

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.

Some of these services are already on DEWIS/InfoEngine, our directory of services for Carmarthenshire and Wales, if so a link to their DEWIS/Infoengine entry is attached to their information.



If you've got a service that helps people with their well-being, you can add your details to Dewis Cymru, so that the people who you want to help, and support can find you more easily. It doesn't matter how big or small you are, or whether you're volunteers - if you help people with their well-being, Dewis Cymru wants to know about you and about what you do, so that we can put people in touch with you! If you want to add details of your service to Dewis Cymru, click [here](#).

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

LLANELLI

Groceries

SEWARDS of Llanelli Market, Fresh Fruit ,Vegetables & flowers. We will be happy to provide a Delivery service to all local areas Llanelli , Llangennech, Bryn , Felinfoel, Bynea ,Burry port , Pembrey & Kidwelly Please ring: 01554 757819 ,Wednesday to Saturday 9am - 3pm

Coop Llangennech, Afon Rd, Llangennech, Llanelli SA14 8TS, 01554 820202 offering shopping and delivery via local volunteers -**no longer offering this service. Operating voucher system whereby you buy voucher to enable somebody to buy goods for you in local coop store. Ring 0800 0294592**

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**

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 . 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. Dairy products only**

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 **VERIFIED**

Stevie Bees Nursery – Delivery of fruit and veg, veg boxes and eggs. Areas covered, Llanelli ,Pontyberem ,Ponthenri, Ponyates, Carway, Trimsaran, Kidwelly, Pwll, Burry Port, Tumble, from £2 - £3 delivery contact number is 07932044891

Takeaways/Meal Deliveries (some will deliver groceries)

National Ready Meal Deliveries:

WILTSHIRE FARM FOODS, 0800 077 3100, www.wiltshirefarmfoods.com

OAK HOUSE FOODS, 0333 370 6700, www.oakhousefoods.co.uk

FAIRFIELD CATERERS, 07792 117 882 / 01994 419 087, E mail: Fairfieldcaterers@hotmail.com

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 Sunday lunches only **VERIFIED**

Community Café Hendy, 07824999332, Hendy Library, Iscoed Road, SA4 0UP, , home deliveries. Wed-Sat 10-5 **VERIFIED Deliveries until at least September when hopefully opening. Flexible with days. Prefer if people collected but will still deliver**

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, 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. Contact on 01554 899994 if there is no answer leave a message or message on their Facebook page <https://www.facebook.com/Llwyncountryhouse> **UPDATED**

Food Banks/Meals on Wheels

Meals on Wheels service from October 14th for Pembrey and Burry Port, initially every Wednesday. Price is £4 for one course £5 for two, homemade and delivered hot to their door by volunteers. Booking number is 07904036232.

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 **Llanelli offices being refurbished so run from Bury Port 07780022593 or via Facebook page**

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 **VERIFIED**

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**

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**

Seaside Café, 53 Caroline Street, SA15 2PB, Contact Kelly Rees on Kelly Rees...07950562503. Seaside AFC helping out with storage. Change of contact number **Opening as café from 3rd August so will not be doing food bank but will help out in emergency. Will do deliveries of meals but only in local area**

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) **Operating from Bury Port office 07780 022593**

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

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 **No reply** email - southwales@4x4responsewales.org

Rwyth Cabs 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 from Pontyates Nr Llanelli SA15 STB, the company 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

ELLI WARD AND NEED HELP? The ward covers from Furnace Bridge in the north, Queen Victoria Road in the south, Old Road/Market Street in the east and ... If any

resident needs any assistance with any issue please get in touch. Leaflets being printed shortly for door-to-door delivery with emergency contact details for supermarket and shopping volunteer, medical/medication, hot meal delivery and Council details. Contact details, 01554 749649, 07734 867588,
JPJenkins@carmarthenshire.gov.uk

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
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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 provisions market is open Monday to Saturday 8.30am to 5.00pm. The market offers a variety of fresh foods, café's, take-away's and services such as hair and beauty. There are also public toilets available. For more information visit the website: <https://www.carmarthenshire.gov.wales/home/council-services/markets/Llanelli-market> <https://www.facebook.com/Llanelli-Indoor-Market-Precinct-717157035043627/>

D & A Heel Bar - offering key, engraving, new soles and heels services on a collection and delivery basis, contact on 01554 755776