



Dewis Cymru

Have choice and take control

Do you run or attend a group, activity or service that supports people of all ages in Carmarthenshire?

Have you heard about the new Health and Wellbeing Directory in Wales called DEWIS Cymru,

If you run or attend a group, activity or service that supports people of all ages with their health and wellbeing in Carmarthenshire we need you. This could be anything from a family centre, toddler group, guides and scouts to a cuppa club, knit and natter group, art and craft groups or just a community get together

Dewis Cymru is a public website that aims to help people connect in their community, to help reduce loneliness and social isolation by giving people knowledge and information. It's **THE** place to go for people who want information or advice about what is on in your community to help support their wellbeing – whether that's their own well-being or the well-being of a family member or friend.

DEWIS Cymru is supported by the Welsh Assembly Government and signed up by your Local Authority, as a response to all of the consultations across Wales one theme that is consistent amongst communities is the need for more information about what is available to help and support. DEWIS Cymru is the answer to that need, which is why we need your group, service or activity on the directory.

Why should I add my information to Dewis Cymru?

Lots of reasons. If you've got a service that helps people with their well-being, adding your details to Dewis Cymru will make it easier for them to find you. Basically, if you help people with their well-being, Dewis Cymru wants to know about you and about what **YOU** do!

Other good reasons to use Dewis Cymru include:

It's free

It's easy to register and add your details

It will remind you every six months to check your details, so you'll know they are up to date

It provides maps and directions to help people find you

It's already being used by many advice agencies to direct people to local services that can help them, so having your information on Dewis Cymru will mean that people can be directed to your group, activity or service.

It is Wales wide meaning that it will be a consistent resource that people will recognise wherever they go across all communities in Wales.

It is sustainable, when you enter your group, service etc. you will be managing that entry which will require you to update every 6 months maximum, or update whenever you have a change in situations.

So, what do I do next?

To add your information, you'll need to

Register. Go to www.dewis.wales and 'Sign up' to create your account. Once you've done this, 'Sign in' to the site and go to 'Manage resources' and 'Add resources' to add information about your services.

Can I add information about any service?

Yes. We encourage people to add information about specific services that they offer. So, if you run a community group you can add details of what it's about, where and when it meets, and how to get in touch. If you represent an organisation which provides a range of services, please add the services individually so that users of the site can find the services they're looking for.

How to contact us

If you would like to know more or have support to add your service, group or activity please contact Sue Smith, Community Resilience Coordinator, 01269 830061, susansmith@cccpartners.org.uk

Or Jess O' Donnell, SPICE project coordinator, 07397890429, jessicaodonnell@justaddspice.org

We are happy to meet with you or your group and tell you all about **DEWIS Cymru**.