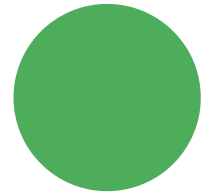


# **Businesses currently operating in the Vale of Glamorgan**



# Organisation - Fresh Foods



## AWESOME WALES -ZERO WASTE STORE | WWW.AWESOME.WALES

All essential. Box of fruit and Veg for £10. Toilet roll, dried produce including gluten free and vegan produce

## COWBRIDGE FARM SHOP | PLEASE TEXT ORDERS ON 07875 758266 OR 07814 220172

Fruit and Veg Boxes available as well as eggs. Delivery timetable across the Vale of Glamorgan as well as collection directly from the farm shop. Please order first via text only and do not turn up without placing an order. Also orders are not accepted on Facebook messenger- <https://www.facebook.com/cowbridgefarmshop/posts/591243694814387>

## COWBRIDGE FOOD COLLECTIVE | WWW.COWBRIDGEFOODCOLLECTIVE.CO.UK

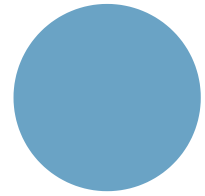
The Food Collective will continue during the Covid 19 outbreak (as long as they are able). All orders will be boxed and collections are a 'drive through' in Arthur John's Car Park from 6 pm every Thursday. The number of Orders taken each week is limited to 100 and the website closes orders when the number for the week is reached.

## COWBRIDGE FARMERS MARKET | 07813761474 | VALEGLAMFARMERSMARKET@GMAIL.COM

Cowbridge Farmers Market is open every Saturday from 9am to 1pm in the car park of Arthur John in Cowbridge. Payments are card transaction only for meats, bread, cheese, eggs and other food 'basics'. There are some non essentials (cakes / food treats & preserves). In line with Covid 19 - it is a 'staggered entry' for customers to maintain safe distances at the market. More information is on the market website and on Facebook.



# Organisation- General Stores



## BONVILSTON OLD VILLAGE SHOP / CAFÉ | 01446 781012

The village shop is still open and although the café is closed, they are still offering a takeaway service from 7.00am to 5.00pm. You can call and place an order for collection the number is 01446 781012. The shop is fully stocked and allows two customers at a time

## GAIL ARMYTAGE, FLORIST | 01446 772379

Flowers for occasions and the home are available for order by phone and online. Direct deliveries available to vale communities in and around Cowbridge and towards Bridgend with flower box services also available more widely by post. All deliveries are contactless. Hanging baskets can be ordered. Follow Gail on Facebook and Instagram as activities with children (including how to compose a hanging basket of your own) will be put on youtube. Seedlings and items will be available to do this at home.

## HOPKINS BUTCHER | 01446 735 265

Deliveries and collection of fresh meat for vulnerable and elderly

## NISA LOCAL | [HTTPS://WWW.FACEBOOK.COM/NISALOCALBARRY](https://www.facebook.com/nisalocalbarry)

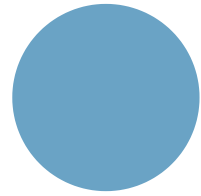
Can use Facebook messenger to place a small order of food. £1 delivery charge. Can be same day delivery. £10 minimum. Deliveries will be available between 10:00 & 18:00.

## SHRII GROCERY STORE | [GIRA.PATEL.K@GMAIL.COM](mailto:gira.patel.k@gmail.com)

Open 7 days a week and offering home delivery to vulnerable customers



# Organisation - General Stores



## THE PENCIL CASE STATIONARY | 07974 168472

Offering resources for 'learn at home' as well as birthday and special occasions or celebration items - including balloons. Updates regularly posted on the webpage, Facebook and Instagram accounts with Twitter feeds. Free delivery for items in the Cowbridge area. Postal services available for elsewhere. Phone and online orders only.

[www.thepencilcase.co.uk](http://www.thepencilcase.co.uk)

[www.facebook.com/ThePencilCaseCowbridge](https://www.facebook.com/ThePencilCaseCowbridge)

[www.twitter.com/ThePencilCaseCo](https://www.twitter.com/ThePencilCaseCo)

[www.instagram.com/The\\_Pencil\\_Case\\_Cowbridge](https://www.instagram.com/The_Pencil_Case_Cowbridge)

## UMPA LUMPA | [HTTPS://WWW.FACEBOOK.COM/UMPALUMPASWEETSHOP](https://www.facebook.com/umpalumpasweetshop)

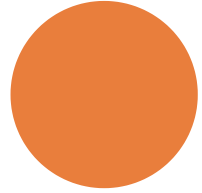
We are offering a home delivery service or postal service of sweets/cofectionary to Barry, Llandough, Dinas Powys, Llandough, Sully, Wenvoe and Cardiff. Please call or email us to order your treats

## THE GALLERY | [MARCUSARCANE@GMAIL.COM](mailto:MARCUSARCANE@GMAIL.COM)

We've been send a link to your vale heroes page and we'd like to offer our support. We're a cafe down the marina called The Galley and are still open for deliveries only, delivering food, drinks and groceries (essentials) to our local community and elderly residents to help them stay at home.



# Organisation - Healthcare



## SYLVIA WILLIAMS CHEMIST, COWBRIDGE | 01446 773588

Please check the Facebook page for current opening times. They are changing daily.

Prescription orders must now be done on the website or via the My Local Pharmacy App code NUM0339. No telephone orders will be taken. Please ring your doctors if you have an emergency.

Prescriptions will be ready 7 days from ordering. Please do not ring to see if it is ready, just allow the appropriate time.

Only if you have no-one to collect, email [sylviawilliamschemist@gmail.com](mailto:sylviawilliamschemist@gmail.com) or ring 01446 773588 to arrange delivery.

We will require your name, address (including post code), date of birth and telephone number.

Please do not send people in to collect if you are on delivery as items are kept at a separate location.

## ANNETTE DOBBS BARRY | 07572 169253

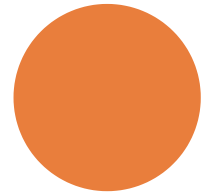
During the Coronavirus outbreak we are unable to see patients in the practice. We are, however, offering a telephone advice service.

## NINA DAVIES LLANTWIT MAJOR | 01446 796420

At Nina Davies Opticians, during these unprecedented times, the health and well being of our patients, staff and all their families is our number one priority. In line with guidelines from Government and NHS Wales, we have been instructed to suspend all routine services with immediate effect. Our role is now to 'maintain only essential sight tests and optical supplies, while supporting acute eye care needs'. For emergency examinations and essential repairs, along with contact lens supplies or collections, please in the first instance contact us by email or phone (we will be regularly checking our voicemail):-



# Organisation - Healthcare



**SPECSAVERS BARRY AND PENARTH | [HTTPS://WWW.SPECSAVERS.CO.UK/STORES/BARRY](https://www.specsavers.co.uk/stores/barry)**

Open for essential and urgent services only.

**CJ TRAVEL | 01446 722296**

Will deliver essentials and pick up medication, Anyone who requires support in Barry.

**LIAM'S TAXIS | 07581006416**

Taxi (8 seater to conform with 2m distancing), Available to support those in need (work or shopping)

**4X4 RESPONSE SOUTH WALES | 02921 281 821 | [SOUTHWALES@4X4RESPONSEWALES.ORG](mailto:SOUTHWALES@4X4RESPONSEWALES.ORG)**

If you or a loved one are currently having to self isolate due to COVID-19, then 4x4 Response South Wales have a team of responders able to assist with tasks such as picking up medication or urgent supplies. If you require assistance then please feel free to contact us by telephone or email 24hrs a day, 7 days a week!

**ST BRIDES MAJOR HUB & WICK, BROUGHTON & MONKNASH HUB |**

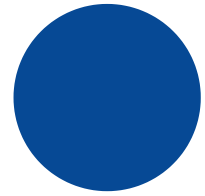
Hub Facebook pages offering advice on the local business offering delivery of groceries and prescriptions to the "At Risk". Has updates from residents offering a variety of services to help support the local community.

<https://www.facebook.com/stbridesmajorhub/> & <https://www.facebook.com/groups/247347185693878/>





# Organisation - Other



## CHAIR OF SOUTH WALES TOURISM BOARD | 01656 890399

Chair of the South Wales Tourism Board and is available to talk on the phone and sign post tourism business and SME advising them on how to navigate funding.

## PITSTOP HR | [HTTPS://WWW.PITSTOPHR.CO.UK/RESOURCES/](https://www.pitstophr.co.uk/resources/)

Pitstop HR are offering various free factsheets on Corovirus and the rules around Furlough, Working From Home etc for small businesses trying to navigate through this period.

## GRIOT | [HTTP://WWW.GRIOT.CO.UK/2020/03/27/UNDER-THE-MASK/](http://www.griot.co.uk/2020/03/27/under-the-mask/)

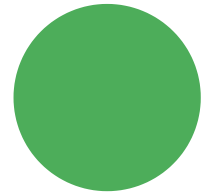
Griot is an ethical film production and communications consultancy, using narrative traditions and contemporary media tools to help people and organisations capture and tell their stories. Their current project "Under the Mask" is where they want to hear what is going on for you and your community? Have you a story to tell about community cohesion, family togetherness or acts of human kindness?

## STILLWORKS | 02921 281 821 | [HTTPS://WWW.STILLWORKSMEDITATION.COM/](https://www.stillworksmeditation.com/)

Mindfulness and Meditation workshops / Free online classes



# Organisation - Food Delivery/Takeaway



THE CWTCH RESTAURANT | [THECWTCH1@GMAIL.COM](mailto:THECWTCH1@GMAIL.COM)

Take Away Menu

FOXY'S DELI | [HTTPS://WWW.FACEBOOK.COM/FOXYSDELI/](https://www.facebook.com/foxysdeli/)

Foxys deli in Penarth and are offering food deliveries and ready made meals to the area.

HARE & HOUNDS, ABERTHIN | 01446 774892 - CHECK TWITTER FEED

A bakery van is at the Hare & Hounds from 11am each day (Wednesday to Sunday) selling 3 different loaves of bread as well as other items e.g. doughnuts. Sales each day are for around 1½ hours or earlier if sold out.

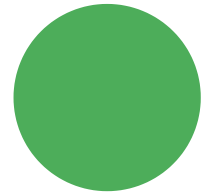
Hot meals can be ordered on Wednesday to Saturday for a 5pm to 8.30pm takeaway or delivery - with orders taken daily from 1pm until fully booked. Menus are on the Facebook site, but orders are only taken by phone. There is a 4 mile delivery radius with free delivery for orders over £30. Customers can also collect. There is a 25% discount for anyone aged 70+ years old and a 50% discount for all NHS staff.

Sunday lunches can be ordered weekdays from 1pm for a 12 - 4pm Sunday meal and are a collection or delivery service with the menu on Facebook and orders by phone. Discounts as above apply. Please check it is the Hare & Hounds at Aberthin on the Twitter feed [www.hareandhoundsaberthin.com](http://www.hareandhoundsaberthin.com) [www.facebook.com/TheHareHoundsAberthin](http://www.facebook.com/TheHareHoundsAberthin) [www.twitter.com/Hare\\_\\_Hounds](http://www.twitter.com/Hare__Hounds)





# Organisation - Food Delivery/Takeaway



## RIVERVIEW CHINESE | 01446 771668 | [WWW.FACEBOOK.COM/RIVERVIEWCOWBRIDGE](http://WWW.FACEBOOK.COM/RIVERVIEWCOWBRIDGE)

Chinese food available with home delivery between 5pm - 9.30pm on weekends and 5pm - 9pm on weekdays (not open Mondays). Orders are by phone with card payment or where necessary cash payment ready at the door in an envelope for collection on order delivery. No face to face contact at deliveries. Delivery charges vary according to distance and are available when ordering.

Customer car collections are possible for those with increased needs, but require the customer to phone to confirm when they are ready outside for their order to be brought to them.

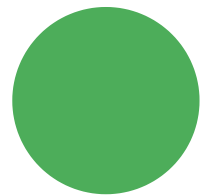
Menu and updates can be seen on the Facebook site.

## SHAMPAN INDIAN RESTAURANT & TAKEAWAY | 01446 771682

Offering an Indian food takeaway from 4.30pm to 9.30pm on 4 days per week (Thursday to Sunday). Customers can order by phone or online. Collections are made by car with the takeaway bringing the order to the car (no customers permitted in the restaurant). Free delivery is available for customers within a 5 mile radius of the restaurant - with priority given to vulnerable customers. Delivery is contactless - so orders are left at the customer's door.



# Organisation - Food Delivery/Takeaway



**CARNE ARMS | [WWW.FACEBOOK.COM/CARNEARMSLLYSWORNEY](https://www.facebook.com/carnearmsllysworney) | 01446 775607**

Pub food and drinks are available Wednesday – Saturday between 5pm – 9pm with last orders at 8.30pm. Orders are by phone or through Facebook. Delivery is free for orders over £20 with smaller orders likely to incur a delivery charge – please ask when ordering. Menu and drinks are listed on the Facebook site – with a further link to the website. Sunday lunches are available between 12-4pm for collection or delivery (orders under £20 as above may incur a delivery charge). Arrangements are made by phone with individuals needing to make a personal collection and are managed according to each customer's needs and circumstance.

**VALE CIDER | [HTTPS://VALECIDER.CO.UK/SHOP/](https://valecider.co.uk/shop/)**

Delivery of local Cider & Cider Vinegar to your doorstep to the Vale of Glamorgan, Bridgend and Cardiff. Delivery's under £25.00 have a £3.50 delivery fee anything over £25.000 has a free delivery.

**NOBLE GRAPE | [WWW.NOBLEGRAPE.CO.UK](http://www.noblegrape.co.uk) | 01446 775505**

Selling fine wines and spirits. The shop is closed, but email and phone orders are being taken for home delivery. When ordering 6 bottles or more in the CF71 area delivery is free. Orders of £100 are delivered free nationwide. New offers are updated on the website and on social media.

