

# CHANGE STEP

Support for military  
veterans in Wales



## What is Change Step?

Change Step offers effective support for veterans in Wales — including dedicated services for those in crisis, older veterans, and people with mental health and substance misuse needs.

Our team of veteran peer mentors use their own experiences to help veterans confront challenges in their lives, and to navigate and engage with support services throughout Wales.

## Who is Change Step for?

We help anyone who has been a member of the UK Armed Forces, full-time or reserve.



## Get in touch to find out how we could help.

### Details of our Drop-In/Advice Sessions

ABERYSTWYTH	9 Portland Road, Aberystwyth SY23 2NL	Fortnightly Tuesdays, 6-8pm
BARRY	Witchill Community Hall CF63 1DP	Tuesday, 10am-1pm
CAERPHILLY	Caerphilly Library, Room 2	First Tuesday of each month, 10am-12pm
CARDIFF	Inroads, 98 Neville St. Cardiff, CF11 6LS	Every Wednesday, 10am – 1pm
MOUNTAIN ASH	Fernhill Community Centre, Fernhill CF45 3EW	Monday, 10am-12.30pm
PORT TALBOT	12 Café, 37 Commercial Street, Taibach SA13 1LN	Tuesday, 11am-2.30pm
TON-PENTRE /GELLI	Dinam Park, Pentre, CF41 7AT	Thursday 9.30 -12.30pm

Change Step offers  
support, activities,  
comradeship  
and camaraderie  
for veterans  
throughout Wales



0300 777 2259



[www.changestepwales.co.uk](http://www.changestepwales.co.uk)



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ChangeStepWales



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Change Step is led by CAIS, and delivered throughout Wales by the DACW network.

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