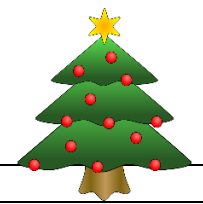




Community Services RCT - Christmas 2020



Foodbank	Contact Number	Email	Website	Christmas Closure	Comments
Rhondda	07928 451374	info@rhondda.foodbank.org.uk	www.rhondda.foodbank.org.uk	Please check the website for locations and hours but please note Rhondda Foodbank is closed on Christmas Eve, Christmas Day, 28 th December and New Year's Day. Normal Hours Resume on the 4 th January 2021.	If you require a Foodbank Voucher you can contact: Citizens Advice RCT between 18 th Dec 20 and 12pm 24 th Dec 20 on 01443 409284. Rhondda Foodbank from the 29 th December on 07928 451374.
Cynon	07427 537437	info@cynon.foodbank.org.uk	www.cynon.foodbank.org.uk	Please check the website for locations and hours but please note Cynon Foodbank is closed on Christmas Day, 28 th December, New Year's Eve and New Year's Day. Normal Hours Resume on the 4 th January 2021	If you require a Foodbank Voucher you can contact: Citizens Advice RCT between 18 th Dec 20 and 12pm 24 th Dec 20 on 01443 409284. Cynon Foodbank from the 29 th December on 07427 537437.
Taff Ely	07871 552 804	info@taffely.foodbank.org.uk	www.taffely.foodbank.org.uk	Please check the website for locations and hours but please note Taff Ely Foodbank is closed after the 23 rd December until 4 th January 2021.	If you require a Foodbank Voucher you can contact: Citizens Advice RCT between 18 th Dec 20 and 12pm 24 th Dec 20 on 01443 409284.
Pontypridd	07562 137392	info@pontypridd.foodbank.org.uk	www.pontypridd.foodbank.org.uk	Please check the website for locations and hours but please note Pontypridd Foodbank is closed on Christmas Eve, Christmas Day, 28 th December, New Year's Eve and New Year's Day. Normal Hours Resume on the 4 th January 2021	If you require a Foodbank Voucher you can contact: Citizens Advice RCT between 18 th Dec 20 and 12pm 24 th Dec 20 on 01443 409284. Pontypridd Foodbank from the 29 th December on 0562 137392.

Local Support

[Interlink](#) are operating with a reduced wellbeing team up until 23rd December. We can help refer you on to other services to help with your mental health and wellbeing.
Call **01443 846200** or email wellbeing@interlinkrct.org.uk.

RCTCBC will continue to operate the Community Resilience Hubs up until Christmas Eve which have been set up to help provide residents with practical and emotional support. They will close between Christmas and New Year however they will continue to deliver emergency food parcels for anyone in need.
Call **01443 425 020** or visit their website www.rctcbc.gov.uk

[Pontypridd housing advice centre](#) are open are open normal hours until the 23rd December to offer advice and support **01443 495188**. From Christmas Eve to January 4th emergency advice is available on **01443 425011**.

If you are in crisis you can contact the Mental Health Crisis Team on **01443 443 712**.

Mental Health + Wellbeing Support Helplines

C.A.L.L 24hr Mental Health Helpline 0800 132 737 / text HELP to 81066	Live Fear Free Helpline 24hr Helpline for domestic abuse and sexual violence 0808 80 10 800
Samaritans 24hr Helpline 116 123	The Silver Line 24hr helpline offering information, friendship and advice for older people 0800 4 70 80 90
DAN 247 24hr Drug and Alcohol Helpline 0808 808 2233 / text DAN to 81066	Meic Information, advice and support for children and young people – Helpline operates from 8 am to midnight 080880 23456

