



You are here...Service Directory

The Mental Health Forum RCT & MT

The Forum is a syndicate of voluntary sector mental health organisations working in Rhondda Cynon Taff and Merthyr Tydfil. Bringing together the mental health voluntary sector, statutory sector and local health board to enhance co-production. The Mental Health forum welcomes any voluntary sector group which provides a service to adults who may be experiencing mental health problems or any organisation with a special interest in mental health within RCT and MT. The Forum is hosted by Interlink the community voluntary council for RCT and the Mental Health Development Officer facilitates and supports the Forum and its members. This Service Directory is a Mental Health Forum development.

A

Adref



Address: Adref Ltd, 54/55 Bute Street, Aberdare, CF44 7LD

Telephone:

Email: info@adref.org.uk

Website: www.adref.org.uk

Description: ADREF provides supported accommodation schemes for Merthyr Tydfil and Rhondda Cynon Taf residents

Age Concern Morgannwg



Address: Age Concern Morgannwg, Principality House, Pontypridd, CF37 4TR

Telephone: 01443 490650

Email: Information@acmorgannwg.org.uk

Website: www.acmorgannwg.org.uk

Description: Age Concern Morgannwg serves Merthyr Tydfil and Rhondda Cynon Taf and can provide more information about services available for older people, including a Specialist Home Care Service in the Cynon Valley for older people with mental health problems.

Alzheimers Society



Address: Alzheimers Society, 89-90 High Street, Merthyr Tydfil, CF47 8UH

Telephone: 01685 385033

Email: merthyr@alzheimers.org.uk

Website: www.alzheimers.org.uk

Description: Alzheimers Society provides help and information on Alzheimer's disease, promotes public awareness and presses for high quality services.

Alzheimers Society



Address: Alzheimers Society, Principality House, PONTYPRIDD, CF37 4TP

Telephone: 01443 400233

Email: rhonddacynontaff@alzheimers.org.uk

Website: www.alzheimers.org.uk

Description: Alzheimers Society provides help and information on Alzheimer's disease, promotes public awareness and presses for high quality services.

Arts factory



Address: Arts factory, Ferndale, CF43 4LY

Telephone: 01443 757954

Email:

Website: www.artsfactory.co.uk

Description: Arts factory provides a range of learning opportunities in small supportive groups (good for confidence building). Courses are free to members and held at Ferndale, Treherbert and Ystrad (membership costs £1 per year)

Ategi



Address: Ategi, Unit B8, Taff's Well, CF15 7YF

Telephone: 02920 2081 3434

Email:

Website: www.ategi.org.uk

Description: Ategi provides a break for carers and a change for service users by arranging short-term accommodation in the homes of specially chosen people.

Awetu



Address: 3rd floor, Alexandra House, 307-315 Cowbridge Road East, Canton
CF5 1JD

Telephone: 029 2036 8899

Email: info@awetu.org.uk

Website: www.awetu.org.uk

Description: Awetu offers a range of activities to black and minority ethnic people with mental health problems, also campaigns to make services more effective and sensitive to their needs.

BACP - British Association for Counselling and Psychotherapy

Address: British Association for Counselling and Psychotherapy, BACP House, 15 St John's Business Park, Lutterworth, Leicestershire, LE17 4HB, United Kingdom

Telephone: 01455 88 33 00

Email: bacp@bacp.co.uk

Website: www.itsgoodtotalk.org.uk/

Description: The British Association for Counselling and Psychotherapy aims to educate the public about counselling and psychotherapy, and through the provision of information seeks to facilitate the process for clients before and during therapy.

Barnardos Merthyr Partnership

Address: Barnardos Merthyr Partnership, 56 High Street, Merthyr Tydfil, CF47 8UN

Telephone: 01443 486645/01685 379502

Email:

Website: www.barnardos.org.uk

Description: Barnardos Merthyr Partnership have various services for young people including counseling.

Brynawel House



Address: Brynawel House, Llanharry Road, Llanharan, Rhondda Cynon Taff, CF72 9RN

Telephone: 01443 226864

Email:

Website: www.brynawelhouse.org

Description: Brynawel House residential rehabilitation and treatment for people with alcohol dependency across Wales. There is a charge if you self-refer, may be free if referred through a Social Worker, health professional or the Probation Service.

Bryncynon Healthy Living Centre



Address: Bryncynon Healthy Living Centre. Feel Good Factory, Mountain Ash, CF45 4XZ

Telephone: 01443 479018

Email: healthylivingcentre@hotmail.co.uk

Website: www.bryncynonstrategy.org.uk

Description: Bryncynon Strategy Ltd is a registered charity company limited by guarantee. The Board of Directors is made up of representatives from the local community, local councilors and schools. The Strategy has adopted a holistic approach to community development which incorporates lifelong learning, healthy living, building community spirit, developing the local economy and improving the local environment. We acknowledge the need to develop integrated approaches to problems identified, because tackling issues in isolation does not work, as the problems and challenges we face in our communities are complex and interrelated.

C



Carers Project



Address: Carers Project, Heddfan, Pontypridd, CF37 5PN

Telephone: 0808 100 1801

Description: Carers Project provides awareness raising, training, individual emotional support, advocacy, time out from caring and a chance to be with other young people.

CDAT



Address: Llwyn Yr Eos Clinic, Main Road, Church Village, Pontypridd, CF38 1RN

Telephone: 01443 443060

Email:

Website:

Description: Community Drug and Alcohol Team (CDAT) is the main NHS specialist substance misuse provider for Rhondda Cynon Taf (RCT) and Merthyr Tydfil. It is a harm minimisation service that offers treatment for substance misuse including alcohol, needle exchange programme, family planning, Hepatitis B/C screening, Hepatitis B vaccinations, screening for sexually transmitted infections (STIs) and general health promotion and education.

Cynon Valley Citizens Advice Bureau



Address: Old Library, Duffryn Road, Mountain Ash, CF45 4DA

Telephone: Advice line: 0844 477 2020

Specialist debt and welfare benefits: 01443 475948

Admin line: 01443 472103

Email: cynonvalleycab@talk21.com

Website: www.citizensadvice.org.uk

Description: The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers.

CMHT



Address: Cynon CMHT, St.Davids, High Street, Aberdare, CF44 7AA

Telephone: 01685 881246

Email:

Website: www.rhondda-cynon-taf.gov.uk

Description: Community Mental Health Team – is a team of mental health workers from different professions, who support people with mental health needs in the community. They carry out initial **assessments** of people’s needs and identify who can provide appropriate support, either from the team or other agencies. You can contact your CMHT directly, or you can be referred by other individuals, professionals (like your **doctor/GP**) or organisations. *Please note: services are limited and priority is given to people with the greatest need.*



Address: Merthyr Tydfil CMHT, Seymour Berry Centre, Dowlais, CF48 3RL

Telephone: 01685 721671

Email:

Website: www.merthyr.gov.uk

Description: Community Mental Health Team – is a team of mental health workers from different professions, who support people with mental health needs in the community. They carry out initial **assessments** of people’s needs and identify who can provide appropriate support, either from the team or other agencies. You can contact your CMHT directly, or you can be referred by other individuals, professionals (like your **doctor/GP**) or organisations. *Please note: services are limited and priority is given to people with the greatest need.*



Address: Rhondda CMHT, Ty Afon, Aberrhondda Road, Porth, CF39 0AG

Telephone: 01443 688770

Email:

Website: www.rhondda-cynon-taf.gov.uk

Description: Community Mental Health Team – is a team of mental health workers from different professions, who support people with mental health needs in the community. They carry out initial **assessments** of people’s needs and identify who can provide appropriate support, either from the team or other agencies. You can contact your CMHT directly, or you can be referred by other individuals, professionals (like your **doctor/GP**) or organisations. *Please note: services are limited and priority is given to people with the greatest need.*



Address: Taff Ely CMHT, Ty Draw, The Avenue, The Common, Pontypridd, CF37 4DF

Telephone: 01443 486856

Email:

Website: www.rhondda-cynon-taf.gov.uk

Description: Community Mental Health Team – is a team of mental health workers from different professions, who support people with mental health needs in the community. They carry out initial **assessments** of people’s needs and identify who can provide appropriate support, either from the team or other agencies. You can contact your CMHT directly, or you can be referred by other individuals, professionals (like your **doctor/GP**) or organisations. *Please note: services are limited and priority is given to people with the greatest need.*

Communities First



Telephone: 01443 757171

Email:

Website: www.communities-first.org

Description: Communities First is the Welsh Assembly Government’s flagship programme to improve the living conditions and prospects of people in the most disadvantaged communities across Wales.

Crossroads



Address: Crossroads, 10-11 The Green, Trefechan, Merthyr Tydfil, Mid Glamorgan, CF48 2EU
United Kingdom,

Telephone: 01685 383500

Email:

Website: www.crossroads.org.uk

Description: Crossroads Care is Britain's leading provider of support for carers and the people they care for. We work with over 41,000 individuals and their families, helping carers make a life of their own outside caring. We employ over 6,000 trained professionals, providing flexible services to people of all ages and with a range of disabilities and health conditions.

Address: Crossroads Rhondda Cynon Taff, Llanover House, Pontypridd, CF37 4DY

Telephone: 01443 480484/01685 382366

Email:

Website: www.crossroads.org.uk

Description: Crossroads Care is Britain's leading provider of support for carers and the people they care for. We work with over 41,000 individuals and their families, helping carers make a life of their own outside caring. We employ over 6,000 trained professionals, providing flexible services to people of all ages and with a range of disabilities and health conditions.

CRUSE



Address: Cruse Bereavement Care, Merthyr Tydfil/Rhondda Cynon Taff Area, 3 Canon Street, Aberdare, CF44 7AT.

Telephone: 01685 876020

Email: helpline@cruse.org.uk

Website: www.cruse.org.uk

Description: Cruse Bereavement Care - Grieving the death of a loved one is a very important part of accepting your loss. Remembering the good things about the person's life with others at a funeral helps with this important process. Sometimes we find it hard to grieve and this can often lead to problems with mental wellbeing. If you're finding it hard to get over the death of someone close to you, you should seek support free counseling, advice and support service throughout Merthyr Tydfil and Rhondda Cynon Taf

Cwm Taf LHB



Address: Crisis Resolution & Home Treatment Teams, Cwm Taf LHB, Ynysmeurig House, Navigation Park, Abercynon, Mid Glamorgan, CF45 4SN

Telephone: Taff & Rhondda 01443 443 443 ext.4388

Cynon & Merthyr Tydfil 01685 726337

Email: Margaret.Foster@wales.nhs.uk

Website: www.cwmtafwb.wales.nhs.uk

Description: Local Health Boards do not provide any services directly for the public. Instead they have a budget from the government to pay for General Practitioners (GPs) and to pay NHS Trusts to provide hospitals and other local services. The Local Health Boards make decisions about what to spend on the basis of local needs, quality, costs and government priorities. If you are not happy with any NHS services you receive, have already complained to the organisation involved and you were unhappy with the response you can complain to the Local Health Board preferably through your Community Health Council.

D



DRIVE



Address: Drive, Unit 8, Cefn Coed, Parc Nantgarw, Nantgarw, CF15 7QQ

Telephone: 01443 845260

Email: mail@driveltd.org.uk

Website: www.driveltd.org.uk

Description: Drive is a registered charity that has been established for over twenty years. Drive was originally set up to provide transport services for people with disabilities within the Rhondda and Taff Ely districts of the former Mid Glamorgan. However, Drive's Management Board took the decision in the mid 1980's to expand the organisation's brief, in order to assist in the achievement of the aims spelt out in the All Wales Strategy. Drive provides services for people in accordance with its mission statement, which states that: *"Drive enables people with disabilities to lead full and valued lives."*

Drugaid Merthyr and RCT



Address: Drugaid Merthyr and RCT, MIDAS, 1st & 2nd Floor, Oldway House, Castle Street, Merthyr Tydfil, CF47 8UX

Telephone: 01685 721 991

Email:

Website: www.drugaidcymru.com

Description: Drugaid Merthyr and RCT - Helping individuals and communities tackle drug and alcohol problems in South Wales for over 30 years. We hope you find this website useful and informative.

E



E.L.I.T.E



Address: E.L.I.T.E, 15 Talbot Road, Talbot Green, Pontyclun, Rhondda Cynon Taff, CF72 8AD

Telephone: 01443 226664

Email:

Website: www.elitesupportedemployment.co.uk

Description: Elite offers one to one supported work placements for disabled people including those with mental health problems.

Expert Patients Programme



Address: Voluntary Action Centre, 89-90 High Street, Pontmorlais, Merthyr Tydfil, CF47 8UH

Telephone: 01685 353911

Email: caroline.jones@vamt.net

Website: www.eppwales.org

Description: The Expert Patients Programme Wales (EPP) provides a range of self-management courses and workshops for people living with long-term health conditions or for those who care for someone with a long term condition.

F



Friends r Us – Mountain Ash

**Friends
r
Us**

Address: Friends r Us, 75 Duffryn Street, Mountain Ash, CF45 3HR

Telephone: 0808 100 1801

Email:

Website: www.rhondda-cynon-taf.gov.uk/carerssupport

Description: Friends r Us is a social support group for people with mental health problems and their carers in the Cynon Valley, has monthly programme of events, contact the Carers Support Project

Friends r Us - Aberaman

**Friends
r
Us**

Address: Friends r Us, 2 Commerce Place, Aberaman, CF44 6SY

Telephone: 0808 100 1801

Email:

Website: www.rhondda-cynon-taf.gov.uk/carerssupport

Description: Friends r Us is a social support group for people with mental health problems and their carers in the Cynon Valley, has monthly programme of events, contact the Carers Support Project

G



Gelli Deg and Treharris Healthy Living Centre



Address: Gelli Deg and Treharris Healthy Living Centre, 1 & 2 Winchfawr House, Merthyr Tydfil, CF48 1HA

Telephone: 01685 383929

Email:

Website:

Description: Healthy Living Centres work to promote and support healthier lifestyles for all in Wales and by virtue of their location, specifically target those hard to reach groups in the most socially deprived areas of Wales. Local needs are typically diverse and at Gellideg Healthy Living Centre they have developed a project that encourages young people to discuss the importance of maintaining a healthy lifestyle. They discuss factors which contribute to good health and this information is utilised to gain an understanding of the children and young people's eating habits.

Gofal Cymru (Rhondda Cynon Taff)



Address: Gofal Cymru (Rhondda Cynon Taff), 1 Melin Corrwg, Upper Boat

Telephone: 01443 845970/01685 373322

Email:

Website: www.gofalcymru.org.uk

Description: Gofal Cymru provides floating support or supported accommodation for people with mental health problems, also have a housing advice service

Gwalia Care and Support



Address: Gwalia Care and Support, Caersalem House, Gelli Road, Ton Pentre CF41 7AS

Telephone: 01443 438280/01443 431451

Email: alun.jones@gwalia.com

Website: www.gwaliacareandsupport.com

Description: Gwalia Care and Support works in partnership with people to help make positive changes in their lives. We are focused on forming constructive relationships with people that empower them to maximise their independence and involvement in their community.

H



Hafal



Address: hafal, Unit 16, Pant Industrial Estate, Dowlais, Merthyr Tydfil, CF48 2SR

Telephone: 01685 373322

Email: merthyr@hafal.org

Website: www.hafal.org

Address: Hafal Rhondda Cynon Taff, Unit 39, Aberaman Business Park, Aberaman Aberdare
CF44 6DA

Telephone: 01685 884918

Email: rcttower@hafal.org

Website: www.hafal.org

Description: Hafal liaise with local employers and provide training and support for people with mental health problems who want to get some work experience or find employment

Hafod Care Association Ltd



Address: Hafod Care Association Ltd, 2nd Floor St Hilary's Court, Culverhouse Cross, CF5 6ES

Telephone: 01443 425535/01443 425465

Email: admin@hafod.co.uk

Website: www.hafodcare.org.uk

Description: Hafod provides supported houses and flats, sometimes shared in Rhondda Cynon Taf. Staffed for 10–37 hours per week, plus tenants support services. Soon to provide support at home

I



Interlink Mental Health Project

Cefnogi Gweithredu Gwirfoddol yn Rhondda Cynon Taf
Rhif Elusen Cofrestredig: 1069044



Supporting Voluntary Action in Rhondda Cynon Taff
Registered Charity No: 1069044

Address: Interlink Mental Health Project, 6 Melin Corrwg, Cardiff Road, Upper Boat, CF37 5BE

Telephone: 01443 846200

Email:

Website: www.interlinkrct.org.uk

Description: Interlink is the County Voluntary Council (CVC) for Rhondda Cynon Taf, supporting individuals and organisations to work together to make a positive impact on the life of people who live and work in RCT.

J



Job Centre Plus



Part of the Department
for Work and Pensions
Rhan o'r Adran Gwaith
a Phensiynau

Address: Job Centre Plus, South Wales Valleys District Office, Pontypridd, CF37 2UA

Telephone: 01443 484733

Email:

Website: www.jobcentreplus.gov.uk

Description: Jobcentre Plus is a government agency supporting people of working age from welfare into work, and helping employers to fill their vacancies.

Journeys



Address

Journeys
Alexandra gate Business Centre
2 Alexandra gate
Ffordd Pengam
Cardiff
CF24 2SA

Telephone: 02920 692891

Email: info@journeysonline.org.uk

Website: www.journeysonline.org.uk

Description: Journeys is the only organisation in Wales whose sole purpose is to offer support and understanding to people affected by depression, their friends, families and carers.

M



MDF the BiPolar Organisation Cymru



Address: MDF, 22-29 Mill Street, Newport, NP20 6GY

Telephone: 0845 634 0080

Email: angela@mdfwales.org.uk

Website: www.mdfwales.org.uk

Description: MDF the BiPolar Organisation Cymru helpline for sufferers of manic depression, put people in touch with local self-help groups.

Mental Health Matters (Wales)



Address: Mental Health Matter, 63 Nolton Street, Bridgend, CF31 3AE

Telephone: 01656 767045

Email: admin@mhmwales.org

Website: www.mhmbcb.com

Description: Mental Health Matters Wales works with people who have a mental health related issue, other voluntary organisations and statutory services to promote mental well-being and to ensure there is a comprehensive range of mental health services in Wales.

We currently deliver the following services;

- Independent Mental Capacity Advocate (IMCA)
- Independent Mental Health Advocacy (IMHA)
- Community Advocacy Services (CAS)
- Friends of Coity
- Tenancy Support
- Wellbeing Drop-in Centres
- Information
- Lobbying and Campaigning

- Volunteering
 - Independent Mental Capacity Advocacy Training
-

Mentro Allan



Address: Mentro Allan, NLC, 17-20 Penyder, Gynos, Merthyr Tydfil, CF47 NDY

Telephone: 01685 725058/0845 113 00 65

Email: Ryan.Stokes@merthyr.gov.uk

Website: www.mentroallan.co.uk

Description: Mentro Allan is a Big Lottery Fund programme aimed at encouraging hard to reach groups to take part in physical activity in their local natural environment.

Merthyr & the Valleys Mind



Merthyr and the Valley Minds

Address: Merthyr & the Valleys Mind, Rear of 111/112 High Street, Merthyr Tydfil, CF47 8AP

Merthyr & the Valleys Mind, 20 Morgan Street, Pontypridd, RCT CF372DS

Telephone: 01685 359183 /01443 484300

Email: info@matvmind.org

Website: www.matvmind.org

Description: Merthyr & the Valleys Mind provides advocates who can help you put your views across in hospital (serves Merthyr Tydfil and Rhondda Cynon Taf)

Merthyr Tydfil County Borough Council



Address: Merthyr Tydfil CBC, Civic Centre, Castle Street, Merthyr Tydfil, United Kingdom, CF47 8AN

Telephone: Merthyr Tydfil, Seymour Berry: 01685 721671

Email: customer.care@merthyr.gov.uk

Website: www.merthyr.gov.uk

Description: Merthyr Tydfil County Borough Council is the governing body for the area of Merthyr Tydfil

Merthyr Women's Aid



Address: Merthyr Women's Aid, 47-48 Pontmorlais Centre, Merthyr Tydfil, CF47 8UN

Telephone: 0808 80 10 800/01443 491528/01685 879673

Email:

Website: www.welshwomensaid.org

Description: Welsh Women's Aid (WWA) was founded in 1978 to campaign and lobby for improvements in public policy and government legislation in relation to women and children experiencing domestic abuse in Wales.

MHF



Address: Mental Health Foundation, 22 - 29 Mill Street, Newport, NP20 5HA

Telephone: 02078 031100

Email:

Website: www.mhf.org.uk

Description: The Mental Health Foundation is the UK's leading mental health research, policy and service improvement charity. We are committed to reducing the suffering caused by mental ill health and to help us all lead mentally healthier lives. We help people to survive, recover from and prevent mental health problems. We do this by carrying out research, developing practical solutions for better mental health services, campaigning to reduce stigma and discrimination and promoting better mental health for us all.

Mind



Address: Mind, Rear of 111/112 High Street, Merthyr Tydfil, CF47 8AP

Telephone: 01685 359183

Email:

Website: www.mind.org.uk

Description: Mind - As the leading mental health charity for England and Wales, Mind is a force for change. We campaign vigorously to create a society that promotes and protects good mental health for all - a society where people with experience of mental distress are treated fairly, positively and with respect.

N



New Beginnings



Address: New Beginnings, Glyncoch, Community Centre, Porcher Avenue, Glyncoch

Telephone: 07971540528 / 01443 688770

Description: New Beginnings is a Depression Busting support group ran at Glyncoch, Community Centre

New Horizons



Address: New Horizons, 44-49 Cardiff St, Aberdare, CF44 7DG

Telephone: 01685 881113

Email: newhorizons2001@btconnect.com

Website: www.newhorizons-mentalhealth.co.uk

Description: New Horizons Charity - Manages a range of resource and outreach centres throughout Rhondda Cynon Taf for people experiencing mental health or emotional wellbeing issue. New Horizons projects the positive image of people suffering mental health problems through challenging discrimination by means of education, outreach work, information and support services.

New Pathways



Address: New Pathways, Willow House, Merthyr Tydfil, CF47 0DA

Telephone: 01685 379310

Email: enquiries@newpathways.co.uk

Website: www.newpathways.co.uk

Description: New Pathways was established in 1993 to provide a helpline for victims of rape. We now provide an all embracing, sympathetic, caring and worthwhile service to all victims of rape, sexual abuse and trauma. We provide bespoke and relevant counselling services, help and advice to children, young people and adults who have suffered rape, sexual abuse or trauma. Our services, which are provided free of charge, are used by clients throughout Wales.

P



Pontypridd Women's Aid

**Pontypridd
Women's
Aid**

Address: Pontypridd Women's Aid, 3 Church Street, Rhondda Cynon Taff, CF37 2TH

Telephone: 01443 491528 / 01443 480067

Email: team@pontypriddwa.org.uk

Website:

Description: Pontypridd Women's Aid - Advice, information and support for women and their children experiencing domestic abuse. Referrals to refuges and other emergency accommodation. On call service outside opening hours. Outreach community support work for women and children by referral.

Positive Steps



Address: Positive Steps, Darran Las Community Building, Darran Las, Mountain Ash

Telephone: 01443 479713 / 07795391852

Email:

Website:

Description: Positive Steps Group is a group where you can discuss things such as Health, Relationships, Employment, Money, and Family. Which are things which can affect our mental health? So if you, or someone you know is experiencing problems with mental ill health? Then come along for information and support. You will be able to share experience with others who have similar issues in a friendly and confidential setting. Our group is a safe place to meet with people who may share similar experiences. We also provide the opportunity to learn simple techniques to help combat the symptoms of depression in a supportive and helpful environment.

R



Rhondda Cynon Taf



Address: Rhondda Cynon Taf County Borough Council, The Pavilions, Cambrian Park, Clydach Vale, Tonypanydy CF40 2XX

Telephone: Taff Ely & Rhondda CMHT, Ty Afon: 01443 688700
Cynon CMHT, St. David's: 01685 881246

Email:

Website: www.rctcbc.gov.uk

Description: Rhondda Cynon Taf County Borough Council is the governing body for the area of Rhondda Cynon Taf

Rhondda Women's Aid



Address: PO Box 1, Ferndale, Rhondda Cynon Taff, CF43 3YD

Telephone: 01443 731445

Email: info@rhonddawa.org.uk

Website:

Description: Rhondda Women's Aid - Provide safe accommodation for women and children who are fleeing domestic abuse. In addition, an outreach service provides emotional and practical support for women and children who have experienced or are experiencing domestic abuse (physical, emotional, mental, and sexual). We provide: someone to talk to about domestic abuse, advice on welfare benefits, legal matters, legal protection, housing, refuge accommodation if required, Multi agency support.

RCT Eye to Eye Youth Counseling Service

Address: RCT Eye to Eye Youth Counseling Service, Beddau C.E.C, Penycoedcae Road, CF38 2AE

Telephone: 01443 204551

Email:

Website:

Description: Eye to Eye was registered as a charity in 1995; the organisation is managed by a board of trustees and has both voluntary and paid counsellors. Our charity is based at Beddau Community Education Centre, in the grounds of Bryncelynnog Comprehensive School, Beddau Pontypridd. Young people who wish to speak to a counsellor can choose to be seen here or at one of our other bases in Rhondda Cynon Taff (Our Centres). Eye to Eye delivers counseling free of charge to young people aged 11 - 25 years in Rhondda Cynon Taff.

S



SNAPCYMRU



Address: SNAP Cymru HeadOffice:10 Coopers Yard, Curran Road,Cardiff, CF10 5NB

Telephone: Helpline: 0845 120 3730

Email: headoffice@snapcymru.org

Website: www.snapcymru.org

Description: SNAP Cymru is a Charity that offers information and support to families of children and young people who have special educational needs. These may be additional learning needs or disability.

T



TEDS



Address: TEDS, Engine House, Aberdare, CF44 8DL

Telephone: 01685 880 090

Email: teds@teds.org.uk

Website: www.teds.org.uk

Description: TEDS are a voluntary agency offering free and confidential services to users of drugs or alcohol throughout the Rhondda Cynon Taff.

Established in 1985, we aim to provide high quality services to anyone affected by substance misuse. We work within the harm reduction framework on a client led basis.

This service is also available for their families and friends.

You will get a friendly welcome and be treated with respect.

U



UNI Glamorgan



Address: UNI Glamorgan, Glyntaf Campus, Pontypridd, CF37 1DL

Telephone: 01443 483832

Email:

Website: www.glam.ac.uk

Description: The University of Glamorgan (Welsh: Prifysgol Morgannwg) is a university based in Pontypridd, Rhondda Cynon Taf, Wales. It has campuses in Treforest, Glyntaff, Merthyr Tydfil, Tyn y Wern and Cardiff. The university has seven departments and offers many services throughout its campuses.

V



VAMT



Address: VAMT, 89/90 High Street, Merthyr Tydfil, CF47 8UH

Telephone: 01685 353932

Email: enquiries@vamt.net

Website: www.vamt.net

Description: Voluntary Action Merthyr Tydfil (VAMT) aims to support voluntary and community activity in the County Borough of Merthyr Tydfil by helping new projects, bringing groups together in forums and networks, producing regular newsletters, providing training and practical help. VAMT offers information and advice on funding, legal matters, volunteering, marketing, ICT and how your group can work effectively.