

## Foodbanks

Neath	Tuesday and Friday	2pm-4pm
Cwmavon	Wednesday*	10am-12pm
Ystalyfera	Wednesday and Friday*	11am-2pm
Vale of Neath	Thursday*	10am-12pm
Pontardawe	Tuesday and Saturday	10am-12pm
Port Talbot	Friday*	1pm-3pm
Resolven	Friday	10am -1pm

**\*check as there maybe changes due to COVID 19.**

### The Salvation Army

Based in Skewen , they are delivering food parcels if anyone is in need .

Contact details are 01792 324376.

### Resolven Foodbank

Get in touch prior to Friday to arrange a time slot. They will deliver if a family is self isolating.

Contact via Facebook page or 07756763664

### Pontardawe Foodbank

They will deliver food parcels.

Contact details 07565 711311 on Tuesday or Saturday 10-12 or 07970 968120.

### Neath Foodbank

Tuesdays and Fridays 2-4pm Contact details 0753425650

We will assist you by accepting e-mailed vouchers providing they give clear instructions as to who they are for, so we can provide **pre-packed** food bank parcels that can be handed out quickly. We cannot at any circumstance assess clients on site, **only clients referred to us by e-mail will receive food.**

feedthehungry@hotmail.co.uk

<http://neath.foodbank.org.uk>

### **Dulais Valley foodbank**

Contact details, ring 01639 700928 each Monday between 9am and 5pm. Parcels will be ready for collection at 12noon on the Tuesday.

#### **Age Concern meal delivery**

2 course for £5 plus small delivery fee.

For:

Over 70s, over 50's with pre existing medical issues or mobility issues, vulnerable clients who are struggling to access food. Delivering to: Aberavon, Baglan, Central Port Talbot, Cwmavon, Fairfield, Goytre, Margam, Sandfields, Velindre.

### **GAS/ELECTRIC INFORMATION**

If you have a prepay meter and are self isolating, contact your provider and they will send you out 2 weeks worth of gas/electric or if you have a smart meter they will top you up. (hopefully this is correct and not sure if there are any terms and conditions#)

British Gas 0333 202 9802

EDF 03332005100

EON0345 052 000

N POWER 0800073 3000

SCOTTISH POWER 0800 027 0072

## NPT Safe and Well

NPT Safe and Well is our free service to support vulnerable residents who have been told to self-isolate but don't have any family, friends or neighbours to call on for help.

We will arrange for a trusted volunteer to help with daily living tasks such as food shopping, collecting medical supplies, posting mail and any other reasonable tasks.

It has been set up in response to those who have been identified as medically vulnerable by the NHS. More than 4000 residents living in Neath Port Talbot have been told to self-isolate for 13 to 16 weeks to lower the risk of contracting the coronavirus. NPT Safe and Well will ensure everyone has someone they can turn to for support during this period.

All of our volunteers have been instructed to follow Government guidelines on social distancing and they will NOT ask for any payment. NPT Safe and Well is a free service.

To access the service, contact us on 01639 686868

