

UPDATE: 26/5/20

Community Support

Meal Delivery, Shopping, Medication collection, general support during COVID 19 outbreak

PLEASE NOTE THE SERVICES THAT HAVE BEEN OFFERED MAY CHANGE TIMES AND OFFERS MAY BE EXTENDED OR DISCONTINUED AS THE SITUATION CHANGES. PLEASE CALL SERVICE DIRECT FOR UP TO DATE INFORMATION.

Any changes or new services identified please send to susansmith@cccpartners.org.uk

AMMAN GWEDRAETH

Groceries

MADDOCKS STORE top tumble open for groceries 8am – 6pm. Offering phone and collect and also local deliveries. They are also doing afternoon teas to click and collect and local deliveries, telephone number is: 01269839463.

WATKINS GROCERY, 10 Heol Y Neuadd, Tumble , 01269 832856, meal delivery and grocery deliveries, Ty Dyffryn delivery every Monday at 2.30pm, Thursday at 3.30pm. VERIFIED

THE Y FARCHNAD FACH LTD, 4 Bethesda Rd, Tumble, Llanelli, Dyfed, SA14 6HY, Tel: 01269 844555, they deliver to quite a large area groceries and fuel (gas and coal) and also do a hot meal delivery service. Shop in Capel Hendre also Please phone for further details. VERIFIED

J J'S FISH BAR, Glanamau, Ammanford SA18 1DJ, 01269 267637, delivery 9.00am – 2.00pm, also offering deliveries of groceries from local supermarkets. VERIFIED

TYCROES SUPERMARKET, 01269 594464, 17 Ammanford Rd, Tycroes, Ammanford SA18 3QJ Home deliveries or groceries. 7.00am – 9.00pm VERIFIED

CIG Y CENNEN, Dai Watkins 5 High St, Llandybie, Ammanford SA18 3HX Butchers, vegetables, takeaway goods, pies and pasties, dairy goods, 01269 850814

DDOL FACH DAIRY , deliveries to Llanelli and Ammanford Areas, call 01554 7557355 Mathew or Moire, for eggs, milk, bread, butter, cheese, yogurts, juices, cereal, tea, sugar, cleaning products and toilet paper. Delivery every other day, more areas can be added if there is customer demand. Call 8.00am – 4.00pm or email admin@ddolfachdairy.co.uk VERIFIED. (please note also on Llanelli list)

MARTIN THE BUTCHER, 21 Quay St, Ammanford SA18 3DB, butcher's shop will continue to open-as usual- - Monday to Saturday .A great selection of fresh local meat, take,-away deli-rolls etc. Savoury/ sweet pastries,also jams/ local honey. THERE IS A FOOD DELIVERY SERVICE. Please ring this number to order, 01269 595 606 VERIFIED

NISA, DREFACH. Heol Caegwyn, Drefach, Llanelli SA14 7BA, general groceries, order by phone Contact 01269 843777, 7.00am – 8.00pm happy to accept payment by card, over the phone. VERIFIED

SID'S SUPERMARKET, 9 Bryngwili Rd, Cross Hands, Llanelli SA14 6LR delivering. You can ring up and order over the phone, 01269 839534, 7.00 – 9.30pm , Mon – Wed 7.00am – 10.am for elderly to collect pension and use shop, they can do a collect service too where the food will be waiting in a bag for you to collect. They can also supply meat from the butcher, and act as a one stop shop. Sid's supplies, among other things, local produce. You can also do your banking in the post office. VERIFIED

SIOP Y PENTRE AND SIOP BRYNAMMAN are starting a delivery service for people over 18 who are isolating in the community. General groceries, orders can be placed by phone or text between 8 am and 4 pm, deliveries after 4.00pm. Please contact Jay on 07506789431 or Karen on 07796275695. Payment by card over the phone to Jay only or cash on delivery. VERIFIED

MARTIN THE BUTCHER, Ammanford Fresh and cooked meats, deliveries Llanelli, Ammanford , Carmarthen, **prefer order through facebook** <https://www.facebook.com/CigyddTeuluol/> or contact 01269 595606 between 9.00am -4pm VERIFIED

TUMBLE STORES. 9 Heol Y Neaudd, Tumble, Llanelli, Sa14 6EL.Open between 8am and 8pm (7 days a week) for shopping and deliveries to the vulnerable and elderly. We stock the majority of essential items including several others. We are able to deliver to Drefach, Pontyberem, Tumble, Cross Hands and Llannon. Please call 01269 843998 for all enquiries VERIFIED

SIOP Y MYNYDD DU / BRYNAMAN POST OFFICE. Groceries delivered to your door. Orders taken between 9am and 11am and delivery will be by 1pm same day. To place an order contact Scott on 01269 823400. VERIFIED

Takeaways/Meal Deliveries

HEMINGWAY'S FISH BAR in Hendy will be reopening on Monday the 18th May opening times, 4pm to 9pm for the 1st week and then back to normal hours from then on. We are following government guidelines and ask you to respect these also to ensure the safety of our staff and fellow customers. We will also be taking orders over the telephone and our new telephone number is, 01792 215957

THE SMITHS ARMS, Heol Y Foel, Foelgastell, Cross Hands, Llanelli SA14 7EL, 01269 842213, offering meal deliveries, 12.00-3.00pm and 5.30 – 8.00pm VERIFIED

BWYD Y CWM PONTYATES RFC, 01269 860444, for over 65's takeaway roast dinner Wednesday evenings delivered 3 mile radius available from 4.00pm VERIFIED

J J'S FISH BAR, Glanamman, Ammanford SA18 1DJ, 01269 267637, delivery 9.00am – 2.00pm, also offering deliveries of groceries from local supermarkets. VERIFIED

BLAS O'R DYFFRYN, Ty Dyffyn restaurant, contact Ben 01269 596648, or 01269 590097, meal deliveries to residents of Ty Dyffyn and surrounding area. VERIFIED

VALANS, 29 High St, Llandybïe, Ammanford SA18 3HX, 01269 851288, Takeaway and home deliveries VERIFIED

FRESHBITE, The Arcade, Ammanford SA18 2LN
Takeaway and sandwich bar, jackets, baguettes, daily specials e.g. cheese and potato pie, Over £10 order will deliver locally. [01269 596648](tel:01269596648) 9.00am – 2.30 Mon – Fri VERIFIED

MERMAID FISH BAR, 82 Blaenau Rd, Llandybïe, Ammanford SA18 3AQ
01269850599, We are also now delivering in the evenings within a 5 mile radius and can offer contactless delivery is needed. Monday – Saturday 11.00am – 10.00pm, Sunday 4–9pm. VERIFIED

TY DYFFRYN, BLAS, Rhodfa Frank, Ammanford SA18 2QE, 01269 590097, main meals, 2 course meals, delivery and takeaway. 9.00am – 2.30 Mon – Fri. VERIFIED

HAS BEANZ COFFEE BAR AND WELLNESS CENTRE, 8 Cross Inn Buildings, Ammanford, Carmarthenshire Sa183al, contact via facebook <https://www.facebook.com/Hasbeanzcoffeobar/> or 07447 645775, for deliveries or takeaways of light bites, cakes and sandwiches, open 10.30am-2pm. VERIFIED

NATACHA YUMMY CAKES, Natacha Coleman, can make and deliver food around the area of Tumble, 07825759149

VOLUNTEER SHOPPERS, Contact via Facebook group “Amman Valley Support for Corona Virus” at www.facebook.com/groups/AVsupport4covid19, emailing support@cwmamantc.org or calling one of the volunteer call handlers on 07753814552. VERIFIED

PANTYCELYN TEA ROOM, 80 Cwmaman Road, Glanamman, Ammanford, SA18 1DZ, 07734 703258, offering weekend meal deliveries on Saturdays for vulnerable/elderly residents, £5 per meal, VERIFIED#

TUDORS CAFÉ, LLANDOVERY is open for takeaways every day, open 8am – 1:30pm, phone orders preferred: 01550 720267.

THE THREE HORSESHOES will reopen the takeaway this weekend Friday and Saturday 8th and 9th of May from 5pm to 8pm.

We will be following the government guidelines on social distancing; therefore, we ask you to enter through the main door and exit through the fire door by the counter and be mindful that only two customers are allowed in the takeaway at one time.

To make things easier for everyone we are asking if possible, to ring your order through on 01550 721201 or 07450 862653 so we can have your order ready for collection. You can either pay for your order over the phone or on collection. If you are paying with cash please ensure that you have the correct money. We will also be doing a delivery service within Llandovery so the above will also apply.

We will be working with a reduced menu for the time being, which we will post later this week. If you have any queries, please do not hesitate to contact us.

Wyn and Kate VERIFIED

NANNIE'S KITCHEN, 42 Bryngwilli road, SA4 0XA Hendy, Carmarthenshire, will be providing a takeaway and delivery service ONLY (free delivery for orders over £10 within a 7 mile radius), opening Thursday to Sunday 9am till 3pm.

Contact 01792883861 VERIFIED

Pharmacy

JRG WILLIAMS PHARMACY 31 High Street Llandybie SA18 3HX

Chemist, local deliveries available, 01269 850302 VERIFIED

GARNANT PHARMACY 115 Cwmamman Rd, Garnant, Ammanford SA18 1NB

Chemist, local deliveries available through volunteer service, 01269 822188
VERIFIED

FFERYLLFA AMAN PHARMACY Glanaman, Ammanford SA18 1DJ

Chemist, local deliveries available through volunteer service, 01269 822217
VERIFIED

MARGARET STREET PHARMACY 6 Margaret St, Ammanford SA18 2NP

Chemist, local deliveries available through volunteer service, 01269 594488
VERIFIED

VOLUNTEER PRESCRIPTION COLLECTION, Contact via Facebook group

“Amman Valley Support for Corona Virus” at

www.facebook.com/groups/AVsupport4covid19, emailing support@cwmmamantc.org

or calling one of the volunteer call handlers on 07753814552. Call handlers are all DBS checked and volunteer prescription collectors are approved. VERIFIED

FACE SHIELDS, Amman Valley MakerSpace are working with other partners to produce face shields for frontline staff, retail workers, carers and people who are high risk or support people who are high risk. This initiative is called “Frontline 3D

Print Farms". More than 10,000 face shields have been produced and issued to-date.

These face shields have been cleared for use by Hywel Dda Health Board and Carmarthenshire County Council social care. Unlike many being produced, these are fully reusable. There is no charge for the face shields but a donation of £2 per item allows us to produce another face shield.

For more information, please contact Rob Venus at robvenus@cwmmamantc.org, or preferably visit www.facebook.com/ammanvms to place an order. VERIFIED

Food Banks/Meals on Wheels

CWMAMAN FOOD BANK, supports the Cwmaman area which covers the wards of Glanamau and Garnant. Run from the community Centre Cwmaman, High street , Glanamau .SA18 1DX. For eligibility contact or fill in the electronic form below and send to Marissa Email: Marissa Sweeney Aris Cwmaman Community Centre Manager at marissa@cwmmamantc.org or mobile number is 07776241865 office number 01269 822882. Food donations can be made on the following days at the centre: Monday 10.00am-2pm, Friday 10.00 am -12 midday. The officers/volunteers will be packing the food on Friday mornings between 10.00am and 12.30pm . Deliveries will occur between 2pm and 4.30pm. Collecting from the centre can take place during this time.

Please visit the Amman Valley Support for Corona Virus Facebook group to discuss and register. www.facebook.com/groups/AVsupport4covid19. There are also boxes for food donations at Siop y pentre , Glanamau., Premiere shop, Raven, Garnant. There is also an electronic copy of the referral form https://drive.google.com/open?id=13QQT9OuZcD8BHSN4XbIxIGCrCh7hdrTVAVIk5_eCb_8&fbclid=IwAR0V4UEdlpWf3rTJ1Tg4vyKZhwMouodyu2uhavVILP26EDc-mYd4ikOtrY VERIFIED

YSTRADOWEN COMMUNITY CENTRE - Food Delivery Service, 38 New Road, Ystradowen, SA9 2YY Supporting all communities

A range of meals for both children and adults

All food is delivered to your home or you can pick up from the centre.

Providing nutritious home cooked meals - two course - £6.50 (including delivery)

Monday - Saturday 9:am - 2pm

To place an order please call 01639 830406 or email ystradowencentre@gmail.com VERIFIED

CANOLFAN MAERDY, New Rd, Tairgwaith, Ammanford SA18 1UP, 01269 **826893** Community food Hub and centre, Community Car, Canolfan Maerdy can provide online access for CAB advice and essential services. Open weekdays, The Food Hub is open 10.30 to 3pm and has some still has food available, with further food incoming daily

- There is access to computers for those needing to go online

- The Community Car is still operating for those that need it. VERIFIED

Y CWTSH CAFÉ IN PENYGROES is offering a meals on wheels service. They can be contacted on 07933305707. Meals can be delivered locally i.e. Penygroes, Capel Hendre, Tycroes, Llandybie, Blaenau, Cross Hands. Patients who are self-isolating can have meals left on the doorstep if needed. VERIFIED

Tumble Hall currently running a meals on wheels twice a week, Tuesday and Thursday with a minimal cost. Cross Hands, Tumble, Llannon area. The hot meal will be delivered to the door step or designated area in line with the safety advice we have been issued. Mandy's Number – 07805340188. Call night before or before 9.00am on Tues or Thurs. VERIFIED

Pembrey and Burry Port foodbank, in partnership with CETMA covering Pembrey and Burry Port, but is also supporting Kidwelly, Trimsaran and Carway. The foodbank is open on Monday, Wednesday and Friday, from about 10 till about 2pm. You will have to register as a referral organisation, in order to refer people to it. If you can get requests for support in as early as possible during the day, then we should be able to deliver during the afternoon. Here is the link for the form to complete if you wish to become a referral agency: <https://forms.gle/bq6j52CvEhdRXSKJA>. The Foodbank can be contacted via email pbpfoodbank@cetma.org.uk or via their Facebook page: <https://www.facebook.com/PBPfoodbank/> They are taking Self referrals via FaceBook or contact Amanda Evans, Foodbank Leader, 07780 022593. now covers St Ishmaels, Pontyates, and Pwll VERIFIED UPDATED INFO

FOOD BANK: Cross Hands Day Centre (back building behind the cinema) Open from 10.00am to 12.30pm. not open bank hol sun and mon but Saturday - Friday 10.00am – 2.00pm The foodbank is open to everyone. If you wish to donate, offer to volunteer or need to ask any questions, please go along mon-sun at the times mentioned, Contact Rev Jones on 0797 6836209 anytime, either ring and collect or deliveries available in the Cross Hands, Tumble , Llannon, Gorslas areas, wider areas considered. Please use delivery only if self-isolating and can't get out. VERIFIED UPDATED INFO

Meals on Wheels service Amman Valley area a 2 course meal will be available Monday-Friday at the cost of £4.80. A bill will be sent to the client directly from Carmarthenshire County Council, therefore no money will be handed over at the door , the meal will be left on the door step this limits contact due to current situation. If you know of any elderly person who would like a meal please contact the Day Centre on 01269 826059 9.00am – 5.00pm or contact myself as the organizer on 01269 825438 anytime, giving me full name, address and date of birth. Also support with helping to deliver the meals is needed. VERIFIED

Upper Gwendraeth Valley Food Bank Llannon Community Council working with services across Gwendraeth and Carmarthenshire have set up a foodbank to support those who have been adversely effected by COVID-19. Individuals and families who have been impacted by the economic fallout of the virus. Those who are eligible;

- **Those who have lost earnings due to a reduction in their working hours**
- **Those who have lost their employment completely**
- **Those on furlough**
- **Self employed and waiting for benefits to come through are also eligible**

This criteria is not conclusive and we will assess people on an individual basis. We will work with other Services and Food Banks to meet the needs of individuals and families. The food bank will be based in Tumble Hall and food parcels will be delivered across the Upper Gwendraeth Valley on Monday, Wednesday and Friday afternoons. Contact Tumble Hall on 01269 841213 extension 7 for Foodbank - or extension 4 for CDO Sue James for details on how to ask for assistance or to refer someone who may need support. VERIFIED

Ammanford Foodbank, Amanford Evangelical Church, Wind Street, Carmarthenshire, Ammanford, SA18 3DR, Established Foodbank Food distributed to people in need, to get a voucher call the Foodbank or a referral organisation, see web site for details of referral agencies. <https://ammanford.foodbank.org.uk/> , contact 07804 189830, Email us at info@ammanford.foodbank.org.uk.

General

Rwyth Cabs currently operate 20 Licensed Taxis including 1-8 Seaters. There are 10 Drivers who are registered with the Local Authority and who have Full DBS Certification. There is Disability access. The company are based in and operate 15 miles from Pontyates Nr Llanelli SA15 STB. Can assist with collection of goods medical supplies and other, in addition to the conveyance of persons etc this list is not exhaustive. A 24/7 Service can be offered. Any queries please call 01267 468250 07791 085096/07905 462519, Jamie, Tracey, or Martin VERIFIED

St Ishmael Community Council is aiming to co-ordinate a volunteer response providing practical help for those affected for Ferryside and surrounding areas. Practical support will include shopping for food, collecting medication, dog walking, posting letters and other errands required for day to day living. We would also like to offer our services to anyone who may be self-isolating and would appreciate keeping in touch with someone over the phone. If anyone is prepared to volunteer, with all or any of these tasks, please contact me on 07825 003648 or you can email clerk.stishmaelscc@gmail.com or contact Cllr Gloria Squires on 01267 267477. If you need our help, please contact Julie on 07825 003648 or Gloria on 01267 267477 and we will do our best to assist you. VERIFIED

Llanedi CC has a group of local volunteers willing to help the elderly/vulnerable - contact Ruth Taylor-Davies, Llanedi Community Development Officer, llanedicdo@gmail.com Contact 07309804637 VERIFIED

Mountain View Feeds Ltd , Garnant. If you are in isolation but still need horse, dog, cat, farm feed but can't get here I am willing to deliver. Delivery will be free in the Amman valley area and Ammanford area, contact

<https://www.facebook.com/Mountain-View-Feeds-Ltd-109208300465781/> or 07966 787870, 9.00am -5.00pm delivery Mon or Thurs. VERIFIED

Heart Notes: We are aware that not everyone is on Facebook or online, so contact is extremely limited. We are offering support to make sure everyone is able to stay in touch in additional ways than a phone call.

To help with this we are launching 'Heart Notes'.....

This will permit everyone on social media or with an email to send a personal message, photo or full letter to family, friends and loved ones across the Amman Valley.

All you have to do is send your message, photo, full letter to:

heartnotes@cwmmamantc.org

Do you want to send a message to an elderly relative not on social media, without internet access, now is your chance. Do you live away and want to send a hand written letter or photograph, now is your chance.

Our volunteers have been hand selected for this role and will print, package and deliver on your behalf.

All printing and packaging will be done in a sanitised environment using gloves and masks to prevent contamination.

Deliveries will be made weekly, unless urgent. VERIFIED

Year 11 and Year 13 Pupil/Student Support: Amman Valley MakerSpace are looking to hear from any pupils in year 11 or year 12 who are moving on to college of university in September to study: art, design, engineering, fashion or similar creative/"making" course. We will seek to answer your queries, address your concerns and help to reduce the stress many are facing currently. We will achieve this through in-house knowledge combined with our contacts at colleges and universities. We will either address requests individually or organise online meetings, Q and A posts or signposting. To reach out... please visit us at

www.facebook.com/ammanvms or email makerspace@cwmmamantc.org VERIFIED

Volunteer Check-up Calls and Phone Befriending Scheme: Cwmaman Town Council are working with volunteers through the Amman Valley Support for Corona Virus group to provide a phone check-up and befriending scheme. For more information please email support@cwmmamantc.org or call 07753814552. Call handlers are all DBS checked. VERIFIED

Community Grant Writing Support: Rob Venus, Community Development Officer for Cwmaman Town Council and Director of Amanwy Development Services, is available to support groups, individuals or organisations with the writing and preparation of grant application which seek to address issues faced due to the Covid-19 pandemic. Grants and project can either be intended to address current issues or help people during the post-Covid recovery period. For further information please email robvenus@cwmmamantc.org or call 07401 424842. VERIFIED

No Acres <http://www.noacres.co.uk>. We are classed as a vertical farm, and grow microgreens inside a shipping container just outside the village. Weekly orders are delivered free within 5miles of Llandybie. We also sell on <http://www.carmarthenfood.com> who are also now doing deliveries throughout Carmarthenshire. Our microgreens are £3 for 30g punnet or we do an offer of 4 for £10. Orders can be made through email hello@noacres.co.uk or direct message on Facebook or Instagram.

Volunteer scheme is organised and run by Cllr Darren Price and Cllr Aled Vaughan Owen covering the villages of Gorslas, Cefneithin and Drefach. If residents need support, but do not have family or friends nearby who can help them, then residents can contact either 01269 842645 or 01269 832160, or email daprice@sirgar.gov.uk /avaughanowen@sirgar.gov.uk. There are a team of around 70 volunteers who are happy to help with shopping, getting prescriptions and are also happy to just have a chat over the phone.

CARMARTHEN 3T's

Groceries

'La Patisserie' in Llandovery is offering anyone who needs help they can delivery fresh bread, milk, cheese, eggs etc. Selection of dried good, tea, coffee, Jacket Pots pasties, hot savouries. They can also provide lunch or afternoon tea as a treat on the day if someone needs it, call 07947899126, 01550 720375, 6.00am – 11.00am for that days delivery. VERIFIED

Fruits of Eden, Llanelli Market precinct, fruit and veg, eggs, honey, pickles, delivery Carmarthen and surrounding areas phone line will be open until 10pm. For delivery on Thursdays. Please ring, voicemail or leave a text message with your order before 10pm tonight, 07917114222. Payments can be taken by contactless if desired but if you absolutely need no contact we can take payment over the phone just before drop off and then drop to your door.2hr delivery slot for Thursday's delivery. VERIFIED

The Pit Stop- Marsh Rd, Pendine, Carmarthen SA33 4NY, If you're over 70 or vulnerable & wish to distance yourself from risk we are happy to take grocery orders & payments over the phone & deliver the goods to your doorstep later in the day.We can cover Brook, Llanmiloe, Pendine, Marros, Tavernspite, Llanddowror, Llanteg etc with ease. Phone orders through on 01994 453553 9am - 6.30pm. VERIFIED

Rogers & Son Butchers, 19-20 Lammas St, Carmarthen SA31 3AL, 01267 238736, non-contact home delivery, pay over the phone and a drive through for a period of time. VERIFIED

Crown Stores (Old Spar Shop), Mr Patel, 56 New Road, Llandeilo, SA19 6DF, will deliver groceries, newspapers to people who cannot get out as far as Llangadog, contact 01558823592.VERIFIED.

Cardigan Bay Trading, 01239 710703, Fruit & vegetables free local delivery, Cardigan, Crwmch, Saron, Llandysul, Lampeter, dependant on customers. 8.00am – 5.00pm or online Facebook out of hours <https://www.facebook.com/cnesupplies/> VERIFIED

Riverside Health, Newcastle Emlyn SA38 9EE, 01239 711440, Food Deliveries, groceries, fresh food, frozen, also on face book, 9.30am – 6.00pm. VERIFIED

Dewi James Butchers, 38 High St, Cardigan SA43 1HE, 01239 612063 Free delivery and shopping online, www.dewijamesbutchers.co.uk 01239 612063 Elin VERIFIED

Gwalia and Tanerdy Garage, Delivery service for people who are isolated only, Carmarthen Town and approx. 4 mile radius , Minimum order £20. Orders for collection can be placed for foods and household goods including locally sourced and supplied bread, milk, fresh vegetables, tinned foods, pasta and rice, frozen food

and fresh meat , Payment should be by credit or debit card where possible. 7.00am – 4.00pm, contact 01267 236203

Chris Thomas and Sons, Greengrocers, Abergwilli, shop still open for shopping and phone order and collection

No more than 5 customers to enter at once! (Will be strict)

If forced to queue outside the shop then please remember the 2m safety guidance and respect our other shoppers

Strictly no children

Phone and collect service where you can place an order and collect from our loading bay facility which is situated at the rear of the main shop! Where the person collecting wouldn't need to get out of the vehicle, Card payments preferred, orders by phone on 01267238363 VERIFIED

Storfa JJ'S Premier shop, Rivendell, Pentre-cwrt, Llandysul SA44 5AT, contact 01559363747 local delivery of groceries 15 mile radius, order over £30 free, or £3.00 delivery charge, call 8.00am- 1.00 for delivery between 4.00pm – 6.00pm. VERIFIED

The Village Stores/Siop y Pentref – Llansteffan, High Street/Stryd Fawr, Llansteffan, 01267 241367, Grocery Shopping at Stores/Hot Meals/Order and Deliveries open every morning until 12 noon, when you can buy groceries from outside the entrance. Entry to the shop is not permitted. Every afternoon a delivery service is available for both groceries and hot meals. Please telephone to order your groceries and hot food for delivery or collection.

Cwmdu shop and post office, Cwmdu, Llandeilo, 01558 685156, (also see facebook page,Cwmdu Inn,Shop and Post Office) <https://www.facebook.com/Cwmdulnn/> ,reduced opening hours, Tues - Fri 9.30am to 1.30pm,not open on Saturday morning.The Post Office counter will be available Tuesday, Wednesday & Friday 9.30am to 1.30pm with reduced hours on Thursday 9.30am - 11am.We apologise for any inconvenience this may cause but look forward to your continued support through these difficult times.For basic groceries/milk/fresh bread on tuesdays/some meat and baked goods, and some vegetables,either call in in person (either 1 person in shop,or preorder and volunteers will pack goods ready for collection)Some post office services,depending on availability of volunteers-check on day. Also limited delivery service to those unable to collect VERIFIED

Brechfa Community Shop/Bryn Stores – is open – from Monday March 30, the opening hours will reduce to 7am to noon. Anyone self-isolating locally can arrange for doorstep delivery or shop-door collection by ringing 01267 202333 between 10am and noon or email Brechfashop@aol.com or by dropping in a list with their requirements and contact details. This service will continue even if the shop has to close its doors temporarily for some shifts.

The Angel, Llansawel is running a shop/shopping service – opening between 10am and 4pm with one person in the shop at a time- any one waiting to come in must stay 2 meters apart, basics such as bread, milk, eggs, flour tinned stuff bacon, sausage. Also draught beer, cider, lager Guinness please bring your own containers. as well as savoury snacks.

Please if you have any symptoms or feel unwell please don't come to the shop let us know what you need and we will deliver in a box to you Tel: 01558 685296.

Brechfa Market – monthly Stall Holder Market – Saturday, April 4, from 10am to 12 noon outside Brechfa Church Hall – it will run with a limited food-only outdoor stalls with Cothi Valley products, Bill from Fiveaday Fruit and Vegetables, Rona's Tasty Local Cakes and Sam's Rare Breeds Meat.. From these amazing producers you can get Goatilicious milk, bread, pasties, pastries and pies, fresh rare breed meat, fresh fruit and vegetables including large bags plus Rona from Tasty local cakes with gluten free cakes. You can preorder and collect. Trying to self-isolate? Contact them to discuss pre-order and collect from outside Brechfa Hall between 10am - 12am. Contacts: fiveadayshop@hotmail.com, Cothi Valley on 01558 685555. Sam's on 01550 777244. Rona on tastylocalcakes@outlook.com . People can pre-order and collect. Keep an eye on "Brechfa Market" Facebook page for other stallholders and to get in touch with Lorna ring 07765 497930 We will providing a takeaway service We will be providing our high standard of restaurant dishes for you to enjoy at home. Keep an eye on FB and our website www.thebelle.co.uk for details VERIFIED

Dryslwyn Community Shop – continuing to be open from 8.30am to 12 noon Monday to Saturday – serving one person at a time - We are only serving one customer at a time but we do have our marquee up in case of rain. Please consider giving us a ring on 01558 668221 to pre order your shopping which will save you time. We are setting up a local delivery service. Please let us know if you would like to have a delivery. Up to Date Info on Facebook page <https://www.facebook.com/dryslwyncommunityshop/>

Whitland Co-op: Central delivery number to call 03300 417784 deliveries of fresh food and groceries. Call the central number to arrange this from your local shop. This is a new delivery service, with the call centre in Manchester. There is a minimum basket of £20, no alcohol or tobacco. Contact the call centre for more details. The shop itself is also open close to normal hours, with social distancing in place.

Allsortz, Household items contact 01994 241143
Delivery service after shop hours – contact them for more information. They will update on Facebook any short term information such as high demand stock items, <https://www.facebook.com/Allsortz-Allsortz-Plus-Whitland-614123625394755/>

Mark John Butchers, Meat & Groceries, 01994 240397
Providing meat, cheese, eggs and vegetables, can offer a delivery service – contact for details. Operating a 'one in, one out' basis to minimise contact and infection risk.

J Williams Farm Shop , Vegetables and fruit, 07415 829896

They are open as normal, and can provide fruit and vegetables. Contact them direct about delivery.

London House Butchery , Meat, Deli & Groceries, 01994 240055

The shop is open on a one in and one out basis .They will take orders for collection or delivery on the above phone number. Free local delivery for orders over £10.00.

Whitland Stores/Post Office , Groceries and Papers , 01994 240531

Hours change , weekdays closing at 5.00pm, Saturdays 4.00pm. PO open at 9.00am. Operating a one in one out system. If you need to authorise someone to collect your pension please ring the above number first. The shop is also available providing newspapers and groceries.

Central Garage, 01994 240264

Are open. Please ring first to find out what services they are able to provide.

Aardvark Alternatives Home delivery or collection from the shop - 01267233445
foforganics@gmail.com

Rhosyn Farm Produce - Home delivery or stall collection of meat, eggs
rhosynfarm@gmail.com 07787951780

Rogers & Son Butchers - Home delivery, pay over the phone and a drive through at shop – 01267238736

Tanerdy Garage - Food, Drinks, Bread, etc - Home delivery -
admin@tanerdygarage.co.uk 01267236203

Coopers the Butchers, 4 Carmarthen Street, Llandeilo
<https://www.facebook.com/CoopertheButchers/> Llandeilo, meats and sausages disposable bbq's and much more call in or phone 01558 823463 to place your order , Monday to Thursday 9am-2pm, Friday 9am-3pm , Sat 9am-2pm. VERIFIED

Eric Davies & Son - Butcher - Home Delivery and Collection from Shop - 01267 236799 - Unit 1, Market Way, Carmarthen

Hafod Bakery - door to door delivery of bread and other basic food essentials - 01267211419 - vulnerable people

Blasus Delicatessen Food, Wine, Pasta, Bread, etc. Shop collection – Carmarthen 01267233811

Takeaways/Meal Deliveries (some will deliver groceries)

The Angel Public House, Salem, Llandeilo SA19 7LY, are now doing takeaway meals and grocery order service for collection, times for contact tbc, contact if you want anything they will try and provide. Narelle 01558 822982 VERIFIED

Black Ox- 44 High St, Abergwili, Carmarthen SA31 2JB, 01267 237370, meal deliveries, elderly and anyone in difficulty who are self-isolating, Wed 4.00pm – Sun 4.00pm. VERIFIED

The Dovers- 106 Lammas St, Carmarthen SA31 3AP, call Bobby 01267 237667, 07966588365, meal deliveries, to anyone Carmarthen town possible surrounding areas, all week, 9.00am onwards, breakfast, lunch and dinner available. VERIFIED

What's cooking @ No14 –14 St John Street. Whitland. Carmarthenshire. SA34 0AN, Have all meals available to be picked up from the cafe ready to take re- heat or freeze at home. Full menu available £5.00 for two course meal. Can deliver radius 5 mile. Taking bulk orders, please call if you are outside this remit they will be willing to consider anything to support. 01994 241776, contact 9.00am – 2.00pm. VERIFIED

The Llwyndafydd Inn- Saron, Llandysul SA44 5DR, 01559 371048, delivery's or takeaways meals, contact for more details. 5.00pm – 10.00pm,12.00 – 10.00pm Sundays closed Mon and Tues VERIFIED

Ginhaus Deli- Market St, Llandeilo SA19 6AH, 01558 823030, delivery to Llandeilo, hot meals, and basic essentials, can grab basic medication if needed. 8.00am - 5.00pm closed Sundays. VERIFIED

Old Market Square Delicatessen , 6 Notts Square, Carmarthen SA31 1PG, 01267 236175, delivery service of bread milk eggs , light bites, up to 10-15 miles, 9.00-4.00 Mon – Sat. VERIFIED,

Goose & Cuckoo, Queens Square, Llangadog SA19 9EE, 01550 777359, delivery of frozen based meals, if needed can do shopping, 9.00 – 12.00pm to get order for that day, but available to call outside these hours. VERIFIED

Belle Vue Inn , Carmarthen Rd, SA40 9SQ Llanybyther, 01570 480495, delivery main meals, 2 course meals, 5.30pm – 8.00 pm evening for next day delivery or email info@thebelle.co.uk We will providing a takeaway service We will be providing our high standard of restaurant dishes for you to enjoy at home. Keep an eye on FB and our website www.thebelle.co.uk for details VERIFIED

The Gwili Café, 89 Rhosmaen St, Llandeilo SA19 6HD, 01558 823236, 9.00am – 11.00pm Mon – Sun for deliveries Sunday, meals on wheels around Llandeilo, open to all, full2 course menu and sandwiches for night, Café open from 10.00am -2.00 for take away lunches. VERIFIED

Café 139, 139 Rhosmaen St, Llandeilo SA19 6EN, 01558 823444, 9.00am – 4.00pm, health food shop stocking basics, bakery, milk and eggs, homemade pasties, quiches etc and cawl, Llandeilo and surrounding villages. VERIFIED

Elaichi Indian Restaurant & Takeaway, Pentre Rd, St Clears, Carmarthen SA33 4AB All NHS staff will get 15% discount on takeaway food collection (with valid ID

card) we are open every night between 4pm - 9:30pm, 01994 230075
www.elaichistclears.co.uk, www.facebook.com/elaichistclears VERIFIED

Ty Mawr Country Hotel, Carmarthen SA32 7RA , <https://www.wales-country-hotel.co.uk/> takeaway collection for wider area, full menu and drink service, free delivery in Brechfa Village only for orders over £10. 01267 202332, pre order for next day if you can, 11.00am – 8.30pm. Ty Mawr can also offer accommodation to key workers at greatly reduced rate VERIFIED

Cowpots , 01994 240790

Open Wednesday to Saturday inclusive between 4.00pm and 8.00pm for takeaway pizza. Ring them to order and pay over the phone.

They also currently have ice cream tubs on offer - see the Facebook Cowpots ice cream page for the latest details. <https://www.facebook.com/cowpotsicecream/>

Peppino's Pizzas , 01994 240033

Order online <https://peppinoswhitland.com/index.php> - deliveries possible.

Roadhouse Restaurant, 01994 241193

They are doing a small selection of hot meals for takeaway in the evenings - contact them by phone for further details.

Station House, 01994 240556

They are providing takeaway meals only – contact them for more information.

Traditional No 8. Facebook. <https://www.facebook.com/traditionalno8/>

Mondays, Tuesdays, Wednesdays, Fridays only. Cooked meals, scaled down menu, only taking orders online - card payment online. Deliveries after 6.00pm, collection arranged before 6.00pm on the basis of time slots.

Mirchi - Brewery Road, Carmarthen - Collections, home deliveries of Takeaway Food - Open 7 days a week

Boars Head Hotel Home delivery Sunday Lunch 07779857904 / 01267222789

Dexters SteakHouse, Carmarthen Meat sold and full 3 course Dexter's steak dinner from home £20pp 01267223000

Drovers Arms - Meal Deliveries 9am, breakfast, lunch, dinner. 07966588365

Food Banks/Meals on Wheels

Emlyn Café – Newcastle Emlyn, Saron, Pentre Cwrt, and some surrounding areas, Rhian Evans 01239 810143 Meals on Wheels to include people self-isolating, 9.00am – 3.00pm. VERIFIED

Carmarthen Foodbank - Provision for those in need - 01267225996 / 01267232101
carmarthenfoodbank@towychurch.co.uk

Pharmacy/GP/Dentist etc

A&E Taxis - Taxi service providing prescriptions collections for the elderly and vulnerable 07796460470

Paul's Taxis - Taxi service providing prescriptions collections for the elderly and vulnerable – 01267237006

Boots Newcastle Emlyn, Prescription Deliveries, 01239 710240 VERIFIED

Boots Cardigan, Prescription Deliveries, 01239 621578 VERIFIED

Bridge Pharmacy, Newcastle Emlyn, Prescription Deliveries, 01239 710246 VERIFIED

Boots the Chemist, Whitland , 01994 240323

Operating a limited access policy for the protection of staff and customers. They aim to be open for the collection of prescriptions as normal, but might have to pause that at short notice if the pharmacist is called away to another store.

Meddygfa Dda GP surgery Whitland , 01994 240195

They are operating a telephone first triage service – so please do not attend the surgery in person unless you have been asked to do so by them. No prescriptions can be collected from them – all will be sent to your designated pharmacy for collection.

MyDentist (01994 240932) and **Whitland Dental Surgery** (01994 240704) are doing telephone triage service only, and directing people elsewhere for treatment

General

Dovers Arms Hotel, B&B, discount prices with breakfast, have 11 bedrooms all on suite so ideal for self-isolation, potentially 19 beds available for anyone needing to self-isolate that maybe away from home or, contact Claudia or Emma. VERIFIED

Pendine Chapel & surrounding areas- Pastor Haydn 01994 452 597- Offering collection of shopping, pensions, prescription or a chat of support Llanmiloe and Pendine , contact in normal day time but can respond in emergency at anytime. VERIFIED

Cllr Dorian Philips, County Councillor , Llanboidy,Llangynin ,Llanglydwen, Login, Efailwen Gland Cross, Rhydowen, Cefn y Brafle and Pontyfeni. assistance with picking up groceries, medication , free school meals , posting or just a chat , volunteers welcome from local communities contact number is 07889186036 or email me BDJPhillips@carmarthenshire.gov.uk VERIFIED

Junipers Health- vitamins & supplements, 07984 825488. Jenny Bohling, online service which she is still running but is willing to delivery supplements to people in Newcastle Emlyn area Can give people supplement advice. Happy to help people at any time VERIFIED.

Whitland For local help - ring 01994 240867 which is a 24/7 answerphone number that is checked daily, or 01994 240036. We will get back to you.
The Whitland Town Council website has a special page with the latest information on what shops and businesses are open and how they can help e.g. with deliveries.
<https://www.whitlandtowncouncil.co.uk/services-amenities.php>

Davies Builders Merchants, 01994 240228

Taking telephone orders, with payment made over the phone. Contact them for delivery details.

Station Garage, 01994 240304

Open for business, please ring first to find out what services they are able to provide.

Vets – Allen and Partners , 01994 240318

They are taking ongoing advice from the BVA regarding ensuring personal and customer safety. Farm animal work is as normal as possible. The vets are working from a home base wherever possible. They are not taking appointments for routine pet work but sick pets will be seen, ensuring only one person a time inside the building. They ask that you telephone ahead and wait in your car outside until called.

Carmarthenshire Young Farmers Clubs - Support and help - 01267237693 / 07375673046

Laugharne Township Community Council's volunteer support, a Facebook group set up 'Laugharne COVID19 Community Support Group' go to www.facebook.com/LaugharneTCC, the support group Laugharne COVID19 Community Support Group is in Groups - it's a public group to recruit local volunteers to cover shopping, dog walking, phone calls etc. People can email or phone, Carys Butler or Roxanne Treacy roxtreacy@icloud.com 07972 924 945 / Rev Carys Butler carys.butler@btinternet.com 01994 427 269 VERIFIED

LLANELLI

Groceries

Coop Llangennech, Afon Rd, Llangennech, Llanelli SA14 8TS, 01554 820202 offering shopping and delivery via local volunteers. VERIFIED

Post Office and Stores Fforest, Pontardulais, We would like to take this opportunity to tell all our loyal elderly customers without family or able friends, that should the need to self-isolate become necessary, please don't feel lonely we are happy to deliver essential goods to you, got a good band of volunteers ready to deliver, 01792 882378, 7.30 am – 6.00pm. VERIFIED

Family Shopper, Pontardulais, Swansea SA4 8SZ, 0739 2061936, Home deliveries groceries. 7.00am – 10.00pm. VERIFIED

Mr & Mrs Phillip's, Llanelli Market Gardening, Are delivering to people who can't get out and find it difficult, Llanelli , Burry Port area. They have got fruit and vegetables. Call 07977902045 9.00am -5.00pm they will be more than happy to help. VERIFIED

Ddol Fach Dairy , deliveries to Llanelli and Ammanford Areas, call 01554 757355 Mathew or Moira, for eggs, milk, bread, butter, cheese, yogurts, juices, cereal, tea, sugar, cleaning products and toilet paper. Delivery every other day, more areas can be added if there is customer demand. Call 8.00am – 4.00pm or email admin@ddolfachdairy.co.uk VERIFIED.

Premier (previously known as SPAR) New Street Burry Port, Pwll and Pembrey, 01554 832640 after 10.00am – 8.00pm, deliveries of household items and groceries for the elderly and vulnerable . Can only accept Cash VEFIFIED

Local Pet Supplies, Burry Port Pet Shop, 38 Station Rd, contact 07832697561, 9.00am – 5.00pm or email localpetsupplies@gmail.com Delivery of pet foods and accessories. Bird, Cat, dog and small animal foods available, deliveries Thurs Fri Sat. VERIFIED

Gary the Milkman, Burry Port call 07903081304 anytime before 9.00pm Local milkman can deliver to Burry Port, Pembrey area, Milk, Orange Juice, Eggs, and Newspapers VERIFIED

JJ's Fruit & Veg Local Delivery Service" <https://www.facebook.com/JJs-Fruit-Veg-Local-Delivery-Service-115467010100294/> , for £20 will deliver a mixed box of fresh fruit and veg to your door, Llanelli area. VERIFIED

HUGH PHILLIPS BUTCHER North Gower-based that delivers to Llanelli. All cuts of meat and other groceries available. Full list of items available online on www.bestonlinebutcher.co.uk or visit their Facebook page "Hugh Phillips Gower Butcher". Call 01792 455100 or visit www.bestonlinebutcher.co.uk

ELLI WARD COVID ASSISTANCE, Co-ordinated by Cllr. John Jenkins

For shopping collection and delivery, food parcel delivery, medication collection and delivery from Llanelli pharmacies, hot meal delivery, befriending, essential errands or any other assistance. Contact Cllr. John Jenkins ☎️ Tel: 01554 749649, 📱 Mob: 07734 867589 📧 Email JPJenkins@carmarthenshire.gov.uk or llanellijohn@gmail.com. Elli ward covers from Furnace Bridge in the north, Queen Victoria Road in the south, Old Road/Market Street in the east and the Cycle Path in the west. VERIFIED UPDATED INFO

Takeaways/Meal Deliveries (some will deliver groceries)

PANKO KITCHEN High quality meals on wheels served hot and delivered daily. They also deliver Sunday Dinners. Hot meals £5.00, desserts £1.50. Afternoon Tea package £2.50. To order call 07585 971637 or email pankokitchenllanelli@gmail.com VERIFIED

TEAPOT CAFÉ (LLANELLI MARKET) Hot food deliveries. Classic Breakfast £5.50, Mighty Breakfast £6.50, Veggie Breakfast £5.50. Breakfast baps, toasties, cheeseburgers, hot dogs, chips, baguettes, desserts and hot drinks available. £1 delivery charge. Delivery within 7 miles of Llanelli Market. Minimum order £15.00. Call 07970 929720 for menu and to order VERIFIED

BOMBAY BITES Freshly-made authentic Indian food, specialising in kebabs, curries and home-made chutneys. Menu available online at bombaybitesllanelli.co.uk or on their Facebook page. All usual Indian dishes available. Call 01554 788415 or visit www.bombaybitesllanelli.co.uk VERIFIED

B&T Snackbar Delivery Delivers hot snacks like burgers, fries, toasties, omelettes and breakfasts to your door. Open between 9 am and 3 pm. Minimum spend £10, orders over £15 free delivery. Call 07938 908811 VERIFIED

MR CHIPS SEASIDE Traditional Fish & Chip Shop. Open Thursday, Friday and Saturday from 12 noon to 7 pm. Does deliveries. Call 07400 505774 VERIFIED

KINGS FISH BAR, STATION ROAD Traditional Fish & Chip Shop offering delivery service. Call 01554 753275 VERIFIED

Bird in Hand Fforest, 24 Carmarthen Rd, Fforest, Swansea SA4 0TU, 01792 828282, Takeaway meals and home deliveries. Sundays only

Community Café Hendy, 07824999332, Hendy Library, Iscoed Road, SA4 0UP, , home deliveries. Wed-Sat 10-5 VERIFIED

Avo Café Bar, 28 Market St, Llanelli SA15 1YD, contact 01554749504, 9am – 2:20pm , offering delivers hot meals, facebook page <https://www.facebook.com/AvoCafeLlanelli/> VERIFIED

The Munchie Machine, Darren Stephens, Llanelli , Gorseinon, Burry Port, Llughor Trimsaran, opening hours are Monday to Sunday 8am-4pm, Tuesday, Wednesday and Thursday we are also open in the evenings 5pm till 10pm. We are all set up to deliver anywhere within 6 miles. Breakfast, Jackets, burgers, toasties, filled rolls, main meals. Facebook site; <https://www.facebook.com/Dazdiner/> We also have a digital ordering system with Just Eat or contact number is 07931491910. VERIFIED

Llwyn Country House, 01554 899994, enquiries@llwyncountryhouse.co.uk, Take away and delivery menu, sandwiches, main meals, sides, desserts and Sunday Lunch, allow 24hrs in advance for delivery between 12.00am – 4.00pm VERIFIED

Food Banks/Meals on Wheels

Llanelli Surplus Food are looking for volunteers. They distribute surplus food donated by businesses to disadvantaged people throughout the Llanelli area. Telephone: 01554 772056 Email: info@llanellisurplusfood.org.uk

Lifeshare - food and clothes bank have seen a recent downturn in donations. They have a list of most needed items on their Facebook page, and can also accept online financial donations. They also have a donation trolley in Asda, and take in donations 12-2pm Tuesday and Thursday at the Antioch Centre on Copperworks Road. Telephone: 01554 741674

Antioch Foodbank- Llanelli, criteria people in financial crisis, Contact 01554 741674 Tues and Thursday 12-2pm. No delivery available but can drop in to collect for others in need. A telephone call is needed for this to be set up for that person, leave a message if unable to answer or on a day they are not running, and they will contact back. VERIFIED

Tyisha Food Bank (until the pandemic is over we are covering all of the 5 town wards as well as Dafen and Felinfoel). If you don't have food, either phone, text, message us on WhatsApp or contact us on our Facebook page (Tyisha Foodbank at Tyisha Positive Action Group). In normal times we would be open 3 times a week but since Covid19 we are open every day and **we deliver all of the food parcels** as we think that is safer, enabling people to stay in their homes and not congregate near the foodbank (food parcels can be very heavy to carry as well). Contact Tyisha councillors, Cllr Suzy Curry 0756 1566 456 or Cllr Andre McPherson 07583 525635 or message the Tyisha Foodbank Facebook page – VERIFIED
UPDATED

The Lewis Arms, Bynea collection point for the Incredible Food Share. They have opened a well stocked shop in the pub and are doing takeaway Sunday lunches. If you would like to make any food donations please do this by arrangement only with Samantha Thomas-Worrall or Danny on 01554775533. Lewis Arms have now opened a shop. VERIFIED

Incredible Food Share - (Incredible Edible Carmarthenshire), distribution of surplus food to those in need in Llanelli and surrounding areas, contact Marie Turke, they cannot do shopping. 07814397999 or contact through Facebook, <https://www.facebook.com/groups/224874001178723/about/> VERIFIED UPDATE

4 'food hubs' which are set up and operating in 'Glanymor Ward' run by community volunteers supporting our elderly, vulnerable and young families.

contact details are: Cllr Sean Rees, Llanelli Town Councillor, Glanymor Ward for additional support if experiencing difficulties, contact details are: [07415221811](tel:07415221811), seanrees3@sky.com. VERIFIED

Seaside Café, 53 Caroline Street, SA15 2PB, Contact Kelly Rees on Kelly Rees...07950562503. Seaside AFC helping out with storage. Change of contact number

Seaside Sports & Social Club, Crown Park Clubhouse, SA15 2PB, Contact Kelly Davies on 07960711271

Antioch Centre, Copperworks Road, SA15 2NE, Contact Ben Taylor on 01554 741674, Open Tuesday + Thursday (12pm- 2pm)

Surplus Food Distribution Centre, Cetma Centre, Marsh Street, Llanelli, SA15 1BG, Contact Colette Ingram on 01554 772056, Open Monday, Wed + Friday (10am - 4.30pm)

Llwynhendy/Pemberton Food Bank: Food parcels for vulnerable and elderly that are self-isolating. If you would like to help fund their efforts, you can now make a donation online by visiting <https://bit.ly/2RJnISN> Phone: Cllr Sharen Davies on 07856 747856 & Cllr Jason Hart on 07876 307046 or by email: SDavies@carmarthenshire.gov.uk or jason.hart@hotmail.co.uk Address: Bryn & Trallwm Club, Gelli House/Gelli Rd, Llanelli SA14 9AD, VERIFIED UPDATED INFO

Food Bank Support for the Residents of Burry Port and Pwll. County Cllrs. Amanda Fox and John James in conjunction with Carmarthenshire County Council and Pwll County Councillors and with the help of local businesses, private donations and volunteers have set up a Foodbank covering Burry Port and Pwll as well as offering shopping and prescription collection. Also, giving support and assistance with changes in personal circumstances caused by the recent crisis as well as helping with Social Care issues. Contact Cllr. Amanda Fox, ALFox@carmarthenshire.gov.uk, 07817 185976, Cllr. John James:, johnjames@carmarthenshire.gov.uk, 07949

967496, Facebook Page: County Councillors Amanda Fox & John James.
VERIFIED

FOOD BANK operating from Morfa Social Club. Distributing twice a week to the Elderly Infirm and those Self Isolating. Donations welcome and may be dropped off at Morfa Social Club. New Street Morfa. Volunteering Service offering the following Service .Shopping/ Collection of Prescriptions or simply someone to talk to.Contact Cllr Louvain Roberts, Mobile No 07960778149. VERIFIED

Pharmacy/GP/Dentist etc

Hendy Pharmacy, 01792 881234, Home deliveries of prescriptions and goods to the local area VERIFIED

General

4x4 Response South Wales have a team of volunteer responders able to assist with tasks such as picking up medication or urgent supplies. Contactable 24hrs a day, 7 days a week telephone - 02921 281 821
email - southwales@4x4responsewales.org

Llangennech Community Centre, elderly people within Llangennech, support with Prescription collection, basic provisions etc. My name is Alan (assistant caretaker in the community centre) My number is 07976612627, Available most times if not available, County Councillor Gary Jones (Llangennech & Bryn), Shadow Executive For Education and Children's Services ,Home 01554 824150, Mobile 07507 684028
VERIFIED

Pontyberem Community Council, 18 Coalbrook Rd, Pontyberem, Llanelli SA15 5HU, 07415355659 , Eryl Pelow Community council offering help with shopping, goods delivery, emotional support etc, has list of volunteers to help. Pontyberem and Bancfosfelin, Pontyates cyngorcymunedpontyberem@gmail.com, contact anytime.
VERIFIED

Llanelli Market may be open for deliveries even though the market is shut, check out latest at <https://www.facebook.com/Llanelli-Indoor-Market-Precinct-717157035043627/>

Group of Volunteers throughout the Glanymor Ward, reputable Reliable Band of Volunteers. Will help with collection of Prescriptions, Shopping etc. For those housebound or self-isolating .Contactable through, Cllr L Roberts, Mobile Number 07960 778149

Lledi ward Councillors / Volunteering Service Shopping/ Collection of
Prescriptions / arrange food bank parcels or simply someone to talk to. Contact cllr
Sara Griffiths, Shahanna Namji or Cllr Chris Griffiths , Mobile No 07491140905/
07955 685091 VERIFIED

CARMARTHENSHIRE – County wide support various

Goldies Cymru we want to try and do everything we can to help people feel connected, and continue to brighten up the day with a Goldies Mini Sing & Smile session once a week through our **Facebook** page. We want to encourage everyone who can to tune in, join in, sing-a-long. Many of our ageing community are now on Facebook and we hope to reach as many people as possible.

<http://www.facebook.com/goldiescymru>. Every week we will have either a pre-recorded Mini session or a LIVE session, as well as other posts throughout the coming weeks to engage with those that are lonely and isolated. We hope that people will join in with us, send in requests, comment and share our posts and videos to help keep the Goldies and wider community feel connected at this time. YouTube channel now available where we will upload all of our Mini sessions and more. link: <https://www.youtube.com/user/UKgoldies> VERIFIED

Carmarthen Food, online food from local producers for collection and in some cases delivery, see website for current information, products from bread, eggs, meat, soaps, fish and seafood, veg and fruit, flour, honey and jams and much more all from local people <https://carmarthenfood.com/> VERIFIED

Castell Howell Foods at Cross Hands. Phone and collect from Cross Hands depot groceries, and other collection points across Carmarthenshire; Llandeilo Bakery, Llandybie Memorial Hall, Ramps Skate Park, Parc y Bocs, Ffos Las Race Course, Roadhouse Restaurant Whitland. Available for all. Contact 01269 846080 8.00am – 8.00pm Price list is here <https://bit.ly/CHCollect2> order by phone or online <http://www.castellhowellfoods.co.uk/services/online-ordering/> VERIFIED

Young Farmers Carmarthenshire YFC, are offering support to their local communities. If you, or someone you know need any support, shopping, prescription, phone chats please contact one of the offices below to receive more information regarding clubs areas where support is available. St Ishmael's, Capel Iwan, Cwm Ann, Cynnwyl Elfed, Dyffryn Cothi, Dyffryn Tywi, Llanddarog, Llandovery, Llanllwni, Penybont, St Peter's, Llanfynydd, contact 01267 237693 / 07375673046. VERIFIED

Age Cymru Dyfed., Help and advice, volunteer coordination, telephone befriending, 01554 784080 and email support, Age Cymru Dyfed digital volunteers have been helping people over the phone, solving some technology problems. Setting up Zoom so they can talk to friends, Setting up a Facebook page and teaching them how to use messenger so they can keep in contact with family members. Setting up email account so they can send messages to their nephew in Australia. Helped input numbers into their new iPhone. Connect a wireless printer to their laptop. Helped to access their webcam so they can now use Skype and Zoom to keep in contact with family. Download and set up Whatsapp on their Iphone, p.mcilroy@agecymrusirgar.co.uk VERIFIED

CAVS, Carmarthenshire Association of Voluntary Services, advice, volunteer coordination, updates from third sector partners, updated community guidance and support lists. admin@cavs.org.uk, 01267 245555

DELTA WellBeing, <http://www.deltawellbeing.org.uk/> 0300 3332222, formally Careline offering support, advice and to identify any social care issues that need further support, volunteer coordination.

Huts Workshop , Newcastle Emlyn, Mental Health Charity based in Newcastle Emlyn are offering a new service, telephone call back and chat, for anyone feeling lonely or in need of a chat to reduce isolation. If you would like a call back ring 01239 710377 to log interest. Monday to Friday 10.00am – 2.00pm Confidential Free Service. VERIFIED

Scarlets Rugby Club, offering to deliver, Care Packages, non-perishable foods, people who are over 70, underlying health conditions or in need, contact 01554 783933, 9.00am – 5.00pm. VERIFIED

CARMARTHENSHIRE CITIZENS ADVICE

They currently have 21 advisers working from home able to answer your questions on the numbers below. They are open Monday - Thursday 9-4 and Friday 9-2.

They have dedicated UNIVERSAL CREDIT, WELFARE BENEFITS, DEBT, ENERGY EFFICIENCY and GENERALISTS Lines

Specialist Advice-

Debt – 01267 231275

Welfare Benefits – 01267 231742

Universal Credit – 07957 668187

Energy Efficiency – 07565 562282

General Advice

Ammanford – 01269 592267

Carmarthen – 01267 234488

Llanelli – 01554 759626

Updates vis twitter @C_ShireCA VERIFIED

Dragon Fine Foods can deliver county wide - fresh and cooked meats, cheese and laverbread. Orders taken 8am-4pm; 01269 842148 VERIFIED

People Speak Up Community Support

'Stories by Phone'

If you are feeling isolated, please call us and then you will receive a story gift by phone by a professional storyteller'

Or you may want to send this as a gift to a family member that is living alone.

Contact: 07972651920

or email: info@peoplespeakup.co.uk

Young People Speak Up

If you would like to join our weekly google hangout sessions, please get in touch. A creative time to talk and to listen!

Call 07972651920 or email info@peoplespeakup.co.uk

Ages 11-16 VERIFIED

CATCHUP Welfare Benefits team are available for telephone information, advice and benefit checks and are also able to support with benefit applications and form filling over the phone, 01554 776850, catchup@carmarthenshirecarers.org.uk .

They have telephone appointments available for next week for form filling or ring any time between 8.30 and 2.30 for benefit advice.

British Red Cross - 03000230700 - ERWales@redcross.org.uk Support group, Elderly / vulnerable - Home delivery

Cinnamon Trust provide shopping, prescription, dog walking, etc for vulnerable news@cinnamontrust.org.uk

DPJ Foundation telephone helpline for mental health specifically to the agricultural sector 08005874262

Oil4Wales - Priority Callout - 01267275777 sales@oil4wales.co.uk oil4wales.co.uk

Co-op are doing a delivery service, call a national number 0330 041 7784 and they connect you to a local store who will take your order, advise on local availability and take payment and then deliver. VERIFIED

CO-OP have introduced a Co-op gift card scheme for those self-isolating and reliant on others to do their shopping. Speak to our dedicated colleagues on 0800 029 4592 to purchase a Co-op gift card which can be shared with friends, neighbours or volunteers to pay for your shopping in your local Co-op. See more <https://coop.uk/2yD4PdL> VERIFIED

Carmarthenshire Community Safety Manager for Mid and West Wales Fire and Rescue Service. In normal times we have a dedicated team to deliver free Home Fire Safety advice and equipment to the people of Carmarthenshire, however, due to the current climate and to minimise the risk of Covid spread, we've temporarily seized our home visits. As an alternative, we are providing over the phone advice and can send out or deliver free smoke alarms etc to those who need them. Individuals can contact us on freephone 0800 169 1234 or email cfscarmarthenshire@mawwfire.gov.uk . Website - www.mawwfire.gov.uk VERIFIED

Families who are experiencing financial hardship and are unable to meet the cost of their immediate needs are able to apply to the Discretionary Assistance Fund for an emergency assistance payment (EAP) which can help with the cost of food,

gas and electricity. Applications for these crisis payments can be made using the link below which also includes more information on this scheme. These crisis payments are made within 24 hours and are open to anyone who is experiencing financial hardship. <https://gov.wales/discretionary-assistance-fund-daf>

Silent 999 system. <https://www.south-wales.police.uk/en/advice/silent-999-system/>

The Silent Solution system enables a 999 mobile caller who is too scared to make a noise, or speak, to press 55 when prompted – to inform police they are in a genuine emergency.

It is not true that police will automatically attend if you make a silent 999 call. Callers need to listen and respond to questions and instructions, including by coughing or tapping the handset if possible, or if using a mobile phone, once prompted by the automated Silent Solution system, pressing 55.

The system filters out thousands of accidental or hoax silent 999 calls made daily. Around 50 emergency calls from mobiles a day are transferred by a BT operator to police forces in the UK as a result of someone having pressed 55 when prompted, enabling the police to carry out urgent enquiries to respond. VERIFIED

Llanelli Counselling Service "Is coronavirus (Covid-19), work related stress, anxiety, insomnia, panic attacks, depression or money worries affecting your life? Perhaps someone close to you is ill or has passed away? Maybe you are struggling with caring responsibilities? Llanelli Counselling Service currently offer telephone counselling or online via WhatsApp or Zoom as we cannot use the counselling room at present, but hopefully we will be able to offer that again soon. Meanwhile please ring 01554701755 or text 07476555338 for further info. VERIFIED

Lewis Pies and Pastry Co, Abergelly Rd, Fforest-fach, Swansea SA5 4DY, offering delivery of large bags flour, yeast, baked goods etc for Local South Wales area. Once you have placed your order our team will contact you to let you know your delivery date, We operate 5 days a week and make our products fresh. Deliveries take between 3-5 days depending on your order? Our drivers are currently operating a NON CONTACT delivery service. The driver will knock the door place the product and await an answer. There is a minimum order of £23.95 contact 01792 579908

Hywel Dda Health Board

We're launching a new urgent care telephone advice line for women experiencing pregnancy complications (in the first 20 weeks) in Carmarthenshire, Ceredigion and Pembrokeshire during the Coronavirus pandemic.

This will be available from Monday to Friday, 8am - 4pm, for patients and health professionals. The number to contact is 01267 227159 and a team of specialist nurses will be able to provide advice and support as appropriate. A telephone assessment will be provided for patients to ensure that they are appropriately triaged and provided with the best care and treatment for their needs.

HUBS FOR THE LGBTQ PLUS COMMUNITY, Hubs have been set up to provide an online space for the LGBTQ+ community across the whole of the county. These spaces can be used for social opportunities, signposting to services and support. They are not exclusive to the location name of the hub, rather service the area around each place. For example, Brechfa Hub doesn't just service the community in Brechfa, but a wide area around that location.

The Hubs are as follows:

1. Sugar Loaf LGBTQ Plus Group - @sugarloaflgbtqplus
2. Brechfa LGBTQ Plus Group - @brechfalgbtqplus
3. Teifi LGBTQ Plus Group - @teifilgbtqplus
4. Hywel Dda LGBTQ Plus Group - @hywelddalgbtqplus
5. Llanelli LGBTQ Plus Support Group - @llanellilgbtq

Carmarthenshire LGBTQ+ Project

1. Facebook - @carmslgbtqplus
2. Twitter - @CarmLGBTQProject

Dolen Teifi, Old Post Office, New Road , Llandysul, Ceredigion, SA444QJ. Dolen Teifi is a community transport initiative, if there are any groups, individual's or organisation that you may know off that want to use the above for either for carrying food or transporting somebody to hospital etc, the vehicles are available for them to utilise. Contact Ann or Rod, phone 01559 362403 9.30am-4.30pm Monday-Friday.

FACEBOOK LINKS TO COVID 19 SUPPORT FOR COMMUNITIES

Age Cymru Dyfed.: <https://www.facebook.com/Age-Cymru-Dyfed-Carmarthenshire-page-237052943365286/>

Information, Advice & a Listening Ear. What we don't know, we'll try our best to find out for you, keeping you connected with your community.

Carmarthenshire Covid-19 support group

<https://www.facebook.com/groups/827580067719862/about/>

Carmarthenshire West & South Pembrokeshire Covid 19 Support Group

<https://www.facebook.com/groups/231551228021854/>

Carmarthen Area Support Group offers various support – Facebook - Support group <https://www.facebook.com/groups/601735697077761/>

Pembrokeshire COVID-19 Support Network

<https://www.facebook.com/groups/pembscovid19/>

Pembrokeshire Covid-19 Action & Support Group

<https://www.facebook.com/groups/506992673209298/>

Lampeter Corona Virus Support Group COVID 19

<https://www.facebook.com/groups/710463783094284/>

Ceredigion Covid 19 Support Group

<https://www.facebook.com/groups/CeredigionCoronavirusSupport/>

Laugharne Township Community Council volunteer plan

<https://www.facebook.com/LaugharneTCC/>

Pontyberem Community Council are arranging home deliveries for those Self isolating. 01269 871075

Pontyberem Community Park Association: Offering free meals on week days for children. <https://www.facebook.com/pontyberemcommunityparkassociation/> updated links

Llanybydder Community Support

<https://www.facebook.com/Llanybydder-Community-Support-107818794184724/>

updated links

Corona virus Llanelli support Page

<https://www.facebook.com/coronavirusllanelli/>

Connect 2 Kindness, community information shared from Facebook.

<https://www.facebook.com/Connect2Kindness/>

Amman Valley support for Corona virus, sharing information and support offers

<https://www.facebook.com/groups/342905956650233/about/>

Nextdoor, neighbourhood hub for trusted connections and the exchange of helpful information, goods, and services. <https://nextdoor.co.uk>

Rhydacameru _ Rhydcymerau and surrounding community and support
<https://www.facebook.com/groups/830900104082755/>

Brechfa Village Shop, Community And Events,
<https://www.facebook.com/groups/1762381443784208/>

Maesybont community support group,
<https://www.facebook.com/groups/210857176832753/>

Llandeilo Covid-19 Community Support Group, has group of volunteers set up to help with shopping, supplies, dog walking etc call 07395 949914
<https://www.facebook.com/groups/196451478462428/>

Teresa Walters, volunteering service in Llanybydder and nearby via a facebook page (please search for Llanybydder Community Support <https://www.facebook.com/Llanybydder-Community-Support-107818794184724/> and volunteer if you live near or ask those who need support to message) to carry out deliveries/make phone calls to any isolated or self-isolating individuals. We're not vetting, just putting people together who will already know each other. VERIFIED

Carmarthen Town Council, contactable on 07796 134 991
<https://www.facebook.com/Cyngor-Tref-Caerfyrddin-Carmarthen-Town-Council-578432558989732/>
<https://twitter.com/CarmarthenTownC>
<http://www.carmarthentowncouncil.gov.uk/>
ajharries@carmarthentowncouncil.gov.uk

We're members of several Facebook groups that have been set up to spread messages and key information that people may find helpful.

Trimsaran Community Support,
<https://www.facebook.com/groups/658569608293580/about/> Community group recruiting volunteers to support community, coordinated by Cllr Kim Broom on 07711551762

Llanelli Town Council website and Facebook site has relevant and up to date information on COVID19 for Llanelli and is updated regularly.
<http://www.llanellitowncouncil.gov.uk/> , <https://www.facebook.com/llantowncouncil/>

Llanelli Community Partnership is posting daily updates from Public Health Wales/ community activity in Llanelli. The page is being provided and supported with verified information and has a large community following. <https://www.facebook.com/Llanelli-Community-Partnership-556897377761447/>

Covid19 Ponthenri / Pontyates , volunteers and local information
<https://www.facebook.com/groups/213263739940154>

Llanedi Community Council, local community advice and coordination, Updated regularly, <http://www.llanedi.org.uk/> , <https://www.facebook.com/LlanediCC/>

Branching Out Carmarthen & Kidwelly, <https://www.facebook.com/Branching-Out-Carmarthen-Kidwelly-631034587339991/> A closed Facebook group for support to improve emotional wellbeing through peer support, chat with other members (ask to join after virtually signing the code of conduct agreement).

Branching Out can currently offer, Online meetings via Zoom (download the app to your device and ask for the link) Monday 8.45pm, Wednesday 7pm, Friday 6pm. Support via text, phone call, what's app, video call, email, message etc. Whatever suits members best. Signposting to other services available. Daily positivity posts and you can sign up for a newsletter. Contact Branching out via messenger or FB. VERIFIED

St Ishmaels Community Council <https://www.facebook.com/St-Ishmaels-Community-Council-2153902847954281/> practical support eg shopping, errands, keeping in touch, contact via FB page, 07825 003648 or you can email clerk.stishmaelscc@gmail.com or contact Cllr Gloria Squires on 01267 267477. If you need our help, please contact Julie on 07825 003648 or Gloria on 01267 267477 and we will do our best to assist you. VERIFIED

Community Action Group Kidwelly and Mynydd Y Garreg, <https://www.facebook.com/groups/2308489282784675/> , group of Volunteers that are here to offer support and help during this Coronavirus Health Crisis for the people of kidwelly and Mynydd Y Garreg. VERIFIED

Help Llandovery, <https://www.facebook.com/helpllandovery/>, or contact 01550 721499, coordinating facebook page, linking residents and telephone contact details for all residents without WiFi/broadband.

Llandeilo Covid 19 Support and information for people in Llandeilo <https://llandeilocovid19.com/> Foodbank, Community Support and Information. VERIFIED

Whitland Town Council ,there are also regular updates with advice from UK Government, Welsh Government, Carmarthenshire County Council, MIND, AgeCymruSirGar, and many others as well as topical updates on keeping yourself healthy at this time on the Facebook page - <https://www.facebook.com/whitlandtc/>

Carmarthen Area Support Group offers various support – Facebook - Support group <https://www.facebook.com/groups/60173569707761/>

COVID 19 Carmarthen Community Care - Help, medicine, shopping, elderly, support group 07796134881 carmarthencommunitycare@gmail.com

Facebook Llannon Community self-isolating support group. If you live in Llannon and you need help whilst you are self-isolating you can join us at <https://www.facebook.com/groups/807616286403676/>