













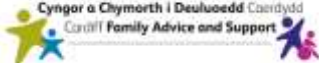


## Community Services that may be able to support you

Service Logo	Organisation	Website	What they offer	Contact Number	Email address
	Cardiff South West Cluster Care Hub	<a href="http://www.cardiffsw.co.uk">www.cardiffsw.co.uk</a>	<ul style="list-style-type: none"> <li>Wellbeing calls on hospital discharge</li> <li>Hospital discharge medication reconciliation</li> <li>Occupational Therapist</li> <li>Blood Thinning Medication Monitoring</li> <li>Health &amp; wellbeing signposting</li> <li>Support Multi-disciplinary Team (MDT)</li> </ul>	02921 678 795	<a href="mailto:Swcluster.carehub@wales.nhs.uk">Swcluster.carehub@wales.nhs.uk</a>
	Action in Caerau (ACE)	<a href="http://www.aceplace.org">www.aceplace.org</a>	<ul style="list-style-type: none"> <li>Supporting people that are feeling socially isolated</li> <li>Benefit support</li> <li>Griefspace</li> <li>Crisis Hour – support with food/fuel vouchers</li> <li>Benthyg – library of things</li> <li>Groups/ Workshops</li> <li>Café / Social clubs</li> <li>Repair Café</li> <li>Grand Avenue Project</li> </ul>	02920 003 132	<a href="mailto:info@aceplace.org">info@aceplace.org</a>
	Dementia Friendly Cardiff	<a href="http://www.dementiafriendlycardiff.co.uk">www.dementiafriendlycardiff.co.uk</a>	<ul style="list-style-type: none"> <li>Supporting people affected by dementia</li> </ul>		
	Speakeasy Law Centre	<a href="http://www.speakeasy.cymru">www.speakeasy.cymru</a>	<ul style="list-style-type: none"> <li>Free legal advice</li> <li>Benefits</li> <li>Debt</li> <li>Employment</li> <li>Housing</li> </ul>	02920 453 111	

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	Age Connect	<a href="http://www.ageconnectscardiff.org.uk">www.ageconnectscardiff.org.uk</a>	<ul style="list-style-type: none"> <li>• Nail Cutting Service</li> <li>• Shopping service</li> <li>• Befriending</li> <li>• Benefit support</li> </ul>	02920 683 600	<a href="mailto:info@ageconnectscardiff.org.uk">info@ageconnectscardiff.org.uk</a>
	GROW Cardiff	<a href="http://www.growcardiff.org">www.growcardiff.org</a>	<ul style="list-style-type: none"> <li>• Gentle Exercise</li> <li>• Befriending / Social</li> <li>• Health &amp; Wellbeing</li> <li>• Learn new skills</li> </ul>	07403 583 705	<a href="mailto:isla@growcardiff.org">isla@growcardiff.org</a>
	Independent living Services (ILS)	<a href="http://www.cardiff.gov.uk/ENG/resident/Housing/Independent-Living-Services/Pages/default.aspx">www.cardiff.gov.uk/ENG/resident/Housing/Independent-Living-Services/Pages/default.aspx</a>	<ul style="list-style-type: none"> <li>• Income and benefits</li> <li>• Housing support</li> <li>• Local social activities</li> <li>• Housing adaptations</li> <li>• Social care</li> <li>• Telecare</li> <li>• Occupational Therapy</li> <li>• Independent living equipment</li> <li>• Meal Management</li> <li>• Safety at home</li> <li>• Autism Support team</li> </ul>	02920 234 234	
	Cardiff Wellbeing Support	<a href="http://cardiffhubs.co.uk/wellbeing-support-service/">cardiffhubs.co.uk/wellbeing-support-service/</a>	<ul style="list-style-type: none"> <li>• Advice</li> <li>• 1-2-1 Support</li> <li>• Events / Activities</li> <li>• Training opportunities</li> <li>• Volunteering Opportunities</li> </ul>	02920 871 071	<a href="mailto:wellbeingteam@cardiff.gov.uk">wellbeingteam@cardiff.gov.uk</a>
	Mirus	<a href="http://www.mirus-wales.org.uk">www.mirus-wales.org.uk</a>	<ul style="list-style-type: none"> <li>• Support people with learning disabilities, autism and mental health conditions</li> <li>• Shared Support living</li> <li>• Supported independent living</li> <li>• Flexible community support</li> <li>• Respite &amp; short breaks</li> </ul>	02920 236 216	<a href="mailto:admin@mirus-wales.org.uk">admin@mirus-wales.org.uk</a>
	St Vincent de Paul Society	<a href="http://www.svp.org.uk">www.svp.org.uk</a>	<ul style="list-style-type: none"> <li>• Men changing lives</li> <li>• Social / Support Groups</li> <li>• Community shops</li> <li>• Work with probation/ prison service</li> <li>• Community Support</li> <li>• Befriending</li> </ul>	02920 560 122	<a href="mailto:nathanh@svp.org.uk">nathanh@svp.org.uk</a> <a href="mailto:stacys@svp.org.uk">stacys@svp.org.uk</a> <a href="mailto:marcom@svp.org.uk">marcom@svp.org.uk</a> <a href="mailto:janinep@svp.org.uk">janinep@svp.org.uk</a>








## Community Services that may be able to support you

	<p>Cwtch Cymru: Cymru versus Arthritis</p>	<p><a href="http://www.versusarthritis.org/in-your-area/wales/">www.versusarthritis.org/in-your-area/wales/</a></p>	<ul style="list-style-type: none"> <li>• Advocacy work</li> <li>• Self-management sessions</li> <li>• Support group meetings</li> <li>• Information Hubs</li> <li>• 1:1 Support</li> <li>• Activity group meeting</li> <li>• Volunteering</li> </ul>	<p>08007 563 970</p>	<p><a href="mailto:walesupport@versusarthritis.org">walesupport@versusarthritis.org</a></p>
	<p>The Salvation Army</p>	<p><a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Rainbow Creche</li> <li>• Menopause Café</li> <li>• Kids Club</li> <li>• Outreach service</li> <li>• Community Support</li> </ul>	<p>02920 595 557</p>	
	<p>Cardiff Family Advice &amp; Support</p>	<p><a href="http://www.cardiffamilies.co.uk">www.cardiffamilies.co.uk</a></p>	<ul style="list-style-type: none"> <li>• Family Life</li> <li>• Child behaviour</li> <li>• Childcare</li> <li>• Parental support</li> <li>• School attendance</li> <li>• Employment, money &amp; housing</li> <li>• Information &amp; signposting to other services</li> </ul>	<p>03000 133 133</p>	
	<p>Digital Support Team</p>	<p><a href="http://www.adultlearningcardiff.co.uk/digital-support/">www.adultlearningcardiff.co.uk/digital-support/</a></p>	<ul style="list-style-type: none"> <li>• Increase digital skills and accessibility for residents of Cardiff</li> </ul>	<p>02920 871 071</p>	<p><a href="mailto:digitalsupport@cardiff.gov.uk">digitalsupport@cardiff.gov.uk</a></p>
	<p>Cardiff Mind</p>	<p><a href="http://www.cardiffmind.org">www.cardiffmind.org</a></p>	<ul style="list-style-type: none"> <li>• Mental Health support</li> <li>• Tier zero</li> <li>• Day services – Counselling / Social Groups/ Self help</li> <li>• Supported Accommodation</li> <li>• Domiciliary &amp; community Support</li> </ul>	<p>02920 402 040</p>	<p><a href="mailto:admin@cardiffmind.org">admin@cardiffmind.org</a></p>









## Community Services that may be able to support you

 <p>Care &amp; Repair Cymru</p>	Care & Repair	<a href="http://www.careandrepair.org.uk/en/">www.careandrepair.org.uk/en/</a>	<ul style="list-style-type: none"> <li>• Home assessments</li> <li>• Home Repairs</li> <li>• Home safety</li> <li>• Home warmth</li> <li>• Disability Support</li> <li>• Hospital at home</li> <li>• Benefit checks</li> <li>• Building Advice</li> <li>• Handyperson Service</li> <li>• Advice &amp; information</li> <li>• Signposting</li> </ul>	02920 473 337	<a href="mailto:careandrepair@crcv.org.uk">careandrepair@crcv.org.uk</a>
 <p>CCAWS Community Care and Wellbeing Service</p>	Community Care and Wellbeing Service (CCAWS)	<a href="http://www.ccaws.org.uk">www.ccaws.org.uk</a>	<ul style="list-style-type: none"> <li>• BAME Counselling Service</li> <li>• Advocacy</li> <li>• Befriending</li> <li>• Psychoeducation</li> </ul>	02920 345 294	<a href="mailto:info@ccaws.org.uk">info@ccaws.org.uk</a>
 <p>FORGET ME NOT CHORUS</p>	Forget Me Not Chorus	<a href="http://www.forgetmenotchorus.com">www.forgetmenotchorus.com</a>	<ul style="list-style-type: none"> <li>• Helping people, families &amp; care homes</li> <li>• Online &amp; in person sessions</li> <li>• Supporting those living with or alongside dementia</li> <li>• Community choirs</li> </ul>	02922 362 064	<a href="mailto:hello@forgetmenotchorus.com">hello@forgetmenotchorus.com</a>
 <p>Vitality parkrun</p>	Trelai Park Run	<a href="http://www.parkrun.org.uk/trelaipark/">www.parkrun.org.uk/trelaipark/</a>	<ul style="list-style-type: none"> <li>• Community running</li> <li>• Community walking</li> <li>• Social encouragement</li> </ul>		<a href="mailto:trelaipark@parkrun.com">trelaipark@parkrun.com</a>
 <p>REPAIR CAFE WALES</p>	Repair Café Wales	<a href="http://www.repaircafewales.org">www.repaircafewales.org</a>	<ul style="list-style-type: none"> <li>• Fixes clothes, household electrics, technology, woodwork, toys, furniture, bikes</li> </ul>		<a href="mailto:info@repaircafewales.org">info@repaircafewales.org</a>
 <p>VEST Community Transport</p>	VEST	<a href="http://www.vestcommunitytransport.org">www.vestcommunitytransport.org</a>	<ul style="list-style-type: none"> <li>• Community Transport</li> </ul>	02920 490 335	
 <p>Move Eat Sleep Repeat!</p>	Mind the Gap/ Move More	<a href="http://www.movemoreeatwell.co.uk/mind-the-gap/">www.movemoreeatwell.co.uk/mind-the-gap/</a>	<ul style="list-style-type: none"> <li>• Sport fit</li> <li>• Digital &amp; physical activity sessions</li> <li>• Health &amp; wellbeing</li> </ul>		<a href="mailto:sportcardiff@cardiffmet.ac.uk">sportcardiff@cardiffmet.ac.uk</a>
 <p>Cardiff Council www.cardiff.gov.uk</p>			<ul style="list-style-type: none"> <li>• Library access</li> <li>• Computer &amp; internet access</li> <li>• Reading groups</li> </ul>		

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	Hubs & Libraries	<a href="http://www.cardiff.gov.uk/ENG/resident/hubs-and-libraries/Pages/default.aspx">www.cardiff.gov.uk/ENG/resident/hubs-and-libraries/Pages/default.aspx</a>	<ul style="list-style-type: none"> <li>• Housebound service</li> <li>• Advice Services</li> <li>• Into Work Advice Service</li> <li>• Money Advice Service</li> <li>• Housing/ Benefits/ Immigration/ Discrimination/ Consumer</li> </ul>		
	Woman's Aid	<a href="http://cardiffwomensaid.org.uk">cardiffwomensaid.org.uk</a>	<ul style="list-style-type: none"> <li>• Crisis support</li> <li>• Aftercare &amp; recovery</li> <li>• Children &amp; Young people</li> </ul>	02920 460 566	<a href="mailto:admin@cardiffwomensaid.org.uk">admin@cardiffwomensaid.org.uk</a>
	Enabling Self-Management and Coping with Arthritic Pain using Exercise (ESCAPE)	<a href="http://www.escape-pain.org">www.escape-pain.org</a>	<ul style="list-style-type: none"> <li>• Workshops</li> <li>• Knee Pain</li> <li>• Hip Pain</li> <li>• Back Pain</li> </ul>	0207 637 5789	<a href="mailto:hello@escape-pain.org">hello@escape-pain.org</a>
	Samaritans	<a href="http://www.samaritans.org">www.samaritans.org</a>	<ul style="list-style-type: none"> <li>• Struggling with self harm</li> <li>• Struggling to cope</li> <li>• Struggling by suicidal thoughts</li> <li>• Practical tips</li> </ul>	116 123	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
	Fan – Friends & Neighbours	<a href="http://www.thefancharity.org">www.thefancharity.org</a>	<ul style="list-style-type: none"> <li>• Making friends</li> <li>• Meet new people</li> <li>• Feel less lonely</li> <li>• Connect with community</li> <li>• Talk about interesting topics</li> </ul>	07880 630 553	<a href="mailto:welcome_all@thefancharity.org">welcome_all@thefancharity.org</a>
	Barnardo's	<a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>	<ul style="list-style-type: none"> <li>• Supporting young people</li> <li>• Fostering &amp; adoption</li> <li>• Support for parents &amp; carers</li> </ul>	0800 11 11	
	Flying Start	<a href="http://www.flyingstartcardiff.co.uk">www.flyingstartcardiff.co.uk</a>	<ul style="list-style-type: none"> <li>• Speech &amp; Language team</li> <li>• Parent Nurturing Programme</li> <li>• Stay &amp; Play</li> <li>• Childcare Advisory Team</li> <li>• Parenting Services</li> <li>• Food &amp; Nutrition Team</li> </ul>	02920 351 380	
	Help me Quit Wales	<a href="http://www.helpmequit.wales">www.helpmequit.wales</a>	<ul style="list-style-type: none"> <li>• Provides support to quit smoking</li> </ul>	0800 085 2219	<a href="mailto:helpmequit@wales.nhs.uk">helpmequit@wales.nhs.uk</a>

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 <p>Gweithredu dros Iechyd Meddwl Caerdydd a'r Fro Cardiff and Vale Action for Mental Health</p>	CAVAMHS	<a href="http://www.cavamh.org.uk">www.cavamh.org.uk</a>	<ul style="list-style-type: none"> <li>• Mental health support</li> <li>• Provide information</li> <li>• Provide training</li> <li>• Connecting people</li> <li>• Promoting awareness</li> </ul>	02920 222 000	<a href="mailto:mail@cavanh.org.uk">mail@cavanh.org.uk</a>
	NHS Eat Well Live Well	<a href="http://www.nhs.uk/live-well/eat-well/">www.nhs.uk/live-well/eat-well/</a>	<ul style="list-style-type: none"> <li>• How to eat balanced diet</li> <li>• Food guidelines</li> <li>• Food Labels</li> <li>• 5 a day</li> <li>• Food types</li> <li>• Digestive health</li> </ul>		
	Cardiff Food Bank	<a href="http://cardiff.foodbank.org.uk">cardiff.foodbank.org.uk</a>	<ul style="list-style-type: none"> <li>• Provides food parcels</li> <li>• Signposting</li> <li>• Debt/ general advice</li> </ul>	02920 871 071	<a href="mailto:info@cardiff.foodbank.org.uk">info@cardiff.foodbank.org.uk</a>
	Gofal Cymru Care	<a href="http://gofalcymrucare.com">gofalcymrucare.com</a>	<ul style="list-style-type: none"> <li>• Residential care support and rehabilitation for individuals with learning disabilities and mental health needs</li> </ul>	02920 400 657	<a href="mailto:info@gofalcymrucare.com">info@gofalcymrucare.com</a>
	SOLACE	<a href="http://cavuhb.nhs.wales/our-services/voluntary-services/mental-health-volunteering/solace/">cavuhb.nhs.wales/our-services/voluntary-services/mental-health-volunteering/solace/</a>	<ul style="list-style-type: none"> <li>• Supports unpaid carers looking after loved ones with diagnosis of dementia or cognitive impairment</li> </ul>	02921 832 562	<a href="mailto:solace.CAV@Wales.nhs.uk">solace.CAV@Wales.nhs.uk</a>
	CAVDAS	<a href="http://cavuhb.nhs.wales/our-services/cardiff-and-vale-drug-and-alcohol-service-cavdas/">cavuhb.nhs.wales/our-services/cardiff-and-vale-drug-and-alcohol-service-cavdas/</a>	<ul style="list-style-type: none"> <li>• Support with drugs or alcohol use</li> </ul>	0300 300 7000	<a href="mailto:info@cavdas.com">info@cavdas.com</a>
	Cardiff People First	<a href="https://linktr.ee/cardiffpeoplefirst">https://linktr.ee/cardiffpeoplefirst</a>	<ul style="list-style-type: none"> <li>• Advocacy organisation for people with Learning disabilities</li> <li>• Training</li> </ul>	029 2023 1555	<a href="mailto:info@cardiffpeoplefirst.org.uk">info@cardiffpeoplefirst.org.uk</a>
	Cardiff Dogs Home	<a href="http://www.cardiffdogshome.co.uk">www.cardiffdogshome.co.uk</a>	<ul style="list-style-type: none"> <li>• Supporting individuals &amp; operating re-homing procedures of dogs</li> <li>• Become a dog walker</li> <li>• Volunteering</li> </ul>	Catherine West 02920 711243	<a href="mailto:cardiffdogshome@cardiff.gov.uk">cardiffdogshome@cardiff.gov.uk</a>

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	<p>South Riverside CDC</p>	<p><a href="http://www.srcdc.org.uk">www.srcdc.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Social groups</li> <li>• Wyndham Pantry</li> <li>• Mobile Creche</li> <li>• Commercial Kitchen</li> <li>• Digital inclusion</li> <li>• Repair Café</li> <li>• Helping working Families</li> <li>• Believe – Credu</li> <li>• Young Children &amp; Parents Project</li> <li>• Community engagement</li> </ul>	<p>Cathryn Davies 02920 220309</p>	<p><a href="mailto:cathryndavies@srcdc.org.uk">cathryndavies@srcdc.org.uk</a></p>
	<p>Rainbow Pooch Pride</p>	<p><a href="https://www.rainbowpoochpride.com">https://www.rainbowpoochpride.com</a></p>	<ul style="list-style-type: none"> <li>• Supporting LGBTQIA+ community with love of dogs</li> <li>• Social isolation</li> <li>• Promote social contact</li> <li>• Building confidence</li> </ul>	<p>Gina Biggs 07812 398361</p>	<p><a href="mailto:hello@rainbowpoochpride.com">hello@rainbowpoochpride.com</a></p>
	<p>Brawd</p>	<p><a href="http://www.brawd.org.uk">www.brawd.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Supporting men's wellbeing through positive engagement</li> <li>• Walk in sessions</li> <li>• Outdoor activities</li> <li>• Access to counselling</li> </ul>	<p>Neil 07808 077644</p>	
	<p>Chwaer</p>	<p><a href="http://www.brawd.org.uk">www.brawd.org.uk</a></p>	<ul style="list-style-type: none"> <li>• Supporting women's wellbeing through positive engagement</li> <li>• Walk in sessions</li> <li>• Outdoor activities</li> <li>• Access to counselling</li> </ul>	<p>07746 244497</p>	
	<p>Pedal Power</p>	<p><a href="http://www.cardiffpedalpower.org">www.cardiffpedalpower.org</a></p>	<ul style="list-style-type: none"> <li>• Building confidence with cycling adult &amp; children</li> <li>• Improve health</li> <li>• Community engagement</li> <li>• Group cycling</li> <li>• Bike sales / repairs</li> </ul>	<p>Sian Donovan 02920 39 0713</p>	<p><a href="mailto:director@cardiffpedalpower.org.uk">director@cardiffpedalpower.org.uk</a></p>