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All information contained in this bulletin is correct at time of publishing.

Rhondda Valleys


Find us on Facebook as “Rhondda Wellbeing Coordinators” for all the latest help, support and advice:


 [Click here](#)


Rhondda Foodbank: This has now changed to a home delivery service, where-by an e-voucher is now needed. If in crisis please contact: Wellbeing@interlinkrct.org.uk whereby staff members are e-voucher holders and are able to arrange for food parcels to be delivered.

The Play Yard: Providing Food Hampers every Wednesday on a first come first serve basis for £5. Also supplying free lunches for children of all ages. Collection is preferred but delivery is available for those most in need. There is an online form on their Facebook page, or you can contact them on 01443 303300.


 [Click here](#)


The Lion Hotel: The Lion Lockdown Menu. Delivering every Monday, Wednesday, Friday, Saturday and Sunday in the Upper Rhondda. Meals include Sunday dinner, pasta, salads, rolls, and pub classics. All bookings must be ordered by 5pm the day before. To book your delivery send a Private Message or text to 07950420549  [Click here](#)

Cwm Farm Shop Treorchy: Free grocery delivery service and homemade meals at reasonable prices. Contact them on: 01443 778106  [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](#)

The Best Café: Delivering Afternoon Tea for two £15. Based in Pentre.  [Click here](#)

Treorchy Florist: Offering a collection and 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](#)

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](#)

WR Bishop - Home deliveries or collection throughout Rhondda - £10/£20/£30 fruit and veg boxes/ £10 everyday essentials boxes. Contact 01443 670355.

Rhondda Heritage Park, Chocolate house – Free home delivery up to 3km, £3 for deliveries 3km-5km offering their full cafe menu on a Thursday and sweet treats throughout the week. Place orders by phone or through website. Contact 07834 900978 or visit website info@chocolate-house.co.uk

Rhondda Fach

The four 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 [!\[\]\(4729e517bc6a7cd81c8025b9646574fb_img.jpg\) 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

The Bakehouse Ynyshir: Delivering fresh breads, cakes, pasties, pies etc. Will deliver from Maerdy to Pontygwaith. Contact Anetta 07875966036

Cynon Valley

Find us on Facebook as 'Cynon Wellbeing Coordinators' where we post up to date information, support and advice from around the Cynon Valley: [!\[\]\(870f5d5e9c0d57485634be3ecf52f3ca_img.jpg\) Click here](#)

Aberdare Covid19 Community Support Group: Helping people stay connected in the local community. Access them through Facebook: [!\[\]\(4fe57c3593bf1b21d272ae7ac8dfaf77_img.jpg\) Click here](#)

The Marquis Inn Aberdare: Selling the following: 30 Eggs = £4.50 Flour; Plain/Self raising= £1 per Kilo. Free Delivery on Orders over £7. Call 01685 875822 to make your order.

Jenkins and Sons Fruit and Vegetables: Offering deliveries to local people of fresh fruit and vegetables. To place an order contact 07928074827 Working through the following areas: Penderyn all the way to Penrhiwceiber. [!\[\]\(b792654f2cef9719eabeb6c5be00811e_img.jpg\) Click here](#)

Bryn Sion Church: Supporting local people within the community with food shopping, topping up gas and electric, collecting medication and prescriptions. Contact 07486643961 Monday - Friday- 9am-5pm

Cynon Valley Organic Adventures: Supporting people in the community with: Picking up shopping or supplies, Posting mail, A friendly phone call, Prescriptions, supporting actions e.g. dog walking Understanding Health Guidance, Advice on employment rights and financial concerns e.g. self-employment available on: [!\[\]\(2bae76de5ebbd5c4d7d47162f1673734_img.jpg\) Click here](#)

Church Village Caterers- Delivering Sunday Roast; 2 course Dinners with a Choice of Meats and Desserts. Order by 6pm on Saturday ready for Sunday. Covering Abercynon down to Church Village, Mountain Ash, Aberdare and Merthyr. Contact: 07525658728 to place your order.

Dave's Family Butchers-Aberdare: New Opening Times: Tuesday, Wednesday, Friday Saturday 8am-2.30pm Thursday 8am-.1pm. Not taking orders over the telephone, following government guidelines and running business as usual through the shop.

St Fagans Church- Trecynon: Supporting people within the Community with Shopping, picking up prescriptions and medication. [!\[\]\(28f72b996fc97883dfd9d4e8b1b16b4e_img.jpg\) Click here](#)

Creature Comforts- Aberdare: Usually in the market. Delivering pet supplies every day, free delivery. Contact: 07947591120 or visit: [!\[\]\(5d954b3e270654ad8ab0d5913161c03c_img.jpg\) Click here](#)

Veg Box- Aberdare: Usually in the market. Delivery Service- Please contact 07460049535 to place an order on fruit and vegetables.

Farmers Fresh Fruit Company: Delivering fresh fruit from Rhigos- Aberdare town. Place orders on Facebook: [f Click here](#) or contact: 01639 720696

Taff Ely

Find us on Facebook as “Taff Ely Wellbeing Coordinators” for all the latest help, support and advice: [f Click here](#)

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.

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

Pontypridd town Covid19 community support group - Supporting people in the Pontypridd town ward, providing a befriending service, picking up shopping/medication. Also recruiting volunteers. Contact: Heledd Fychan (cllr) on 01443403375 / heledd@gmail.com or on the Facebook group: [f Click here](#)

Spar, Rhydyfelin - Home Delivery Service - available to vulnerable customers (aged over 70, pregnant, those with a disability/special needs, long-term health problems, shielded, single parent self-isolating with children). If you fall into one of these groups, please call Spar on 01443 402105 to arrange a delivery. Small store with limited staff, so please bear with them during busy times. Open 7am-9pm, Monday-Sunday.

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 [f Click Here](#)

Beddau & Penycoedcae Community Support: A local volunteer is available to help with picking up shopping and medication. Contact your Wellbeing Coordinators; Aminah (07515166035) or Hannah (07730431859) if you would like support.

Albion Café, Cilfynydd – Deliveries and collection of Sunday lunches, pre-ordering required. Please call 07432121136 or 01443 406996. Large £7, Small £6.50, Child £5.50, Desserts £3.50. Delivery charge £2.50 out of Cilfynydd.

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 Pontypridd and St Luke's Church, Rhydyfelin during opening hours. Contact Mandy Haydon-Hall on 07562137392.

Breathing Space (Creativity for Wellbeing) - group usually based at St Catherine's Church, is continuing online every Thursday, 1pm-3pm through Zoom meetings. For more information on joining in, please contact Katja at katja@taniocymru.com

Across Rhondda Cynon Taff

Staying Well at Work: COVID-19 Wellbeing Helpline Are the current events surrounding the Covid-19 crisis affecting your wellbeing? Do you live or work in RCT? Are you employed for a business with less than 250 employees? If YES, access our free service and call our helpline today. To speak to a member of our professional team, please ring or text to arrange a call back. Alison Smith: 07384 910528. Email: stayingwellatwork@rctcbc.gov.uk

Asda Volunteer shopping Card Scheme www.cards.asda.com


Y Cwmni Siarad (YCS) Counselling - YCS are offering online counselling. Contact number for enquiries and referrals is 07763120331. Website: www.ycscounsellingwales.org

Mental Health Matters Wales – new online Wellbeing Hub launching on Monday 20th April. You can log into their Zoom wellbeing hub every Monday, Wednesday and Friday from 1-2pm to chat to staff and share with each other any issues you might be experiencing in these uncertain times. Join the hub with Meeting ID: 984-1493431.

Mental Health Matters Wales: Providing a free telephone befriending service across RCT. To register for this service please contact Sara on 07966904286. If you live or now someone who lives in the Bridgend area this service is open to them too, please contact Michelle 07966632709

Hapi – Daily video tutorials and sessions suitable for all including family fitness, Pilates, singalongs, cooking and aromatherapy. Available on Facebook page  [Click here](#)

Welcome Friends (Telephone Befriending) - have volunteers in place and ready to take on telephone befriending across all localities of Cwm Taf. Available for anyone over 50 years old in need of befriending due to loneliness/isolation, who will then be matched to a volunteer. Please contact Diane Matheson on 07788 310445

Cwm Taf Morgannwg Mind - From Monday 20th April they will be delivering group wellbeing support sessions online via Zoom. There will be set times every day where people can log in and join the group sessions. The sessions will be based around the 5 Ways to Wellbeing, and each day will have a different theme, starting with 'Connect' on Monday. The sessions have been split into a Men's Hour (1.30-2.30pm), Women's Hour (10.30-11.30am) and NHS / Keyworkers Hour (11.30am-12.30pm). You will need Zoom to take part. You can download the Zoom app to your PC/Laptop/Phone/iPad here: <https://zoom.us/download>. Each morning they will post the log in links and passwords for the relevant session that day on the Facebook page:  [Click here](#) For more information, please contact info@ctmmind.org.uk or 01685 707480.

Mind are also offering: Online counselling, contact Wendy - 07399 347 745. Primary care services, contact Rhiannon - 07399 347 744. Recovery services, contact Shian - 07495525 656 and Housing services, contact Kath - 07494 688 715.

Red Cross Community Support – telephone befriending available across Cwm Taf for the over 50's. Contact Jo on 07710 066858 for more information.

Action Fraud CAB – 0300 123 2040. You can also report fraud online: www.actionfraud.police.uk

British Liver Trust - have moved their peer support sessions online. If you are affected by Liver Disease, then please feel free to join their "Wales Liver Support Groups – British Liver Trust" on Facebook [f Click here](#) Through this medium they are also setting up regular virtual meetings whereby individuals can support each other and have a tea/coffee and chat, whilst safe at home. If you have any further queries, please contact Sarah.lowther@britishlivertrust.org.uk

Stroke Association - Community Steps Project is now trying to set up virtual groups where possible to support stroke survivors. For anyone that would be interested in finding out more, please email CommunityStepsWales@stroke.org.uk

YEPS - Virtual Activities for young people to take part in. Please see timetable on link below for virtual activities that will be updated weekly. YouTube links will be added from 12:00pm on the selected day: <https://www.wicid.tv/whats-on-area/rct-wide/>

Eye to eye counselling - Eye to eye are offering online counselling to 11-25 year olds and year 6 pupils. Contact number for enquiries and referrals - 07541783767 Website -info@eyetoeye.wales

Age Connects Morgannwg – not able to offer face to face support from their public offices until further notice. Still providing telephone support to older people - please phone **01443 490650** and choose one of the following options: **Option 1** – Nail-cutting Service; **Option 2** – Community Services and Support; **Option 3** – Information and Advice; **Option 4** – Volunteering; **Option 5** - Other Enquiries. Also accepting referrals for shopping and prescription collection support. You can also email at information@acmorgannwg.org.uk

Citizens Advice (RCT) - phone lines still open during normal working hours, please call on 01443 409284. You can also contact via email enquiries@carct.org.uk or website is available here: www.carct.org.uk. Face to face service is suspended but the team are still advising and helping people find a way forward. Support available relating any financial issues, debt, specific Covid-19 advice relating to work and income, bills, benefit checks (including Universal Credit), living costs, employment advice, business support and scams awareness.

Valleys Steps - free online workshops will be launched next week with the following sessions:

Tuesday 28th April at 10am - Introduction to Mindfulness

Thursday 30th April at 2pm - Stress Management

Sessions will last around an hour and will be streamed using Zoom. Unlike our community courses, due to capacity limits online, registration will be required in advance. We will be repeating these sessions over the coming weeks, and we are also in the process of developing workshops around sleep, anxiety and panic, and guided meditations/relaxation. Please email info@valleyssteps.org providing your full name, which sessions you'd like to attend, and the email address you'd like to be contacted on.

CISWO (the Coal Industry Social Welfare Organisation) - Personal Welfare Service continuing and accepting referrals from individuals themselves, family members and other agencies. The majority of services can be delivered remotely and include: assistance with benefit applications and compensation schemes, advice on mining related issues including illness and disability, help to access mobility equipment including walking aids and wheelchairs, support to reduce loneliness and social isolation, advocacy, emotional support and financial assistance through CISWO grants. Support is available to former mineworkers, partners, widows and any dependent children or adult dependents with a disability.

Services also currently extended to those in client group most in need, particularly those who are self-isolating and have limited local support and can provide access to essential shopping and prescription collection in some areas. Please contact 01443 485 233 or Wales@ciswo.org.uk