



Lucy Foster
Community Coordinator
Rhondda
Tel: 07580865938
Email:
lfoster@interlinkrct.org.uk



Lisa Lewis
Wellbeing Coordinator
Rhondda
Tel: 07340708385
Email:
llewis@interlinkrct.org.uk



Katy Williams
Wellbeing Coordinator
Rhondda
Tel: 07515166024
Email:
kwilliams@interlinkrct.org.uk



Melanie Holly
Wellbeing Coordinator
Rhondda
Tel: 07515166036
Email:
mholly@interlinkrct.org.uk



Deanne Rebane
Community Coordinator
Cynon
Tel: 07580 869983
Email:
drebane@interlinkrct.org.uk



Julie Lomas
Wellbeing Coordinator
South Cynon
Tel: 07730436807
Email:
jlomas@interlinkrct.org.uk



Samantha Williams
Wellbeing Coordinator
North Cynon
Tel: 07515166017
Email:
swilliams@interlinkrct.org.uk



Maria Abson
Mental Health Coordinator
Tel: 07736589814
Email:
mabson@interlinkrct.org.uk



Karen Powell
Community Coordinator
Taff Ely
Tel: 07580869970
Email:
kpowell@interlinkrct.org.uk



Hannah Furnish
Wellbeing Coordinator
Taff Ely
Tel: 07730431859
Email:
hfurnish@interlinkrct.org.uk



Aminah Teague
Wellbeing Coordinator
Taff Ely
Tel: 07515166035
Email:
ateague@interlinkrct.org.uk

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 11 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:

<p><i>Positive Mental Health</i> We understand that these difficult times can make us feel down, especially when we cannot see family or friends. We therefore have a range of activity packs to help you maintain positive mental</p>	<p><i>COVID 19 Coronavirus test</i> If you are a key worker in the voluntary sector and you display symptoms of corona virus and think you would benefit from being tested please let us know and we can arrange for you to be tested</p>	<p><i>COVID 19 Information Advice Service</i> available to help and support you with a range of issues including benefit advice, employment opportunities, housing support, general information, services available to help you Please just phone or email us</p>
<p><i>Emergency Food Hampers</i> if you are struggling financially to purchase food supplies, we can help you by providing emergency food hampers containing essential items</p>	<p><i>Fruit and Veg Packs</i> if you are struggling to purchase fruit and vegetables, we can help you by supplying you with a pack of various fruit and vegetable items</p>	<p><i>Kids Activity Packs</i> We have a range of activity packs suitable for children and young people including under 5's</p>
<p><i>Fancy a Chat</i> We have a team of people who are happy to give you a call, so you do not feel so alone. We can also add you to our social media group so you can chat with friends, neighbours and other community members!</p>	<p><i>Hot Cooked Meal</i> Are you an older person? Isolating? Have health conditions? A disability? Dementia? Living alone? We can supply you with a hot cooked meal delivered to your door</p>	<p><i>Online Out of School Club</i> Our after-school club staff are offering opportunities for children to join in a safe, social media group for discussions and activities. Groups will vary depending on age of children</p>
<p><i>Online Youth Club</i> Our team of youth workers are available for online group youth club discussions and activities. This is for young people age 11 – 18 years</p>	<p><i>Childcare for Essential Key Workers</i> we can provide you with childcare if you are a key worker</p>	<p><i>Prescriptions</i> we can help you by collecting your prescription from your GP and taking it to the pharmacy. We will collect your medication and deliver it to your door</p>
<p><i>Looking for Work</i> There are jobs available for key work positions. We can help with your CV, Interview Techniques and Application Forms</p>	<p><i>Recycling bags</i> we can supply all type of waste bags</p>	<p><i>Any other help or support</i> we will do our absolute best to help or support you and if we can't we will refer you to someone that can help you</p>
<p><i>Volunteering Opportunities</i> If you would like to volunteer to help us, help others, in the communities of Gilfach Goch, Evanstown, Tonyrefail and local surrounding areas the please contact us. We need volunteers to help. In return, we will provide you with an Enhanced DBS Check, Induction Training, inform you of how to reduce your risk of contracting coronavirus, provide you with PPE, cover any costs you incur as a result of volunteering and provide you with up to date information and cover you with personal liability insurance. We have a long track record of working with and supporting volunteers and have recently gained our 4th Investors in Volunteers Award. We will support you so you can support others! Any volunteers signed up with us, who display any symptoms of coronavirus will be eligible to have a coronavirus test and ongoing support from us</p>		
<p><i>CONTACT US</i></p>	<p><i>Tel: 01443 675004</i></p>	<p><i>Email: enquiries@ggca.org.uk</i></p>

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 [f 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 [f 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 Ynysir: 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 [f Click here](#)

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: [f Click here](#)

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 - collections are preferred but the occasional delivery can be arranged for those shielding- After 5 purchases get your free box of brownies [f Click here](#)

Icecool: Creating wonderful sweet trays with ice cream and chocolates delivering too: Cefn Pennar, Caegarw, Newtown, Fford Y Glowyr, Miskin, Penrhiwceiber, Darrenlas, Fernhill and Glenboi: Look on Facebook for our menu [f Click here](#) 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: [f Click here](#) or contact: James on 07464932097

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

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: [!\[\]\(c8d96c8885d3000a912c2582004aed63_img.jpg\) 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.

Salem Chapel Foodbank, Tonteg – providing volunteer led delivery service for those in crisis in the local area. Donations of food still needed, in particular: tinned meat/fish, tinned puddings, pasta, baked beans, UHT juice, sugar, pasta sauce and toilet rolls. Open for donations to be dropped at the chapel on Wednesdays 12-1pm and Saturdays 10.30am-12.30pm. If someone is need of an urgent food parcel, please contact Rev Rosa on 07807893373 or Emma on 07581888006.

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, 9.15am-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.

Balance Chiropractic and Wellness, Pontypridd: Are offering a limited service *for emergency cases, by appointment only*. See their website for more details [Click here](#)

Caesars Arms Restaurant and Farm Shop, Creigau: Open 9.30am – 4pm Tuesday to Saturday. They have a range of fresh fish and steaks along with sides and other meat for BBQs. Customers are asked to stick to social distancing rules. Call 029 2089 0486 if you have any queries. [!\[\]\(003082e50e3009141f59bd5df831749f_img.jpg\) Click here](#)


Church Village Caterers: Providing Sunday roast home deliveries All meals £7. Order by 6pm on Saturday for Sunday delivery. Call or text 07525658728. To see the range of meals available [!\[\]\(17413706fd4997a1a4bdf85c6864eee1_img.jpg\) Click here](#)

Scott Thomas – Man & Van: Based in Pontyclun, they are offering a 2x man in van service. They have one large and one small van. For example, will collect building material from builders’ merchants and deliver to your home address etc. Contact 07891172876 for more details.

Taylor Podiatry: Are now able to offer a small number of home visits from Friday, 5th June. Contact 07377138097 to make a booking. [!\[\]\(cf531ed27e91483460120fcc057b3901_img.jpg\) Click here](#)

Tarteg Fruit & Veg: Now delivering fresh fruit and veg boxes to the Rhydyfelin and Pontypridd areas, Monday – Saturday. Contact 07903286703. [!\[\]\(d3102649f02e825ddb76dc3de0190154_img.jpg\) Click here](#)

Brown Trout Pub, Llantwit Fardre – collection and local delivery of fruit, veg, salad, eggs, potatoes, pasta, rice, bread, butter, cheese and milk. If you would like any more information, please come along to browse (9am-6pm) call 07310128762 to pre-order or for delivery.

Frontline Food - delivering to Pontypridd and surrounding areas on Tuesdays and Pontyclun on Wednesdays. £20 fruit and veg boxes available as standard but this can be made smaller or bigger depending on your need. You can add free range eggs and berries too. [We also donate boxes to people/families in need.](#) Please let us know if you know anyone who could benefit from a box from us. You can send a message on Facebook  [Click here](#) or contact on 07832 070 759.

Gartholwg Learning Centre, Church Village is currently offering courses online. Click on the link to find out more and view the brochure <http://www.gartholwg.org/wordpress/>

Across Rhondda Cynon Taff

Interlink RCT is still 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 to 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 visit: <https://www.surveymonkey.co.uk/r/BWH55LS>

RCT Council's Arts Service - are offering creative activities digitally that may be interesting to readers. You can keep up to date with what's on offer by following the Coliseum Theatre and the Park and Dare Theatre Facebook pages. There's also a campaign to get people creative at home via Voluntary Arts, BBC and the UK's Arts Councils: <https://getcreativeuk.com/>

New Horizons - In partnership with Adult Learning Wales and Cwm Taf Morgannwg University Health Board, New Horizons is pleased to be able to offer free online courses. The format of the courses is through moodle in your own time and vscene (video/face time set days and times with the Tutor Jayne McAleer if you so wish). Courses will be on 'Mental Health & Wellbeing' and 'Stress Management'. Please contact New Horizons on 01685 881113 or info@newhorizons-mentalhealth.co.uk with your name, telephone number and email address if you wish to participate in any courses.

Ynysybwl Vision - If you find yourself to have some extra time on your hands, why not check out thier 'My Zone' page. It's a space that has everything you need from colouring sheets, online word searches, puzzles, short exercises/meditation and much more. Please visit: <https://www.ynysybwlvision.wales/my-zone>

Tenovus Cancer Care - have a new telephone befriending service called Tele-friends. Trained volunteers will give weekly uplifting phone calls for those who are affected by cancer. A lot of people during this time may be feeling lonely and isolated so this weekly chat could hopefully ease this. The volunteer will be matched with someone and make sure the best method of communication is agreed, which may be phone calls, Skype, or if you have hearing loss you may want to use Next Generation Text (NGT). To sign up for the service, please visit www.tenovuscancercare.org.uk call 029 2076 8331 or email volunteer@tenovuscancercare.org.uk

Communities For Work: Are continuing to offer employment support to residents of RCT in need of confidence building, training, job searching and interview support. Support and training is offered virtually in accordance with social distancing guidelines and can be tailored to suit individual needs. To find out more or to receive support from one of our employment mentors, please email cfw@rctcbc.gov.uk or call Eira Cook on 07471140723.

Welcome Friends (Covid 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, will be matched to a volunteer who can telephone once or twice a week for a friendly chat. Please contact Diane Matheson on 07788 310445 or email diane.matheson@volunteermatters.org.uk

Self-Injury Support - text-based support services are still open, and we are here to listen and support. Our TESS service offers emotional listening support for women and girls affected by self-injury and a space where you can explore what is going on for you alongside a trained female volunteer with knowledge of self-injury. All services are open from 7pm -9.30, Tuesday-Thursday. You can: Text us on 07537 432 444, email us at tessmail@selfinjurysupport.org.uk or start a webchat here www.selfinjurysupport.org.uk Webchats are for up to half an hour. If you don't know where to start just text or message 'hello' and we will be there with you. All our services are confidential and anonymous. We also have lots of self-help resources and information on our website at: www.selfinjurysupport.org.uk

Youth Mental Health Toolkit - The Welsh Government has launched a new mental health toolkit for young people aged 11 to 25, with six playlists signposting you to online resources, apps and helplines to support you through lockdown and beyond. Find out more here: <https://hwb.gov.wales/.../e53adf44-76cb-4635-b6c2-62116bb.../en...>

Age Connects Morgannwg - have extended their telephone befriending service into the evening. This means that befrienders can offer around-the-clock information and advice, as well as a listening ear, connection, and friendly conversation. If you know anyone who could benefit from this service, please share. To get in touch, just call 01443 490650, or email information@acmorgannwg.org.uk.


Mental Health Matters Wales - We are bringing our anxiety and depression group online from Tuesday, June 9th, 12-1pm. Bringing people together to who can share their experiences of anxiety, depression and other aspects of wellbeing. Each week we will be discussing a different topic together to help with issues you might be experiencing. No pre-registration needed, just grab yourself a cuppa and a quiet space and log on to zoom using the ID: **84462681189**. For more information please email john.crockett@mhmwales.org

Manage Money Wales – offering free one-to-one support for residents of RCT to increase their financial resilience, during and after the pandemic. Can support with managing debt, income entitlement check, maximising income and connecting to specific further support. The service is free, confidential and impartial. Contact 07514625536 or email info@managemoneywales.co.uk

Inch by Inch Mental Health UK – local organisation supporting mental health and using our natural surroundings to help fight back against Mental Health & Addiction. Please feel free to follow us via Facebook [Click here](#) and message for any support. For more information contact: rhys.jones-inchbyinch@outlook.com. Find relevant videos on our YouTube channel below: <https://www.youtube.com/channel/UCBWqCL4qDkCA7xXhgJWgBaQ>

Test, Trace, Protect - Cwm Taf Morgannwg UHB is working with local authorities and Public Health Wales to put in place the Test, Trace, Protect system. FAQs on this have been produced to help provide key information to staff and communities and these can be found by clicking on this link <https://cwmtafmorgannwg.wales/contact-tracing-faqs/> (these are correct at the time of sending and will be regularly updated).

British Red Cross are offering free and confidential Coronavirus support helpline. A friendly volunteer can help with practical information and advice, emotional support and connect you with support in your area. The phone line is open daily from 10am to 6pm - 0808 196 3651. For more information please visit: www.redcross.org.uk/coronavirus-support-line

Be Active RCT run daily online sessions that you can sign up for in advance. They have lots on offer and something for everyone - from arts & crafts and gardening, to dance and chair circuits. Take a look at the timetable and follow the link to register for classes.  [Click here](#)
Please register the day before your class is running, to be sure you receive your digital invite in time