

Caer Las has been working across South Wales for over thirty years, helping vulnerable people gain their deserved place as valued members of society.

All our services focus on tackling social exclusion and cover Swansea, Bridgend, Neath Port Talbot, Cardiff and Carmarthenshire. They range from help and advice to find or maintain a home and support with mental health issues, through to creative or skills workshops and social activities. We currently work with around 1,000 people per year.

Caer Las's vision is for everyone to feel valued as individuals and within their community. We believe everyone has the right to their own identity and shouldn't be labelled by their circumstances. We also believe people have skills, experience and insights to draw on, even in difficult times, that make them the real 'experts' in finding solutions. Our role is to give them the time, space and support to move forward at their own pace and make the changes that matter to them.

Our plans include building stronger links between our practice and research to achieve a deeper understanding of social exclusion, leading to lasting change. We also want to develop more sustainable and flexible services by investing in a social business that will offer more positive opportunities for vulnerable people.

www.caerlas.org.uk

Registered Office

The Customs House
The Marina
Swansea
SA1 1RG

Swansea Office

Access Point Office
The Strand
Swansea
SA1 2AW

Cardiff Office

15A Clive Road
Canton
Cardiff
CF5 1HF

Neath Port Talbot Office

6 Forge Road
Port Talbot
SA13 1NU

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Connect Project

What is the Project About?

Connect is a membership project that offers a weekly programme of events and activities for people with continuing mental health problems.

Connect is valued enormously by its members, who come along to feel part of a safe and welcoming community, where they can socialise and learn new skills at their own pace.

What does the Project Do?

At the heart of Connect is its relaxed café-style environment, complete with its own small courtyard. Here, members can just sit quietly, or enjoy company and conversation with others.

A wide programme of events and activities is on offer throughout the week. Workshops include a range of Arts and Crafts, Basic Skills and IT Skills, as well as healthy living activities such as cooking, cycling, aromatherapy and football. The project also has an allotment.

Members find Connect helps them build confidence as well as discover new talents and build new friendships.

In addition to a skilled staff team, Connect has a member's Helpers Group and a member's Action Group. These offer members the opportunity to share their skills with each other and to be directly involved in decisions about the project's activities.



**The Customs House, Cambrian Place
Swansea SA1 1RG Tel: 01792 465383
Email: connect@caerlas.org.uk**