



caer las

tackling social exclusion because everyone counts

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 provide them with 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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Routes Project



What is the Project About?

Our Routes Project is for people aged 16 and over whose circumstances are insecure or unstable and would like help to get their lives back on track. Often people are so affected by their circumstances they can't find a way out of them on their own, but don't know who to turn to.

Routes offers support to work out the steps you need to take and the opportunities and services that are available to help you. We want to help you develop a more comfortable and fulfilling life where you feel more in control.

What does the Project Do?

Our friendly and knowledgeable team offer one-to-one confidential support and advice with matters such as

- What to do if you are homeless or at risk of becoming homeless
- How to get the benefits you are entitled to
- How to sort out your debt problems
- Building your confidence and developing your skills
- Getting the health care you are entitled to

The team is also skilled at listening and giving emotional support to help people cope with the impact of their circumstances.

Routes is based in the centre of Port Talbot, but we also cover Neath and the surrounding areas. Please feel free to contact us or call in and talk to someone who will listen. We guarantee you a friendly welcome.



6 Forge Road, Port Talbot SA13 1NU

Tel: 01639 898333

Email: routes-npt@caerlas.org.uk