

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 OR DISCONTINUED AS THE SITUATION CHANGES. PLEASE CALL SERVICE DIRECT FOR UP TO DATE INFORMATION.

Some of these services are already on DEWIS/InfoEngine, our directory of services for Carmarthenshire and Wales, if so a link to their DEWIS/Infoengine entry is attached to their information.



If you've got a service that helps people with their well-being, you can add your details to Dewis Cymru, so that the people who you want to help, and support can find you more easily. It doesn't matter how big or small you are, or whether you're volunteers - if you help people with their well-being, Dewis Cymru wants to know about you and about what you do, so that we can put people in touch with you! If you want to add details of your service to Dewis Cymru, click [here](#).

Any changes or new services identified please send to susansmith@cccpartners.org.uk

CARMARTHEN 3T's

Groceries

Carmarthen provisions market is open Monday to Saturday 9.00am to 5.00pm. The market offers a great variety of fresh foods, café's and a take-away's, and a wide selection of gifts and crafts suitable for all occasions. For more information visit the website: <https://www.carmarthenshire.gov.wales/home/council-services/markets/carmarthen-market>

Albert Rees , butchers Carmarthen Market, are able to offer a delivery / call & collect service around Carmarthen from our meat produce shop in Carmarthen Market Opening hour 8.30 - 4.00 Tuesday to Saturday Contact 01267 231204

Gardd Sadwrn, Llansadwrn Growers, Llansadwrn is a market garden and veg box delivery scheme. We provide organic fruit, veg and mushrooms from the area, Wales and the world. We deliver safely once a week along the A40 from Ammanford to Llandovery for a fee. We collaborate with other local businesses in

our store so we also stock a range of Fairtrade and organic goods and drinks and locally grown mushrooms.

People can shop for a basket of goods of their own choice, pick a prepacked one-off box and add to it if they like or they can sign up for a weekly box and sit back and let us do the thinking for them :-) <https://garddsadwrn.co.uk/shop/>

We also do holiday hampers along the same principle for people here on weekend stays who want to support local businesses. www.garddsadwrn.co.uk/holiday-hampers/

'La Patisserie' in Llandovery is offering anyone who needs help they can delivery fresh bread, milk, cheese, eggs etc. Selection of dried good, tea, coffee, Jacket Pots pasties, hot savouries. They can also provide lunch or afternoon tea as a treat on the day if someone needs it, call 07947899126, 01550 720375, 6.00am – 11.00am for that days delivery. VERIFIED

Fruits of Eden, Llanelli 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

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

Crown Stores (Old Spar Shop), Mr Patel, 56 New Road, Llandeilo, SA19 6DF, will deliver groceries, newspapers to people who cannot get out as far as Llangadog, contact 01558823592.VERIFIED.

Cardigan Bay Trading, 01239 710703, Fruit & vegetables free local delivery, Cardigan, Crwmch, Saron, Llandysul, ~~Lampeter~~, dependant on customers. 8.00am – 5.00pm or online Facebook out of hours <https://www.facebook.com/cnesupplies/> VERIFIED

Riverside Health, Newcastle Emlyn SA38 9EE, 01239 711440, Food Deliveries, groceries, fresh food, frozen, also on face book, 9.30am – 6.00pm. VERIFIED

Dewi James Butchers, 38 High St, Cardigan SA43 1HE, 01239 612063 Free delivery and shopping online, www.dewijamesbutchers.co.uk 01239 612063 Elin VERIFIED

Storfa JJ'S Premier shop, Rivendell, Pentre-cwrt, Llandysul SA44 5AT, contact 01559 363747 local delivery of groceries 15 mile radius, order over £30 free, or £3.00 delivery charge, Shop open 8.00am – 8.00pm Mon to Sat. Deliveries call before 12 for delivery that day no delivery on Sunday. VERIFIED

The Village Stores/Siop y Pentref – Llansteffan, High Street/Stryd Fawr, Llansteffan, 01267 241367, freshly baked bread, fresh groceries and everyday essentials. Cash withdrawals, off licence, coffee room & licenced bar. NOW YOU CAN SHOP ONLINE! www.thevillagestores.co.uk click & collect or we can deliver <https://www.facebook.com/thevillagestorellansteffan>

Cwmdu shop and post office, Cwmdu, Llandeilo, 01558 685156, (also see facebook page,Cwmdu Inn,Shop and Post Office) <https://www.facebook.com/CwmduInn/> , opening hours, Tues - Fri 9.30am to 1.30pm. The Post Office counter will be available Tuesday, Wednesday Thursday & Friday 9.30am to 1.30pm.For basic groceries/milk/fresh bread on tuesdays/some meat and baked goods, and some vegetables, either call in in person (either 1 person in shop, or preorder and volunteers will pack goods ready for collection). Some post office services, depending on availability of volunteers-check on day. Also limited delivery service to those unable to collect VERIFIED

Brechfa Community Shop/Bryn Stores – is open – from Monday March 30, the opening hours will reduce to 7am to noon. Anyone self-isolating locally can arrange for doorstep delivery or shop-door collection by ringing 01267 202333 between 10am and noon or email Brechfashop@aol.com or by dropping in a list with their requirements and contact details. This service will continue even if the shop has to close its doors temporarily for some shifts.

The Angel, Llansawel is running a shop/shopping delivery service – The Angel are supporting their local community and will try and provide commodities when they can please ring if you are elderly or vulnerable. Food deliveries, basket meals available, basics available such as bread, milk, eggs, flour tinned stuff bacon, sausage. Also draught beer, cider, lager Guinness please bring your own containers. as well as savoury snacks.Tel: 01558 685296.

Brechfa Market – monthly Stall Holder Market – Saturday, April 4, from 10am to 12 noon outside Brechfa Church Hall – it will run with a limited food-only outdoor stalls with Cothi Valley products,

Bill from Fiveaday Fruit and Vegetables, Rona's Tasty Local Cakes and Sam's Rare Breeds Meat.. From these amazing producers you can get Goatilicious milk, bread, pasties, pastries and pies, fresh rare breed meat, fresh fruit and vegetables including large bags plus Rona from Tasty local cakes with gluten free cakes. You can preorder and collect. Trying to self-isolate? Contact them to discuss **pre- order and collect** from outside Brechfa Hall between 10am - 12am. Contacts:

fiveadayshop@hotmail.com, Cothi Valley on 01558 685555. Sam's on 01550 777244. Rona on tastylocalcakes@outlook.com . People can pre-order and collect. Keep an eye on "Brechfa Market" Facebook page for other stallholders and to get in touch with Lorna ring 07765 497930 We will providing **a takeaway service** We will be providing our high standard of restaurant dishes for you to enjoy at home.

Keep an eye on FB and our website www.thebelle.co.uk for details VERIFIED

Dryslwyn Community Shop – continuing to be open from 8.30am to 12 noon Monday to Saturday, Tuesdays til 3.00pm and Fridays till 4.00pm – serving one person at a time - We are only serving one customer at a time, but we do have our marquee up in case of rain. Please consider giving us a ring on 01558 668221 to pre order your shopping which will save you time. We are setting up a local delivery service. Please let us know if you would like to have a delivery. Up to Date Info on Facebook page <https://www.facebook.com/dryslwyncommunityshop/>

Whitland Co-op: Central delivery number to call 03300 417784

deliveries of fresh food and groceries. Call the central number to arrange this from your local shop. This is a new delivery service, with the call centre in Manchester. There is a minimum basket of £20, no alcohol or tobacco. Contact the call centre for more details. The shop itself is also open close to normal hours, with social distancing in place.

Allsortz, Household items contact 01994 241143

Delivery service after shop hours – contact them for more information. They will update on Facebook any short term information such as high demand stock items, <https://www.facebook.com/Allsortz-Allsortz-Plus-Whitland-614123625394755/>

Mark John Butchers, Meat & Groceries, 01994 240397

Providing meat, cheese, eggs and vegetables, can offer a delivery service – contact for details. operating a 'one in, one out' basis to minimise contact and infection risk.

J Williams Farm Shop , Vegetables and fruit, 07415 829896

They are open as normal and can provide fruit and vegetables. Contact them direct about delivery.

London House Butchery , Meat, Deli & Groceries, 01994 240055

The shop is open on a one in and one out basis .They will take orders for collection or delivery on the above phone number. Free local delivery (**only 2 mile radius**) for orders over £10.00.

Whitland Stores/Post Office , Groceries and Papers , 01994 240531

Hours change , weekdays closing at 5.00pm, Saturdays 4.00pm. PO open at 9.00am. Operating a one in one out system. If you need to authorise someone to collect your pension please ring the above number first. The shop is also available providing newspapers and groceries.

Central Garage, 01994 240264

Are open. Please ring first to find out what services they are able to provide.

Aardvark Alternatives Home delivery or collection from the shop -
01267233445 fofororganics@gmail.com

Rhosyn Farm Produce, - Home delivery across Carmarthenshire, or collect from the Nurture Centre in Carmarthen, collection of meat, eggs, cheese , bread fruit and veg rhosynfarm@gmail.com , 07787951780

Coopers the Butchers, 4 Carmarthen Street, Llandeilo,
<https://www.facebook.com/CoopertheButchers/> Llandeilo, meats and sausages and much more call in or phone 01558 823463, email at jhcooper2012@hotmail.co.uk to place your order Tuesday to Wednesday 9am-5pm, Thursday 9.00am – 2.00pm Friday 9am-5.30pm , Sat 9am-4.30pm. We deliver all over Carmarthenshire there are no charges for delivery VERIFIED

Eric Davies & Son - Butcher – Open Tuesday to Saturday 8.00am – 2.0pm
Home Delivery and Collection from Shop - 01267 236799 - Unit 1, Market Way, Carmarthen.

HAFOD BAKERY DELIVER: On our vans we don't just have bread, we can also provide you with locally sourced milk, pasties, ham, eggs and bacon too! Any other

items upon request and we will try our best to source them for you! 01267 211235
 We're currently sending our door to door bread service to the following areas:
 Carmarthen town, Johnstown, Llangunnor, Bronwydd, Tanerdy & Nantgaredig.
 FREE SERVICE IN THESE AREAS

Blasus Delicatessen , 58 King St, Carmarthen SA31 1BD , open 9.00am – 4.00pm
 Monday to Saturday, Food, Wine, Pasta, Bread, etc. Shop collection – deliveries
 available to local area call for information, 01267233811

Food Banks

Whitland Town Hall, King Edward Street, Whitland, SA34 0AB has established a
 foodbank to assist anyone local in need during these un-certain times.

Currently opening hours are Tuesday 1.30 – 3.30pm and Thursday 6 – 7.30pm.

Through very generous local donations we have food, pet food, cleaning products,
 toiletries, nappies , luxuries and want to distribute to those who need the most. They
 are happy to give to neighbours or professionals that call in on behalf of someone
 They are also happy to arrange out of hours collection times. Contact through the
 Whitland Town Hall Facebook page

<https://www.facebook.com/whitlandtownhallcommunityfoodbank> or Helen 01994
 241408

DELIVERIES AND TAKEAWAYS

National Ready Meal Deliveries:

WILTSHIRE FARM FOODS, 0800 077 3100, www.wiltshirefarmfoods.com

OAK HOUSE FOODS, 0333 370 6700, www.oakhousefoods.co.uk

FAIRFIELD CATERERS, 07792 117 882 / 01994 419 087, E mail:
Fairfieldcaterers@hotmail.com

The Red Lion, Llandybie , 6 Llandeilo Rd, Llandybie, Ammanford SA18 3JA, new
 opening hours.

Monday to Thursday CLOSED

FRIDAY - 12pm-4pm (Food served between 12-3)

SATURDAY - 12pm-4pm (Food served between 12-3) SUNDAY - 12pm-4pm (Food served
 between 1pm-3pm) We will be continuing our takeaway service on Fridays, Saturdays &
 Sundays.

The White Hart, 36 Carmarthen Road, Llandeilo, UK SA19 6RS, Sunday Lunch Take
 Away and Delivery Beef, pork, Turkey or veggie sausage with seasonal veg and
 homemade gravy.

White choc & raspberry cheesecake , apple pie and custard or choc profiterole and
 cream, 2 course £10.

Delivery free Llandeilo and Ffairfach £2 within 5 mile radius contact: 01558 823419

The Angel Public House, Salem, Llandeilo SA19 7LY, are now doing takeaway meals and grocery order service for collection, times for contact tbc, contact if you want anything they will try and provide. Narelle 01558 822982
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

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., contact , 01994 241776 9.00am – 2.00pm. VERIFIED

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 DELIVERING ONLY TO RESIDENTS OF SARON.

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 - 5.00pm closed Sundays. VERIFIED

Belle Vue Inn , Carmarthen Rd, SA40 9SQ Llanybyther, 01570 480495, email info@thebelle.co.uk We are providing a takeaway service, Sunday lunch please call for or check out Facebook for latest information. We will be providing our high standard of restaurant dishes for you to enjoy at home.

Keep an eye on FB and website www.thebelle.co.uk for details VERIFIED

The Gwili Café, 89 Rhosmaen St, Llandeilo SA19 6HD, 01558 823236 Meals on Wheels - Monday till Saturday 7 30 am till 6 30 pm Sunday 8 30 till 3 30 pm To order Takeaways/Deliveries Tel 01558 823236 If you know of a friend or neighbour needing our help with meals especially with the onset of winter Please call in for a menu or Tel 01558 823236 . VERIFIED

Café 139, 139 Rhosmaen St, Llandeilo SA19 6EN, 01558 823444, 9.00am – 4.00pm, health food shop stocking basics, bakery, milk and eggs, homemade pasties, quiches etc and cawl, Llandeilo and surrounding villages. VERIFIED

Ty Mawr Country Hotel, Carmarthen SA32 7RA 01267 202332,,
<https://www.wales-country-hotel.co.uk/> takeaway collection for wider area, full menu and drink service, **free delivery in Brechfa** Village only for orders over £10. pre order for next day if you can, 11.00am – 8.30pm. Ty Mawr can also offer accommodation to key workers at greatly reduced rate VERIFIED

Cowpots , 01994 240790, Open Wednesday to Saturday inclusive between 4.00pm and 8.00pm for takeaway pizza. Ring them to order and pay over the phone. They also currently have ice cream tubs on offer - see the Facebook Cowpots ice cream page for the latest details. <https://www.facebook.com/cowpotsicecream/>

Peppino's Pizzas , 01994 240033

Order online <https://peppinoswhitland.com/index.php> - deliveries possible.

Roadhouse Restaurant, 01994 241193

They are doing a small selection of hot meals for takeaway in the evenings - contact them by phone for further details.

Station House, 01994 240556

They are providing takeaway meals only – contact them for more information.

Traditional No 8. Facebook. <https://www.facebook.com/traditionalno8/> Tel: 07432 595 471

Mondays, Tuesdays, Wednesdays, Fridays only. Cooked meals, scaled down menu, only taking orders online - card payment online. Deliveries after 6.00pm, collection arranged before 6.00pm on the basis of time slots.

Mirchi - Brewery Road, Carmarthen - Collections, home deliveries of Takeaway Food - Open 7 days a week. tel: 01267 220211

Boars Head Hotel Home delivery Sunday Lunch 07779857904 / 01267222789

Dexters SteakHouse, Serving locally sourced Dexter, Welsh black, Murray Grey and Hereford Beef. Also a range of classic dishes and Chef Specials. Offering a true farm to fork story. Rearing our own cattle locally, butchering & dry ageing in house, then straight to plate. Dexters Sunday Lunch is the delicious weekend treat you deserve. To order a 'Dexters to your Door' Sunday lunch delivery collection or to book in our restaurant, please call: 01267223000 Call between 2-5pm to place your

order, or leave us an answerphone msg with your name and number & we will get back to you as soon as possible.

Drovers Arms Hotel, Carmarthen - Meal Deliveries 9am, breakfast, lunch, dinner. 01267 237646 or 07966588