




Jane Hutt MS

Member of the Senedd for the Vale of Glamorgan

 National Assembly for Wales
Cynulliad Cenedlaethol Cymru

Welsh Labour  Llafur Cymru

USEFUL CONTACT DETAILS

HEALTH INFORMATION

Public Health Wales:

Detailed advice is also available from Public Health Wales <https://phw.nhs.wales/>.

NHS Wales:

The NHS online symptom checker is available at: <https://www.nhsdirect.wales.nhs.uk/SelfAssessments/symptomcheckers/?ScName=CoronaVirusCOVID19&SCTId=175>

Welsh Government

<https://gov.wales/coronavirus>

COMMUNITY SUPPORT

Vale Council:

Teams of council officers are identifying and planning support for our most vulnerable, working out how to keep essential services running if 20% of our workforce is away from work, how to support local businesses and how to make sure children who rely upon free school meals for their main meal each day are fed if schools close. They also need to care for their employees as they too may have families or caring responsibilities.

https://www.valeofglamorgan.gov.uk/en/our_council/press_and_communications/latest_news/2020/March/Coronavirus-Updates-2020.aspx

Vale foodbank:

Please contact info@vale.foodbank.org.uk or visit <https://vale.foodbank.org.uk/>. You can also follow the Vale Foodbank on Twitter and Facebook.

Age Connects Cardiff and the Vale:

Community Support Line - 02920 683600

Local office phone number - 01446 747653

Domestic Violence:

Live Fear Free - 0808 801 0800

Atal Y Fro – 01446 744755

ADVICE SERVICES

Citizens Advice:

Telephone:

Contact Advicelink Cymru service on **0344 477 2020**. Advisers are available 9am – 5pm, Monday – Friday.

Universal Credit:

For help to make a Universal Credit claim, contact our free national Help To Claim phone service on **0800 024 1220**. Advisers are available 8am – 6pm, Monday – Friday.

Consumer Advice:

Contact the Citizens Advice Consumer Helpline on **0345 404 0506**

To speak with an adviser in Welsh, call **0345 404 0505**

Advisers are available 9am – 5pm, Monday – Friday

Online:

For online help, to include access to email and webchat services, please visit our website at www.adviceguide.org.uk

Citizens Advice Cymru: provide a wide range of advice about benefit rights and debt management etc <https://www.citizensadvice.org.uk/wales/benefits/>.

UK Government Universal Credit advice: www.understandinguniversalcredit.gov.uk/coronavirus

Shelter Cymru

<https://sheltercymru.org.uk/news/>

0800 495 495

Travel advice:

Transport for Wales Coronavirus travel advice <https://tfwrail.wales/covid-19>

Foreign Office travel advice: <https://www.gov.uk/foreign-travel-advice>

Advice for people who have booked tickets to travel abroad: <https://www.abta.com/news/coronavirus-outbreak>

Utilities:

Gas Leak - 0800 11 999

Power Cut - 0800 678 3105

Dwr Cymru - 0800 085 3968

BUSINESSES AND EMPLOYMENT**Business Wales:**

www.businesswales.gov.wales

HM Revenue and Customs (HMRC) has a dedicated helpline for businesses concerned about being able to pay tax due to COVID-19: 0800 0159 559.

Acas provides workplace advice for employers and employees. It has a page on Coronavirus that is being updated daily <https://www.acas.org.uk/coronavirus> and provides a helpline: 0300 123 1100.

Wales TUC – the Wales TUC are supporting their members as are individual unions <https://www.tuc.org.uk/covid-19-coronavirus-wales>

VOLUNTEERING

Glamorgan Voluntary Services:

<https://www.gvs.wales/contact-us>

01446 741706

enquiries@gvs.wales

WCVA:

<https://wcva.cymru/#>

MENTAL HEALTH AND WELL-BEING

Mind:

Advice on mental health and Coronavirus

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Mind in the Vale – 01446 730792 or admin@mindinthevale.org.uk

Samaritans: 116 123

BBC tips on looking after your mental health: <https://www.bbc.co.uk/news/health-51873799>



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