

Third Sector Shopping/Food Services – August 2020

This short directory provides information about third sector services, which can help with shopping or food delivery during the Covid-19 crisis.

These may change from time to time and depend on staff and volunteers, and may not be able to respond to all requests for support.

Further updates will be provided as and when Cardiff Third Sector Council become aware of services. Directories for other specific services are also available from the [C3SC website](#).

Third Sector

Cardiff Wide

Age Connects Cardiff and Vale: Shopping services, as well as staff working with discharge support and the community resource teams, including prescription and medication collection. Email Mathew.coffin@ageconnectscardiff.org.uk / angela.jones@ageconnectscardiff.org.uk Telephone 029 2068 3600

British Red Cross: Cooked meal or shopping delivery service for the elderly or most vulnerable only, no payment required. Telephone 07504454002.

Covid-19 Mutual Aid Support Groups: Volunteer led shopping services through local mutual aid groups to support the most vulnerable in our communities. Website <https://covidmutualaid.org/local-groups>

Cardiff Bangladeshi Society: Food distribution to their members. Email ruby.miah@live.co.uk

Cardiff Foodbank: The Foodbank are continuing to deliver food and supplies to those unable to afford and who are in receipt of Foodbank vouchers through a network of 7 distribution centres across Cardiff. Social distancing is a requirement for collection. Please note that in some other parts of Wales, including the Vale of Glamorgan they have moved to a doorstep delivery. Email info@cardiff.foodbank.org.uk for urgent food needs contact Cardiff Council in 029 20871071, for more information and locations of Foodbank distribution centres visit the website www.cardiff.foodbank.org.uk

Fareshare: Redistribution of food and drink to organisations that help feed people in need. Currently cover a range of areas across the City but will work with members from anywhere in Cardiff. Email info@fareshare.cymru telephone 029 20362111

Food for Life Wales: Fresh, hot, nutritious home delivery service to those who are self-isolating, vulnerable or on a low income and to front-line workers. Telephone 07766299786.

Friends of Animals Wales: Providing food to food banks all over South East Wales including the Huggard Centre. Email enquiries@friendsofanimalswales.org.uk telephone 01443 800339.

GoodGym: Shopping service, picking up and delivering shopping. To make a referral visit www.goodgym.org/referrers and select the option of “Practical Tasks for Older People” and chose “Make a New Delivery Request”.

Home Instead Senior Care: Shopping and prescription collections to help those in the communities to stay as safe as possible. Delivered by staff trained in infection control, capacity may be limited. Telephone 07907 959979 website www.homeinstead.co.uk/cardiff

Noah’s Ark Children’s Hospital Charity: Providing an emergency foodbank for parents of patients who remain within the hospital. Providing vending services for staff. Email kath@noahsarkcharity.org telephone 029 2184 7310.

Oasis Cardiff: Food parcels and food delivery to refugees and asylum seekers. Lunch bags for clients Monday to Friday from door of Oasis Cardiff. Email reynette@oasiscardiff.org

Pobl Group: Range of services and support including ensuring vital food and essential supplies get to people they work with.

Safe Families: The offer of one off shopping deliveries to families across Cardiff. Email estherbrewer@safefamilies.uk

Save the Children: Emergency Crisis grants for families on benefits or affected by the Covid-19 lockdown. Families must have children living in the home up to the age of 6 years old. Grants to the value of £340 include essential household items, supermarket e-vouchers, Argos voucher, early learning packs. Referral partner organisations are ACE/Dusty Forge, Home Start Cardiff, Cardiff Council Early Help and Cardiff and Vale UHB Health Visitors. Email r.mcdonald@savethechildren.org.uk

Speakeasy Law Centre: Alongside providing free legal advice by telephone and email they also issue Cardiff Foodbank vouchers email simon.brown@speakeasy.cymru telephone 029 2166 0787.

United Welsh Healthy@Home hospital discharge service: A dedicated short-term service to help people who have been in hospital return home safely. Currently providing a telephone based service, some shopping support and prescription pick up. For over 65s and referral is via health or social care staff email healthy@Home@unitedwelsh.com website www.unitedwelsh.com/healthyhome/

Vest Transport: Delivering school lunches on behalf of Cardiff Council to children who receive free lunches and collecting shopping for members email vest@talktalk.net telephone 029 20490335.

Wild Thing Cardiff: Delivering prepared meals and ingredients to vulnerable people with a contact free delivery to Adamsdown, Canton, Cathays, Grangetown and Splott. There is no fee to service users. Each delivery provides 3 meals per day for 3 days. They deliver twice a week. They can also provide babies nappies, wipes and formula. Email lauren@wildthingcardiff.co.uk Telephone 07846577003.

Young Carers Project (YMCA Cardiff): Food and medication delivery and provide Food Bank vouchers. Email Julie.griffiths@ymcacardiff.wales

City and South

Grangetown Community Action: Volunteers in the area helping with shopping. See <https://www.facebook.com/GrangetownCommunityAction/> or <http://www.grangetowncardiff.co.uk/home.htm> for more information and contact details.

Horn Development Association CIC: Shopping for food and medical supplies for isolated elderly in Butetown and Grangetown. Supporting meal deliveries with Butetown Community Centre and their elderly Butetown group. Looking for safe ways to support children in Grangetown who are not attending Fitzalan for their free school meals and are developing an online board game to complete indoor fitness exercise and healthy eating email info@hdacardiff.org

Huggard: Providing limited access to day centre offering food to the homeless in Butetown and the City Centre. Telephone 029 2064 2000 email karenholbrook@huggard.org.uk

The Mentor Ring: Distributed food / food parcels to children and families through their services from Butetown Community Centre. Telephone 02921 321 073 email info@mentoring.org.uk

South Riverside Community Development Centre: Providing food through new schemes to enable people on very low incomes to access good food. Text or call 07399810653.

Women Connect First: Distribution of culturally appropriate food to households in partnership with Butetown Community Centre. Contact through the website <http://www.womenconnectfirst.org.uk/contact/>

Woodville Baptist Church: Church building is open only for foodbank sessions. Email judy@woodybap.org.uk or call 029 2033 3456 (answerphone checked twice a week). They also have a team of volunteers who are able to help whoever needs it across Cardiff, this can be assistance with food shopping and medication delivery. To access the volunteer service please email elders@woodybap.org.uk

East Cardiff

Coronavirus Action St Mellons and Trowbridge (CAST): Anyone from Trowbridge or St Mellons or other parts of East Cardiff who are in need of urgent help including groceries can call the CAST helpline on 02920775934 or email cast@easternhigh.org.uk

Covid19 Help Pentwyn and Llanedeyrn: A coalition of local churches and organisations working in partnership for those living in Pentwyn and Llanedeyrn. Partnership is Christchurch United Church, Glenwood Church, St Teilo's Church in Wales High School and Local Councillors. They are offering shopping as one of their services alongside virtual befriending. Telephone 029 2075 2138 website <http://covid19help.org.uk/> (including an online form to request assistance),

Rumney Corona Advice Support Group: Group set up and run through Facebook email rumneycsq@gmail.com

Siolam Church: Cooked meals delivery in Llanrumney. Telephone 029 20360406

North Cardiff

Kannada Enthusiasts Wales and Bhaktidham Wales: Offer to help with shopping and food distribution in North and West Cardiff. Email rvsamsara@yahoo.co.uk

North Cardiff Good Neighbours: Continue to offer to do shopping for clients provided social distancing and specific delivery precautions are taken. Are currently taking on new clients. Areas covered Thornhill, Llanishen, Lisvane, Heath, Roath Park, Lakeside and West Cyncoed. Telephone 029 2075 0751 website: <https://www.goodneighboursinnorthcardiff.co.uk/> (including for online referrals)

South East Cardiff

Boomerang: Charity providing crisis packs and help and support including food/shopping. Telephone 029 2049 7724 email info@boomerangcardiff.org.uk

Moorland Road Lunch Club: Cooked food delivery in Adamsdown, Roath, Splott and Tremorfa. Telephone 029 2132 8845.

Rainbow of Hope: Providing food parcels to those in need in Adamsdown, Butetown and Splott email info@rainbowofhope.co.uk

St Mark's Church Support: Support to elderly and vulnerable living in Gabalfa, including shopping, picking up any urgent supplies and posting letters. Telephone 029 20619211.

South West Cardiff

Action in Careau and Ely (ACE): A range of services including the following, telephone 02920 003132 email info@aceplace.org website www.aceplace.org

ACE Community food service: A limited staff team are operating an emergency food service from the Dusty Forge, working with partner organisations to deliver emergency food parcels.

ACE Your Local Pantry: ACE will now be running the Dusty Forge Pantry as a delivery service. We will be delivering food bags to Pantry members on Weds and Fri. These need to be ordered in advance by phone - 02920003132. Payment of £5 will be taken by debit card in advance. Bags will be made up to ensure food is fairly distributed. Deliveries are subject to availability and limited to one delivery per household each week.

Dusty Shed: Undertaking essential shopping for members who are high risk or have any symptoms and have chosen to self isolate in Caerau, Ely and Fairwater.

West Cardiff

Llandaff 50+: They can shop at local stores and pick up medication as well as arrange telephone chats. Email info@llandaff50plus.com
<http://www.llandaff50plus.com/News%208.pdf>

Pentrebane Zone: Distributing food and delivering to the elderly and vulnerable in Fairwater, Radyr and Morganstown admin@pentrebanezone.com

Other

Vision 21: Catering services for 2 extra care schemes. Limited provision of training places for adults with learning needs who are cared for by a key worker due to government directives. Email rob.larkins@v21.org.uk

Domiciliary Care

Domiciliary care providers can carry out a range of services including shopping, Cardiff Council hold an approved providers list of both third sector and private agencies. A referral via existing mechanisms may be appropriate.

Statutory Sources

Cardiff Council Meals on Wheels: Continuing as normal, however there are new instructions for delivery drivers to comply with the Covid-19 requirements. Meals will be left on the doorstep and doorbell rung, if the person does not retrieve the meal the driver will notify the office who will notify the next of kin of a non-delivery of the meal. Telephone 029 2053 7080.

Cardiff Council support for those who are self-isolating / shielded and have no family or support to access shopping. Telephone 029 2087 1071.

Cardiff Council are also collecting a list of private businesses who will deliver food or shopping across the City. For most up to date information please call. Telephone 029 2087 1071.

Contact details

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Email: sarah.c@c3sc.org.uk website www.c3sc.org.uk Twitter @C3SC

C3SC is the County Voluntary Council (CVC) for Cardiff – the umbrella infrastructure organisation for the third sector in the City. C3SC's key role is to provide specialist advice, support, and information to local third sector organisations on issues that affect them - including volunteering, funding and governance - and to be a conduit for policy information. We support networks around key themes and areas of interest, with the aim of ensuring that policy and decision makers can connect with and understand the needs of third sector groups and organisations in Cardiff.

Please note the information is based on information provided to C3SC; no additional checks or verification has taken place in producing this directory. Information is up to date at the time of publishing. Groups are aware details of their services and the support they provide will be shared; we have respected where groups have asked us not to share their contact details at this time.