement in a safe, compassionate environment

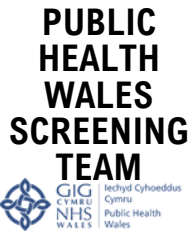
Tel: 01437 700272
Email: admin@sandybear.co.uk
referrals@sandybear.co.uk

Facebook: @sandybearwales
Instagram: @sandybear_wales

www.sandybear.co.uk

<p>CTM ADVANCED CARE PLANNING</p> 	<p>CTM's Advance Future Care Planning team support you and your loved ones to plan for the future – whatever it may hold. They help you start difficult conversations about your future wishes, including how to create an Advance Care Plan.</p>	<p>Email: CTM.CommsAndEngTeam@wales.nhs.uk www.ctmuhb.nhs.wales</p>
<p>EYE TO EYE TRAUMA COUNSELLING</p> 	<p>Eye to Eye's Trauma Response Team offers immediate support for communities affected by recent traumatic events in the CTM area. Services include individual/group support, referrals to specialist counsellors, trauma workshops, and Critical Incident Stress Management for organisations. The team also provides suicide postvention to friends, families and witnesses across CTM.</p>	<p>Tel: 01443 202940 Email: info@eyetoeye.wales Facebook: @eyetoeyecounsellingservice Instagram: @eyetoeyecounsellingservice www.eyetoeye.wales/</p>
<p>NALS CYMRU</p> 	<p>The National Advisory and Liaison Service (NALs) offers free, confidential support to people of all ages in Wales after a suicide. The trained team offers emotional support and practical help with inquests, funerals, finances, police matters, or supporting others —by phone, video, or in person - without time limits.</p>	<p>Tel: 08000 48 77 42 Email: support@NALS.Cymru www.NALS.Cymru</p>
<p>CTM CHAPLAINCY & SPIRITUAL CARE TEAM</p>  <p><small>Adran y Gaplaniaeth a Gofal Ysbrydol Department of Chaplaincy & Spiritual Care</small></p>	<p>CTM Chaplaincy team supports spiritual, pastoral & religious needs, regardless of a person's background, beliefs, or life choices. The team provides compassion that values the whole person, offering comfort, guidance, resources to navigate life's challenges & a confidential, safe space where every experience is acknowledged & every voice is heard.</p>	<p>Tel: Prince Charles Hospital 01685 728427 Princess of Wales Hospital 01656 754033 Royal Glamorgan Hospital 01443 443443 74070 Urgent requests for a chaplain should go via CTMUHB's switchboard. Email: CTUHB_ChaplaincySpiritual@wales.nhs.uk</p>
<p>CTM CARERS SUPPORT SERVICE</p> 	<p>CTM's Carers Support Service supports unpaid carers across CTMUHB by promoting carer awareness, signposting to services, and improving carer involvement in healthcare. The service works with staff, families, and partners to ensure carers are recognised and supported as key members of the care team.</p>	<p>Tel: 07557 930 676 Email: CTM.Carers@wales.nhs.uk www.ctmuhb.nhs.wales/services/carers-support-services</p>
<p>CTM PALS</p> 	<p>CTM's Patient Advisory Liaison Service provides free confidential advice, information and support to patients, families and carers alike. The PALS service attends wards to talk directly to patients, attends meetings to support families and staff, signposts patients towards external organisations provides specialist information or advice, and aims to resolve issues and problems quickly.</p>	<p>Tel: 01685 724468 (MerthyrCynon) 01443 443039 (RhonddaTaffEly) 01656 754194 (Bridgend / POW) Email: CTM.MerthyrCynon.Pals@wales.nhs.uk CTM.RhonddaTaffEly.Pals@wales.nhs.uk CTM.BridgendPals@wales.nhs.uk</p>

HEALTH PROTECTION AND SCREENING



The Screening Division of Public Health Wales delivers national screening programmes in Wales. For more information about the different screening programmes please visit the website.

Please visit the website for contact details of the screening programmes.

www.phw.nhs.wales/services-and-teams/screening/



The Coalfields Regeneration Trust supports people impacted by cancer in former coalfield communities, offering face-to-face support with transport, finances, housing, and emotional wellbeing. Delivered by the Coalfields Regeneration Trust and funded by Macmillan Cancer Support, the programme ensures no one faces cancer alone.

Tel: 07561 857803
 Email: together@coalfields-regen.org.uk

Facebook: @CRTTogether
 LinkedIn: @Coalfields Regeneration Trust

Web www.crttogether.org



CRT Game On uses the power of sport to change lives for the better in former coalfield communities. Their free sessions allow everyone to get involved, get active and learn new skills.

Tel: 07976 558203
 Email: ryan.jones@coalfields-regen.org.uk
 Facebook: @CRTWales
 X: @CRTWales
www.coalfields-regen.org.uk/crt-game-on



CTM's Falls Prevention Coordinator provides falls prevention training for care homes, domiciliary staff and third sector groups. The Coordinator works with the Mobile Response Team to provide falls assessments for people who experience falls frequently, a replacement walking aid service and telephone based assessments for South Wales Fire and Rescue Service

Tel: 01656 754986
 Email: CTM.fallsprevention@wales.nhs.uk

www.ctmuhb.nhs.wales



Don't Fall For It! A self-referral service for those who are feeling unsteady, have had a fall or are fearful of falling. The team offers advice, signposting and the potential of an assessment and enrolment onto their 10-week strength and balance exercise programme.







Tel: 01443 715013
www.ctmuhb.nhs.wales



CTM's Tissue Viability team specialises in the care of patients with wounds, offering a referral system for the assessment, advice, treatment and management of all types of difficult to heal wounds, supporting nurses and doctors to provide the highest standard of care. They also provide education and training on the prevention of pressure ulcers in all age groups.

Email: CTT_TViability@wales.nhs.uk

www.ctmuhb.nhs.wales

<p>CTM WISE</p> 	<p>Through a guided education programme, CTM's WISE (Wellness Improvement Service) team helps referred patients understand their long term health conditions, allowing individuals to make informed lifestyle choices to reduce symptoms and improve long-term wellbeing.</p>	<p>Email: CTM.WISE@wales.nhs.uk</p> <p>X: @WiseCTM www.ctmuhb.nhs.wales/wise-ctm</p>
<p>CTM HEALTH PROTECTION TEAM</p> 	<p>CTM's Health Protection Team aims to reduce preventable disease in the population by vaccinating consenting individuals at the appropriate time and to increase the uptake of vaccinations, in line with the national targets set by Welsh Government.</p>	<p>Email: CTM_ImmunisationService@wales.nhs.uk CTM.HealthProtectionOperationalTeam@wales.nhs.uk</p> <p>www.ctmuhb.nhs.wales</p>
<p>COMMUNITY & SOCIAL SUPPORT</p>		
<p>RHONDDA CYNON TAF COUNTY BOROUGH COUNCIL</p> 	<p>RCT Together Community Development Team is Rhondda Cynon Taf County Borough Council's (RCT CBC) approach to working in partnership with communities, third and voluntary sector organisations, and residents, to build more resourceful and resilient communities.</p>	<p>Tel: 01443 425368 Email: rcttogether@rctcbc.gov.uk Facebook: @RCTCouncil X: @RCTCouncil</p> <p>www.rctcbc.gov.uk</p>
<p>HEALTH HOUSING OUTREACH SERVICE</p> 	<p>The Specialist Mental Health & Substance Misuse Housing Outreach Team supports people who are homeless or vulnerably housed, offering health and wellbeing interventions through a team of nurses, support staff, and trauma informed counsellors.'</p>	<p>If you need to access support please contact your Local Authority or accommodation provider and ask to speak with the Housing Worker</p>
<p>HSBC</p> 	<p>HSBC offers financial services and is available in RCT's two banking hubs in Mountain Ash every Monday and Treorchy every Tuesday. HSBC is also available 24/7 via the HSBC app and on the telephone. The local team are also available by request to attend and provide services and information on a range of financial topics.</p>	<p>Tel: 07584401614 Email: gareth1.evans@hsbc.com X: @HSBC_UK LinkedIn: @HSBC</p> <p>www.hsbc.co.uk</p>
<p>CITIZENS ADVICE</p> 	<p>Citizens Advice RCT believe no one should face problems without good quality, independent advice. The team gives people the knowledge and the confidence they need to find their way forward, whoever they are, whatever their problem.</p>	<p>Tel:01443409284 Email: enquiries@carct.org.uk Facebook: RCTCAB Tiktok: citizensadvicercct Instagram: rctcitizensadvice BlueSky: citizensadvicercct.bsky.social</p> <p>www.carct.org.uk</p>

<p>CARE AND REPAIR</p>  <p>Bridgend County Care & Repair</p>  <p>CWM TAF Care & Repair</p>	<p>Bridgend County Care & Repair and Cwm Taf Care and Repair (which covers Merthyr and RCT) enables older people and people with disabilities to remain living independently within their own homes and within their own communities through the improvement of their housing conditions and their level of comfort, safety, security, and wellbeing.</p>	<p>Tel: 01443 755696 / 01656 646755 Email: Enquiries@cwmtafcr.org.uk / Enquiries@bridgendcareandrepair.co.uk Facebook: @Cwm Taf Care & Repair @Bridgend County Care & Repair</p> <p>www.careandrepair.org.uk/agencies/care-repair-cwm-taf</p> <p>www.careandrepair.org.uk/agencies/care-repair-bridgend-county</p>
<p>SOUTH WALES FIRE & RESCUE HOME SERVICE</p>  <p>Gwasanaeth Tân ac Achub De Cymru South Wales Fire and Rescue Service</p>	<p>South Wales Fire & Rescue Service provides information and advice on reducing the risk of fire and keeping you safe in your home. They also offer free home fire safety visits for those aged over 65 who may have vision or hearing impairments, are smokers, have a dependency on drugs or alcohol, reduced mobility or those with cognitive impairments such as dementia.</p>	<p>Tel: 0800 169 1234 For a free home fire safety visit Facebook: @SWFireandRescue X:@SWFireandRescue Instagram: @sw_fire_and BlueSky: citizensadvicercrct.bsky.social</p> <p>www.southwales-fire.gov.uk</p>
<p>AGE CONNECTS MORGANNWG</p>  <p>age connects morgannwg.</p>	<p>Age Connects Morgannwg supports older people across Rhondda Cynon Taf, Bridgend, and Merthyr Tydfil, offering services including befriending, advice, digital skills, dementia support, and hospital discharge support, and ensuring people get the support they need, when they need it.</p>	<p>Tel: 01443 490650 Email: info@acmorgannwg.org.uk Facebook: @Acmorgannwg X:@ACMorgannwg</p> <p>www.ageconnectsmorgannwg.org.uk</p>
<p>SOUTH WALES POLICE</p> 	<p>The South Wales Police Cyber Protection Unit offers support and advice to victims of cybercrime, as well as preventing the communities we serve from becoming a victim of cybercrime.</p>	<p>Tel: 07584004338 Email: Steven.Davies@south-wales.police.uk Facebook: @SouthWalesPolice X:@SWPolice / @HeddluDeCymru Instagram: @swpolice / @heddludecymru www.south-wales.police.uk</p>
<p>HARVEY BAKER SOLICITORS</p>  <p>HARVEY BAKER SOLICITORS</p>	<p>Harvey Baker Solicitors is an Abercynon-based firm of solicitors providing legal services in Conveyancing and Estate Planning, including Wills, Lasting Powers of Attorney and other types of Powers of Attorney, Sales & Purchases, Remortgages</p>	<p>Tel: 01443 565693 (Ext 322) Email: SamanthaK@harveybaker.co.uk</p> <p>www.harveybaker.co.uk</p>
<p>TRIVALLIS</p> 	<p>Trivallis is a community mutual housing association which is owned by its tenants, rooted in local communities and works through collaboration and partnership to build community that can thrive.</p>	<p>Tel: 03000 030 888 Email: customerservices@trivallis.co.uk</p> <p>www.trivallis.co.uk</p>
<p>VAMT</p>  <p>VOLUNTARY ACTION MERTHYR TYDFIL GWETHREDU GWIRFODOL MERTHYR TYDFIL</p>	<p>Voluntary Action Merthyr Tydfil (VAMT) is the County Voluntary Council (CVC) for Merthyr Tydfil, and part of Third Sector Support Wales (TSSW): a network of support organisations with a shared goal to enable the third sector and volunteers across Wales to contribute to community well-being.</p>	<p>Tel: 01685 353900 E-mail: info@vamt.net</p> <p>www.vamt.net</p>

<p>HAFOD</p> 	<p>Hafod provide free tenancy related support to any contract holder aged 16 + throughout the Rhondda and Cynon Valley. They support with managing debt, mail reading, settling into your new home, maximising income, managing existing tenancies, liaising with landlords and supporting moving/ homeless pathway.</p>	<p>Email: rhonddasupport.service@hafod.org.uk</p> <p>www.Hafod.org.uk</p>
<p>INTERLINK</p> 	<p>Interlink RCT is a members-led charity focused on creating connected, resourceful and sustainable communities where people develop trust, respect and understanding, have good health, and access to the resources they need, by encouraging people and communities to recognise and work with the assets the community already has.</p>	<p>Tel: 01443 846200 Email: info@interlinkrct.org.uk</p> <p>Facebook: @InterlinkRCT X: @interlink Instagram: @interlinkRCT</p> <p>www.interlinkrct.org.uk</p>
<p>BAVO</p> 	<p>BAVO serves as the County Voluntary Council for Bridgend County Borough, providing free support and assistance to community and voluntary groups, not-for-profits, and social enterprises in the area. This includes acting as a voice to ensure they are represented across a wide range of issues locally, regionally and nationally.</p>	<p>Tel: 01656 810400 Email: Bavo@Bavo.org.uk Facebook: @BAVOHub Instagram: @bavohub X: @BAVO_CVC</p> <p>www.bavo.org.uk</p>
<p>CTM NHS CHARITY</p> 	<p>CTM NHS Charity supports patients, staff, and communities across Bridgend, Merthyr Tydfil, and Rhondda Cynon Taf. They fund wellbeing projects, hospital improvements, and extra equipment—going above and beyond what NHS funding can provide. They help make NHS care even better for local people and the staff who support them.</p>	<p>Email: CTM.Charity@wales.nhs.uk</p> <p>www.ctmuhb.nhs.wales/about-us/our-charity</p>
<p>65 DEGREES NORTH</p> 	<p>Formed in 2014, 65 Degrees North seeks to offer opportunities for 'Rehabilitation Through Adventure' to our wounded, injured and sick (WIS) service personnel and veterans. 65 Degrees North have supported the recovery journeys of over 120 people with expeditions in UK, Greenland, Everest, Antarctica, Australia and the Pyrenees. Events are funded, through fund raising and donations.</p>	<p>Email: George.Matthews@65degreesnorth.org LinkedIn: 65 Degrees North</p> <p>www.65degreesnorth.org</p>