

**BAVO  
IS THE UMBRELLA  
ORGANISATION FOR  
VOLUNTARY AND  
COMMUNITY  
ACTIVITY  
THROUGHOUT THE  
COUNTY OF  
BRIDGEND.**

If you want to find out more about the community and voluntary groups that provide support services in and across Bridgend County, contact BAVO on 01656 810400.

We can put you in touch with over 400 local groups covering everything from debt counselling to bereavement care.

**Emergency contacts:**

Police, fire, ambulance services: 999

Bridgend Police Station:  
01656 665555

NHS direct: 0845 46 47

Bridgend Emergency Duty Team (Social services out of hours)

07831 143600

Princess of Wales Hospital: 01656 752752

**We're on the web!  
[www.bavo.org.uk](http://www.bavo.org.uk)**

**Bridgend Association of Voluntary Organisations**  
  
**Cymdeithas Mudiadau Gwirfoddol Penybont ar Ogwr**

**LOCAL AND NATIONAL SUPPORT ORGANISATIONS**

**Samaritans—24 hour listening service**

**Tel: 08457 909090**

**Childline—free and confidential advice and support for children and young people**

**Freephone: 0800 1111**

**DAN 24/7—Wales Drug and Alcohol 24 hour helpline**

**Freephone: 0800 6335588**

**FRANK—Drugs Advice Helpline**

**Freephone 0800 776600**

**Wales Domestic Abuse Helpline**

**Tel: 0808 8010800**

**CRUSE—Bereavement Support Helpline**

**Tel: 0844 4779400 (Mon—Fri 09.30am—5pm)**

**WEB HELP FOR YOUNG PEOPLE**

**RD4U (Road for You) is a website designed for young people by young people. It is part of Cruse Bereavement Cares Youth Involvement project and it was set up to help those young people coping with the death of someone close to them.**

**Visit: <http://www.rd4u.org.uk/index.html>**

**'There4me' is a website aimed at 12-16 year olds who are worried about something and need some help. They can help with loads of issues like abuse, bullying, exams, drugs and self harm. It's a confidential service.**

**Visit: <http://www.there4me.com/home/index.asp>**

**Local services  
continued....**

**Young People's  
Counselling project:  
01656 724057**

**Bridgend YMCA  
Counselling Service:  
01656 654613**

**Bridgend Youth  
Info Shop  
01656 651585**

**Porthcawl Counsel-  
ling Service :  
01656 786486**

**Community Advice  
& Listening Line:  
0800 132737**

There is also an in-  
schools counselling ser-  
vice available for certain  
age groups of pupils:  
Contact your local  
school for information.

BAVO  
112-113 Commercial Street  
MAESTEG

Phone: 01656 810400  
Fax: 01656 812151

E-mail: [bavo@bavo.org.uk](mailto:bavo@bavo.org.uk)

**We're on the web!  
[www.bavo.org.uk/](http://www.bavo.org.uk/)**

**Papyrus—08000 684141**

**Support for people dealing with depression or emotional distress  
(Mon—Fri 10am—2pm & 7pm—10pm; Weekends 2pm—5pm)**

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**Bridgend Women's Aid—24 hour helpline (01656 766139)**

**Domestic abuse support, advice and information for  
women and children**

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**Gingerbread—0800 0185026**

**Lone parent helpline , for information and advice  
(Mon—Fri : 9am—5pm)**

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**Citizen's Advice Bureaux (CAB)**

**Bridgend: 01656 654951 (Mon—Fri 10 am—1pm)**

**Maesteg : 01656 734662 (Mon, Tue, Thu, Fri 10am—12.45pm)**

**For advice on legal, debt, money, welfare and other problems**

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**Community Legal Service Direct- 0845 345 4345**

**Providing free, quality legal information**

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**UK Insolvency helpline—0800 074 6918**

**Free & confidential advice on finance and debts**

**(Mon—Sat : 9am—9pm)**

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**Marriagecare—0845 660 6000**

**Support & counselling around relationship difficulties and breakdown**

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**Shelterline—0808 800 4444**

**Emergency access to refuge services**

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**Runaway helpline—0808 8007070**

**A confidential service for anyone under 17 who has run away from  
home or care, or been forced to leave.**