

Facebook Groups – Have extensive lists of community helpers

NCE Community Help

Cardigan Coronavirus Help Group

Prescription Deliveries

Boots Newcastle Emlyn 01239 710240
Cardigan 01239 621578

Bridge Pharmacy 01239 710246

Meals on Wheels

Emlyn Café - Rian Evans 01239 810143 Meals on Wheels to include people self-isolating

Local Businesses offering delivery in Newcastle Emlyn

Cardigan Bay Trading 01239 710703 Fruit & vegetables free local delivery

Tesco Click & Collect

Riverside Health 01239 711440 Also on FaceBook

Cardigan Bay Brownies 01239 611733 Offer free delivery from their lunch menu

Dewi James Butchers 01239 612063 (Cardigan) Free delivery and shopping online

01239 710519 (NCE) www.dewijamesbutchers.co.uk

Teifi Chips 01239 711367 Free delivery

Y Goleudy 01239 711171 (minimum spend £10.00)

Ty Croeso 01239 710343

Junipers Health 07984 825488 (vitamins & supplements)

Art Workshops on FB

Helen Elliott – guidance and free projects

Dog Food and Kennels

Dog Food Dave 01239 612297 (order before 1pm on Mondays for Tuesday delivery)

Clwb Boarding Kennels 01239 698650 (looking after NHS workers dogs or people self-isolating)

Mental Health & Guidelines

Government gov.uk

WHO (World Health Organisation) who.int

Relate (counselling) 0300 100 1234 or www.relate.org.uk (Mon-Fri (9am to 5pm))

Tir Dewi (farming community) 0800 121 47 22 or www.tirdewi.co.uk (daily (7am-10pm))

MIND 0300 123 3393 (Mon-Fri (9am-6pm)) or Text: HELP to 86463
www.mind.org.uk

24 Hour Help

C.A.L.L. Helpline 0800 132 737 or Text: help to 81066
www.callhelpline.org.uk

Samaritans 116 123
(Welsh speaking) 0300 003 2340 or www.samaritans.org

111.nhs.uk 111 or 111.nhs.uk

The Silver Line (older people) 0800 470 8090 or www.thesilverline.org.uk

mentalhealth.org.uk