

## Find local support groups

Find voluntary services at your fingertips! Find a wide variety of excellent voluntary and community services that are able to provide information and support so that people can make an informed choice.

<https://en.infoengine.cymru/>

<https://www.dewis.wales/>

Here are some key organisations who could help. Remember that many staff are now working remotely. Phone lines may be busy due to high demand. It may be best to email in the first instance.

Organisation	Website	Main contact no. or Advice line	Email address
<b>Age Connects Wales</b>	<a href="https://www.ageconnectswales.org.uk/">https://www.ageconnectswales.org.uk/</a>	02920 683600	<a href="mailto:enquiries@ageconnectswales.org.uk">enquiries@ageconnectswales.org.uk</a>
Provides support to age 50+ people and is made up of 6 independent Age Connects organisations, Check out local services by following link <a href="https://www.ageconnectswales.org.uk/contact">https://www.ageconnectswales.org.uk/contact</a> or ring the main contact number.			
<b>Age Cymru</b>	<a href="https://www.ageuk.org.uk/cymru/">https://www.ageuk.org.uk/cymru/</a>	08000 223 444 (advice line open Mon-Fri 9am - 5pm)	<a href="mailto:advice@agecymru.org.uk">advice@agecymru.org.uk</a>
Information on benefits, health, money, housing or care for older people, their family, friends, carers and professionals. Check out the website on local area activity or via their email address by including location.			
<b>Alzheimer's</b>	<a href="https://www.alzh">https://www.alzh</a>	0300 222 122	Ring the national helpline

<b>Society</b>	<a href="http://eimers.org.uk/about-us/wales">eimers.org.uk/about-us/wales</a>	(National helpline 9am - 5pm for local offices)	
Provides a range of information and advice			
<b>All Wales Forum for Parent and Carers</b>	<a href="http://www.allwalesforum.org.uk/">http://www.allwalesforum.org.uk/</a>	029 2081 1120 (9 am – 4pm Monday – Thursday)	Contact email form on their website
Supports parents and carers of people with a learning disability across Wales with information and signposting			
<b>CALL</b>	<a href="http://www.callhelpline.org.uk/">http://www.callhelpline.org.uk/</a>	0800 132 737 (freephone 24/7) Text 81066	Main contact through the Helpline
The helpline gives emotional support and information on mental health matters in Wales			
<b>Care and Repair Cymru</b>	<a href="http://www.careandrepair.org.uk">http://www.careandrepair.org.uk</a>	02920 107580 (ring this number to find out local Care and Repair Services	<a href="https://www.careandrepair.org.uk/en/about-us/contact-us/">https://www.careandrepair.org.uk/en/about-us/contact-us/</a> to email an enquiry
The helpline gives emotional support and information on mental health matters in Wales			
<b>Carers Trust</b>	<a href="https://carers.org/country/carers-trust-wales-cymru">https://carers.org/country/carers-trust-wales-cymru</a>	0300 772 9702	<a href="mailto:wales@carers.org">wales@carers.org</a>
Support and services for unpaid carers. Have several projects including one's focused on young carers			
<b>Carers Wales</b>	<a href="https://www.carersuk.org/wales">https://www.carersuk.org/wales</a>	02920 811370	<a href="mailto:info@carerswales.org">Info@carerswales.org</a>
Provides expert advice, information and support to unpaid carers, connects carers for mutual support			

<b>CAB (Citizen Advice Bureau)</b>	<a href="https://www.citizensadvice.org.uk">https://www.citizensadvice.org.uk</a>	03444 772020 (Advice line)	Ring the Helpline
Provide information on benefits, work, money and debit, consumer matters, housing, laws and court processes, immigration and health matters.			
<b>Children in Wales</b>	<a href="https://www.childreninwales.org.uk/">https://www.childreninwales.org.uk/</a>	02920 342434	Use their contact page to submit an email enquiry <a href="https://www.childreninwales.org.uk/contact/">https://www.childreninwales.org.uk/contact/</a>
Children in Wales is the umbrella organisation for organisation and individuals who work with children and young people and will be able to signpost to relevant organisations that can help			
<b>Community Housing Cymru</b>	<a href="https://chcymru.org.uk/">https://chcymru.org.uk/</a>	0290 674810	<a href="mailto:enquiries@chccymru.org.uk">enquiries@chccymru.org.uk</a>
Represents over 70 not for profit housing associations and provide information on housing matters in Wales.			
<b>Disability Wales</b>	<a href="http://www.disabilitywales.org/">http://www.disabilitywales.org/</a>	02920 887325	<a href="mailto:info@disabilitywales.org">info@disabilitywales.org</a>
Information and advice in disability rights			
<b>Hafal</b>	<a href="https://www.hafal.org/">https://www.hafal.org/</a>	01792 816600/832400	<a href="mailto:hafal@hafal.org">hafal@hafal.org</a>
Supports people with serious mental illness and their carers through recovery programmes and self-management  Useful link to Mental Health and Money			

Advice <a href="https://www.mentalhealthandmoneyadvice.org/wal/">https://www.mentalhealthandmoneyadvice.org/wal/</a>			
<b>Learning Disability Wales</b>	<a href="https://www.ldw.org.uk/">https://www.ldw.org.uk/</a>	02920 752149	<a href="mailto:enquiries@ldw.org.uk">enquiries@ldw.org.uk</a>
Provided information on all matters related to learning disability in accessible formats			
<b>Marie Curie</b>	<a href="https://www.mariecurie.org.uk/who/we-hat-we-do/en">https://www.mariecurie.org.uk/who/we-hat-we-do/en</a>	01495 740818	Ring the telephone number for more information
Supports people with terminal illness providing nursing care.			
<b>Mind Cymru</b>	<a href="https://www.mind.org.uk/about-us/mind-cymru/">https://www.mind.org.uk/about-us/mind-cymru/</a>	02920 395123 (Mon-Fri 9am-6pm)	<a href="mailto:info@mind.org.uk">info@mind.org.uk</a>
Provides information, support and advice for people with mental health issues and their families/carers Support online: <a href="https://www.mind.org.uk/information-support/">https://www.mind.org.uk/information-support/</a>			
<b>British Red Cross</b>	<a href="https://www.redcross.org.uk/campaigns/volunteer-in-wales">https://www.redcross.org.uk/campaigns/volunteer-in-wales</a>	02920 695740	<a href="mailto:cardiff@redcross.org.uk">cardiff@redcross.org.uk</a>
Services in Wales include home from hospital support, wheelchair, commode hire and help with money issues.			
<b>RVS (Royal Voluntary Service)</b>	<a href="https://www.royalvoluntaryservice.org.uk/">https://www.royalvoluntaryservice.org.uk/</a>	0330 5550310 (Mon – Fri: 8am-5pm)	Ring the helpline
RVS provides practical support including welfare services and hospital support			
<b>St John's Cymru</b>	<a href="https://stjohnswales.org.uk/">https://stjohnswales.org.uk/</a>	02920 449631	<a href="mailto:pts@stjohnswales.org.uk">pts@stjohnswales.org.uk</a>

St John's Cymru provide hospital transport services across Wales.

<b>Shelter Cymru</b>	<a href="https://sheltercymru.org.uk/">https://sheltercymru.org.uk/</a>	0333 2700182 (Mon-Fri 9.30am - 4pm) Expert debt advice 0333 2700182 (Mon-Fri 9.30am - 4pm)	Ring the helplines
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Provides information and advice on housing issues and debt for those who find themselves homeless or already are without accommodation.