

Blaenavon Resource Centre

Supporting a Healthy Blaenavon



Weekly Timetable



**citizens
advice**

Monday & Tuesday
Wednesday & Friday

Monday & Tuesday - Drop In for independent advice on a range of issues including benefits, work, debt & money, consumer, housing, family law, immigration & health. (9.30am - 4pm)

Wednesday & Friday - make an appointment for specialist advice. Call **01633 876121** to arrange (10.30am - 1.30pm)



Monday
12.30-2.30pm

Pobl offers housing related support to individuals with autism, learning disabilities, physical disabilities, a sensory impairment or a long term illness. Drop in for help to:

- Manage accommodation
- Manage money
- Access appropriate benefits and budgeting
- Become healthy and active
- Access training & volunteering opportunities
- Find community groups & activities



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

**TORFAEN
COUNTY
BOROUGH**



**BWRDEISTREF
SIROL
TORFAEN**



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Tuesday
9.30am - 1pm
1.30-4pm`

Torfaen Customer Care team are available for support with a range of enquires including:

- Payments
- Council Tax
- Benefits
- Recycling and waste
- Housing related support & homelessness
- Street lighting / potholes
- Bulky collections & permits
- Blue badge applications



Wednesday
10am - 12pm

Drop in to see **Hafan Cymru** who can provide:

- Advice on housing / maintaining a tenancy
- Emotional support
- Support to engage with other agencies
- Help completing forms
- Parenting information
- Support with benefits
- Support to access employment / return to work
- Debt management

Have you seen our **Healthy Blaenavon website**? We are hoping this will be a useful resource of health and wellbeing information for local people, but we need some help! Visit www.healthyblaenavon.co.uk and send your feedback to louise.bright2@wales.nhs.uk . Thank you.



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Wednesday
1pm - 3pm

Drop in to see the **Communities 4 Work** team who will help:

- Develop the skills you need to find work
- Advice and support you with any problems you are facing
- Help you find the job you want

For more information contact Claire on 07825 966539 or Sharon on 07825 852615

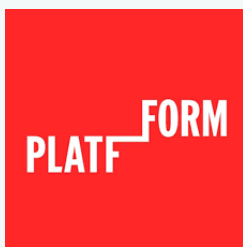


**Department
for Work &
Pensions**

Thursday
10am - 12pm

Does your health affect your ability to work?

- There is lots of support available in your local area to support your journey towards work.
- Work not an option yet? There is also support available to help you better manage your health condition(s).
- Call in to speak to your local Disability Employment Adviser for more information.



Friday
9.30am to 1pm

Platfform Drop In

If you are facing mental health challenges that are affecting your housing or your benefits, Platfform can work with you to improve your situation and your wellbeing.



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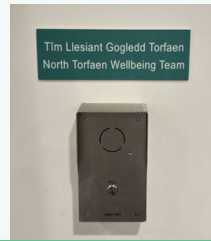


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Other Available Support

Did you know that you can speak to **Adult Social Care at the Resource Centre?** The North Torfaen Wellbeing Team are available during working hours **via the intercom next to the Customer Care Office.** If you have a query about care and support for anyone aged 18 or over to maintain their independence, call via the intercom and someone will come down to speak to you.



Make an appointment with a Psychological Wellbeing Practitioner

Psychological wellbeing practitioners (PWP) are experienced mental health practitioners. They are a good first point of contact for people with mild-to-moderate mental health problems. They understand a wide range of mental health conditions and the things that can help. They were introduced to many ABUHB GP surgeries in 2021.

Contact your GP surgery to book an appointment with a PWP.

Have you visited **melo.cymru** yet?

The new website is a THE place for mental health information and support if you live in Gwent (that's Caerphilly, Newport, Monmouthshire, Torfaen and Blaenau Gwent.)

Taking care of our own mental wellbeing, and that of our loved ones has never been more important.

The COVID-19 pandemic has brought many challenges, worries and stresses, lots of us have had to develop new skills and new ways of coping.

On the website you'll find resources, courses, local opportunities to maintain and improve your mental and physical health. There's also important information about getting help for you or someone you know.

melo



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