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# Food Boxes will be stopping on 16 August

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This is because you do not need to shield from this date.

The Chief Medical Officer (CMO) for Wales will send you a letter about this before 16 August.

Your last food box delivery will take place in the week ending 16 August, depending on your usual delivery day.

**There will be no more deliveries after this date.**

**We are letting you know now so that you have time to make other plans to get food and supplies. These could include:**



### **Asking family, friends, neighbours**

Ask family or friends to help you with shopping.



### **Booking priority supermarket delivery slots**

You can book priority supermarket deliveries or ask local shops to deliver food and supplies directly to your door.

To get a priority supermarket delivery you need to register for online shopping. You must use the same name and address that's on your CMO letter when you register.



### **Ordering a supermarket food box**

Some supermarkets sell food boxes with essential items in and will deliver them to you. Contact your local supermarket to find out if they have a food box scheme.



### **Getting help from local voluntary groups or community groups**

If you already have support from a voluntary group or community group this will continue and they may be able to do more for you.



### **Getting help through your local council**

If you do not have help or someone to check on you, contact your local council for support.



# Local council contact details

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## **Blaenau Gwent County Borough Council**

Tel No: 01495 311556

Website: [www.blaenau-gwent.gov.uk](http://www.blaenau-gwent.gov.uk)

## **Bridgend County Borough Council**

Tel No: 01656 643643

Website: [www.bridgend.gov.uk](http://www.bridgend.gov.uk)

## **Caerphilly County Borough Council**

Tel No: 01443 815588

Website: [www.caerphilly.gov.uk](http://www.caerphilly.gov.uk)

## **Carmarthenshire County Council**

Tel No: 01267 234567

Website: [www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk)

## **Ceredigion County Council**

Tel No: 01545 570881

Website: [www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

## **City & County of Swansea**

Tel No: 01792 636363

Website: [www.swansea.gov.uk](http://www.swansea.gov.uk)

## **City of Cardiff Council**

Tel No: 02920 871 071

Website: [www.cardiff.gov.uk](http://www.cardiff.gov.uk)

## **Conwy County Borough Council**

Tel No: 01492 574000

Website: [www.conwy.gov.uk](http://www.conwy.gov.uk)

## **Denbighshire County Council**

Tel No: 01824 706000

Website: [www.denbighshire.gov.uk](http://www.denbighshire.gov.uk)

Out of Hours Tel No: 0300 123 30 68

## **Flintshire County Council**

Tel No: 01352 752121

Website: [www.flintshire.gov.uk](http://www.flintshire.gov.uk)

## **Gwynedd Council**

Tel No: 01766 771000

Website: [www.gwynedd.gov.uk](http://www.gwynedd.gov.uk)

## **Isle of Anglesey Council**

Tel No: 01248 750057

Website: [www.anglesey.gov.uk](http://www.anglesey.gov.uk)

## **Merthyr Tydfil Council**

Tel No: 01685 725000

Website: [www.merthyr.gov.uk](http://www.merthyr.gov.uk)

## **Monmouthshire Council**

Tel No: 01633 644644

Website: [www.monmouthshire.gov.uk](http://www.monmouthshire.gov.uk)

## **Neath Port Talbot Council**

Tel No: 01639 686868

Website: [www.npt.gov.uk](http://www.npt.gov.uk)

## **Newport City Council**

Tel No: 01633 656656

Website: [www.newport.gov.uk](http://www.newport.gov.uk)

## **Pembrokeshire County Council**

Tel No: 01437 764551

Website: [www.pembrokeshire.gov.uk](http://www.pembrokeshire.gov.uk)

## **Powys County Council**

Tel No: 01597 827460

Website: [www.powys.gov.uk](http://www.powys.gov.uk)

## **Rhondda Cynon Taf County Borough Council**

Tel No: 01443 425020

Website: [www.rhondda-cynon- Taf.gov.uk](http://www.rhondda-cynon- Taf.gov.uk)

## **Torfaen County Borough Council**

Tel No: 01495 762200

Website: [www.torfaen.gov.uk](http://www.torfaen.gov.uk)

## **Vale of Glamorgan Council**

Tel No: 01446 700111

Website: [www.valeofglamorgan.gov.uk](http://www.valeofglamorgan.gov.uk)

## **Wrexham County Borough Council**

Tel No: 01978 292000

Website: [www.wrexham.gov.uk](http://www.wrexham.gov.uk)