



LANDMARK NEW WELL-BEING DIRECTORY LAUNCHES IN WALES

Take control of your own well-being!

At this year's Royal Welsh Show Dewis Cymru website was launched, a website that can help you find the information you need to improve your own well-being and access local services in Wales.

When we talk about your well-being, we don't just mean your health. We mean things like where you live, how safe and secure you feel, getting out and about, being part of your community, or keeping in touch with family and friends. Dewis Cymru can help you, or someone you care for, by giving you choice and control over the services that provide the support you need.

The website currently contains a directory of over 6,000 local and national organisations and services including local councils, community groups, voluntary organisations and businesses – all ready to help you.

So whether you're looking for an exercise class or a care home, support to stay at home or the chance to get out and about, give Dewis Cymru a go – we may have the information you need.

If you provide a local service why not add your information to our directory? It's totally free! Just go to www.dewis.wales for more information.

Dewis Cymru is provided by the 22 local authorities across Wales as part of their Information, Advice and Assistance services.

This advert supported by Welsh Government.

