





Coronavirus

Isolate your household Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough - even if it's mild.

-  Everyone in your household must stay at home for 14 days and keep away from others.
-  DO NOT go to your GP, hospital or pharmacy
-  Go to NHS.UK to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
-  Protect older people and those with existing health conditions by avoiding contact.

Find our how to isolate your household at nhs.uk/coronavirus

CORONAVIRUS
PROTECT
YOURSELF
OTHERS &
THE NHS



**NEWTOWN
LOCAL DIRECTORY**
newtownnetwork.org.uk

USEFUL INFORMATION

I AM WORRIED / LONELY WHO CAN I TALK TO?

Over 50s – Phone Powys Befrienders	01597 822191
Community Advice & Listening Line	0800 132737
Montgomery Family Crisis	01686 629114

Spiritual guidance:

All Saints Church – Rev Nia	07833 302312
Salvation Army – Sam Jones	01686 610340

MY FRIENDS / FAMILY CAN'T COLLECT MY PRESCRIPTIONS

Phone Powys Community Connectors	01597 828649
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I AM ON MY OWN AND WORRIED ABOUT MY HEALTH

NHS 111	dial 111
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I NEED A COOKED MEAL / SHOPPING

See Services Directory

SERVICES DIRECTORY

TAKEAWAYS / MEAL DELIVERIES

Express Cafe	01686 622229
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Home delivery available.
Free home delivery meals available to vulnerable.

Pizza Parlour	01686 625777
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Starting home deliveries on April 7th.

Community Cafe	07966 211396
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Free home delivery meal for the those in need on Wednesdays.

The Kerry Lamb	01686 670226
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Home delivery and takeaways.

Pub food Sunday, Monday Thursday and Friday 4pm until 9pm

Roasts Sunday Lunchtime and Wednesday evening.

www.thekerrylambpowys.co.uk

OTHER SERVICES

Post Office

Revised opening hours 9am – 3pm.

Bike to the Future	07720 218499
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Open for bike repairs and sale of second hire bikes. www.bikettf.org

OTHER SHOPS

Superdrug	01686 626850
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Open 10am to 4pm Monday to Saturday.

MILK DELIVERIES

Pete – Milkman	01686 622086
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Home Delivery of milk, eggs & orange juice.

SERVICES DIRECTORY

BUTCHERS

Peter Jacks Butcher 01686 625548

Free deliveries of meat. Orders & payments accepted over the phone.

IC Quality Meats - Ladywell 01686 627346

Normal hours 9am to 5pm Mon-Sat.

Meat pack available - 25% discount for key workers.

Jones Butchers 01686 625507

Home delivery 01686 625507

PHARMACIES

Lloyds 01686 626722

Open 10 to 12:30 open again 13:30 to 7pm. Practicing two people at a time in the pharmacy, social distancing.

When collecting prescriptions for other, provide full name, address, date of birth and id of collector. If controlled drug then phone verification may be required.

Morrisons 01686 628764

Open 9am to 7pm. Saturday 9am to 6pm. Sunday 10am to 4pm.

Social distancing in place.

When collecting prescriptions for other, provide full name, address, date of birth and id of collector. If controlled drug then phone verification may be required.

Boots

Mon to Sat 9:30am – 12:00pm open again 2:00pm – 4:30pm

Closed Sunday.

USEFUL INFORMATION

I AM ALREADY REGISTERED FOR THE FOOD BANK

Foodbank referrals through usual referring agencies 01686 610340

PONTHAFREN / MENTAL HEALTH SUPPORT

Phone 10am until 4.30pm 01686 621586
www.ponthafren.org.uk/i-need-help
<https://nhswales.silvercloudhealth.com/signup/>

I NEED HELP WITH SOMETHING NOT LISTED HERE

Phone Powys Community Connectors 01597 828649
Facebook Messenger: m.me/NewtownNetworkHelp

I NEED HELP TO PAY MY COUNCIL TAX

Call Powys County Council 01597 826345

SERVICES DIRECTORY

SUPERMARKETS

Tesco

Opening times 7am to 10pm. Sunday 10am to 4pm. Vulnerable and elderly shopping Monday, Wednesday and Friday 9am to 10am. NHS workers Sunday 9am to 10am

One person enters the store at a time unless with care support. On-line deliveries taking up to three weeks.

Morrisons 01686 623440

Starting home deliveries on April 7th.

Lidl 0800 9777766

Normal service. Opening times 8am to 10pm.

Spar 01686 626152

Opening times 7am to 11pm. 7am to 10pm on Sunday.
Currently running a home delivery service for the vulnerable within walking distance.

Iceland 01686 628946

Open 9am to 6pm. Sunday 10 to 4pm. Up to 16 on line home deliveries available. In shop deliveries are still available with most days having slots available.
NHS staff 5pm to 6pm ID required.

SERVICES DIRECTORY

FOOD SHOPS

Cultivate 01686 610491

Home delivery service available. website: www.cultivate.uk.com

ABC Polish Shop 07955 156110

Open 8am to 7.30pm.

Costcutter (Bradleys) 01686 624882

Open 6am to 10:30pm.
Social distancing in place.

Pantry Stores - Trehafren 01686 625839

Reduced hours 8am to 6pm Mon to Sat, Sun 10am to 6pm.
Home Delivery to Trehafren estate only.

Canal Road Shop 01686 628811

Opening times: 9am to 2pm then 4pm to 8pm.

Garth Owen Shop 01686 622270

Slightly reduced opening hours.

Vaynor Stores 01686 628141

New opening hours 8am to 6pm 7 days a week.
Home delivery on request.

Stan's General Stores Bryn Street 01686 627878

Slightly reduced opening hours.

Maes y Dail Stores 01686 627725

Normal hours Mon – Fri 7am to 9pm, Sat and Sun 8am to 9pm.

Rutters Food and Veg 01686 610078

Normal hours.