At nearly 520,000 hectares, Powys is the largest county in Wales, accounting for a quarter of the nation. But, with a population of just 134,000, it is home to less than five per cent of Wales’ population, making it the sparsest populated county in both England and Wales.

Powys is an area of tremendous variation, with dramatic mountains, rolling hills and fertile valleys sweeping through its glorious scenery. It boasts one of Wales’ 3 National Parks - The Brecon Beacons - and has three of Britain’s most spectacular rivers, The Severn, The Wye and The Usk.

The county is huge - travelling from north to south is equivalent to travelling from London to Bristol, and if all its rights of way (footpaths where citizens are allowed to walk) were laid end-to-end they would stretch to San Francisco.

The county has a number of market towns, including Newtown (the largest), Ystradgynlais, Brecon, Llandrindod Wells, Builth Wells, Welshpool, Machynlleth, Hay on Wye and Llanidloes.

The two main languages of Powys are English and Welsh. The county is steeped in history, with Georgian architecture and brown and white timbered buildings. Powys is also home to the world-famous Hay Literary Festival and The Brecon Jazz Festival.

Agriculture and tourism are important parts of the Powys economy, along with light manufacturing.
Powys County Council is the local government in the area you will be living in. Democratically elected politicians are called local councillors. They are responsible for providing a range of vital services and for making decisions which have an impact on local residents’ lives.

Powys County Council is the largest employer in the county, providing jobs for around 5,000 people – more than 10 per cent of the working population, and has a huge impact on the local economy.

Schools and Education - There are 79 primary schools in Powys, including 5 infant schools and 2 junior schools. Primary school sizes range from 30-300. 20 primary schools currently provide education through the medium of Welsh. 11 of these are Welsh-medium only schools, and 9 are dual stream schools, where pupils choose to attend either the Welsh or English medium. Approximately 17% of pupils in Powys primary schools currently access Welsh-medium education.

There are ten secondary schools in Powys, ranging in size from just under 500 to 1200 pupils. There is one all-through school covering the 4-18 age range. There are also 3 special schools in Powys for pupils with complex additional learning needs.

In the secondary sector, Welsh-medium provision is provided by Welsh streams in 5 secondary schools, although the number of Welsh-medium pupils and the number of subjects available in each school varies significantly. More details can be found at [www.powys.gov.uk/schools](http://www.powys.gov.uk/schools).

Adult Social Care - These services work alongside older people, people with a sensory impairment, people with mental health issues and people with learning and/or physical disabilities.

There are a number of social work teams across Powys, which are made up of Social Workers, Reviewing Officers, Community Nurses and other professionals. To access Adult Social Care services you will need to telephone Powys People Direct on 01597 827666.

Free Rubbish Collection and Recycling Services - Powys residents are provided with kerbside boxes for weekly collections of paper/card, glass, cans, plastics and food waste. Waste that cannot be recycled is collected every three weeks.

We provide 5 Household Waste Recycling Centres, which accept bulky waste, as well as several Community Recycling Sites. For more information please contact us on 0345 602 7035 or visit [www.powys.gov.uk/recycle](http://www.powys.gov.uk/recycle).
Transport
Traveline Cymru provides full public transport information. For further information, visit [https://www.traveline.cymru](https://www.traveline.cymru) or call 0300 200 22 33.

The main bus services in Powys are:
- T4 Newtown - Llandrindod - Brecon - Merthyr - Cardiff
- X47 Llandrindod Wells - Rhayader - Llanidloes - Aberystwyth
- X63/T6 Brecon – Sennybridge – Ystradgynlais – Neath – Swansea
- X75 Llanidloes - Newtown - Welshpool - Shrewsbury
- X43 Brecon - Crickhowell - Abergavenny
- X71 Newtown - Montgomery - Welshpool - Oswestry
- X85 Newtown - Llanbrynmair - Caersws – Machynlleth
- 39 Brecon – Hay on Wye - Hereford

There are 2 railway lines in Powys. The Heart Of Wales Line (Swansea to Shrewsbury) has 13 stops (Sugar Loaf, Llanwrtyd, Llangammarch, Garth, Cilmeri, Builth Road, Llandrindod Wells, Pen-Y-Bont, Dolau, Llanbister Road, Llangynllo, Knucklas & Knighton). The Cambrian Line (Aberystwyth to Shrewsbury) has 5 stations in Powys (Dovey Junction, Machynlleth, Caersws, Newtown & Welshpool).

Language Classes - Powys County Council will be arranging a series of English for Speakers of Other Languages classes (ESOL) in communities where refugee families are living. The classes are for adult learners, as school age children will have English lessons in school.

Culture And Heritage - These play an important role in Powys, with around 24,000 people (20% of the population) being Welsh-speakers.

Information about Powys' theatres, museums and other events can be found here: [www.powys.gov.uk/museums](http://www.powys.gov.uk/museums)

Community Projects - Powys has a huge range of community and voluntary organisations. You can find out more about the services and social activities they provide at: [www.infoengine.cymru](http://www.infoengine.cymru)

Transport
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- X43 Brecon - Crickhowell - Abergavenny
- X71 Newtown - Montgomery - Welshpool - Oswestry
- X85 Newtown - Llanbrynmair - Caersws – Machynlleth
- 39 Brecon – Hay on Wye - Hereford

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Powys County Council also have responsibility for the following:
- Local Parks, Playgrounds and Wildlife Areas
- Reporting Concerns about Anti-Social Behaviour, Noise, Animal Welfare and Trading Standards
- Housing
- Local Taxation (Council Tax)
- Roads, Highways, Pavements and Streets
- Registration Of Births, Marriages And Deaths
Physical Health – You will need to register with a General Practitioner (GP) to receive general healthcare. A GP is sometimes referred to as a ‘family doctor’ Your GP will look after your general health needs and refer you to a specialist clinic or consultant if they feel this is needed. It is not unusual for some conditions to be assessed and treated in General Practice by a nurse or therapist without needing to see a doctor in person.

District General Hospitals provide emergency medical services and a wide range of specialist ‘secondary’ care services. Singleton and Morriston Hospitals are the district general hospitals for Ystradgynlais. District general hospitals in Shrewsbury and Telford, Wrexham and Bronglais (Aberystwyth) are the main general hospitals for Newtown, depending on health needs. Hereford, in England, is the closest district general hospital for Llandrindod Wells, being about one hour by car. Some clinics are provided in Local Community Hospitals in Newtown, Llandrindod and Ystradgynlais. These hospitals also provide rehabilitation units for adult day patients and inpatients.

If you need medical help or advice, but it’s not a life-threatening situation, call the NHS 111 Wales service by dialling 111. The NHS 111 Wales telephone service is available 24 hours a day, 7 days a week and you can use it for urgent health advice on what services to access or how to manage your illness or condition. You can also visit the website at www.111.wales.nhs.uk

If you are worried about your own, or someone else’s, mental health, please call NHS 111 Wales and pick Option 2.

If someone is seriously ill or injured, call 999

EMERGENCY CONTACTS
If you need any of the emergency services, Call 999 and ask for either

- Police
- Fire Brigade
- Ambulance

NON-EMERGENCY CONTACTS
If you require Dyfed Powys Police and it is not urgent, then you should telephone them on 101, this service is available 24 hours a day, 7 days a week. You can also call 101 to give information to the police or make an enquiry.
There are 4 hospitals in Powys, all with Minor Injuries Units (MIUs). For every hospital, it is important to always call ahead before attending. Contact details and MIU opening times are given below, along with the nearest Accident and Emergency Department (A&E).

**Breconshire War Memorial Hospital (Brecon)**
Address: Cerrigcochion Road
Brecon
LD3 7NS
Phone: 01874 615800
MIU Open: 24 Hours, daily
Nearest A&E: Prince Charles Hospital, Gurnos Road, Merthyr Tydfil, CF47 9DT (01685 721721)

**Llandrindod Wells Memorial Hospital (Llandrindod Wells)**
Address: Temple Street, Llandrindod Wells
LD1 5HF
Phone: 01597 828735
MIU Open: 7AM - Midnight daily
Nearest A&E: Hereford County Hospital, Stonebow Road, Hereford, HR1 2BN (01432 355444) and Nevill Hall Hospital, Brecon Road, Abergavenny NP7 7EG (01873 732732)

**Victoria Memorial Hospital (Welshpool)**
Address: Isallt Westwood Road
Welshpool
SY21 7DU
Phone: 01938 558919
MIU Open: 08:00 - 20:00, daily
Nearest A&E: Royal Shrewsbury Hospital, Mytton Oak Road, Shrewsbury, SY3 8XQ (01743 261000)

**Ystradgynlais Community Hospital (Ystradgynlais)**
Address: Glannhyd Road, Ystradgynlais, SA9 1AU
Phone: 01639 844777
MIU Open: 08:30 – 16:00, Mon-Fri (closed weekends / Bank Holidays)
Nearest A&E: Morriston Hospital, Heol Maes EGLwys, Morriston, SA6 6NL (01792 702222)

More information about hospitals in Powys can be found at: [www.pthb.nhs.wales](http://www.pthb.nhs.wales)
Many health issues can be resolved in the community without the need to go to hospital. The list below shows what is available locally:

**Dentists** – you can walk into any dental surgery and register with a local dentist. They will check your teeth and provide any treatment that you may need. A subsidised fee may be charged. There are long waiting times for some dentists, but if you are in pain, you will be seen by the community dentist service.

**Opticians** – you can walk into any high-street optician and make an appointment to have your eyes tested. They will refer you to a specialist if they are unable to carry out the treatment that you need. The optician may charge a subsidised fee for their services.

**Pharmacies** – Local high-street pharmacies can provide health advice as well as services such as influenza vaccinations, hearing tests and help with stopping smoking. They also have ‘over the counter’ medicines for sale. Prescriptions are free for residents in Wales (people living in other parts of the UK may be charged a fee for prescriptions).

**Mental Health** – your GP can refer you for specialist help with mental or emotional health. Specialist services are also available for children and young people. There are many different community-based services that can help. You can make an appointment yourself with some of these and others can be accessed by a referral from another agency, like your GP.

**Women and Children’s Services in Powys**
Women and Children’s Services provide support to children and families who have physical or/and mental health needs (including learning disability and communication difficulties). The service is available to children aged 0-18, and their extended families (apart from the school nurse service which is from 4-18). Services are county-wide, based in centres and hospitals within the community. Staff are trained specialists and work closely with associated teams. Further information can be accessed via www.powysthb.wales.nhs.uk/women-and-childrens-services

**Maternity Services**
Maternity services provide 24-hour care from the beginning of pregnancy until 28 days after the baby is born. Maternity services in Powys are provided and led by registered Midwives, who work closely with obstetric services in our neighbouring district general hospitals.

**Child and Adolescent Mental Health Services (CAMHS)**
This is a specialist service available from 9-5, Monday - Friday. There is also an out of hours intensive family support team available at other times.

There is a useful list of local health services on the NHS Direct website at www.nhsdirect.wales.nhs.uk or you can ring them to find out more on 0845 4647.
POWYS COMMUNITY COUNCIL AND POWYS HEALTH CONTACTS

POWYS COUNTY COUNCIL CONTACTS
General Enquiries - 01597 827460
Main Switchboard - 01597 826000
Website - www.powys.gov.uk
Address - County Hall, Spa Road East, Llandrindod Wells, LD1 5LG

DEPARTMENTS
Adult Social Care - Powys People Direct - 01597 827666
Assist - 0345 602 7050 - www.powys.gov.uk/ASSIST

Benefits - www.powys.gov.uk/benefits

Children’s Services - www.powys.gov.uk/article/1501/Services-for-Children
www.powys.gov.uk/childrenandfamilies

Household Waste And Recycling - 0345 602 7035 www.powys.gov.uk/recycle

Housing - www.powys.gov.uk/housing

Leisure Centres - www.powys.gov.uk/sportsandleisure

Libraries - www.powys.gov.uk/libraries

Museums, Arts And Culture - www.powys.gov.uk/museums

Roads, Parking And Transport - www.powys.gov.uk/highways

Schools and Education - www.powys.gov.uk/schools

Ukraine Information - www.powys.gov.uk/article/13623/Ukraine

HOSPITALS WITH MINOR INJURY UNITS
Breconshire War Memorial Hospital - 01874 615800
Llandrindod Wells Memorial Hospital - 01597 828735
Victoria Memorial Hospital (Welshpool) - 01938 558919
Ystradgynlais Community Hospital - 01639 844777

COMMUNITY HEALTH CONTACT NUMBERS
Maternity Services: 01874 622443

Health Visiting:
Newtown - 01686 626426 or 01686 617480
Ystradgynlais - 01639 846079
Llandrindod Wells - 01597 828746

Occupational Therapy - 01874 715678

Learning Disability and Physiotherapy:
Newtown - 01686 617465
Llandrindod and Ystradgynlais - 01874 615643

School Nursing:
Newtown - 01686 617456
Ystradgynlais - 01639 846430
Llandrindod Wells - 01597 828701

Community and Special School Nursing:
Newtown - 01686 617445
Llandrindod and Ystradgynlais - 01874 615661

CAMHS (Child and Adolescent Mental Health Service):
Newtown - 01686 617450
Llandrindod and Ystradgynlais - 01874 615662

Further information can be accessed via
gwww.powysthb.wales.nhs.uk/women-and-childrens-services
**Leisure Centres within Powys**

If you are interested in finding out more information, visit the below website for further information, [https://en.powys.gov.uk/sportsandleisure](https://en.powys.gov.uk/sportsandleisure). Where you can find your nearest centre, view their opening hours and see all the facilities and services offered.

<table>
<thead>
<tr>
<th>Centre</th>
<th>Email</th>
<th>Contact no</th>
</tr>
</thead>
<tbody>
<tr>
<td>Llanfair Caereinion Sports Centre</td>
<td><a href="mailto:caereinion@freedom-leisure.co.uk">caereinion@freedom-leisure.co.uk</a></td>
<td>01938 810634</td>
</tr>
<tr>
<td>Knighton Sports Centre</td>
<td><a href="mailto:knighton@freedom-leisure.co.uk">knighton@freedom-leisure.co.uk</a></td>
<td>01547 529187</td>
</tr>
<tr>
<td>Llanfyllin Sports Centre</td>
<td><a href="mailto:llanfyllin@freedom-leisure.co.uk">llanfyllin@freedom-leisure.co.uk</a></td>
<td>01691 648814</td>
</tr>
<tr>
<td>The Flash Leisure Centre</td>
<td><a href="mailto:theflash@freedom-leisure.co.uk">theflash@freedom-leisure.co.uk</a></td>
<td>01938 555952</td>
</tr>
<tr>
<td>Bro Ddyfi Leisure Centre</td>
<td><a href="mailto:broddyfi@freedom-leisure.co.uk">broddyfi@freedom-leisure.co.uk</a></td>
<td>01654 703300</td>
</tr>
<tr>
<td>Llanidloes Sports Centre</td>
<td><a href="mailto:llanidloes@freedom-leisure.co.uk">llanidloes@freedom-leisure.co.uk</a></td>
<td>01686 412871</td>
</tr>
<tr>
<td>Newtown/Maldwyn Leisure Centre</td>
<td><a href="mailto:maldwyn@freedom-leisure.co.uk">maldwyn@freedom-leisure.co.uk</a></td>
<td>01686 628771</td>
</tr>
<tr>
<td>Rhayader Leisure Centre</td>
<td><a href="mailto:rhayader@freedom-leisure.co.uk">rhayader@freedom-leisure.co.uk</a></td>
<td>01597 810355</td>
</tr>
<tr>
<td>Brecon Leisure Centre</td>
<td><a href="mailto:brecon@freedom-leisure.co.uk">brecon@freedom-leisure.co.uk</a></td>
<td>01874 623677</td>
</tr>
<tr>
<td>Builth Wells Sports Centre /Swimming Pool</td>
<td><a href="mailto:builthwellscentre@freedom-leisure.co.uk">builthwellscentre@freedom-leisure.co.uk</a></td>
<td>01982 552324</td>
</tr>
<tr>
<td>Llandrindod Wells Sports Centre</td>
<td><a href="mailto:llandrindodwells@freedom-leisure.co.uk">llandrindodwells@freedom-leisure.co.uk</a></td>
<td>01597 824249</td>
</tr>
<tr>
<td>Ystradgynlais Sports Centre</td>
<td><a href="mailto:ystradgynlais@freedom-leisure.co.uk">ystradgynlais@freedom-leisure.co.uk</a></td>
<td>01639 844854</td>
</tr>
<tr>
<td>Presteigne Leisure Centre</td>
<td><a href="mailto:eastradnor@freedom-leisure.co.uk">eastradnor@freedom-leisure.co.uk</a></td>
<td>01544 260302</td>
</tr>
<tr>
<td>Crickhowell</td>
<td>SportsC@<a href="mailto:crickhowell@hs.powys.sch.uk">crickhowell@hs.powys.sch.uk</a></td>
<td>01873 810997</td>
</tr>
</tbody>
</table>
WELCOME TO POWYS COMMUNITY LIBRARIES

You can visit and join a library of your choice. Membership in Powys is free. Visit the library and ask our friendly librarians to help you with the process of joining a library. Once you have done this, you will be able to use all the facilities and online services that are on offer at Powys libraries.

<table>
<thead>
<tr>
<th>Library</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brecon Library</td>
<td>Y Gaer, Glamorgan Street, Brecon, Powys, LD3 7DW</td>
<td>01874 623346</td>
</tr>
<tr>
<td>Builth Wells Library</td>
<td>Antur Gwy, Park Road, Builth Wells, Powys, LD2 3BA</td>
<td>01982 552722</td>
</tr>
<tr>
<td>Crickhowell Library</td>
<td>Silver Street, Crickhowell, Powys, NP8 1BJ</td>
<td>01873 810856</td>
</tr>
<tr>
<td>Hay-on-Wye Library</td>
<td>Oxford Road, Hay on Wye, Powys, HR3 5BT</td>
<td>01497 820847</td>
</tr>
<tr>
<td>Knighton Library</td>
<td>Bowling Green, Knighton, Powys, LD7 1DR</td>
<td>01547 528778</td>
</tr>
<tr>
<td>Llandrindod Wells Library</td>
<td>The Gwalia, Ithon Road, Llandrindod Wells, Powys, LD1 6AA</td>
<td>01597 826870</td>
</tr>
<tr>
<td>Llanfair Caereinion Library</td>
<td>The Institute, Llanfair Caereinion, Powys, SY21 0RY</td>
<td>01938 81028</td>
</tr>
<tr>
<td>Llanfyllin Library</td>
<td>Youth and Community Centre, Llanfyllin, Powys, SY22 5DB</td>
<td>01691 648794</td>
</tr>
<tr>
<td>Llanwrtyd Library</td>
<td>Ysgol Dolafon C.P., Llanwrtyd Wells, Powys, LD5 4RA</td>
<td>01591 60657</td>
</tr>
<tr>
<td>Llanidloes Library</td>
<td>Llanidloes Town Hall, Great Oak Street, Llanidloes, Powys, SY18 6BN</td>
<td>01686 412855</td>
</tr>
<tr>
<td>Machynlleth Library</td>
<td>Maengwyn Street, Machynlleth, Powys, SY20 8DY</td>
<td>01654 702322</td>
</tr>
<tr>
<td>Montgomery Library</td>
<td>Arthur Street, Montgomery, Powys, SY15 6RA</td>
<td>01686 668937</td>
</tr>
<tr>
<td>Newtown Library</td>
<td>Park Lane, Newtown, Powys, SY16 1EJ</td>
<td>01686 626934</td>
</tr>
<tr>
<td>Presteigne Library</td>
<td>Market Hall, Presteigne, Powys, LD2 2AD</td>
<td>01544 260552</td>
</tr>
<tr>
<td>Rhayader Library</td>
<td>West Street, Rhayader, Powys, LD6 5AB</td>
<td>01597 810548</td>
</tr>
<tr>
<td>Talgarth Library</td>
<td>Ysgol y Mynydd Du, Hay Road, Talgarth, Powys, LD3 DDQ</td>
<td>01874 711665</td>
</tr>
<tr>
<td>Welshpool Library</td>
<td>Y Lanfa / The Wharf, The Canal Wharf, Welshpool, Powys SY21 7AQ</td>
<td>01938 553001</td>
</tr>
<tr>
<td>Ystradgynlais Library</td>
<td>Temperance Street, Ystradgynlais, Powys, SA9 1JJ</td>
<td>01639 845353</td>
</tr>
</tbody>
</table>
INFORMATION & ADVICE SERVICES

Powys Citizens Advice Bureau helps people resolve their legal, money and other problems by providing information and advice. Telephone: 0345 6018421 Website: https://www.powyscitizensadvice.org.uk

Brecon Advice Centre: 11 Glamorgan Street, Brecon. LD3 7DW Telephone: 0345 6018421

Newtown Advice Centre: Ladywell House, Newtown. SY16 1QS Telephone: 0345 6018421

Powys Money Advice Service: Offering free and confidential money advice and support by phone or personal appointment. Telephone: 01874 612153 or email: wrteam@powys.gov.uk Website: www.powys.gov.uk/moneyadvice

Ystradgynlais Advice Centre: The Welfare Hall, Brecon Road, Ystradgynlais. SA9 1JJ Telephone: 0345 6018421


Brecon Advice Centre provides free confidential advice about debt, state benefits, employment, housing and neighbour problems, relationship matters, consumer advice, legal queries, utility service problems, etc. 12 Castle Street, Brecon LD3 9BU Telephone: 01874 624595 Website: www.breconadvicecentre.org.uk

Shelter Cymru (housing information and advice) Telephone: 0845 075 5005 Email: emailadvice@sheltercymru.org.uk Website: www.sheltercymru.org.uk

Age Cymru Powys (information and advice for people aged 60+ and their families) Website: http://www.ageuk.org.uk/cymru/powys/

Newtown Office:
Age Cymru Powys, Old Warehouse, Parkers Lane, Newtown, Powys, SY16 2LT Telephone 01686 623707 Email: enquiries@acpowys.org.uk National Age Cymru Advice Line: Telephone: 08000 223 444

Powys Youth and Family Information Service (free confidential information service for young people aged 11 – 25 and families) Telephone: 01874 612419 Email: fis@powys.gov.uk Website: https://www.powys.gov.uk/fis More information and contact details of other specialised information and advice services can be found at: www.powys.info-engine.org.uk/

Credit unions are member-owned, not-for-profit financial cooperatives that provide savings, credit and other financial services to their members. Members benefit from higher returns on savings, lower rates on loans and fewer fees on average.

South Powys: Brecon and District Credit Union Telephone: 01874 620104 Email: info@breconcreditunion.co.uk Website: https://www.breconcreditunion.co.uk/

Mid Powys: Red Kite Credit Union Telephone: 01597 824000 Website:https://www.redkitecreditunion.co.uk

North Powys: Cambrian Credit Union Telephone: 0333 2000 601 Website: https://www.cambriancu.com
In Powys we are extremely lucky to have a number of community groups dedicated to supporting refugees (and hosts). Details of which are below.

**Powys Ukrainian Refugee Host Support Facebook Group**
https://www.facebook.com/groups/703177414456482/

**Newtown Welcome Hub**
Drop-in session with refreshments, every Monday, 1:30pm – 3pm.
Ponthafren, Long Bridge Street, Newtown SY16 2DY

**Llandrindod Refugee/Resettlement Support Group**
Llandrindod Refugee/Resettlement Support Group (LRSG) aims to help Ukrainians (and other refugees) settle and integrate in the local area. They tend to have monthly meetings in a local café (The Herb Garden) for Ukrainians to meet other people and to offer them support if needed. They have done local tours and a few day trips, and also have plans underway for different social evenings in future.

If you want to get involved with the group, please email penelopenicholson@outlook.com

Ukrainian guests, may want to join this Facebook group:
https://www.facebook.com/groups/739950573885068/

**Presteigne Ukrainian Support Group**
Presteigne Ukrainian Support Group assists refugees and hosts with transport needs, language classes, finding work, housing, and health appointments.

Contacts:
- Carol Driver
carolmdriver@hotmail.co.uk
  01544 260 457
- Kate Van den Ende
katevandenende@btinternet.com
  07506 718 853
- Emma Lilley (from 1st March)
emma.lilley@btinternet.com
  01544 267462/ 07730181413
**Hay, Brecon, and Talgarth Sanctuary for Refugees**

Hay Brecon and Talgarth Sanctuary for Refugees (HBTSR) started in 2015 to help support people who were forced to leave their homes and move to South Wales.

HBTSR is a group of volunteers who want to help welcome people seeking sanctuary by arranging activities, days out, raise money to help provide essentials, and campaign for a fairer and kinder immigration system. More details are on their website: [https://hbtsr.cityofsanctuary.org/ukraine](https://hbtsr.cityofsanctuary.org/ukraine) or email via the below address.

- hbts4refugees@gmail.com

**Knighton and District Refugee Support Group**

Knighton and District Refugee Support Group welcome and support all refugees who may come to the area, wherever they are from. They raise money for international as well as UK refugee organisations such as Care for Calais and Medicine San Frontiers.

They also aim to raise awareness of the plight of all refugees through local educational activities, events etc. Knighton and District Refugee Support Group work with other local organisations such as Knighton Community Centre to provide practical assistance for local Ukrainian guests and their hosts. We are currently working on a register of people (all DBS checked) who can offer lifts to essential appointments, as well as other support to local refugee guests and hosts.

For specific transport requests email Sheila Clarke via the below address.

- knightonrsg@gmail.com

**Crickhowell Supports Ukraine**

Regular meetings:
- Crickhowell – Thursday, 4:45pm, Crickhowell Evangelical Church, Silver Lane, Crickhowell, NP8 1BB.
- Brecon – Tuesday, 4:30pm, The Muse, Brecon, LD3 7DW.

Facebook:
- [https://www.facebook.com/groups/1832677450260595/](https://www.facebook.com/groups/1832677450260595/)

WhatsApp:
- Hosts - +44 7791 983155 (Leanne)
- Guests - +44 7392 979619 (Katya)

Contact: Rhiannon
- rhiannon.aber@btinternet.com
The Deaf Health Charity SignHealth - Psychological Therapy Service
SignHealth offer services to deaf people who may be experiencing one or more of the following conditions: Depression, Anxiety, OCD (Obsessive Compulsive Disorder), PTSD (Post-Traumatic Stress Disorder), Phobias, Loss or, Bereavement, Confidence problems or Low self-esteem, Family or work stresses, Identity issues and, Abuse.
Text: 07966 976747
Email: therapy@signhealth.org.uk
https://www.signhealth.org.uk/with-deaf-people/psychological-therapy/therapy-service/

NHS 111 British Sign Language (BSL) Service
Using your computer and webcam, or the Interpreter Now app on your smartphone or tablet, you make a video call to a BSL interpreter. This service is open all day every day ("24/7")
https://www.interpreternow.co.uk/nhs111old

24/7/365 C.A.L.L. Mental Health Helpline for Wales
Offers emotional support and information/literature on Mental Health and related matters to the people living in Wales. Anyone concerned about their own mental health or that of a relative or friend can access the service. The Helpline offers a confidential listening and support service. Ring C.A.L.L. on 0800 132 737. Calls are free and you can ask for an interpreter.
https://callhelpline.org.uk/index.php

Traumatic Stress Wales
Traumatic Stress Wales aims to improve the health and wellbeing of people of all ages living in Wales at risk of developing or living with post traumatic stress disorder (PTSD) or complex post traumatic stress disorder (CPTSD). The work of Traumatic Stress Wales also includes the development of a list of resources for people who have been specifically impacted by the situation in Ukraine. These resources can be found in Ukrainian at this link:

Royal College of Psychiatrists
Mental Health information in Ukrainian - Coping after a Traumatic Event:
Підгання наслідків травмуваної події (coping after a traumatic event)|Royal College of Psychiatrists rcpsych.ac.uk

Community and Voluntary Organisations www.infoengine.cymru
Mental Health Helpline for Wales 0800 132 737 www.callhelpline.org.uk
NHS Direct 0845 46474 www.nhsdirect.wales.nhs.uk
Traveline Cymru 0300 200 22 33 www.traveline.cymru
WELCOME TO POWYS

FURTHER USEFUL LINKS

British Red Cross
The British Red Cross is the UK's largest provider of services for refugees, asylum seekers, vulnerable migrants and survivors of trafficking. The British Red Cross can help you and your family to find out about services and support that might be available. Call 0808 196 3651 (open between 10am - 6pm daily) or visit the link below. [www.redcross.org.uk/get-help/get-help-as-a-refugee/help-for-refugees-from-ukraine](http://www.redcross.org.uk/get-help/get-help-as-a-refugee/help-for-refugees-from-ukraine)

Migrant Help – UK
Migrant Help provides independent advice and guidance to assist asylum seekers in the UK move through and understand the asylum process. Free asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK. Just call 0808 801 0503. Email: info@migranthelpuk.org
Website: [http://www.migranthelpuk.org/](http://www.migranthelpuk.org/)

Women for Refugee Women
Women for Refugee Women is a charity challenging the injustices experienced by women who seek asylum in the United Kingdom. Email: admin@refugeewomen.co.uk
Website: [https://www.refugeewomen.co.uk](https://www.refugeewomen.co.uk)
Tel: +44 (0) 20 7250 1239

Asylum helplines - GOV.UK
Get help by phone if you’re an asylum applicant or refugee and you need advice about the asylum process or adapting to life in the UK. Tel: 0808 801 0503
Opening Times: Monday to Friday, 8am-8pm (24-hour service for emergencies)
Website: [https://www.gov.uk/asylum-helplines](https://www.gov.uk/asylum-helplines)