

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



Outreach Project

What is the Project About?

Our Outreach Project is for people who are homeless, or feel they may be at risk of becoming homeless.

Support is provided by a knowledgeable team who can help people gain a better understanding of their rights and the options available to them, depending on their circumstances.

What does the Project Do?

The Project offers practical advice and support with matters such as:

- Housing
- Benefits
- Finances
- Substance misuse
- Settling into a home

We also provide opportunities for group activities that offer positive and shared experiences. These have been proven to help people build confidence and feel more valued in their community. Previous activities included creating a Wildlife Garden and providing a certificated First Aid course.

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

For further information and directions on how to find us, please contact our friendly Outreach Team.



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