

The information provided below is a brief library of services that are available to people living in the Cwm Taf Morgannwg area of Bridgend, Merthyr Tydfil and Rhondda Cynon Taf. The detail below is always subject to change, so please check the relevant service website listed below for the latest updates.

Some of the services listed below include Local and National Support Services for:

- Mental Health
- Housing
- Sexual Health
- Substance Missues


This list is not exhaustive, and you may be able to find other resources by searching online.

Third Sector	Description	Internet links For Further Details
BAVO	<p>Bridgend Association of Voluntary Organisations is the County Voluntary Council for Bridgend County Borough. They provide FREE support and assistance to all member community and voluntary groups, not- for-profits and social enterprises in their area.</p>	<p>Website: https://www.bavo.org.uk/</p> <p>Email: bavo@bavo.org.uk</p> <p>Twitter: https://twitter.com/BAVO_CVC?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor</p> <p>Facebook: https://www.facebook.com/BAVOhub/</p> <p>Telephone: 01656 810400</p>
Interlink	<p>Interlink supports individuals, communities and organisations to work together to make a positive impact on the life of people who live and work in Rhondda Cynon Taf.</p> <p>Interlink is a charity and a County Voluntary Council (CVC) covering RCT as part of a Third Sector Support Wales, a Wales-wide network.</p>	<p>Website: http://www.interlinkrct.org.uk/about-us/</p> <p>Email: http://www.interlinkrct.org.uk/about-us/</p> <p>Twitter: https://twitter.com/InterlinkRCT?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor</p> <p>Facebook: https://www.facebook.com/InterlinkRhonddaCynonTaf/</p> <p>Telephone: 01443 846200</p>

<p>VAMT</p>	<p>VAMT (Voluntary Action Merthyr Tydfil) is a part of Third Sector Support Wales (TSSW) which is a network of support organisations for the third sector. Their shared goal is to enable the third sector and volunteers across Wales to contribute fully to individual and community well-being, now and for the future.</p>	<p>Website: https://vamt.net/en/contact-us/</p> <p>Email: enquiries@vamt.net</p> <p>Twitter: https://twitter.com/vamttweets?lang=en</p> <p>Facebook: https://www.facebook.com/Voluntary-Action-Merthyr-Tydfil-437253686394786/</p> <p>Telephone: 01685 353900</p>
<p>Citizen Advise Bureau</p>	<p>Provide support and advice on:</p> <ul style="list-style-type: none"> • Debt • Employments • Benefits • Housing • Health • Consumers • Family's • Law and Courts • Immigration 	<p>Website and Email: https://www.citizensadvice.org.uk/wales/about-us/contact-us/contact-us/contact-us/</p> <p>Twitter: https://twitter.com/rctcab?lang=en</p> <p>Facebook: https://en-gb.facebook.com/RCTCAB/</p> <p>Telephone:</p> <ul style="list-style-type: none"> • Admin Line: 01443 40928 • Advice line: 0800 7022 020 • UC Helpline: 08000 241 220

<p>Cruse</p>	<p>Cruse Bereavement Care is the leading national charity for bereaved people offering telephone, email/virtual and website support.</p>	<p>Website: https://www.cruse.org.uk/get-help/local-services/wales/merthyr-tydfil-and-rhondda-cynon-taff</p> <p>Email: merthyr.rct@cruse.org.uk</p> <p>Twitter: https://twitter.com/CruseCare</p> <p>Facebook: https://www.facebook.com/crusebereavementcare/</p> <p>Telephone: 01685 876020</p> <p>National Helpline: 0808 808 1677</p>
<p>Eye to Eye</p>	<p>Offers free and confidential counselling to young people aged 10 to 25 years in schools and the community and online in Rhondda Cynon Taf.</p>	<p>Website: https://www.eyetoeye.wales/</p> <p>Email: info@eyetoeye.wales</p> <p>Twitter: https://twitter.com/EyeCounselling</p> <p>Facebook: https://www.facebook.com/eyetoeye.wales</p> <p>Telephone: 01443 202940</p>
<p>Hafal</p>	<p>Supporting people with mental health problems – with a special emphasis on those with a serious mental illness – and their carers and families. Also support others with a range of disabilities and their carers and families.</p> <p>Services are underpinned by a unique Recovery Programme. Based on modern principles of self-management and empowerment, it offers a methodical way of achieving recovery by focusing on all areas of life.</p>	<p>Website: https://www.hafal.org/</p> <p>Email: hafal@hafal.org</p> <p>Twitter: https://twitter.com/Hafal</p> <p>Facebook: https://www.facebook.com/Hafal</p> <p>Telephone: 01792 816 600/832 400</p>

<p>Mhm: Mental Health Matters</p>	<p>Currently provide the following services and more:</p> <ul style="list-style-type: none"> • Wellbeing Hubs - offers a safe environment, advice and a variety of activities. • Therapeutic Support - Facilitate dementia friendly activities/Information for Dementia Carers • SORTED - Share Our Recovery Through Eating Disorders peer support group. • SHARE - Self Harm Awareness Recovery Education Peer support group. • CASPA - Carers of Austic Spectrum Profiles Alliance peer support group. • LGBTQ+ - Our peer support group for people who identifies as Lesbian, Gay, Bisexual, Transgender, Queer (or Questioning) and allies. • Suicide and Bereavement • Talking Connections, counselling service. 	<p>Website: https://www.mhmwales.org.uk/</p> <p>Email: admin@mhmwales.org.uk</p> <p>Twitter: https://twitter.com/MHMWales</p> <p>Facebook: https://www.facebook.com/MHMWales</p> <p>Telephone: 01656 767045 or 01656 651450</p>
<p>Mind</p> 	<p>Currently provide the following services and more:</p> <ul style="list-style-type: none"> • Housing Related Support. • Counselling – Talk to Me project provides a service for people who are experiencing mild to moderate mental health difficulties, providing therapeutic counselling, to improve coping strategies and resilience for people. • Recovery College - Courses and workshops are delivered through an ‘outreach’ approach including ‘5 Ways to Wellbeing’, ‘Managing Covid Related Anxiety’, ‘Food & Mood’, and ‘Sleep Workshop 	<p>Website: https://ctmmind.org.uk/</p> <p>Email: info@ctmmind.org.uk</p> <p>Twitter: https://twitter.com/ctmmind</p> <p>Facebook: https://www.facebook.com/ctmmind</p> <p>Telephone: 01685 707480</p>

<p>New Horizons</p>	<p>Currently provide the following services and more:</p> <ul style="list-style-type: none"> • Run a variety of regular creative and social groups. • Art & Craft groups. • Choir, a small, friendly singing group. • Creative Writing group. • Befriending Services. • Recovery Courses cover topics including: <ul style="list-style-type: none"> ○ Managing Anxiety ○ Anger Management ○ Mental Health Awareness ○ Resilience Skills 	<p>Website: http://newhorizons-mentalhealth.co.uk/wordpress/</p> <p>Email: info@newhorizons-mentalhealth.co.uk</p> <p>Twitter: https://twitter.com/newhorizons_16?lang=en</p> <p>Facebook: https://www.facebook.com/NewHorizonsMentalHealth</p> <p>Telephone: 01685 881113 or 01443 681881</p>
<p>New Pathways</p> 	<p>Rape and sexual assault is an incredibly sensitive issue and we fully understand how difficult it is to try and overcome such trauma. This is why we offer a diverse range of services to identify what help you, or someone you know, needs.</p> <p>Sexual Assault Referral Centre (SARC) For victims of immediate or recent rape or sexual assault.</p> <p>Counselling and Therapy For victims who have a history of rape or sexual assault.</p> <p>Training We run a wide range of training courses for businesses and organisations on our premises.</p> <p>Advocacy and Support Our projects and support service.</p>	<p>Website: http://www.newpathways.org.uk/our-services/</p> <p>Email: enquiries@newpathways.org.uk</p> <p>Twitter: https://twitter.com/newpathways?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor</p> <p>Facebook: https://www.facebook.com/NewPathways/</p> <p>Telephone: 01685 379310</p>

Platform (Used to be Gofal)	<p>Focuses on Crisis Prevention & Home and Life, Work & Wellbeing.</p> <ul style="list-style-type: none">• Work with people at risk of housing crises and homelessness.• Create opportunities for people to identify and harness their skills, connect with peers and feel a valued part of their community.• Those that have struggled with substance use or other wellbeing challenges in the past, working with people to find a new sense of purpose, new skills, or renewed confidence.	<p>Website: https://platform.org/</p> <p>Email: connect@platform.org</p> <p>Twitter: https://twitter.com/weareplatform</p> <p>Facebook: https://www.facebook.com/weareplatform</p> <p>Telephone: 01443 845975</p>
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Valley Steps	<p>Valleys Steps delivers open access courses all across CTMUHB. They also deliver online sessions accessible from the comfort of peoples home.</p> <p>Deliver a number of workshops and resources, such include:</p> <ul style="list-style-type: none">• Sleep• Mindfulness• 5 ways to Wellbeing• Take Time Out• Stress management• Panic and Anxiety• Breaking Free From Fear• Managing Difficult Thoughts• Understand Anger• Coping with Change.	<p>Website/ Email: http://www.valleyssteps.org/</p> <p>Twitter: https://twitter.com/ValleysSteps</p> <p>Facebook: https://www.facebook.com/valleyssteps/</p> <p>Telephone:</p>
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Kooth	<p>Kooth is a safe and confidential services. The platform offers counselling support, peer support and self-help tools.</p> <p>In addition, peer-to-peer support is available at pre-moderated discussion forums offering a safe space for members to share their experiences and ask questions.</p> <p>There is also magazine-style self-help content, written by the Kooth team and young members themselves, discussing personal experiences and offering helpful tips.</p> <p>It provides:</p> <ul style="list-style-type: none">• Free online counselling and self-help resources to 11-18 year olds across Cwm Taf Morgannwg Health Board.• Sessions between midday and 10pm on weekdays and between 6pm and 10pm at weekends. They can be booked in advance or accessed via an instant text-based chat.• Emotional wellbeing and early intervention mental health support for children and young people, including one-to-one, anonymous counselling sessions and 24/7 access to self-help resources.• Information tools for parents.	<p>Website/ Email: https://www.kooth.com/</p> <p>Twitter: https://twitter.com/kooth_plc</p> <p>Facebook: https://www.facebook.com/koothUK</p> <p>Telephone: 0203 984 9337</p> <p>Email: contact@kooth.com</p>
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Below is a list of organisations who provide mental health telephone and online advice, support and services for people across Wales.

Third Sector	Description	Internet links For Further Details
Age Connect	Provide life-enhancing services and vital support to people in later life and deliver a range of services across the UK. Some include: <ul style="list-style-type: none">• Age friendly Wales• Advocacy• Carers Project	Website: https://www.ageuk.org.uk/cymru/contact-us/ Email: advice@agecymru.org.uk Twitter: https://twitter.com/AgeCymru?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor Facebook: https://en-gb.facebook.com/agecymru/ Telephone: 0300 303 44 98

<p>Alzheimer's Society Cymru</p>	<p>Alzheimer's Society is the UK's leading dementia charity. Campaigning for change, fund research to find a cure and support people living with dementia today.</p> <p>Dementia is the UK's biggest killer. Someone develops it every three minutes and there's currently no cure.</p> <p>Our expert Dementia Advisers and trained volunteers are available to speak to by phone or face-to-face. They help people with dementia take back control of their lives and remain independent for longer.</p>	<p>Website: https://www.alzheimers.org.uk/about-us/contact-us</p> <p>Twitter: https://twitter.com/alzsocymru</p> <p>Facebook: https://www.facebook.com/AlzheimersSocietyCymru/</p> <p>Telephone: 03331503456</p>
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Barod



Barod provide free, confidential support to anyone affected by substance use, for both young people and adults, including:

- 1-2-1 support for people who use drugs or for loved one's affected by someone else's substance use
- Needle exchange including access to free Dry Blood Spot Testing for Hepatitis B, C and HIV; naloxone; sexual health advice and harm reduction
- Live Webchat Service via the Barod website, for people seeking advice, information and support
- Dedicated support helpline for anyone over 50 affected by alcohol use
- Outreach services
- Drop In
- Group support including SMART Recovery and Moving On In My Recovery
- Complementary Therapies
- Diversionary Activities
- Service User Involvement Group
- Young Persons Peer Mentoring Service

Live Webchat Service (9am – 9pm Monday to Friday; 10am – 4pm Saturday and Sunday): <https://barod.cymru/>


Twitter: <https://twitter.com/wearebarod>

Facebook: <https://www.facebook.com/WeAreBarod>


Instagram: [@barodproject](https://www.instagram.com/barodproject)

Telephone:


- Referrals – 0300 333 0000
- Over 50s Alcohol Helpline - 0808 801 0750


<p>Beat</p>	<p>Eating disorders are complex mental illnesses. Anyone, no matter what their age, gender, ethnicity or background, can develop one. Some examples of eating disorders include avoidant/restrictive food intake disorder (ARFID), bulimia, binge eating disorder and anorexia.</p> <p>Beat provide advice and support to all involved.</p>	<p>Website: https://www.beateatingdisorders.org.uk/support-services/helplines</p> <p>Twitter: https://twitter.com/beated_wales</p> <p>Facebook: https://www.facebook.com/beat.eating.disorders/</p> <p>Telephone:</p> <ul style="list-style-type: none"> • Helpline: 0808 801 0677 • Student line: 0808 801 0811 • Youth line: 0808 801 0711
<p>Bipolar</p> 	<p>Bipolar UK is the only national charity dedicated to empowering individuals and families affected by bipolar. Peer support is at the core of our work.</p> <p>Integrated service consists of:</p> <ul style="list-style-type: none"> • Peer support groups for people affected by bipolar, facilitated by trained and supported volunteers • One-to-one peer support provided by telephone and email, recognising that face-to-face support groups and a digital service will not be for everyone 	<p>Website: https://www.bipolaruk.org/</p> <p>Email info@bipolaruk.org</p> <p>Twitter: https://twitter.com/BipolarUK</p> <p>Facebook: https://en-gb.facebook.com/bipolaruk/</p> <p>Telephone: 0333 323 3880</p>

<p>British Legion</p>	<p>The Royal British Legion is at the heart of a national network that supports our Armed Forces community.</p> <p>Are the country's largest Armed Forces charity, with 235,000 members, 110,000 volunteers and a network of partners and charities; helping give support wherever and whenever it's needed.</p>	<p>Website: https://www.britishlegion.org.uk/get-support/who-we-help</p> <p>Twitter: https://twitter.com/PoppyLegion</p> <p>Facebook: https://www.facebook.com/OfficialPoppyLegion/</p>
<p>C.A.L.L</p>	<p>Mental Health Helpline For Wales, funding provided by the Welsh Government.</p> <p>The Mental Health Helpline service is available 24 hours a day, 7 days a week, 365 days of the year.</p> <p>Community Advice & Listening Line Offering a confidential listening and support service, such services include:</p> <ul style="list-style-type: none"> • Wales Dementia Helpline • Debt, Housing Or Financial Problems • Staying Safe • Information On MIND Services • Looking After Your Mental Wellbeing • Suicide • Abuse • Eating Disorder • Bereavement 	<p>Website and Email: https://www.callhelpline.org.uk/Default.asp</p> <p>Twitter: https://twitter.com/call_247</p> <p>Facebook: https://www.facebook.com/CALLHelplineWales/</p> <p>Telephone: 0800 132 737 or Text Help to 81066</p>

<p>Carers Wales</p>	<p>Carers across Wales provide 96% of care and as our loved ones are living longer with illness or disability, more and more of us will be looking after them.</p> <p>Whether you care around-the-clock or for a few hours a week, in your own home or for someone at the other end of a motorway – caring can have a huge effect on our lives and our plans.</p> <p>Carers Wales is here:</p> <ul style="list-style-type: none"> •to listen •to give you expert information and advice that’s tailored to your situation •and support you in finding new ways to manage at home, at work, or wherever you are. 	<p>Website: https://www.carersuk.org/wales</p> <p>Twitter: https://twitter.com/CarersWales</p> <p>Facebook: https://www.facebook.com/carerswales/</p> <p>Telephone: 0800 028 4844</p>
<p>Child Line</p> 	<p>Childline is here to help anyone under 19 in the UK with any issue they’re going through.</p> <p>You can talk about anything. Whether it’s something big or small, our trained counsellors are here to support you.</p>	<p>Website/Email: https://www.childline.org.uk/about/about-childline/</p> <p>Twitter: https://twitter.com/childline?lang=en</p> <p>Facebook: https://www.childline.org.uk/get-support/ask-sam/bullying-abuse-and-safety-asksam/facebook/</p> <p>Telephone: 08001111</p>







<p>DAN 24/7 Wales Drug and Alcohol</p>	<p>The Wales Drug & Alcohol Helpline, also known as DAN 24/7 is hosted by the <u>Betsi Cadwaladr University Health Board</u> with funding provided by the <u>Welsh Government</u>.</p> <p>DAN 24/7 is a free and bilingual telephone helpline providing a single point of contact for anyone in Wales wanting further information and / or help relating to drugs and / or alcohol.</p> <p>The helpline will assist individuals, their families, carers, and support workers within the drug and alcohol field to access appropriate local and regional services.</p> <p>24 Hours a day, 365 days a year. Services available include:</p> <ul style="list-style-type: none"> • Initial assessment to establish an individual's needs. • Signposting to local and regional drug and alcohol services. • Information on drugs and alcohol, and their effects • Information and contact details for substance misuse teams, needle exchanges other associated health services 	<p>Website/Email: https://dan247.org.uk/</p> <p>Twitter: https://twitter.com/dan_247?lang=en</p> <p>Facebook: https://www.facebook.com/Dan247helpline/</p> <p>Telephone: 0808 808 2234 Or text DAN to: 81066</p>
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<p>NHS 111 WALES</p> 	<p>NHS 111 Wales is the new, completely free way to contact the NHS from landlines and mobiles</p> <p>The service is an amalgamation of NHS Direct Wales and the GP out-of-hours services.</p> <p>The 111 service is available 24 hours a day, seven days a week, and you can use it both for health information and advice and to access urgent primary care.</p>	<p>Website: https://111.wales.nhs.uk/</p> <p>Twitter: https://twitter.com/NHSDirectWales/status/1253609625091358721</p> <p>Facebook: https://www.facebook.com/NHS111Wales/</p> <p>Telephone: 0845 46 47</p>
<p>Parkinson</p>	<p>Support people with Parkinson's, families, friends, and carers in Wales. Improving life for everyone affected by Parkinson's.</p>	<p>Website: https://www.facebook.com/parkinsonsukcymru/</p> <p>Twitter: https://twitter.com/parkinsonsuk</p> <p>Facebook: https://www.facebook.com/parkinsonsukcymru/</p> <p>Telephone: 08088000303</p>
<p>Veterans Wales</p>	<p>Veterans' NHS Wales is a specialised, priority service for individuals who have served in the Armed Forces, at any time in their lives and who are experiencing mental health difficulties related specifically to their military service.</p> <p>Each Local Health Board has appointed an experienced clinician as a Veteran Therapist (VT) with an interest or experience of military (mental) health problems. The VT will accept referrals from health care staff, GPs, veteran charities and self-referrals from ex-service personnel.</p>	<p>Website: https://www.veteranswales.co.uk/</p> <p>Twitter: https://twitter.com/welshveterans</p> <p>Facebook: https://www.facebook.com/WelshVeteranService/</p> <p>Telephone: 0800 132 737</p>

<p>WAST(Welsh Ambulance Service Transport)/NHS Leaflet</p> 	<p>In a partnership approach WAST/NHS Wales created a leaflet with details of mental health support available to offer expert advice. They provide this at each of their calls.</p> <p>Some of the details Includes:</p> <ul style="list-style-type: none"> • Samaritans • Childline • Beat • Bullying UK • Victim Support 	<p>Website and key links: http://www.wwamh.org.uk/welsh-ambulance-service-mental-health-leaflet</p> <p>Mental Health Support Helpline Leaflet (WAST)</p> <ul style="list-style-type: none"> • To view the leaflet in Welsh please click here • To view the leaflet in English please click here
<p>Young Minds</p>	<p>UK's leading charity fighting for children and young people's mental health.</p> <p>Want to see a world where no young person feels alone with their mental health, and gets the mental health support they need, when they need it, no matter what.</p>	<p>Website: https://youngminds.org.uk/</p> <p>Twitter: https://twitter.com/YoungMindsUK</p> <p>Facebook: https://www.facebook.com/youngmindsuk/</p> <p>Telephone: 020 7089 5050. If you are a parent or carer worried about your child Speak to our experts at the Parents Helpline</p> <p>Call for free on 0808 802 5544 (9:30am - 4pm, Mon - Fri).</p>

Below is the details of other services available for the People of Cwm Taf Morgannwg

Subject	Information	Contact details
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Sexual Health	 The Choice Project Partner SH Outreach 5  The Choice Project information Leaflet.pc  The Choice Project flow Chart.pdf  The Choice Project blank referral form.pdf  Choice Project Blank referral form Word Doc	Natalie.Brogan@wales.nhs.uk
Sexual Health Nurse - Late Night Clinic - Drug Testing, Needle Exchange, and Harm Reduction Advice in Merthyr	 Late night sexual health clinic OWH.pdf	<p>Live Webchat Service (9am – 9pm Monday to Friday; 10am – 4pm Saturday and Sunday): https://barod.cymru/</p> <p>Twitter: https://twitter.com/wearebarod</p> <p>Facebook: https://www.facebook.com/WeAreBarod</p> <p>Instagram: @barodproject</p> <p>Telephone:</p> <ul style="list-style-type: none"> • Referrals – 0300 333 0000 <p>Over 50s Alcohol Helpline - 0808 801 0750</p>

Health Board (NHS) and Local Authorities within Cwm Taf Morgannwg Footprint.

Organisation	Description	Contact Details
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Cwm Taf Morgannwg
University Health Board –
NHS



Cwm Taf Morgannwg University Health Board provides primary, community, hospital and mental health services to the 450,000 people living in three County Boroughs: Bridgend, Merthyr Tydfil and Rhondda Cynon Taf.

At Cwm Taf Morgannwg providing great health care to our community is our number one priority. Our 65 – 84 and 85+ age groups are projected to have the largest increase by 2036, when an estimated one in four people in Wales will be aged 65 and over. These projections will have significant implications for the way in which we design and provide our increasingly integrated health and social care services, so that we can help the people living in our communities to live long and healthy lives, free from the limiting effects of multiple chronic conditions.

At Cwm Taf Morgannwg we believe in innovation to make improvements to clinical care. We are especially proud of our Academic Centre in Merthyr Tydfil, which is helping to train future doctors in community medicine.

Website: <https://cwmtafmorgannwg.wales/>

Twitter:
<https://twitter.com/CwmTafMorgannwg>

Facebook: <https://www.facebook.com/CwmTafMorgannwg>

Telephone: 01685 721721, 01443443443

<p>Bridgend County Borough Council</p>	<p>Bridgend County Borough's four main housing associations use one housing register to allocate social housing. This register is called the Bridgend Common Housing Register.</p> <p>Anyone can apply for social rented housing. In general, you must be eligible and in housing need to be added to the register. You could also be added if you want to live in a low demand area, or if you meet a Local Lettings Policy's requirements.</p> <p>The Social Housing Allocation Policy details what counts as housing need on pages eight and nine, and it explains how social rented housing is allocated.</p> <p>It is stressful and worrying to be homeless or at risk of it. The sooner we know about your situation, the likelier it is that we can help, and prevent you from becoming homeless. Please tell us as soon as possible if you think you might become homeless.</p>	<p>Website: https://www.bridgend.gov.uk/residents/housing/housing-register/</p> <p>Telephone: 01656 643643</p> <p>Text relay: 18001 01656 643643</p> <p>Address: Civic Offices, Angel Street, Bridgend, CF31 4WB.</p> <p>https://www.bridgend.gov.uk/residents/housing/homelessness-advice-and-prevention/</p>
<p>Merthyr Tydfil County Council</p>	<p>Housing Advice Centre</p> <p>Where you live affects your overall health and well-being. We deliver a range of solutions including assisting first time buyers with a mortgage or affordable property, home adaptations or helping to maintain independence.</p> <p>The team in the Housing Advice Centre has helped thousands of people on a range of housing-related issues.</p>	<p>Website: https://www.livingmerthyrtydfil.org.uk/HouseholdRegistrationForm</p> <p>Telephone: 01685 725000</p> <p>Email: customer.care@merthyr.gov.uk</p>

Rhondda Cynon Taf County Council	<p>Homelessness advice and support</p> <p>Do you need Housing advice? Do you want to know your housing rights? Are you homeless or threatened with homelessness? Is your current home unsuitable for your needs? Do you want to know what your housing options are?</p> <p>We are here to help - Don't delay either call in or contact us for friendly, impartial advice! If you are homeless or at risk of eviction or repossession, please contact the Pontypridd Housing Advice Centre on the detail provided.</p>	<p>Website: https://www.rctcbc.gov.uk/EN/Resident/Housing/Housing.aspx</p> <p>Telephone: 01443 495188</p> <p>Email: homelessness@rhondda-cynon-taff.gov.uk.</p>
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