

# CHANGE STEP



## Next Steps

Change Step peer mentors provide bespoke support to help tackle serious stress in veterans, their carers and families



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

ABERYSTWYTH	9 Portland Road, Aberystwyth SY23 2NL	Fortnightly Tuesdays, 18:00 - 20:00
AMMANFORD	Ammanford Pensioners Hall, Quay Street, Ammanford, SA18 3EN	Thursday, 10:00 - 12:30 (1 <sup>st</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Thurs of the month)
BARRY	Witchill Community Hall CF63 1DP	Tuesday, 10:00 - 13:00
BLAENAVON	Blaenavon Resource and Health Surgery, Middle Coed Cae Road, Blaenavon NP4 9AW	First Weds of every month, 10:00 - 12:00
CAERPHILLY	Cedar Tree, Toby carvery, Corbett Lane, Pwll-Y-Pant, CF83 3HX	First Tuesday of every month, 09:30 - 11:30
CARDIFF	Brew up session, Inroads, 98 Neville St. Cardiff, CF11 6LS	First Weds of every Month, 18:00 - 20:00
CARDIFF ELY	Ely & Caerau Community Hub,	Friday 10:00 - 13:00
GRANGETOWN CARDIFF	Grangetown Hub, Havelock Place, Cardiff, CF11 6PA	Tuesday 15:00 18:00
MOUNTAIN ASH	Fernhill Community Centre, Fernhill CF45 3EW	Monday, 10:00 - 12:30
PORT TALBOT	WCADA, 46 Talbot Rd, SA13 1HU	Tuesday, 11:00 - 14:00
TON-PENTRE /GELLI	Dinam Park, Pentre, CF41 7AT	Thursday 9:30 - 12:30
TREDEGAR	Tredegar Library, The Circle, Town Centre, Tredegar NP22 3PS	Third Tuesday of every month 10:00 - 12:00
LLANDUDNO	Troop Café, The Coach Park, Mostyn Broadway, Llandudno LL30 1YL	Friday 13:30 - 15:30

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or search **ChangeStepWales** on social media