



Supporting Wellbeing & Mental Health in Our Communities



What is Wellbeing?

Wellbeing goes beyond health. It includes:

- Social wellbeing** – strong relationships, reducing loneliness.
- Environmental wellbeing** – safe, green, clean places.
- Economic wellbeing** – opportunities for work, learning, and skills.
- Cultural wellbeing** – celebrating Welsh language, heritage, and identity.
- Emotional wellbeing** – feeling safe, valued, and supported.

Assessing Community Wellbeing Needs

- ✓ Identify existing wellbeing services and spaces.
- ✓ Engage residents through surveys or focus groups.
- ✓ Identify barriers to participation – transport, stigma, cost.
- ✓ Assess key population needs – young & older people, carers etc.
- ✓ Map local partnerships – NHS, schools, voluntary sector etc.
- ✓ Review data sources – Public Health Wales, local wellbeing plans.

Developing Local Wellbeing Initiatives

Local wellbeing initiatives are most successful when they are **community-led**, inclusive, and **rooted in local strengths**. Community and town councils have a unique role in fostering environments where residents feel **connected, valued, and supported**.

Initiatives such as community cafés, wellbeing gardens, walking groups, or creative workshops can offer safe spaces for social connection, reduce isolation, and improve both mental and emotional wellbeing.

Conduct A Community Wellbeing Needs Survey

- ? How would you rate your current wellbeing?
- ? What are the biggest challenges to your wellbeing?
- ? What local spaces or activities make you feel connected?
- ? What support would you like to see from your council?

Listen to residents lived experiences to understand their priorities

Collaborate with local partners such as health boards, charities, and schools

Start small with pilot activities or short-term projects to test ideas and get feedback



Watch our Supporting Wellbeing Webinar

Useful Information

Welsh Government Mental health and wellbeing strategy.

Together for Change

Platform4yp Young Peoples Manifesto

Community and town councils can help by **working with the local authority and the Public Services Board (PSB)**. They can listen to local people and share what matters most in their community.

Councils can **support activities that help people feel connected, safe and well**, such as local groups and events. By **working together** and planning ahead, councils can help improve mental health and wellbeing.

Powers

Powers & justifications can differ, councils should consider their specific circumstances.

For advice & guidance, councils may wish to contact their One Voice Wales Development Officer.

admin@onevoicewales.wales

Watch our 'Mental Health: Preparing your community for January' webinar



Actions to Strengthen Community Wellbeing



Social prescribing connects people to community-based, non-medical support to improve their health and wellbeing.



Partner with your **local Community Connectors** who help link people with activities and services.



Community and town councils play a vital role as social prescribing relies on local networks, assets, and relationships.



Promote **inclusive and accessible opportunities** for all ages and backgrounds.



Help residents take **ownership** of local wellbeing projects



Host community wellbeing events or "what's on" days to **connect residents** with opportunities.



Tackle barriers to participation and Share information about what's available locally.

Existing Services & Projects:

Bangor City Council

Community Support Hub offers a welcoming, stigma-free space where residents of all ages can access financial advice and wellbeing support.



Prestatyn Town Council

Singing Strummers

Partnering with MIND to bring members of the community together to share a passion for music.



Blaenavon Town Council

host annual Wellbeing Days and offer numerous activities such as their Cinema Befriending Club to support residents.



Crymych Town Council and St Davids City Council have worked with Together for Change to create Wellbeing Plans for their communities.

Funding Information & Potential Opportunities

The National Lottery Awards for All Arts, Health and Wellbeing Lottery Funding.

One Voice Wales offer a training module on 'Making effective grant applications'

Want to Find Out More?

For more information on the One Voice Wales Cost-of-Living Crisis project contact the team at:



CoLC@onevoicewales.wales



<https://bit.ly/3KYHftK>



[One Voice Wales Website](#)

What Support is available?

Useful Information for your website or print & share

There are local and national organisations that can provide support.

Mental Wellbeing

NHS111 resources which are safe, free, and you don't need a referral

Every Mind Matters – helping you take care of your mental wellbeing

C.A.L.L. – Mental Health Helpline for Wales offer support and information
24/7/365 Tel: 0800132737

Samaritans: Connecting people in crisis with trained volunteers who will always listen. Call for free: 116 123

CALM – Campaign Against Living Miserably have a suicide prevention helpline
Tel/Whatsapp: 0800585858 5PM–Midnight

Shout UK's 24/7 text service, free on all major mobile networks for anyone in crisis anytime, anywhere. Text 85258

The Silver Line – free service for older people offering friendship, conversation, and support. Tel: 08004708090

Veterans NHS Wales – Helping Veterans Getting Back On Track With Their Lives

Melo – free self-help for your mental health and wellbeing

Mind Cymru Infoline provides access to the mental health information, support and services

Silvercloud – free online therapy treatment promoted by the NHS in Wales

Support for Young People

Childline 0800 1111

Papyrus – provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.
Hopeline: 08000684141

Meic Cymru helpline service for children and young people up to the age of 25 in Wales. Phone/Whatsapp: 08088023456

The Mix – online resources and support. Text:85258 for urgent support

Kooth – free online counselling and mental health support

The Roots Foundation Wales –one to one and group support counselling

Step by Step free counselling service

Area43 – Free universal Online Counselling Service for all young people resident in Ceredigion, Pembrokeshire Carmarthenshire and Powys

Platform4yp Platform for young people by young people

Advice & Support Services

Dewis Cymru can help you find local and international services

Shelter Cymru offer free, confidential and independent advice Tel:08000495495

Wales Dementia Helpline offers support and information for individuals diagnosed with dementia and their caregivers. Tel: 08088082235

Welsh Womens Aid 24hours a day 7 days a week confidential advice & support Tel:08088010800

Victim Support: local teams help to support people to cope and move on.

DAN24/7 – Support with drug and alcohol problems. Tel:08088082234

LGBT Foundation health and wellbeing services & activities. Tel:03453303030

Beat– advice on eating disorders. Tel:08088010433

Rape Crisis – deliver specialist services to those affected by sexual violence and abuse. Tel:08085002222

2WishCymru bereavement support for those affected by sudden death in young people

Cruse – Bereavement care and support for anyone grieving. Tel:08088081677

Marie Curie – offer a range and support to families living with a terminal illness. Tel:02922679740

Compassionate Cymru provide Bereavement support

NHS Hapus Programme – where ideas and resources are shared to help inspire us all to take action to protect and improve our mental wellbeing and that of others.

Healthy Working Wales – advice to improve health and wellbeing in your workplace.

Financial Support

Citizens Advice Cymru local offices offer free, confidential advice and information on a range of issues

Advicelink Cymru – offers free and confidential advice on benefits, debt, employment, education; housing and discrimination

Moneyhelper provides free and impartial money advice

National Energy Wales provide energy advice and benefit support Tel:08003047159