

Dewis Cymru

Have choice and take control

Are you looking for local services that can help you?



Dewis Cymru is a website that aims to help people with their well-being. It's **THE** place to go for people who want information or advice about well-being – whether that's their own well-being or the well-being of a family member or friend.

It's got information that can help you think about what matters to you, and it's also got information about people and services in your area that can help you with the things that matter to you.

Can Dewis Cymru help me?

Dewis Cymru has been developed to help people find information about organisations and services that can help them take control of their own well-being, **so Dewis Cymru is for YOU!**

When we talk about 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, and keeping in touch with family and friends.

No two people are the same and well-being means different things to different people. So Dewis Cymru is here to help you find out more about what matters to you.

What sort of information does Dewis Cymru hold?

Dewis Cymru has lots of information about being well, being safe, being at home, and being social. It's also got information about managing your money, and information if you look after someone else.

It could be general information to help you think about what matters, or it could be something more specific - about the sorts of extra support that might help you live in your own home for as long as possible for example.

Where can I find Dewis Cymru?

Just go to **www.dewis.wales**. You'll then be able to search for local services or browse our national information pages to help you think about what matters to you. If you need any help, let us know using the 'Contact us' link on the website and we'll be happy to help you.



@DewisWales



/DewisWales

