

## 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](mailto:susansmith@cccpartners.org.uk)**

### **AMMAN GWEDRAETH**

**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

**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

**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

**They are also looking for volunteer drivers – so that they are able to cope with increasing demand. If anyone can spare a bit of time please ask them to contact the number above.**

**Y Cwtch café, Pontyberem** do a local meal delivery service for elderly. After school Club. They can be contacted on 01269 871300. VERIFIED

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

**Blas o'r Dyffryn**, Ty Dyffryn restaurant, contact Ben 01269 596648, or 01269 590097, meal deliveries to residents of Ty Dyffryn and surrounding area. VERIFIED

**Valans**, 29 High St, Llandybie, Ammanford SA18 3HX, 01269 851288, Takeaway and home deliveries VERIFIED

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

**JRG Williams Pharmacy** 31 High Street Llandybie SA18 3HX  
Chemist, local deliveries available, 01269 850302 VERIFIED

**Cig y Cennen**, Dai Watkins 5 High St, Llandybie, Ammanford SA18 3HX  
Butchers, vegetables, takeaway goods, pies and pasties, dairy goods, 01269 850814

**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

**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

**Meals on Wheels** service Amman Valley area is resuming by 20<sup>th</sup> March 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

**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

**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](mailto: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

**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](mailto:admin@ddolfachdairy.co.uk) VERIFIED. (please note also on Llanelli list)

**Tumble Hall** currently running a meals on wheels twice a week, Tuesday and Thursday with a minimal cost. Crosshands, Tumble, Llanon 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

**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

**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](mailto:pbpfoodbank@cetma.org.uk) or via their Facebook page: <https://www.facebook.com/PBPfoodbank/> They are taking Self referrals via FaceBook or contact 07780 022593. now covers St Ishmaels, Pontyates, and Pwll 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

**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](mailto:llanedicdo@gmail.com) Contact 07309804637 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

**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 Crosshands, Tumble , Llanon, Gorslas areas, wider areas considered. Please use delivery only if self-isolating and can't get out. VERIFIED  
UPDATED INFO

**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

**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



## **CARMARTHEN 3T's**

**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. Narellle 01558 822982 VERIFIED

**'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

**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

**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

**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

**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

**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

**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](mailto:info@thebelle.co.uk) starting **Wednesday 25<sup>th</sup> March** VERIFIED

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](http://www.thebelle.co.uk) for details 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.

**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, full 2 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

**Boots Newcastle Emlyn**, Prescription Deliveries, 01239 710240 VERIFIED

**Boots Cardigan**, Prescription Deliveries, 01239 621578 VERIFIED

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

**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

**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](http://www.dewijamesbutchers.co.uk) 01239 612063 Elin  
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](http://www.elaichistclears.co.uk), [www.facebook.com/elaichistclears](https://www.facebook.com/elaichistclears) 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

**Ty Mawr Country Hotel, Carmarthen SA32 7RA** , [https://www.wales-country-  
hotel.co.uk/](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

**Chris Thomas and Sons, Greengrocers, Abergwilli**, shop stil 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](mailto: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

**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/>

**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](mailto: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.

## LLANELLI

**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](mailto: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

**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](mailto:southwales@4x4responsewales.org)

**The White Lion**, Park View, Llanelli SA14 8BH, 01554 776644, delivery service of hot meals, 9.00- 8.00pm Wednesday – Saturday, 12 – 5.00pm Sunday. VERIFIED

**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](mailto:JPJenkins@carmarthenshire.gov.uk) 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

**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

**Coop Llangennech**, Afon Rd, Llangennech, Llanelli SA14 8TS, 01554 820202 offering shopping and delivery via local volunteers. 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](mailto:cyngorcymunedpontyberem@gmail.com), contact anytime.  
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

**John's Fish and Chip shop Llanelli** 01554 774075 Offering a delivery service to everyone, OAP special and free delivery for the elderly. Times of delivery 11am till 2.30pm - 4.30 till 10 pm. 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.

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

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

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/>

**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

**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

**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](mailto:admin@ddolfachdairy.co.uk) VERIFIED.

**Llwyn Country House**, 01554 899994, [enquiries@llwyncountryhouse.co.uk](mailto: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

**Coasting Pilot Burry Port**, \*HOME DELIVERY MENU\*\* Please feel free to share. As of today, we are pleased to offer our home delivery service to the Burry Port and Pembrey area 📍 please call us on 01554 833520 to place your order and pay by card over the phone. PDF of the menu available via Facebook messenger. We look forward to hearing from you, <https://www.facebook.com/TheCoastingPilotHotel/> VERIFIED

**The Lewis Arms, Bynea** have set up a foodbank for local people who are struggling to access the supermarkets or other food shops in the Bynea area, If you know anyone who is struggling because they are self-isolating, elderly or are keyworkers with heavy work commitments and don't have time to shop, please message directly Please do not just turn up at the pub, collections by arrangement only, deliveries may be possible, contact us for more details. 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:

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

◆ **Seaside Cafe**

53 Caroline Street, SA15 2PB  
Contact Kelly Rees on 01554 774483  
Seaside AFC helping out with storage.

◆ **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. Phone: Cllr Sharen Davies on 07856 747856 & Cllr Jason Hart on 07876 307046 or by email: [SDavies@carmarthenshire.gov.uk](mailto:SDavies@carmarthenshire.gov.uk) or [jason.hart@hotmail.co.uk](mailto:jason.hart@hotmail.co.uk) Address: Bryn & Trallwm Club, Gelli House/Gelli Rd, Llanelli SA14 9AD, VERIFIED

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

**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](mailto: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

## CARMARTHENSHIRE

**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 Crosshands 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 Sir Gar**, Help and advice, volunteer coordination, telephone befriending, 01554 784080 and email support [info@agecymrusirgar.org.uk](mailto:info@agecymrusirgar.org.uk) .

**CAVS, Carmarthenshire Association of Voluntary Services**, advice, volunteer coordination, updates from third sector partners, updated community guidance and support lists. [admin@cavs.org.uk](mailto: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](mailto: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](mailto:info@peoplespeakup.co.uk)

Ages 11-16 VERIFIED



## FACEBOOK LINKS TO COVID 19 SUPPORT FOR COMMUNITIES

**Age Cymru Sir Gar:** <https://www.facebook.com/Age-Cymru-Sir-Gar-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/>

**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.carmarhentowncouncil.gov.uk/>  
[ajharries@carmarhentowncouncil.gov.uk](mailto:ajharries@carmarhentowncouncil.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/>