

## **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 AS THE  
SITUATION CHANGES. PLEASE CALL COMPANY DIRECT FOR UP  
TO DATE INFORMATION**

### **AMMAN GWEDRAETH**

**Day Today**, 6 Church Street, Llandybie

General grocery stores, Local deliveries available, call Jason.

01269853807

**JRG Williams Pharmacy** 31 High Street Llandybie SA18 3HX

Chemist, local deliveries available

01269 850302

**SPAR** 25 High Street SA18 3HX

General grocery store can deliver for regular customers, will also assist any customer requiring help when shopping packing and assistance to car etc.

01269 850211

**Cig y Cennen**, Dai Watkins 5 High St, Llandybie, Ammanford SA18 3HX

Butchers, vegetables, takeaway goods, pies and pasties, dairy goods, xmas club.

Friday local deliveries

01269 850814

**Freshbite**, The Arcade, Ammanford SA18 2LN

Takeaway and sandwich bar, jackets, baguettes, daily specials eg cheese and potato pie

Over £10 order will deliver locally.

01269 596648

**Co Op**, College St, Ammanford, Carmarthenshire SA18 3AB

General grocery stores, free home delivery of goods purchased in store, over £25.

No local delivery from phone call as yet waiting on response from Co op customer service

01269 591533

**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

**Sunday Carvery from Amman Centre**, Margaret Street, every Sunday starting May 4<sup>th</sup> from 12.30 – 2.30pm home delivery possible in Ammanford town area, £7.95 per person call 01269 598705 to order. Eat in at the centre 12.00 sitting and 2.00 sitting £6.95 per person booking needed, 01269 598705

**Pixeys Place** , 66 Cwmamman Road, takeaway Sunday dinner, it is Free delivery for up to 3 miles and then up to 5 miles £1.00 and up to 10 mile £2.00. Delivering from 12.00 – 3.00pm and large menu (available on Facebook). £5.99 for adult £6.99 inc dessert, XL dinner £8.99 inc dessert, OAP rate £4.99 inc dessert. Call 07591841147.

**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 today, 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, Tygroes, 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, Llandybïe, Ammanford SA18 3HX, 01269 851288, Takeaway and home deliveries VERIFIED

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

**Mountain Gate**, 01269 596274, Take away meals and home deliveries VERIFIED

**Tycroes Supermarket**, 01269 594464, Home deliveries VERIFIED

**The Red Kite**, 89 Pontamman Rd, Ammanford SA18 2JD, 01269 597177, delivery Garnant , Brynamman, Ammanford, LEFT MESSAGE

## **CARMARTHEN 3T's**

**The Angel Public House, Salem, Llandeilo SA19 7LY**, Are now doing takeaway meals and hoping to set up pop up shop, Wednesday to Sunday, contact if you want anything they will try and provide. Nolenne 01558 822982

**'La Patisserie'** in Llandovery is offering anyone who needs help they can delivery fresh bread, milk, cheese, eggs etc. They can also provide lunch or tea on the day if someone needs it - 07947899126

**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,el;derly 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**, 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

**Burns Parc y Boc**, 01554 890482, delivering groceries to elderly and vulnerable in Kidwelly community from local stores.

**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 Lunch Box-** High St, Llandysul SA44 4DG, 01559 362345 WAITING CONTACT

**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 0 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

**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.

## 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](mailto:info@llanellisurplusfood.org.uk)

**CETMA Surplus Food Distribution Centre** and offices in Marsh St.

Open Monday – Friday (10am – 5pm)

**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](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@cararthenshire.gov.uk](mailto:JPJenkins@cararthenshire.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. 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. Let's all stay safe but remember to help each other if we can Contact Cllr Suzy Curry 0756 156 456 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.

**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.

## **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.