



A Mental Health Resource for Cardiff and The Vale

4Winds is an independent, user led mental health charity working to improve mental health and wellbeing in Cardiff and the Vale of Glamorgan.

If you are in need of support or information on mental health issues, we are here for you.

www.4winds.org.uk



Services

Our services are person centred, recovery focussed and trauma informed. They are led and managed by people with lived experience. They are open to anyone in Cardiff and the Vale 16 years of age and over. They include:



Emotional and Practical Support

We can offer up to 6 sessions of one to one support in person, over the telephone or video call. Both self-referrals and referrals from professionals accepted (contact us or visit our website for details/referral form).



Open Access, Peer Support Sessions

These are held at our centre in Grangetown, Cardiff every Monday and Wednesday afternoon from 2pm to 4.30pm. No referral needed, please pop in during these times. A community meet-up takes place every Thursday - please contact us for more information.



Social Prescribing

We support people to connect to a wide range of local community services, initiatives and events that help promote good mental health and wellbeing.



Wellbeing Courses

We deliver a range of wellbeing courses in response to demand. These range from one off workshops on Mindfulness, Managing Anxiety and Active Listening to short courses on Managing Emotions and Anger Management.



Welfare Rights Project

We deliver this in partnership with Riverside Advice, a specialist Quality Mark Welfare Rights Organisation that provides specialist help and advice (including welfare benefits, debt and energy efficiency advice) whilst 4Winds can offer emotional support and practical assistance throughout the process. This project is free, confidential and open to anyone living in Cardiff, The Vale of Glamorgan, Caerphilly or Newport.



Creative Wellbeing Group

This takes place at 4Winds every Tuesday from 11am to 1pm, offering a welcoming space to explore creativity with free materials and supportive guidance. No need to book, just pop in.



Information and Signposting

We provide information on mental health, related issues and relevant services.



Contact Us:



029 2038 8144



contact@4winds.org.uk



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www.4winds.org.uk



Charity Number: 1071770



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



British Gas
Energy Trust



ZURICH®
Community Trust