

Community Support Llanelli

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.

Updated on the 1/4/20

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

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

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 VERIFIED

Tyisha Food Bank , Tyisha Councillors are here to help. If you don't have food, either phone or private message us. If you are able to collect we will get a food parcel ready or we can deliver in emergencies. Contact Cllr Suzy Curry 0756 1566 456 Contact Cllr Andre McPherson 07583 525635. 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

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/>

Sewards Fruit & Veg Market stall, Llanelli, Fruit Can take orders over the phone 01554 757819 and will deliver.

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, Lloughor 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 VERIFIED.

Incredible Edible Foodshare, distribution of surplus food to those in need in Llanelli and surrounding areas, contact Marie Turke 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

◆ **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)

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

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 .

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 Charitybased 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

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/> updated links

Carmarthenshire West & South Pembrokeshire Covid 19 Support Group

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

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

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/>