

*Encouraging public spaces to offer community partners and neighbourhood groups the opportunity to provide a range of activities, programs, and services.*

## *Opening Door Connecting Torfaen*

# Community Information Folder

**Information for the community to access  
including local services, agencies,  
organisations, and wellbeing.**

*Opening Doors Development Officer  
Caroline, 01495 365614 / 07888 287 824  
caroline@tvawales.org.uk*

# Opening Doors Network:

North	Mid	South-East	South-West
Bethlehem Church	Sharon Full Gospel Church	Llanyravon Methodist Church (Tasty not Wasty CIC)	Fairhill Methodist Church Community Gardens
Garnsychan Partnership	High Street Fitness	Cwmbran Library	Thornhill Community Centre
Blaenavon Library	Pontnewynydd Community Centre	Ponthir Village Hall	CoStar The Threepenny Bit
Blaenavon Resource Centre	Mind Wellbeing Centre	HWB @ Woodland Road	Salvation Army Cwmbran
Forgeside Community Garden	Griffithstown Baptist Church	CCYP	Able
Nodda Church	Cold Barn Farm Community Centre	TLC Community Church	Ty Glas Y Dorlan
	Neighbourhood Learning Centre	Richmond Road Baptist Church	Mount Pleasant Community Hall
	Upper Trosnant Baptist Church	Ponthir Sports & Social Club	
	Pontypool Market	Court Farm & Oakfield Community Centre	
	Torfaen Museum		
	Pontypool Library		
	The Care Collective		
	Salvation Army Pontypool		

# Opening Doors Hubs:

## North

<b>Bethlehem Church</b>	07855 942 451
<b>Blaenavon Library</b>	01495 742333
<b>Blaenavon Resource Centre</b>	01495 365610
<b>Forgeside Community Gardens</b>	forgeside_rfc@hotmail.com
<b>Garnsychan Partnership</b>	01495 774453
<b>Noddfa Church</b>	01495 773469

## Mid

<b>Cold Barn Farm</b>	07826 529452
<b>Griffithstown Baptist Church</b>	01495 616060
<b>High Street Fitness</b>	admin@hsfuk.org
<b>Mind Wellbeing Centre</b>	01495 757393
<b>Neighbourhood Learning Centre (Log Cabin)</b>	01495 742127
<b>Pontnewynydd Community Centre</b>	07784 911906
<b>Pontypool Indoor Market</b>	01495 742757
<b>Pontypool Library</b>	01495 766160
<b>Sharon Church</b>	01495 750236
<b>The Care Collective</b>	01495 769996
<b>Torfaen Museum</b>	01495 752036
<b>Upper Trosnant Baptist Church</b>	01495 751020
<b>The Care Collective</b>	01495 769996 contact@thecarecollective.wales
<b>Salvation Army Pontypool</b>	01495767998

## South-West

<b>Able</b>	01633 960627
<b>CoStar</b>	01633 869227
<b>Fairhill Community Gardens</b>	01633 770204
<b>Mount Pleasant Community Hall</b>	07961 080043
<b>Salvation Army, Cwmbran</b>	01633 484324
<b>Thornhill Community Centre</b>	01633 380758 or 07549 973165
<b>Ty Glas Y Dorlan</b>	07848 335310

## South-East

<b>CCYP (Centre for Children &amp; Young People)</b>	01633 875851
<b>Cwmbran Library</b>	01633 647676
<b>HWB @ Woodland Road</b>	07517 127236
<b>Llanyravon Methodist Church</b> Tasty not Wasty CIC	01633 874127 07958 333 480
<b>Ponthir Sports &amp; Community Club</b>	01633 430970
<b>Ponthir Village Hall</b>	01633 420501
<b>Richmond Road Baptist Church</b>	01633 861034 or 07938 104498
<b>TLC Community Church</b>	07786 289340
<b>Court Farm &amp; Oakfield Community Centre</b>	cfocentre@outlook.com

# Services, Agencies & Organisations:

<p><b>Christians Against Poverty CAP</b> Debt Advice</p>	<p>0800 328 00006 contact@capuk.org</p>
<p><b>Citizen Advice</b> – Cwmbran Library, Pontypool town &amp; Blaenavon Resource Centre</p>	<p>01633 876121</p>
<p><b>Communities Connectors (TCBC)</b> communityconnectors@torfaen.gov.uk</p>	<p>01495 742397</p>
<p><b>Disability Advice Project</b> Welfare rights service to support disabled people, families &amp; carers</p>	<p>01633 485865 info@dapwales.org.uk</p>
<p><b>Gateway Credit Union</b> Loans and savings co-operative for Torfaen in Pontypool town and Cwmbran library</p>	<p>01495 832111 info@gatewaycu.co.uk</p>
<p><b>Integrated Wellbeing Network (IWN)</b> rebecca.smith23@wales.nhs.uk</p>	<p>Rebecca Smith 07866 825547</p>
<p><b>NHS 111 Wales</b> Available 24 hours a day, seven days a week, for urgent health advice and to access urgent primary care out of hours.</p>	<p>111 <b>Press 2</b> <b>for mental health crisis</b></p>
<p><b>The Care Collective</b> Support for carers</p>	<p>01495 769996 contact@thecarecollective.wales</p>
<p><b>TOG's [Torfaen Opportunity Group]</b> services for families who have children and young people with physical, learning, or sensory disabilities.</p>	<p>01495 751567 office@togscentre.co.uk</p>
<p><b>Torfaen Libraries</b> – Pontypool, Cwmbran, Blaenavon have a great deal to offer &amp; it's free</p>	<p>01633 647676 cwmbran.library@torfaen.gov.uk</p>
<p><b>Torfaen Voluntary Alliance (TVA)</b> Opening Doors Officer caroline@tvawales.org.uk</p>	<p>01495 365610 Caroline Andrews 01495 365614</p>
<p><b>Care &amp; Repair</b> provides help for homeowners and tenants, aged 60+ to enable to remain safe, secure and independent.</p>	<p>01495 745936 enquiries@crmon.org.uk</p>

# Wellbeing & Mental Health Support:

<b>Age Connect Torfaen – Widdershins Centre</b>	01495 769264
<b>Childline</b> – for children and young people under 19	0800 1111
<b>GDAS</b> Gwent Drug and Alcohol Service – free, safe and confidential drug and alcohol services.	01495 366810
<b>Growing Space</b> – wellbeing & mental health activities	01495 810718
<b>Hafan Cymru</b> – wellbeing support	01495 768830
<b>Inside Out Cymru</b> – arts and mental health charity	info@inside-out-cymru.org
<b>Mind</b> Torfaen and Blaenau Gwent – Wellbeing support	01495 757393
<b>Platform</b> – tenancy, wellbeing & debt support	01495 760390
<b>Pobl</b> – information & Advice services	0330 175 9726
<b>The Samaritans</b> – emotional support to anyone in emotional distress	116 123
Parkinson's UK	0808 800 0303
<p><b>Housing:</b></p> <p><b>Bron Afon Community Housing</b> For information about tenancies, rehousing, reporting ASB, paying rent, and tenancy support.</p> <p><b>Melin Homes</b> Providing affordable homes and services to people living in South-east Wales.</p> <p><b>The Wallich</b> For anyone who needs help and advice with housing, homelessness, and benefits.</p> <p><b>Gateway Team (TCBC)</b> Looking for support, Gateway Team will help you find support for your circumstances by completing a referral.</p>	<p>01633 620111 www.bronafon.org.uk</p> <p>01495 745910 www.melinhomes.co.uk</p> <p>01495 366895 thewallich.com</p> <p>01495 766949 gateway@torfaen.gov.uk</p>

<b>Employment Support:</b>	
<b>C4W Plus</b>	01633 648312
<b>Employability Team</b>	01633 647647
<b>Adult Community Learning:</b>	
<b>Pontypool (The Settlement)</b>	01495 742600
<b>Croesyceiliog</b>	01633 647700
<b>The Power Station</b>	01633 647647
<b>Community Councils:</b>	
<b>Pontypool</b>	01495 365951
<b>Cwmbran</b>	07703194263
<b>Croesyceiliog &amp; Llanyrafon</b>	01633 869933
<b>Henllys</b>	07703194263
<b>Ponthir</b>	07454988250
<b>Pontypool</b>	01495 365951
<b>Blaenavon</b>	01495 790643
<b>Sight Cymru (Pontypool)</b>	01495 763650
<b>TRAC2</b> Crisis intervention, provision of household items	01495764078 hello@trac2.org.uk
<b>Torfaen Leisure Trust</b>	01633 627100
<b>Building Resilient Communities:</b>	
Kay Marsh, Resilient Physical Wellbeing	07980 277157
Julian Allen, Advice and Crisis Mentor	07951 822017
Julian.Allen@torfaen.gov.uk	07908 215963
Samantha Scott, Advice & Crisis Engagement Officer	07834 555055
Helen Jenkins, Community Projects Manager	
Helen.jenkins@torfaen.gov.uk	
<b>Civic Centre</b>	01495 762200
<b>Digital Communities Wales (Help to get online)</b>	0300 111 5050
<b>The Care Collective</b> – support for unpaid carers gwentcarerhub@thecarecollective.wales	01495 769996
<b>Cyfannol Women's Aid</b> 3 Town Bridge Buildings, Pontypool Drop in Mon – Fri 9.30 – 4.30	03300 564456

## Useful Websites:

<p><b>Torfaen Voluntary Alliance</b></p> <p>Actively supporting community-based organisations, groups and volunteers, through promoting volunteering, wellbeing, providing community advice and supporting people and organisations</p>	<p><a href="http://www.tvawales.org.uk">www.tvawales.org.uk</a></p>
<p><b>Melo</b></p> <p>Contains information, advice &amp; self-help resources to help you look after your mental health and wellbeing.</p>	<p><a href="http://www.melo.cymru">www.melo.cymru</a></p>
<p><b>Citizens Advice</b></p> <p>Free, confidential, impartial advice and campaign on big issues affecting people's lives</p>	<p><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>
<p><b>Connect Torfaen</b></p> <p>The community platform where you can meet friends, make connections and share information</p>	<p><a href="http://www.connecttorfaen.org.uk">www.connecttorfaen.org.uk</a></p>
<p><b>Silver Cloud</b></p> <p>An easy to use and interactive online program designed to support your mental health and wellbeing</p>	<p><a href="http://www.nhswales.silvercloudhealth.co">www.nhswales.silvercloudhealth.co</a></p>
<p><b>Help Me Quit</b> provides structured support on preparing to quit, quitting, staying stopped and smoke-free future.</p>	<p><a href="http://www.helpmequit.wales">www.helpmequit.wales</a></p>
<p><b>Ask SARA:</b> information about products to make daily living activities in your home easier.</p>	<p><a href="http://www.gwentrpb.wales/asksara">www.gwentrpb.wales/asksara</a></p>
<p><b>Healthy Blaenavon</b> a range of information including wellbeing and Blaenavon Resource Centre</p>	<p><a href="http://www.healthyblaenavon.co.uk">www.healthyblaenavon.co.uk</a></p>
<p><b>Torfaen Borough Council</b></p>	<p><a href="http://www.torfaen.gov.uk">www.torfaen.gov.uk</a></p>
<p><b>Cyfannol Women's Aid</b></p>	<p><a href="mailto:torfaen@cyfannol.org.uk">torfaen@cyfannol.org.uk</a></p>



# Food Banks & Food Share:

## **WELL Food, Two Locks, Cwmbran**

TLC Community Church Two Locks Road Cwmbran NP44 7HG

Contact: Tony 07786 289340,

Open Wednesday 10am - 12pm, Thursday 10am - 12pm & Friday 10am - 12pm

## **CoStar, Cwmbran**

Contact: 01633 869227, Call to request a food parcel

Opening hours: 10am - 2pm Monday to Friday

## **Garnsychan Partnership**

Contact: 01495774453 or email [info@garnsychan.org.uk](mailto:info@garnsychan.org.uk)

Call to request a food parcel, Monday – Friday 9am – 4.30pm

## **Helping Hands R Us**

Pontymoile, Wainfelin, Tranch, Brywern, Penygarn

Contact: 07775863977, open Monday 9 – 12 & Friday 9 – 12, emergencies are covered at any time

## **Hope for the Community**

**Phone:** Matthew 07736035604, opening hours: Wednesday 10 – 2, Saturday 10 – 12noon

## **Age Connects Torfaen Fareshare Scheme**

All Torfaen, contact 01495 769264 for more information. Open Hours: Monday 9 – 4pm

## **Trac2 Shop 2, Church Avenue, Trevethin NP4 8DH**

Contact: 01495 764078, call to request a food parcel, opening hours: Monday – Friday 9am – 4pm

## **Blaenavon Fareshare**

Bethlehem Chapel, open Thursdays 10am – 11:30am

## **Noddfa Church,**

Open Wednesday & Friday, 10 – 12 noon

## **Panteg House**

Greenhill Road, Pontypool, NP4 5BE, contact: 07395 945697, call to request a food parcel

## **Eastern Valley Food Bank**

[www.easternvalley.foodbank.org.uk/locations](http://www.easternvalley.foodbank.org.uk/locations)

Contact: 01495 760605, email: [info@easternvalley.foodbank.org.uk](mailto:info@easternvalley.foodbank.org.uk) (voucher required)

### **Woodland Road Social Centre, Cwmbran**

Croesyceiliog, Contact: 07514 014263

Contact Councillor Joanne Gauden

### **Thornhill Community Centre**

Leadon Court, Cwmbran, NP44 5TZ, covers Thornhill, Upper Cwmbran and West Pontnewydd

Call 07549 973165 or 01633 380758, open Tuesday and Thursday 11 – 3pm

### **Celt Shop – Torfaen Works, Cwmbran**

Unit 5, Monmouth Walk, Cwmbran Town Centre

Open Tuesdays & Fridays, 10 – 4pm, Thursdays 11 – 4pm,

Contact 01633 647743 [employability@torfaen.gov.uk](mailto:employability@torfaen.gov.uk)

### **Croesyceiliog HWB**

Woodland Road Social Centre, 07540 250200, call to request a food parcel

Open Monday – Friday 11am – 12noon

### **Northville Community Group**

Northville Community Group, email: [northvillecg@gmail.com](mailto:northvillecg@gmail.com)

### **Tasty Not Wasty CIC**

Llanyrafon Methodist Church, Contact: [www.facebook.com/TastyNotWastyCIC](https://www.facebook.com/TastyNotWastyCIC)

Community Fridge open Tuesday – Saturday 10 – 11am

### **Salvation Army Cwmbran**

Wednesdays, 1:30 - 4 pm

### **Cwmbran Centre for Young People (CCYP)**

Foodbank collections, Friday afternoon, request a parcel call the Centre on 01633 875851

Monday - Friday 9 – 5 or message on Facebook page

**The Panty** Circulate Furniture Recycling, Unit 14 Gilchrist Thomas Industrial Estate, Community shop for people living in North Torfaen (£5 for 12 items). Tuesday and Thursday 10am – 3pm, 01495 793187 or [info@garnsychan.org.uk](mailto:info@garnsychan.org.uk), proof of name and address.

**The Pantry at Garnsychan HQ** – Community Shop (£5 for 12 items).

Open 10am – 3pm, Garnsychan Partnership, Winter season. Proof of name and address required.

**Victory Church UK** – shop for £4

Victory Church, Greenforge Way, Cwmbran, 07300 102 4580, email [hello@victorychurch.co.uk](mailto:hello@victorychurch.co.uk)

# Useful Information:

Check out the daily activities on TVAWales Facebook page.

**DAILY ACTIVITIES IN TORFAEN**

**Wednesdays**

*Coffee tastes better with a Friend*




**pobl Torfaen Vulnerable Adults & Hospital Discharge Service Timetable**

For more information call Emma Davies: 07796350738  
Email: Emma.Davies2@poblgroup.co.uk

Monday	Blaenavon Resource Centre	12.00am - 2.00pm	Housing advice & support drop in group
Tuesday	Mind Office Pontypool	11.00am - 1.00pm	Cooking on a budget
Wednesday	Two Locks Church Cwmbran	10.00am - 12.00pm	Housing advice & support drop in group
Saturday	Wallich Office Pontypool	09.30am - 1.00pm	Housing advice & support drop in group

**melo**  Grŵp Iechyd Prifysgol Amgylchedd a Chymuned (University Health Board)

Helping you find better ways to cope with life's problems.

Free mental wellbeing resources, courses & support.

Visit [www.melo.cymru](http://www.melo.cymru)

Follow us @melo\_wales   




**Do you require housing support?**

**Are you homeless or at risk of being homeless?**

Some examples of housing support include:

- Setting up and maintaining a home
- Basic life skills training
- Help with debt, managing a budget and claiming benefits
- Advice, advocacy and liaison with organisations
- Rent arrears
- Support to apply for funding for housing items
- Received an eviction notice

Housing support can help you access the tools and skills needed to find accommodation and live independently in your own home.

Our services also specialise in:

- Domestic abuse
- Learning disabilities
- Mental health issues
- Alcohol or drug dependency
- Vulnerable adults
- LGBTQ+
- Single parents and vulnerable families
- Financial support+
- Young People 16 - 24 (including those leaving care)

If you think you would benefit from housing support, you can contact the Housing Support Grant Team for more information:

01495 766949  
gateway@torfaen.gov.uk  
www.torfaenhomes.co.uk

 /torfaenhomes  @TorfaenHomes




**CYSYLLTU Torfaen CONNECT Torfaen**

**Connect with YOUR COMMUNITY Cysylltwch Â'CH CYMUNED**



Visit/Ewch i: [connecttorfaen.org.uk](http://connecttorfaen.org.uk)

**Connect Torfaen**



**CYSYLLTU Torfaen CONNECT Torfaen**

**Have you checked out Connect Torfaen?**

A new online social network for you to explore.

It's the place to find community activities, events and collaborate with like-minded people.

Community groups can also sign up and support each other on the site, while sharing ideas and expertise.

Create your profile today at: [www.connecttorfaen.org.uk](http://www.connecttorfaen.org.uk) - then pass this on, and let's Connect Torfaen!

**Ydych chi wedi edrych ar Cysylltu Torfaen?**

Rhwydwaith cymdeithasol arlein newydd i chi ei ystyried.

Mae'n ymdrech i fod Y lle i gael hyd i weithgareddau cymdeithasol, digwyddiadau a chydweithredu gyda phobl sy'n meddwl yr un fath â chi.

Gall grwpiau cymunedol gofrestru hefyd a chefnogi ei gilydd ar y safle, gan rannu syniadau ac arbenigedd.

Crëwch eich proffil heddiw yn: [www.connecttorfaen.org.uk](http://www.connecttorfaen.org.uk) - ac yna lledaenwch y gair, er mwyn i ni allu Cysylltu Torfaen!

# Citizens Advice Torfaen Opening Hours & Outreach

cyngor ar  
bopeth

citizens  
advice

Torfaen

## Monday

- **Portland Buildings, Pontypool** – drop-in & appointments availability, 9.30am – 3.30pm
- **Cwmbran Library** – drop-in & appointments availability, 9.30am – 3pm
- **Blaenavon Resource Centre** – appointments only
- **Hill City Church Foodbank** – drop-in, 6pm – 7pm

## Tuesday

- **Portland Buildings, Pontypool** – drop-in & appointments availability, 9.30am – 3.30pm
- **Cwmbran Library** – drop-in & appointments availability – 9.30am – 3pm
- **Blaenavon Resource Centre** – drop-in, 9am – 12pm
- **Trac 2, Trevethin** – drop-in & appointments availability, 10am – 3pm (starting 4<sup>th</sup> July 23)
- **Co-Star, Fairwater** – drop-in, 10am – 12pm
- **Pontypool Job Centre** – \*every other Tuesday\* – drop-in, 12pm – 4pm

## Wednesday

- **Portland Buildings, Pontypool** – drop-in & appointments availability, 9.30am – 3.30pm
- **Blaenavon Resource Centre** – appointments only
- **Cwmbran Job Centre** – drop-in – 10am – 3pm
- **Pontypool Market** – drop-in, 10am – 2pm  
(note: may only be signposting available due to confidentiality & room availability)
- **Two Locks Community Church** – drop-in, 10am – 12pm
- **Hill City Church Foodbank** – drop-in, 1pm – 3pm
- **Salvation Army, Cwmbran** – drop-in, 1.30pm – 3.30pm

## Thursday

- **Portland Buildings, Pontypool** – drop-in & appointments availability, 9.30am – 3.30pm
- **Cwmbran Library** – drop-in & appointments availability, 9.30am – 3pm
- **Victory Church, Blaenavon** – drop-in, 1pm – 3pm
- **Victory Church, Cwmbran**, \*last Thursday of every month\*, 1pm – 4pm

## Friday

- **Portland Buildings, Pontypool** – drop-in & appointments availability, 9.30am – 3.30pm
- **Cwmbran Library** – drop-in & appointments availability, 9.30am – 3pm
- **Blaenavon Resource Centre** – appointments only
- **Salvation Army, Pontypool** – drop-in, 10am – 12pm

## Saturday

- **Cwmbran Library** – drop-in & appointments availability, 9.30am – 12.30pm

### Debt Advice drop-in availability:

**Portland Buildings**, Monday – Friday & **Cwmbran Library**, Tuesday, Thursday & Friday

Drop in availability can be subject to change due to staffing, this may result in a drop-in being closed on a particular day/morning with limited notice or longer waiting periods.

For updates on drop-in services please contact 01633 876121.

**To arrange an appointments ring – 01633 876121**