



We hope you and your family are coping during these very stressful times.

There is so much information out there and much of it gets updated daily, however we have attempted to gather the following links to information and resources that are out there for parent carers in the hope that having it in one place will be of help.

Swansea PCF trustees are continuing to represent issues affecting families living in Swansea who have a child with additional needs. We meet with the Local Authority weekly online, if you have any issues that you would like to be raised on supporting families who have children & young people with additional needs then do get in touch with our Forum's development officer. Sandra_spratt@scvs.org.uk

Join us <https://swanseapcf.org/join-us/>

Follow us on <https://www.facebook.com/SwanseaPCF/>
<https://twitter.com/SwanseaPCF>



Swansea University Health Board

Swansea University Health Board Covid -19 Update Children's Services are rearranging some of their children's services in Morriston Hospital in response to Covid-19 From Monday 30th March the hospital's paediatric emergency department will be co located with paediatric assessment unit to form a dedicated children's emergency unit (CEU) This is to protect children and their families during the outbreak. The entrance to the CEU is located by driving past the main emergency department entrance and taking the next right turn, Signage will be visible. The unit will accept patients 0 to 16. They are currently only accepting one parent or carer, and the entrance is drop off only. Parking is usual hospital parking areas.

Swansea Bay's GP Out of Hours treatment centre has a new temporary home in SA1. The move, from Morriston Hospital, has been orchestrated to free up valuable bed space as preparations to tackle the COVID-19 outbreak gather pace. Full details: <https://tinyurl.com/v5flehn>

Minor Injuries From Monday, 13th April, patients with minor injuries will NO LONGER be seen at Morriston Hospital Emergency Department. ALL minor injuries will be treated at the Minor Injury Unit at Neath Port Talbot Hospital only. If a patient with a minor injury presents at Morriston Hospital, they will not be seen and will be re-directed to the MIU at NPTH. For help planning your journey by public transport, please go to www.traveline.cymru

Minor medical conditions contact your GP or visit their local pharmacy.

Fracture clinic In addition, the fracture clinic at Morriston Hospital has also moved to Neath Port Talbot Hospital. Patients with a fracture clinic appointment are being contacted directly to advise them of the change of venue. This is to support the changes needed at Morriston Hospital to care for patients with COVID-19

Statement re CAMHS re COVID-19 arrangements: In line with WG direction and Swansea Bay UHB approach, most face to face outpatient clinic appointments have been stopped. Clinicians are instead contacting families by telephone to offer telephone advice and support, and where necessary (due to clinical need or risk) face to face appointments are being offered on an individual basis. Urgent care is being prioritised, however current staffing levels have necessitated a reduction in our CAMHS Crisis Team hours of operation to 9am – 5pm Monday to Friday. They hope to limit the impact of this change by co-locating the CAMHS Crisis nurse in Morriston Hospital's Paediatric Single Point of Access centre as well as drawing on our clinic-based staff to support Crisis assessments. **They are also enhancing our Telephone Single Point of Contact service for families, referrers and partner agencies, providing telephone advice, support and referral triage, 9am – 9:30pm seven days per week. Please contact 01639 862744 Monday to Friday 9am to 5pm and via Morriston Hospital Switchboard outside of these hours.**

Coronavirus: ethical values and principles for healthcare delivery framework - Welsh Government issued Guidance for healthcare services when making decisions during the coronavirus outbreak. <https://gov.wales/coronavirus-ethical-values-and-principles-healthcare-delivery-framework>

My Hospital Passport gives children a voice when visiting hospital. My Health Passport is a way for children and young people with autism, learning disabilities or complex health needs to share important information about themselves when accessing care in hospital. My Health Passport is a simple but important document that will empower children and young people and their families to communicate their needs, wishes and values to those caring for them. Using Wigit symbols, the passport contains three sections; things you must know about me; things important to me; and my likes and dislikes. <http://www.wales.nhs.uk/sitesplus/documents/862/FOI%20233%20My%20Health%20OPassport.pdf>

Western Bay Integrated Autism Service Service Update Email or telephone support for autistic adults, partners and parent carers of autistic people, who may be concerned about the impact of Coronavirus - social distancing and self-isolation on them and their families. Telephone advice for professionals about how best to support autistic individuals at this time. Please note that the IAS is not a crisis service. Please understand that the Health Board cannot guarantee the confidentiality of any information sent by e-mail while in transit. When this information is received by the Health Board all information is kept secure and confidential. The IAS has no admin cover at this time. An answerphone is available and messages retrieved daily. Please leave a message if you are unable to email us. Email address: sbu.WBIAS@wales.nhs.uk
Telephone: 01639 862 936



Helplines for parent carers

Swansea Carers Centre helplines services to carers during coronavirus pandemic

Carer Support Helpline: 01792 653344 / 07984 445465

Counselling Support Helpline: 01792 653344 / 07984 445484

Benefits Advice line: 07984 445493/ 07984 445491

Please note these help lines are operating between Monday – Friday 9.30am – 4pm. They are not 24 hours

Swansea Council for Voluntary Service signposting you to the support you need - whether that's **prescription collection, help with shopping, or just someone to talk to**. They have divided Swansea into 5 areas, to make sure the information is specific to your needs - the person to contact for support is listed next to each area, along with an email and telephone number (please note, they are receiving a tremendous number of enquiries, and will respond to you as quickly as they can - this is not a crisis response service, and only operates 9am - 5pm, Monday - Friday): They will continue to add information to this page as it becomes available - please check back whenever you can. <https://www.scvs.org.uk/coronavirus-inds>

MENCAP Cymru If you live in Wales and would like advice on all learning disability issues, please contact Mencap WISE: Phone: 0808 808 1111 (Option 3) Email: helpline.wales@mencap.org.uk

Challenging Behaviour Foundation is only able to support people who care for someone with a severe or profound learning disability. If you are a family carer and need to talk to the CBF family support team then please call them on 0300 666 0126 between 9am – 4pm or email support@theCBF.org.uk

Don't speak English? Speak to the CBF in your language. The CBF receives calls from families from diverse backgrounds. They have an interpreting service available to families whose first language is not English. The CBF will arrange for an interpreter to join the call to translate the conversation. This is a free and confidential service.

SCOPE online community an online disability forum is a supportive space for disabled people, parents and carers to get disability advice and information, and talk to people with similar experiences
https://community.scope.org.uk/?_ga=2.265546127.1849686598.1586168915-2038018337.1586168915

AFASIC HELPLINE Are you worried that your son or daughter is not talking or not saying as much as other children of their age? Do you need to speak to someone who understands and can help? We also offer a 'listening ear' if you just want to talk to someone who understands. No query is too small or too silly. Ring the Afasic Parents' Helpline on 0300 666 9410. <https://www.afasic.org.uk/>

Mobilise an online service supporting carers to connect Join other carers online for supportive chats to share practical tips and tricks, and sometimes just to vent.

You can also book a time for one of the team to ring you back.

<https://www.mobiliseonline.co.uk/cuppa>



Mental Health & Wellbeing

SCVS list of Well Being services For more information & resources visit:
www.scvs.org.uk/coronavirus This list, along with links to other mental health support & advice can also be found here: <https://www.scvs.org.uk/corona-virus-mental-health-well-being-information>

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

NSPCC Talking to a child worried about coronavirus (COVID-19) If your child is anxious or worried about coronavirus (COVID-19), there are things you can do to help.
https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/?utm_source=Adestra&utm_medium=email&utm_content=Talking%20to%20a%20child%20worried%20about%20coronavirus%20%28COVID-19%29&utm_campaign=CASPAR-2019-03-30

School Counselling The Exchange Everyone in the team has experience in supporting young people. The directors and managers of the organisation are qualified psychotherapists and are committed to the wellbeing of children and young people of every race, culture and age. Please contact to arrange an appointment 07498445901 #we'reallinthis together <https://t.co/vtShbqhCP0?amp=1>
<http://exchange-counselling.wales/links.html>
https://www.exchange-counselling.com/contact_us

Cerebra Emotional Wellbeing Guide for children with additional needs
<https://cerebra.org.uk/wp-content/uploads/2020/02/emotional-well-being-low-res.pdf>



Support for vulnerable learners

SNAP Cymru web resources for families They will continue to update this information as more queries and comments come through. If you would like to feed in to this they would like to hear from you.
The families' resources are located here -



<http://www.snapcymru.org/coronavirus-information-and-resources-for-families/>
ALN education update in response to family and professional queries
<http://www.snapcymru.org/coronavirus-and-additional-learning-needs-update/>

Many families prefer contact through WhatsApp and SNAP are able to share resources with families in his way. Alternatively they will print and post resources for families or deliver them directly.

SNAP Cymru secure referral system families can self-refer

www.snapcymru.org/contact

SNAP Cymru helpline will continue as normal -9.30 – 4.30 Monday – Friday 0808 801 008

City & County of Swansea Resources for vulnerable learners The Education Directorate's Educational Psychologists and Learning Support Team have put together a series of resources for parents/carers of primary and secondary age pupils in the following areas of need and some that are more general. These are available for all to use below:

Speech, Language and Communication Needs

ASD

Physical and complex needs and complex and specific needs

Hearing impairment

Visual impairment (including separate guidance on VI and complex needs).

They will continue to publish other resources and advice to support vulnerable learners and their families so keep checking for updates.

<https://www.swansea.gov.uk/resourcesforvulnerablelearners>

Welcome to Swansea Virtual School This site has been created to help locate resources during the time of school closures. It's important that this site is only for support and guidance, not to replace any work that schools are supplying directly to their pupils. The site will be updated regularly to ensure that teachers and parents have the best possible links to appropriate resources to provide learning opportunities for pupils. Please use the contact form to give feedback or if you feel you could contribute with further links and / or resources
<https://swanseavirtualschool.org/>

School's out! With schools across Wales closing and uncertainty around exams, you may be stuck for ideas on how to keep your kids busy. Luckily for you there are loads of fun and educational resources to give you ideas and inspiration over the next few weeks whatever the weather. For some of these activities you may need a computer, tablet or smartphone connected to the internet. Other activities don't need any resources at all, just your imagination. <https://www.swansea.gov.uk/schoolsout>
There is a particularly lovely letter from a teacher which may help to allay any fears you may have when trying to educate at home!
<https://www.swansea.gov.uk/article/56622/Letter-from-a-teacher---Dear-parents-with-school-aged-children>

And activities for additional needs

<https://www.swansea.gov.uk/supportforvulnerablelearners>



Local Support Groups – *thank you to all our fantastic local groups*

Interplay's Stay Safe, Stay at Home Provision Interplay has put together a programme of virtual services which we will be running over the next few months to help you to socialise safely online with friends and have activities ideas to keep you busy. Please check this site for our regular updates. They will be reviewing the situation regularly and will be back up and running as soon as we are able to.
<https://www.interplay.org.uk/>

Chinese association in Wales are extending their service hours to support people Their phone line is available from 9 am to 6 pm from Monday to Saturday. 01792 469919 Wechat service is available from 9 am to 9 pm from Monday to Saturday. Please contact them if you have any problems regardless of the nature of the inquiries. Also, they are working on supporting their community and local high-risk people. This involves

- Translating most updates information in Chinese and share it with our community.
- Collecting resources from a donor and deliver to a person who will need it, prioritize for people in the high-risk groups.
- The fund-raising campaign, please click in here Coronavirus Emergency Appeal for more information.

info@chineseinwales.org.uk

Play & Leisure Opportunity Library A registered charity providing specialist toys and leisure equipment for children and adults with a disability in a lending library service

<https://en-gb.facebook.com/ThePlayAndLeisureOpportunityLibrary>

Joining the Dots Together South West Wales Facebook Group This is the outreach, information-sharing and 'spin-off' page from Joining the Dots (parents and carers), South and West Wales (UK). <https://www.facebook.com/Joining-the-Dots-Together-South-and-West-Wales-UK-742444262583142/> To become a member of Joining the Dots (parents and carers) you need to be a parent-carer of a child or young person with additional needs and reside in South/West Wales. Please visit <https://www.facebook.com/groups/109938292688531/> send a 'join group' request

Parents Voices in Wales A group for parents, carers, families and friends who want to join a pro active movement to support public services through collaborative working with NHS, Welsh Government, Councils, Schools with an aim to improve mental health services and support for our children and young people in Wales.
<https://www.facebook.com/groups/332812323965395/>

S.A.N (Support additional Needs) Facebook Group is a peer-led voluntary community group offering support and friendship to parents, carers and individuals who have additional needs..
<https://www.facebook.com/groups/664637053711730/about/>



Hands up for Downs is a parent run support group & charity for children with Down's Syndrome and their parents/carers. They are based in Swansea and the surrounding areas - affiliated with the Down's Syndrome Association.

<http://handsupfordowns.weebly.com/>

Swansea Autism Movement is a peer-to-peer project of parent-carers who have children and young people with autism. They support autistic children, their siblings and parent-carers by connecting families through fun activities and regular contact.

<https://www.facebook.com/SwanseaAutism/>

<https://twitter.com/swanseaautism?lang=en>

Swansea National Autistic Support Group is a volunteer led charity supporting autistic people and their families in and around Swansea.

<https://twitter.com/NASSwansea>

<https://www.facebook.com/groups/724186741302264/>

EYST are running online activities for young people Contact Lee@eyst.org.uk Shahab@eyst.org.uk for more information about activities for young people.

Swansea Bay and Beyond additional needs activities and event. An online community, volunteer run, set up to centralise and signpost as many local events and activities as possible that are available for both children and adults with additional needs

<https://www.facebook.com/groups/246622339537080>

Young Carers YMCA Swansea Young Carers Service provides support and information for young carers aged 8-18 in Swansea providing online support currently Tel: 07946 348878 <https://www.ymcaswansea.org.uk/youth-work/young-carers/>

ADHDConnections – A charity providing peer to peer support for families of children with features of ADHD, but formal diagnosis is NOT required. Currently the charity can offer support via: Telephone 07432 499164 <http://adhdconnections.org/about-us/> <https://www.facebook.com/groups/ADHDConnections>



General Information

The government has changed the Carer's Allowance rules during the Coronavirus outbreak.

<https://contact.org.uk/news-and-blogs/carers-allowance-during-the-coronavirus-outbreak/>

Carers Trust Wales are part of a national charity committed to improving support and services for unpaid carers. Carers Trust Wales is committed to making sure that



all carers receive the recognition and support they deserve.

<https://carers.org/country/carers-trust-wales-cymru>

Carers Wales - mission is to make life better for carers by giving expert advice, information and support; by connecting carers so no-one has to care alone; by campaigning together for lasting change and by innovation to find new ways to reach and support carers. <https://www.carersuk.org/wales>

Childrens Commissioner for Wales Coronavirus – Information Hub for Families and Children <https://www.childcomwales.org.uk/coronavirus/>

Learning Disability Wales have gathered together the latest useful resources about Coronavirus (COVID-19), including some good easy read guides, for people with a learning disability in Wales. As the situation progresses they are adding new information and advice on a daily basis. The coronavirus (COVID-19) resources page includes the following information, guidance, easy read materials, and resources:

https://www.ldw.org.uk/project/coronavirus/?utm_source=Keep+up+to+date&utm_campaign=bc8b7061f2-

City & County of Swansea Local Area Coordination Finding help and support in your community, supporting older people, disabled people, people with mental health problems, and their families and carers. Please contact your local area co-ordinator <https://www.swansea.gov.uk/localareacoordination>



Resources

Cerebra Managing Challenging Behaviours Guide for parents

<https://cerebra.org.uk/wp-content/uploads/2019/12/managing-challenging-behaviour-july19-low-res.pdf>

Cerebra Toileting guide for parents <https://a.org.uk/downloadcerebr/toilet-training-a-guide-for-parents/>

Cerebra Sleep Guide and sleep cards <https://cerebra.org.uk/download/sleep-a-guide-for-parents/>

Challenging Behaviour Foundation provide free information about challenging behaviour and a wide range of related topics. For more information click here.

<https://www.challengingbehaviour.org.uk/information/information-sheets-and-dvds/info-sheets-and-dvds.html>

Social story templates about COVID-19

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>



Supporting Children with Learning Disability/ASD Coping with COVID-19

Isolation Cardiff and the Vale This Booklet was put together by colleagues in Community Family Psychology, Neurodevelopmental Team and Children's Occupational Therapy

<http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf>

RCPCH Royal College of Paediatrics and Child Health COVID-19 - resources for parents and carers

<http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf>

<https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers#latest-updates-on-this-page>

National Autism Society Resources

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

National Autism Society Social stories and comic strip conversations

<https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

A Paediatricians Tips for managing ADHD

<https://www.youtube.com/watch?v=QrBGawusraY&feature=youtu.be>

Contact Ideas for entertaining children at home Contact have pulled together some fun and inspiring ideas and resources to keep children entertained at home.

<https://contact.org.uk/news-and-blogs/entertaining-children-at-home/>

Contact Cymru's facebook page www.facebook.com/contactcymru

Contact Coronavirus: Information for families with disabled children From general advice and benefits to your child's education and tips and links to help you cope at home, you can find out the latest information, support and advice about Coronavirus and its impact on families with disabled children on our regularly updated [Covid-19 \(coronavirus\) webpage](#).

AutonoMe In response to the recent escalation of our Government's Coronavirus strategy and the challenging months ahead we're likely to face in the Social Care sector we are now offering a version of AutonoMe for FREE to any person with a Learning Disability in the UK. AutonoMe can provide, through our App, free access to our online library of instructional videos and reminders to anyone with learning disabilities. All of our videos demonstrate skills for independent living and fall into 4 categories; cooking, cleaning, personal hygiene, safety and security including how to properly wash your hands. We're available 24/7 and work across iOS and Android smart devices. We will be available for support on support@autono.me.uk If you work with people who have Learning Disabilities that may benefit please complete our short expression of interest and a member of our team will be in touch with you to get you set up. We are offering access to AutonoMe instructional videos to anyone



in the UK with learning disabilities; please do pass on this information to anyone who might benefit. <https://will055757.typeform.com/to/Q25aqw>

OCD UK Coronavirus Survival Tips The national OCD charity, run by and for people with lived experience of OCD. Because of the increased media coverage, much of which is unhelpful, they share some practical suggestions to help you cope and survive the ongoing situation. The survival tips are to help you differentiate between the recommended public health advice for this virus and OCD induced behaviours, but also to help you combine therapeutic steps whilst engaging in these recommended behaviours. <https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

National Deaf Children's Society Information about coronavirus for families <https://www.ndcs.org.uk/blog/coronavirus-and-support-for-deaf-children-information-for-families/>

Information for deaf young people <https://www.buzz.org.uk/coronavirus-information-for-young-people/>

This includes information about accessible information for deaf parents and deaf young people who use British Sign Language (BSL). There is now a dedicated NHS 111 service available 24 hours a day for deaf people who use BSL. https://www.ndcs.org.uk/covid-19-coronavirus-support-for-deaf-children/?utm_campaign=2020%2003%20Professionals%27%20Update%20UK&utm_source=emailCampaign&utm_content=&utm_medium=email

ASD Info Wales the national site for Autism Spectrum Disorders (ASD) have a list of resources <https://www.asdinfowales.co.uk/news/latest-information-on-novel-coronavirus-covid-19>

Epilepsy Wales is the leading epilepsy organisation in Wales and exists to improve the lives of everyone affected by the condition. Helpline 0800 228 9016 <http://epilepsy.wales/>

Down's Syndrome Association Twitter page and face book page
https://twitter.com/DSAInfo?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
<https://www.facebook.com/DownsSyndromeAssociation/>

SENSE for everyone living with complex disabilities. For everyone who is deafblind. Sense is here to help people communicate and experience the world. <https://www.sense.org.uk/>

RNIB Wales Royal National Institute of Blind People (RNIB), one of the UK's leading sight loss charities and the largest community of blind and partially sighted people. <https://www.rnib.org.uk/wales-cymru-1>

SIBs is a UK charity representing the needs of siblings of disabled people. Siblings have a lifelong need for information, they often experience social and emotional isolation, and have to cope with difficult situations <https://www.sibs.org.uk/>

Well Child My child is unwell, but not with COVID-19 Despite the current focus on COVID-19, children of all ages will still become unwell with a variety of other conditions. Many families are understandably worried about what they should do during the current COVID-19 outbreak if their child does become unwell with non-COVID-19 symptoms. Here is some guidance: <https://www.wellchild.org.uk/2020/04/02/my-child-is-unwell-but-not-with-covid-19/>

Activities from I Can a charity that helps children communicate

<https://ican.org.uk/about-us/> including live streaming [RWI phonics lessons](#) for parents to do at home with children.

The Speech and Language Therapists at I CAN's Dawn House school are sharing a Makaton story every day for children with speech, language and communication needs – find them each day by following I CAN's <https://twitter.com/ICANcharity>. View the first one (Goldilocks and the Three Bears)

<https://www.youtube.com/watch?v=B97488JKQHM&feature=youtu.be>

Widget are offering free unrestricted access to Widget Online for 30 days, to make sure that symbol users have access to the systems and resources they need. <https://widgitonline.com/>

Audible are offering free unlimited streaming of hundreds of stories for children and families; a great way to encourage a love of stories in children who find reading difficult. <https://stories.audible.com/start-listen>



Resources to help children understand coronavirus

Public Health Wales Easy Read Resources <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/coronavirus-resources/easy-read-resources/>

Coronavirus A book for children

<https://www.queensmc.com/website/L83003/files/Coronavirus-ABookForChildren-1-7.pdf>

Scottish Commission for Learning Disability COVID-19 Guided Self-help Booklet Series self-help booklets developed to support people with mild to moderate learning/intellectual disabilities during the COVID-19 outbreak. <https://www.sclcd.org.uk/covid-19-guided-self-help-booklet-series/>

In this video, Speech and Language Therapist Alex Kelly explains (with Makaton) what coronavirus is, and what the current advice is around it. Aimed at children with and without speech, language and communication needs, and people with autism or learning difficulties. <https://www.youtube.com/watch?v=xq8ZBn-7oKo&feature=youtu.be>

Here is a helpful story that can be used to explain coronavirus to children, and this story with visual supports can help explain what might happen if people need to



go to hospital. <https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>

To reassure young children who are anxious or worried, try reading them this story about Dave the Dog who is worried about coronavirus.

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

For older children, this social story that can help to explain pandemics and the coronavirus

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Talking Mats is a visual communication framework that enables you to listen more, have better conversations and turn the views expressed into actions.

https://twitter.com/TalkingMats?ref_src=twsrc%5Etfw%7Ctwcamp%5Eembeddedtimeline%7Ctwtterm%5Eprofile%3ATalkingMats&ref_url=https%3A%2F%2Fwww.talkingmats.com%2Fcorona-virus-easy-read-resource-version-2%2F



Food Deliveries

Asda volunteer shopping card Customers can buy these shopping cards online, top up and give to their family member, friend, or NHS volunteer to pay for their shopping without the hassle of using cash or bank cards. This also promotes a contactless way of shopping, essential for reducing risk to our self-isolating customers. These volunteer shopping cards can be bought

at asda.com/volunteercard

https://email.asda.com/optiext/optiextension.dll?ID=mUVmRTulbh5XO_JjahY%2BFci%2BZqvFF2AfW8mfoVy0IDt6bWKCeWNX8jdIYCA_78SilpiyLz9xGAvVsVVn2EUstQxtElez&fbclid=IwAR25yo9xRPNH_C8cJbvM_4zi0iTA91Xic4zPaUWh5TZ6Bt_yUco7UaTL0Sc

Swansea Market is now temporarily closed to customers however, the Market will remain open to traders as a delivery hub, allowing food and other essential supplies to continue being delivered direct to your door! A list of traders providing deliveries can be found at :<http://www.swanseaindoormarket.co.uk/coronavirus-covid-19-update/>

Co-op care line 03300417784 (they are taking on more volunteers to extend this service to cover a wider area)

https://www.youtube.com/watch?v=7qG1cl67nGc&feature=share&fbclid=IwAR1L56hj6DyzqplMqsm7Tos4wVxNAvk8tnEo8ZXIQPZRDbCU4qhSD_HWZZw

Morrisons <https://www.morrisons.com/food-boxes/boxes> Can order by phone for people unused to using internet

Iceland <https://www.iceland.co.uk/>



Aldi food parcel online (£24.99). For vulnerable customers, limited to one per week. <https://www.aldi.co.uk/aldi-food-parcel/p/000000384200100>