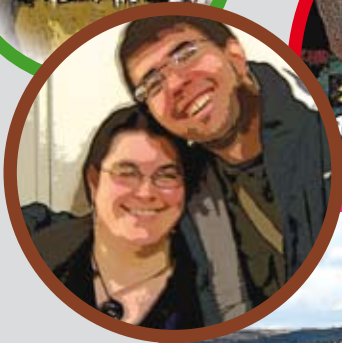


# Directory of **Third Sector Services** in Blaenau Gwent

*"Working Together At the Heart of the Community"*

September 2010



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# INTRODUCTION

Welcome to the new “Directory of Third Sector Services in Blaenau Gwent”.

Keep it handy, you’ll be surprised at the range of services that you can find right here in Blaenau Gwent.

This directory is designed to be accessible and give you a catalogue of what services are available. The Third Sector has great relationships with real people in real communities. It is trusted and respected. It can be far more flexible and responsive to people’s needs.

The Voluntary Sector like all organisations is feeling the pressure and challenge of delivering services in a constrained financial climate and a community with increasing health needs. This directory promotes two things:

- Sign-post to what the sector can do for people: You can use the information in these pages to pass on to the individuals who need it most. Keeping informed and passing on information has consistently been identified as the one of the most significant contributions any of us can make to other people’s well-being.
- Keep on working together: These pages will give you ideas about who can be supported to develop core and additional services to support the statutory agencies.

# INTRODUCTION

Many thanks to the organisations who have contributed to this directory, our partners in the local authority and health services, and to my predecessor Kate Thomas for bringing all of the information together.



Kate Thomas

If you are mentioned in it, please let us know if there are changes to your details. This will help us keep it as up to date as possible as it will also be also available on the internet. This directory will be reviewed on an annual basis.

Louise Tovey  
Health and Social Care Facilitator  
Blaenau Gwent  
Gwent Association of Voluntary Organisations  
The Education Centre  
Festival Park Shopping Village  
Ebbw Vale  
NP23 8FP

[louise.tovey@gavowales.org.uk](mailto:louise.tovey@gavowales.org.uk)

**for directory information changes:**  
[tracy.colcombe@gavowales.org.uk](mailto:tracy.colcombe@gavowales.org.uk)



Louise Tovey



## **Action For Children**

Network Brynmawr, 2a Market Square,  
Brynmawr, NP23 4AJ  
01495 311113

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)  
[network.brynmawr@actionforchildren.org.uk](mailto:network.brynmawr@actionforchildren.org.uk)  
Hilary Whitlock

- Offer Personal Advisors and support to young people leaving Care in line with legislation.
- Offer task focussed, time limited assistance to homeless young people aged 16 & 17.
- Develop and maintain an effective supported lodgings scheme.
- Assist in the development of existing social and practical skills.
- Promote service user involvement at all levels of service.
- Expand and maintain effective links with the wide variety of local agencies used by service users.
- Assist the Local Authority to meet Welsh Assembly Government performance indicators for young people leaving care.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



## **Age Concern Gwent - Carers Projects**

10a The Arcade, Commercial Street,  
Abertillery, NP13 1DH  
01495 321780

[www.ageconcerngwent.org](http://www.ageconcerngwent.org)  
[carers@ageconcerngwent.org](mailto:carers@ageconcerngwent.org)  
Jill Noel or Annette King

- Advice, information and activity sessions designed to promote health and well-being for carers and older people (50+).
- Office and home visit benefit checking and form completion service to adult carers of all ages and older people.
- All services and activities are free of charge.
- Special information and awareness raising events are held at various venues throughout Blaenau Gwent during the year.
- Newsletters are issued twice yearly to carers.
- Provides social activities such as day trips, etc several times a year for carers.
- Opportunities for volunteers exist.





## **Age Concern Gwent - Choices Ltd**

10a The Arcade, Commercial Street,

Abertillery, NP13 1DH

01495 360159

[www.ageconcerngwent.org](http://www.ageconcerngwent.org)

[choices@ageconcerngwent.org](mailto:choices@ageconcerngwent.org)

Deborah Johnston

- Age Concern Gwent Choices Ltd is a Social Enterprise Company providing a wide range of quality Home Support Services to meet the needs of individuals living in the Blaenau Gwent area who are aged 50 or more.
- Services available include Domestic, Gardening, Shopping, Assisted shopping, Chaperone and Dog walking.
- In addition to the above services, Choices is able to consider low level house maintenance and other varied tasks.
- A free Benefit check will be undertaken at the initial visit if required.
- Services are charged at a competitive hourly rate.
- The Service operates Monday to Friday from 9am until 5pm. The office is open Monday to Friday from 10am until 3pm. An answer phone operates at all other times.

## **Age Concern Gwent - Hospital Discharge Service**

Tredegar Hospital, Park Row, Tredegar, NP22 3XP

01495 718548

[www.ageconcerngwent.org](http://www.ageconcerngwent.org)

[hdsblaenau@ageconcerngwent.org](mailto:hdsblaenau@ageconcerngwent.org)

Janette Maddrell

- The service provides extra help for individuals aged 50 years+ on their return from a spell in hospital.
- The service is usually available for up to a maximum of 6 weeks following discharge from hospital.
- Trained support workers familiar with the needs of older people will assist the individual with most day to day tasks such as shopping, cooking, etc.
- The support worker usually contacts an individual within 48 hours of discharge or from the date that the referral was given.
- The service is free and is available from Monday to Friday between 9am and 5pm.
- This service is supported with trained volunteers.
- All staff and volunteers carry identification cards and work within a strict code of practice which covers confidentiality.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted.

## **Alzheimer's Society - Dementia Outreach and Information Service**

Unit 109, The Innovation Centre, Victoria Park,  
Festival Drive, Ebbw Vale, NP23 8XA

01495 356755

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

[blaenau-gwent@alzheimers.org.uk](mailto:blaenau-gwent@alzheimers.org.uk)

Bridie Edwards

- The Outreach Service includes referrals to a professional Counsellor for carers, Carers Education & Information Sessions, Emotional Support, guidance in getting a diagnosis, Life History Project Volunteers.
- Dementia outreach and information service for carers and people with dementia of all ages.
- Service for younger people with dementia: support, information and outings.
- Befriending Service for people living with early on-set dementia.
- Extend exercise sessions, carers trips, outings and social events throughout the year.
- Training available on dementia issues.
- National Help-line 0845 3000336.
- Virtual Support Group for anyone affected by dementia: [www.alzheimers.org.uk/talkingpoint](http://www.alzheimers.org.uk/talkingpoint).
- Opportunities for volunteers exist and trainee social workers can be hosted for a short period of time.

**Alzheimer's Society - Gwent Befriending Service**

County Hospital, Griffithstown, Pontypool, NP4 5YA

01495 768627

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

[chris.pearson@alzheimers.org.uk](mailto:chris.pearson@alzheimers.org.uk)

Chris Pearson

- Befriending service to people in Blaenau Gwent in the early stages of Alzheimer's, giving carers a valuable break from their caring role.
- Information, sign-posting and practical advice.
- Virtual Support Group for anyone affected by dementia: [www.alzheimers.org.uk/talkingpoint](http://www.alzheimers.org.uk/talkingpoint).
- Annual Memory Walk. Flagship fundraising Blaenau Gwent event held each September in Brynbach Park. Phone for further details.
- Training available on dementia issues.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



**Barnardo's Blaenau Gwent Service**

Ground Floor Offices, Market Hall,  
Bethcar Street, Ebbw Vale, NP23 6HN  
01495 307950

[www.barnardos.org.uk](http://www.barnardos.org.uk)

[sheila.williams@barnardos.org.uk](mailto:sheila.williams@barnardos.org.uk)

Sheila Williams

- Three different elements to the service – overnight short breaks; support with leisure and play schemes.
- Overnight short breaks are provided by part-time foster carers or the new Retained Carer Service.
- The Support with Leisure Services is provided to around 40 children and young people throughout the year. Sessional workers to help children and young people access a range of activities. A Sitting service can also be provided in the child's own home.
- The Playscheme links up to 70 children and young people in to access play and leisure provision during the school summer holidays. Workers are recruited to support children with additional needs.



**Beat Cymru**

07854 239661

[www.b-eat.co.uk](http://www.b-eat.co.uk)

[l.hislop@b-eat.co.uk](mailto:l.hislop@b-eat.co.uk)

Laura Hislop - South Wales Project Officer

- Recruit and train volunteers to run the helpline and to set up and facilitate self help groups for carers and/or sufferers with an eating disorder.
- Providing and delivering a programme of training and information for those who live with eating disorders, as well as their families, carers, professionals and supporters.
- Increase awareness, understanding and knowledge about eating disorders to help provide better services for those suffering or caring for someone with an eating disorder.
- Opportunities for volunteers exist.



**Bibic**

Knowle Hall, Bath Road, Bridgwater,  
Somerset, TA7 8PJ

01278 684060

[www.bibic.org.uk](http://www.bibic.org.uk)

[helen.parker@bibic.org.uk](mailto:helen.parker@bibic.org.uk)

Karen Carman

- Support for families in Wales helping children with conditions such as cerebral palsy, autism, developmental delay, acquired brain injury, Downs syndrome and other genetic syndromes as well specific learning difficulties such as dyslexia and dyspraxia.
- If a child doesn't yet have a diagnosis, Bibic will look at the conditions as they present themselves.





Blaenau Gwent Care & Repair

## **Blaenau Gwent Care & Repair**

Unit 7, Roseheyworth Business Park,

Abertillery, NP13 1SP

01495 321091

[www.blaenaugwentcareandrepair.co.uk](http://www.blaenaugwentcareandrepair.co.uk)

[cris.davies@blaenaugwentcareandrepair.co.uk](mailto:cris.davies@blaenaugwentcareandrepair.co.uk)

Cris Davies

- Handyman service for home owners aged 65+.
- Case worker service.
- Technical advice.
- Care & Repair assist older and disabled people through the process of adaptations, repairs and improvements to homes to help home owners remain safe and secure.
- Gardening maintenance service.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time if funding was provided.



## **Blaenau Gwent Domestic Abuse Services**

Phoenix House, Surgery Road, Blaina, NP13 3AY

01495 291202

[www.bgdas.co.uk](http://www.bgdas.co.uk)

[bgdas1@aol.com](mailto:bgdas1@aol.com)

Cath James

- Providing a support and information service to men and women who are experiencing domestic abuse across Blaenau Gwent.
- The abuse can be any violent or abusive behaviour, whether physical, sexual, psychological, emotional, verbal or financial, which is used by one person to control and/or dominate another.



## **Blaenau Gwent Leg Club**

35 Beaufort Terrace,  
Beaufort, Ebbw Vale, NP23 5NN  
01495 307034  
[www.blaenaugwentlegclub.co.uk](http://www.blaenaugwentlegclub.co.uk)  
[carolemgreen@yahoo.co.uk](mailto:carolemgreen@yahoo.co.uk)  
Carole Green

- Treatment for foot and leg conditions, and social contact/friendship group for members. Services are based on the principles of internationally recognised Lindsay Leg Club Foundation, to which the Blaenau Gwent Leg Club is affiliated.
- Free treatment delivered by NHS nurses - any leg or foot condition, including ulcerative skin conditions, varicose veins, dressing changes etc.
- The meetings also promote good health, education and information about foot and leg conditions.
- Light refreshments available.
- New members always welcome - lots of opportunities to input and support the group.
- Meetings held every Thursday 9.30am - 12.30pm at Raglan Terrace, OAP Hall, Beaufort, Ebbw Vale, NP23 5HW



## **Blaenau Gwent Ostomy Self Help Group**

3 Heathcote Close, Brynmawr, NP23 4EP

01495 310686

Marina Heale

- To help people accept their ostomy.
- To help people learn to accept that life goes on as normal.
- Trainee social workers can be hosted for a short period of time.

## **Blaenau Gwent People First**

01495 761708

[liz.howell@advocacyactionwales.org.uk](mailto:liz.howell@advocacyactionwales.org.uk)

Liz Howell

- General individual casework with adults who have learning disabilities.
- Support for adults with learning disabilities to speak up for themselves.
- Peer support.
- Training/skills.
- Opportunities for volunteers exist.





**British Lung Foundation**

**Breathe Easy Group**

British Lung Foundation, Llandarcy Suite,  
Llys Keams, Swansea, SA1 8QL

01792 455764

0845 505020 (helpline)

[www.blf-uk.org](http://www.blf-uk.org)

[wales@blf-uk.org](mailto:wales@blf-uk.org)

Adrian Bailey

- Telephone helpline, impartial advice and information on travel and transport, oxygen and equipment and benefits for more than 40 lung conditions.
- Team includes councillors for emotional and practical advice for parents whose children are affected.
- Information, publications and events.
- PenPals Scheme puts people affected or carers in touch with each other.
- Advise on exercise.
- Discussion forum.
- Blaenau Gwent local support group for people with any type of lung condition and their carers. Specialist nurse on-hand for lung tests and advice.
- Meetings held at Learning Action Centre, James Street, Ebbw Vale, NP23 6JG at 2.00pm on 3rd Thursday monthly. Please phone for confirmation of meeting details.





communities first *cymunedau yn gyntaf*

## Communities First

- Communities First is the Welsh Assembly Government's flagship Social Justice programme which seeks to improve the living conditions and prospects for people in the most disadvantaged communities in Wales.

The aims of Communities First are to:

- Build the confidence and self esteem of those living in these communities.
- Encourage education and skill training for work.
- Create job opportunities and increase the income of local people.
- Improve housing and the surrounding environment.
- Improve health and well-being through an active and healthy lifestyle, and by addressing a range of issues that affect people's health.
- Make communities safe and secure places to live, work and play.
- Drive forward changes to the way in which public services are delivered.



Abertillery Ward Communities First Partnership  
13a Commercial Street Arcade, Abertillery, NP13 1DH  
Tel: 01495 213150  
E-mail: [nigel.collins@co-operative.coop](mailto:nigel.collins@co-operative.coop)  
Mobile: 07545 210493

Cwm, Waunllwyd & Victoria Communities First  
38 Marine Street, Cwm, NP23 7ST  
Tel: 01495 370971  
[www.c-w-v.org.uk](http://www.c-w-v.org.uk)  
E-mail: [greg.paulsen@evad.org.uk](mailto:greg.paulsen@evad.org.uk)

Cwmtillery Ward Communities First  
13a Commercial Street Arcade, Abertillery, NP13 1DH  
Tel: 01495 211488  
E-mail: [amanda.abbott@co-operative.coop](mailto:amanda.abbott@co-operative.coop)  
Mobile: 07976 778718

Ebbw Vale North & South Communities First Partnership  
44 Church Street, Ebbw Vale, NP23 6BG  
Tel: 01495 303850  
E-mail: [rob.james@evad.org.uk](mailto:rob.james@evad.org.uk)

Nantyglo Communities First  
Units 13 & 14, Pond Road Workshops, Pond Road,  
Nantyglo, NP23 4BL  
Tel: 01495 315364  
Fax: 01495 311463

Rassau & Garnlydan Communities First Partnership  
Unit 3, Queensway, Garnlydan, NP23 5EE  
Tel: 01495 354539  
Fax: 01495 304189  
E-mail: [carol.madgwick@evad.org.uk](mailto:carol.madgwick@evad.org.uk)

Six Bells Communities First  
106 Arrail Street, Abertillery, NP13 2NQ  
Tel: 01495 320497  
E-mail: [mair.sheen@co-operative.coop](mailto:mair.sheen@co-operative.coop)

St Illtyds Communities First  
St Illtyd Resource Centre, Llanhilleth Institute,  
Llanhilleth, NP13 2JT  
Tel: 01495 325200  
E-mail: [anna.chard@co-operative.coop](mailto:anna.chard@co-operative.coop)

Blaina Communities First  
77 High Street, Blaina, NP13 3BN  
Tel: 01495 291694  
E-mail: [helen.madden@gavowales.org.uk](mailto:helen.madden@gavowales.org.uk)

Tredegar Central & West and Sirhowy Communities First  
Tel: 01495 712060 or 712082



## **Crossroads South East Wales**

17-19 Wharf Road, Newport, NP19 8ET

01633 661841

[www.crossroads.org.uk](http://www.crossroads.org.uk)

[business.centre@crossroads-se-wales.org.uk](mailto:business.centre@crossroads-se-wales.org.uk)

- Support for carers to have a break from their caring role 24 hours x 7 per week, 52 weeks per year.
- Time out projects for people with mild to moderate dementia, functional illness, physical illness in certain areas of south east Wales.
- Support of health liaison officers in Torfaen area.
- Rapid response services for carers.
- Young carers project in Torfaen and Monmouthshire.
- Opportunities for volunteers exist.





## **Deaf Association Wales**

BSL Cultural Centre, 47 Newport Road,  
Cardiff, CF24 0AD

0845 1302851 (voice)

0845 1302853 (minicom)

0845 1302852 (fax)

[www.signcommunity.org.uk](http://www.signcommunity.org.uk)

[pauill@bda.org.uk](mailto:pauill@bda.org.uk)

Paul Leonard

- Deaf advocacy.
- Deaf youth service.
- BSL and Deaf equality training.
- Information.
- Translation service.
- Opportunities for volunteers exist.





## **Disability Advice Project**

Unit E, Avondale Business Park,  
Avondale Way, Cwmbran, NP44 1XE  
01633 485865

[www.dap-wales.org.uk](http://www.dap-wales.org.uk)  
[info@dap-wales.org.uk](mailto:info@dap-wales.org.uk)  
Anna Deverill-Smith

For individuals:

- Free information and advice on all disability issues for disabled people, their families and carers.
- Free form filling i.e. DLA, AA, Incapacity Benefit, Income Support, Carers Allowance, etc.
- Free representation at benefits tribunals.
- Live coaching for individuals and groups of disabled people.

For anyone proving goods and services:

- Access auditing.
- Access awareness training.
- Disability awareness training.
- Website auditing for disabled accessibility.





## Drugaid

91 Bethcar Street, Ebbw Vale, NP23 6HN

01495 301855 or 0870 060 0310

[www.drugaidcymru.com](http://www.drugaidcymru.com)

[martyn.daniels@drugaidcymru.com](mailto:martyn.daniels@drugaidcymru.com)

[eleanor.barraclough@drugaidcymru.com](mailto:eleanor.barraclough@drugaidcymru.com)

Martyn Daniels - GOALS Project

Ellie Barraclough - Alcohol Project

**GOALS (Gwent Open Access Local Service) Drug & Alcohol Project** (Primary need: substance misuse support):

- Psycho-social interventions, one to one & group counselling, diversionary activities, group work, relapse prevention work, information, on-line or hard copy bibliotherapy pack, therapies.
- Self and third party and professional referrals.

**Alcohol Project** (Primary need: alcohol misuse support):

- Support needs to prevent relapse, and related social and health needs.
- Information, advocacy, interventions, education, co-ordinations of support from other agencies.
- Self and third party and professional referrals.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



## **Drug Alcohol Family Support (DAFS)**

DAFS, Swffryd Clinic,  
Walters Avenue, Swffryd, NP11 5HT

01495 240824 (support line)

01495 244623 (admin.)

[www.dafs-online.org.uk](http://www.dafs-online.org.uk)

[mike.blanche@gcadm.org.uk](mailto:mike.blanche@gcadm.org.uk)

Mike Blanche

- DAFS provides a free, confidential service for families and friends who are concerned or affected by another person's substance use (drugs and/or alcohol).
- Telephone support (see support line number).
- One to one support.
- Facilitated support group meetings.
- Structured counselling (one to one).
- Substance awareness.
- Information leaflets.
- Referral to relevant services.
- Group meetings are held fortnightly on Tuesday evenings at the DAFS office in Swffryd, 6.30pm - 8.30pm (please contact the office for details).
- Opportunities for volunteers exist.





## Expert Patients Programme

The Education Centre, Festival Park, Victoria,  
Ebbw Vale, NP23 8FP

01495 306602 or 07784 172617

[www.eppwales.org](http://www.eppwales.org)

[sue.arnold@gavowales.org.uk](mailto:sue.arnold@gavowales.org.uk)

Sue Arnold

- A Free NHS Self-help course for people living with a long-term health condition. The course is also beneficial for carers who care for someone with a long term health condition.
- The focus of the programme is to support individuals to increase their confidence and to improve the quality of daily life.
- The course helps promote self-management by exploring the measures that individuals can introduce to their lives for themselves.
- Participants also learn ways to manage pain and fatigue, better breathing and relaxation, managing medication usage and its side effects.
- The courses are run by tutors who themselves live with long term health conditions and understand the frustrations, fears and anxieties that ill health can bring.
- Opportunities for volunteers exist.



## **Feeling Good Project**

7-9 Commercial Street, Tredegar, NP22 3DH

01495 712082

[www.feelgoodproject.org](http://www.feelgoodproject.org)

[info@feelgoodproject.org](mailto:info@feelgoodproject.org)

Nick Toulson

- Feeling Good is a community wellbeing programme based in Tredegar Central & West, Sirhowy, Ebbw Vale North and South.
- Through the project, these communities will have the opportunity to participate in a number of activities.
- Safe walking and cycling using existing routes.
- Developing local walking and cycling champions.
- Creating a community cycle scheme to increase the availability of cycling.
- Create opportunities for exercise in the local outdoor environment, such as gardening and conservation.
- Provide opportunities for people to gain accredited training in conservation and horticulture.
- Provide healthy eating taster sessions, interactive cooking skills classes and dietary advice.
- Gain a knowledge and understanding about health issues and treatments.
- Opportunities for volunteers exist.



## Food Bank Project

Festival Church Trust Ltd., Beech Grove, Victoria,  
Ebbw Vale, NP23 8WQ

01495 352223

[www.festivalchurch.co.uk](http://www.festivalchurch.co.uk)

[info@festivalchurch.co.uk](mailto:info@festivalchurch.co.uk)

Adrian Curtis

- The foodbank distributes emergency food aid to individuals and families in short term crisis.
- Front line agencies hold emergency food vouchers and are able to refer clients to the foodbank.
- The centre offers a safe, comfortable environment where clients exchange their voucher for 3 days worth of nutritionally balanced tinned and dried food.
- Volunteers offer a listening ear and over a hot drink can assess further needs, signposting clients to appropriate external agencies.
- The Ebbw Vale foodbank is managed by Festival Church and is the first foodbank in Wales.
- The foodbank belongs to a network of similar projects supported by The Trussell Trust.
- The project utilizes tinned and dried foods donated from the local community.
- Opportunities for volunteers exist. They are supported with training and development to enhance employment prospects.





## **Fusion**

35 Castle Street, Tredegar, NP22 3DQ  
0800 7314649 (24 hour answerphone)  
admin@fusion-online.org.uk  
Sandra Viles

- One to one counselling for young people with drug and alcohol related issues.
- In school drop-in sessions.
- Educational Group Workshop sessions by arrangement.
- Self and third party referrals.
- Acupuncture and medical assessments.



## **Gwent Alcohol Project - GAP**

35 Castle Street, Tredegar, NP22 3DQ  
0800 7314649 (24 hour)  
admin@gcadm.org.uk  
Lisa Barnfield

- One to one counselling service.





## **Gwent Association for the Blind**

Bradbury House, Park Buildings,

Pontypool, NP4 6JH

01495 763650

[www.gwentblind.org](http://www.gwentblind.org)

[postman@gwentblind.org](mailto:postman@gwentblind.org)

Sharon Beckett

- Services for people with significant sight problems, their carers, dependents and professionals.
- Regular newsletters with the latest news and information about sight issues.
- Telephone helpline, advice and advocacy.
- Welfare rights support.
- Resource centre with aids and equipment.
- Counselling for people who have lost their sight.
- Befriending and home visiting.
- Social and activity clubs and other events, such as an annual IT day, sports taster event.
- Rehabilitation services – helping people who are blind or partially sighted get out and about and get on with daily tasks such as cooking.
- Computer and other training.
- Braille and transcriptions.



## **GAVO – Community Development Unit**

16a Market Square, Brynmawr, NP23 4AJ

01495 315626

[huw.lewis@gavowales.org.uk](mailto:huw.lewis@gavowales.org.uk)

Huw Lewis

- Funding advice.
- Assistance with funding applications.
- Project development.
- Assistance with constitutions.
- Assistance with Charitable status.
- Information on becoming a limited company.
- Organisational health check.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.





## **GAVO - Dial-A-Ride**

16a Market Square, Brynmawr, NP23 4AJ

01495 315534

[amanda.phillips@gavowales.org.uk](mailto:amanda.phillips@gavowales.org.uk)

Amanda Phillips

- Providing a transport scheme (known as Blaenau Gwent Dial-a-Ride) for people who live in Blaenau Gwent and have mobility problems.
- All vehicles are wheelchair accessible, which allows people with disabilities do the ordinary things in life such as shopping, hospital and doctors appointments, visiting friends and even going on holiday.
- Working hours are 9am – 5pm Monday – Friday, but volunteer drivers will provide a service on weekends and evenings for special “one-off” occasions, such as weddings parties, holidays, etc.
- Opportunities for volunteers exist.

## **GAVO - Grant Finder Service**

16a Market Square, Brynmawr, NP23 4AJ

01495 315626

[www.gavowales.org.uk](http://www.gavowales.org.uk)

[sian.sweet@gavowales.org.uk](mailto:sian.sweet@gavowales.org.uk)

Siân Sweet

- Grantfinder - a computer package linked to the internet so funding information is always up-to date.

## **GAVO - Volunteer Bureau**

16a Market Square, Brynmawr, NP23 4AJ  
01495 315626

[amanda.newman@gavowales.org.uk](mailto:amanda.newman@gavowales.org.uk)

[sinead.evans@gavowales.org.uk](mailto:sinead.evans@gavowales.org.uk)

[sian.sweet@gavowales.org.uk](mailto:sian.sweet@gavowales.org.uk)

Amanda Newman, Sinead Evans and Siân Sweet

- Recruit and interview prospective volunteers for roles within voluntary sector organisations throughout Blaenau Gwent.
- Signpost individuals to similar projects in other areas.
- The Bureau is approached by a range of organisations with volunteer vacancies and fits the individual to the post. Organisations alert the scheme of opportunities as they arise.
- Individuals can access appropriate quality training in order to develop volunteers in their voluntary roles.
- Travel and incidental expenses can be paid by the Bureau to 16-24 years olds for the first 200 hours of volunteering through the Millennium Volunteering Programme scheme.
- Manage and arrange the annual Blaenau Gwent Voluntary Sector Achievement Awards.



## **GAVO - Young Carers**

Education Centre, Festival Park, Victoria,  
Ebbw Vale, NP23 8FP  
01495 350336

[www.gavowales.org.uk](http://www.gavowales.org.uk)

[enquiries@blaenaugwentyoungcarers.co.uk](mailto:enquiries@blaenaugwentyoungcarers.co.uk)

Angharad Lewis

- Provide breaks from caring, someone to talk to, information and advise, contact with other young carers in similar positions, fun activities, advocacy with schools and other agencies.
- Training opportunities include food safety, first aid, sexual health, anti-bullying strategies, health eating, producing own CDs.
- Referral accepted through self referral, statutory or voluntary agencies or schools.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



## **Gwalia Care & Support**

Suite 29, The Woodlands, Mamhilad Park Estate,  
Pontypool, NP4 0HZ

01495 754131 or 01495 745140

[www.gwalia.com](http://www.gwalia.com)

[stewart.salkeld@gwalia.com](mailto:stewart.salkeld@gwalia.com)

Stewart Salkeld

- Tenancy Support to care leavers and young people aged 16 – 25 who are experiencing homelessness or difficulties with their tenancies.
- Tenancy Support Workers will work with clients to provide advice and support with any tenancy related issue.
- Support can be provided for up to two years.
- Close work with Social Work teams to try and be successful to obtain positive results.
- Trainee social workers can be hosted for a short period of time.





## **Gwent Cancer Support**

Block B, County Hospital, Griffithstown,  
Pontypool, NP4 5YA

01495 768633 (admin.)

01495 768735 (co-ordinator)

01495 760066 (24 Hour Helpline)

[www.webster.uk.net](http://www.webster.uk.net)

[val.sullivan@btconnect.com](mailto:val.sullivan@btconnect.com)

Peggy Tapper

- Emotional support and information to anyone affected by cancer.
- Visits to young people, who may have a parent or other relative affected by cancer, in their own home on a one-to-one basis. Staff also visit schools to provide one-to-one 'surgeries'.
- The organisation provides free complementary therapies to cancer patients and their carers.
- All volunteers are trained and have Basic Counselling Skills qualifications and CRB checks.
- Services offered cover the 5 Unitary Authority areas Gwent.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



## **Gwent Cancer Support Young Person's Project (CHYPS)**

Block B, County Hospital, Griffithstown,  
Pontypool, NP4 5YA

01495 760066 Helpline 24 hour

[www.webster.uk.net](http://www.webster.uk.net)

[val.sullivan@btconnect.com](mailto:val.sullivan@btconnect.com)

Jean Edmunds

- Support to young people who have a parent or other family member or friend affected by cancer.
- Telephone help and support befriending service.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



## **Gwent Epilepsy Group**

Room HP08, County Hospital, Griffithstown,  
Pontypool, NP4 5YA

01495 763131

(Monday, Wednesday, Friday 10am – 3pm)

[gwentepilepsy@btconnect.com](mailto:gwentepilepsy@btconnect.com)

Margaret Stanley

- Advice and support for people with epilepsy and their families.
- Support group, home visits and an epilepsy awareness training programme.
- Involved in lobbying Welsh Assembly and Central Government in improving epilepsy services in Wales.
- Group meets monthly – third Monday of the month in Newport Leisure Centre, 10.30am – 12.30pm



*dros adferiad  
o afiechyd  
meddwl difrifol*

# hafal

*for recovery  
from serious  
mental illness*

## Hafal

Godwin Hall, Commercial Road, Llanhilleth, NP13 2JA  
01495 314715 or 07815 565533

[www.hafal.org](http://www.hafal.org)

[blaenaugwent@hafal.org](mailto:blaenaugwent@hafal.org)

Malcolm O'Callaghan

- Support for anyone over 18 who is experiencing the difficulties and social isolation which is associated with mental health problems who are living in Blaenau Gwent.
- Hafal support 6 self help groups and 1 carers group.
- Godwin Hall is a resource centre and can provide service users with social orientation, confidence building, information, IT training, e-learning, OCN training qualifications, health information, various creative gardening & building refurbishment projects, arts & crafts, cooking, nutrition & life skills support, walking & recreation including pool & table tennis, and peer group support.
- Indoor bowls and new age curling are available at other centres.
- A one-stop shop and sign-posting to other groups.
- Supports home visits, confidential support and advocacy.

## **Hafan Cymru**

44 Bethcar Street, Ebbw Vale, NP23 6HG

01495 301655 or 07799 430846

[www.tai-hafan.co.uk](http://www.tai-hafan.co.uk)

[enquiries@hafancymru.co.uk](mailto:enquiries@hafancymru.co.uk)

Jane Kirby

- A holistic approach to the provision of support to women, men and their children, who have experienced domestic abuse, mental health problems, substance misuse, ex-offenders and care leavers.
- Providing a floating support service.
- Drug and alcohol specialised housing project for women over 18 and their children.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



## Hospice of the Valleys

Park Gate Business Centre,  
Morgan Street, Tredegar, NP22 3JL  
01495 717277

[www.hospiceofthevalleys.com](http://www.hospiceofthevalleys.com)  
[enquiries@hospiceofthevalleys.com](mailto:enquiries@hospiceofthevalleys.com)  
Andrew Richards

- Specialist Community Palliative Care, Social Work & Welfare Rights Support and Complementary Therapies.
- A wide range of fundraising public events, where every penny raised in Blaenau Gwent goes towards caring for the people of Blaenau Gwent.
- Board of Trustees meets bi-monthly on the 2nd Tuesday evening at the Hospice of the Valleys.
- Nurse led drop-in clinics in (no appointments necessary for drop-in clinics):
  - Abertillery: The Lymes Social Club, Tuesday 9.30am – 1pm
  - Blaina: Wesleyan Chapel, Tuesday 1.30pm – 5pm
  - Tredegar: Siloh Baptist Church, Wednesday 9.30am – 1pm
  - Ebbw Vale: Newtown Comm. Centre, Thur 9.30am – 1pm
- All day Cancer Help clinics held on a Saturday at Tredegar General Hospital. Appointments are necessary for the all day clinics.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted.



## **Independent Mental Capacity Advocates (IMCA)**

IMCA, Pierhead Buildings, Bedwlwyn Road,  
Ystrad Mynach, CF82 7AA  
01443 810871

www.imcawales.org  
john.kirkham@imcawales.org  
John Kirkham

- Services for people who lack the capacity to make decisions on a permanent, temporary or intermittent basis due to mental or physical conditions of the brain, substance abuse or other medical conditions.
- Under Mental Capacity Act there is a statutory responsibility for the NHS to provide Independent Mental Capacity Advocates (IMCAs) to support individuals who have no appropriate relatives or friends, and lack capacity to make significant and important decisions. These specialised independent advocates support the independent decision making process only in relation to accommodation and serious medical treatment.
- IMCAs are also used to produce best interest reports for the decision maker in POVA investigations.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.

## **Independent Mental Health Advocates (IMHA)**

IMHA Service, Pierhead Buildings, Bedwlwyn Road,  
Ystrad Mynach, CF82 7AA

01443 810871

[www.imhawales.org](http://www.imhawales.org)

[imha@mhmwales.org](mailto:imha@mhmwales.org)

John Kirkham

- Ensure that the patient's voice is heard by supporting the patient to articulate their views and to engage with the multi-disciplinary team.
- Support patients to access information, and to understand better what is happening and what is planned, and to understand better the options available to them.
- Support patients in exploring options, making better-informed decisions and in engaging with the development of their care plans.
- Supporting the patient to ensure they are valued for who they are.
- Support the patient to counteract any actual or potential discrimination.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



## Mencap Cymru

3 Beaufort Street, Brynmawr, NP23 4AE

01495 310030

[www.mencap.org.uk](http://www.mencap.org.uk)

[stephanie.rogers@mencap.org.uk](mailto:stephanie.rogers@mencap.org.uk)

Gillian Tomorri & Steph Rogers

- Mencap Cymru provides support so that people with a learning disability can live independently, learning new skills which enables them to keep their tenancies.
- We also provide domiciliary support in the service users home.
- All our services are developed around the needs of the individual who use the service and their families and carers.
- Opportunities for volunteers exist.





Multiple Sclerosis Society  
Cymru

## Multiple Sclerosis Society Cymru

Temple Court, Cathedral Road, Cardiff, CF11 9HA

029 2078 6676

0808 800 8000 (Freephone Helpline)

[www.mssociety.org.uk](http://www.mssociety.org.uk)

[www.youngms.org.uk](http://www.youngms.org.uk) (for younger children & teenagers)

Helpline email service: [helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)

- Information about support and local services.
- Up-to-date evidence based information is available and includes symptoms, diagnosis, benefits, employment, treatments, discrimination and research.
- Free publications for family, friends and carers.
- Factsheets about posture and movement to help carers of people with MS.
- Grants for carers, up to £400 for going back into education or employment.
- News and events information.
- Local Blaenau Gwent Group meets for informal get-togethers. This is an opportunity to make new friends and share experiences. Please ring to confirm details of meetings.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



## **NAS Cymru (National Autistic Society Wales)**

6-7 Village Way, Greenmeadow Springs Business Park,  
Tongwynlais, Cardiff, CF15 7NE

029 2062 9312

[www.nas.org.uk](http://www.nas.org.uk)

[cymru@nas.org.uk](mailto:cymru@nas.org.uk)

- Support for parents/carers' wishing to form to groups for people with children or adult relatives with Autistic Spectrum Disorders including autism, Asperger's Syndrome and "global developmental delay" disorders with or without a diagnosis. Contact for details of local meetings.
- Groups have local decision making but be supported by the experience of the NAS with arranging meetings, providing information and support in ASD, training and administration support etc.
- Autism helplines for impartial confidential information and support for people with ASD, parents, professionals, researchers and students including benefits and help from social services 0845 070 4004. Parent to Parent support 08009 520 520, and Advocacy for Education Services 0845 070 4002.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



## **National Youth Advocacy Service (NYAS)**

Education Centre, Festival Park,  
Victoria, Ebbw Vale, NP23 8FP

07920 213638

[www.nyas.net](http://www.nyas.net)

[emma.summerill@nyas.net](mailto:emma.summerill@nyas.net)

Emma Summerill

- Advocacy for children and young people in Blaenau Gwent.
- Independent visitors.
- Opportunities for volunteers exist.





For better  
mental health

## **Phoenix Project**

Apostolic Church, King Street, Brynmawr, NP23 4SY

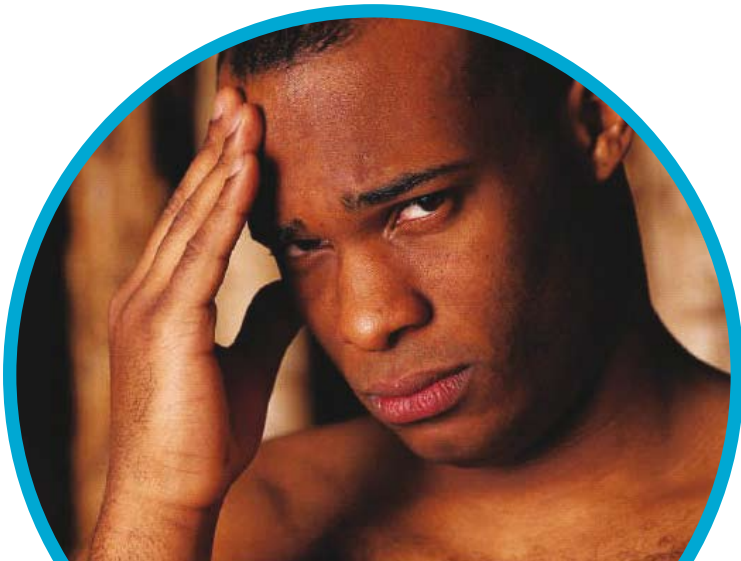
01495 311445

[www.torfaenmind.co.uk](http://www.torfaenmind.co.uk)

[sheree.williams@torfaenmind.co.uk](mailto:sheree.williams@torfaenmind.co.uk)

Sheree Williams

- The Phoenix Project is a Mental Health and Emotional Wellbeing Centre.
- The main aim of the project is to provide advice, guidance and support to those who are experiencing or have experienced mental health problems.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.





## **Sense - Services to Deafblind People**

Tŷ Penderyn, 26 High Street, Merthyr Tydfil, CF47 8DP

0845 127 0090

0845 127 0091 (fax)

0845 127 0092 (text)

[www.sense.org.uk](http://www.sense.org.uk)

[cymruenquiries@sense.org.uk](mailto:cymruenquiries@sense.org.uk)

Jan Brokenshire – Admin Officer

- Training, consultancy & information for local authorities, health education & other staff about deaf blindness.
- Assessments of individual's community care needs or to assist in the development of statements of Special Educational Need.
- Identification projects i.e. assisting in the identification of deafblind people in a specific area.
- Specialist one-to-one services.
- Communicator Guides for people with acquired dual sensory loss.
- Intervenors for children and adults with congenital deafblindness and multi-sensory impairments.
- The Sense Cymru Branch, a family support group meets regularly.
- Opportunities for volunteers exist.
- Trainee social workers can be hosted for a short period of time.



## **Tai Esgyn Housing**

Beaufort House, Beaufort Road, Swansea, SA6 8JG

01792 798656

[www.taiesgyn.org.uk](http://www.taiesgyn.org.uk)

[tanya@taiesgyn.org.uk](mailto:tanya@taiesgyn.org.uk)

Tanya Jenkins

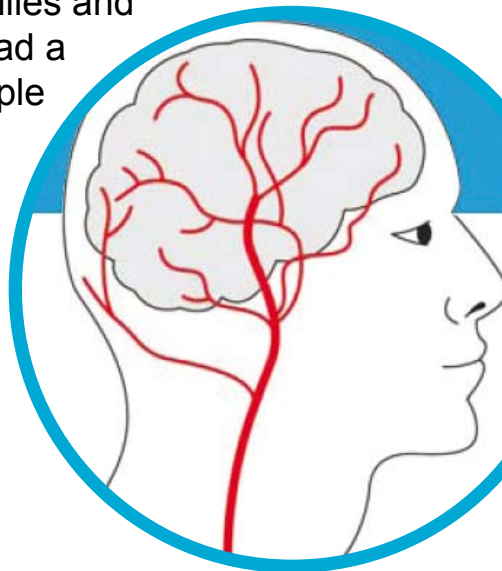
- Intensive support and housing services for people stepping down from low-secure facilities or people repatriating from out-of-county residential placements.
- 24/7 supported housing and tenancy support.
- Specialist support and housing for older people within extra-care housing.
- A wide range of floating support services.
- Domiciliary care services including personal care.
- Palliative care.
- Support with dementia.
- Rehabilitation and support for substance misusers.
- Support at home for people who have an acquired brain injury.
- Respite care at home/support to go on holiday.
- Support for families and services for carers.
- Trainee social workers can be hosted for a short period of time.

### **The Stroke Association**

Anna Markall - Family And Carer Support Coordinator  
Aneurin Bevan Health Board, Anvil Court,  
Church Street, Abertillery, NP13 1DB  
01495 325410  
Anna.Markall@stroke.org.uk

The Stroke Association Wales Regional Office  
Green Meadow Springs Business Park,  
Unit 8 Cae Gwyrdd, Tongwynlais, Cardiff CF15 7AB  
Anna Markall Family and Carer Support Coordinator  
029 2052 4400  
[www.stroke.org.uk](http://www.stroke.org.uk)

- Family and Carer Support Service.
- A visiting service that gives practical information and emotional support to the families and carers of people who have had a stroke. Also provided to people who live alone.
- Support for families and services for carers.
- Trainee social workers can be hosted for a short period of time.





Wales Pre-school  
Providers Association  
Welsh Pre-school Providers Association  
Cymdeithas Darparwyr  
Cyn-ysgol Cymru

## **Wales Pre-school Providers Association**

Unit 1 The Lofts, 9 Hunter Street, Cardiff Bay,  
Cardiff, CF10 5GX  
029 2045 1242  
[www.walesppa.org](http://www.walesppa.org)  
[info@walesppa.org](mailto:info@walesppa.org)  
Mary Eaton

- Enhance the development, care and education of preschool children in Wales, by encouraging parents to understand and provide for their needs through high quality preschool groups.
- Giving adults confidence to make best use of their knowledge and resources, for the benefit of themselves and preschool children.
- Opportunities for volunteers exist.



wea

workers' educational association south wales  
cymdeithas addysg y gweithwyr de cymru

## **Workers' Educational Association**

Northern LAC, Church View,  
Office 2, Ivor Street, Blaenavon, NP4 9NA  
01495 791128

[www.swales.wea.org.uk](http://www.swales.wea.org.uk)

[j.fleming@swales.wea.org.uk](mailto:j.fleming@swales.wea.org.uk)

James Flemming

- Adult education courses in communities and in local venues such as church halls, libraries, community centres, etc.
- Courses include IT, Skills for Life, Confidence Building, local history, art, ESOL, creative writing and many more.
- Opportunities for volunteers exist.



