

who are we?

Solas-Cymru provides a wide range of services to anyone experiencing issues that impact upon their life. We offer accommodation; specialist support; quality advice; training; employment and education, personal to the individual.

We aim to help people get to where they want to be in life.



how do I access the scheme?

We accept self referrals to Albert Street, we also accept referrals from local agencies such as drug, alcohol and housing services.

For further information about Albert Street please contact:

3 Albert Street
Newport
NP20 2PD
Tel: 01633 662061



For further information about solas please visit our website:
www.solas-cymru.co.uk



Albert Street

Direct Access
Housing and Support

what is Albert Street?

Albert Street provide supported housing for 21 people aged between 18-65, providing short term direct access accommodation in Newport.

what support do we provide?

Our support workers are able to offer you support which might include:

- A resettlement package - helping you move into the community
- Positive changes to drug and alcohol use
- Support with mental health challenges
- Building confidence and self esteem
- Budgeting, benefits and money advice
- Setting up and organising your daily routine
- Dealing with relationships
- Support to attend meetings
- Individual and group activities
- Help and advice on education, training and employment
- Support to link in with other agencies

what else can you expect from living at Albert Street?

Compass:

Access to in-house education, training and volunteering. Gain employment skills or move on to other opportunities.

Psychology Service:

Headed by Dr Rick Budd who has over 20 years experience

- Recovery based model
- Integrated approach with mental health services

Workshops include:

Safer relationships, drug and alcohol awareness, budgeting and money management.

Rewards include:

Bowling, Monkey World, St Fagans, go carting and lots more.

Have a voice:

Get involved in running Albert Street and Solas. Maybe you will join the residents board or write a newsletter?

amazing experiences

Solas Allotment

Grow your own food, learn about and gain qualifications in horticulture. Then learn to cook what you have grown in our catering project.

Catering and IT

We provide a variety of courses with recognised qualifications.

Photography Exhibition

Residents created a unique look at life resulting in an exhibition in Newport Library.

Activity Lounge

Air hockey, pool table, gym - meet new people and learn new skills.

