

Health Directory

Ystradgynlais June 2012



This booklet has been financially supported by Powys Association of Voluntary Organisations and Powys teaching Health Board

Abercraf Women's Institute

Contact: Mrs W. Iris Lewis, Secretary
Mrs Jane Pugh, President
Tel: 01639 730364
01639 849991
Email: irishaydn@software-matters.com

The group meet on the first Friday of every month at 7:00pm in the Lesser Hall at Abercrave Welfare Hall. Group activities include speakers, entertainment and outings.

Abercrave & Penrycae Senior Citizens' Association

Contact: Mrs Euryl Thomas
(Treasurer)
Tel: 01639 730337

The purpose of the association is to get members socialising as much as possible.

They meet on 1st Tuesday of every month at 2:00pm at Abercrave Welfare Hall, with speakers, day trips, annual holiday and Christmas dinner.

Action on Hearing Loss Cymru

Contact: Becky Oatley
Tel: 02920 333 378
Email: becky.oatley@hearingloss.org.uk

Action on Hearing Loss Cymru supports people who are deaf or who have a hearing loss. Hear to Meet provides regular support for older people allowing them to share experiences and rebuild their confidence.

Hear to Help services provide support to NHS hearing aid users in the local community. Community support officers offer advice and assistance with basic hearing aid maintenance and on how to get the best out of your hearing aid.

Age Concern Powys

Crown Building
11b Broad Street
Builth Wells
Powys
LD2 3AE

Contact: Emma Marshall
Tel: 01982 553 436
Fax: 01982 551 380
Email: enquires@acpowys.org.uk

Age Concern Powys is a registered charity providing a range of healthy ageing activity, information, advice and advocacy services to older people living in Powys.

Advocacy service for people aged 60+, with capacity.
Service available, Monday – Friday 9:00am to 5:00pm.

Information and advice service for people aged 50+.
Service available, Monday to Thursday 9:30am – 12.30pm. All staff are CRB checked, self referrals or third party referrals welcome.

Alzheimer's Society

Ystradgynlais Community Hospital
Glanrhyd Road
Ystradgynlais
Swansea
SA9 1AU

Contact: Bernadette Slater CPN
Tel: 01639 846420

For those looking after, or concerned about, someone with dementia. The Alzheimers Group meets at Ty Croeso on the last Friday of every month, from 11:00am.

Arthritis Care Ystradgynlais Branch

Contact: Margaret O'Brian
Tel: 01639 849 456

The group runs monthly meetings at the Coronation Club (Bomb) in Glanrhyd on the second Monday of each month, beginning at 7pm. The programme includes speakers, entertainment, social outings and other activities. At this time there are no training sessions with Arthritis Care although we still emphasise the self help approach.

Bipolar Self Help Group - Brecknockshire

Ystradgynlais MIND
Heol Eglwys
Ystradgynlais
Swansea
SA9 1EY

Tel: 01639 841 345
Email: info@mdfwales.org.uk
Web: www.mdfwales.org.uk

The MDF Bipolar Self-Help Group offers help, information and friendship to people with manic depression or bi-polar affective disorder. The Group is made up of people with similar problems who meet together to share their experiences and knowledge on ways of coping. The group also provides support and the opportunity for people to meet in a non-threatening atmosphere.

The group meets on the second Tuesday of every month from 7:00pm - 9:30pm and alternate between Brecon and Ystradgynlais. No appointment is needed.

Bobby Van Scheme

Dyfed Powys Police
Police HQ
PO Box 99
Llangunnor, Carmarthen
SA31 2PF

Contact: Brain Jones
Tel: 01267 222 020

The Bobby Van Scheme is supported by the Dyfed-Powys Police Authority, Crime Prevention Trust, major sponsors, town and community councils and voluntary donations from individuals. The work is done free of charge using British Standard products.

They provide a free home security service for the elderly and domestic violence victims, repeat burglary victims and all vulnerable and disabled people. The Bobby Van Carpenter is fully trained and will wear a uniform and carry appropriate identification. He will carry out a survey on the premises and fit window and door locks, spy holes, door chains etc. Keysafes can be installed at the homes of the elderly and disabled who rely on home care.

Brecknockshire Citizen Advocacy

11 Lion Yard
Brecon
Powys
LD3 7BA

Contact: Vivienne Hopkins, Director
Annette de Grandis, Vol Coordinator
Tel: 01874 625603
Fax: 01874 625603
Email: bca@keme.co.uk

They support vulnerable adults who have a learning disability to obtain their rights, be included in the community and to have choice and control over their lives. They rely on volunteers who are part of the local community to give this support and help.

British Lung Foundation Wales

Contact: Margaret Barnard
Tel: 01639 700 140
BLF Wales 01792 455 764
Email: dandm.barnard@virgin.net
Web: www.lung.uk.org
www.breatheeasyneathvalley.blogspot.com

They are a support group for all people living with lung conditions and their carers, they meet once a month in Neath on the third Friday of the month at the Owain Glyndwr Community Centre in Waun Ceirch, Neath, from 1.30pm until 4.30pm.

British Red Cross Home from Hospital

C/o Ystradgynlais Community Hospital
Glanrhyd
Ystradgynlais
Swansea, SA9 1LG

Contact: Lynne Anne Wright
Tel: 01639 843 220
Fax: 01639 843 220

Services available locally are: Home from Hospital Service - Volunteers help discharged patients for six weeks at home.

Therapeutic Care - a service offering massage of hands, arms, shoulders, neck and nail care.

British Red Cross Society (Shop)

24 Heol Eglwys
Ystradgynlais
Swansea, SA9 1EY

Contact: Ann Christie, Manager
Tel: 01639 843 825
Fax: 01639 843825

The Red Cross shop is staffed by volunteers, and is open Monday to Saturday at present between 9:00am - 5:00pm. It raises a substantial sum each year for Red Cross services. In addition to the shop services, help can be given to individuals in the form of a loan of wheelchairs, commodes and other aids.

Bronllys Pain and Fatigue Management Centre

Bronllys Hospital

Brecon

Powys

LD3 0LS

Contact: Mr Owen Hughes
Tel: 01874 712 499
Email: painmanage.painmanage@wales.nhs.uk

The Centre runs three week residential management programmes for people with chronic pain and/or fatigue. The aim of the programme is to help people learn skills for managing their condition. The pain management team is interdisciplinary and consists of two psychologists, a physiotherapist, an occupational therapist, a clinical nurse specialist and a consultant anaesthetist. Home visits are possible occasionally in severe cases.

C.A.L.L

(Community Advice & Listening Line Mental health Helpline for Wales)

Tel: 0800 132 737
Web: www.callhelpline.org.uk

Offers emotional support and information/literature on Mental Health and related matters to the people of Wales. Anyone concerned about their own mental health or that of a relative or friend can access the service. C.A.L.L. Helpline offers a confidential listening and support service plus an emotional support to anyone, of any age, who is caring for someone with Dementia as well as other family members or friends.

The service will also help and support those who have been diagnosed with Dementia.

Canolfan Day Centre

Derwen Road
Ystradgynlais
Swansea
SA9 1HL

Contact: Barry Jones, Manager
Tel: 01639 842 212
Email: canolfan.day.centre@powys.gov.uk

Social Service Day Centre for elderly / physically disabled. The service also provides meals on wheels.

Care 4 U (Neath) Ltd.

Bevens House
Station Terrace
Seven Sisters
Neath
SA10 9DH

Contact: Mr Pittard
Tel: 01639 701 320

Care 4 U is a private residential care home for adults aged 18 - 65 years with additional needs resulting from acquired Brain Injury. The home is set in a large detached house, which can accommodate six residents at a time. Each resident has their own en-suite bedroom and a shared lounge, kitchen and dining room.

Care and Repair Powys

Arvon House
Temple Street
Llandrindod Wells
Powys, LD1 5DP

Contact: Christine Bull
Tel: 01597 824 040 / 0300 111 3333
Fax: 01597 823 552
Email: cbull@crpowys.co.uk / enquires@crpowys.co.uk
Web: www.careandrepair.org.uk/powys/

Care & Repair services offer independent advice and assistance, improvements and adaptations for older and disabled people so that they can live in comfort in their own homes.

CISS (Cancer Information & Support Services)

2-2A Gwydr Crescent Uplands Swansea, SA2 0AA	Usk House Day Hospice Bridge Street, Llanfaes Brecon, LD3 8AH
Tel:	Swansea 01792 655 025 Neath Port Talbot 01639 642 333 Carmarthen 01267 679 149 Brecon 01874 611 717
Email:	info@cancerinformation.org.uk
Web:	www.cancerinformation.org.uk

CISS offers a friendly, confidential listening and counselling service, and a wide range of factual information on cancer. There are monthly meetings of self-help groups, and the ability for home-visiting and hospital-visiting available at Singleton Hospital, Morriston Hospital and Neath Port Talbot Hospital. They offer help to anyone who is affected by cancer - a patient, relative, carer or friend and can offer emotional support, up-to-date information and help to dispel some of the myths and fears about cancer. CISS's services are free, and any support or donation is gratefully received.

They also offer this service in Brecon at Usk House Day Hospice please drop in to the session or make an appointment from Tuesday to Thursday from 9:30am-3:30pm.

Citizens Advice Bureau - Powys, Ystradgynlais Office

The Welfare Hall

Brecon Road

Ystradgynlais

Swansea, SA9 1JJ

Contact: Nicola Kielthy
Tel: 01639 844 730
Web: www.citizensadvice.org.uk

The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers.

They have a drop in service 10am-12pm on Wednesdays

0845 601 8421- Telephone Reception Mon, Thurs & Fri 10am to 3pm

01639 844 730 - Admin Line Weds 12pm-4pm & Thurs 10am-4pm

08444 772 020 – Adviceline Cymru Mon – Fri 10am-4pm

Communities First Ystradgynlais

6 Commercial Street

Ystradgynlais

Swansea

SA9 1HD

Contact: Adele Evans
Tel: 01639 845 051
Fax: 01639 844 746
Web: www.commfirtpowys.gov.uk

Communities First aim to promote and strengthen the economic, social and environmental regeneration of the community of Ystradgynlais and the Upper Swansea Valley. They also help encourage skill training for work, create job opportunities, promote health and well-being through an active and healthy lifestyle and by tackling other issues that affect people's health, make the community safer and more secure, develop a 'can do' culture.

Community Car Scheme (Ystradgynlais)

3 Temperance Lane

Ystradgynlais

Swansea

SA9 1JP

Contact: Denver Sales

Tel: 01639 849 720

Ystradgynlais Community Car Scheme offer affordable transport to elderly and disabled people living within a 9 mile radius of Ystradgynlais. They have 4 fully accessible minibuses and 2 cars, and will consider any type of request for transport.

Community Car Scheme (Ystalyfera)

C/o Ystalyfera Development Trust

72 Commercial Street

Ystalyfera

Swansea

SA9 2HS

Contact: Mr Tony Randall, Chairman

Tel: 01639 845 471

Ystalyfera Community Car Scheme conveys the elderly and infirm to hospital, surgeries, chiropodist etc. on a voluntary basis. All drivers and receptionist are volunteers. To book transport please give 48 hours notice.

Contact the Elderly - South Wales

PO Box 567

Swansea

SA9 9AL

Contact: Marion Lowther
Tel: 01792 862 702
Email: marion.lowther@contact-the-elderly.org.uk
Web: www.contact-the-elderly.org

Contact the Elderly helps to relieve the loneliness of housebound older people who live alone. They arrange Sunday afternoon teas for older people over 75 who have little or no support nearby. Held monthly they reduce social isolation and enable new friendships to develop.

All volunteer drivers and organisers have to provide 2 references and a CRB check. Volunteer hosts provide a family tea and must provide 2 references. Referrals can be made anytime and every effort is made to offer a space to an older guests. Older people can also self refer by phone, web, writing, and a short referral form will be sent with more info about our teas.

Counselling Directory

Contact: Jennifer Froggatt
Email: jennifer@counselling-directory.org.uk
Web: www.counselling-directory.org.uk

The purpose of the site is ultimately to provide the UK with a huge counselling support network, enabling those in distress to find a counsellor close to them and appropriate for their needs. This is a free, confidential service that will hopefully encourage those in distress to seek help. The website also contains a number of sections on emotional disorders (types of distress section) and provides some useful statistics. Every counsellor on the site who has submitted their profile has either sent a copy of their qualifications and insurance cover, or is registered with a professional body online with recognised codes of ethics and practice, this way we can professionalism can be assured.

Crossroads Mid & West Wales - Brecon Office

2 Wheat Street

Brecon

Powys

LD3 7DG

Tel: 01874 610 346

Fax: 01874 610 346

A voluntary organisation providing short break respite for carers of adults, children and young people who are elderly or disabled, have an illness, disease or special needs. The service is provided in the home, by means of paid and trained carer support workers.

Office Hours are Monday-Friday, 9:00am-5:00pm.

Service is available 24 hours a day, 7 days a week.

Cwrt Enfys Care Home

Gorof Road

Lower Cwmtwrch

Ystradgynlais

Swansea, SA9 1DS

Contact: Karen Beech

Tel: 01639 841 265

Fax: 01639 841268

Cwrt Enfys is a privately run Care Home with 97 single rooms and 1 shared room. It is beautifully decorated to create a warm and homely environment for the residents, whilst providing the best care possible. The home welcomes relatives at anytime and they are encouraged to take part in all the activities that take place in the home.

They specialise in Alzheimer's • Cancer Care • Epilepsy • Head/Brain Injury • Hearing Impairment • Huntington's Disease • Motor Neurone Disease • Multiple Sclerosis • Muscular Dystrophy • Neuropathic • Orthopaedic • Parkinson's Disease • Speech Impairment • Stroke • Visual Impairment.

Disability Powys

The Automobile Palace

Temple Street

Llandrindod Wells

Powys

LD1 5HL

Tel: 01597 824 059
Email: info@disabilitypowys.org.uk
Web: www.disabilitypowys.org.uk

Disability Powys is a support organisation for disabled people living, working and studying in Powys, and for organisations and businesses operating in Powys. They aim to make changes in society that have a positive impact on the lives of disabled people.

Disability Powys is a Company Limited by Guarantee with Charitable status. They also provide welfare rights and benefits health checks for people on reduced income, help them to complete essential and difficult application forms and support and represent them throughout any tribunal and appeal hearings that may be required for claiming benefits.

Displaced People in Action (DPiA)

CSV House

Williams Way

Cardiff

CF10 5DY

Contact: DPiA Co-ordinator: Sian Summers
Tel: 029 20 388 389
Email: siandpiawales@yahoo.co.uk
Web: www.displacedpeopleinaction.org

DPiA aims to relieve hardship and distress of those refugees and asylum seekers who are in need, and aim to promote the full inclusion of asylum seekers and refugees into Welsh society.

DIY Futures

Based at:- Ystradgynlais Volunteer Centre
16 Station Road
Ystradgynlais
Swansea
SA9 1NT

Contact: Tony Lewis
Tel: 07900 521 160
Email: tony.lewis@pavo.org.uk

DIY Futures support individuals who maybe suffering mental distress who feel isolated , lost or stuck and want to change their lives for the better.

Domestic Abuse

PO Box 82
Caernarfon
Gwynedd
LL54 ZH

Tel: 0808 80 10 800
Web: www.allwaleshelpline.co.uk

If you are experiencing domestic abuse or sexual violence, have experienced domestic abuse or sexual violence, or are worried about a friend or relative who is experiencing domestic abuse or sexual violence - then call the All Wales Domestic Abuse & Sexual Violence Helpline for free, 24 hours a day, 7 days a week on freephone 0808 80 10 800.

The majority of callers are people with experience of domestic abuse or sexual violence, who are concerned about their safety, require access to advice or emergency support, or are simply seeking knowledge of their rights and options. They also welcome and receive calls from family members, friends and colleagues of people experiencing domestic abuse or sexual violence, requesting information.

Friends of Ystradgynlais Community Hospital

Ystradgynlais Community Hospital

Glanrhyd

Ystradgynlais

Swansea

Tel: 01639 844 777

This group aims to raise funds to support the hospital and helpers are always needed.

Friends of Ystradgynlais Welfare Hall

The Welfare Hall

Brecon Road

Ystradgynlais

Swansea, SA9 1JJ

Tel: 01639 843163

Email: boxoffice@thewelfare.co.uk

Web: www.thewelfare.co.uk

The Friends of the Hall support the Hall in all its activities and provide stewarding for events. They run a Tea Bar on Friday mornings from 10:00am-12:00pm, and the funds raised are used to purchase various items of equipment.

Glantawe Cardiac Group

Contact: Meiriona Davies (Secretary)

Tel: 01639 842 990/07920 711 524

For people with major heart problems, the Glantawe Cardiac Group meet at Ty Croeso on the 3rd Tuesday of the month at 1pm. There is an annual day trip in the Summer, Christmas dinner, and some members attend conferences. Current project is raising money towards having defibrulators in public places.

Hafal

Room 9, Steeple House
Steeple Lane
Brecon
Powys
LD3 2DJ

Contact: Becky Morgan
Tel: 07875 373 525
Email: southpowys@hafal.org

HAFAL is the principle organisation in Wales working with people recovering from severe mental illness, their families and carers. Our mission is to empower people with severe mental illness and their families to enjoy access to health and social care, housing, income, education, and employment, and to achieve a better quality of life, fulfil their ambitions for recovery and to fight discrimination.

Hafal delivers key services to both people with severe mental illness and their carers. These services include a range of activities: employment training, housing support, resource centres, befriending, arts projects, inpatient advocacy, family support and carers' support services. All services are based on a unique recovery programme. Offers support for carers of people with severe mental illness. Appointments can be made on a one to one basis.

Health Council Advocacy Service (Brecknock & Radnor Community)

Room 107

Neuadd Brycheiniog Cambrian Way

Brecon

Powys

LD3 7HR

Contact: Ruth Eaton, Shanaz Dorkenoo, Kirstie Morgan

Tel: 01874 624 258

The CHC Advocacy Service operates from 9:00am – 5:00pm Monday to Friday, with the EMI Advocate often working on Fridays. The Mental Health Advocates can help you make an informed choice by providing information and support. They can accompany, support and represent you at case-conferences, care plan meetings, tribunals and other meetings. Mental Health and Complaints Advocates can give you assistance in making complaints and giving information on your rights.

Healthy Living Centre

61-66 Penybryn

Penrhos

Ystradgynlais

Swansea

SA9 1JB

Contact: Vicky or Julie

Tel: 01639 845 303

Fax: 01639 849 298

Ystradgynlais Healthy Living Centre in Penrhos is led by a group of people and supporting agencies. It is a community centre which can offer specialist advice, support and training alongside a range of activities and events. It aims to promote the physical, psychological and social health and wellbeing of everyone using the facilities. It is for people of all ages and abilities from Ystradgynlais and surrounding areas.

Kaleidoscope (Powys Drug & Alcohol Centre)

The Manse
47 Commercial Street
Ystradgynlais
Swansea
SA9 1JH

Contact: Steve Davies
Tel: 01639 845 440
Web: www.kaleidoscopeproject.org.uk

Kaleidoscope believes in providing care that is personalised to the individual's needs. They provide a range of support programmes but what remains consistent is trying to ensure that people are given the help they need rather than providing a service that is not straightjacketed by an overriding therapeutic intervention. You can just pop in to have a chat or phone to make an appointment.

Knitting and Sewing Class - Cwmllynfell – NO LONGER RUNNING

Neuadd Cwmllynfell Hall
Gwilym Road
Cwmllynfell
Swansea
SA9 2GH

Contact: Donna Williams
Tel: 01639 831 284

All are welcome to come along, make new friends and learn the crafts of knitting and sewing from experienced and enthusiastic tutors. All items that are made by the group are donated to charities or people and children in need.

The group meets on the first Monday of every month from
2:00pm - 4:00pm.

Larches Mental Health Resource Centre

165 Brecon Road

Ystradgynlais

Swansea

SA9 1QL

Contact: Mark Williams

Tel: 01639 849994 / 01874 615050

The Larches Community Mental Health team is made up of Psychiatrists, Psychiatric Nurses, Social Workers, Home Aide Occupational Therapists. They see people with severe and enduring mental illness. Referrals should be made via your GP. There is a Community Advice and Listening Line for all to use on freephone 0800 132 737.

Neuadd Cwmllynfell Hall - Keep Fit Classes for over 50's

Neuadd Cwmllynfell Hall

Gwilym Road

Cwmllynfell

Swansea

SA9 2GH

Contact: Mr Martin Harries (Manager)

Tel: 01639 831 284

Email: mharries@aol.com

Keep fit classes to music for over 50's are an excellent way to stay healthy, keep supple and toned, while also providing an opportunity to meet new people and make new friends. Classes are held every Tuesday from 10:00am - 11:00am, all are welcome to come along and join in.

NHS Direct

Tel: 0845 46 47

Web: www.nhsdirect.wales.nhs.uk

NHS Direct Wales is a confidential, bilingual telephone service. You can ring for nurse advice if you are feeling ill and are unsure what to do, or for health information on particular conditions such as diabetes and allergies. NHS Direct can also tell you where to find your nearest doctor, pharmacist, dentist or support group. You can call NHS Direct at any time of the day or night.

IN AN EMERGENCY ALWAYS CALL 999 OR 112 OR GO TO A&E

Onllwyn and Banwen Old Age Group

The Onllwyn and Banwen Senior Citizens Club meets on the second and fourth Tuesday of every month from 1:30pm at Banwen Rugby Club. The club offers an opportunity for its members to socialise and meet with friends. There are regular guest speakers and day trips to places of interest. Refreshments are available. The group is friendly and informal, new members are always welcome.

Over 50's & Over 60's Fitness Club

The Welfare Hall

Brecon Road

Ystradgynlais

Swansea

SA9 1JJ

Tel: 01639 843 163

Email: boxoffice@thewelfare.co.uk

Web: www.thewelfare.co.uk

The over 50's & 60's have their keep fit sessions at the welfare on Tuesdays between 11:00am and 12:30pm.

Penrhos Youth Centre

Hendreladus
Brecon Road
Ystradgynlais
Swansea
SA9 1SE

Contact: Andrea James
Tel: 01639 843711

Youth club with various facilities

Issue based sessions such as quizzes and visits from other agencies, Arts and crafts, indoor sports, music workshops, Youth committee, Pool, Table tennis and Karaoke

When: Monday, Tuesday, Thursday & Friday from 7:00pm – 9:30pm

Powys People First

11 Lion Yard
Brecon
Powys
LD3 7BA

Contact: Rachael Philbrick
Tel: 01874 622 240
Email: powyspeoplefirst@hotmail.co.uk
Web: www.powyspeoplefirst.org

Powys People First facilitates self advocacy groups across Powys for people with a learning disability. They have monthly meetings in Ystradgynlais which are held on Thursday afternoons every 4 weeks at the Ynyscedwyn Arms from 2:00-3:00pm. Meetings are to discuss issues that are important to people with a learning disability (personal, local and national). Meetings are not open to carers, although they are welcome if support is needed for a person to attend.

Powys Social Services - Ystradgynlais Office

Hendre Ladus

Penrhos

Ystradgynlais

Swansea

SA9 1SE

Tel: 01639 844 595

Fax: 01639 845704

Their aim is to support people in enjoying safe and independent lives.

They specialise in adult and childcare teams, learning disabilities, deaf and visually impaired.

Shelter Cymru

11 Glamorgan Street

Brecon

Powys

LD3 7DW

Contact: Tessa Colquhoun
Tel: 01874 624 722 / 0845 075 5005
Fax: 01874 610 327
Email: tessac@sheltercymru.org.uk
Web: www.sheltercymru.org.uk

Shelter Cymru provides free and confidential housing advice, advocacy and legal representation to people with housing related problems. They hold an advice surgery every Thursday afternoon between 2pm and 3.30pm based at The Miners Welfare Hall in Ystradgynlais. People are welcome to call in, although it is best to ring first on 01874 624722 to ensure an advice surgery is being held.

South Powys Foot Care

C/o Healthy Living Centre

61-66 Penybryn, Penrhos

Ystradgynlais

Swansea

SA9 1JB

Tel: 01639 845 303

Contact the Ystradgynlais Volunteer Centre on 01639 849192 if you wish to volunteer, or if you would like to access this service which is provided one Monday each month.

South Wales MS Therapy Centre

16-18 St Luke's Court
Winch Wen Industrial Estate
Swansea
SA1 7ER

Tel: 01792 701342
Email: info@mstcswansea.co.uk
Web: www.mstcswansea.co.uk

The Centre's normal opening hours are: 9:00am to 4:00pm Monday to Friday as well as 6:00 – 8:00pm Monday evenings. Treatment outside these hours or at weekends may be provided by arrangement.

The Therapy Centre was opened in 1985 initially to treat people with MS by means of High Dosage Oxygen therapy. However, more recently as the internationally accepted indications for the use of high dosage oxygen therapy increases they offer this form of treatment for a wide range of conditions. They also offer physiotherapy, as well as other complementary therapies, all taking place in a very relaxed friendly atmosphere. They have access to dieticians, through our national body, for specialist advice.

There is also a comfortable area where clients and their carers can relax and chat in a friendly atmosphere. The adjacent kitchen area has facilities for hot and cold drinks and food

Their motto is Self Help and the more sufferers can help themselves the better. The Centre with all its supporters, is able to give this positive help and no sufferer or their family need ever feel they are alone in fighting the disease.

You may feel a bit anxious, 'fed-up' or just want to have a chat - there is always someone to talk to at the Centre.

The Centre received registration with Health Inspectorate Wales (HIW), and ensures the high standard of practices and client care continues although registration is no longer necessary.

Swansea Valley Diabetes Support Group

Ystalyfera Development Trust

72 Commercial Street

Ystalyfera

Swansea

SA9 2HS

Contact: Maria Fairminer (Secretary)

Tel: 01639 849 280

Swansea Valley Diabetes Support Group meets at the Ystalyfera Development Trust on the 2nd Wednesday of each month, from 2:00pm-4:00pm.

Tawe Ladies Group

Contact: Beryl Jonathan

Tel: 01639 842 529

The Tawe Ladies Group meet at 7:30pm every other Tuesday in the Gough Constitutional Club, Ystradgynlais. They will be having a Summer break but will be starting back in September.

The National Youth Advocacy Service

19 Newhall Street
Birmingham
B3 1SW

Contact: Mrs Valerie Marshall
Tel: 07554439042
Email: valerie.marshall@nyas.net

They work with Looked After Children and provide Independent Visitors to children and young people who have no, very little contact with their families, for those where the contact may not always be a positive one and where it is deemed to be in their best interest to have an Independent Visitor. This service is provided up to the age of 18. The role of the Independent Visitor is that of a befriender.

The V.I.P.s (Visually Impaired Persons)

Sardis Vestry
Ystradgynlais
Swansea

Contact: Sian Rees
Tel: 01639 844 595

The VIP's are a group of Visually Impaired People who meet for a social afternoon once a month, to share ideas, information and companionship. On occasions, guest speakers visit the group and provide information on local services and various topics, some related to visually impairment.

The group is open to anyone who has a visual loss and we meet at the Sardis Vestry between 1:30pm and 3:00pm on the 2nd Tuesday afternoon of the month.

The Ystradgynlais Open Door Club

Temple of Light
Heol Maes-y-Dre
Ystradgynlais
Swansea

Contact: Sandra Davies
Tel: 01639 830 835

The Ystradgynlais Open Door Club meet every Friday from 6:30 to 8:30pm, with games, line-dancing, quizzes and more.

Tick Tock Community Bowls Club

Contact: Meurig Evans
Tel: 01639 849 983
Email: ystradevans@hotmail.co.uk
Web: www.ticktockcbc.co.uk

Tick Tock Community Bowls Club has a membership of over 100 people regularly participating at the Bowling Green. Bowls can be played from April to September by appointment, every evening between 5:30pm and 8:00pm weather permitting.

You can play individually or as part of a team. Bowls is an excellent way to take part in gentle exercise and is a great way to meet new people. New members are always welcome to come along and have a go. All equipment is supplied on request, though please wear flat shoes. Coaching sessions are available by qualified coach. Please contact the club for further information and for directions to the bowling green in Ystradgynlais.

Ty Croeso Day Hospice

25 Heol Eglwys

Ystradgynlais

Swansea

SA9 1EY

Contact: Liz Williams
Tel: 01639 844 414
Email: ty_croeso@tiscali.co.uk
Web: www.tycroeso.co.uk

Open Mon, Wed, Thurs 9:00am to 3:00pm. A Day Centre offering information with psychological and emotional support, complementary therapies and practical advice, helping to improve the lives of anyone affected by serious illness. Ty Croeso's services are free and easily accessible, and there is transport available for those who need it. The services are free, but a donation is always welcome, should you wish.

Ty Croeso Bereavement Group

On the 4th Tuesday of every month a Bereavement Group is held by a trained bereavement counsellor, from 10:00am - 2:00pm.

The group offers support to people living with cancer. One to one counselling, alternative therapies including aromatherapy, Indian Head Massage and reflexology can be provided. Healing is also available to those who request it. A hot lunch is offered, with transport to and from the Hospice for those who live locally, and occasional trips out. There are also bathing facilities available.

Trained nurses and auxiliaries are on the premises every day as well as the co-ordinator of the Hospice.

Victim Support and Magistrates Court Witness Service

Contact: Karen Mason
Tel: 01686 625 044 / 0845 303 0900
Email: karen.mason@victimsupport.org.uk
Web: www.victimsupport.org.uk

Victim Support is a charity that helps people affected by crime. They provide free confidential support to victims, witnesses and their families to deal with their experience of crime, whether or not the crime is reported to the police.

Victim Support also supports witnesses (prosecution and defence) when they attend court. Adults can support our work by volunteering a few hours a fortnight. All volunteers receive free training, out of pocket expenses and the support of a paid coordinator. Other ways to support our work is by fundraising or by making a donation.

Wales Dementia Helpline

Tel: 0808 808 2235
Web: www.dementiahelpline.org.uk

The helpline offers emotional support to anyone, of any age, who is caring for someone with Dementia as well as other family members or friends. The service also offers emotional support to anyone, of any age. Sometimes you may just need someone to talk to. It can help to discuss your fears and feelings with someone who understands, but is not emotionally involved.

Wales Drug and Alcohol Helpline

Tel: 0808 808 2234
Web: www.dan247.org.uk

A free and bilingual telephone drugs helpline providing a single point of contact for anyone in Wales wanting further information or help relating to drugs or alcohol.

The helpline will assist individuals, their families, carers, and support workers within the drug and alcohol field to access appropriate local and regional services. Dan 24/7 is a free and confidential helpline. Calls from public telephone boxes are free of charge: calls from a mobile phone may incur a charge from your network.

Weight Watchers - Ystalyfera

Ystalyfera Community Centre
Ynysdarren Road
Ystalyfera
Swansea, SA9 2JP

Contact: Lisa
Tel: 01639 849 601 / 07811 892 179
Web: www.weightwatchers.co.uk

Weight Watchers' successful weight loss system is based on four tried and trusted principles - eating healthily, being more active, adjusting behaviour to help weight loss and getting support in weekly meetings. The new Discover Plan is based on the Weight Watchers POINTS system. Every food has a POINTS value, which is calculated based on the food's calories and saturated fat. You'll aim to meet a daily POINTS allowance and, with the help of the Discover Plan, learn to select the best food options to help you eat well, feel full and stay satisfied while still losing weight. So you can enjoy the foods you love and reach your weight loss goals.

They meet every Wednesday at 5:30pm-6:30pm and every Thursday at 9:30-10.30am.

Women's Aid (Lliw Valley) The Bridge Project

6-8 Herbert Street
Pontardawe
Swansea, SA8 4AP

Contact: Elaine James
Tel: 01792 869 480
Email: mejames@lvwa.org.uk
Web: www.lvwa.org.uk

Lliw Valley Women's Aid offers support to women and children affected by domestic abuse, through the provision of temporary refuge accommodation, support within the community and access to an out of hours on call service.

Women's Aid (Ystradgynlais Office)

Healthy Living Centre
61-66 Penybryn, Penrhos
Ystradgynlais
Swansea
SA9 1JB

Contact: Melanie Sharman
Tel: 01639 841 320 (Office Hours)
01874 625 146 (Out of hours)
Email: bwaystrad@btinternet.com
Web: www.brecknockwomensaid.org

Brecknock Women's Aid – Floating support group in Ystradgynlais provides support for women and children who have been affected by domestic abuse and are living in the local community.

Appointments can be made from Monday to Friday from 9:00am - 5:00pm for women wanting information on the options available to them, as well as for relatives and friends who are concerned about the abuse a women may be suffering. Brecknock Women's Aid also provides a confidential 24 hour helpline and refuge accommodation within the county.

Welsh Women's Aid operates a 24 hour free helpline on: 0808 80 10 800

Women's Aid (Brecon Office)

2 Wheat Street

Brecon

Powys

LD3 7DG

Tel: 01874 614 406
01874 625 146 24 hour helpline
Web: www.brecknockwomensaid.org

Welsh Womens Aid

Tel: 0808 801 0800
Web: www.womensaid.org

Ystalyfera Development Trust and Local Resource Centre

72 Commercial Street

Ystalyfera

Swansea

SA9 2HS

Tel: 01639 843 965
Email: elaine.williams@ystalyfera.org
Web: www.dtawales.org.uk

Ystalyfera Development Trust and Local Resource Centre provides a wide range of services and opportunities to the local community. These include a resident tutor available to offer help and information on employment, career and course options, by appointment only. Appointments are also available for people to meet with various other support agencies including welfare rights advisers, adult career guidance and the Shaw Trust. There are also computers with internet access available to use free of charge.

Neath Port Talbot Credit Union operates on a Tuesday afternoon, and there is a youth club during term time only, every Tuesday evening from 6:00pm – 8:00pm.

Ystrad Recycling

Wind Road
Glanrhyd
Ystradgynlais
Swansea
SA9 1AF

Opening times

Monday to Saturday
9:00 to 1:00 pm.

Contact: Simon Busby
Tel: 01639 845 475
Email: ystradgynlais@btconnect.com
Web: www.ystradgynlaisenterprises.com

Antur Ystradgynlais Enterprises brings together the Ystrad Woodstore, the Tool Store and Second-Hand Furniture Sales all under one roof.

It provides opportunities for volunteers and community groups to work on their craft skills. A major recycling project, the Wood Store takes in wooden items and timber that would otherwise go to landfill, and uses these as the raw materials. Other wood goes to produce kindling, which is sold at a competitive price.

Volunteers in the Tools Workshop come and give their time every Thursday and Friday, repairing, re-handling and reconditioning donated tools. Some of these go out to East Africa as part of "Tools For Self Reliance Cymru".

All donations are greatly appreciated.

Ystradgynlais & District Disability Access Group

C/o The Library
Temperance Lane
Ystradgynlais
Swansea
SA9 1JP

Contact: Graham Davies
Tel: 01639 830 835

They aim to improve access to streets, footpaths, public buildings, pubs, restaurants, hotels and guest houses, places of entertainment, shops, health service facilities and homes under construction or modernization.

They work with Powys County Council, the Brecon Beacons National Park, local businesses and other voluntary bodies to promote the implementation of the Disability Discrimination Act.

A local group of elderly and disabled people attend meetings on the 1st Wednesday of every month in Ystradgynlais Library. Anyone interested in promoting accessibility is welcome to attend meetings, whether disabled or not. You can just go along to a meeting to see what they do or contact one of their officers to find out more.

Ystradgynlais Autism Society

Contact: Meiriona Davies
Tel: 01639 842 990
Email: ystradgynlais@nas.org.uk
Web: www.autism.org.uk/brancheswales

An affiliate of the National Autism Society, the Ystradgynlais Autism Society meets at MIND on Heol Eglwys on the 3rd Tuesday of each month at 10am.

Autism Helpline: 0845 070 4004

Ystradgynlais Carers Group (Powys Carers Service)

Based at:- Ystradgynlais Mind

18 Heol Eglwys

Ystradgynlais

Swansea

SA9 1EY

Contact: Maxine Oliver (Outreach Worker)

Tel: 07773 342 128

Email: info@powyscarersservice.org.uk

Web: www.powyscarers.org.uk

If you care for a friend or a family member, this group could offer you support, friendship, and an opportunity to have your voice heard. The Group meet at Ystradgynlais MIND every Wednesday from 1.30-3.30pm you can just turn up.

Ystradgynlais Community Garden Project

C/o Ystradgynlais Community Hospital

Glanrhyd

Ystradgynlais

Swansea

SA9 1AU

Contact: Anthony Allen

Tel: 01639 846440 Ext: 3541

This new venture has just started (April 2012) as a follow on from the Community Garden Project which has just closed. Based in the grounds of the Ystradgynlais Community Hospital, it provides a place for people who have had mental health problems to utilise their free time in a valuable way, to help re-motivate and provide social contact and raise confidence levels. It also helps people recovering from stroke and other disabling illnesses. The team do gardening and related activities, e.g. stone work, hanging baskets and a fruit and vegetable sales trolley in the hospital.

Ystradgynlais Credit Union (Brecon & District)

Steeple House

Steeple Lane

Brecon

Powys

LD3 7DJ

Contact: Jane Chappelle
Tel: 07790 451 569 / 01874 620 104
Email: info@breconanddistrictcreditunion.co.uk
Web: www.breconanddistrictcreditunion.co.uk

A Credit union is a financial co-operative owned and run by it's members, offering a saving facility and access to low interest loans to it's members who have saved for at least 3 months. They are regulated by the Financial Services Authority.

They have a collection point in the Ystradgynlais Library on a Friday between 10:00am and 12:00pm and there is also a collection at MIND, Thursday 11:30am-1:30pm in Heol Eglwys.

The Credit unions offers a friendly, convenient and easy place to save with access to low cost loans. Save regularly for three months, and you are entitled to apply for a loan. Interest is charged at 12.7% apr so a loan of £100 will cost only £6.60 in interest.

The Ystradgynlais Library collection point is open on Fridays from 10:00am to 12:00pm.

Ystradgynlais Library

Temperance Lane

Ystradgynlais

Swansea

SA9 1JP

Opening Times

Monday 9.30am - 7.00pm

Tuesday 9.30am - 5.00pm

Wednesday 9.30am - 5.00pm

Thursday 9.30am - 5.00pm

Friday 9.30am - 4.30pm

Saturday 10.00am - 1.00pm

Contact: Jan Poole**Tel:** 01639 845 353**Email:** ystrad.library@powys.gov.uk**Web:** www.powys.gov.uk/libraries

The library provides Books, Talking Books, DVDs, Public Access computers, fax machines, photocopier, local studies, meeting room, video conferencing, and exhibition area for hire.

Brecon District Credit Union have a collection point in the Ystradgynlais Library on a Friday between 10:00am and 12:00pm

Ystradgynlais MIND

18 Heol Eglwys
Ystradgynlais
Swansea
SA9 1EY

Opening Times

Mon & Thur: 10am-4pm
Tues & Fri: 10am-1pm

Contact: Carol Stephens
Tel: 01639 841 345
Email: info@minditv.org.uk
Web: www.minditv.org.uk

Ystradgynlais Mind is a Mental Health and Emotional Wellbeing Centre providing a service for the people of Ystradgynlais. It is rooted in the local community, addressing local need at local level.

Other groups meet at MIND including:

Ystradgynlais Autism Society
The Bipolar Self Help Group
The Credit Union
Ystradgynlais Carers Group

Ystradgynlais Multi-Sport Club for Children with Disabilities

Room 90
Neuadd Brycheiniog Cambrian Way
Brecon
Powys
LD3 7HR

Contact: Beverley Tucker
Tel: 01874 612 034
Fax: 01874 612215

The club caters for children with a disability and their siblings / friends. An inclusive club which provides sporting opportunities in activities such as basketball, football, athletics, cricket, boccia and New Age kurling.

5.30pm-6.30pm Wednesdays during term time at Ystradgynlais Sports Centre.

Ystradgynlais Police Station

Station Road
Ystradgynlais
Swansea
SA9 1DY

Tel: 0845 330 2000

Front Counter Opening Hours: Monday to Friday 10:00am – 6:00pm
(Closed on Bank Holidays)

Non-Emergency Number 101

In case of emergency you should always phone 999.

Ystradgynlais Project & Floating Support for Mental Health

28a Dol y Dderwen
Brecon Road
Ystradgynlais
Swansea
SA9 1QJ

Contact: Gail Battenbough

Tel: 01639 845 099

Email: ystradhomeless@gwalia.com

Supported Housing - 6 Flats for single vulnerable people. Floating support services for people living in their own accommodation in Ystradgynlais and surrounding areas. There is also a drop-in advice clinic for one off support which is by appointment only.

Ystradgynlais Sports Centre

Glanrhyd Road

Ystradgynlais

Swansea

SA9 1AP

Contact: Andrew Evans, Manager

Tel: 01639 844 854

Email: ystradsc@powys.gov.uk

Ystradgynlais Sports Centre offers opportunity to participate in a range of sports and fitness classes. The centre has its own 25m swimming pool, a sports hall and fitness suite. Classes available include aerobics, boxercise, keep fit, step aerobics, aqua aerobics and many more. Please contact for further information. Please contact them for more information.

Ystradgynlais Volunteer Centre

16 Station Road

Ystradgynlais

Swansea

SA9 1NT

Opening Times:

Tuesday – Friday

9:00am – 3:00pm

Contact: Caroline Bull, Manager
Tel: 01639 849 192
Fax: 01639 849192
Email: ystradgynlais@btconnect.com
Web: www.ystradgynlaisvc.org.uk

Ystradgynlais Volunteer Centre offers a range of services and activities including:

- Transport to health related appointments - distance no object, 40p per mile.
- Befriending, shopping, sitting etc, free of charge
- Many volunteering opportunities
- Activities and events diary
- Tools recycling project
- Ystrad wood store - wood collection, furniture & recycling
- Arts & crafts
- Scootabout - mobility scooter & wheelchair hire
- Office services
- Key-cutting
- Signposting to other organisations

Please contact for further information or to get involved in any of the services offered.

Ystradgynlais Welfare Hall

The Welfare Hall

Brecon Road

Ystradgynlais

Swansea, SA9 1JJ

Tel: 01639 843 163

Email: boxoffice@thewelfare.co.uk

Web: www.thewelfare.co.uk

The Welfare – Ystradgynlais is an arts and community centre situated in the Swansea Valley. A versatile venue offering conference and private hire facilities as well as popular entertainment. With music, live theatre performances, regular cinema, specialist film screenings and weekly community events. The Welfare has something the whole family can enjoy.

Other activities at the hall include:

The over 50's & 60's keep fit sessions

Ystradgynlais Citizens Advice Bureau

Shelter Cymru hold an advice surgery

The Friends of the Hall Tea Bar

HOSPITALS

Morrison Hospital

Heol Maes Eglwys

Morrison

Swansea

SA6 6NL

Tel: 01792 702 222

Neath Port Talbot Hospital

Baglan Way

Port Talbot

SA12 7BX

Tel: 01639 862 000

Singleton Hospital

Sketty Lane

Sketty

Swansea

SA2 8QA

Tel: 01792 205 666

Ystradgynlais Community Hospital

Glanrhyd Road

Ystradgynlais

Swansea

SA9 1AU

Tel: 01639 844 777

Brecon War Memorial Hospital

Cerrigochion Road

Brecon

Powys

LD3 7NS

Tel: 01874 622 443

DOCTORS SURGERIES

YSTRADGYNLAIS GROUP PRACTICE

Pengorof Surgery

Gorof Road	Monday	8:00am - 6:30pm
Ystradgynlais	Tuesday	8:00am - 6:30pm
Swansea	Wednesday	8:00am - 6:30pm
SA9 1DS	Thursday	8:00am - 6:30pm
Tel: 01639 843 221	Friday	8:00am - 6:30pm
Fax: 01639 846920		

Abercrave Surgery

Heol Tawe	Monday	8:30am - 12:00pm 1:30pm - 5:00pm
Abercrave	Tuesday	8:30am - 12:00pm Afternoon CLOSED
Ystradgynlais	Wednesday	8:30am - 12:00pm 1:30pm - 5:00pm (no surgery)
Swansea	Thursday	8:30am - 12:00pm Afternoon CLOSED
SA9 1XP	Friday	8:30am - 12:00pm 1:30pm - 5:00pm no surgery)
Tel: 01639 730 225		
Fax: 01639 730 235		

Ystalyfera Surgery

Wern Road	Monday	8:30am - 12:00pm 1:00pm - 5:00pm
Ystalyfera	Tuesday	8:30am - 12:00pm Afternoon CLOSED
Swansea	Wednesday	8:30am - 12:00pm Afternoon CLOSED
SA9 2LX	Thursday	8:30am - 12:00pm 1:00pm - 5:00pm no surgery
Tel: 01639 843 251	Friday	8:30am - 12:00pm 1:00pm - 5:00pm

CWMLLYNFELL AND YSTALYFERA

Cwmllynfell Surgery

4 Gwilym Road
Cwmllynfell
Swansea
Tel: 01639 830 204
Fax: 01639 843 230

Monday	8:00am - 6:30pm
Tuesday	8:00am - 6:30pm
Wednesday	8:00am - 12:00pm
Thursday:	12:00pm - 6:30pm
Friday	8:00am - 12:00pm

Ystalyfera Surgery

52 Gurnos Road
Ystalyfera
Swansea
SA9 2HY
Tel: 01639 844 738

Monday	8:00am - 12:00pm
Wednesday	12:00pm - 6:30pm
Thursday	8:00am - 12:00pm
Friday	12:00pm - 6:30pm

DULAIS VALLEY PRIMARY CARE

Dulais Valley Primary Care Centre

Nant-y-Cafn
Seven Sisters
Neath
SA10 9EU
Tel: 01639 700 203
Fax: 01639 700 010

By Appointment

Monday	9.00am - 11.00am 2.30pm - 6.00pm
Tuesday	9.00am - 11.00am 2.30pm - 6.00pm
Wednesday	9.00am - 11.00am 2.30pm - 6.00pm
Thursday	9.00am - 11.00am 2.30pm - 6.00pm
Friday	9.00am - 11.00am 2.30pm - 6.00pm

Coelbren Health Centre

Heol Eglwys
Coelbren
Neath, SA10 9PF
Tel: 01639 700 275

Opening times to be arranged.

Out of Hours

If you have a severe problem such as difficulty in breathing, chest pains or heavy bleeding you should call 999.
If you require a doctor in an emergency contact the Doctors Deputising Service on 08444 06 8888
Telephone advice on a range of medical conditions is available from NHS Direct 24 hours a day. Their number is 0845 46 47.

CHEMISTS

E.W Richards Ltd - The Pharmacy

30 Heol Eglwys
Ystradgynlais
Swansea
SA9 1EY

Tel: 01639 842 112

Opening Times

Monday – Friday

9:00am-1:00pm

2:00pm-5.30pm

Saturday

9:00am-11.30am

Sunday

Open on a rota basis

J.G & R.J Davies (Ystradgynlais)

8 Commercial Street
Ystradgynlais
Swansea
SA9 1HD

Contact: Robert Davies

Tel: 01639 842 286

Fax: 01639 842 286

Email: jgrjdavies.chemist@npanet.co.uk

Opening Times

Monday – Friday

9:00am-5:30pm

Saturday

9:00am-12:00pm

Sunday

Open on a rota basis

The Co-Operative Pharmacy

56 Gwilym Road
Cwmllynfell
Swansea
SA9 2GN

Tel: 01639 830 209

Fax: 01639 830 209

Opening Times

Monday – Friday

8:00am-6:00pm

Saturday

9:00am-12.15pm

Sunday

Open on a rota basis

Davies Chemists (Briton Ferry) Ltd

43 Gyrnosfa
Lower Cwmtwrch
Swansea
SA9 1DR

Tel: 01639 844 000

Fax: 01639 844 029

Opening Times

Monday – Friday

8:00am-6:00pm

Saturday

Closed

Sunday

Open on a rota basis

Davies Chemist (Ystalyfera)

19 Wern Road
Ystalyfera
Swansea
SA9 2LX

Contact: Ian Jenkins

Tel: 01639 843 444

Fax: 01639 843 444

Opening Times

Monday – Saturday

9:00am-5:00pm

Sunday

Open on a rota basis

DENTISTS

Mr M J Taylor

17 Commercial Street

Ystradgynlais

Swansea

SA9 1HD

Tel: 01639 843 423

Opening Times:

Monday-Friday 9:00am-5:00pm

Sat & Sun Closed.

Closed Thursdays only between
1pm & 2pm.

Mr Lyn Evans

100 Herbert Street

Pontardawe

Swansea

SA8 4ED

Tel: 01792 863 354

Opening Times:

Mon-Thurs 9:00am-5:00pm

Fri-Sun Closed.

Closed between 12.30pm & 2.00pm.

Practice does not have a dentist on
duty on Wednesday afternoons but
are open for advice.

Cwmdulais Dental Centre

8 Station Rd

Crynant

Neath

SA10 8NW

Tel: 01639 750 260

Opening Times:

Mon-Fri 9:00am – 5:30pm

Sat & Sun Closed.

No NHS patients taken at this time
but do take children under 18.

OPTICIANS

D.R Jenkins Optometrist

17 Station Road

Ystradgynlais

Swansea

SA9 1NT

Tel: 01639 843 627

Opening Times:

Monday-Friday 9:00am - 5:00pm

Closed for lunch 12:45pm – 2:00pm

M.C Morgan Optometrists Ltd

74 Commercial Street

Ystalyfera

Swansea

SA9 2HS

Tel: 01639 842 117

Opening Times:

Monday-Friday 9:00am - 1:00pm

Friday 2:00pm – 5:00pm

Parish Churches (Church in Wales) in the Upper Swansea Valley
(Abercraf, Penycae and Coelbren area)

Reverend Alun J. Brookfield
The Vicarage
Heol Tawe
Abercraf
Powys, SA9 1TJ

Tel: 01639 730640 / 07791443159

Email: webmaster@cwmtaweuchafparish.co.uk

Web: www.cinw.org.uk/parishholding/swansea

St. David Church, Abercraf

11:00am – Sunday Service may be either Eucharist (Holy Communion) or Morning Prayer .

Capel Coelbren

9:30am – Sunday Services may be either Eucharist (Holy Communion) or Morning Prayer.

St. John Church, Callwen

3:00pm – Sunday Services may be either Eucharist (Holy Communion) or Evening Prayer.

For more information or for enquiries about baptisms, weddings and funerals, please phone the Vicar (01639 730640 / 07791 443159) or go to the the website.

Ainon Baptist Chapel

Sian Richards,
Secretary
112 Station Road
Ystradgynlais
Powys, SA9 1PL

Tel: 01639 842056

Every Sunday a service is held at 3.30pm.

Every 2nd Sunday in a month is a Communion Service at 1 pm.

Sunday School every Sunday morning at 10.30am.

Every other Wednesday evening at 7.30 we hold a sisterhood meeting.

Services throughout August are at 10.30 every Sunday. All are Welcome.

Calfaria Baptist Church

Mrs Margaret M. Thomas
'Gosen' 18 Brecon Road
Ystradgynlais
Powys
SA9 1HE

Tel: 01639 843633

Services are held every Sunday morning at 10:30am through the medium of Welsh. At the moment, we have 22 in number. We extend a warm welcome to everyone who wishes to join us in our Christian Worship.

Capel Ebenezer

W Mansel Thomas
16 Heol Gwys
Upper Cwmtwrch
Swansea, SA9 2YQ

Tel: 01639 830862

Email: manselthomas@yahoo.co.uk

Sunday School.

OAP meetings.

Swansea University Adult Education 'Local History' lectures

Capel Yorath (Cwmgiedd)

Eifion Williams, Secretary
7 Hawthorn Close
Swiss Valley
Llanelli

Tel: 01554 777268

Services on Sunday at 10:30am, and 5:00pm. Visiting speakers in both English and Welsh, although predominantly Welsh.

Carol service for the community on last Sunday before Christmas.

Special services and weekday services also arranged throughout the year together with some social events.

Family Fellowship

Lyn Anne Wright
Ystalyfera Community Hall
Ynysdarren Road
Ystalyfera
Swansea, SA9 2DY

Tel: 01639 843847

Christian Fellowship on Thursday evenings for:

The Good News Club: Christian fun, games and craft for children aged between 4 - 11 years, 5:00pm - 6:00pm.

Penderyn Mellte Church

John H. Scott
The Vicarage
Ystradfellte
Aberdare
Mid Glamorgan, CF44 9JE

Tel: 01639 720405

Email: jhs46@tesco.net

09.15am Sundays: Meeting in Pontneddfechan Church.

6.30pm Sundays: Meeting in Ystradfellte Church.

7:00pm Wednesdays: Young Farmers (alternative weeks)

7:30pm Tuesdays: Fitness Club in the Church hall

Post Office: open Monday - Friday 10:00am - 12:00midday

Swansea Valley Bible Church

Rev. Peter Yeoman
Unit 19
Ynyscedwyn Estate
Ystradgynlais
Powys, SA9

Tel: 01639 843795
Email: sarah.griffiths@svbc.org.uk
Web: www.svbc.org.uk

The Church reaches all ages of the community and holds meetings on the following days:

Sundays	9:30am: Morning Prayer 10:00am: Tea & Coffee 10:30am: Morning Worship (a creche for children up to secondary-school age is provided) Various: Mission Communities (various locations, except last Sunday of month) 5:00pm: Praise Celebration Evening (last Sunday of the Month)
Tuesdays	7:00pm: Prayer & Intercession
Wednesdays	12:30pm: Mams'n'Tots*
Thursdays	10:45am: Cedars
Friday	9:30am: Mams'n'Tots* 5:30pm: YOYO Club* 7:00pm: Encounter*

The Church also runs a mission charity shop in the village, proceeds to current needs overseas.

There is also an Alpha Course for those interested in the 'Christian Faith'. The group is a registered charity.

Tabernacle Chapel

Ann Hutchins
40 Brecon Road
Ystradgynlais
Powys, SA9

Tel: 01639 843505

Services every Sunday morning 10:30am.
Sunday school 2:00pm.
45 Members at present. Everyone welcome.

The Mission Cwmtwrch

66 Heol Gleien,
Lower Cwmtwrch,
Swansea, SA9 2TT

Tel: 07532470726

Meetings are held at The Mission Cwmtwrch, 66 Heol Gelein, in Lower Cwmtwrch.

Services are held:

Sunday – 10am & 6pm, and Sunday school at 10:30am

Wednesday – Prayer Meeting 7pm

Friday – “Funky Fridays” 6pm – 7pm and
“3:16 youth outreach” 7pm – 9pm.

They are a community based church seeking to meet the needs of those around us with the Gospel of the Lord Jesus Christ. They offer meetings for all in the community and extend a warm welcome to all who wish to join us.

The Parish of the Dulais Valley

Reverend Stephen Barnes

The Vicarage

86 Church Road

Seven Sisters

Neath, SA10 9DT

Tel: 01639 700286

Rev Barnes covers 3 churches in the Dulais Valley –

St David's in Banwen, service held on Sunday at 11.30am

St Margaret's in Crynant with the Sunday service at 10:00am, and

St Marys in Seven Sisters, with the service at 6:00pm. All welcome.

A	
Abercraf Women's Institute.....	2
Abercrave & Penycrae Senior Citizens' Association.....	2
Action on Hearing Loss Cymru.....	2
Age Concern Powys.....	3
Alzheimer's Society.....	3
Arthritis Care Ystradgynlais Branch.....	4
B	
Bipolar Self Help Group – Brecknockshire.....	4
Bobby Van Scheme	5
Brecknockshire Citizen Advocacy.....	5
British Lung Foundation Wales (Ystradgynlais COPD Group).....	6
British Red Cross Home from Hospital.....	6
British Red Cross Society (Shop).....	6
Bronllys Pain and Fatigue Management Centre.....	7
C	
C.A.L.L (Community Advice & Listening Line Mental health Helpline for Wales).....	7
Canolfan Day Centre.....	8
Care 4 U (Neath) Ltd.....	8
Care and Repair Powys.....	9
Chemists	47
Davies Chemist (Ystalyfera).....	47
Davies Chemists (Briton Ferry) Ltd.....	47
E.W Richards Ltd - The Pharmacy.....	47
J.G & R.J Davies (Ystradgynlais).....	47
The Co-Operative Pharmacy.....	47
Churches & Chapels	
<u>Abercraf, Penycrae and Coelbren area</u> St. David Church	
Abercraf	49
Capel Coelbren	49
St. John Church, Callwen.....	49
Ainon Baptist Chapel.....	50
Calfaria Baptist Church.....	50
Capel Ebenezer.....	51
Capel Yorath (Cwmgiedd).....	51
Family Fellowship.....	52
Penderyn Mellte Church.....	52
Sacred Heart Catholic Church.....	53

Sardis Congregation Chapel.....	53
Swansea Valley Bible Church.....	54
Tabernacle Chapel.....	55
The Mission Cwmtwrch.....	55
The Parish of the Dulais Valley.....	56
CISS (Cancer Information & Support Services).....	9
Citizens Advice Bureau - Powys, Ystradgynlais Office.....	10
Communities First Ystradgynlais.....	10
Community Car Scheme Ystradgynlais.....	11
Community Car Scheme Ystalyfera	11
Contact the Elderly - South Wales.....	12
Counselling Directory	12
Cossroads Mid & West Wales - Brecon Office.....	13
Cwrt Enfys Care Home.....	13

D

Dentists

Mr Lyn Evans.....	48
Mr M J Taylor.....	48
Cwmdulais Dental Centre.....	48
Disability Powys.....	14
Displaced People in Action (DPiA).....	14
DIY Futures.....	15
Domestic Abuse	15

F

Friends of Ystradgynlais Community Hospital.....	16
Friends of Ystradgynlais Welfare Hall.....	16

G

Glantawe Cardiac Group.....	16
-----------------------------	----

H

Hafal.....	17
Health Council Advocacy Service (Brecknock & Radnor Community).....	18
Healthy Living Centre.....	18
Hospitals Brecon War Memorial Hospital.....	44
Hospitals Morryston Hospital.....	44
Hospitals Neath Port Talbot Hospital.....	44
Hospitals Singleton Hospital.....	44

Hospitals	Ystradgynlais Community Hospital.....	44
K		
Kaleidoscope (Powys Drug & Alcohol Centre).....		19
Knitting and Sewing Class – Cwmllynfell.....		19
L		
Larches Mental Health Resource Centre.....		20
N		
Neuadd Cwmllynfell Hall.....		20
NHS Direct.....		21
O		
Onllwyn and Banwen Old Age Group.....		21
Opticians	D.R Jenkins Optometrist.....	48
Opticians	M.C Morgan Optometrists Ltd.....	48
Over 50's & Over 60's Fitness Club.....		21
P		
Penrhos Youth Centre.....		22
Powys People First.....		22
Powys Social Services - Ystradgynlais Office.....		23
S		
Shelter Cymru.....		24
South Powys Foot Care.....		24
South Wales MS Therapy Centre.....		25
Surgery's (Cwmllynfell)	Cwmllynfell Surgery.....	46
Surgery's (Cwmllynfell)	Ystalyfera Surgery.....	46
Surgery's (Dulais Valley)	Coelbren Health Centre.....	46
Surgery's (Dulais Valley)	Dulais Valley Primary Care Centre.....	46
Surgery's (Pengorof)	Abercrave Surgery.....	45
Surgery's (Pengorof)	Pengorof Surgery.....	45
Surgery's (Pengorof)	Ystalyfera Surgery.....	45
Swansea Valley Diabetes Support Group.....		26
T		
Tawe Ladies Group.....		26
The National Youth Advocacy Service.....		27
The V.I.P.s (Visually Impaired Persons).....		27

The Ystradgynlais Open Door Club.....	28
Tick Tock Community Bowls Club.....	28
Ty Croeso Bereavement Group.....	29
Ty Croeso Day Hospice.....	29

V

Victim Support and Magistrates Court Witness Service.....	30
---	----

W

Wales Dementia Helpline.....	30
Wales Drug and Alcohol Helpline.....	31
Weight Watchers – Ystalyfera.....	31
Welsh Womens Aid.....	33
Women's Aid (Brecon Office).....	33
Women's Aid (Lliw Valley) The Bridge Project.....	32
Women's Aid (Ystradgynlais Office).....	32

Y

Ystalyfera Development Trust and Local Resource Centre.....	33
Ystrad Recycling.....	34
Ystradgynlais & District Disability Access Group.....	35
Ystradgynlais Autism Society.....	35
Ystradgynlais Carers Group (Powys Carers Service).....	36
Ystradgynlais Community Garden Project.....	36
Ystradgynlais Credit Union (Brecon & District).....	37
Ystradgynlais Library.....	38
Ystradgynlais MIND.....	39
Ystradgynlais Multi-Sport Club for Children with Disabilities.....	39
Ystradgynlais Police Station	40
Ystradgynlais Project & Floating Support for Mental Health.....	40
Ystradgynlais Sports Centre.....	41
Ystradgynlais Volunteer Centre.....	42
Ystradgynlais Welfare Hall.....	43

Ystradgynlais Volunteer Centre
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