Third Sector Services available
Updated 20th January 2021

This briefing provides information about third sector front line services, and helplines, which can support people during the Covid-19 crisis. It also includes information about other services and community hubs.

These services may change as the situation develops. In addition, they are reliant on staff and volunteers, and may not be able to respond to all requests for support.

Frequent updates will be provided as and when GVS becomes aware of services.

Age Connects Cardiff and the Vale

Age Connects in the Vale are focusing on providing Shopping Support, prescriptions and phone calls to isolated clients.

Eastern and Central Vale Good Neighbours Scheme
Nicola Rockett
Tel: 01446 747654
Tel: 07483 057373
nicola.rockett@ageconnectscardiff.org.uk

Western Vale
Paula Hodge
Tel: 07507 416875
paula.hodge@ageconnectscardiff.org.uk

Cardiff
Angela Jones – Community Volunteering
Tel: 07964 974389
Tel: 029 2068 3686

Alzheimer's Society is here for everyone affected by dementia. If you are living with dementia or are concerned for your loved one at this difficult time, please call our Dementia Connect support line on 0333 150 3456 (open every day)

Baby Basics

Baby Basics is a volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby. Baby Basics provides much needed essentials and equipment to mothers and families who are unable to provide these items for themselves; including but not limited to teenage mums,

people seeking asylum and women fleeing domestic abuse and trafficking. Agencies can contact Pauline Byrne on 07933 918031 or by email: valebabybasics@yahoo.com. Monday to Thursday 9-5pm

They have a few packs of various size nappies if families have to self isolate, or will take referrals for mums who are struggling and due to have their baby during this unprecedented time. Referral must come from a frontline agency or support worker and not directly from the client. The name and contact number of the midwife must be included with any referral, the name and due date of the client and the gender of the child

Barry Round Table

Offering shopping (collection and delivery), prescription collection and a friendly chat. Telephone 07544 668720

British Liver Trust - While we all try to adapt to the new normal that Covid 19 has brought, here at British Liver Trust we have moved our peer support sessions online. If you are affected by Liver Disease, then please feel free to join our "Wales Liver Support Groups – British Liver Trust" on Facebook (https://www.facebook.com/groups/208460503553582/). Through this medium we are also setting up regular virtual meetings whereby individuals can support each other and have a tea / coffee and chat, whilst safe at home. If you have any further queries please contact Sarah.lowther@britishlivertust.org.uk

Cardiff and Vale Action for Mental Health will be:

* maintaining a Mental Health Info and Wellbeing page on their website: www.cavamh.org.uk/mental-health-wellbeing<https://cavamh.us7.list-manage.com/track/click?u=4456e9dbfd09275337100602a&id=941eb4293e&e=b40ad2647a

* circulating information via the Mental Health Forum mailing lists and interest groups.

* linking to people with mental health lived experience via Sefyll, (adults) Nexus (older people) and Join the Dots, (young people up to age 25). All the involvement development services will be contacting the people they support by phone or email, including those who may be self isolating, and sharing wellbeing and other information

Please contact Linda Newton on Linda@cavamh.org.uk ring 07522 914210

Cardiff and Vale Carers Gateway
The Gateway provides telephone and email support for carers. Monday – Friday, 9am – 5pm. Free Supporting Carers in Our Communities training now available on our YouTube channel: Supporting Carers Webinar with Audio The training is open to the public and free to watch at any time – we simply want to reach as many people as possible.

Tel: 029 2192 1024
Gateway@ctsew.org.uk

Care and Repair Cardiff and the Vale
They are providing essential practical works like key safes and grab rails. External works means that clients do not have to come out of their homes.

For more information, contact 029 2047 3337 and leave a message and they will call you back.

Change, Grow, Live
The way you get support from us will be different so keep checking our national **coronavirus info page** for updates. You can call us on **07880784626** or email **taith@cgl.org**.

Updates to the service:

- We're doing appointments over the phone or on Skype.
- To help you stay safe, we are changing the way we prescribe medication for a while. Please take a look at our **prescriptions info page** to see what's happening. If you have any questions about this, give us a call.
- You can access Breaking Free Online (call the service for an access code if you don't already have a login) and find online groups and support options on our **coronavirus info page**.
- Our needle exchange is open and you can get naloxone. Give us a ring before you come in.

The Cinnamon Trust
The Cinnamon Trust is a national charity for the elderly (aged 65 and over), the terminally ill and their pets. Our primary aim is to help keep people and their pets together, by assisting with pet related tasks such as dog walking, pet care and short-term fostering (when an owner faces a spell in hospital).

We also provide long term care for pets whose owners have died or moved into residential accommodation which will not accept pets. Arrangements are made between owners and the Trust well in advance so owners do have peace of mind in the knowledge that their beloved companion will have a safe and happy future.

If we can help, please call one of the Volunteer Coordinators on 01736 757900 (Monday to Friday 09.00-17.00)

Community Wellbeing is delivered by the Thrive@UnitedWelsh team on behalf of Cardiff Council, supported by funding from Welsh Government.

Community Wellbeing makes a difference in Cardiff by providing opportunities for people to overcome issues that are affecting their health and wellbeing. We achieve this by talking to people about what help they need to meet the challenges they face. We then support them to build connections, socialise and share experiences.

What we can support people with:

- Finding hobbies and interests to connect with what they enjoy
- Social worries such as housing, debt, benefit issues, work and family
- Improving physical health • Reducing harmful habits such as drugs, alcohol, smoking or substance misuse
- Low level mental health interventions
- Isolation and loneliness

If you are working with someone who you think would benefit from using our service, please let us know. We accept referrals from all types of organisations across Cardiff.

If you know someone who would benefit from the Community Wellbeing service, please use our online referral form: www.unitedwelsh.com/communitywellbeing This is not a crisis intervention service.

Telephone number 029 2085 8148, email communitywellbeing@unitedwelsh.com or visit the website: www.unitedwelsh.com

Cruse Cardiff & Vale
Cruse Cardiff & the Vale are providing **Telephone Support ONLY** to all existing and new clients until further notice.
The national FREE Cruse Helpline is also taking on more volunteers to handle the expected rise in calls: 0808 8081677 - open weekdays 9am-5pm, with extended opening hours until 8pm on Tues/Wed/Thurs.

Dinas Powys Voluntary Concern
Volunteering during the Covid-19 crisis
If you wish to volunteer to help others, particularly those you do not know very well, you are advised to do so through well-established charities, such as Dinas Powys Voluntary Concern, that are registered charities with a long and well established record of experience, safeguarding, confidentiality, for the benefit of both volunteers and those we help. DPVC is coordinating help in Dinas Powys. The DPVC office will remain open for this purpose, but please ring or email rather than call in to protect the coordinators.

Please do NOT post your personal contact details on Social Media for obvious security reasons.
Email DPVC if you wish to help or to refer someone who may need it:
Judith Anderson (DPVC Wellbeing and Befriending Coordinator)
befriendingdpvc@gmail.com
Wendy Lees (DPVC Transport and General Enquiries Coordinator) dpvc@btinternet.com

Contact 029 2051 3700 or text 07484 601425

They will reply and keep you updated and personal information will be kept confidential in accordance with DPVC's GDPR policies.

The two DPVC Coordinators are coordinating help for those who are self isolating or in need in Dinas Powys. We have over 40 volunteers and we are already using them to ensure that basic shopping is undertaken and that contact with those who may be isolated is maintained.

East Vale Community Transport, based in Penarth and serving the communities of the eastern Vale are back on the road and are running a Covid safe minibus service for its members. We have adapted our service to the needs of small groups and individuals who are able to use one of our minibuses to go on shopping trips, appointments, hospital visits or just to get out and about in the community. Places on the bus are limited due to Covid regulations but all our volunteer drivers are now available to help meets your needs. We are also running a delivery service for books, games etc for those who are self isolating, where items can be delivered straight to your door. Call 02920 705138 for further details.

EDAS (or Entry to Drug and Alcohol Services) is a single point of entry for anyone who feels that they have an issue with any substance in both Cardiff and the Vale of Glamorgan. EDAS provide simple and effective access to the full range of substance misuse services in Cardiff and the Vale of Glamorgan

Whether you have never been to services before or know them well EDAS staff will provide you with a free and confidential appointment. We will use this time to discuss you, your circumstances and what you might want from services. Together we can decide the best pathways that will meet your needs and take the first step in your journey together.

Due to the ongoing restrictions in place regarding the Corona Virus we reluctantly made the decision to close the office to the public. We will however continue to provide telephone assessments for the foreseeable future and workers will offer telephone contact with all existing and new clients. We also have the option of offering sessions via Whats App, Zoom and email.

Not sure if this service is for you? Why not give us a call to discuss what is out there to support you. Please call our single point of contact mobile on 07880 784626. Monday to Friday 09:00 – 17:00, answer phone is also manned during these hours. We are also available on email Taith@cgl.org.uk

For out of hours queries please contact Dan 24/7 0808 808 2234 http://www.dan247.org.uk/

GVS Community Liaison Officer – supporting families, carers, young adults and those experiencing long term medical conditions. Age 18 to 60.

The Community Liaison Officer role is a one stop shop service, working closely with health and social care teams to meet the needs of people in the Vale.

The aim is to help people remain independent by helping them access community services. Support may be provided to address simple financial and benefit issues, loneliness, isolation, parenting support, access to advocacy, transport, condition specific issues, housing, support at home on discharge from hospital and information on social activities and other topics. E-mail: carole@gvs.wales

Home Instead Senior Care
Now that people have been advised to stay at home, and family members may not be visiting, I thought I would take a moment to let you know that it's business as usual for Home Instead Senior Care. Our CAREgivers are all trained in infection control and are taking care of our clients in their own homes as normal.

Just a reminder that we do shopping and prescription collections as part of our care remit and will do anything required within reason (keeping staff safety in mind) to help those in our communities to stay as safe as possible.

We are currently open to taking on new clients, but with the understanding that, as we now live in unprecedented times if things drastically change overnight, we would need to reconsider our position.

For more information please contact Rosi Caves;
M: 07907 959979

E: rosi.caves@homeinstead.co.uk
W: https://www.homeinstead.co.uk/cardiff

Live Fear Free Helpline

In light of the firebreak lockdown across Wales it is vital that survivors and professionals are aware that specialist services remain open and survivors of any/all forms of violence against women are encouraged to seek help. The Live Fear Free helpline remains open 24/7. You can call us, text us, webchat or even email.

We have a Language Line option for those who do not speak Welsh or English and encourage anyone to ring us if they are concerned for themselves or others. We support ALL survivors and their concerned loved ones, and we offer support and guidance to professionals working with survivors as well.

For further information and options please go to: https://gov.wales/live-fear-free/contact-live-fear-free

Macmillan Cancer Support

- The Macmillan Support Line can help with clinical, practical and financial information. Please call us on **0808 808 00 00** (7 days a week, 8am-8pm).
- You can find a huge amount of detailed information, whether clinical or emotional, on our website: www.**macmillan.org.uk**
- **Corona Virus (COVID 19)** - We understand that people are worried about coronavirus (COVID-19) so we have put together guidance for people with cancer, Macmillan supporters and our volunteers. Please click on **this link** to access or search for "coronavirus" on our website.
- **Macmillan's Online Community** – available at **community.macmillan.org.uk** This is available 24 hours a day 7 days a week. It is a thriving on-line community with group discussions around cancer type and

different issues, as well as having an ‘ask an expert’ facility to allow you to ask questions of a nurse specialist, dietician, dentist, radiographer etc.

Mind in the Vale
Mind are offering telephonic or online skype/Zoom calls to support to anyone who lives in the Vale and experiences mental health problems. We are able to support people with the following:

- Guided self help
- Social Prescribing
- Support with benefits
- Signposting to community support groups
- Welfare calls
- Someone to talk to if you are lonely or isolated

Please phone – 01446 730792 or email admin@mindinthevale.org.uk

Move it or Lose It - the 'cuppa routine'
Move It or Lose It deliver exercise classes for older people across the UK which are aimed to help people stay fit, flexible and have good strength and balance. At the moment their classes are not running, but they have produced online resources that are really useful, as well as a Covid-19 support pack for older people. One of the resources is the ‘cuppa routine’ which is aimed at encouraging people to do some simple exercises while they are waiting for the kettle to boil. There is a link on the page to download a leaflet if people are not able to view it online. https://www.moveitorloseit.co.uk/time-for-a-cuppa/

Recovery Cymru
RC Recovery support is open – 7 days per week. We are still delivering a range of 'virtual’ & 'telephony' peer led recovery support, 7 days per week. Please contact us on our usual numbers 029 2022 7019/01446 734220 http://www.recoverycymru.org.uk/

ReBuild - Supporting and empowering people living with mental ill health into volunteering to improve wellbeing

We are offering the Wellbeing Café online support.

Just to let you know that we are moving the Wellbeing Cafe on-line!

Same chat, same people, same activities - just bring your own tea - and cake if you have it!

It’s a private group on Facebook, just for the volunteers and regulars at the Cafe. We'll gradually be adding video chats and content over the coming weeks - but most importantly we want you!

Here's the link for the Café: https://www.facebook.com/groups/rebuildwellbeingcafe/

and we're also posting lots of ideas and activities, useful contacts, to help keep you cheered up and supported at this really hard time on our Facebook page here.

Here's the link for the Page: https://www.facebook.com/ReBuildProject2019/

Please don't hesitate to get in touch if you need any help - practically, technically, emotionally, from a mental health perspective.

Stay safe, stay at home, stay in touch - remember - its physical distancing not social isolation. 💔

Royal British Legion Admiral Nurse Service
No longer able to offer face to face support, but are contacting people already known to them to offer telephone support.
Should you have any beneficiaries/veterans of the RBL you feel need our support, please do not hesitate to continue to refer them on to us. Our email address is AdmiralSouthWales@britishlegion.org.uk

Sporting Memories Wales provides opportunities for older people to connect and build friendships with others in their community through the power of sport. Normally we would run weekly clubs within the community, but during Covid-19 we have adapted and offer the following support:

- Provision of our free weekly digital Sporting Pink publication which includes articles, quizzes, physical activity ideas and much more, sign-up here - https://www.sportingmemoriesnetwork.com/sporting-pink
  New weekly online Sporting Memories Zoom Club - We talk about and remember sport, igniting positive memories with local people in your area.

If you would like further information about our services, feel free to contact us. Telephone number 07515916305, email nikki.foster@thesmf.co.uk or visit the website: www.sportingmemoriesnetwork.com

Stroke Association support
Our Community Steps Project is delivering Zoom sessions for stroke survivors and their carers during this time. A variation of sessions are available including working age group, choir, mindfulness and general peer support. For more information or to make a referral please email CommunityStepsWales@stroke.org.uk or contact Lauren on 07932 265274. We've also developed a new telephone befriending service called 'Here For You' for stroke survivors and their carers. All information about the service and how to refer in can be found here https://www.stroke.org.uk/finding-support/here-for-you

Tenovus Cancer Care

Nurse led Support Line available Monday-Friday 9am-5pm and 10am -1pm weekends and Bank Holidays. For anyone who is worried about or affected by cancer
Telephone 0808 808 10 10 or visit www.tenovuscancercare.org.uk

United Welsh Healthy@Home hospital discharge service
We are offering what is largely a telephone-based service, so that we can safely cater to the needs of our 65+ aged clients.
We are still providing shopping support and prescription pick up at this time, and we are only offering this to vulnerable adults with no support currently in place.
We are typically a short-term, 14 day service. At the moment we are holding on to cases for as long as a need presents itself, as we are aware these are trying times, and much of our client base will be in self-isolation.
We are still taking referrals at this time. Our preferred method of contact for referrals is the main number listed below. As we work on a rota basis, phone is best. However, if you have any inquiries about the service you are welcomed to use our general email address below, which will send a copy to each member of the team:
Tel: 07377 549657
Healthy@Home@unitedwelsh.com

Woody's Lodge
We are still offering support and guidance over the telephone, via email and Facebook messenger. We will be ringing our Veterans once a week to ensure they are safe and offer an ear to listen, if needed. We will have our phones manned during the times below and encourage Veterans to ring for any support.
SOUTH WALES – Barry
Mon – Thu 10-3
07731417974
support@woodyslodge.org

YMCA Young Carers Support
They can call, text or whatsapp the number below. They can also access support on our social media pages.

Instagram- ymcayoungcaresvale
Facebook- @YMCAValeYoungCarers or follow the link
https://www.facebook.com/YMCAValeYoungCarers
Twitter- @bethanyrymca

Bethany Riley
Young Carers Project Worker
M 07538549935
E Bethany.Riley@ymcacardiff.wales

Other Services

Cardiff Council Meals on Wheels Service in the Vale
Deliveries are made in the Vale to Wenvoe, Sully, Penarth, Dinas Powys and Llandough.

At present Meals on Wheels are continuing as normal, however there are new instructions for delivery drivers to help protect themselves and the public, in an effort to delay and reduce the peak of the virus.
If a customer needs to self-isolate for any reason, please let us know, this can even be a sign on the front door. Meals can be placed in a suitable area (door step/porch) at the front of the property and the doorbell will be rung or door knocked. The driver will step back as far as practical (ideally at least 2m) and wait for the customer to open the door. For reassurance our drivers will wear gloves when they're delivering to anyone who is self-isolating.
The customer can then simply pick up the meal and take it inside, if they do not answer the door, the driver will retrieve the meal and leave a calling card. The driver will then contact the office and the next of kin will be informed of the non-delivery of the meal.
I hope that this explains why there is a change in meal delivery for the time being. As this is a constantly evolving situation things may change further. If you require assistance please contact the team on telephone 029 20 537080.

Helplines

Age Cymru
Age Cymru have set up a new 'check in and chat' service this week for people aged 70 or over across Wales who live on their own, to have regular calls from us and to support them with accessing relevant local services if needed.
In addition we have Age Cymru Adviceline, which we have added extra personnel to during this time. Adviceline can assist older people, their family, friends, carers, or professionals with any advice they may need.
Tel: 08000 223 444.

British Heart Foundation
Helpline for patients who are at risk of or who have Heart and Circulatory conditions.
Telephone: 0300 330 3311
Email: hearthelpline@bhf.org.uk

https://www.bhf.org.uk/informationsupport/support/heart-helpline
https://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/coronavirus-and-your-health

COMMUNITY HUBS ON FACEBOOK

BARRY

Barry Community COVID-19 News & Assistance

https://www.facebook.com/groups/BarryCommunityCOVID19/

A community group working together in the Barry area to respond to the challenges of COVID-19.

Barry Waterfront covid19 Community Support

https://www.facebook.com/groups/2476088765987098/

Telephone number 07907 383941

Covid-19 Barry

https://www.facebook.com/groups/223084678794816/?fref=nf

Email: covid19barry@gmail.com

Telephone 01446 655776 (9am – 8pm)

CARDIFF AND THE VALE

Corona Virus Help in Cardiff and the Vale

https://www.facebook.com/groups/3955231737892925/

A group set up to give and receive help and find out about product availability during this pandemic.

COWBRIDGE

Cowbridge Corona Virus Community Volunteers

https://www.facebook.com/groups/573613386573124/

This page has been created to help the vulnerable in and around Cowbridge during the COVID-19 outbreak.

EWENNY / COLWINSTON

Corntown / Ewenny Community Hub

I thought it would be good to build our community, keeping an eye out for neighbours, especially those who are elderly, alone, vulnerable.

https://www.facebook.com/groups/1074208939626620/

GENERAL

Corona Virus - South Wales Community Resilience

https://www.facebook.com/groups/SouthWalesCommunity/

This is a community group to help individuals, families and business during difficult times by coming together to help each other.

Coronavirus Wales, UK

https://www.facebook.com/groups/139827200675383/

LLANDOUGH

Llandough Covid-19 Mutual Aid Group

https://www.facebook.com/groups/216736309441390/

This is the local group for Llandough, Vale of Glamorgan, as part of the national movement to organise a network of volunteers helping our communities through the challenging times ahead in dealing with the coronavirus covid-19 pandemic.

LLANTWIT MAJOR

Llantwit Major Hub

https://www.facebook.com/groups/llantwitmajorhub/

Llantwit Major Hub is a network for individuals, groups, businesses and services in Llantwit Major and the Rural Vale. Our aim is to provide opportunities for people to source the people, goods, services and things they need in life locally.

OGMORE BY SEA

Ogmore by Sea, Ewenny, St Brides - Covid 19 Support and Assistance

Share local information and support during the crisis. Also Wick and Corntown.

https://www.facebook.com/groups/3261209467241933/

Helping Hands Ogmore by Sea

This group has been set up for people who are able to offer appropriate and safe help (in line with Government advice) in the community to those in need during the COVID19 outbreak.

https://www.facebook.com/groups/141281007210984/

Ogmore by Sea Church

https://www.facebook.com/OBSEC1/

PENARTH

Helping Hands

https://www.facebook.com/groups/207933657118081/

This page is for residents of Penarth to offer or request support. Including and not limited to, collecting shopping, prescriptions checking on vulnerable people, walking dogs, the idea is to be supportive and assist where possible. Telephone 029 2009 9359. 9 – 5.30 and answerphone for out of hours.

RHOOSE

Rhoose Coronavirus Help

https://www.facebook.com/groups/214436179920021/

Let's help each other through - post here if you're self-isolating and need an errand running, your dog walking or school work sharing - or if you can fetch something for neighbours.

ST ATHAN

St Athan Coronavirus Community Support

https://www.facebook.com/groups/515976832678504/

Telephone number 07826 799604

ST BRIDES

Helping Hands St Brides

The aim of this group is to quickly bring together a community of people who are willing and able to provide support to our elderly and infirm during the up coming Covid-19 outbreak. We will offer to deliver shopping, run errands, collect medication and do anything we can to help those in need in our village.

https://www.facebook.com/groups/153075902516684/

ST GEORGES AND ST BRIDES

St Georges and St Brides Super Ely Villages

Community Noticeboard for the villages of St Georges and St Brides-super-Ely and including the Drope and the Down.

https://www.facebook.com/groups/260792191584710/

SULLY

Sully Village Hub

https://www.facebook.com/groups/letsimprovesully/

This groups wishes to bring all residents together to share thoughts, ideas and any helpful information on our village.

WENVOE

Wenvoe Support Group for Coronavirus

https://www.facebook.com/groups/1047784465614790/

COMMUNITY COUNCILS

BARRY TOWN COUNCIL

01446 738663

info@barrytowncouncil.gov.uk

http://www.barrytowncouncil.gov.uk/

COLWINSTON

07594 902413

colwinstoncc@gmail.com

http://www.colwinston.btck.co.uk/

COWBRIDGE WITH LLANBLETHIAN TOWN COUNCIL

01446 773385 or 01656 773896

c.p.john@cowbridge-tc.gov.uk

www.cowbridge-tc.gov.uk

BONVILSTON & ST NICHOLAS
A WhatsApp group of volunteers (currently 12) has been set up for the Bonvilston & St Nicholas area. Please contact Cllr Ian Perry – tel no 07908845765 email cllr.ianperry@outlook.com

DINAS POWYS

029 2051 3114

theclerk@dinaspowys.org

www.dinaspowys.org

EWENNY

01656 659820

ewennycc@gmail.com

LLANCARFAN

01446 412603

llancarfancc@gmail.com

LLANDOUGH

01446 409294

clerk@llandough-cc.co.uk

LLANDOW

01656 741354 / 07747 151205

davidlloyd.jones@btinternet.com

LLANFAIR

01446 773646

jackie.griffin1@btopenworld.com

LLANGAN

07594 902413

llangancouncil@gmail.com

LLANMAES

07751 372537

clerk.llanmaescc@gmail.com

LLANTWIT MAJOR TOWN COUNCIL

Support line for residents in Llantwit Major available 9am – 5pm 7 days a week.
01446 793707

info@llantwitmajortowncouncil.gov.uk

www.llantwitmajortowncouncil.gov.uk

MICHAELSTON LE PIT AND LECKWITH

07780 606585

clerk@michaelstoncc.co.uk

PENARTH TOWN COUNCIL

029 2071 3844

eboylan@penarthtowncouncil.gov.uk

www.penarthtowncouncil.gov.uk

PENDOYLAN

01446 760685

enquiries@pendoylancommunity.org / judith123roberts@btinternet.com

PENLLYN

07813 318085

penllyn.community.council@gmail.com

PETERSTON SUPER ELY

07949 174711

pseccc@hotmail.co.uk

ST ATHAN

01446 750452

st.athan@btconnect.com

www.stathancommunitycouncil.org.uk

ST BRIDES MAJOR

01656 650004

clerk.sbmcc@gmail.com

www.stbridesmajor.co.uk

ST DONATS

01656 650004

stdonatscommunitycouncil@gmail.com

ST GEORGES AND ST BRIDES SUPER ELY

07855 074364

StGStB@outlook.com

ST NICHOLAS WITH BONVILSTON

07739 580036

clerk.snbcc@hotmail.com

SULLY AND LAVERNOCK

029 2053 0006

sullycouncil@btconnect.com

WELSH ST DONATS

01446 774833

clerkwsd@gmail.com

WENVOE

029 2059 1139

wenvoecc@googlemail.com

WICK

07710 209437

wickcommunitycouncil@gmail.com

Briefing produced by Glamorgan Voluntary Services
Email: enquiries@gvs.wales
www.gvs.wales