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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 is now a home delivery service, where-by an e-voucher is needed. If in crisis please contact Wellbeing@interlinkrct.org.uk whereby staff members are able to issue e-vouchers and can arrange for food parcels to be delivered.

Pressed for Time Ironing Service: Opened on Monday 11th May 9am-3pm Monday- Thursday, for drop offs and collections only. This will be reviewed in the next coming weeks to hopefully accommodate pickups. For any more information please contact Steve on 07738 397223

The Chip Stop: Open every Friday 12-8pm and Saturday 12-4pm. Operating as normal but sticking to social distancing measures with 2 people allowed in the shop at one time. Contact them on 01443 435575 for any queries.


Penygraig Family Butchers fresh deliveries across CF37, CF39 and CF41. Card payment over phone telephone 07510 907687  [Click here](#)


Porth Fruit & Veg delivering fresh fruit, veg and groceries. Covering Hopkinstown up to Ystrad. To order contact 01443 681679


The Crispy Cod Gelli: Open Thurs-Sunday 4pm-8:30pm for collection of Fish & Chips, and also a selection of pre-made meals. Contact 01443 434888 or message on  [Click here](#)

Evans News Ton Pentre: Newspaper deliveries, occasion cards, balloons, banners. Open 7am-1pm.


Delicious Ystrad: Open Monday to Friday, 10am- 2pm. Hot and cold food available. Including salads and roast meat. Contact them on 01443 430336

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) They also have recycling bags in store and can add these into your order for delivery. Contact them on 01443 422557  [Click Here](#)

Gilfach Goch Community Association: Are delivering meals from the Café, along with recycling bags, food waste bags, dog waste bags. They can also help with shopping and prescription needs. Contact them on 01443 675004

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](#)

Welsh Hearts charity Shop Tonypandy: Open Mon, Wed and Fri between 10am - 2.30pm to distribute recycling bags. They are also offering free books, jigsaws and DVD's for customers.

For further information please Contact Cara on 07397 143815 or email rctshop@welshhearts.org

Rhondda Fach

The four shops listed below are working together to coordinate deliveries of each other's services running from Maerdy to Pontygwaith:

Ken's Butchers Ferndale: Delivering meat selection. Contact 01443 730581 [Click Here](#)

Dylan's Pet Shop Ferndale: Delivering all pet shop and plant needs. Contact 01443 757575.

Nash's Shop Ferndale: Delivering Fruit and Veg. Contact 01443 756646

The Bakehouse Ynyshir: Delivering fresh breads, cakes, pasties, pies etc. Contact Anetta 07875 966036

Arts Factory: Providing support, advice and signposting including Rhondda Foodbank vouchers for the community in the Rhondda via telephone Monday to Friday. Monday - Thursday contact Louise on 07498 980117. Friday - Angharad on 01443 757954. All information can also be found on their Facebook page <https://www.facebook.com/artsfactory.rhondda>.

Arts Factory are providing a limited number of Fareshare food parcels to people within the Rhondda community who are struggling financially at this moment in time. Requests for the parcels can be made on a Monday by contacting 01443 757954.

Angharad from the Arts Factory told us that: Each week Arts factory staff are contacting all volunteers and group members via, telephone calls, text messages, video calls and Facebook messages. Arts Factory members are encouraged to get in touch if they need further support. Louise from the Arts Factory told us: 'Changing People Changing Lives Active Inclusion Project' is still in operation 07498 980117 or email louise@artsfactory.co.uk or alex@artsfactory.co.uk. We are able to support people in RCT remotely either via messenger, Facebook, zoom, text, telephone or email, so far this has helped people to have support with debt, housing issues, MH, further learning, link up with nearby support networks as well as regular contact through this difficult time.

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: [f Click here](#)

Cynon Foodbank: Is operating as a delivery service. If you need a food parcel or voucher then please contact your wellbeing coordinator who will be able to support you with this.

Delivery4you Aberdare: Get a delivery straight to your door, whether that is food shopping, prescriptions or veg box's. Place your order through facebook: <https://www.facebook.com/delivery4youaberdare/>

Mrs Master Bakes: Have you got a sweet tooth?- Order Cakes, Triple chocolate brownies, celebration cakes, welsh cakes and more- to place an order, contact Mrs Master Bakes on-

collections are preferred but the occasional delivery can be arranged for those shielding- After 5 purchases get your free box of brownies Facebook: <https://www.facebook.com/mrsmasterbakes/>

Icecool: Creating wonderful sweet trays with icecream and chocolates delivering too: Cefn Pennar, Caegarw, Newtown, Fford Y Glowyr, Miskin, Penrhiwceiber, Darrenlas, Fernhill and Glenboi: Look on Facebook for our menu <https://www.facebook.com/icecoolaberdare/> When you place the order please state: Your name, address and postcode and payment method

Healthy Isolation: Fresh fruit and vegetables delivered straight to your door. To place an order please contact us via facebook: <https://www.facebook.com/Healthy-Isolation-103608757996790/> or contact: James on 07464932097

Looking for a good read? Penywaun History Book Travels the Globe! A new book tracing the history of the community of Penywaun has sold 250 copies so far and has even been shipped to former Cynon Valley residents across the globe.

The book is written by local author Robert Cornwall, who was born in “Old Penywaun” and now lives in Hirwaun. Robert said: *“While there are so many records of the story of Aberdare, there has been little written about the history of Penywaun until now”*.

The printing of 300 copies of the book was funded by **Penywaun Forward Together** – a group of local residents who are working on a National Lottery Community Fund project.

There are just 50 copies of the book remaining and they cost £7.99 plus postage, with all proceeds going back into the community project.

To place your order please contact Sandra Johns Tel 01685 814986.

Taff Ely

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

 [Click here](#)

Covid-19 Community Volunteer groups – still running across all areas of Taff Ely, for more information or if you know of someone self-isolating and needing support with food shopping, prescriptions or any other tasks, please contact a member of the wellbeing team.

Farmers Yard Pantry (Ynysybwl) - Deliveries of fruit, veg, meat, milk and eggs. Please telephone 07537 840011 to order.

Ynysybwl Community Network – group of community volunteers supporting those self-isolating with practical tasks. Please contact via Facebook: www.facebook.com/Ynysybwlcommunitynetwork

Siop y Bwl (Ynysybwl) - Currently closed to public but open Monday to Friday, 9am till 1pm for telephone orders on 01443 799312. Deliveries made in the afternoon.

Taff Ely 50+Forum meetings are cancelled for the foreseeable future due to Covid 19. Members are encouraged to join the Taff Ely 50+Forum on Facebook which is regularly updated with useful

information and tips on keeping fit and healthy during this stressful time. Contact Angela at angela_tritschler@yahoo.co.uk if you need further information.

Cilfynydd Newsagent (Richard Street) - free doorstep delivery (Cilfynydd area only), minimum order of £8. Payment by card, bank transfer or cash. Newsagent and general stores – food shopping available. Please call 07853640088.

Neil Evans (local milkman, Cilfynydd) - Delivers Tuesday, Thursday and Saturday in Cilfynydd and collects 4-weekly. Deliveries available of fresh milk in glass or plastic, fresh eggs and orange juice. Contact on 07870904280.

Breathing Space (Creativity for Wellbeing) - group usually based at St Catherine's Church, is continuing online every Thursday, 1pm-3pm through Zoom meetings. Practice mindfulness, learn wellbeing skills and have a go at creative writing, arts, crafts, photography etc. A member of the Taff Ely Wellbeing team will also be present for signposting/support. For more information and joining details, please contact Katja at katja@taniocymru.com

Families 2gether For Wellbeing (Valleys Steps) - 6-week family focused course promoting mental and emotional wellbeing for parents and young people. This is a free course designed for young people aged 14 to 18, accompanied by a parent or carer living in the Taff Ely areas of RCT and registered with a Taff Ely GP practice. The course is taught online (via Zoom) to a group of up to 10 young people and 10 parents/carers for 6 weeks (1 hour per session). Started on Thursday 21st May (2.30-3.30pm) and run for 6 weeks (no session 11th June). The aim of the course is to improve knowledge of stress and anxiety, understand ways to improve wellbeing and learn about mindfulness and how it can support wellbeing. To express and interest in the course, please contact info@valleysteps.org or call 01443 803048.

Pontypridd Foodbank: Now running a home delivery service, where-by a voucher/referral is still needed. If in crisis, please contact Wellbeing@interlinkrct.org.uk whereby staff members are voucher holders and able to arrange for food parcels to be delivered. Many areas are doing street collections, these are being done by members of the public and the Covid support groups. Look out for posters or flyers on Facebook. Donations can be dropped at St Luke's Church, Rhydyfelin (Monday-Friday, 9.15-11.30am) or Sainsburys or Tesco when doing your shop.

Taff Ely Foodbank: Also running a home delivery service, where-by a voucher/referral is still needed. If in crisis, please contact Wellbeing@interlinkrct.org.uk whereby staff members are voucher holders and able to arrange for food parcels to be delivered. Donations can be dropped at Bethel Baptist Church, Pontyclun (Monday-Friday, 9am-1pm & 2-5pm) or Tesco, Talbot Green. Email or call for further information: andrewbutcher@taffely.foodbank.org.uk or 07900 557379.

Across Rhondda Cynon Taff

Interlink RCT fundraiser: As part of Mental Health Awareness week, Interlink's wellbeing team have been promoting the 5 Ways of Wellbeing and raising donations for local volunteer and community groups in RCT responding to Covid-19. They took part in a variety of activities around the 5 ways to wellbeing to raise awareness of the impact of Covid-19 on mental health, incorporating kindness throughout. If you would like to see what they got up to, please follow the Wellbeing Coordinator Facebook pages and if you can afford to donate, please visit: www.justgiving.com/interlinkrct

Mental Health & Wellbeing Survey - Can you help? Interlink RCT is currently looking for feedback on the impact of the corona virus outbreak on people's mental health and wellbeing. The survey should take no more than 5 minutes and is anonymous. The findings will be used and shared with both statutory and voluntary partners to help shape and develop future services to meet the needs of our communities. For more info and to take part, please visit:

<https://www.surveymonkey.co.uk/r/BWH55LS>

Ageing Well has created an online resource for older people who may have queries or questions during this time. You can read the 'Frequently Asked Questions' here:

<https://www.olderpeoplewales.com/en/coronavirus/FAQs.aspx>

Building Blocks Family Centre are now able to provide free mental health and wellbeing support during lockdown to any families who have a child or young person with a disability. For more information or to get support, contact Chelle Mead:

cherellemead@buildingblocksfamilycentre.co.uk / 07742250132

Coed Lleol/Actif Woods RCT is continuing to help people across Wales improve their wellbeing by connecting to nature. One of the ways they are doing this is through online video sessions, currently held on Zoom. They have put together a weekly timetable of themed sessions, from Foraging to Mindfulness! To sign up you need to fill in an online registration form. This also gives people the option of requesting telephone befriending. The online sessions are open and free to anyone in Wales. <https://www.coedlleol.org.uk/naturefix/>

Carers Wales are holding a series of online Care for a Cuppa talks and information sessions each Tuesday between 14.30 and 16.30 (some vary). Each session will be held in English and will feature a different speaker every week between 15.00 and 16.00. There is also an opportunity for you to chat with other carers before and after each talk. You will be able to attend these using Zoom. You do not need your own account to register, just the link and meeting ID that we send you.

Next talk Tuesday 26th May: Power of Attorney – what you need to know

If you have any concerns about the sessions or require assistance registering for a Care for a Cuppa event, please email info@carerswales.org

Cymru Versus Arthritis – We are currently offering online and telephone support for people with arthritis. Please visit versusarthritis.org for support from our coronavirus virtual assistant (COVA). For coronavirus and other general telephone enquiries, please contact our **helpline 0800 5200 520**. The Wales team are also offering virtual group meets online, for more information on virtual groups contact May Baxter-Thornton on 07711369456 or via email m.baxter-thornton@versusarthritis.org

Challenging Behaviour Support CIC - support for parents and carers of children with challenging behaviour (with or without diagnosis). Due to current guidelines, their support group is currently not running, however they have just launched their new 'Check in and Chat' service for parents/carers. To register your details and for a member of the team to call you once a week, please email or text your name, contact number and area you live to: Info.cbs2014@gmail.com or 07562223697. Also connect with them on Facebook at <https://www.facebook.com/ChallengingBehaviourSupport/>

RHA Wales - have helpful wellbeing videos on their YouTube channel that you can view whenever you want. Topics include breathing techniques to help cope with anxiety, how to improve your sleep, mindfulness, coping on a down day and yoga. Please visit:

<https://www.youtube.com/channel/UCmsorCfmvg90hSzZVx1zYrQ>

Chatterlines – set up by Cwm Taf Morgannwg University Health Board, Chatterlines is a befriending service available for individuals who are lonely or isolated at this time. Telephone: 01656 753783.

Carers Support Project – if you are already registered with the project and would like a friendly phone call or text during the next few weeks, text your name, preferred method of contact (call or text) and how often you would like to be contacted to: Lyndsey: 07887450717 or Rebecca: 07887450716. If you would like to register with the project for support as a carer, please email: CarersSupportProject@rctcbc.gov.uk

Barod – is offering free and confidential advice and support for young people, or anyone worried about a young person regarding drug and alcohol use. Young people can contact the organisation directly: DASPA helpline – 03003330000 or make a referral online at: <https://referrals.daspa.org.uk/tpn/>

The Welsh Ambulance Service Trust Info Burst – Please click on this link to read the May updates from WAST and to share your experience during the Coronavirus Pandemic.

<http://www.interlinkrct.org.uk/2020/05/welsh-ambulance-service-trust-special-may-coronavirus-info-burst/>

Nat West Bank have created a support line for customers who are over 70, and those in extended isolation, to help with banking and cash enquiries. It is managed by an expert team open from 8am-8pm, 7 days week.

You can call them on 0800 051 4176, for advice on getting cash delivered securely to your home address. You will need to have all your security details at hand before you go ahead with the transaction. You can have £500 delivered (this does depend on the balance in your account), but if you have this amount you cannot have another transaction for five days. The money will be delivered to you within 48 hours.

You can also set up a brand new card which you can just top up with enough money on it to do shopping if you are relying on a volunteer to do it for you, it cannot be used for anything other than this, you cannot use it like an ordinary card.

Royal Voluntary Service Good Neighbours Scheme - initially will be providing a Telephone Befriending service through volunteers, but as life improves some may be able to offer shop and drop and/or prescription collection and one to one contact in the future. We are trying to pair up people as to their locations, as they will have more shared local knowledge and experiences. We have made every attempt to contact previous clients and bring them back on board, but should you know of anyone who could benefit from having regular calls please let us know. Our scheme is open to anyone 50+ and who would benefit from some support. Any queries or to refer someone, please contact Debra Ambury on 07557257168 or email debra.ambury@royalvoluntaryservice.org.uk

Valleys Steps is offering online courses (stress management, mindfulness, anxiety and panic, embracing kindness and a sleep workshop). Please click on the link to the booking page

http://www.valleysteps.org/online-sessions/?fbclid=IwAR10nV1uQEJZRtOBZD2RIA-970eQ5SforiS3bCNAaqZzKvzGOf_Isktwyfs

A.S.D. Rainbows can offer remote support to families struggling to cope with their autistic /anxious children. They offer phone support to families and if needed Skype appointments. Families can receive information via Facebook messages ASD Rainbows, e-mail Asd.rainbows@mail.com or ring Adele – 07812102178 Jo - 07872026446