



How to access our services in Cardiff and the Vale of Glamorgan

Visit us for a 15 minute assessment where an adviser will establish how to help you. A further appointment may be necessary.

CENTRAL CARDIFF - Advice Hub, First Floor, Marland House,
Central Square, Cardiff CF10 1EP
Monday to Friday 9 am - 5 pm

(Except Thursdays 10am – 6.30pm)

****Wednesday** 10 am - 4 pm



****NEW** - Money Advice drop in appointments in conjunction with Citizens Advice Bureau- Covering Benefits, Tax Credits and Debt Advice

Adamsdown - Cardiff Community Housing, Callaghan House, Meteor Street, Adamsdown, Cardiff CF24 0HE
Monday 10 am - 1 pm

Butetown - The Hub @Loudoun, Plas Iona, Butetown, Cardiff CF10 5HW
Monday 10 am - 1 pm

Butetown - Community Centre, Loudoun Square, Butetown, , Cardiff CF10 5UZ
Wednesday 10 am - 1 pm

Ely & Caerau – Ely & Caerau Hub (Jasmine Enterprise Centre), Cowbridge Road West, Ely, Cardiff, CF5 5BQ
Tuesday 9 am – 1pm
Wednesday 9 am – 1pm
Thursday 10 am - 1 pm
****Friday** 1 pm - 3 pm



****NEW** - Money Advice drop in appointments in conjunction with Citizens Advice Bureau
- Covering Benefits, Tax Credits and Debt Advice

Ely & Caerau - Foodbank, Ely Baptist Church, Archer Rd, Ely, Cardiff
Monday 1pm – 3pm

Grangetown - Library, Havelock Place, Grangetown, Cardiff, CF11 6PA
Tuesday 9.30 am – 12.30 pm

Llanedeyrn - Powerhouse Neighbourhood Learning Centre, Roundwood, **Llanedeyrn, Cardiff CF23 9PN**
Tuesday 10 am - 1 pm
Friday 10am – 1pm

Llanrumney – Hub (Library Learning & Community Centre), Countisbury Avenue, Cardiff CF3 5NQ

Wednesday 10 am - 1 pm

****Friday** 10 am - 12.30 pm



****NEW** - Money Advice drop in appointments in conjunction with Citizens Advice Bureau

- Covering Benefits, Tax Credits and Debt Advice

Saturday 10am -12pm

(First Saturday in month 11am – 1pm)

Pentrebane- Community Centre, Beechly Drive, Pentrebane, Cardiff CF5 3SG
Thursday 10 am - 1 pm

Riverside - South Riverside Community Development Centre, Brunel St, Riverside, Cardiff. CF11 6ES
Monday 10 am - 1 pm

Splott - Cloughmore Medical Centre, 19 South Park Rd, Splott, Cardiff CF24 2LU
Monday 2 pm - 4 pm

Splott – Communities First, 27-29 Splott Rd, Splott, Cardiff. CF24 2BZ
Thursday 10am – 1 pm

Splott - Oasis, 69b Splott Rd, Splott. CF24 2BW
Wednesday 10am - 1 pm

St Mellons - Hub (The Library), 30 Crickhowell Road, Cardiff CF3 0EF
Monday & Friday 10 am - 1 pm
Thursday 5pm- 7pm

St Mellons - The Beacon Centre, Harrison Drive, St Mellons, Cardiff CF3 0PJ
Tuesday 10 am - 1 pm

Trowbridge - Trowbridge Community Centre, Caernarvon Way, Trowbridge, Cardiff. CF3 1RU
Thursday 10 am - 1 pm

University Hospital of Wales - Concourse, UHW, Heath Park, Cardiff CF14 4XW
Thursday 10 am - 1 pm

Barry Office: Mon 9.30 am - 4.30 pm
119 Broad St Tues 9.30 am - 4.30 pm
CF62 7TZ Wed 9.30 am - 6.00 pm
Thurs 9.30 am - 4.30 pm
Fri 9.30 am - 4.30 pm

Barry Enterprise Centre: Tues 10.00am – 1.00pm
Skomer Road,
Barry. CF62 9DA

Barry - Victoria Park : Thurs 1.00pm - 3.00pm
Community Centre,
Church Road,
Barry. CF63 1JY

Llantwit Major: Mon 9.30am - 11.30 am
Western Vale Integrated 12.00 pm –1.00pm
Children's Centre
Station Rd
CF61 1ST

Penarth: Thurs 9.30 am – 11.30am
West House Cottage 12.00 pm – 1.00 pm
Stanwell Road CF64 2YG

St Athan:
The Gathering Place Appointments by request
The Hive
RAF St Athan Call 01446 733924

If you need advice over the telephone:

Adviceline Cymru *03444 77 20 20
Monday - Friday 10 am - 4 pm

Calls to this service cost the same as calling 01 and 02 numbers. They will be included as part of a mobile allowance or a landline call package. You will be charged for calls not included in your landline package or if you go over your mobile allowance. Calls will also be charged if you do not have a call package with your provider. Landline calls typically cost up to 9p per minute and calls from mobiles between 8p and 40p per minute. Please note that tariffs vary and are subject to change, so for specific call charge details please check with your own provider.

You can continue to access our service on our previously advertised 0844 number. Calls to our 0844 numbers will typically be charged at costs up to 13p per minute, depending on the time of day, plus a call set up fee. Calls from mobiles cost between 5p and 41p per minute.

Further information can be found on the [Ofcom website](#) using their [call cost guide](#).

If you need advice by email:

www.cardiffandvalecab.org.uk

For online help please visit our website:

www.adviceguide.org.uk