

## **Community Support**

### **Groceries**

**SEWARDS of Llanelli Market**, Fresh Fruit ,Vegetables & flowers.

Please ring: 01554 757819 ,Wednesday to Saturday 9am - 3pm

**Mr & Mrs Phillip's, Llanelli Market Gardening**, Burry Port area, fruit and vegetables. Call 07977902045 9.00am -5.00pm

**Local Pet Supplies**, Burry Port Pet Shop, 38 Station Rd,contact 07832697561, 9.00am – 5.00pm or email [localpetsupplies@gmail.com](mailto:localpetsupplies@gmail.com)

**Gary the Milkman**, Burry Port call 07903081304 anytime before 9pm  
Milk, Orange Juice, Eggs, and Newspapers

**Stevie Bees Nursery** – Delivery of fruit and veg, veg boxes and eggs.  
contact number is 07932044891

### **National Ready Meal Deliveries:**

WILTSHIRE FARM FOODS, 0800 077 3100, [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)

OAK HOUSE FOODS, 0333 370 6700, [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)

FAIRFIELD CATERERS, 07792 117 882 / 01994 419 087, E mail:  
[Fairfieldcaterers@hotmail.com](mailto:Fairfieldcaterers@hotmail.com)

### **Food Banks/Meals on Wheels**

**Meals on Wheels service for Pembrey and Burry Port**, every Wednesday, and Monday and Wednesday from January 4th. Price is £4 for one course £5 for two, homemade and delivered hot to their door by volunteers. Booking number is 07904036232. Run by Pembrey and Burry Port Town Council.

**Pembrey and Burry Port Food bank** - 07780 022593 Open until Friday 18<sup>th</sup> December and over Christmas for emergencies

### **Pharmacy/GP/Dentist etc**

**Meddygfa Tywyn Bach** – Parc Y Minos St, Burry Port tel:01554 832240

#### **Chemists**

Well pharmacy, Burry port –01554 832467

Burry Port Pharmacy – 01554 832435

**Achddu Dentist Burry Port** - 01554 833722

## **General**

**4x4 Response South Wales** have a team of volunteer responders able to assist with tasks such as picking up medication or urgent supplies. Contactable 24hrs a day, 7 days a week telephone - 02921 281 821 **No reply** email - [southwales@4x4responsewales.org](mailto:southwales@4x4responsewales.org)

## **Emergency Numbers**

NHS Direct – 111 (Please call 999 if an emergency)

Police – 101 ( Please call 999 if an emergency)

**Dementia Connect** - Our Dementia Advisers are available on the phone to give you the support you need. Support Line Opening Hours: Monday – Wednesday: 9:00am – 8:00pm, Thursday – Friday: 9:00am – 5.00pm. Saturday – Sunday: 10:00am – 4:00pm

T: **0333 150 34561** W: [alzheimers.org.uk/dementiaconnect](http://alzheimers.org.uk/dementiaconnect)

**West Wales Action for Mental Health – WWAMH**, directory and web site link <http://www.wwamh.org.uk/mental-health-directories>

**Mental Health Helpline for Wales**, Freephone 0800 132 737Or text help to 81066. <https://www.callhelpline.org.uk/MentalHealthAreas.asp>

**Age Cymru • Mental Health • Support** Telephone: 08000 223444 Email: [enquiries@agecymru.org.uk](mailto:enquiries@agecymru.org.uk) Website: <https://www.ageuk.org.uk/cymru/>

**Samaritans Cymru** , call 24hr 116123 or email [jo@samaritans.org](mailto:jo@samaritans.org) ,

**MIND Cymru** – Website with helplines and advice, <https://www.mind.org.uk/about-us/mind-cymru/> Side by Side Cymru , 07958788172,

**CYCA: Connecting Youth, Children & Adults** Unit 2, Dragon 24, North Dock, Llanelli, SA15 2LF . Contact details: 01554 776178 [support@cycaonline.org](mailto:support@cycaonline.org) [www.cycaonline.org](http://www.cycaonline.org)

**Macmillan Telephone Buddies.** - <https://www.macmillan.org.uk/get-involved/campaigns/telephone-buddies>