

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
Age Connects Wales	https://www.ageconnectswales.org.uk/	02920 683600	enquiries@ageconnectswales.org.uk
Provides support to age 50+ people and is made up of 6 independent Age Connects organisations, Check out local services by following link https://www.ageconnectswales.org.uk/contact or ring the main contact number.			
Age Cymru	https://www.ageuk.org.uk/cymru/	08000 223 444 (advice line open Mon-Fri 9am - 5pm)	advice@agecymru.org.uk
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.			
Alzheimer's Society	https://www.alzheimers.org.uk/about-us/wales	0300 222 122 (National helpline 9am - 5pm for local offices)	Ring the national helpline
Provides a range of information and advice			
All Wales Forum for Parent and Carers	http://www.allwalesforum.org.uk/	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			
CALL	http://www.callhelpline.org.uk/	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			
Care and Repair Cymru	http://www.careandrepair.org.uk	02920 107580 (ring this number to find out local Care and Repair Services)	https://www.careandrepair.org.uk/en/about-us/contact-us/ to email an enquiry
The helpline gives emotional support and information on mental health matters in Wales			
Carers Trust	https://carers.org/country/carers-trust-wales-cymru	0300 772 9702	wales@carers.org
Support and services for unpaid carers. Have several projects including one's focused on young carers			
Carers Wales	https://www.carersuk.org/wales	02920 811370	info@carerswales.org
Provides expert advice, information and support to unpaid carers, connects carers for mutual support			
CAB (Citizen Advice Bureau)	https://www.citizensadvice.org.uk	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.			
Children in Wales	https://www.childreninwales.org.uk/	02920 342434	Use their contact page to submit an email enquiry https://www.childreninwales.org.uk/contact/
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			
Community Housing Cymru	https://chcymru.org.uk/	0290 674810	enquiries@chccymru.org.uk
Represents over 70 not for profit housing associations and provide information on housing matters in Wales.			
Disability Wales	http://www.disabilitywales.org/	02920 887325	info@disabilitywales.org
Information and advice in disability rights			
Hafal	https://www.hafal.org/	01792 816600/832400	hafal@hafal.org
Supports people with serious mental illness and their carers through recovery programmes and self-management			
Useful link to Mental Health and Money Advice https://www.mentalhealthandmoneyadvice.org/wal/			
Learning Disability Wales	https://www.ldw.org.uk/	02920 752149	enquiries@ldw.org.uk
Provided information on all matters related to learning disability in accessible formats			

Marie Curie	https://www.mariecurie.org.uk/who/what-we-do/en	01495 740818	Ring the telephone number for more information
Supports people with terminal illness providing nursing care.			
Mind Cymru	https://www.mind.org.uk/about-us/mind-cymru/	02920 395123 (Mon-Fri 9am-6pm)	info@mind.org.uk
Provides information, support and advice for people with mental health issues and their families/carers Support online: https://www.mind.org.uk/information-support/			
British Red Cross	https://www.redcross.org.uk/campaigns/volunteer-in-wales	02920 695740	cardiff@redcross.org.uk
Services in Wales include home from hospital support, wheelchair, commode hire and help with money issues.			
RVS (Royal Voluntary Service)	https://www.royalvoluntaryservice.org.uk/	0330 5550310 (Mon – Fri: 8am-5pm)	Ring the helpline
RVS provides practical support including welfare services and hospital support			
St John's Cymru	https://stjohnswales.org.uk/	02920 449631	pts@stjohnswales.org.uk
St John's Cymru provide hospital transport services across Wales.			
Shelter Cymru	https://sheltercymru.org.uk/	0333 2700182 (Mon-Fri 9.30am - 4pm) Expert debt advice 0333 2700182 (Mon-Fri 9.30am - 4pm)	Ring the helplines
Provides information and advice on housing issues and debt for those who find themselves homeless or already are without accommodation.			