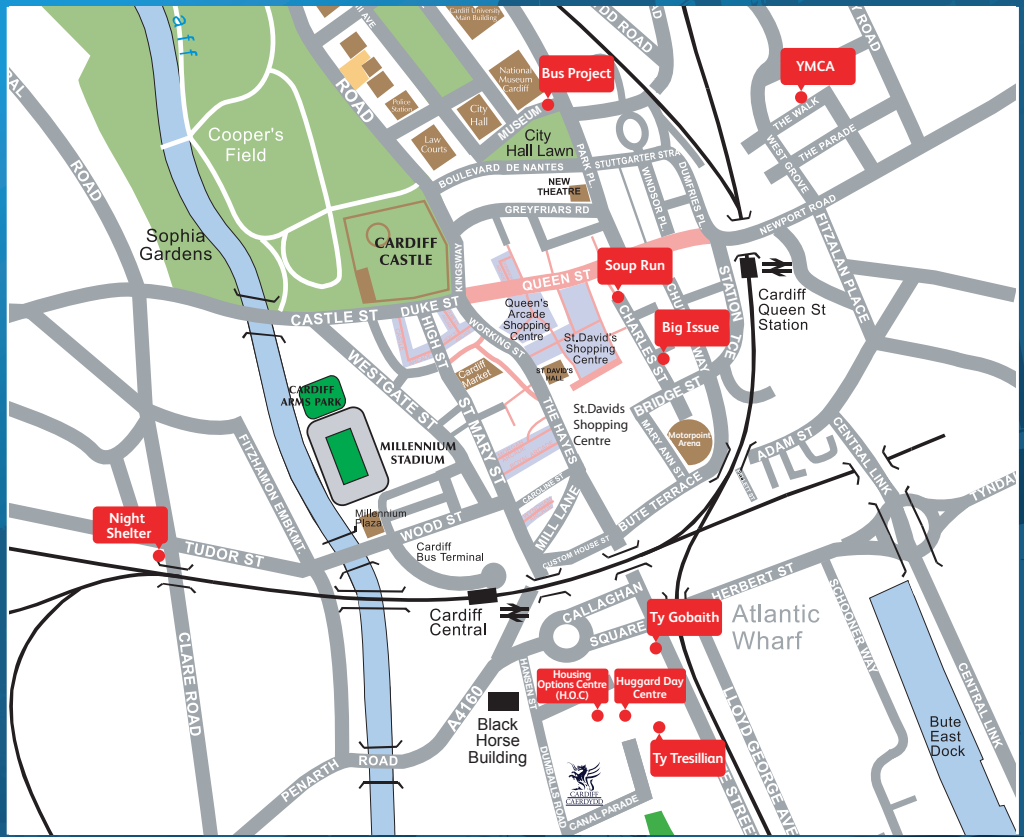


## › Guide for homeless people in Cardiff



### › HANR Outreach Services

(Advice and services for homeless and vulnerable adults). Housing Options Centre (HOC), Hansen Street, Cardiff, CF10 5DW

Freephone: **0808 100 1327**



### › Breakfast Run

Daily service from 7am checking known sites in & around Cardiff. Based at the Old Museum toilets, Museum Avenue from 8.15am

### › The Bus Project - Museum

Sunday 5.30 – 8.00pm  
Monday – Thursday,  
6.30 - 9.00pm

### › The Soup Run

Every evening from  
8pm, Charles Street  
(rear of M&S)

### › Street Pastors

Every Friday &  
Saturday night from  
10pm - 4am in the  
City Centre.

## › Sleeping Rough in Cardiff

### **Cold can kill**

Sleeping rough is dangerous at any time for people that are alone. If there is no alternative please remember:

- Sleep where there are other people
- Sleep on blankets or a sleeping bag, never directly on the ground – a bench or cardboard would be better
- Eat or drink something hot before you go to sleep, this will help to retain heat
- Keep your hands, feet and head well covered
- Alcohol causes dehydration, lowers body temperature and can cause hypothermia which can be fatal. Don't drink alcohol before going to sleep.

## › Housing & Hostel accommodation

If you are homeless or about to become so, we will provide you with the help and assistance that you need to find accommodation. Whatever your situation, please seek help immediately, contact the:

**Housing Options Centre, Hansen Street, Cardiff, CF10 5DW, Telephone: 029 2057 0750 (daytime) or 029 2087 3141 (emergency out of hours)**

Hostel and emergency accommodation is available via the **Gateway Service** based in the Housing Options office.

**Monday Friday 9am – 4.30pm  
Thursday 11am – 4.30pm**

Outside of these hours, emergency accommodation can be accessed via the Bus Project or by direct presentation at Ty Tresillian next to the Huggard Day Centre.

## › Useful Contacts

**The Huggard Centre** (day centre for advice and support): Huggard Buildings, Hansen Street, Cardiff, CF10 5DW, 029 2064 2000

Day Centre for advice and support daily all year round between 8.30am – 7.30pm

**Entry to Drug & Alcohol Services (EDAS):** 0300 300 7000 Monday – Friday 9am -4.30pm

**Doctor for the Homeless:** Dr Kay Saunders and Partners, Butetown Health Centre, Loudoun Square 029 2048 3126

**Nurse for the Homeless:** based at Housing Options Centre Monday – Friday 9.30am – 11.30am

**Dentist for the Homeless -** 3rd Friday of every month

**Jobcentre:** 0845 604 3719

**Big Issue Office:** 029 2033 7792

**Women's Aid:** 029 2046 0566 & **Samaritans:** 08457 90 90 90