



Dinas Noddfa Caerdydd
Cardiff City of Sanctuary

Cardiff City of Sanctuary Useful contacts for Sanctuary Seekers

www.cityofsanctuary.org/cardiff
www.facebook.com/CityofSanctuaryCardiff/

Please note that services are changing constantly so please check websites or social media pages where given or call the organisation

Home Office Accommodation - NASS

	<p>Migrant Help Cardiff T: 0808 8010 503 Monday to Friday Asylum Helpline (Advice): 0808 8000 630 Asylum Helpline (Support Applications): 0808 8000 631 www.migranthelpuk.org www.asylumhelpuk.org</p> <p>National Asylum Support (NASS) Applications and Appeals</p>
	<p>Welsh Refugee Council - Asylum Rights Programme 120-122, Broadway Cardiff, CF241NJ T: 0808 1967 273 E: info@wrc.wales www.wrc.wales www.facebook.com/Welshrefcouncil/</p> <p>Monday, Tuesday and Thursday – 10am to 2pm</p>

For Legal Advice

	<p>Migrant Legal Project 20 Churchill Way, Cardiff, CF10 2DY T: 029 2000 3050 Call ahead E: info@migrantlegalproject.com www.migrantlegalproject.com</p> <p>Free Legal Advice</p>
	<p>Asylum Justice T: 029 2049 9421 E: info@asylumjustice.org.uk Support Line - www.asylumjustice.org.uk/advice-line/</p> <p>Free legal advice at United Reformed Church Call to check times.</p>

Legal Aid

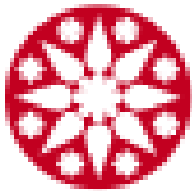



For a list of Legal Aid lawyers
www.find-legal-advice.justice.gov.uk/

For Women Only

	<p>Welsh Refugee Council 120-122, Broadway Cardiff, CF241NJ T: 0808 1967 273 E: info@wrc.wales www.wrc.wales www.facebook.com/Welshrefcouncil/</p> <p>Support to Women and Girls who have experienced some form of violence – Asylum Seekers Only Monday – Thursday 9:30am-12:30pm & 2.00-4.00pm, Fridays 9:30am-12:30pm</p>
	<p>Woman Seeking Sanctuary Advocacy Group (WSSAG) 3 North Church Street, CF105HB T: 029 2132 0635 E: wssagwales@yahoo.co.uk www.wssagwales.wordpress.com</p> <p>Women Support Group Mon/Tues/Thurs: 9.30am-2.30pm Friday: 10.00am-2.00pm (Food distribution) Saturday: 10.00am-12.00pm (Food distribution, occasionally)</p>
	<p>Cardiff Women's Centre 50 Meteor Street, Adamsdown, Cardiff CF24 0HE T: 029 2046 0566 E: info@cardiffwomenscentre.org.uk www.cardiffwomenscentre.org.uk www.facebook.com/CardiffWomensAid</p>
	<p>Cardiff Women's Aid 50 Meteor Street, Adamsdown, Cardiff CF24 0HE T: 029 2046 0566 E: admin@cardiffwomensaid.org.uk www.cardiffwomensaid.org.uk www.facebook.com/CardiffWomensAid</p>
 <small>RECOVERY INFORMATION SAFETY EMPOWERMENT</small>	<p>RISE – Recovery Information Safety Empowerment Cardiff Royal Infirmary, Block 24, Longcross Street, Cardiff CF24 0JT T: 02920 460 566 E: reception@rise-cardiff.cymru www.rise-cardiff.cymru www.facebook.com/CardiffWomensAid</p>

	<p>BAWSO Cardiff Unit 4, Sovereign Quay, Havannah Street, Cardiff, CF10 5SF T: 029 2064 4633 / Free phone 08007318147 E: info@bawso.org.uk www.bawso.org.uk</p> <p>Support for Black & Minority Ethnic Women & Girl victims of trafficking, FGM, domestic abuse, violence and any other issues</p>
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For Parents, Children and Play

	<p>Trinity Centre Cardiff Four Elms Road, CF24 1LE T: 029 21321120 E: enquiries@trinitycentre.wales www.trinitycentre.wales/events Tuesday and Wednesday 12.30pm to 2.30pm Thursdays 10.30am to 12.30pm Stay and Play Drop-in (Mums and Toddlers) Call 07896 522 697 to book a place and confirm times.</p>
	<p>Displaced People in Action 3rd Floor, Hastings House, Fitzalan Place, Cardiff, CF24 0BL T: 029 2078 9733 / 0796 7054 973 E: info@dpia.org.uk www.facebook.com/Displaced-People-In-Action-1874174869534837/ www.dpia.org.uk</p> <p>Regular children and young people's activities</p>
	<p>Oasis Cardiff 69b Splott Road, Cardiff, CF24 2BW T: 029 2046 0424 E: info@oasiscardiff.org www.oasiscardiff.org www.facebook.com/OasisCDF/</p>
	<p>Tros Gynnal Plant Cymru TGP Cymru, 12 North Road, Cardiff, CF10 3DY T: 029 2039 6974 / 07931 507786 E: shona.ure@tgpcymru.org.uk www.tgpcymru.org.uk/what-we-do/young-asylum-seekers-and-refugees-programme/ www.facebook.com/TGPCymru/</p>
<p>THE BIRTH PARTNER PROJECT</p>	<p>The Birth Partner Project T: 07871911415 E: info@birthpartnerproject.org www.birthpartnerproject.org Pregnancy, birth and postnatal support for women who would otherwise give birth alone. Referral through midwife.</p>



Cardiff Hubs & Libraries

T: 029 2078 0971 option2

Listen to stories and sing rhymes with your baby

Borrow books in various languages

Advice for school admission form, free school meals and uniform support

For library near you and more information-

<https://cardiffhubs.co.uk/library-services/>

<https://cardiffhubs.co.uk/hubs/>



@cdflibraries



@cardifflibraryservice

English for Speakers of Other Languages- ESOL



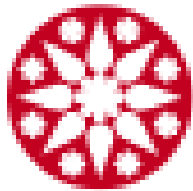
Welsh Refugee Council - Free ESOL Classes

120-122, Broadway Cardiff, CF241NJ

T: 0808 1967 273

E: info@wrc.wales

www.wrc.wales/about/esol/



Trinity Centre - Student Action for Refugees

Four Elms Road, CF24 1LE

T: 02921321120

E: enquiries@trinitycentre.wales

www.trinitycentre.wales



@CdfTrinity



@TrinityCentreCDF

English conversation group - To book, please contact Space4U at 07708 677865.

Trinity Centre - English Classes

Please contact Welsh Refugee Council at info@wrc.wales or call 0808 196 7273 for more information and to make a booking.



Oasis Cardiff

69b Splott Road, Cardiff, CF24 2BW

T: 029 2046 0424

W: www.trinitycentre.wales

E: info@oasiscardiff.org

www.oasiscardiff.org/activities-services

www.facebook.com/OasisCDF/







Wales Asylum Seeker & Refugee Doctors [WARD] group - DPIA

T: 02920 789 733 / 07496 840 479

E: sarah@dpia.org.uk

www.facebook.com/Displaced-People-In-Action-1874174869534837/

www.dpia.org.uk

	<p>Language lessons are coordinated from our Cardiff office from 9:30am-1:30pm (Monday & Tuesday is OET, Wednesday & Thursday is IELTS). <i>These are currently being held online due to coronavirus.</i></p>
	<p>Space4U Cardiff in Trinity Centre Four Elms Road, CF24 1LE T:07561 648964 -Help and Information E: cardiffspace4u@outlook.com www.space4Ucardiff.co.uk</p> <p>T: 0770 8677 865 - For English Class</p> <p>General drop-in Monday and Thursday 10am-5pm</p>
	<p>Cardiff Hubs & Libraries- Online English Conversation Club Wednesday 11am-12pm on Microsoft Teams To request link email - libraryevents@cardiff.gov.uk</p> <p>For all events in the library: www.cardiffhubs.co.uk/events For library near you and more information- www.cardiff.gov.uk/libraries</p> <p> @cdflibraries  @cardifflibraryservice</p>

For Health Care

	<p>CAVHIS- Cardiff and Vale Health Inclusion Service previously Cardiff Health Access Partnership Cardiff Royal Infirmary, Longcross Street, CF24 0SZ T: 029 2033 5449 E: CAV_CAVHIS@wales.nhs.uk Rhisian Otley, Practice Manager Support for people struggling to access mainstream healthcare</p>
	<p>Cardiff Hubs & Libraries –Well Being Support Service T: 029 2078 0971 option3 E: Wellbeingteam@cardiff.gov.uk www.cardiffhubs.co.uk/wellbeing-support-service/</p> <p>To use this service, you can either be referred to us from another organisation, or you can contact us directly.</p> <p> @ Car_Wellbeing  @CardiffWellbeing</p>

For Emotional Support/Support after a trauma

	<p>BAWSO Cardiff Unit 4, Sovereign Quay, Havannah Street, Cardiff, CF10 5SF T: 02920644633 E: info@bawso.org.uk www.bawso.org.uk</p> <p>Support for Black & Minority Ethnic Women victims of trafficking, FGM, domestic violence and any other issues Free phone 0800 7318 147</p>
	<p>Hoops and Loops Cardiff Support group for LGBT+ Asylum Seekers E: wearehoopsandloops@gmail.com</p>
	<p>Mind Cardiff 166 Newport Road, Cardiff, CF24 1DL T: 02920 402040 E: admin@cardiffmind.org www.cardiffmind.org</p> <p>Support for anyone suffering from mental health problems</p>
	<p>Community Care and Wellbeing Service 62 Whitchurch Road, CF14 3LX T: 029 2034 5294 / 0754 9281 635 E: info@ccaws.org.uk www.ccaws.org.uk</p> <p>Advocacy, Befriending, Counselling, Referral</p>

For Destitution & Practical Support such as Food and Clothing

	<p>Oasis Cardiff 69b Splott Road, Cardiff, CF24 2BW T: 029 2046 0424 www.oasiscardiff.org/activities-services</p> <p>Monday to Friday 10am to 3pm Free space with some meals provided</p>
	<p>Trinity Centre Four Elms Road, CF24 1LE T: 02921321120 www.trinitycentre.wales</p> <p>Destitution Clinic – call to confirm the times</p>
	<p>Space4U Cardiff in Trinity Centre Four Elms Road, CF24 1LE T: 07561 648964 -Help and Information E: cardiffspace4u@outlook.com www.space4Ucardiff.co.uk</p> <p>T: 0756 1611 812 – for clothes E: Space4u.clothing@outlook.com</p> <p>General drop-in Monday and Thursday 10am-5pm</p>
	<p>Red Cross Destitution Drop-In Group in WRC 120-122, Broadway Cardiff, CF241NJ T: 0808 1967 273 E: info@wrc.wales www.wrc.wales/preventing-destitution-asylum-rights-programme/</p>
	<p>ShareDydd T: 07832357164 E: sharedydd@gmail.com www.sharedydd.org</p> <p>ShareDydd mission is to overcome homelessness and destitution among those seeking asylum in Cardiff by providing temporary accommodation in local community and practical advice & support.</p>

**Home4U**

T: 02920679833
www.home4ucardiff.org/

Home4U provides temporary accommodation for asylum seekers to provide respite from destitution and help restore health and well-being, dignity and hope. It encourages individuals to explore the limited choices available to them.

**Cardiff Foodbank Centre-**

T: 02920484120
www.cardiff.foodbank.org.uk/locations

St Mellons: Monday 1.00 - 3.00pm

Ely: Monday 1.00-3.00pm & Thursday 1.00 – 3.00pm

Cathays: Tuesday 1.00 – 3.00pm & Saturday 11.00 -1.00pm

Splott: Wednesday 1.00 – 3.00pm

Llanedeyrn: Wednesday 1.00 – 3.00pm & Friday 11:30-1:30pm

Cardiff Central: Thursday 10.00am -12.00pm

Grangetown: Friday 12.00 -2.00pm

For Moving On after Status is Granted

**Welsh Refugee Council- Move On Project**

120-122, Broadway Cardiff, CF241NJ

T: 0808 1967 273

E: info@wrc.wales

www.wrc.wales

Support with getting accommodation and benefits within the timeframe

**Cardiff Hubs & Libraries**

T: 029 2078 0971

E: contactlibraries@cardiff.gov.uk

www.cardiffhubs.co.uk/hubs

Advice Service including housing, benefit, council tax, food vouchers, school admission form and other related enquiries

Into Work, Money Advice and Adult Learning service

Free Library Service to borrow books, e-resources, events, and computers



@cdflibraries



@cardifflibraryservice

Transport

General: www.traveline.cymru

	<p>Find a Bus</p> <p>Cardiff Bus : www.cardiffbus.com/english/servicelisting.shtml Stagecoach: www.stagecoachbus.com National Express: www.nationalexpress.com</p>
	<p>Find a Train</p> <p>Train Times: www.nationalrail.co.uk</p>
	<p>Cardiff Taxi Companies</p> <p>Drive: 029 2014 0140 Dragon: 029 2033 3333 Premier: 029 2055 555 Capital Cabs: 029 2077 7777 Cardiff Cabs: 029 2090 9090</p>



For Emergency Help

Dial 999 or 112 for ambulance, fire, police or coast guard
Dial 101 for police (non-emergency)

For Help with Crime

- **Victim Support Line** @ 0808 168 9111 /
 - South Wales local victim care team @ 03003030161
- **Report a Hate Crime:** 0300 303 1982; hate.crimewales@victimsupport.org.uk
- **Samaritans** – 116 123 ; Listening Service: 0292 034 4022