Wellbeing Bulletin March 2020

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Rhondda Valleys

Cwm Farm Shop Treorchy: Free grocery delivery service and homemade meals at reasonable prices.
Contact them on: 01443 778106 **Click Here**

Cwmparc Community Centre: Offering a buddy system for shopping/medical supplies in the Cwmparc area.
Contact them on: 01443 772044 **Click Here**

Fun Fillings: Offering Hot and Cold foods in the CF39 Area (Ystrad to Coed Ely. Porth to Wattstown)
Contact them on: 01443 422557 **Click Here**

Ton Pentre Fruit Bowl: Offering a delivery service with a minimum spend of £15. Offering a full range of Fruit and Veg along with a limited supply of other goods. They will delivery from Treorchy to Penygraig.
Contact them on: 07752187090 **Click Here**

Treorchy Florist: Offering a delivery service of Fruit and Veg packs. They will deliver from Blaencwm to Llwynypia and Maerdy to Pontygwaith.
Contact them on: 01443 777755 **Click Here**

Rhondda Food Bank : Please take your vouchers if you have one. If not contact a member of your local wellbeing team, contact numbers on page 1.

- **Tylorstown Acts Church**: Monday 10.30am-1pm, Friday10am-1pm. Tel: 01443 731589.
- **Hope Church Tonypandy:** Wednesdays 10am-11.30am. Email simon@hopechurchrhondda.org.uk **Click Here**
- **Blaencwm Chapel:** Friday 2pm-3pm. Tel: 07961817832
- **Salvation Army Pentre:** Thursday10.30am -2pm. Tel 01443 436833

The Bistro Group: Treorchy - Delivering from Blaencwm to Ystrad. Delivering hot and cold food including Breakfasts, burger, chips and treats. The full menu can be found on their website www.thebistrogroup.co.uk.
Contact them on: 07394 738964 **Click Here**

Tomsys Taxi – Porth, Cymmer, Ynyshir and Trehafod areas. Free essentials, food shopping service and medication collection for over 60's.
Contact them on: 07974404719.

Valleys Kids - Supporting people in the local area providing; shopping, food hampers, food vouchers and telephone support:
Penygraig - Phone: 01443 420870/Email: Lynfa@ValleysKids.org
Treherbert - Phone: 01443 773835/Email: Caroline@ValleysKids.org
Treorchy - Phone: 01443 303300/Email: Nathan@ValleysKids.org

Rhondda Fach

The three shops listed below are working together to coordinate deliveries of each other's services:
Ken's Butchers Ferndale: Selling meat selection. Will deliver from Maerdy to Pontygwaith.
Contact 01443 730581 Click Here
Dylan's Pet Shop Ferndale: Will deliver from Maerdy to Pontygwaith.
Contact 01443 757575
Nash's Shop Ferndale: Delivering Fruit and Veg. Will deliver from Maerdy to Pontygwaith.
Contact 01443 756646

Co-op Ferndale. Will deliver from Maerdy to Pontygwaith. Contact 01443 730330

Cynon Valley

Bryn Sion Church: Offering to do shopping for people and have a befriending service. Monday-Friday 9am-5pm. Contact them on: 07486643961.

Cynon Valley Singing for Lung Health Group: Access this group on their Facebook page to join in with singing lessons for lung health.
Click Here

Hirwaun Matters 2: Providing shopping, friendly phone calls, urgent supplies.
Click Here

St Fagan's Church Trecynon: Providing Shopping and friendly phone calls. Contact them on: 01685 881435

Delivery4U: Available to those who are vulnerable or in need (free delivery available) for the following: Food, prescription collection, baby essentials, food take- away, pet food and other essentials.
Contact them on: 07464 932097
Click Here

Merthyr Cynon Food Bank: Providing emergency support to those in crisis.
To collect a voucher and for further information on collection points visit their website Click Here .
Contact them on: 0742753743

Covid 19 Support Group- Trewaun, Trenant and Penywaun- Supporting those most vulnerable within the community. Visit their Facebook page for further information.
Click Here

Taff Ely

Taff Ely Foodbank: Providing emergency support to those in crisis. Open at Bethel Baptist Church, Pontyclun. Monday - Friday, 9am-1pm. Offering deliveries of emergency food parcels to people self-isolating. Still

accepting food donations (non-perishable) at local supermarkets and Bethel Baptist Church during opening hours. Contact Andrew Butcher on: 07900 557379.

Pontypridd Foodbank: Providing emergency support to those in crisis. Open at St Luke's Church, Rhydyfelin, Monday & Friday 2-4pm and Wednesday 10am-12noon. Offering deliveries of emergency food parcels to people self-isolating. Please contact your housing officer, Citizens Advice or a member of your local wellbeing team (contacts on page 1) if you need a voucher. Still accepting food donations (non-perishable) at Sainsbury's, Ponytpridd and St Luke's, Rhydyfelin during opening hours.
Contact Mandy Haydon-Hall on 07562137392.

Llanharan Drop-in Centre: Providing childcare (6 weeks to 12 years) for key working families only. MUST be registered through local authority emergency childcare scheme.
Contact them on: 01443 229723 or email info@llanharandropin.org.uk.

Salem Chapel, Tonteg: Team of local volunteers supporting those self-isolating or vulnerable with the following: picking up shopping, dog walks, calling for a chat, delivering foodbank packages for those in crisis, posting mail and any other essential support.
Contact Emma on 07581888006 or Rev. Rosa on 07807893373.

Pontyclun Community Friends: Providing community support through volunteers to those self-isolating in Pontyclun and surrounding areas. Shopping service, friendly phone calls and other urgent supplies. Also recruiting local volunteers.
Contact Margaret Griffiths on 01443 229301 or email at margaretgriffiths@pontyclun-cc.gov.wales

Liam's Taxis: Based in Pontypridd, they are offering to assist with getting vulnerable people, NHS and key workers to supermarkets and to work. An 8-seater taxi but they will only take 4 from the same household at any time to abide by government regulations. Minimal fares will be charged to cover petrol costs. Call or text 07581006416 at any time.

Glyncoch Support Group: Providing practical help such as shopping, prescription pick up and welfare calls via volunteers.
Contact: 01443 540104, line open from 10am-4pm daily, leave a voicemail outside those times. Email keith.lewis@glyncoch.org.uk

Tylagarw Community Support: Volunteer help with picking up shopping, urgent supplies, a friendly phone call and posting mail. Recruiting volunteers. Contact them on: 07395 157540
Click Here

Across Rhondda Cynon Taff

Age Connects Morgannwg: Providing a telephone befriending service to those feeling lonely whilst in self isolation. If you know of someone that would benefit from this service, please email the 'Reaching Out' Coordinator, Helen Davies on helen.davies@acmorgannwg.org.uk

Care and Repair: Offering a new telephone befriending service for existing and new clients. Staff will also be providing an essential delivery and collection service for those who are self-isolating or vulnerable and require essential items. This can include food, prescriptions or anything that will support clients. Contact: 01443 755696

Dementia Connect: Offer telephone support for people living with dementia and their Carers.
Contact: 0333 150 3456 or Dementia.connect@alzheimers.org.uk
Please find the referral portal **Click Here**

Hapi project - Live wellbeing videos daily including singalong, family fit, Pilates and more. Timetable released weekly on Hapi Facebook page.
Click Here

New Horizons & Mental Health Matters: Mental Health Charities working across Rhondda Cynon Taf offering Free Telephone Befriending
Call Sara on: 07966 904 286 or Michelle on: 07966 632 709

Cwm Taf Morgannwg Mind - A local mental health charity working in communities across Rhondda Cynon Taf and Bridgend.

- **Online counselling – 07399347745**
- **Primary care service – 07399347745**
- **Housing services – 07494688715**
- **Mind Infoline 0300 123 3393** (Monday – Friday, 9am6pm), **text 86463,**

Visit **www.mind.org.uk** for free confidential advice on a range of mental health issues
Click Here

Valleys Steps: Now offering blogs, videos and advice through their Facebook page and access to self-help information, mindfulness and stress control, online audio & downloads via website **Click Here**
Click Here

Blossom: A Facebook Mental Health Support group providing a safe place for people to share their feelings, thought and anxieties and access online support.
Click Here

Citizens Advice RCT: A local charity supporting communities, offering free advice on money matters, debts and debt relief orders, employment, housing, mental health and welfare benefits.
Contact them on: 01443 409284.
Click Here
For advice on Coronavirus scams visit
https://www.nationaltradingstandards.uk/news/beware-of-covid19-scams/

For the New DWP landing page for Coronavirus and claiming benefits Click Here

Women's Aid RCT: Providing adults and children affected by domestic abuse with support.
Helpline: 0808 80 10 800 or Text: 07860 077 333 or Private message on **info@wa-rct.org.uk**

BEAT: For people experiencing **eating disorders**, people who may be supporting someone through recovery and for people who may be worried about someone - a loved one, friend, relative, pupil, colleague.
Contact them on: **0808 801 0677**
www.beateatingdisorders.org.uk

Cruse Bereavement Care - The UK's bereavement charity **Free National Helpline on 0808 808 1677**

Samaritans - If you need someone to talk to, a Samaritan is there to listen 24/7. Free confidential emotional support to anyone experiencing feelings of distress or despair including those which may lead to suicide.
Call Free on: 116 123 or contact: **jo@samaritans.org**
www.samaritans.org

The C.A.L.L. Helpline: is a dedicated mental health helpline for Wales, which provides confidential listening and emotional support and will help you contact support available in your local area, including voluntary and charitable organisations.
Contact them on: 0800 132 737 or by texting 'help' to 81066.
www.callhelpline.org.uk