CHALLENGING THE MYTH
"They look after their own"
Black and Minority Ethnic (BME) Carers
Directory

“They think the Asian community can look after their own.’
(A young Carer from the Asian Community)
Acknowledgement

Sincere thanks to those who agreed to be included in this Directory and for sharing information about their organisation or group.

Disclaimer

Care has been taken to ensure that details are correct at time of going to press. Apologies for any unwitting changes or omissions or non-existent organisations or groups through termination of project in the interim.

This Directory is compiled by:

Laurice Matthew
AWEMA-Social Care Strategy Development Officer
(Social Worker—City and County of Swansea)

This directory can also be found on the Carers pages of the Welsh Assembly Government’s website, at the following address:

www.wales.gov.uk/subisocialpolicy
**Introduction**

This Directory is part of *The Black and Minority Ethnic Carers Project*, undertaken by

The *All Wales Ethnic Minority Association (AWEMA)*,

Sponsored by the *Welsh Assembly Government*

The Voluntary and Community Sections of the Directory is not exhaustive. It is based on organisation and groups who responded or gave permission to include their details. Furthermore, many are not directly linked with carers, but may be used as a source of support or sign-posting.

The main part of the Directory is structured for quick reference by Local Authorities, with sub-sections under the following headings:

Statutory

Voluntary Organisations

Community Groups.

Other useful Contacts including some general National Carers Organisations and BME carers organisations.

**Project Worker:**

Ms Laurice Matthew, AWEMA-Social Care Strategy Development Officer.
(Social Worker, City and County of Swansea)

**Project Base:**

- **AWEMA**
  - Suite 1, First Floor
  - St David’s House
  - Wood Street
  - CARDIFF
  - U K
  - CF10 1ES
- **Tel:** 029 2066 4213
- **Fax:** 029 2023 6071

Chief Executive: Mr Naz Malik
Chair: Dr Rita Austin
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**Asylum Seekers**  

**Some National BME Organisations**  

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**Police Minority Support Unit**  

**LINK – Other Organisations in Wales**
All Wales Ethnic Minority Association (AWEMA)
Suite 1, First Floor
St David’s House,
Wood Street
CARDIFF
CF10 1ES
Tel: 029 2066 4213 Fax: 029 2023 6071
E-mail: admin@awema.freeserve.co.uk

AWEMA is a voluntary organisation that has been established to respond to devolution in Wales. AWEMA acts as the link between the Welsh Assembly Government and sections of the Black and Minority Ethnic (BME) Communities to ensure their concerns, aspirations and needs are heard and acted upon.

Welsh Assembly Government - Carers Team
Social Care Policy Division
Welsh Assembly Government
Tel: 029 2082 6980

Commission for Racial Equality (CRE)
3rd Floor
Capital Towers
Greyfriars Road
CARDIFF
CF10 3AG
Tel: 029 2072 7200

The CRE works with organisations in the public, private and voluntary sectors to reduce racial discrimination and promote equal opportunities for employees, customers and service users.

CRE Wales Race Equality advice, Implications on the Race Relations (Amendment) Act 2000, the legal action team provides advice to members of the public with potential complaints of discrimination under the Race Relations Act.
RACE EQUALITY COUNCILS (RECs)

North Wales Race Equality Network (NWREN)
C/o WCVA
13 Wynnstay Road
COLWYN BAY
LL29 8NB
Tel: 01492 535850

Race Equality First (REF)
The Friary Centre
CARDIFF
CF10 4AA
Tel: 029 2022 4097

South East Wales Racial Equality Council (SEWREC)
124 Commercial Street
NEWPORT
South Wales
NP20 1LY
Tel: 01633 250006

Swansea Bay Race Equality Council (SBREC)
Grove House (3rd Floor)
Grove Place
SWANSEA
SA1 5DF
Tel: 01792 457035

Valleys Race Equality Council (VALREC)
33 Gelliwastad Road
PONTYPRIDD
CF37 2BN
Tel: 01443 401555

Race Equality Councils work towards the elimination of racial discrimination, the promotion of equal opportunities and good relations between persons of different racial groups through policy and community development, public education and assistance to individuals.
LOCAL AUTHORITIES

Isle of Anglesey County Council
Social Services Carer Contact
Council Offices
LLANEGFINI
LL77 7TW  Tel: 01248 752708

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

Blaenau Gwent County Borough Council
Social Services Carer Contact
7 Bridge Street
EBBW VALE
NP3 6EY  Tel: 01495 355794

Local authority contact person for general carers issues. Offering direction to other areas of Social Services
VOLUNTARY ORGANISATIONS

**Drugs & Family Support (DAFS)**
Blaina District Hospital
Hospital Road
Nantyglo
BLAENAU GWENT
Gwent
NP23 4LY  
Tel. 01495 292020

A confidential service provided by a small group of parents who have got together to help/support families with drug/alcohol misuse.

**Bridgend County Borough Council**
Social Services Carers Contact
Sunnyside
BRIDGEND
CF31 4AR  
Tel: 01656 642061
Fax: 01656 648689

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

**Carmarthenshire County Borough Council**
Social Services Carer Contact
Social Care & Housing Department
Policy & Performance Division
3 Spillman Street
CARMARTHEN
SA31 3LE  
Tel: 01267 228977

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

**Caerphilly County Borough Council**
Carers Worker
Hawtin Park, Gellihaf
BLACKWOOD
Gwent
NP2 2PZ  
Tel: 01443 864604

Local authority contact person for general carers issues. Offering direction to other areas of Social Services
Ceredigion County Council
Social Services Carer Contact
Min-Aeron
Rhiw Goch
ABERAERON
SA46 0DY Tel: 01545 572678

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

City & County of Cardiff Council
Social Services Carer Contact
Room 255 County Hall
Atlantic Warf
CARDIFF
CF10 4UW Tel: 029 2087 3631

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

The Black and Minority Ethnic Sub-group is one of seven sub-groups developed to implement the Cardiff Carers' Plan. Like many of the other sub-groups, it is multi-agency, and comprises of representatives from the following organisations: Carers Centre, Carers Development Project, SNAP Cymru, Multicultural Resource Centre (Trust), Cardiff Council Adult Services and the Public Health Directorate (LHB). The aim of the group is to share information and work together on initiatives relating to Carers from BME communities.

Barefoot' Health Workers Project
Cardiff Local Health Group
Marine Chambers
Anson Court
Atlantic Wharf
CARDIFF
CF10 4AL Tel: 029 2044 4414

The 'Barefoot' Health Workers Project is an action research project working with BME communities in Butetown, Grangetown and South Cardiff – including Bangladeshi, Yemeni, Somali, Pakistani and African/Caribbean communities. This project will run for a total of 5yrs to March 2005 over which time it's aim is to improve the health and well being of the communities with which it is working.
Cardiff & Vale NHS Trust
Tim Bennett
Sealock Community Mental Health Team
Sealock Warehouse
Burt Street, Butetown
CARDIFF  Tel: 029 20463 488
CF1 6HZ  Fax: 029 20485 894

Community Mental Health team

Other teams in:
  Riverside – Tel:029 20233533
  Pendine –  Tel:029 2057 8778
  Gabalfa –  Tel:029 2069 3941
  Pentwyn – Tel:029 2073 1466

VOLUNTARY ORGANISATIONS

Access to Black Children with Disabilities (ABCD)
62 Charles Street
CARDIFF
CF10 2GG  Tel: 029 2025 0055

The project aims to ease some of the additional hardships faced by BME families with disabled children. Identifies barriers to access and specific needs to the community by providing information and guidance on access to statutory and voluntary services

Africa Centre
E-mail: gota2003@aol.com

Offers language support in Arabic and Somali and provide research and resource information, training and advice

AWETU
41a Lower Cathedral Road
Riverside
CARDIFF  Tel: 029 2039 4141
CF11 6LW  E-mail: awetu@nascre.net

‘AWETU’ is an African name which translates into ‘OUR UNITY’

Offers support to BME people confronted by mental illness. It provides a forum, which brings together users, carers and workers concerned with the provision of mental health services. Involved in educating the public services on how mental health issues affect minority ethnic communities.
**Barnados - Neville Street Project**  
7/7a Neville Street  
CARDIFF  
CF11 6LP  
Tel. 029 2022 9585

**Barnados Cymru**  
Tel: 029 2049 3387

Offers open access to stay and play as well as outreach. Can undertake direct work, group work, parenting group and after school club. Also operates a community link short breaks service for children with disabilities

**Black Association of Women Step Out Ltd (BAWSO)**  
19 Newport Road  
CARDIFF  
CF24 1AJ  
Tel: 029 2043 7390  
Fax: 029 2043 7396

BAWSO is an All Wales Women’s Aid organisation, providing specialist service to women and children from BME communities suffering Domestic Violence

**Black Voluntary Sector Network (BVSN)**  
11-12 Crichton House  
Mount Stuart Square  
CARDIFF  
CF10 5EN  
Tel. 029 2045 0068

Supports Black and Ethnic Minority organisations

**Cardiff & The Vale Mental Health Development Project**  
Linda Newton  
Unit 11, Williams Court  
Trade Street  
CARDIFF  
CF10 5DQ  
Tel. 029 2022 2000  
E-Mail: mail@cardiff-vale-mhdp.org.uk

Provides a local mental health development service for voluntary sector groups with an interest in mental health service users and carers. Offering a base to discuss needs and the development of new initiatives, and ensuring a voice for voluntary sector groups, users and carers in the planning and delivery of services
**Cardiff and the Vale Crossroads**  
Unit 5, Norbury House  
Norbury Road  
Fairwater  
CARDIFF  
CF5 3AS  
Tel. 029 2057 7300  

Offers a service to BME carers through Multicultural Crossroads Scheme – “Lean On Me” is a mental health project in partnership with AWETU which provides befriending and respite breaks for carers from BME communities. Some specific language ability in Punjabi and Urdu is also available.

**Carers Centre Cardiff and The Vale**  
Pembroke House  
1 Conwy House  
CARDIFF  
CF11 9NT  
Tel. 029 2022 1439  
Help line 029 2022 1421  
E-mail: carerscentre@aol.com  

Providing support to BME Carers, and signposting/linking with appropriate organisations, offering assistance, advocacy and translation. Assisting and advising on benefits and other matters.

**Carers Development Project Cardiff and the Vale**  
182a Lansdowne Road  
Canton  
CARDIFF  
CF5 1JT  
Tel. 029 2034 0022  
E-mail: enquiries@cardiffcarers.org.uk  

To undertake, promote and support community development approaches to supporting carers. To raise awareness of the needs and issues facing carers in policy development, planning and service delivery. To advocate for carers as a community of interest.

**Care and Repair Cymru**  
**National Office:**  
Norbury House  
Norbury Road  
Fairwater  
CARDIFF  
Tel: 029 2057 6286  
Fax: 029 2057 6283  

**North Wales Office:**  
1 Lon Pobty  
BANGOR  
Gwynedd  
LL57 1HR  
Tel: 01248 371529  
Fax: 01248 353059  

Care and Repair Agencies support older and disabled people through sometimes difficult and complex process of repairing or adapting their home. Clients are extensively consulted and their consent obtained throughout the process.
Care and Repair operate in every county. Contact can be made for the appropriate area through the numbers above.

Displaced People in Action (DPIA)
Leona Evans
CSV House
Williams Way
CARDIFF
CF10 8AY
Tel: 029 2041 5 706 or 029 20 41 5 743
Fax: 029 2041 5744
E-Mail: dpia-uk@yahoo.co.uk

Focus on developing new organisations and giving displaced people the tools to achieve their own goal. Also provides meaningful and educational activities for refugee and asylum seekers in Wales.

Mind Cymru
3rd Floor
Quebec House, Castlebridge
Cowbridge Road East
CARDIFF
CF11 9AB
Tel. 029 2039 5123
Fax: 029 2040 2041

MIND is a national organisation and can be contacted via your local office

Mind Cymru works to oppose the discrimination people with mental distress experience. In all its activities, Mind Cymru stresses the needs of users of psychiatric services - including black and minority ethnic groups, women, older people, disabled people, lesbians and gay men, and other minority groups. We also acknowledge the rights and needs of carers and families.

Minority Ethnic Women’s Network (MEWN) Cymru
Coal Exchange
CARDIFF
CF10 5EB
Tel. 029 2046 4445
E-mail: info@mewn-cymru.org.uk

Offers assistance in accessing information and appropriate service through sign posting and using other information sources.

Multicultural Health & Resource Centre
Butetown Health Centre
Louden Square
CARDIFF
CF10 5UZ
Tel: 029 2045 1399

A service of Cardiff and Vale NHS Trust covering primary and secondary care. Link workers from varying backgrounds offer help and support to BME people with health needs, whose first language is not English. Can accompany patients to appointments where there is no one available. Language covered – Somali, Arabic, Bengali, Sylheti, Urdu and Punjabi
Newlink South Wales
42 Lambourne Crescent
Llanishen
CARDIFF
Tel: 029 20 764411
e-mail: newlink-sw@supanet.com

Offers training at all levels to workers and professionals whose service users groups might include people who are involved in substance misuse. They also recruit, train and place volunteers from all communities to work with and support users. Provides information and advice to BME communities, users and their families. A number of volunteers from the BME communities provide various language skills.

Red Sea House
Taff Housing Association
Hayes Place
32 Cowbridge Road East
CARDIFF
Tel: 029 2025 9100
E-mail: a.sugulle@taffhousing.co.uk

This scheme was developed by Taff Housing Association to meet the needs of the elderly Somali community in Cardiff. There are 15 units of sheltered accommodation with support.

Sickle Cell and Thalassaemia
40 Loudoun Square
CARDIFF
Tel: 029 2047 1055

Provides support and advice for sufferers of Sickle cell as well as carers and family.

South Riverside Community Development Centre
Brunel Street
Riverside
CARDIFF
Tel: 029 2022 0309
E-mail: srcdc@freeserve.co.uk

Serves the community in the heart of Riverside and offering a service to many BME communities. Projects include - working with young children and parents, and in training and regeneration.

Special Needs Advisory Project (SNAP) Cymru
Zakia Ahmed (BME Development Officer)
Central Office
Unit 10, Coopers Yard
Curran Road
CARDIFF
Tel: 029 2038 8776

Offering support to carers of disabled children and sign posting to other relevant services. Languages spoken – Hindi, Urdu, Punjabi
**Triangle Project**  
Pat Gregory  
Community Development Centre  
Riverside  
CARDIFF  
Tel: 029 2019 0075  

Sustainable health action research project, working with women in the community – Programme due to end in 2004.

**Vanguard Volunteers Project**  
C.S.V House  
Williams Way  
CARDIFF  
CF10 5DY  
Tel: 029 2045 4459  
Office No: 029 2041 5742  

The project acts as link service for development mental health and carers for Somali community.

**Women Connect First**  
109 St Mary’s Street  
CARDIFF  
CF10 1DX  
Tel: 029 2034 3160  
E-mail: WCF@womenconnectfirst.fsnet.co.uk  

Offering free access to skills based courses to disadvantaged women in the community, including refugees and asylum seekers. Training courses include, English Language, IT and Internet, numeracy, problem solving, confidence building and assertiveness. Also offers advice and counselling relating to domestic violence, physical and emotional abuse, racism, forced marriage and childcare issues.

**Women in Action**  
S Haque  
CARDIFF  
Tel: 029 2022 8051  

Offering support for women from various communities. Also encouraging activities like swimming and other health programmes.

**COMMUNITY ORGANISATIONS**

**African/Caribbean Community Group**  
11-12 Crichton House  
Mt Stuart Square  
CARDIFF BAY  
CF10 5FH  
Tel: 029 2045 0068  
E-mail: accg_c@hotmail.com  

Provides a network for people of African/Caribbean origin. Promotes activities which celebrate their culture and for other communities to learn this culture. Sign-posting to appropriate services in the public domain and other organisations.
All Wales Saheli Association
2 St Martins Row
Albany Road
CARDIFF
CF24 3JJ Tel: 029 2049 6920

Offers support to Muslim women and their families in Wales. Promoting understanding, knowledge and awareness of issues affecting this community, in the interest of developing good practice and appropriate service provision. Advocating on behalf of individuals and liaising with other organisations and departments.

Bangladesh Association Cardiff
Machen Place
Riverside
CARDIFF
CF1 8ER Tel: 07968165138

Providing a venue for community activities and social gatherings. Organises children sports activities indoors. Provide a meeting place for mothers and children and other group on a voluntary basis. New resource to commence September 2003 – Day centre facility for communities elders. Also provide a base for members of the community in Wales to meet with the High Commission every 2-3 months.

Cardiff Somali Women and Youth Association
C/o AWEMA
Suite 1, First floor
St David’s House
Wood Street
CARDIFF
CF10 1ES Tel: 029 2066 4213

Developing the capacity of Somali Women and providing a forum to engage youth activities and addressing issues relating to Education. Creating a social environment for engaging isolated members of the community.

Pakistani Women’s Association
14 Eskdale Close
Lady Mary Road, Penylan
CARDIFF
CF23 5LF Tel: 029 2076 4218

Providing support and information, and referring to appropriate organisation.
Shah Jalal Mosque
Crwys Road
CARDIFF
Tel: 029 2048 0217

Provides advice and support on funeral arrangements for the Muslim community.

South Wales Islamic Centre
Sheik Saeed
Alice Street
Bute Town
CARDIFF
CF10 5LB
Tel: 029 2049 0998

Religious organisation offering advice and help to the Muslim community as well as other communities. Offering a range of language skills. Assisting with filling forms, complaints and signposting to other appropriate services.

Offers a funeral service and arrangements specific to Muslim cultures.

City & County of Swansea
Social Services Carer Contact
County Hall
Oystermouth Road
SWANSEA
SA1 3SN
Tel: 01792 636000

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

Asylum Health Team
Central Clinic
21 Orchard Street
SWANSEA
SA1 5AT
Tel: 01792 517882
E-mail: Lucy.Paton@swansea-tr.wales.nhs.uk

VOLUNTARY ORGANISATIONS

Chinese Community Elders Project
Family Housing Association
43 Walters Road
SWANSEA
SA1 5PN
Tel: 01792 460192
E-mail: info@FHAWales.com

Meeting the needs of the Chinese Elders in Swansea. Provision of a 24 unit sheltered housing scheme developed by the City and County of Swansea in conjunction with Family Housing Association. Offering help with language skills, benefits and housing needs.
Inclusion Residential and Day Care

c/o SACS
P.O Box 44
SWANSEA Tel: 029 2063 7154
SA5 4YS E-mail: inclusions@btconnect.com

A proposed privately run day and residential care establishment, offering a service to BME and other people of South Wales and beyond. Mixture of BME and staff from other nationalities. It is envisaged that this will adopt a community approach to care and include cross-cultural activities and therapeutical input.

Initial enquiries could be left on the above answering system and we will contact you within 24 hours, or via the above letterbox or e-mail

Minority Ethnic Women’s Network (MEWN) Swansea

22 Cradock St Tel: 01792-467722
SWANSEA Fax: 01792-455031
SA1 3HE E-mail: mewn@mewnswansea.co.uk

MEWN Swansea is an organisation working towards the establishment of Network of black and ethnic minority women and women’s organisations, in the Swansea Bay area. Providing a forum where black and ethnic minority women can share expertise and experience and offer mutual support.

COMMUNITY ORGANISATIONS

Bangladeshi Welfare Association

5A Walter Road (Temporary Address)
SWANSEA Tel: 07867751751
SA1 5NF

Supporting the community and providing information and advice

Filipino Community Wales Drop-In Centre

Room 8, 2nd Floor
Union Street
SWANSEA
SA1 3DW Tel: 01792 477036

Promoting a positive image of Filipinos through increasing their participation in social and cultural activities. Also offering training opportunities for the community. Sign posting members of the community to appropriate organisations according to needs.
Swansea Chinese Community Co-op Centre
2nd Floor
37-38 The Kingsway
SWANSEA Tel. 01792 469919
SA1 5LF E-mail: SwanseaChinese@aol.com

Providing a variety of service to the Chinese community in Swansea, including a free advice service on benefits, health, education and employment. Developing capacity building with women, offering classes in art and other cultural events and recreational activities.

Conwy County Council
Social Services Carer Contact
Social Services Department,
94 Conwy Rd,
Colwyn Bay,
CONWY LL29 7IE, Tel: 01492 575600

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

Denbighshire County Council
Social Services Carer Contact
Ty Nant,
Nant Hall Rd,
PRESTATYN
LL19 9LG Tel: 01824 706556

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

Flintshire County Council
Social services carer contact
County Hall,
MOLD
CH7 6NB Tel: 01352 702516

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

Gwynedd Council
Social Services Carers Contact
Stryd y Jel
CAERNARFON
Gwynedd Tel: 01286 679985
LL55 1SH Fax: 01286 677486

Local authority contact person for general carers issues. Offering direction to other areas of Social Services
VOLUNTARY ORGANISATIONS

**Shekina Multicultural Women’s Group**
378 High Street  
BANGOR LL57 1YE  
Tel. 01248 370515  
E-mail: shekinamcwg@hotmail.com

Shekina is a multicultural women’s group, which offers opportunities for women from other countries to meet and make friends with local women and share information, learn new skills and gain qualifications. Also offers conversational language classes in English, French and Spanish.

**Monmouthshire County Council**
Partnership Co-ordinator  
Social and Housing Services  
High Trees  
Welsh Street  
CHEPSTOW NP1 5PJ  
Tel: 01291 635727

Local authority contact person for general carers issues. Offering direction to other areas of Social Services.

VOLUNTARY ORGANISATIONS

**Monmouthshire Carers Team**
Gwent Association of Voluntary Organisations (GAVO)  
The Old Chapel  
Twyn Square  
USK  
Monmouthshire NP15 1BH  
Tel. 01291 672352

Provides a service for carers. The team has a young carers worker, who focuses on developing services for this carers’ group. Development workers support carers groups, and develop new ones. Assessment workers complete independent assessments.

**Merthyr Tydfil County Borough Council**
Social Services Carers contact  
Ty Keir Hardie  
Riverside Court  
Avenue De Clichy  
MERTHYR TYDFIL CF47 8XE  
Tel: 01685 724693  
Fax: 01685 384868

Local authority contact person for general carers issues. Offering direction to other areas of Social Services.
Newport Council Borough Council
Social Services Carers Contact
Civic Centre
NEWPORT Tel: 01633 233352
NP20 4UR Fax: 01633 233372

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

Chaplaincy Service (Muslim Imam)
Gwent Healthcare Trust
Mr Moulana Farid Ahmed Khan
66 Llanwern St
NEWPORT Tel: 01633 666142
NP19 OBZ Mobile: 07813819117

A service available for all Muslim communities, including, Pakistani, Indian, Bangladeshi, Somali and Arabian communities. Offering confidential support and advice, a spiritual service, prayer service and provision for religious needs. Patients may request to see the Imam to any nursing or medical staff. Various languages spoken.

Gwent Education Multi-Ethnic Support (GEMSS)
25/27 Stow Hill
NEWPORT
South Wales
NP20 1JH Tel. 01633 255473

Provides English as an Additional Language in schools. Serves the Gwent areas. Also provides a translation and interpretation service and act as a community drop-in centre. Provide information regarding health, social welfare and housing and sign to other organisations like the Citizen Advice Bureau.

Patient Liaison Royal Gwent Hospital

Florinda Hall
Patient Liaison Manager
Royal Gwent Hospital
NEWPORT Tel: 01633 238027
Gwent Fax: 01633 238957
NP20 2UB e-mail: florinda.hall@gwent.wales.nhs.uk

Ethnic Minority respite special service, providing service and advice for patients and carers where needed.
VOLUNTARY ORGANISATIONS

Age Concern Ethnic Minority Discharge Scheme
St Woolos Hospital
NEWPORT
South Wales
NP20 4SZ Tel. 01633 238310/14

Exists for helping the elderly

Anondhoro Network
15 Harrow Road
NEWPORT
South Wales
NP19 0BU Tel: No - number available

A Bangladeshi community group supporting the Bangladeshi community within the Newport area. It promotes and support personal development and access to opportunities to youths particularly those who are vulnerable and disadvantaged. Preserving identity through educational and cultural activities and encourage greater participation within the community.

Arthritis Care
6 Hillview Crescent
NEWPORT
South Wales
NP19 4NS Tel. 01633 274842/769483

Provides a social evening monthly and occasional outing and trips for local people suffering with arthritis

Alzheimer’s Society – Newport
21 Dale Road
NEWPORT
South Wales
NP19 9DZ Tel. 01633 280552

Provides help, support and information to carers of people with dementia.

Ethnic Minority Volunteering Project
Gwent Association of Voluntary Organisations (GAVO)
c/o GAVO Newport
Resource Centre
35 Commercial Road
NEWPORT
South Wales
NP20 2PB Tel. 01633 256307/ 259205
The overall aim of this project is to try and recruit ethnic minority people to do voluntary work with mainstream voluntary organisations.

Newport Resource Centre
Gwent Association of Voluntary Organisations (GAVO)
35 Commercial Road
NEWPORT
South Wales
NP20 2PB
Tel. 01633 256307/259205

Working to strengthen the role of the people from ethnic minority groups in Newport by supporting existing voluntary organisations and where appropriate developing new voluntary organisations or projects.

Joint Committee for Ethnic Minorities in Wales
Dunji Fahm
81, Apollo Way
NEWPORT
NP12 1WB
Tel: 01495 224973

Providing advocacy and legal advice to ethnic minority persons in disadvantaged groups, e.g. mental health and criminal justice. Sign-post to other appropriate service.

COMMUNITY ORGANISATIONS

Iraqi Community Association of Wales
Cae Cob Farmhouse
Aspen Close
St Mellons
CARDIFF
CF3 OB T
Tel. 029 20798 526

Providing community support and sign-posting to appropriate service

Newport Carers Befriending – CAN (Newport) Branch
GAVO
8 Pentoville
NEWPORT
South Wales
NP20 5HX
Tel. 01633 213229
E-Mail – wayne.williams@gavowales.org.uk

Provides support and information to carers. Monthly meetings, guest speakers and training. Sign-posting to appropriate service
Pillgwenlly Millennium Centre
Yvonne Burgess
Development Worker
Court-Y-Belle Terrace Tel: 01633 660262
NEWPORT Mobile: 07971 673654
NP20 2GH E-mail – Yvonne.burgess@newport.gov.uk

Supporting community groups in areas of deprivation and social exclusion under the Communities First programme. Offers a sign-posting service to appropriate services.

Victoria Community Association
Community Development Officer
NCC
No 4 Essex Street
NEWPORT Tel01633 244974
NP19 0EH Mobile 07866 540386
E-mail – lana.pearce@network.gov.uk

Link worker between agencies and local authority. Supporting community projects regeneration programmes. Giving advice on funding sources and helping with applications

Neath Port Talbot County Borough Council
Social Services Carer Contact
Civic Centre
PORT TALBOT Tel: 01639 763332
SA13 1PJ Fax: 01639 763288

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

Pembrokeshire County Council
Carer Contact
2b County Hall
HAVERFORDWEST Tel: 01437 776223
SA61 1TP Fax: 01437 776492

Local authority contact person for general carers issues. Offering direction to other areas of Social Services
**Powys County Council**
Social Services Carer Contact  
Bryntirion  
Salop Road  
Welshpool  
POWYS SY21 7DU  
Tel: 01938 551826  
Fax: 01938 552276

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

**Rhondda Cynon Taff County Borough Council**
Carers Support Project Officer  
Heddfan, Llan Avenue  
Rhydyfelin  
PONTYPRIDD CF37 5PN  
Tel: 01443 407582  
Fax: 01443 407582

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

**Torfaen County Borough Council**
Social Services Carer Contact  
Social Services Department  
County Hall  
CWMBRAN NP44 2XH  
Tel: 01633 648506  
Fax: 01633 648794

Local authority contact person for general carers issues. Offering direction to other areas of Social Services

**Vale of Glamorgan Council**
Social Services Carer Contact  
Dock Office  
Subway Road  
BARRY CF53 4RT  
Tel: 01446 704732  
Fax: 01446 704848

Local authority contact person for general carers issues. Offering direction to other areas of Social Services
VOLUNTARY ORGANISATIONS

All Wales Forum
C/o 28 Old Port Road
Wenvoe
VALE OF GLAMORGAN Tel. 029 20 679984

The organisation is run by parents and carers of people with learning disabilities.

Muslim Welfare Association
Sufyan Allah Sufyan
Governor House
298-300 Holton Road
BARRY
Vale of Glamorgan
CF63 4HW Tel: 01446 733133

A community centre offering a range of activities to all members of the Muslim community. This included language skills, social activities, first aid courses and other training. Also offers advice on health and fitness. Offers temporary accommodation and proposed luncheon club and meals on wheels service.

Wrexham County Borough Council
Social Services Carer Contact
The Guildhall
WREXHAM Tel: 01978 292970
LL1 1WF Fax: 01978 292880

Local authority contact person for general carers issues. Offering direction to other areas of Social Services
**YOUNG CARERS**

**Childline**
Freephone: 0800 1111  
Text phone: 0800 400 222

Is a free, 24-hour helpline for children and young people, who can call about any problem, at any time – day or night. Counsellors are there to help find a way to sort things out. This service is confidential, that means your call will not be discussed with anyone unless the child or young person give permission or they are in danger. There is a text phone service for those who are deaf or find a regular phone difficult to use.

**Ethnic Diversity Girls Entertainment Group (E.D.G.E)**
Community House  
Eton Road  
Maindee  
NEWPORT  
Mobile: 07976 634071  
Tel: - 01633 212917 (Youth worker)

Youth club for girls 11-17. Meets on Fridays 6 – 9 pm. Involvement in arts and crafts, dance class, keeps fit. Also run workshop-based discussions on issues relating to adolescent issues. Organises social events. Other youth groups being developed. Information can be obtained by ringing the above numbers.

**Newport Young Carers Project**
Richard Andrews  
133 Commercial Street  
NEWPORT  
Tel: 01633 262019  
NP20 1LY  
E-mail: Richard.Andrews@newport.gov.uk

Offering support, advice and guidance to young carers, including BME young carers. Engaging in activities as a break from caring roles.

**Planet Sickle**
www.sicklecellsociety.org/

A special site for young people with Sickle Cell

**Tros Gynnal**
Tel: 029 2039 6974.  
Executive Director  
E-mail: admin@trosgynnal.co.uk

Tros Gynnal is the largest provider of children's rights and advocacy in Wales Tros Gynnal took on the work of the Children's Society in Wales in August 2002 and have 10 projects around Wales.
**Vale of Glamorgan**
Young Carers project
14 Albert Crescent
Penarth
VALE OF GLAMORGAN
CF64 1DA
Tel: 029 2070 4500
Fax: 029 2070 6100
E-mail: wapfcr@mail.nch.org.uk

Offers a respite service for young carers e.g. trips, workshops and other activities. Also provides a range of support services for children and young people and their families. Offers open access drop-in, crèche facilities and after school activity groups.

**Voices From Care Cymru**
25 Windsor Place
CARDIFF
CF10 3BZ
Tel: 029 2039 8214
E-mail: info@vfcc.org.uk

Voices from care were set up in 1990 to help young people who are or have been looked after by local authorities in Wales. The organisation is run by people who have experienced the care system themselves. Voices From Care Cymru aims to create opportunities for all young people who are or have been looked after in Wales, to have an individual and collective voice at local and national levels so that their conditions and outcomes may be improved.

**Young Movers**
Youth Programme Coordinator
National Tenants Resource Centre
Trafford Hall
Ince Lane
Wimbolts Trafford
CHESTER
CH2 4PJ
Tel: 01224 300246
Fax 01244 300818
E-mail: mas@traffordhall.com

A residential training programme designed to inspire and support groups of young people ages 11-16 to work effectively with adults and develop projects benefiting local communities. Offering training and support to all those working and living in low-income communities.

**Young People’s Group**
Barnardos
Intensive Family Support Services
Grange Terrace
Llwynipia
CARDIFF
CF40 2HT
Tel: 01443 440846

Focusing on young people in local comprehensive schools and offering forum for discussing issues of racism and other forms of discrimination, offering opportunities for developing confidence and building self-esteem and supporting each other in a safe environment.
Youthlink Wales
PYLSEDD
91a Cardiff Road
CAERPHILLY
CF83 1FQ

Tel: 029 2088 5711
Fax: 029 2088 8727
E-mail: youthlink@youthlinkwales.org

Youthlink is an organisation ran by young people in Wales aged 14-25. The Sorted Project operates in Cardiff and organise events and provide forum for discussion on issues like drug use, safer sex and mental health.
ASYLUM SEEKERS AND REFUGEES

Asylum Health Team
Tel: 01792 517882
(See City & County of Swansea)

Exist to ensure that asylum seekers have equal access to normal NHS services. Also signpost and work collaboratively with statutory and voluntary agencies.

Immigration Advisory Service (IAS)
211A City Road
Roath
CARDIFF
CF24 3JD
Tel: 029 2049 6662
Fax: 029 2049 6602
E-mail: Cardiff@iasuk.org

The Immigration Advisory Service exists to provide Free Independent and Confidential Advice, Assistance and Representation. Offers advice on issues relating to Immigration and Asylum Law, e.g. applications and appeal.

Can refer to Regional Office Locations.

Welsh Refugee Council
Phoenix House
389 Newport Road
CARDIFF
Tel. 029 20489800
CF24 1TP
SOME NATIONAL BME ORGANISATIONS

The Afiya Trust
Riverside House
27-29 Vauxhall Grove
London SW8 ISY
Tel: 020 7582 0400
Website: www.afiya-trust.org

Black Carers Project
Unit 6
20-23 Hepburn Road
St Paul's
Bristol BS2 8UD
Tel: 0117 9144491
Providing respite breaks for carers and offering information advice and advocating on behalf of carers.

Black Service Users Worker
Service Users’ and Carers’ Unit
City of Salford Social Services
Crompton House
100 Chorley Road
Swinton
Aslford M27 6BP
Tel: 0161 952 0163

The Carers Centre
Edward Cheshire House
2 Bearwood Road
Smethwick
West Midlands B66 4HH
Tel: 1021 558 7003

The Sickle Cell Society
54 Station Road,
Harlesden,
London, NW10 4UA
Tel:020 8961 7795/4006
Fax 020 8961 8346
E-mail: sickleinfo.line@btinternet.com

Planning and Service Development Officer
Leicester City Council
Services Department
C/O Room 208
Town Hall
Leicester LE1 9BG
Tel: 01162 254757
OTHER NATIONAL CARERS ORGANISATIONS

Age Concern
4th Floor
1 Cathedral Road
CARDIFF
Tel: 029 2037 1566
CF1 9SD
Help Line: 0800 009966

Contributes to policy which affects older people and to work in partnership with the many organisations that work on their behalf.

All Wales Forum for Parents and Carers
Tel: 029 2049 8001
E-mail: yvonne@yhern.freeserve.co.uk

Carers Wales
River House
Ynysbridge Court
Gwaedol-y Garth
CARDIFF
Tel: 029 2081 1370
CF15 9SS
Website: www.carersonline.org.uk

Carers Wales is the leading campaigning, policy and information organisation for carers. We are part of Carers UK and work for a better deal for all carers. We have extensive information on carers rights and can give details of carer support organisations throughout Wales.

Chwarae Teg
Tel: 029 2038 1331
Website: www.chwaraeteg.com

Promoting the development of women in Wales

Citizen Advice Bureau
Cardiff Branch
71 Bridge Street CARDIFF
CF10 2EE
Tel: 0870 1264028

A national organisation which provides a free service to the public – giving confidential, independent and impartial advice, information and support regarding rights and responsibilities of the individual. Some issues include housing, employment, welfare rights and immigration. Also undertake practical tasks like letter writing and filling in forms.

Contact a Family
1st Floor, Exchange Building
Mt Stuart Square
CARDIFF
Tel: 029 2049 0001
CF10 5EB
E-mail: wales@cafamily.org.uk
**Crossroads Wales**  
3rd Floor, 49 Landore Court  
Charles Street  
CARDIFF  
CF1 2GD  
Tel: 029 2022 2282  
E-mail: wales.office@crossroads.org.uk

**Cruse**  
Tel: 020 8939 9530  
Website: www.crusebereavementcare.org.uk

Cruse Bereavement Care is a charity which offers free information and advice to anyone who has been affected by a death. Provides support and counselling one to one and in groups. Offers education, support, information and publications to anyone supporting bereaved people. Increases public awareness of the needs of bereaved people through campaigning and information services.

**Help the Aged**  
Wales Office  
12 Cathedral Road  
CARDIFF  
CF11 9LJ  
Tel: 029 2034 6550  
Website: www.helptheaged.org.uk

Help the Aged funds and offers a range of quality services to older people, ensuring greater independence and peace of mind, both inside and outside the home.

**Relate South Wales**  
41 Stow Hill  
NEWPORT  
NP20 1JH  
Tel: 01633 253982

Offers counselling to couples or individuals in relationship matters, to help avoid and cope with difficulties and possible marriage and relationship breakdown.

**Standing Conference of Voluntary Organisations (SCOVO)**  
5 Dock Chambers  
Bute Street  
CARDIFF  
CF1 1AG  
Tel: 029 2049 2443  
Website: www.SCOVO.org.uk

SCOVO is an all-Wales umbrella organisation, which provides a collective voice for voluntary groups and organisations in Wales. Our mission is to promote the right of people with learning disabilities to have valued lives.
SOUTH WALES POLICE MINORITY SUPPORT UNITS

Community Safety Officers
Tony Payne
Gary Ashford
Swansea Central Police Station
Grove Place
Swansea
Tel: 01792-456999

Other Areas: Community Safety Department

Cardiff
Tel: 01639-889183
Wrexham (Gary McLeod)
Tel: 0845 607 1002 – ex. 4660
Dyfed Powys (Allan Lewis)

Monitoring racist incidents, particularly in relation to asylum seekers and refugees, and in cases of emergency. Also able to sign-post to appropriate organisations and agencies.

THE ALL WALES UNIT - www.allwalesunit.gov.uk

Supports the 22 Welsh Local Authority Social Services departments in information sharing, policy development and collaborative working through the use of officer networks, all Wales groupings and electronic communication. The All Wales Unit website shares examples of good practice within Welsh Social Services.

DIRECTORY OF ORGANISATIONS IN WALES - www.red4.co.uk

A useful site which contains a directory of many useful addresses in Wales. Divided in to categories, e.g. Health, Housing Arts, and Voluntary Bodies.