



# 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, 2<sup>nd</sup> Floor, Cardiff Central Library Hub, The Hayes, Cardiff, CF10 1FL  
**Monday to Friday** 9 am – 5.15 pm  
(Except Thursdays 10am – 6.30pm)



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

**\*\*Wednesday** 10 am - 2 pm (Appointments)

**\*\*Thursday** 11.30 am - 3 pm (Drop in)

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

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

**Ely & Caerau** – Ely & Caerau Hub, Cowbridge Road West, Ely, Cardiff, CF5 5BQ  
**Monday** 1 pm – 3 pm  
**Tuesday** 9 am – 1pm  
**Thursday** 10 am – 1pm

**Grangetown** – Grangetown Hub, Havelock Place, Cardiff, South Glamorgan CF11 6PA  
**Tuesday** 10 am – 1 pm  
**Wednesday** 2 pm – 5 pm

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

**Llanrumney** – Llanrumney Hub, Countisbury Avenue, Cardiff CF3 5NQ  
**Wednesday** 10 am - 1 pm

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

**Rumney** - Rumney Hub, Llanstephan Rd, Rumney, Cardiff, CF3 3JA  
**Wednesday** 2 pm – 4.30 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** 10 am – 1 pm

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

**St Mellons** - St Mellons Hub, 30 Crickhowell Road, Cardiff CF3 0EF  
**Tuesday** 10 am - 1 pm

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

### 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.

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

### If you need advice by email:

<http://www.cardiffandvalecab.org.uk/Cardiff-Advice.htm>

**For online help please visit our website:**  
[www.adviceguide.org.uk](http://www.adviceguide.org.uk)



Caerdydd a  
Bro Morgannwg  
Cardiff & Vale

# 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.

**Barry Office:**  
119 Broad St  
CF62 7TZ

Mon	9.30 am - 4.30 pm
Tues	9.30 am - 4.30 pm
Wed	9.30 am - 6.00 pm
Thurs	9.30 am - 4.30 pm
Fri	9.30 am - 4.30 pm

**Barry Enterprise Centre:** Monday 09.30am – 12.30pm  
Skomer Road,  
Barry. CF62 9DA

**Barry – Vale Foodbank :** Thurs 4.30pm - 6.00pm  
Coastlands Family Church,  
Tennyson Road,  
Barry. CF62 9TN

**Llantwit Major:**  
Western Vale Integrated  
Children's Centre  
Station Rd  
CF61 1ST

Mon	9.30am - 11.30 am
	12.00 pm –1.00pm

**Penarth:**  
West House  
Stanwell Road CF64 2YG

Thurs	9.30 am – 11.30am
	12.00 pm – 1.00 pm

**St Athan:**  
The Gathering Place  
The Hive  
RAF St Athan

Appointments by request  
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.

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

## **If you need advice by email:**

<http://www.cardiffandvalecab.org.uk/Cardiff-Advice.htm>

**For online help please visit our website:**

[www.adviceguide.org.uk](http://www.adviceguide.org.uk)