**Noddfa Church Abersychan** is still operating its food share but now ring only

Please message directly via Fb or if you need access to our food bank.

Open to anyone free quality food to those in need, Sunday, Tuesday Wednesday

Call 01495 448902 Pastor John Funnel

**Penrhiwgyngi Farm Bakery**-Pontypool market is now closed but they will still deliver

ORDER LINE

07855 781631

Delivery list

White bread 1.90

Wholemeal bread 1.90

Granary bread £1.95

Pack soft rolls £1.25

Pack crusty rolls £1.50

Pack Chelsea buns £2.00

Bakewell tarts £1.60

Treacle tarts £1.60

Cadbury muffin £1.50

Brownies £1.50

Cupcakes £1.00

Custard slices £1.20

Synthetic cakes £1.20

Fresh cream cakes £1.40

Rhubarb and strawberry slice £1.50

Steak pies £1.80

Chicken and mushroom pies £1.80

Giant steak pasty £3.00

Traditional pasty £1.50

Lamb and mint £2.50

Mince beef and onion £1.50

Meat and potato £1.80

Sausage rolls £1.20

Small pasties 5 for £2.00

Corned beef pie £2.00

Cheese and onion £1.50

Pork pies £1.50

6 eggs large £1.25 l Deliver to Pontypool Cwmbran and surrounding areas

ORDER LINE REOPEN

SUNDAY 9am - 9pm

29th March

For Tuesday 31st March Deliveries

**CoStar** – CoStar has emergency food parcels available for those in hardship during the crisis.

CoStar is closed to normal activities but we are a distribution point for free school meals and crisis food parcels to those economically affected by the crisis. \*IMPORTANT INFO\* could you please phone the office on 01633 869227 for any crisis bag or other queries as we are operating with minimum staff and not always able to pick up Facebook or Private Messages. Opening hours are 9.30am - 2.30pm Monday - Friday. Greemmeadow

**Thornhill Community Centre**

Offering food distribution centre for the most vulnerable and needy in Torfaen

If you know or identify any vulnerable people who may need urgent help without means testing or self-referrals. Anyone can ask for help for individual’s message via facebook page

Leadon Court Cwmbran

**Panteg House Employees' Club**

Are sorting out and distribute the food packages across Torfaen, distributing leftover free school meals to those confined at home.

Panteg House, Greenhill Rd

Pontypool

Call 01495 763605

**Victory Church Blaenavon**

The foodbank will continue to run every Thursday 12:30 - 2:30 at 16 Broad Street Blaenavon.

If you require any assistance at this time, please let us know.

Our foodbank is open today for emergency food. This service is built on trust and compassion and we will help all we can but please remember we only have limited resources.

Our parcels will be exchanged quickly and safely. If you are deemed at risk or self-isolating we can also deliver to your home. 07746 229204

**The Salvation Army** (Pontypool) can help, give our Officers Captains Andrew and Lorraine Warriner a call and we can make sure you get regular phone calls.

BT used to advertise that; ‘ITs GOOD TO TALK’ and at this time of isolation, phone calls will be a life line. Phone us on 01495 767998 and make a new friend

**Douglas Willis -Butcher**

Local and nationwide delivery

Order your online meat order by 9am for next day delivery

Simply call to place your order for either back of the shop collection or local delivery 01633 870458

<https://www.douglaswillis.co.uk>

**Golden Valley Meat & Game**- Available for Home Deliveries to Torfaen certain week days

Meat hampers, joints, pies, eggs etc

Delivery is free on orders of £25.

<https://gvmg.co.uk/index.php?route=product%2Fcategory&path=59_94&fbclid=IwAR0iVyIv_vPZ2IoI01WyPKosnjjfzuh1AT2_GBIT0RLi-GCD-W_AwuceFMI>

PHONE

01981 240341

**Eastern Valley Foodbank**

Updated Arrangements:

Eastern Valley Foodbank Distribution Centres will be closed in their usual format from Wednesday, but we will be distributing food parcels directly to homes as instructed by the voucher holding agencies.

Donations are still being gratefully received at supermarket collection points. The need is likely to increase over the coming period and we are incredibly grateful for your continued support during this difficult time

info@easternvalley.foodbank.org.uk or phone on 01495 760605

**GARNSYCHAN PARTNERSHIP -**

•Free daily service, delivering medication supplies in our ward to take the pressure off Abersychan pharmacy for the foreseeable.

•Food packs for families and elderly

•Collection point for food packages for children entitled to free school meals

•Van delivery service for doorstop food deliveries

•Activity packs for families with children

•Craft packs – we will be setting up a community competition for those off school to work as a family to be as creative as they can with the pack, we supply them. We are hoping to create a fun family activity, encourage creativity and bonding with sibling and parents alike. You can then post their finished product as a family via video or photo onto our social media – there will be a third, second and third prize.

• We are offering a friendly phone call service to anyone who is isolated and would like some virtual company up to three times a week to every resident who would like the service.

•Over the phone and online support with ESA and universal credit applications

•Foodbank and emergency fuel support

FOR ANY INFORMATION ON ANY OF THE ABOVE YOU CAN CONTACT US ON: 07519 581 862 OR 01495 774453

**La Leche League**: 0345 1202918 (for mums struggling to get formula milk)

**Abersychan Pharmacy** -If you are self isolating and worried about collecting your prescription from, why not give us a call on 07519581862. We have a number of fantastic volunteers who can collect this for you.

**Mayberry Pharmacy's** main priority is taking care of our patients. In order for us to keep doing this we are taking preventative measures to keep our staff well. Please do not come into the pharmacy if you have a cough or fever. If you are aware of someone who needs their medication to be delivered to them while they are in self-isolation, please give us a call on: 01495 2280

If you have any concerns or need to chat to a pharmacist, call us on 01495 228040.

**SSE Energy** suppliers have a dedicated emergency care line number for use during the Covid pandemic. It is for people with card meters (not smart meters) who run out of gas and electric.

SSE PAYGO

03450729495

**CAB**-How to contact CAB during this outbreak

Please note CAB have a new local telephone service

0300 330 2117 available 9 - 5 Mon - Fri