

inroads wellbeing institute



“We are committed to promoting health and wellbeing for all.

To offer a confidential service, providing advice, support, information and counselling, to those affected by substance use/misuse (including family and friends) in Cardiff”

services and activities:

Opening hours 9.30am-5.00pm
Monday to Friday

- Open-access crisis intervention service
- Appointments (one to one support) daily
- Referrals to other agencies
- Telephone support line
- Young persons' worker (including under 16's)
- Youth group work (By appointment)
- Outreach service
- Counselling (By appointment, Thursdays and Fridays, AM)

- Auricular Acupuncture (By appointment, daily)
- IT skills (Mondays 11AM-1PM)
- Craft group (Tuesdays 2-30-4-30PM)
- Open cooking session (Wednesdays AM)
- Women only group (Wednesdays 1-30-4-30PM)
- Art Group & support group (Thursdays 1-30-4PM)
- Meet, Eat, Greet (Fridays 12 noon)
- Roof gardening (Fridays 1-4 PM)
- Shiatsu (monthly)

Contacts:

*“Growing
People”*



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Referrals:

Anyone can make referrals i.e. Self, Family/Friend, GP/Health Worker, Probation, Social Services, other Support Workers. Referrals can be made in person, by calling at the Agency, by letter, or phone call. Activity groups are open to all

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ROOM BOOKING AVAILABLE BY APPOINTMENT.