

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

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

Mountain Gate, 01269 596274, Take away meals 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

Trimsaran Leisure Centre Cafe can make up frozen meals for individuals in the village who have to self-isolate. If they just ring the Centre on 01554 810155 to order. 9.00am – 5.00pm Mon – Fri VERIFIED

Meals on Wheels service Amman Valley area is resuming by 20th 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 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 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 or via their Facebook page: <https://www.facebook.com/PBPfoodbank/> They are taking Self referrals via FaceBook **or contact 07780 022593**. VERIFIED contact updated

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

LOCAL PET SUPPLIES, 38 Station Rd, Burry Port SA16 0LP, pet food deliveries in Burry Port, contact Not verified yet?

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. Narelle 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

Stavin Mavins- 26 Lammas St, Carmarthen SA31 3AL, 01267 231144, deliver cooked meals and snacks, will deliver to elderly in Carmarthen out of hours 7.45 – 3.45pm. 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 starting Wednesday 25th 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 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

Prescription Deliveries

Boots Newcastle Emlyn 01239 710240 VERIFIED

Boots Cardigan 01239 621578 VERIFIED

Bridge Pharmacy, Newcastle Emlyn 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 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, 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

LLANELLI

Seaside Café, 53 Caroline St, Llanelli SA15 2PB, 01554 774483, Drop off food station donations welcome for distribution to the elderly and vulnerable in the community. Mon – Sat 8.00am – 2.00pm Seaside Cafe, and Seaside AFC along with Cllr Sean Rees have teamed up with Llanelli Surplus Food (CETMA) to collect and distribute food. Drop off points are:

Seaside Cafe (Seaside AFC helping out with storage.)

Open Monday-Saturday (8am – 2pm)

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

Stevie bee nurseries Pwll

Sacks of potatoes 20 kg and 25 kg carrots parsnips Swedes cabbage cauliflowers leeks onions beetroot small bags of potatoes open 10 till 4 Monday to Friday or call Steve on 07866847677 free delivery for the elderly Llanelli Burry Port. CLOSED

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

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 will call back. 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, 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.

Community Café Hendy, 07824999332, Hendy Library, Iscoed Road, SA4 0UP, Takeaway and 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

Richie's Meats, Felinfoel (Butcher). Farmers Row, Felinfoel, Llanelli SA14 8LA, Can take orders over the phone 01554 774695 and will deliver within Llanelli and surrounding areas. Payment can be taken over the phone. 9.00am-5.00pm VERIFIED

Llwynhendy/Pemberton Food Bank: Food parcels for vulnerable and elderly that are self-isolating. Phone: 07856 747856 & 07876 307046 Email:

jason.hart@hotmail.co.uk Address: Bryn & Trallwm Club, Gelli House/Gelli Rd, Llanelli SA14 9AD, VERIFIED

Jollies at The Hilltop: Address: The Hilltop, Gelli Road, Bryn, Llanelli SA14 9AA. Free delivery service on hot meals and drinks for all. You can ring us on 01554 756806 VERIFIED

The Stradey Arms , 1 Stradey Rd, Furnace, Llanelli SA15 4ET, 01554 753332, offering hot meal deliveries Wednesday – Saturday 12-3pm, 5-8pm, Sunday – 12 – 4pm

Marzano's , 13 Cowell St, Llanelli SA15 1UU 01554 744950, 9am – 2pm now closed

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

Lots of businesses in Llanelli Market are 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, 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 7557355 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.

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

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. VERIFIED

Incredible Foodshare, deliveries and collections Llanelli and surrounding areas, no need for voucher call for, contact Marie Turke 07814397999 or contact through Facebook, <https://www.facebook.com/groups/224874001178723/about/> 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.
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

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

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/> updated links

Ceredigion Covid 19 Support Group

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

Laugharne Township Community Council volunteer plan

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

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>

Rhydameru _ Rhydcymerau and surrounding community and support
[grouphttps://www.facebook.com/groups/830900104082755/?hc_location=group](https://www.facebook.com/groups/830900104082755/?hc_location=group)

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/](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