



## About GMB Wales and South West

21 Dec 2018

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Wales and South West Region is one of nine GMB regions that make up the national organisation with over half a million general members employed in workplaces and organisations across the United Kingdom of Great Britain and Northern Ireland. Wales and South West Region covers all of Wales as well as South West England, from Gloucestershire to Cornwall.

If you need to contact the GMB about a workplace issue please contact your workplace representative or GMB Officer in the first instance who will usually be in a better position to give specific workplace advice and assistance. If you do not have contact details for your GMB representative or officer please contact one of our regional offices at the details below. You will then be referred to the appropriate workplace representative, branch official or full time officer who will respond as soon as possible.

If you wish to contact by email, please use the Contact us box on the [Regional Homepage](#).

### Cardiff Office (Regional Office)

Garley House  
17 Newport Road  
Cardiff  
CF24 0TB



Tel: 029 2049 1260

## **Bristol Office**

4 Hide Market, Waterloo Street  
Bristol  
BS2 0PH

Tel: 0117 9554470

## **Colwyn Bay Office**

Lower Ground Floor, Commodore House, 51 Conway Road  
Colwyn Bay  
LL29 7AW

Tel: 01492 535313

## **Cornwall Office**

The Old Arts School, Clinton Road,  
Redruth  
TR15 2QE

Tel: 01209 213950

## **Plymouth Office**

Ground Floor East, Princess Court, 23 Princess Street  
Plymouth  
PL1 2EX

Tel: 01752 660219

## **Swansea Office**

Alexandra House, 1 Alexandra Road,  
Swansea



SA1 5ED

Tel: 01792 467803

