

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

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caer las

Cardiff Support Scheme

What is the Project About?

Caer Las is highly experienced in helping people build more stable and fulfilling lives.

Our Cardiff Support Scheme specialises in offering friendly advice and support to help people understand their responsibilities as a tenant and feel more confident in managing their home.

Tenants who need our support are referred to the scheme by Cardiff City Council.

What does the Project Do?

A member of our support team will spend time getting to know each individual's circumstances. We then work closely with them to plan the steps they need to take and the help they'll need along the way.

Our team is experienced, skilled and knowledgeable about opportunities and services that can help tenants improve their situation. This includes help with finances and debt, benefits and welfare advice, health and social issues, as well as work and training opportunities.

Our team is also skilled at listening and providing emotional support to help people build confidence in coping with their circumstances.

We take great pride in our work and aim for the highest standards of support and service.



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