

EXTENSIVE LINK LIST FOR DENBIGHSHIRE

We have been extremely lucky to have been sent this exhaustive list from a contact.

SHOPPING/DELIVERY SERVICES

These services are able to supply shopping to citizens homes (charge may apply)

Supermarkets offering Internet Shopping:

Asda- There is a delivery charge depending on delivery time. Call 0800 952 0101 for more information.

Morrison's- There is a delivery charge depending on delivery time. Call 0345 322 0000 or 0345 611 6111

Tesco's- There is a delivery charge depending on delivery time. Call 0800 323 4040

Sainsburys

Offer online shopping (like most local supermarkets) but also telephone ordering, allowing those with no internet or computers to access delivery to their home.

Delivery charges apply (differ depending on time slot)

Minimum order of £25

7 days a week

0800 328 17 00

Alpine Travel

Offering to help those who are self-isolating at this time FREE of charge

Early morning shopping trips, picking up prescriptions or errand running

7 days a week

help@alpine-travel.co.uk // 01492 879133

Cotswold Dairy

Delivers to the majority of North Wales offering the essentials milk, bread, eggs, cheese

Does cover a number of areas in Denbighshire. Call to see if they cover the postcode, will signpost to dairies that do if they don't.

Monday-Saturday

01492 596 311

Delifresh

Delivers fresh foods including fruit, veg, eggs, pasta, milk and dry ingredients as well as others.

States on FB page that it covers areas with an L postcode and CH. Order online.

Shop online: <https://delifresh-ltd.myshopify.com/>

https://www.facebook.com/160375307312694/posts/3478802268803298/?substory_index=0?sfnsn=s_cwspwa&extid=9hjDyND5ELugpfE9

Covid-19 Community Response- Denbighshire & Conwy

Registered with DVSC

Volunteers available to help those self-isolating with shopping, prescriptions etc.

0800 404 6899

NORTH DENBIGHSHIRE

Dial a Ride

Offering a shopping and errands service during this time for members

North Denbighshire, finishes at Llanrheadr

May change their services later so always call ahead

01745 344222

RHYL

The Foryd Centre

Princes Street, Rhyl, LL18 1LS

Providing a FREE shopping service for anyone over 70 who requires help with shopping, accessing the bank and picking up prescriptions

Call ASAP as spaces will be limited

Monday-Friday

01745 339779

Alloys Driving School

Due to not working at present the guys are offering to pick up shopping for anyone vulnerable during this time

Also offering this service to NHS workers

07711062750

High Street News & Off License
66A High Street, Rhyl, LL18 1UB
Essential stock coming in daily
Offering delivery service for those who are housebound or isolating
Personal message 'Helen Starkey (High Street News)' on Facebook for details
Monday-Saturday: 6am-6pm, Sunday: 8am-5pm
01745 353959

Premier, Wellington Road
135 Wellington Road, Rhyl, LL18 1LE
Offering delivery on grocery orders over £10 for those self-isolating
Items subject to availability
01745 331678
Wills Taxis

Taxi driver from Rhyl offering to pick up shopping for anyone vulnerable during this time
Just ring Will and he will see if he can help
07776027099

JB Dairies
St Asaph Avenue, Kinmel Bay, LL18 5EU
Milk, bread, yoghurt, potatoes, juice etc. delivered to those who are elderly or vulnerable and so self-isolating

Monday-Friday
01745 350100

Clwyd Bakeries
Now offering deliveries in Rhyl
Bread, bread rolls, hot and cold pies and fresh cream cakes
Monday-Saturday: 8am-5pm

01745 850 100
Patagonia Welsh Routes
Professional catering company now offering packs of fresh produce/provisions
Ring for more details
Order before 7.45pm for next day delivery
01745 855595

PRESTATYN

Prestatyn Butchers
Offering a delivery service at this time
Call ahead to see what they have in/get more information
Monday-Saturday: 7am-5pm
01745 854171

DYSERTH

Dyserth Butchers
Deliver to those self-isolating and will even collect bread and milk from the spar next door if available.
Monday, Wednesday and Fridays
01745 570324
Spar Dyserth
Offering home deliveries for vulnerable customers who are affected by the virus
Call between 10am and 1pm every day with your order and they will confirm what they do and do not have
Payment can be taken over the phone
Deliveries at 2pm the same day
01745 570295

RHUDDLAN

The Little Cheesemonger
Offering a delivery service during this time
Monday-Saturday
01745 591906
Phil The Butcher
Delivery available during this time

Call the shop in the morning for afternoon delivery
01745 590443

SOUTH DENBIGHSHIRE DENBIGH

Denbigh Forget Me Not Project

Offering help with shopping, picking up prescriptions, dog walking, making friendly phone calls etc.

Committed to making sure no one is dealing with this situation alone.

Covering the following areas – Trefnant, Nantglyn, Llandyrnog, Penial, LLanrhaeadr, Bodfari, with over 70 volunteers currently

leahroberts98@googlemail.com // 07551394488

Daniel Morris Butchers

124 Vale St, Denbigh LL16 3BS

Delivering meats, pies, juice etc.

For prices please either phone the shop to discuss or send a FB message of what you would like and they will send you back a total price.

Next-day delivery will be available for all orders placed before 2pm, either online or over the phone.

01745 812585

Zoom delivery

<https://www.zoom-food.co.uk/contactus>

Service has mobile app and live chat, citizens need to sign up on line at this stage, although this could change

Can deliver food and may be able to pick up shopping, can possibly pick up prescriptions and other items too.

Monday-Sunday: 8am-9pm

01745 290335 // 07779099012

Vale Dairy

Barry delivers milk & dairy products to the Denbigh and Ruthin areas three times a week!

Products include: 1 Pint Glass Bottle Milk, 1 Litre Poly Bottle Milk, 2 Litre Poly Bottle Milk, 1 Pint

Orange Juice, Welsh Butter, Clyttrir Free Range Eggs, Llaeth Y Llan Yogurts, Dragon Cheese

07900230881 // vale.dairy@btinternet.com

Shop Y Parc

Lower Denbigh

Offering free delivery service during this time

Minimum spend £10 (excludes cigarettes and alcohol)

01745 818740

Clwydian Cars

Help with running shopping or errands

Denbigh area

01745 816720

Barry The Milkman

Can deliver dairy produce and bread to Denbigh

Call for more information

07900 230 881

ST ASAPH

St Asaph Coop

Sian Jones at Coop in St Asaph advised that she has a list of phone numbers of local volunteers who are willing to shop for vulnerable residents

Can provide numbers as and when needed

01745 582774

City Cabs

Wheel chair accessible cars

Can take citizens shopping but can also run some errands e.g. shopping

01745 582277

Zoom delivery

<https://www.zoom-food.co.uk/contactus>

Service has mobile app and live chat, citizens need to sign up on line at this stage, although this could change

Can deliver food and may be able to pick up shopping, can possibly pick up prescriptions and other

items too.

Monday-Sunday: 8am-9pm

01745 290335 // 07779099012

Jays Fresh Milk

C C I Business Park, Kinmel Bay, Rhyl LL18 5HA

Delivers milk, yoghurt, Soft drinks, juice, eggs, butter, potatoes, cheese, bread and Veggies too

Delivers to St Asaph

07852 638568

Tilley's fresh produce

Delivering eggs and yoghurt

tilleysfreshproduce@gmail.com

St Asaph Cathedral

Offering regular calls to members of the cathedral and local parish, has some volunteers that can help with prescription pick up

01745 582245

Dave's Food Delivery Service

Delivers many groceries including vegetable boxes, milk, bread, frozen food etc

https://www.facebook.com/Daves-105869571055342/?hc_location=ufi

Covers other areas too including down to Denbigh

07740 881892

Daniel Jones Butchers

Call to place order for pick up

Offers delivery in St Asaph only

Has meats, pies, some veg and eggs

5 Chester st

01745 583574

RUTHIN

Caffi Florence

Delivery of staples and toiletries as well as meats and fish

Around Loggerheads, towards Ruthin and into Mold

7 days a week / 10am-5pm

01351 810397

Jays Fresh Milk:

Offers dairy products, milk, salad and fruit

Delivery area North of Ruthin

Call for info on times

07940955477

Dee Valley Produce

Can delivery staples to include milk, eggs, bread, cheeses, all dairy fruit ,jams and chutneys and veg etc

£10 min spend

Llandrillo – Fridays, Bryneglwys (to the village shop) Fridays

Ruthin (may be able to provide a service - call for further information- Weds)

Monday-Saturday: 8am-5pm, Sunday: 10am-4pm

01978 861805

Barry the milkman

Can delivery dairy produce and bread

Can deliver to Ruthin and Pwllglas

Call for further details

07900 230 881

Castle Bell

Newspaper delivery in the Ruthin Area

Pay by debit / Credit Card

Call for details

01824 707979

Patchwork Pate

Deliver items from shop, cheese, thai meals, wine and gin

Min order £20 inc delivery - 10 miles radius of Ruthin

Monday-Friday: 9.30am-5pm
01824 705832

LLANGOLLEN

Dee Valley Produce

Can delivery staples to include milk, eggs, bread, cheeses, all dairy fruit ,jams and chutneys and veg etc

£10 min spend

Llandrillo – Fridays, Bryneglwys (to the village shop) Fridays

Monday-Saturday: 8am-5pm, Sunday: 10am-4pm

01978 861805

Home Farm Overton

Meat, dairy and veggie box's

Free delivery with no minimum spend

Tuesday-Saturday: 9am-5pm

01978 710141

Llangollen Town Council

Starting a Good Neighbour Scheme to run errands, shopping, visiting, befriending, providing cover for carers (?) emergency meals

COVID-19@llangollentowncouncil.gov.uk

The Support line Number is 01978 861366 (Wingetts) 9am-5pm and Mike 07375374914 5pm-8pm

Llangollen launderette

Offering delivery and collection of laundry

Ring to double check this is still going as will depend on guidelines

01978 869227

CORWEN

Canolfan Ni / Grouse Inn

Able to support people in isolation during this time

Support for anyone living in Corwen and Corwen, Carrog, Glyndyfrdwy, Bryneglwys, Gwyddelwern, Betws Gwerful Goch, Melin Y Wig, Cynwyd or Llandrillo Communities

Monday-Friday

01490 266 004

Dee Valley Produce

Can delivery staples to include milk, eggs, bread, cheeses, all dairy fruit ,jams and chutneys and veg etc

£10 min spend

Corwen: Monday-Saturdays

01978 861805

Corwen Post Office

Delivering shopping to those who are vulnerable and so self-isolating

Call for more info

Monday-Saturday: 9am-5.30pm

01490 412 426

OTHER

Pwllglas Village Shop

Offering home deliveries for those in the local Pwllglas area

Call for more information

Monday-Friday: 8am-6pm, Saturday: 9am-4pm, Sunday: 9am-12pm

01824 70332

Llandegla Village Shop

Free deliveries for people in the village

Call ahead to confirm

Monday-Saturday: 8.30am-6pm, Sunday: 9am-4pm

01978 790604

Siop Y Pentre, Llanrhaedr

<https://llanrhaeadrshop.co.uk/>

Open 6am – 1pm (then delivering order and then open 4.30 – 5)

Offering deliveries of household items, local produce, cooked meat, veg, fruit and cakes

Orders taken over the phone. Can direct local citizens to local volunteers who need help in their community, e.g. help with prescriptions, shopping etc
01745 890 397

The Cross roads café, Trefnant

Operating a take out menu, baps, breakfasts and meals.

Home delivery also available

079266 20798

MEAL DELIVERY SERVICES

These services are able to deliver hot meals to citizens in Rhyl (and some surrounding areas)

WHOLE OF DENBIGHSHIRE

Easy Living (Meals on Wheels)

Fresh, homemade, hot meals, delivered to your door.

Meals: £4.50 (99p pudding add on)

www.easylivingmealsonwheels.co.uk/

7 days a week/52 weeks a year

0800 917 9032

Wiltshire Farm Foods

Fresh, farm food meals with free delivery

Meals from £3.19 (plans etc. available)

<https://www.wiltshirefarmfoods.com/>

7 days a week/52 weeks a year

01244 836786

Oakhouse Foods

Fresh, traditional dishes and home grocery essentials to your door

Meals from £3.15 (plans etc. available)

www.oakhousefoods.co.uk/

Monday-Friday: 9am-5pm

0333 370 2517

NORTH DENBIGHSHIRE

RHYL

The Foryd Centre

Princes Street, Rhyl, LL18 1LS

Providing a meals on wheels service beginning from 23rd March

For Rhyl residents over 70 who are vulnerable or self-isolating

£1.50 per meal. Main meal delivered daily

Call ASAP as spaces will be limited

Monday-Friday

01745 339779

The Deli

2 St Margaret's Drive, Rhyl, LL18

Sandwich shop. Open as usual and offering FREE delivery service

Monday-Friday: 7am-2.30pm

01745 35362

Silvers Café

87-89 High Street, Rhyl, LL18 1TR

Offering a delivery service to those in isolation or housebound during this time

Call café for details

01745 356594

Coltmans Rumblyn Tum

28 Sussex Street, Rhyl, LL18 1SG

Offering a delivery service during this time

Call for details

Monday-Saturday: 8.30am-3pm, Sunday 9am-3pm

01745 798799

Jan and Julies Chippy

Grange Road, Rhyl

Delivering lunch meals to elderly in Rhyl, Rhuddlan and Prestatyn areas

Delivery: 12-1pm (orders to be placed before 10.30am on day of delivery)

£5 per meal: small fish, chips and side or small sausage chips and side
07775421209

The Town Fryer

Offering deliveries of hot meals, ring for details

Tuesday, Wednesday and Friday

07491957529

The Galleon Rhyl

Offering their regular delivery service FREE of charge during this time

Orders can be placed online or via telephone. Pre ordering available

Thursday-Saturday: 4pm-8pm, Sunday: 4pm-7pm

www.galleontakeaway.com

01745 350006

The Fish and Chips Café

Offering a delivery service of fresh warm food

Monday-Saturday: 8am-6pm, Sunday: 9am-5pm

07908955018

The New Inn Hotel

The New Inn Hotel, Rhuddlan

Started a home meal delivery service to help the elderly and self-isolated

Can deliver every day or when required

All meals £5.95, all kids meals £2.95. Free delivery within 5 mile radius

01745 591568

The Red Lion Inn & Restaurant

The Red Lion Inn & Restaurant, Prestatyn, LL18

Offering a meal delivery service. Starting from 23rd March

Deliveries every 2 days so if self-isolating can also be someone to check on you. Delivering to Rhyl,

Prestatyn, Rhuddlan, Meliden and Dyserth

Will also pick up essentials from supermarket (within reason)

£35 a week per person (1 meal a day) or £6.50 per meal

01745 85256

PRESTATYN

Almond Tree Café

11 Kings Avenue, Prestatyn, LL19 9AA - next to the library

Offering delivery service at this time

Monday-Saturday: 9am-3pm

07973128935

Tudor House

Offering a delivery service during this time

Monday-Saturday: 10am-3pm

01745 859528

Vintage Sugar

Take away, local delivery and doing special requests of afternoon teas and birthday themes to take away

Phone for details of times available

01745 797873

Prestatyn Golf Club

Offering a delivery service during this time

Call to confirm menu/details

Monday-Saturday: 12pm-6pm

01745 854320

The New Inn Hotel

The New Inn Hotel, Rhuddlan

Started a home meal delivery service to help the elderly and self-isolated

Can deliver every day or when required

All meals £5.95, all kids meals £2.95. Free delivery within 5 mile radius

01745 591568

The Red Lion Inn & Restaurant

The Red Lion Inn & Restaurant, Prestatyn, LL18

Offering a meal delivery service. Starting from 23rd March

Deliveries every 2 days so if self-isolating can also be someone to check on you. Delivering to Rhyl, Prestatyn, Rhuddlan, Meliden and Dyserth
Will also pick up essentials from supermarket (within reason)
£35 a week per person (1 meal a day) or £6.50 per meal
01745 85256

DYSERTH

The New Inn Hotel
The New Inn Hotel, Rhuddlan
Started a home meal delivery service to help the elderly and self-isolated
Can deliver every day or when required
All meals £5.95, all kids meals £2.95. Free delivery within 5 mile radius
Monday-Thursday: 11am-3pm and 5pm-8pm, Friday-Sunday: 11.30am-8pm
01745 591568

The Red Lion Inn & Restaurant
The Red Lion Inn & Restaurant, Prestatyn, LL18
Offering a meal delivery service. Starting from 23rd March
Deliveries every 2 days so if self-isolating can also be someone to check on you. Delivering to Rhyl, Prestatyn, Rhuddlan, Meliden and Dyserth
Will also pick up essentials from supermarket (within reason)
£35 a week per person (1 meal a day) or £6.50 per meal
01745 85256

RHUDDLAN

Whistlestop Café on the HTM Business Park
Offering take away meals at this time
Ring to confirm details
7 days a week / 8am-2pm
01745 591235

The New Inn Hotel
The New Inn Hotel, Rhuddlan
Started a home meal delivery service to help the elderly and self-isolated
Can deliver every day or when required
All meals £5.95, all kids meals £2.95. Free delivery within 5 mile radius
Monday-Thursday: 11am-3pm and 5pm-8pm, Friday-Sunday: 11.30am-8pm
01745 591568

The Red Lion Inn & Restaurant
The Red Lion Inn & Restaurant, Prestatyn, LL18
Offering a meal delivery service. Starting from 23rd March
Deliveries every 2 days so if self-isolating can also be someone to check on you. Delivering to Rhyl, Prestatyn, Rhuddlan, Meliden and Dyserth
Will also pick up essentials from supermarket (within reason)
£35 a week per person (1 meal a day) or £6.50 per meal
01745 85256

SOUTH DENBIGHSHIRE

DENBIGH

Eezi Bite Sandwich bar
1 Bridge St, Denbigh LL16 3LF
Will be providing delivery for orders £10 and over to citizens in local Denbigh Area
Serves sandwiches, burgers, small meals.
Monday-Saturday 10am-4pm
01745 813939

Simply Fish and Chips
Rhyl Road, Denbigh
Denbigh Fish and chip shop delivering hot foods and other bits to peoples doors
They have so far delivered bread, milk, eggs, water, juices, cleaning products, toilet rolls and pet food
They have advised that if you are someone who needs help than call and they will do their best to help and are teaming up with local businesses to deliver this service
01745 812 999

Simply Pizza

Offering delivery and pick up

7 days a week

Also able to deliver basic foodstuffs (including petfood) at cost price within Denbigh

Please contact them with any enquiries

07900945817

Brookhouse Mill

Ruthin Rd, Brookhouse, Denbigh LL16 4RD

Brookhouse are offering a food delivery service in and around Denbigh, especially for the elderly who can't get out during these worrying times

Lunch time and evening meals delivered to front door

Payments taken over phone when placing order. Deliveries within 5 mile radius: £1

7 days a week / order between 11am-1pm and 5-7pm

01745 813377

Margs Takeaway

Rhyl Road, Denbigh

Offers freshly cooked home meals, delivery or pick up. Daily specials available

01745 817080 // 07752863506

Ji-Binc Coffee Shop

50/52 High Street, Denbigh. LL16 3LB

Coffee shop on the High Street of Denbigh, selling home-cooked food, homemade cakes, afternoon teas and Fairtrade Dwyfor tea and coffee

Facebook: Siop goffi Ji-Binc coffee shop

Monday-Saturday (Sundays, Easter-September) from 8am-3pm

01745 798606

White Horse Restaurant

Offering a takeaway menu for hot food. Call for more info

Hendrerwydd, Denbigh(5 miles from Denbigh)

Ring to confirm details

01824 790218

The Granary

Hot meal delivery (not daily)

Able to delivery a few meals in one delivery to heat up in microwave (can be frozen)

Main meals (Small £2.30 / Large £3.50-4.00), Free delivery in Denbigh

Monday-Friday: 9am-4pm

01745 814080

ST ASAPH

Dial a Meal

Hot meal delivery

Delivery 5 days of meals on a Monday and 2 days on a Saturday

Main meal and a pudding: £8

Corwen based but a wide delivery area to include St Asaph

074883 46097

RUTHIN

Milk Bar

Hot Meal Delivery

Able to deliver to the Ruthin and surrounding villages

7 days a week

01824 707000

The Granary

Hot meal delivery (not daily)

Able to delivery a few meals in one delivery to heat up in microwave (can be frozen)

Main meals (Small £2.30 / Large £3.50-4.00), Ruthin and Henllan: £5 delivery

Monday-Friday: 9am-4pm

01745 814080

Caffi Florence

Meal Delivery of home cooked meals

Delivery area around Loggerheads and towards Ruthin and into Mold

7 days a week / 10am-5pm

01352 810397
Leonardos Delicatessen
Hot Meal Delivery
£5 per meal, no delivery charge
Monday-Saturday: 9am-4pm
01824 707262
On the Hill
Ready meals from their menu
Check Facebook for menus and prices (mains around £6.50). Can be frozen or kept in fridge
No charge for delivery 10 mile radius
Tuesday-Friday: 11.45am-2pm and 6.30pm-9pm, Saturday: 11.45am-9pm
01824 707736

LLANGOLLEN/CORWEN

Dial a Meal
Hot meal delivery
Delivery 5 days of meals on a Monday and 2 days on a Saturday
Main meal and a pudding: £8
Corwen based but a wide delivery area to include Llangollen
074883 46097

OTHER

The Crown Inn, Pantymwyn
Hot meal delivery
From Mold, up to the Clwyd Gate (Maybe slightly beyond)
£7 per meal to include delivery, £30 weekly meals
Monday-Friday
01352 219912

FOODBANK SERVICES

Local foodbank services still operating and providing emergency parcels
RHYL

Sussex Street Christian Centre
15 Sussex Street, Rhyl, LL18
Will remain open for as long as possible
Call or email ahead to check policy
Monday-Friday: 9am-5pm
01745 342268

The Foryd Centre
Princes Street, Rhyl, LL18 1LS
Will remain open for as long as stocks allow
Only accepting referrals through email or phone
If citizens are self-isolating and need a delivery this can be organised
Monday-Friday: 9am-4pm
forydcentre@hotmail.co.uk // 01745 339779

The Kings Storehouse
Wellspring Church, 102 Vale Road, Rhyl, LL18 2BY
Open for as long as possible
Ring ahead as may only be taking emergency referrals
Monday-Friday: 9am-5.30pm
07771500607

Good News Mission
Offer a foodshare scheme, donated by local supermarkets
Emergency referral basis
Call to enquire. Needs will be assessed and acted upon accordingly
Every Wednesday (for as long as possible)
07889195928

PRESTATYN/MELIDEN

Prestatyn & Meliden Foodbank
Alive Church, 200 Victoria Road, Prestatyn, LL19 7TL
Changed operations: do not arrive at the foodbank
Still providing parcels via a delivery service however please text/ring beforehand

Tuesdays and Thursdays

0772274977

DENBIGH

Vale Of Clwyd Foodbank

Capel Mawr, Lon Swan/Chapel Street, LL16 3UD

Operating as normally as they can, for as long as they can

Call ahead to check latest procedures

Monday and Friday: 10.30am-1pm

info@valeofclwyd.foodbank.org.uk // 07468028953

RUTHIN

Awelon Centre Foodbank

School Street, Ruthin, LL15 1BL

Call ahead to check latest procedures

Thursday: 10.30am-1pm

info@valeofclwyd.foodbank.org.uk // 07468028953

LLANGOLLEN

Matt's Foodbank

City Church, Brook Street, Llangollen, LL20 8LS

Doors are closed due to pandemic, however they are still able to organise emergency parcels

Call for more info/to refer

Monday and Friday: 11am-1pm

07535 962722

TELEPHONE BEFRIENDING SERVICES

Self-isolation may mean that some citizens will get no interaction at all. These services can provide telephone befriending for these people, ensuring some human interaction and combating loneliness
Silverline

Offer both letter and telephone friendship schemes

Phone scheme is weekly calls for a catch up and to converse about interests

Call to find out more about signing up or refer someone online

24 hours a day/7 days a week

0800 470 80 90

RINB

Offer a group telephone befriending for those with some form of sight loss

Like social groups but over the phone (have a moderator who makes sure no one is left out and conversation is always flowing)

Monday-Friday: 9am-5pm

029 2082 8500

Age Cymru

Run a telephone befriending scheme in Welsh or English

Sign up online, or refer someone else

<https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/>

'Check in and chat' service for the over 70s in Wales who live alone

Monday-Friday: 9am-4pm

enquires@agecymru.org.uk // 08000 223 444

MENTAL HEALTH SUPPORT

Self-isolation may bring on periods of low mental health for some. These services offer information and advice as well as providing practical support in regards to mental health

Hafal

Head office remains open currently but is being reviewed all the time

Also have an online commpuity for people to access support and are encouraging people to use this platform

www.hafal.org/clic

Also have a 'Promises' scheme where every person in their client group who seeks support will be provided with a lasting friendly contact

www.hafal.org/clic

Monday-Friday: 9am-5pm

01792 816600

Samaritans

Free, confidential advice and information

Safe place to talk about how you're feeling and explore any options available to support with them

24 hours a day/7 days a week

116 123

CALL

Mental health information and advice for those specifically in Wales

Community advice and listening line

24 hours a day/7 days a week

0800 132 737

Mind Info Line

Free, confidential advice on a range of topics: types of mental health, where to find help etc.

Place to talk about what's worrying you and receive counselling/support

Monday-Friday: 9am-6pm (except bank holidays)

0300 123 3393

Saneline

Support and Info for people affected by mental illness, including their family and friends

www.sane.org.uk

7 days a week / 4.30-10.30pm

0300 304 7000

Elefriends

Supportive online community where you can be yourself.

Safe place to listen , share and be heard

www.elefriends.org.uk

SERVICES FOR PARENTS

Some online services offering resources for parents to access. Including services aimed at enhancing their children's home learning in a fun way

Parentline Plus

Support and non-judgemental help and listening for parents

Monday to Friday: 9am-9pm, Saturday and Sunday: 10am-3pm

www.parentlineplus.org.uk

0808 800 2222

Phonics Play

Interactive games, printable resources, ideas for teachers, advice for parents, assessment ideas, inspiration, planning, fun

Offering their service for FREE while schools are closed

Username: march20, Password: home

www.phonicsplay.co.uk

Chatterpack

Have a list of FREE, online, boredom-busting resources for anyone staying at home during this period

Designed to keep children engaged and interested in the topics

www.Chatterpack.net

PE with Joe Wickes

Online PE videos by the body coach Joe Wickes for children in replacement of PE lessons

Great way to keep your child active during self-isolation

New videos weekdays at 9am but you can watch the old videos anytime

<https://www.youtube.com/user/thebodycoach1>

Wildlife with Steve Backshall

On facebook: answering questions about wildlife, biology, conservation, geography and exploration

Great interactive way to keep kids interested in these topics

Every day at 9.30am

<https://www.facebook.com/stevebackshallofficial/>

Science with Maddie Moate

Maddie and Greg chat about science and nature on Youtube

Replacement for science class while schools are closed

Every day at 11am but can watch old videos anytime

<https://www.youtube.com/user/maddiemoate>

Dance with Oti Mabuse

Online dance videos via facebook

Good way to keep children active and engaged during social isolation

Every day at 11.30am but children can view the videos anytime

<https://www.facebook.com/OtiMabuse/>

Maths with Carole Voderman

Offering children 4-11 free access to her maths website during while schools are closed
Great online resource during this time: usually about £2 a week

www.mathsfactor.com

Music with Mylene Class

Music classes on Youtube discussing different aspects of music
Twice a week (next one 27th March) but can watch old videos anytime

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

Storytime with David Walliams

Free story every day while schools are closed

Use as an educational resource or a welcomed distraction

Every day at 11am

www.worldofdavidwalliams.com

BENEFIT/FINANCIAL SUPPORT

COVID-19 is going to affect a lot of citizens financially. Below are some services still offering support with benefits and finances during this period

Benefits Advice Shop Rhyl

Monday, Wednesday and Thursday: 9.30am-2pm

Centre is closed but staff are still providing FREE benefit advice over the phone and email

info@bashop.tv // 01745 345145

Foryd Centre

Princes Street, Rhyl, LL18 1LS

Offering help with navigating benefits through these confusing times

Via: Skype, Phone, Email, Facebook

Any forms/paperwork can be dropped through letter box

Monday-Friday: 9am-4pm

Alexbowen.foryd@gmail.com // 01745 339779 // Skype- The Foryd Centre //

[Facebook.com/forydcentre](https://www.facebook.com/forydcentre)

National Debt Line

Here to help people worried about their finances right now

<https://www.nationaldebtline.org/>

Digital Advice Tool to get online personalised advice about money and debt solution options

Webchat with a specialist adviser: Monday-Friday: 9am-8pm

If you need to call, please understand they are extremely busy. There will be delays to getting through. Help by being prepared: use online Digital Advice Tool to tell them about your situation first.

This will save time on the call

0808 808 4000

Citizens Advice

Face to face appointments cancelled

Seek advice through phone lines or email regarding the usual topics: finance, housing etc.

National Advice Line:

Monday-Friday: 9am-5pm

03444 77 20 20

Rhyl:

Monday-Friday: 9.30am-3.30pm

rhyl@dcab.co.uk // 01745 334568

Denbigh:

Monday-Friday: 9.30am-2.30pm

denbigh@dcab.co.uk // 01745 814336

Ruthin:

Tuesday-Friday: 9.30am-1pm

01824 703483

IT/TECH SUPPORT

Some services offering advice and repairs for tech including computers, phones, tablets etc. Although policies are changing constantly they can still offer limited services

Cotton Computers

Offering phone, email and remote assistance (where they access your computer from theirs at home)

Monday-Saturday: 9am-6pm

info@cottoncomputers.co.uk // 01745 340194

The Phone Repairing Company Ltd

21 Bodfor Street, Rhyl, LL18 1AS

Can arrange a courier to collect your phone and deliver it back once repaired

Monday-Sunday: 9am-5pm

phonerepaircompany@gmail.com // 01745 356206

VETERAN SUPPORT

COVID-19 is going to affect everyone in the coming weeks (and possibly beyond) and it is important to remember that veterans (and sometimes their families) can access extra services and support Veterans Gateway

Offer information, advice, signposting and support to veterans (and their families)

Can fast track referrals and access support quicker

Monday-Friday: 9am-5pm

Stephen.townley@wrexham.gov.uk // 0808 167 7542

Woodys Lodge

Eirias Park, Abergele Road, Colwyn Bay, LL29 8BN

Closed all its hubs but however the Eirias Park Office will be open

Monday-Friday: 10am-2pm

01492 533954 (Graham Jones or Tom Meaden)

SSAFA

Trying to support as best they can through this time

Helpline and live chat service also remain open

Monday-Friday: 9am-5pm

0800 731 4880

Royal British Legion

Continuing to work for as long as possible through this crisis

7 days a week: 8am-8pm

info@britishlegion.org.uk // 0808 802 8080

MOBILITY EQUIPMENT

Below are some services that are ensuring citizens still have access to mobility equipment during this time. Although restrictions and possible shorter opening hours are possible

British Red Cross Mobility Aids

Office is now by appointment only

If you need to discuss an issue, hire or return a piece of equipment etc. you can do so online or by ringing

www.redcross.org.uk/wheelchair

0300 456 1914

Able World

1 Westbourne Avenue, Rhyl, LL181EE

Offering deliveries of mobility equipment within a 10 miles radius during this time

Monday-Saturday: 9am-5.30pm

01745 336843

Disability Resource Centre

Sarn Lane, Bodelwyddan, LL18 5UJ

Closed to public but can offer breakdown cover, incontinence products delivered or any equipment in the showroom for citizens can be delivered

Monday-Thursday: 9am-5pm, Friday: 9am-4.30pm

01745 341967

Denbighshire County Council Stores

Open and continuing to deliver to citizens during this time

01745 334245

HOME SUPPORT SERVICES

Please note that the services below may only be able to offer a reduced service during this time, e.g. help with shopping, prescription pick up

Home Life

Holistic approach to helping people stay in their own home for as long as possible

Help with shopping, Companionship, gardening and house work, trips out etc.

Chargeable service, however it is a social enterprise of Age Connects and so prices are competitive

Monday-Friday: 9am-5pm

01745 472004

Out and About

One-to-one companionship and support service

Befriending, shopping, help with prescriptions, paperwork etc.

Chargeable service: hourly rate is still £12.00. The Service only operates within a maximum 10 mile radius of St. Asaph

07792008585 // chrisdocx@yahoo.co.uk

Home Instead

Companionship/befriending service

Help with shopping, picking up prescriptions, accompany to groups and appointments

Can book a free consultation to hear more about services if interested

Warwick.allan@homeinstead.co.uk // 01745 400825

Gwalia Care

A chargeable service from Crossroads care North Wales: £16.85 per hour 8am – 8pm Monday to Friday and 18.25 an hour for evenings and weekends

Employs highly trained carer support workers

Provides breaks for Carer, either on a regular basis or as and when needed. Can provide overnight service

Provides personal care, showering/bathing, dressing, feeding etc, can provide medication if required, help with shopping, help with household chores, collection and delivery of prescriptions and transportation to and from appointments, clubs etc.

www.nwccrossroads.org.uk

01492 542212

EMPLOYMENT/BUSINESS SUPPORT

Many people will be experiences employment problems due to COVID-19. Below are some services still offering support during this time

The Wales HM Revenue & Customs Coronavirus Helpline

Helpline specifically for the self-employed and businesses for help and advice

They can provide advice on tax and any benefits you are entitled too

0300 060 3000

Working Denbighshire

Staff working from home but still able to support over the phone or by written contact

Use the online referral form to access support

Monday-Friday: 9am-5pm

<https://www.denbighshire.gov.uk/en/resident/jobs/working-denbighshire/help-getting-into-and-progressing-at-work.aspx>

Acas Support

If you have a workplace problem you want to talk with us about, you can call the Acas helpline.

We can help talk through your options. You do not have to give any personal details.

Open Monday to Friday, 8am to 6pm

0300 123 1100

LIST OF COMPANIES HIRING THROUGH COVID-19 CRISIS

Aldi

Amazon

Asda

B&M

Iceland

Lidl

M&S

Ocado

Tesco

Sainsburys (& Argos)

Waitrose

Visit each company's website for more information and to apply

PET CARE SERVICES

Due to social distancing/government restrictions many older or vulnerable citizens may struggle with pet care during this period. Below are services able to assist with pet care

The Pet Joint

Offering boarding kennels / cattery free of charge for people in hospital due to the virus or any in isolation unable to care for their pet

07845 752977

The Pet Rescue Association

Has a supply of dog and cat food and can be used for people who are unable to get out to purchase food for their pets.

They may be able to deliver; however food can be picked up.

Please call first

Weekdays:01745 571061 // Weekends: 07763195751

RSPCA Clwyd

Resources for people who are unable to walk their dog on how to keep them mentally stimulated during this time

<https://www.rspca.org.uk/whatwedo/latest/blogs/details/-/articleName/how-to-care-for-your-pets-if-you-re-ill-or-have-to-self-isolate-due-to-coronavirus>

Also willing to give advice to locals regarding this over the phone:

0300 123 0745

Cinnamon Trust

Offering pet support for as long as they can to citizens that are elderly or terminally ill

Ring to see what they can still offer

Monday-Friday: 9am-5pm

01736 757900

OTHER USEFUL SERVICES/INFORMATION

Healthy Homes, Healthy People, Warm Wales

www.Warmwales.org.uk

Still offering phone advice during this period

Their aim is to create homes which are safe, sound, warm and secure. There are four key priorities they review: Home and Personal Safety, Income maximisation, Affordable warmth, Health and Wellbeing.

Can self-refer via website or by calling.

01352 711751

Shelter Cymru

Closed all face to face visits but still offering support through their Freephone line and webchat services:

<https://sheltercymru.org.uk/get-advice/> // 08000 495 495

Also have extensive housing advice and options information available via their website:

<https://sheltercymru.org.uk/get-advice/housing-advice-when-you-need-it/>

Monday-Friday: 9.30am-4pm

More Local Support: rhy1@sheltercymru.org.uk // 01745 361444

Alzheimer's Society

All face-to-face and home visits suspended.

Increasing the number of keeping in touch telephone calls with service users to help support their wellbeing and guard against isolation

All local group sessions suspended: working with volunteers to develop ways to continue to support group members via other methods

Extending the operating hours of national Dementia Connect Support Line:

Advice and guidance on a range of issues is available on their website

Dementia Talking Point: online community where people affected by dementia can receive valuable support from people in similar situations

People with questions about what they should be doing/how they should be interacting with people living with dementia at this time will find resources online

Anyone wishing to support vulnerable adults during this time can contact Alzheimer's Society for information and guidance. This includes how to access our online Dementia Friends awareness sessions.

Monday-Wednesday: 9am-8pm, Thursday and Friday: 9am-5pm, Saturday and Sunday: 10am-4pm
0333 150 3456

COVID-19 Hospitality Grant

One off grants of £250 available to those who are working in the hospitality industry or have in the last month

Need a full months bank statements and evidence that your job has ended or hours have been reduced

Applications open 9am, Monday 23rd March

www.hospitalityaction.org.uk/get-help