



Cardiff and Vale University Health Board  
**Unpaid Carers Information Service**

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro  
**Gwasanaeth Gwybodaeth i Ofalwyr Di-dâ**

# Transport

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## Blue Badge Scheme

The Blue Badge scheme helps those who are disabled park closer to their destination. For more information contact Cardiff Council's Blue Badge helpline on 029 2087 3209 or Contact One Vale on 01446 700111. Information is also available on the councils' websites.

## Outpatient Appointments

An ambulance to attend an outpatient appointment can be booked either through your GP practice or through the Non-Emergency Transport Centre. When booking transport for the first time, call 0300 123 2303 between 8 am to 6 pm on weekdays.

The person needing the transport must meet certain criteria, for example:

- need a stretcher for the journey
- need continual support to walk
- receive regular dialysis or cancer treatment

Entitlement will be established when you contact the transport booking centre. If you are not eligible, information on alternative transport providers will be offered.

## Community Transport

**Voluntary Emergency Service Transport (VEST)** – a dedicated bus service for elderly, disabled and housebound people from their home to anywhere in Cardiff including transport to GP appointments. They also run a dial a bus service that take people from their homes into Cardiff City Centre for a small cost. Call 029 2049 0335.

- **East Vale Community Transport** – community transport for those who live in east Vale of Glamorgan and who have difficulty accessing regular transport services. Call 029 2070 5138.
- **Greenlinks** – Transport for people living in the rural Vale of Glamorgan. You must register to be a member of the scheme and book a trip 24 hours in advance. Call 0800 294 1113.
- **Dinas Powys Voluntary Concern** – provide community transport for the elderly and people with disabilities. Call 029 2051 3700.

## Public Transport

Traveline Cymru provides up to the minute information about bus and train timetables, helps with planning your journey and gives advice on current disruptions. Contact 0800 464 00 00 or go to [www.traveline.cymru](http://www.traveline.cymru).

People aged 60 or older and disabled people receive free travel on local bus services in Wales. Disabled people who need assistance to travel may also be allowed to take a companion with them for free. Contact the Vale Council on 01446 700111 or Cardiff Council on 029 2087 2087 for more information. Information is also available on the councils' websites.

## Free Park and Ride

University Hospital of Wales: There is a free park and ride from Pentwyn to UHW - postcode CF23 8HH. The service runs Monday to Friday, with buses every 20 minutes and the journey time is around 6 minutes. The first bus leaves Pentwyn at 6.30am and the last bus leaves University Hospital of Wales at 9pm.

The full timetable is available on [www.cardiffbus.com](http://www.cardiffbus.com).

## Motability

The Motability scheme enables disabled people exchange their mobility allowance to lease a new car, powered wheelchair or scooter. Call 0300 456 4566 or [www.motability.co.uk](http://www.motability.co.uk) for more information



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# We are here to help



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