

Support for those who are shielding at home

New groups are emerging daily so check <https://covidmutualaid.org/> to find your local volunteer group

Blaenau Gwent

01495 311556 to request help from the council.

Bridgend

01656 643643 to request assistance from the council.

Caerphilly

01443 815588 to request help from the council.

Carmarthenshire

01267 234567 this is available between 8.30am and 6pm seven days a week.

Council officers will be on hand to provide guidance and signposting on areas including:

- Financial support and other help for businesses
- Assistance available for the elderly, vulnerable and isolated
- Linking the needs of communities with volunteers

Ceredigion

Visit the [County Council](#) website for a list of local resources.

City and County of Swansea

[List of local contacts](#) for help with shopping, prescription collection or someone to talk to.

Cardiff

[List of local contacts](#) for support and delivery services.

Conwy

01492 575544 to request help from the council

Denbighshire

0800 404 6899 Covid-19 Community Response- Denbighshire & Conwy Volunteers available to help those self-isolating with shopping, prescriptions etc.

01745 331181 - NEWCIS providing information on things to do whilst staying at home, online resources, food delivery services in your local area, useful organisations and more

Flintshire

03000 858 858 to request support from the council.

01352 752525- NEWCIS providing information on things to do whilst staying at home, online resources, food delivery services in your local area, useful organisations and more

Gwynedd

01766 771000 to request support from the council.

Isle of Anglesey

01248 725745, 01248 724944 or 01248 725700 to request support from local volunteers.

Merthyr Tydfil

[Regularly updated information](#) on support services from Voluntary Action Merthyr Tydfil.

Monmouthshire

01633 6444644 to request support from the council.

Neath Port Talbot

01639 686868 to request support from the council.

Newport

01633 656 656 to request support from the council.

Pembrokeshire

01437 776301 to request support from the council.

Powys

Visit the [County Council website](#) for a list of local groups.

Rhondda Cynon Taf

01443 425020 to request support from the council.

Torfaen

[List of local support services.](#)

Vale of Glamorgan

01446 700111 to request support from Vale Heroes and the council.

Wrexham

01978 423114 - NEWCIS providing information on things to do whilst staying at home, online resources, food delivery services in your local area, useful organisations and more