

Nantyglo & Blaina Town Council

COVID-19 RESOURCES

#protecttheNHS #protectyourselfprotectothers

On behalf of Nantyglo & Blaina Town Council

During this challenging time, the health and wellbeing of the community and getting help to our more vulnerable residents are our priority. This live e-leaflet will provide information to particular resources and support that is available and will be regularly updated. Please contact these schemes directly if you need assistance. Please do not hesitate - people are ready and want to help you. If you can give assistance that will benefit the community please contact the relevant scheme and volunteer. You can also use the postcard scheme on page 3 to offer assistance directly to your immediate neighbours. Don't put your health or that of others at risk when being a good neighbour, but if you can, help those in need. If we all work together we can reduce worry and isolation and get practical assistance when it is most needed. #protecttheNHS #protectyourselfprotectothers



This is a live document which will be updated as new information and resources become available. Please check our website for the most up to date version.

<http://www.nantygloandblainatc.co.uk/>

Useful Numbers & Information

Age Cymru have launched a check in and chat service for anyone over the age of 70 and living alone as a way of helping to combat self isolation www.bit.ly/agecymrucheckinandchat
Call: 08000 223 444 Email: enquiries@agecymru.org.uk
www.facebook.com/

During the Coronavirus pandemic the Town Council Office will remain closed until further notice, however, we are contactable via telephone 01495 292817 and able to pick up our messages remotely if you leave a message. Or alternatively you can [email clerk@nantygloundblainatc.co.uk](mailto:clerk@nantygloundblainatc.co.uk) during office hours Mon -Thurs 9am - 3pm & Fri 9am - 1pm.

ENERGY SUPPLIERS For those who are in isolation & use card & key meters all energy suppliers are giving 3 weeks emergency credit. Swalec gave £100 electric & £50 gas. Other suppliers are providing help so contact your supplier. Swalec call: 0345 0717806

British Gas: No Smart Meter 0330 100 0303 or with a Smart meter please telephone 0333 202 9612

Welsh Government www.gov.wales/safe-help

NHS Direct Wales
www.nhsdirect.wales.nhs.uk

Public Health Wales
www.phw.nhs.wales

Aneurin Bevan University Health Board www.bit.ly/aneurinbevancovidinfo

Blaenau Gwent County Borough Council

<https://www.blaenau-gwent.gov.uk/en/resident/emergencies-crime-prevention/coronavirus-covid-19-latest-information/>

Coronavirus Housing Advice Centre



In light of the current situation we have had to close the Housing Advice Centre. If you need any housing assistance, please contact the following numbers:

HOUSING REGISTER

07971493453

07971314701

HOMELESSNESS

07970176467

07870528250

07854368590

CWMCRACHEN SITE

07971493453

(REPAIRS)

07854367028

(HOUSING MANAGEMENT)

DISABILITY FACILITIES GRANTS

07846103921

07581533438

ALL OTHER QUERIES

01495 311556

Important Information

What to do if you have symptoms of Coronavirus

You should stay at home for 7 days if you have either:

- A high temperature
- A new continuous cough

You need to stay at home and follow self isolation advice on Public Health Wales website: phw.nhs.wales/coronavirus

You should only contact 111 if:

- You feel you cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after 7 days



Hospice of the Valleys
Available to support anyone that requires bereavement support, or are living with a life limiting illness.
Festival Drive,
Ebbw Vale, NP23 8XF
email: jonathan@hospiceofthevalleys.com
Tel. No: 01495 717277

Chemist: TH Prichard & Son Ltd,
102-103 High Street,
Blaina, NP13 3AE
Tel: 01495 290214.

mind Helplines

Infoline: 0300 123 3393

Email: info@mind.org.uk

Text: 86463

Post: Mind Infoline, PO Box 75225,
London, E15 9FS

Our Infoline provides an information and signposting service. We're open 9am to 6pm, Monday to Friday (except for bank holidays).

Ask us about:

- mental health problems
- where to get help near you
- treatment options
- advocacy services.

Blaina Medical Centre,
Rear High Street,
Blaina,
Gwent.
Tel 014952 290325
<https://www.blainamedicalpractice.co.uk>

Brynmawr Wellbeing Centre & Pharmacy
Brynmawr Medical Practise
Blaen afon Road
Brynmawr
Tel 01495 360682
<https://www.wales.nhs.uk/brynmawr>

Citizens Advice Bureau Call:
03444 772020 (Advice line)
www.citizensadvice.org.uk

Meic Helpline service for children and young people up to the age of 25 in Wales. www.meiccymru.org
Call: 80880 23456 Text 84001

The Samaritans
www.samaritans.org 116 123 free from any phone

0330 094 5717 local call charges apply

DIY & General Stores:

B&Q The B&Q website is still live and accepting orders.

Pets At Home Pets at home is still open, but with restricted opening hours.

Homebase stores are staying open – but with revised opening hours.

Screwfix remains open, but only for click & collect and home delivery.

Home Bargains Mon - Fri 8 - 9pm
Sat 8 - 6pm & Sun 10 - 4pm

B & M Mon - Fri 8 - 9pm
Sat 8 - 6pm & Sun 10 - 4pm

SUPERMARKETS

Tesco Many stores are operating at reduced hours. A number of Tesco Extra stores and larger Metro stores will open from 6am to 10pm so that workers can restock overnight.

Priority access to NHS staff for an hour before stores open will also be given on certain days.

Asda NHS workers are being given early access to larger stores on Monday, Wednesday and Friday from 8am to 9am. And 24-hour stores are closing between 12am and 6am.

Aldi will open from 8am to 8pm on Monday to Saturday. Opening hours remain the same for Sundays – 10am to 4pm.

Farm Foods Mon - Fri 8 - 9pm
Sat 8 - 6pm & Sun 10 - 4pm

Iceland Elderly shoppers will be able to go into the store before the public, from 8am to 9am throughout the week. The final hour of trading, NHS staff will only be allowed to shop. First hour of trading: priority access to the elderly and vulnerable customers.

Morrisons priority hour 7 - 8am for NHS staff. Mon - Sat 8 - 8pm
Sun 10 - 4pm

ONLINE

Muscle Food
www.musclefood.com

STAY AT HOME

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home
You can spread the virus even if you don't have symptoms.

LETS ALL DO THIS TOGETHER!

HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

Picking up shopping Posting mail

A friendly phone call Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

Print out the postcard to offer assistance directly to your immediate neighbours.

Don't put your health or that of others at risk when being a good neighbour, but if you can, help those in need.

Local Shops – Blaina

Local Stores:

Premier Store Mon - Fri 7 - 7pm
Sat 7 - 6pm & Sun 10 - 4pm

Blaina Post Office Mon - Fri 9 -
5:30pm & Sat 9 -1pm

Blaina Pet Shop Mon - Sat 9 -
5:30pm

The Ole Butcher Shop - Mon -
Sat 8 - 3pm

Co op Mon - Sun 7 - 8pm
priority hour Mon - Sat 8 - 9am
for NHS staff.

Aone Computers Mon - Fri 9 -
5pm

Al-Yas DIY Heating & Plumbing
Mon - Fri 7 -5pm Sat 7 -2pm

Local Shops – Nantyglo

Local Stores:

Nantyglo Store Mon - Fri 7 - 9pm
Sat 7 - 9pm & Sun 10 - 4pm

Nantyglo Post Office Mon - Fri 9
- 5:30pm & Sat 9 -1pm

Winchestown Store Mon - Sat 8
- 7pm Sun 9 -6pm

Nantyglo Off Licence Mon –Sat

Thank you!!!!

In this unprecedented time, which we all are going through, it is a challenging time for all of us in how we work together, helping and supporting each other.

With the coming of the virus everything changed in our lives; most of the things we took for granted we can't do now. It has given us time for reflection and evaluating our way of life.

The statistics of the thousands of so many people arising to the challenge to volunteer is showing the optimistic nature of mankind (how they are willing to put others before themselves). To help others is a wonderful achievement for the positive nature of people.

The Town Council of Nantyglo and Blaina is grateful to the many people who are participating in this process of helping, supporting and looking after the needs of others.

To all of you we appreciate your contribution to the well-being of others. keep safe at all times!

Our sincere thanks to each and everyone.

Kindest regards

*Councillor Ken Jones, Town Mayor & all at
Nantyglo and Blaina Town Council.*

BLAENAU GWENT FOODBANK:

The Health and Safety of our staff and volunteers is paramount, and so we have

made a decision that in view of the continued COVID-19 crisis situation, we will close all of our 6 Foodbank Distribution Centres in Blaenau Gwent at the close of business today and not allow any client, agency or public to present Foodbank vouchers and to pick up food until further notice. Donations of Food will continue to be accepted at the Warehouse in Ebbw Vale, Beaufort, Brynmawr and Abertillery Distribution Centres together with the current collection points at Supermarkets - Tesco, Asda and Waitrose.

Our Nantyglo and Tredegar centres are now closed. completely until further notice.

From Tuesday (31st) we will be offering a Home Delivery Service only from 3 of our centres namely Ebbw Vale, Beaufort and Brynmawr and these will become Home Delivery Service Centres until further notice working on their normal days and normal hours. Our Abertillery Distribution Centre on Thursdays will act as an additional centre making up Emergency packs of food only and taking donations for the use in the Home Delivery Service operating from Ebbw Vale Home Delivery Service Centre.

Clients will still need to obtain a Food voucher from an Agency they are working with but they will probably receive a Code number rather than a voucher and then will have to ring 1 of 2 numbers listed below to arrange the delivery. For those obtaining vouchers from the Job Centre there are specific arrangements which the DWP staff will explain to you. Our deliveries will be made by drivers from Tai Calon Community Housing and we thank them for their support in this important service.

We would like to make it clear that our continued service to our community of Blaenau Gwent is to help and assist families who are struggling to obtain food as they are unable to afford food. We respectfully ask that if there are any clients who can afford food but cannot access it due to supermarkets shelves emptying that you do not consider the Foodbank but that you engage with other food distributions in our area who can better meet your needs. This is a difficult time for many and we wish to help those who find themselves very vulnerable through this crisis period and if you have any queries please get in touch.

Here are the important numbers as follows:

07394666485 and 07812425130

FOOD ITEMS URGENTLY REQUIRED



UHT MILK
COFFEE
TINNED FISH
TINNED MEAT
TINNED FRUIT
TINNED/PACKET CUSTARD
TINNED RICE PUDDING
TINNED SPONGE PUDDING
TINNED POTATOES
TINNED CARROTS
TINNED PEAS
TINNED TOMATOES
NOODLES/POT NOODLES
RICE
CURRY/PASTA SAUCES
PASTE/JAM
FRUIT JUICE/SQUASH
BISCUITS
SWEETS FOR CHILDREN
CRISPS & SNACKS
TOILETRIES
PET FOOD



Emergency Appeal

Our frontline staff and volunteers provide first aid treatment, training and vital support to our emergency services in the heart of Welsh communities; working tirelessly to make Wales a safer place.

We are in a state of national emergency and our services are needed now, more than ever!

We're working closely with the NHS supporting them in many aspects of emergency and non emergency care.

In a time where our volunteers and staff are stepping up with the NHS to the frontline, we are facing truly challenging times.

Our volunteers are no longer able to collect on the street or in supermarkets, we've paused first aid training courses and are seeing the cancellation of events, large and small, which generate the vital funds we need to provide support across Wales.

We've been there for over 100 years, and have supported people through some of the country's highs and lows.

From providing the first ambulance service for Wales, to being pitch side when Wales has won Grand Slams.

But today, we need your help to continue to be there.

We're committed to helping our NHS partners and will be there to deliver the care that's needed, but we cannot do it without you, our supporters.

Please help St John Cymru continue to provide frontline and community care at this