

who are we?

We support people who have or may be developing alcohol or drug problems.

We try and understand why this is happening.

We encourage and support people to live healthier life styles where alcohol and drugs no longer feature.

Our accommodation, support and therapeutic services support people to make positive changes to their lives.

We work with people in South East Wales from Cardiff to Barry and the Vale of Glamorgan.

why do we do this?

It's simple really... **because people matter.**

Our highly trained staff are dedicated to making a difference to people's lives.

We believe people have the ability to change their lives in a positive way.



our purpose

pen yr enfys is part of the seren group.

seren group provides housing & support which makes a real difference to peoples lives.

our values

This isn't just a list of good words.

Our values describe the people we are. They describe the way we have always done things and the way we always will.

- openness
- fairness
- integrity
- respect
- ambition
- responsibility

support



what do we do?

We work with all kinds of people. Some of the people we work with are homeless, others are not, some are in work, others are not.

These are people who have or may be developing alcohol or drug problems.

supporting people

Our assessment therapeutic and treatment services are delivered in safe and comfortable surroundings. Our highly skilled and dedicated team are friendly and relaxed.

To ensure we provide the best possible services for people, we work closely with health, social care and voluntary organisations.

We provide residential and move on accommodation where people are able to live in a supportive environment.

People can also 'drop in' to 'The Fitz', our day and activity centre, where they can spend time in a relaxed and informal setting. All visitors are welcome.

We encourage people to learn new skills, participate in activities, find alternative interests and lead healthier lifestyles. Our allotment scheme, for example, is a fantastic way for people to get outdoors, to get some fresh air and exercise. Then, once they've planted and grown healthy food, they learn how to cook it.



supporting families

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People with an alcohol problem can have a devastating and overwhelming affect on the lives of people around them. That is why we make it our priority to support and counsel loved ones, families and friends.

supporting business

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Alcohol or drug problems can affect people's ability to work, hold down a steady job which can impact on their employer. We design and deliver specialist training and treatment services to employers and Human Resource teams.

Employees are given information and advice to help them understand the impact alcohol or substance use can have on themselves and their colleagues in the workplace.

treatment



treatment and training

We provide training and treatment services to business which include:

Community rehabilitation

This is a community based therapeutic day and life skills service.

A personal and confidential service, we offer alcohol advice, information, intervention and alternative therapies for people with alcohol problems.

People who use this service are able to better understand their alcohol consumption and we help them to make healthier life choices. Our team prides itself on its rapid response to requests for counselling.

We believe it is very important that people are involved in any decisions that affect their lives. So, we work with people to help them develop social skills and introduce them to healthier lifestyles that go beyond alcohol and drug consumption. Our service is tailored to meet individual needs in a safe and relaxed environment.

Fitzhamon 'Drop-in', Cardiff

Affectionately known as the 'Fitz', our drop in centre is both welcoming and informal. Visitors can take part in a variety of activities or simply chill out and relax and have a cup of tea or coffee. There's always someone to talk to at the 'Fitz' and our snack bar is run by staff who always have a team of very willing volunteers to help them out! It's surprising how popular our snack bar is and everyone likes to get involved! We also operate a small 'drop-in' at our Barry office.

living

our accommodation

People living in our accommodation are asked to make a commitment to their personal development. This involves planning for their future and taking positive steps in their lives. They are encouraged to participate in activities to help to build confidence and enhance life skills.

Dyfrig House, Cardiff

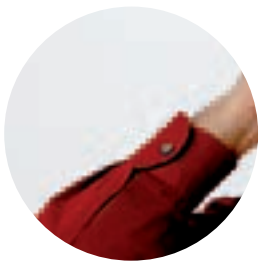
Our 21 bed direct access hostel offers temporary accommodation to homeless people. Our team are on hand 24 hours a day providing to support people in a safe and informal environment.

Glan yr Afon, Cardiff

Our 6 bed move-on facility provides temporary accommodation for homeless people. A senior team member is on hand during the week. Weekend and out of hours support is available at nearby Dyfrig House.

Intermediate support

We provide intermediate support for people who are committed to giving up alcohol and are able to live independently, with just a little support. Again, we support people wherever possible for as long as we are needed.



training and counselling services to business

We work with employers to help them deal with the growing problem the effects of alcohol and drugs are having in the work place.

Alcohol and drug awareness course

Our courses are tailored to meet individual need and available to both employers and employees. The sessions can be held at our training centre or at company premises.

Assessment, counselling and treatment services

If a business has concerns about alcohol or drug use in the workplace, we can discretely help you assess the extent of the problem and introduce a customized intervention programme.



volunteer and training services

Volunteers are important to us. They make a valuable contribution to our work. If you are interested in making a difference to people's lives, we would love to hear from you.

If you have a bit of spare time and are interested in helping others, give us a call on **02920 388715** and we will tell you more about our work.



to find out more about us, please get in touch

call us on
02920 388715

visit our website
www.penyrenfys.org.uk

come and see us at
**182a Cowbridge Road
East, Canton Cardiff
CF11 9NE**

Useful contact numbers in

Cardiff:

Treatment advice & therapeutic 02920 388003
services

Residential services 02920 232127

The Fitz, drop in 02920 388003

Training & counselling to business 02920 388715

Useful contact numbers in the

Vale of Glamorgan:

Vale alcohol support & advice 01446 743607
service

Supporting
people to overcome
problem alcohol
& substance use



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Canton Cardiff CF11 9NE**



If you would like this brochure in a different language or format, please let us know.