



Voluntary Sector Mental Health Services serving Ceredigion

Provided by Members of Ceredigion Mental Health Forum

Gwasanaethau Gwirfoddol Iechyd Meddwl Ceredigion

Darperir gan Aelodau'r Fforwm Iechyd Meddwl

Ceredigion Mental Health Forum
c/o Lynette Morgan
West Wales Action for Mental Health
Llys Steffan
Temple Terrace
Lampeter
Ceredigion
SA48 7BJ

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Ceredigion Mental Health Forum/Voluntary Sector Mental Health Services in Ceredigion/Directory Updated in December 2008

Fforwm Iechyd Meddwl Ceredigion
c/o Lynette Morgan
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GROUP/ORGANISATION MUDIAD	CONTACT NAME & ADDRESS/CYSWLLT	TELEPHONE NUMBER/FFON	SERVICE PROVIDED GWASANAETH	AGE OEDRAN
Aberystwyth Social Clubs Managed by Hafal	Mr Rik Mowbray The Cambria Marine Terrace Aberystwyth SY23 2AZ	01970 624756	Hafal exists to improve the lives of people affected by <u>schizophrenia</u> and other <u>severe mental illness</u> by providing quality support, services and information and by influencing local, regional and national policies. Sunday Drop In Club 10.00 am – 5.00 pm. Day Centre, Park Avenue, Aberystwyth. Snooker, Arts, Crafts, Snacks. Member Partnership Meetings monthly. Wednesday Drop In Club 6.45 pm – 9.00 pm, Day Centre, Park Avenue, Aberystwyth. Thursday Lunch Club 10.30 am – 2.00 pm, Morlan Centre, Queen’s Road, Aberystwyth Healthy 2 course lunch. Activities Club – night trips to Cinema, Theatre. Day trips to places of interest. Shopping. Open Bank Holidays	18+
Alzheimers Society Aberystwyth	Dr Beryl Thomas 31 North Parade, Aberystwyth. SY23 2JN	01970 623808	Fundraising. Support meeting held on 2 nd Friday of each month at Hafan Y Waun, Waun Fawr, Aberystwyth 2.00 pm – 3.30 pm.	65+

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CAMFAN	Mr Richard Jones 4 & 4A Drovers Road, Lampeter	01570 421190 camfa@tiscali.co.uk www.camfa.org.uk	Camfan provides a 3day drop in and support service for clients with or recovering from mental distress including a low cost healthy option freshly cooked lunch. Tuesday - 10.00 am – 4.00 pm. Thursday 10.00 am – 4.00 pm. Friday 10.00 am – 4.00 pm. Quiz, Computers Sat 10.00 am – 1.00 pm. Coffee/tea/social. Sunday 10.00 am – 4.30 pm. Luncheon Club. Membership of Camfan is through referral from GP, any professional in surgery, CMHT, Supporting People or self.	16+
Cardigan Women's Aid	Women's Aid, PO Box 5, Cardigan SA43 1LE	01239 615385 cardiganwa@yahoo.co.uk	Safe place and support for women and their children experiencing domestic violence and suffering from <u>mild mental health problems.</u>	16+
Ceredigion Care Society	Richard Lucas Second Floor Offices No 1 North Parade Aberystwyth, Ceredigion SY23 2JH	01970 639111 01970 639121 fax ceredigioncare@btconnect.com	Direct access night shelter for up to 5 people. Dry shelter. Floating Tenancy Support Scheme. Promoting independent living and integration into the community. Crisis Resolution Worker – short term targeted support. Bond Scheme, supporting clients to find suitable accommodation in the private sector. Caters for clients with <u>mild mental health problems.</u>	16-65

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Ceredigion Carers	Mrs Ann Kidner Collingwood 1 Maes y Garn, Bow Street, Aberystwyth SY24 5DS	01970 828459	Primarily interested in the needs of carers irrespective of the illness or disability of the cared for. Provide information. Meet every Wednesday at Day Centre, Park Avenue, Aberystwyth 3.00 pm – 5.00 pm. Young Carers are supported by Red Cross Project based in Aberaeron.	18+
Ceredigion Crossroads	Mrs June Jones Enlli Bronglais General Hospital Aberystwyth SY23 1ER	01970 627966 ceredigion@crossroads.org.uk	Crossroads provides support and home based respite to carers where cared for over the age of 18 and who suffer from Alzheimers, Senile Dementia, severe depression, stroke and Parkinsons. Saturday respite club provides care for up to 5 hours at alternating centres – Canolfan Padarn, Aberystwyth and Yr Hafod, Cardigan. Extended respite available in the home.	18+
Ceredigion Mental Health Forum	Mrs Lynette Morgan West Wales Action for Mental Health Llys Steffan, Temple Terrace Lampeter, Ceredigion SA48 7BJ	01570 422559 wwamh_ceredigion@yahoo.co.uk	The aim of the forum is to monitor and improve the standard of mental health services in Ceredigion by promoting the views, concerns and interests of people who have used or will use or are using mental health services and to influence changes within the statutory agencies on behalf of service users, their carers and representatives of appropriate voluntary organisations. The forum meets on the last Thursday of each month at 2.00 pm in the British Legion Hall, Aberaeron.	All

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Citizen's Advice Bureau	12 Cambrian Place Aberystwyth SY23 1NT	01970 612817	<p>No restriction to age or level of illness of clients seen.</p> <p><u>Aberystwyth</u> Monday - pre booked appointments. Tues – 9.45 am – 11.45 and 1.00 pm – 3.00 pm open door Thursday – 9.45 am – 3.00 pm open door</p> <p><u>Lampeter</u> Monday – 9.15 am – 11.45 am</p> <p><u>Tregaron</u> Tuesday – 9.00 am – 11.30 pm</p> <p><u>Penparcau</u> Tuesday 1.00 pm – 3.00 pm</p> <p><u>Ponterwydd</u> 1st and 3rd Monday of every month 4.00 pm – 6.00 pm</p> <p><u>Devil's Bridge</u> 2nd and 4th Monday of every month 4.00 pm – 6.00 pm</p> <p><u>Cyswllt Office, Aberystwyth</u> Wednesday 12 noon – 2.00 pm Substance misuse only</p>	All
Cyfarfod Manged by Hafal	Mrs Maureen Meachen Room C10 The Cambria Marine Terrace Aberystwyth SY23 2AZ	01970 624756 07973386188	<p>Befriending Scheme available to those suffering from <u>serious mental illness</u></p> <p>Monday and Friday pm – office, otherwise mobile phone 9.00 am – 5.00 pm</p>	18+

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Cyswllt Ceredigion Contact	Nicky Webb 49 North Parade Aberystwyth SY23 2JN	01970 626470 01970 626644 fax office@recovery.org.uk www.recovery.org.uk	Working with people with alcohol, drug and food dependencies and those affected by someone else's problem. Supporting people provided for clients. We offer initial assessment followed by invitation to one of our programmes or referral to another professional organisation. <ul style="list-style-type: none"> ➤ Drug and alcohol Awareness Programme ➤ 12 week abstinence based day treatment ➤ Aftercare ➤ Family Programme ➤ One to One Counselling ➤ Drop in facility Mild to medium mental health problems and chronic substance misuse.	16+
Eich Dewis Chi/ Your Choice	Mrs Jan Kench C/O The MIND Building Riverside Terrace Mill Street Aberystwyth SY23 1JB	01970 625656 07966790203	Independent Confidential Advocacy. <ol style="list-style-type: none"> 1. Mental health advocacy for adults (18-65) and developing an advocacy service in old age psychiatric work and child mental health work. One full-time worker, one part-time worker, to be appointed. 2. Advocacy for Learning Disabilities clients. One full-time post, 9.00 am- 5.00 pm. 	18-65

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GAP STUDIOS	Lesley Kurdi Gorwelion Llanbadarn Road Aberystwyth SY23 1HB	01970 615488 or 07946667952	User led voluntary organisation for people with severe and enduring mental health problems offering tuition in various art forms including photography (one to one basis, hours flexible) wood sculpture and digital photography. Based in Gorwelion. Referral by key worker. Wood Sculpture, Digital Photography, Thursday 1.00 pm – 3.30 pm	16+
HUTS	Pete Colling HUTS Workshop Surgery Lane Newcastle Emlyn Carmarthenshire SA38 9DU	01239 711108 huts5@tiscali.co.uk	Therapeutic workshop providing opportunities for those who suffer from all levels of mental illness and who have been initially assessed for suitability. Participation in Painting, Mosaics, Jewellery, Silk Painting, Candle Making, Enamelling, Quilting, Sewing, Pyrography, Furniture Making and Repairs, Picture Frames and Garden Furniture. Referrals from Hafan Hedd and GPs. <u>Opening Hours:</u> Tuesday, Thursday and Friday 10.00 am – 12 noon & 1.00 pm – 3.00 pm Monday and Wednesday -1.00 pm – 5.00 pm. Closed Bank Holidays.	16+
JETS	John Rigby PO Box 44 Llandysul SA44 4YQ	07789505147	JETS – Jobs, Education & Training Service. Providing this to people in Ceredigion with mental health problems in order to cater for their vocational needs and aspirations	18+

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Kinora	Mr Richard Cooke 28 St Mary Street Cardigan SA43 1DH	01239 621365 - Office 01239 621723 – Members Payphone	Drop in and resource centre offering a range of in house and outreach services predominantly for people with <u>mild to medium mental health problems.</u> Supporting People provider in North Pembrokeshire and South Ceredigion. <u>Opening Hours:</u> Monday, Tues, Weds, Thurs ,Friday and Sunday - 11.00am – 4.00 pm <u>Closed Bank Holidays</u>	18+
Mentro Llest	Chris Glover Mentro Llest Llanbadarn Fawr Aberystwyth SY23 3AU	01970 612114 marketing@mentrolluest.org enquiries@mentrolluest.org www.mentrolluest.org	A series of short courses in horticulture and garden related subjects for students and volunteers. These courses are suitable for people with a learning disability, physical disability and/or <u>mental health problem.</u>	14+ for students 16+ for volunteers
Mewn Golwg/Insight	Mr Garry Jones Blaencringoed Mydroilyn Lampeter SA48 7RD	01545 580614 07929437776 insightmewngolwg@aol.com	Insight/Mewn Golwg offer experiential workshops, using interactive games and exercises, centred on fun and creativity. The aim is to foster emotional well-being, self-development and a sense of community.	18+

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MIND Aberystwyth	Mrs Fiona Aldred Centre Manager MIND Aberystwyth The Mill Riverside Terrace Mill Street Aberystwyth SY23 1JB	01970 626225 info.mind@btconnect.com	A safe and relaxing place for adults experiencing or recovering from <u>any level of mental illness</u> . The MIND Centre provides a range of activities including Art, Crafts, Music, Drama and Dance, Complimentary Therapies, Computers and Internet, Food and Mood and a Smoking Cessation Course. Carers, friends, family and supporters are all welcome. Support and advice is available.	18+
Mind Your Heart/Codi Calon	Jan Batty The Bryn North Road Lampeter SA48 7HA	01570 423957 07875 206777 jan.batty@nphs.wales.nhs.uk	Aims to improve the physical health of users of mental health services. Provides free training, information and support to staff and volunteers on physical activity, healthy eating, smoking cessation, stress reduction etc to support them in their work with clients.	18+
Noddfa Aberaeron	Mr Bert Moore British Legion Hall Oxford Street Aberaeron SY46 0JB	01545 571537	Drop in facilities on Tuesday and Thursday, 10.00 am – 2.00 pm for people with <u>mild mental health problems</u> . Range of activities, hot lunch.	20+

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Seren	Liz Kempton 2 nd Floor Nat West Chambers Sycamore Street Newcastle Emlyn SA38 9AJ	01239 711772 or 0845 4561657 serenaberystwyth@hotmail.com	We can offer: <ul style="list-style-type: none"> ➤ Free confidential service ➤ 12 sessions of one to one counselling with professional counsellors who have been trained in sexual abuse issues. ➤ Group support ➤ Resource information ➤ Training of those working with people who have been sexually abused as children. 	18+
Tai Hafan	Ms Jan Stoneman 5-6 Queen Street Carmarthen SA31 1JR	01267 225533 enquiries@tai-hafan.co.uk	Tai Hafan is a Charitable Housing Association offering a range of housing and support services to vulnerable women and their children.	16+
The Gathering	Mrs Eirwen Booth Mrs Christine Price	01970 612615 01970 625323	Support group for relatives and friends of people who are experiencing or recovering from <u>mild, medium and severe mental illness.</u> Second Tuesday of each month at 7.00 pm, The Mill, Mill Street, Aberystwyth. Friendly, informal, like minded people in complete confidence.	All

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Tir Coed	Becky Hulme Denmark Farm Bettws Bledrws Lampeter SA48 8PB Gwyneth Davies Ty Lisburne Pontrhydygroes Ystrad Meurig Ceredigion SY25 6DQ	01570 493224 becky-tircoed@fsmail.net 01974 282476 Gwyneth@ystwyth-tircoed.fsnet.co.uk	Woodland related activities for people suffering from <u>mild to medium mental health problems</u> . Group work. Training offered.	All
The Wallich	Cyra Shimell/Heather Morgan The Beardsey Borth High Street Borth	01970 871605 cyra.shimell@thewallich.net	The service helps to prevent homelessness by supporting people in their own home, assisting them to live independently and maintain a secure tenancy. Solutions worker. Two residential projects supporting people. Direct referrals through Local Authority.	16+
West Wales Action for Mental Health	Mrs Lynette Morgan Llys Steffan Temple Terrace Lampeter SA48 7BJ	01570 422559 07890294959 wwamh_ceredigion@yahoo.co.uk	A mental health agency providing information, development, support and training to all mental health groups in the voluntary sector in Ceredigion. Monday – Friday 9.00 am – 5.00 pm	All

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Ymateb Managed By Hafal	Mrs Roberta Evans The Cambria Marine Terrace Aberystwyth SY23 2AZ	01970 624756	Supporting People Scheme providing housing related support which is flexible, reliable and compliments existing care services	18+
Yr Ystwyth Managed by Hafal	Ms Eleanor Bryant 1 Yr Hen Sgubor Cambrian Street Aberystwyth SY23 1NL	01970 626866	24 hour supported accommodation for 7 persons plus respite flat. Referrals through statutory agencies	18+

HELPLINES

Help available over the phone.....

General Support and Advice

CALL

All Wales Community Advice and Listening Line.

Mental health advice and support.

24 hour helpline

Tel: 0800 132737 (Freephone)

Beating Eating Disorders (BEAT)

Help for people affected by eating disorders and their families.

Tel: 0845634 1414

Mon-Fri 10.30 am – 8.30 pm

Saturday 1.00pm – 4.30 pm

Sunday – closed

Bank Holidays 11.30 am – 2.30 pm

Email: help@b-eat.co.uk

Website: www.b-eat.co.uk

Youthline (Age 18 and under)

Tel: 0845 6347650

Mon – Fri 4.30pm – 8.30 pm

Saturday 1.00 pm – 4.30 pm

Email: fyp@b-eat.co.uk

Text Service: 07786201820

First Steps to Freedom

For people experiencing anxiety/panic attacks, OCD phobias, tranquilliser withdrawal.

Listening, support and information 10.00 am – 10.00 pm every day

Tel: 0845 1202916

MDF Bi Polar Cymru

Advice and information for people with Bi Polar and their families

Tel: 0845 6 340080

Mind Info Line

Tel: 0845 7660163 (local rate calls)

Weekdays 9.00 am – 5.00 pm

Legal Advice Line (Mental Health Law)

Weekdays 9.00 am – 5.00 pm

NHS Direct Wales/Galw Iechyd Cymru

Health advice and information service.

Tel: 0845 4647

No Panic

Help for people with anxiety, panic attacks, OCD and phobias. Advice, information, listening. Self-help and support groups on the phone.

Tel: 0808 8080545 (freephone)

10.00 am – 10.00 pm

Rethink Severe Mental Illness (formally NSF)

Information and advice on Schizophrenia and severe mental illness.

Tel: 02089 746814

Samaritans

Confidential emotional support

Tel: 0845 7 909090

24 hour helpline

NAPAC

(National Assoc of People Abused in Childhood)

Tel: 0800 085 3330

Mon – Fri 10.30 am – 9.00 pm

Website: www.napac.org.uk

Children and Young People

Childline

Free confidential telephone help for children or young people.

Open 24 hours a day, everyday.

Tel: 0800 1111 (freephone)

www.childline.org.uk

Young Minds – Parents Information Service

Information and advice for parents or anyone concerned about the mental health of a child or young person.

Tel: 0800 018 2138 (freephone)

Mon - Fri 10.00 am – 4.00 pm

Weds evening 6.00 pm – 8.00 pm

Website: www.youngminds.org.uk

Drugs, Alcohol and Addiction

National Drugs Helpline

Advice and information for anyone concerned about drug or solvent misuse.

Tel: 0800 77 66 00 (24hr freephone)

Housing and Homelessness

Shelterline

Homeless? Housing problems?

Advice and information line

Tel: 0808 800 4444

8.00 am – 12 midnight every day

Website: www.shelter.org.uk

Older People

Age Concern

Information on community care, residential care, money, housing and legal issues.

Tel: 0800 009966

8.00 am – 7.00 pm 7 days a week

Alzheimer Helpline

Helpline for people with dementia, carers and professionals

0808 808 3000

24 hour helpline

Women

Bristol Crisis Service for Women

Advice and help for women who self-harm.

Tel: 0117 925 1119

Fri & Sat 9.00 pm – 12.30 am

Sun 6.00 pm – 9.00 pm

Association for Post Natal Illness

Advice and information for women, their friends and families and professionals

0207 386 0868

National Domestic Violence Helpline

(run in partnership with Women's Aid and Refuge)

Crisis line – counselling support and welfare rights advice for women and children escaping domestic violence.

Network of refuges across the UK.

0808 2000 247

Website: www.refuge.org.uk

Or: www.womensaid.or.uk