

## Adnoddau Cymunedol

Mae gwaith wedi cael ei gynnal gan Swyddogion Cyngor Sir Ddinbych gyda mewnbwn gan Gynghorwyr Sir a Chynghorau Dinas, Tref a Chymuned i ddod ynghyd a mapio'r adnoddau sydd ar gael yn ystod y sefyllfa Covid-19 ar draws Sir Ddinbych.

Mae'r Pecyn Adnodd Cymunedol yn cynnwys gwybodaeth am fusnesau a grwpiau newydd lleol ar draws Sir Ddinbych sy'n cynnig cymorth, gan gynnwys gwybodaeth am wasanaethau danfon bwyd, gwasanaethau siopa bwyd a gwasanaethau cynnal. Mae hefyd yn cynnwys dolenni i nifer o asiantaethau cymorth a rhwydweithiau sy'n gweithredu'n lleol, yn rhanbarthol ac yn genedlaethol.

### **Os na allwch chi ddod o hyd i'r gefnogaeth sydd ei hangen arnoch yn y Pecyn Adnoddau Cymunedol hwn, cysylltwch â'r tîm Un Pwynt Mynediad ar: 0300 456 1000**

- Gall Un Pwynt Mynediad gynnig gwybodaeth ac arweiniad pellach ynghylch y gefnogaeth a'r gwasanaethau sydd ar gael ar draws Sir Ddinbych.
- Gallant eich cyfeirio chi at ein tîm Llywiwr Cymunedol, sy'n gallu eich cysylltu â chefnogaeth sydd ar gael yn eich cymuned leol.  
  
Fel arall, os byddech chi'n elwa o gael sgwrs reolaidd gyda 'llais cyfeillgar', gallai Un Pwynt Mynediad eich cofrestru ar gyfer gwasanaeth cyfeillgarwch dros y ffôn CSDD.
- Gall Un Pwynt Mynediad hefyd eich cynghori ar y gefnogaeth sydd ar gael i'ch helpu i gynnal eich annibyniaeth os oes gennych anghenion gofal personol. Mae cefnogaeth a chynghori hefyd ar gael ar gyfer gofalwyr.

### **Gwefannau defnyddiol eraill:**

Mae Adnoddau Iechyd a Lles Coronafeirws CSDD ar gael [yma](https://www.denbighshire.gov.uk/cy/preswylwr/cymunedau-a-byw/coronavirus/iechyd-a-lles/iechyd-a-lles-yn-ystod-y-pandemig-coronafeirws.aspx)  
<https://www.denbighshire.gov.uk/cy/preswylwr/cymunedau-a-byw/coronavirus/iechyd-a-lles/iechyd-a-lles-yn-ystod-y-pandemig-coronafeirws.aspx>

I gael adnoddau Iechyd a Lles ar gyfer Cymru gyfan, ewch i wefan DEWIS [yma](http://www.dewis.cymru)  
[www.dewis.cymru](http://www.dewis.cymru)

Edrychwch ar y wybodaeth ddiweddaraf gan Iechyd Cyhoeddus Cymru ar y coronafeirws [yma](https://icc.gig.cymru/pynciau/coronafeirws/) <https://icc.gig.cymru/pynciau/coronafeirws/>

Gallwch weld Diweddariad Dyddiol Betsi Cadwaladr ar-lein [yma](https://covid19-phwstatement.nhs.wales/)  
<https://covid19-phwstatement.nhs.wales/>

Mae gwasanaeth 'Dod o hyd i help os yw'r coronafeirws wedi effeithio arnoch' Llywodraeth Cymru ar gael [yma](https://llyw.cymru/dod-o-hyd-i-help-os-ywr-coronafeirws-wedi-effeithio-arnoch) <https://llyw.cymru/dod-o-hyd-i-help-os-ywr-coronafeirws-wedi-effeithio-arnoch>

# Tudalen Gynnwys

## Yn ôl Ardal

[Dyffryn Dyfrdwy](#)

[Dinbych](#)

[Elwy](#)

[Y Rhyl](#)

[Rhuthun](#)

[Prestatyn & Gallt Melyd](#)

[Cefnogaeth ar draws y Sir](#)

[Manylion Darparwyr Cymorth â Dolenni Allanol](#)

## Gwasanaethau Cyflenwi Bwyd a Phrydau

[Llaeth](#)

[Siopau Bwyd Cenedlaethol](#)

[Darparwyr Prydau Lleol](#)

[Darparwyr Bwyd Lleol](#)

[Banciau Bwyd Sir Ddinbych](#)

Ardal Gymunedol – Dyffryn Dyfrdwy	Math o Wasanaeth / Cymorth a Gynigir	Sefydliad	Unigolyn Cyswilt	Manylion Cyswilt	Ffynhonnell Wybodaeth
Corwen, Cynwyd, Gwyddelwern, Betws GG, Melin-Y-Wig, Bryneglwys (and wider community)	<b>SDCP – Canolfan Ni (Edeyrnion Area – Corwen, Llangollen, Carrog, Glyndyfrdwy, Bryneglwys, Gwyddelwern, Cynwyd, Llandrillo, Betws Gwerful Goch &amp; Melin Y Wig)</b> South Denbighshire community Partnership(SDCP) locally known as Canolfan Ni are offering the following services in all of the above areas for those shielding, self-isolating or in need of community support. Services available are: Telephone Helpline, Meals on Wheels Deliveries, Prescription deliveries, Essential shopping once per week, Food Bank, Community Gift Food Hampers, Telephone Buddy service, Citizens Advice Referrals. People are encouraged to register if in need of support by telephoning 01490266004 between 10am-3pm Monday to Friday including bank holidays. Email: office@sdcp.org Facebook: <a href="https://www.facebook.com/sdcppartnership">https://www.facebook.com/sdcppartnership</a> & <a href="https://www.facebook.com/SouthDenbighshireCommunityPartnership/">https://www.facebook.com/SouthDenbighshireCommunityPartnership/</a> <b>Yn dilyn y llywodraeth yn cyhoeddi ar Dydd Mawrth y bydd Sir Ddinbych yn cael ei rhoi mewn cloi lleol o 6pm heno 02/10/2020.</b> Rydym yn gwybod y gallai llawer ohonoch yn ein cymuned fod yn bryderus ac yn ofnus, felly roeddem am dawelu meddyliau ein holl ddefnyddwyr cofrestredig cyfredol a'r gymuned ehangach bod PGDSD / Canolfan Ni Corwen yn dal yma i'ch cefnogi fel y gwnaethom trwy gydol y cyfnod cloi llawn. I'r rhai ohonoch sydd wedi cofrestru gyda ni yn barod yna ffoniwch ni ar 01490 266004 os oes gennych unrhyw bryderon ynghylch cael hanfodion siopa, presgripsiynau, cyrraedd apwyntiadau meddygol ac ati. Os nad ydych wedi cofrestru gyda ni neu os ydych chi'n gwybod am unrhyw un a allai fod angen cymorth, yna cysylltwch â ni ar 01490 266004 ac bydd un o'n tîm cyfeillgar yn hapus i helpu i gofrestru'ch manylion a rhoi gwybod i chi pa wasanaethau y gallwn eu cynnig i chi a sut mae ein gwasanaethau'n cael eu darparu. Byddwn yn parhau i fod yma i helpu i ofalu a chefnogi ein cymuned trwy'r amseroedd pryderus hyn. <b>Gwasanaeth Pryd ar Glud Dyffryn Dyfrdwy</b> a weithredir gan Bartneriaeth Gymunedol De Sir Ddinbych (Canolfan Ni Corwen) ar gael o Dydd Llun i Ddydd Gwener ac eithrio Gwyliau Banc yn danfon prydau maethlon poeth i'ch drws. Prif Bryd a Phwddin £ 6.50 wedi'i ddanfôn ynghyd â'r opsiwn o gawl a brechdan am gost ychwanegol. <b>Yn darparu yn ardal Edeyrnion a gwasanaeth estynedig yn ardal Llangollen yn dechrau Gorffennaf 1af 2020.</b> Am ragor o wybodaeth, bwydlenni enghreifftiol ac i gofrestru, ffoniwch Canolfan Ni ar 01490 266004				
	Postal or doorstep deliveries: Gifts; jewellery; soap / bath products; clothing	Pethau Tlws	Lynne Davies and Pam	07816 629030 07779 842541	<a href="https://www.facebook.com/Pethau-Tlws-515975681803566/">https://www.facebook.com/Pethau-Tlws-515975681803566/</a>
	Takeaway meals (collection only)	Old Wives' Tales	Michelle and Rui	07413 965625 (call early to place orders)	<a href="https://www.facebook.com/oldwivestalescorwen/">https://www.facebook.com/oldwivestalescorwen/</a>
	Hardware deliveries: Coal, kindling, paint, DIY materials.	Corwen DIY		01490 413462	<a href="https://www.facebook.com/diyandbargainstore/">https://www.facebook.com/diyandbargainstore/</a>
	Takeaway drinks and meals	The Goat, Maerdy	Teleri Hitchmough	01490 460536 07957 734750	<a href="https://www.facebook.com/thegoatinmaerdy/">https://www.facebook.com/thegoatinmaerdy/</a>
	Shopping delivery	Corwen Post Office	-	01490 412426	<a href="https://www.facebook.com/pages/Corwen-Sub-Post-Office/137417966966235">https://www.facebook.com/pages/Corwen-Sub-Post-Office/137417966966235</a>
	Meal delivery	Dial A Meal	-	07488 346097	<a href="https://www.facebook.com/Dial-A-Meal-1101009056758034">https://www.facebook.com/Dial-A-Meal-1101009056758034</a>
	Groceries, fresh baked bread, takeaway meals and drive thru	Rhug Estate Farm Shop	-	01490 411100 ext 1	<a href="https://www.facebook.com/rhugestate/">https://www.facebook.com/rhugestate/</a>
	Dog grooming and walking	Lauren's Pet Services	Lauren Davenport	07788 247455	<a href="https://www.facebook.com/laurensdogwalkingcorwen/">https://www.facebook.com/laurensdogwalkingcorwen/</a>
	Dog grooming and walking	Gina's Canine Care	Gina Aucott	07340 410763	<a href="https://www.facebook.com/ginaspooches/">https://www.facebook.com/ginaspooches/</a>
	Fire wood delivered	Oror Estate Firewood	Neil	07527 697732	<a href="https://www.facebook.com/Oror-Estate-Firewood-100793968233751">https://www.facebook.com/Oror-Estate-Firewood-100793968233751</a>
	Meal delivery - only doing delivery no pick up	Corwen Kebab, Pizza and Burger House		01490 412221	
	Kindling delivered	Bala Kindling	Dale	07787 897438 01678 530269	<a href="https://www.facebook.com/profile.php?id=100008611502660">https://www.facebook.com/profile.php?id=100008611502660</a>
	Llandrillo	Delivery and takeaway meals and drinks	The Bryntirion Inn	-	01678 530205
Takeaway pizzas Fridays and Saturdays, 5-8pm.		Dudley Arms		01490 440223	<a href="https://www.facebook.com/dudleyarmswales/">https://www.facebook.com/dudleyarmswales/</a>
FREE HOME DELIVERY SERVICE for our vulnerable or self-isolation customer will run as follows: Orders can be telephoned in up to 10am on the day of delivery- as set out below. We can supply fresh meats, cooked meats, milk, cheese, eggs and a limited selection of basic vegetables. We are also able to offer fresh Henllan Bread for pre orders (BREAD please order before 11am the day BEFORE delivery). Payment can be made over the phone with cards, bacs transfers or arrangements for cash ,please specify your payment method when ordering so we can arrange call backs when orders are cut and ready for delivery. . Orders will be delivered and can be left in safe places or doorsteps so no direct contact need happen. AREA DELIVERY: Monday- LLanfor, Llandderfel & Llandrillo		TJ Roberts & Sons		01678 520471	<a href="https://www.facebook.com/TJRobertsButchers">https://www.facebook.com/TJRobertsButchers</a>

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Glyndyfrdwy	Takeaway from 28.03.20	Berwyn	-	01490 440550	<a href="https://www.facebook.com/berwynrestaurant/">https://www.facebook.com/berwynrestaurant/</a>
Corwen	Are delivering to the elderly and vulnerable. They also have a delicatessen shop- which they also sell cheese, milk ,fruit and vegetables.They also sell frozen food .	G.R.Evans & co , butchers		01490 412144	<a href="https://www.facebook.com/grevanscorwen/">https://www.facebook.com/grevanscorwen/</a>
Carrog	Community Shop - Opening times 10am – 12pm daily Payment by card or correct cash please. Use side door entrance; 1-in 1-out rule please. In light of the lockdown we have decided to move away from takeaways and offer much needed basic items of food and toiletries. We are dependent on wholesale deliveries which can vary depending on their stock levels. We thank you in advance for your community spirit and patience	The Grouse Inn	-	01490430272	<a href="https://www.facebook.com/thegrouseinncarrog/">https://www.facebook.com/thegrouseinncarrog/</a>
Bryneglwys	Groceries delivery & takeaway (working with the Crown in Llandegla) Orders need to be placed with the shop.	Bryneglwys Village Shop	-	01490450246	<a href="https://www.facebook.com/bryneglwysvillageshop/">https://www.facebook.com/bryneglwysvillageshop/</a>
Glyndyfrdwy	Toilet rolls and reading material (kept in phonebox)	Glyndyfrdwy Village Hall	Lisa Heledd Jones		<a href="https://www.facebook.com/groups/glyndyfrdwy/">https://www.facebook.com/groups/glyndyfrdwy/</a>
Llangollen	Support Group of local people with volunteers to assist our elderly neighbours in the town. Assistance with collecting medication, food items, newspapers, walking dogs and anything else required if unable to leave home. When contacting the support line, you will be asked for name, address, contact number and whether or not you have access to internet. Log created for all calls to ensure everyone has the offer of support they require	Llangollen Coronavirus Help Group	Mike	Support Line number 01978 861366 (Wingetts) 9am – 5pm plus Mobile phone: 0737 537 4914 5pm – 8pm	<a href="https://www.facebook.com/groups/2605345223029039/">https://www.facebook.com/groups/2605345223029039/</a>
	Church / Llangollen Group of Anglican Churches	St Collen's Church / Llangollen Group of Anglican Churches	Father Lee Taylor	<a href="mailto:frleetaylor@hotmail.co.uk">frleetaylor@hotmail.co.uk</a>	<a href="http://www.stcollenschurch.org.uk">www.stcollenschurch.org.uk</a>
	Food distribution – open every Mon, Wed, Fri & Sunday from 2pm – 2:30 at Pengwern Community Centre/ contact by phone or Facebook message	Llangollen Foodshare		07710 789854	<a href="https://www.facebook.com/llanfoodshare/">https://www.facebook.com/llanfoodshare/</a>
	Laundry Services – Service wash Monday, Wednesday & Friday 9am – 5pm. Offering to collect, launder and return. <b>Free wash for all Key Workers</b>	Blue Bay Launderette	Jane and Sarah	01978 869227	<a href="https://www.facebook.com/Bluebaylaunderette/">https://www.facebook.com/Bluebaylaunderette/</a>
	Delivery cheese, rice, lentils, gluten free pasta (minimum order £10)	Porter's Delicatessen		01978 862990	<a href="https://www.facebook.com/PortersDelicatessen/">https://www.facebook.com/PortersDelicatessen/</a>
	Pharmacy / Prescriptions. Request via Llangollen Noticeboard before 11am each week day	Llangollen Rotary			<a href="https://www.facebook.com/RotaryClubofLlangollen/">https://www.facebook.com/RotaryClubofLlangollen/</a>
	Butchers 7:30 – 3pm to order and Pay. Fresh and cold meats. Delivery offered. Will deliver at the same time as Dee Valley produce if ordered from as well.	Gwyn's Butchers	Gwyn	01978 860075	
	New opening times 7am – 9pm, Home delivery available Please call store. Call before 1pm for same day delivery, operational 7 days a week. Card payments accepted	Llangollen Spar		01978 860275	
	To order call store , payments via contactless but will take cash	Zingiber Wholefood		01978 862676	<a href="mailto:Zingiber_orders@btinternet.com">Zingiber_orders@btinternet.com</a>
	Traditional & Retro Sweets, gift boxes, movie nights. All delivered	What a Sweet Shop		07933 136673	<a href="https://www.facebook.com/whatasweetshop/">https://www.facebook.com/whatasweetshop/</a>
	Traditional DIY Store also supplying coal, logs and aggregate. Order and pay over the phone, home delivery available	Watkins and Williams		01978860652	
	To order call shop, payment made over the phone or cheques accepted. Delivery 7 days a week. Newspapers for delivery	Castle St Newsagents	Verity Maybury	07500 103945	
	Dog walking service, should you need assistance or pet supplies please call Pip	Dog Walking	Pip	07968 816638	<a href="mailto:Pipsie108@gmail.com">Pipsie108@gmail.com</a>
Llandegla	Facebook page for Llandegla C sharing information with the parish: Community Individuals offering to get groceries, prescriptions etc. for those self-isolating or vulnerable.	Llandegla Community			<a href="https://www.facebook.com/LlandeglaC-771935476200526/">https://www.facebook.com/LlandeglaC-771935476200526/</a>
Llandegla	Crown Hotel personnel offering support as above as well as takeaway meals, particularly for elderly.	Crown Hotel, Llandegla			<a href="https://www.facebook.com/CrownLlandegla/">https://www.facebook.com/CrownLlandegla/</a>

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Llandegla	Llandegla virtual church.	Church			<a href="https://www.facebook.com/LlandeglaC-771935476200526/">https://www.facebook.com/LlandeglaC-771935476200526/</a>
Llandegla	Community Shop making deliveries free of charge and offering to collect prescriptions / medications.	Community Shop		(01978 790604)	<a href="https://www.facebook.com/llandeglacommunityshop/">https://www.facebook.com/llandeglacommunityshop/</a>
Llandegla	Clear advice regarding potential scams during the period.				<a href="https://www.facebook.com/LlandeglaC-771935476200526/">https://www.facebook.com/LlandeglaC-771935476200526/</a>
Pentredwr	putting together a list of contacts of people who are willing to help with basic tasks for people who are self-isolating in the community. If anyone is in need we can put them in contact with a volunteer! Please comment or send a private message if you are in a position to help.	Pentredwr and District Community Association			<a href="https://www.facebook.com/pentredwrDCA/">https://www.facebook.com/pentredwrDCA/</a>
Llangollen	Order by telephone	Llangollen Kebab & Pizza Palace		01978 860150	<a href="https://www.facebook.com/llangollenkebabpizza">https://www.facebook.com/llangollenkebabpizza</a>
	Order by telephone	Dee Pizza & Kebab House			<a href="https://www.facebook.com/Dee-Pizza-Kebab-House-788458304660978/">https://www.facebook.com/Dee-Pizza-Kebab-House-788458304660978/</a>
	Order by phone, email, Facebook message. Menu available online via Google and Facebook. Free delivery within 2 mile radius	Adyan's Tandoori Takeaway		01978 860610 adyanllangollen@gmail.com	<a href="https://www.facebook.com/adyanllangollen/">https://www.facebook.com/adyanllangollen/</a>
	Open Friday & Saturdays for collection only. 4pm – 8:30pm	Kelly's Chippy		07514284790 or 07903325220	<a href="https://www.facebook.com/kellys.chippy.3">https://www.facebook.com/kellys.chippy.3</a>
	Collect or free delivery in town for vulnerable or self-isolating Payment via card or Paypal	Pretty Vintage afternoon tea		01978 512463	<a href="https://www.facebook.com/Prettyvintagellangollen/">https://www.facebook.com/Prettyvintagellangollen/</a>
	5pm until 10pm every day. Order taken over phone. Card payment only. Free delivery within 5 miles. Minimum order £10 over 5 miles £30	Fouzi's Delivery & Takeaway		01978 861399	<a href="https://www.facebook.com/fouziscafe/">https://www.facebook.com/fouziscafe/</a>
	Breakfast box to Sunday roasts, Friday – Sunday call to order, free delivery	Stabling@ The Bull		01978 862701	<a href="https://www.facebook.com/bullinnllan/">https://www.facebook.com/bullinnllan/</a>
	Order online or call. Order before 2pm for same day delivery. Takeaway Service Wednesday – Saturday evenings	Gales Wine Bar Delivery Service		01978 860089	<a href="http://www.gales.wine">www.gales.wine</a>
	To order call or via Facebook. Minimum order 6 mixed bottles Free delivery within a 5 mile radius	Occasions Wine & Chocolate		07734 914286	<a href="https://www.facebook.com/OccasionsLlangollen/">https://www.facebook.com/OccasionsLlangollen/</a>
Hot Meal delivery to Llangollen	Dragon Dinners		07904 045216	<a href="https://www.dragondinners.co.uk/">https://www.dragondinners.co.uk/</a>	
Llangollen, Corwen, Bryneglwys & Llandrillo	Home deliveries of groceries. Can delivery staples to include milk, eggs, bread, cheeses, all dairy fruit, jams and chutneys and veg etc. £10 min spend. Llangollen area – Mon – Sat daily, Llandrillo – Fridays Corwen - Monday – Saturdays, Bryneglwys (to the village shop) Fridays Ruthin (may be able to provide a service - call for further information)	Dee Valley Produce		01978 861805	<a href="https://www.facebook.com/Dee-Valley-Produce-14540629226611/">https://www.facebook.com/Dee-Valley-Produce-14540629226611/</a>
	Welsh home-schooling advice	Home Educating Ideas and Support	Eleri Vaughan Roberts	Facebook group	<a href="https://www.facebook.com/Cymraeg-Cymorth-i-Addysgu-yn-y-Cartref-Home-educating-Ideas-and-Support-107654340867354/">https://www.facebook.com/Cymraeg-Cymorth-i-Addysgu-yn-y-Cartref-Home-educating-Ideas-and-Support-107654340867354/</a>

#### Grŵp Cymorth Coronafeirws Llangollen

Grŵp i drefnu cymorth a chefnogaeth i breswylwyr y gymuned leol yn ystod argyfwng Covid19 - <https://www.facebook.com/groups/2605345223029039/>

As we move into another, hopefully temporary, lockdown and in preparation for what could be some difficult months ahead the Llangollen Coronavirus Help Group plans to resume its work and set up a new network of support in Llangollen for those who need help, are isolated, or are vulnerable during these difficult times.

We hope to provide regular contact and support with shopping.

If you need support or know of anyone who you think we could help please contact:

Austin Cheminais (Chem) - 07813 761766 - [chemshouts@gmail.com](mailto:chemshouts@gmail.com), John Palmer - 07515 051696 - [palmerjc28@gmail.com](mailto:palmerjc28@gmail.com)

If you need help collecting prescriptions contact: Sheena Grindley - 07592 018533

## Ardal Dinbych

Ardal Gymunedol – Dinbych	Math o Wasanaeth / Cymorth a Gynigir	Sefydliad	Unigolyn Cyswilt	Manylion Cyswilt	Ffynhonnell Wybodaeth
Denbigh	Groceries delivery service	Siop y Parc (Myddleton Park)		01745 818740	Facebook: @siopyparc
	Food delivery and takeaway service (Tuesday, Thursday and Saturday)	Denbigh Golf Club			<a href="https://www.facebook.com/Denbigh-Golf-Club-ClubHouse-551621208322539/">https://www.facebook.com/Denbigh-Golf-Club-ClubHouse-551621208322539/</a>
	Meals delivery service offered. Meals are freshly prepared and delivered in containers which may either be re-heated in the microwave or frozen for a later date	Y Granar		01745 813313 / 07849 786163	<a href="https://www.facebook.com/Y-Granar-1471022866529045/">https://www.facebook.com/Y-Granar-1471022866529045/</a>
	Voucher holders (37 in total) can refer their clients who are in short term financial crisis to the food bank. Clients should not just turn up at the food bank as they need to have a voucher from an agency who knows their situation. In addition to food we can also supply on request: toiletries, pet food and period products. We do not offer a shopping service. However we will consider delivering food parcels to voucher holders only who are home isolating.	Trussell Trust Food Bank		<a href="mailto:info@valeofclwyd.foodbank.org.uk">info@valeofclwyd.foodbank.org.uk</a>	<a href="https://valeofclwyd.foodbank.org.uk/">https://valeofclwyd.foodbank.org.uk/</a>
	The CAB have moved from paper food vouchers to digital ones so that they do not need to do face to face meetings to provide vouchers.	CAB Denbigh			<a href="https://www.facebook.com/CADenbighshire/">https://www.facebook.com/CADenbighshire/</a>
	Assistance to those self-isolating, offering help with: picking up the shopping, posting mail, a friendly phone call, urgent supplies. (delivered over 2000 leaflets so far each with a volunteer name and contact number – leaflets funded by The Freeman Evans Trust) Also covering TREFNANT + The Green , NANTGLYN , LLANDYRNOG , PENIEL ,LLANRHAADR , BODFARI	Denbigh Forget Me Not Project	Leah Roberts	07551 394488	<a href="https://www.facebook.com/Denbigh-Forget-Me-Not-Volunteers-Team-104200317882205">https://www.facebook.com/Denbigh-Forget-Me-Not-Volunteers-Team-104200317882205</a>
	Order and collect or delivery to the vulnerable. Offering meal collection or local delivery from Wednesday to Sunday. Please call to place order before 12.30pm for evening meal.	Salisbury Arms			<a href="https://www.facebook.com/salisburyarms/">https://www.facebook.com/salisburyarms/</a>
Llanrhaeadr	Offering a home delivery service or collections. Orders may be placed either online, via Facebook Messenger or by telephone. Free delivery for orders within Llanrhaeadr. £2.50 charge 5 mile radius of Llanrhaeadr. £5.00 charge 10 mile radius of Llanrhaeadr.	Siop y Pentre		01745 890397	<a href="https://llanrhaeadrshop.co.uk/">https://llanrhaeadrshop.co.uk/</a>
Llanrhaeadr	<b>Takeaways only</b> available Wednesday to Saturday between 5.30pm – 8.30pm, Sunday 12pm – 3pm. Pre-orders only. Orders must be called through before 5pm on day of collection. No delivery at this stage. Card payments over the phone.	Nant y Felin		01745 890834	<a href="https://www.facebook.com/Nant-y-Felin-Restaurant-Bar-425807097901031/">https://www.facebook.com/Nant-y-Felin-Restaurant-Bar-425807097901031/</a>
Llandrynog	Taking telephone orders for collection or local delivery	Clwyd Williams Butcher		01824 790300	<a href="https://www.facebook.com/CWilliams1972/">https://www.facebook.com/CWilliams1972/</a>
Llandrynog	Post Office - restricted hours 9 - 12 and 3 - 5 Monday Friday closed Wednesday	Post Office			
Denbigh	Denbigh Youth Project have moved from paper food bank vouchers to digital ones so they do not need to do face to face meetings to provide vouchers. Young people and families aged 11-25yrs.	Denbigh Youth Project	Russell Davies/Mike Heatlie	01745 81694	Denbigh Youth Project

Ardal Gymunedol – Dinbych	Math o Wasanaeth / Cymorth a Gynigir	Sefydliad	Unigolyn Cyswllt	Manylion Cyswllt	Ffynhonnell Wybodaeth
Denbigh	Denbigh Youth Project provide food deliveries of fresh food parcels (FARESHARE- surplus food from supermarkets). This service is limited to struggling families and young people DYP are supporting.	Denbigh Youth Project	Russell Davies/Mike Heatlie	01745 81694	Denbigh Youth Project
Henllan	Offering local deliveries	Henllan P.O. and Stores		01745 817555	<a href="https://www.facebook.com/Henllan-PO-Stores-195232534514160/">https://www.facebook.com/Henllan-PO-Stores-195232534514160/</a>
Denbigh	Butchers offering collection and free local delivery: meats, fresh veg., cooked pies, cooked meats, frozen meals, frozen pies etc. If you would like to order please call 01745 812132.	J H Jones Butchers		01745 812132	<a href="https://www.facebook.com/JHJones-Co-113384770526071/">https://www.facebook.com/JHJones-Co-113384770526071/</a>
	offering takeaway collection or local delivery (subject to availability) Mon 9am-3pm, Tues & weds 9am-4pm, Thurs & Fri 9am-6pm and Saturday 10am-6pm.	Monster Munchies Café, Denbigh		07885 493071	<a href="https://www.facebook.com/monstermunchiezcafe">https://www.facebook.com/monstermunchiezcafe</a>
	offering collection and deliveries	Chen & Lin Chinese Restaurant, Denbigh		01745 816100	<a href="https://www.facebook.com/ChenLinChineseRestaurant">https://www.facebook.com/ChenLinChineseRestaurant</a>
	collections only with extended opening times to include Tuesday	Coriander, Denbigh		01745 818 777	<a href="https://www.facebook.com/Coriander-103527834716786">https://www.facebook.com/Coriander-103527834716786</a>
	FREE Home Delivery On Anything Purchased In Mccolls Vale Street For Anyone Who Is Either Lonely/Sheilding/Vulnerable Monday To Wednesday Until 2pm	McColls, Vale Street Denbigh		01745 816547	<a href="https://www.facebook.com/McColls6064/">https://www.facebook.com/McColls6064/</a>

#### Cyngor Cymuned Nantglyn - Cymorth Ariannol

Byddem yn eich annog i wneud cais yn ystod y cyfnod hwn – dyma yw pwrpas y cyllid hwn– rhoi cymorth ariannol i breswylwyr plwyf Nantglyn yn ystod cyfnodau o salwch neu dlodi. Cysylltwch â'n clerch, Nia Thomason dros e-bost os hoffech chi ragor o wybodaeth neu i ofyn am ffurflen gais, byddwn yn ymdrin ag unrhyw wybodaeth yn hollol gyfrinachol. Mae'r gronfa yn cynnwys dros ddeng mil o bunnoedd, a gall y cyngor cymuned wneud penderfyniadau yn eithaf sydyn er mwyn dosbarthu cyllid lle bo angen.

Bydd ceisiadau wedi'u capio ar £250 i ddechrau, ac ni ellir cyflwyno mwy nag un cais ar gyfer un aelwyd er mwyn sicrhau fod pawb sy'n gymwys yn derbyn cymorth. Nia Thomason (clerc) cc.nantglyn@gmail.com

<http://www.community-council.org.uk/nantglyn>

#### Helpwyr Henllan

Rhwydwaith anffurfiol o wirfoddolwyr sy'n cynnwys pobl leol sy'n barod i helpu cymdogion gyda phethau megis siopa, casglu presgripsiwn a galwadau ffôn. Mae manylion cyswllt 'Helpwyr Henllan' yn lleol yn cael eu rhannu ar dudalen cymuned Facebook yma: <https://www.facebook.com/groups/1624966927542479/?fref=fb>

#### Gwirfoddolwyr Grŵp Gweithgareddau Gwledig Nantglyn

- Os ydych chi dros 70 oed neu mewn categori 'risg uchel' oherwydd eich iechyd, mae gwirfoddolwyr y grŵp hwn yn gallu cynorthwyo gyda siopa, casglu presgripsiwn a cherdded cŵn.
- Maent yn cynnig 'siop' symudol cist car hefyd o'r enw 'Bare Essentials' – Maent yn darparu cyfle i breswylwyr gael eitemau sydd eu hangen i lenwi'r cypyrddau (e.e. llaeth, bara, papur newydd a siocled) gan gyfyngu'r nifer o bobl sy'n ymweld ag archfarchnadoedd ar gyfer nifer fechan o eitemau. Gellir gwneud archeb am eitemau penodol hefyd. Mae'r menter yn rhedeg ar sail nid er elw, ac fe dderbynnir rhodd am yr eitemau. Bob dydd Sul tu allan i Church House, Nantglyn rhwng 11.30am-12.30pm (bydd angen archebu eitemau arbennig erbyn nosweithiau Sadwrn).

Manylion cyswllt:

Cadeirydd Grŵp Gweithgareddau Gwledig Nantglyn: Shirley Tidswell

Ffôn: 01745 550614

E-bost: NantglynRAG@gmail.com

Grŵp Facebook: <https://www.facebook.com/groups/3234879436541956/>

## Ardal Elwy

Ardal Gymunedol – Elwy	Math o Wasanaeth / Cymorth a Gynigir	Sefydliad	Unigolyn Cyswllt	Manylion Cyswllt	Ffynhonnell Wybodaeth
St Asaph	Have adapted their Facebook page to COVID-19 support within the community	St. Asaph Flood Awareness Group	<a href="mailto:john@liston.net">john@liston.net</a>		<a href="https://www.facebook.com/groups/469294483255384/">https://www.facebook.com/groups/469294483255384/</a>
Rhuddlan	Offering delivery of meals to vulnerable within the community. We are going to be extending our delivery hours to 12.30 until 19.30 to try and accommodate people and will deliver within a 5-mile radius. All we ask is you call with your order and we will take payment over the phone.	The New Inn Hotel – Rhuddlan	Call 01745 591568 & ask for Steve		<a href="https://www.facebook.com/Newinnrhuddlan/">https://www.facebook.com/Newinnrhuddlan/</a>
Bodelwyddan	Offer of Support community centre if required	Bodelwyddan Town Council	Town Clerk	<a href="mailto:Bodelwyddantowncouncil@hotmail.co.uk">Bodelwyddantowncouncil@hotmail.co.uk</a>	
	We are a community charity based in Bodelwyddan supported by the County Councillor and several of the Town Councillors including myself. We offer shopping services, prescription pickup and telephone socialisation. We have a contactless card reader to use on your doorstep after your shopping has been done, making you feel secure without having to hand over your card or cash (cash can still be used if requested).	Friends of Bodelwyddan	07896 831836	<a href="mailto:abigailmainon.btc@gmail.com">abigailmainon.btc@gmail.com</a>	<a href="https://www.facebook.com/friendsofbodelwyddan/">https://www.facebook.com/friendsofbodelwyddan/</a>
	Offer of Support, Referral of person in need of support	Marble Church	Rev Jayne Coxall	01745 590883, 07983 339038 or <a href="mailto:revjc19@gmail.com">revjc19@gmail.com</a>	<a href="https://www.facebook.com/marblechurchnwales/">https://www.facebook.com/marblechurchnwales/</a>
Tremeirchion	Order and collect or delivery to the vulnerable. Offering meal collection or local delivery from Wednesday to Sunday. Please call to place order before 12.30pm for evening meal.	The Salusbury Arms – Tremeirchion	01745 710532		<a href="https://www.facebook.com/salusburyarms/">https://www.facebook.com/salusburyarms/</a>
Trefnant	Assistance to those self-isolating, offering help with: picking up the shopping, posting mail, a friendly phone call, urgent supplies. (delivered over 2000 leaflets so far each with a volunteer name and contact number – leaflets funded by The Freeman Evans Trust) Also covering TREFNANT + The Green , NANTGLYN , LLANDYRNOG , PENIEL ,LLANRHAADR, BODFARI	Denbigh Forget Me Not Project	Leah Roberts	07551-394488	<a href="https://www.facebook.com/Denbigh-Forget-Me-Not-Volunteers-Team-104200317882205">https://www.facebook.com/Denbigh-Forget-Me-Not-Volunteers-Team-104200317882205</a>
St. Asaph	Kebab Delivery Service - 4:30 -11pm	St. Asaph Kebab		01745 585184	<a href="https://www.facebook.com/St-Asaph-Kebab-104766057839693/">https://www.facebook.com/St-Asaph-Kebab-104766057839693/</a>
Rhuddlan	Food deliveries within walking distance of the High St. order before 11, delivery after 1, payment over the phone.	SPAR Rhuddlan		01745 591768	<a href="https://www.facebook.com/SPARRhuddlan">https://www.facebook.com/SPARRhuddlan</a>
Dyserth	Food deliveries	Dyserth Butchers		01745 570324	<a href="https://www.facebook.com/DyserthButchers/">https://www.facebook.com/DyserthButchers/</a>
Dyserth	Offering 'Meals on Wheels' to Rhyl and Prestatyn. £35.00 per week for one meal per day. <b>NOW AT FULL CAPACITY</b>	Red Lion, Dyserth		01745 852565	<a href="https://www.facebook.com/The-Red-Lion23101897894988/">https://www.facebook.com/The-Red-Lion23101897894988/</a>



Ardal Gymunedol – Elwy	Math o Wasanaeth / Cymorth a Gynigir	Sefydliad	Unigolyn Cyswllt	Manylion Cyswllt	Ffynhonnell Wybodaeth
<b>Caerwys bur covering Aberwheeler, Bodfari, Trefnant</b>	<p>Happy to deliver to your area for people who are isolating or less able and vulnerable.</p> <p>Mondays and Fridays would be the initial delivery days (starting this coming Monday). We do ask that the order exceeds £20 before cigarette. We are not confirming a time slot as we are working with volunteers and we ask that everyone checks with elderly neighbors and anyone they know are isolating to coordinate the delivery's.</p> <p>Central stores will take the orders with addresses and numbers we will then check stock items in store and total cost we will then return the call with item confirmation for payment.</p>	Central stores in Caerwys		01352 720482	<a href="https://www.facebook.com/Central-Stores-Caerwys-1926824050736068/">https://www.facebook.com/Central-Stores-Caerwys-1926824050736068/</a>
<b>Rhuddlan</b>	will do deliveries of meat & eggs locally	Phil the Butcher		01745 590443	
<b>Rhuddlan</b>	Open for takeaway services	King Kebab		01745 590760	<a href="https://www.facebook.com/groups/335768993970465/">https://www.facebook.com/groups/335768993970465/</a>
<b>Bodelwyddan</b>	providing food deliveries to those in the vulnerable category	SPAR		01745 582100	<a href="https://www.facebook.com/SPARBodelwyddan">https://www.facebook.com/SPARBodelwyddan</a>
<b>Rhuddlan</b>	Fresh milk, bread, eggs and bottled orange delivery service for the Rhuddlan area	All Fresh Dairy Products		<a href="mailto:pdmcelroy@hotmail.co.uk">pdmcelroy@hotmail.co.uk</a>	<a href="https://www.facebook.com/Allfreshdairyproductstowyn/">https://www.facebook.com/Allfreshdairyproductstowyn/</a>
<b>Bodelwyddan</b>	updates and community support for those living and working in Bodelwyddan.	Coronavirus Support Bodelwyddan Community Page			<a href="https://www.facebook.com/groups/209439420280350/">https://www.facebook.com/groups/209439420280350/</a>

### Cyllid argyfwng Dyserth -

Gall unrhyw un sydd ag angen brys a gwirioneddol am unrhyw reswm, wneud cais i'r gronfa am dalebau yn hollol gyfrinachol, i'w dosbarthu yn ôl disgrisiwn yn ddibynnol ar achosion unigol, hyd at uchafswm o £50 i ddechrau. Gellir gwario'r talebau hyn yn siop Spar Dyserth ac yn siop Cigydd Dyserth. Am ragor o wybodaeth, anfonwch e-bost at [dyserthemergencyfund@btinternet.com](mailto:dyserthemergencyfund@btinternet.com)

## Ardal y Rhyl

Math o Wasanaeth / Cymorth a Gynigir	Sefydliad	Unigolyn Cyswllt	Manylion Cyswllt	Ffynhonnell Wybodaeth
Meals on wheels <b>CURRENTLY AT CAPACITY</b> (over 70's and Rhyl only), Food Bank (referrals only), Benefit advice (over the phone). shopping & prescription collection & delivery service for older people and/or vulnerable & shielding	Foryd Centre		01745 339779 forydcentre@hotmail.co.uk	<a href="https://www.facebook.com/forydcentre/">https://www.facebook.com/forydcentre/</a>
Volunteers doing shop runs, prescription runs etc for the older or more vulnerable residents, and also making phone calls by way of a social interaction service – only Bruton Park and immediate surrounding areas.	COVID-19 Bruton Park & Surrounding Areas Community Support Group (Facebook)	Debbie Holmes	07961 260099 debraholmes74@hotmail.com	<a href="https://www.facebook.com/groups/1849826535149614/">https://www.facebook.com/groups/1849826535149614/</a>
Will take orders over the phone and deliver locally. Shop not open for walk-in's.	Darbey's Chip Shop – Wellington Road		07391 802961	<a href="https://www.facebook.com/Darbeysfishandchips/">https://www.facebook.com/Darbeysfishandchips/</a>
<ul style="list-style-type: none"> <li>• Advice and assistance via Freephone Shelter Cymru Live service on 08000 495 495 open 9.30am – 4.00pm Monday to Fridays.</li> <li>• Web-chat advice facility available via website: <a href="https://sheltercymru.org.uk/get-advice/">https://sheltercymru.org.uk/get-advice/</a></li> <li>• Extensive housing advice and options information available via website: <a href="https://sheltercymru.org.uk/get-advice/housing-advice-when-you-need-it/">https://sheltercymru.org.uk/get-advice/housing-advice-when-you-need-it/</a></li> <li>• Make referrals by email to <a href="mailto:rhyl@sheltercymru.org.uk">rhyl@sheltercymru.org.uk</a></li> </ul>	Shelter Cymru		<a href="mailto:rhyl@sheltercymru.org.uk">rhyl@sheltercymru.org.uk</a>	<a href="https://www.facebook.com/ShelterCymru/">https://www.facebook.com/ShelterCymru/</a>
Ty Golau, Clwyd Buildings, Clwyd Street, Rhyl 24/7 Emergency accommodation for street homeless people, beds, showers, laundry facilities, hot meals, breakfast, staff support. Access is subject to criteria.	Clwyd Alyn – Ty Golau Support & Homeless Nightshelter	Lynda Williams	01745 360868 or <a href="mailto:lynda.williams@clwydalyn.org.uk">lynda.williams@clwydalyn.org.uk</a>	<a href="https://www.facebook.com/ClwydAlyn/">https://www.facebook.com/ClwydAlyn/</a>
Offering 'Meals on Wheels' to Rhyl and Prestatyn. £35.00 per week for one meal per day. <b>NOW AT FULL CAPACITY</b>	Red Lion, Dyserth		01745 852565	<a href="https://www.facebook.com/The-Red-Lion23101897894988/">https://www.facebook.com/The-Red-Lion23101897894988/</a>
Offering support by Shopping for citizens, prescriptions pick up, pet food pick up etc No charge, donations to the charity welcome Available for existing customers but even if you aren't a member please call. Covering areas, they normally cover, Rhyl, St Asaph and many others Phone line open - Monday – Friday 9-5	Dial a Ride Denbighshire		01745 344222 or by email <a href="mailto:info@dialaridedenbighshire.org">info@dialaridedenbighshire.org</a>	<a href="http://www.dialaridedenbighshire.org">www.dialaridedenbighshire.org</a> and Facebook page "Dial a rideDenbighshire"
66A High Street, Rhyl, LL18 1UB Essential stock coming in daily Offering delivery service for those who are housebound or isolating. Personal message 'Helen Starkey (High Street News)' on Facebook for details Monday-Saturday: 6am-6pm, Sunday: 8am-5pm	High Street News & Off License		01745 353959	<a href="https://www.facebook.com/www.highstreetnewsrhyl.co.uk/">https://www.facebook.com/www.highstreetnewsrhyl.co.uk/</a>
Offering delivery on grocery orders over £10 for those self-isolating. Items subject to availability	Premier, Wellington Road		01745 331678	<a href="https://www.facebook.com/DARBEYs-Premier-Convenience-Store-958823757508334/">https://www.facebook.com/DARBEYs-Premier-Convenience-Store-958823757508334/</a>
St Asaph Avenue, Kinmel Bay, LL18 5EU. Milk, bread, yoghurt, potatoes, juice etc. delivered to those who are elderly or vulnerable and so self-isolating. Monday-Friday	JB Dairies		01745 350100	
Now open again as normal for walk in orders/take away. Also delivering orders to elderly or vulnerable in Rhyl only.	Jan and Julies Chippy, Grange Road, Rhyl		07585 556623	
Offering deliveries of hot meals, ring for details. Tuesday, Wednesday and Friday	The Town Fryer		07491957529	<a href="https://www.facebook.com/The-Town-Fryer-154538111240542/">https://www.facebook.com/The-Town-Fryer-154538111240542/</a>
Offering their regular delivery service FREE of charge during this time. Orders can be placed online or via telephone. Pre ordering available. Thursday-Saturday: 4pm-8pm, Sunday: 4pm-7pm	The Galleon Rhyl		01745 350006	<a href="http://www.galleontakeaway.com">www.galleontakeaway.com</a>
Trading as usual	Denmore Premier Food Stores,		01745 339940	<a href="https://www.facebook.com/Denmoreshop/">https://www.facebook.com/Denmoreshop/</a>

Math o Wasanaeth / Cymorth a Gynigir	Sefydliad	Unigolyn Cyswllt	Manylion Cyswllt	Ffynhonnell Wybodaeth
Offering Takeaway and Free Delivery – drivers to wear gloves. Opens 5pm, Ring 01745 353978 to order, see menu on Facebook at @Asha's Indian Restaurant and Takeaway. Accepting all card payments at doorstep	Asha's Indian Restaurant and Takeaway		01745 353978	<a href="https://www.facebook.com/Ashas-Indian-Restaurant-Takeaway-108927385834302/">https://www.facebook.com/Ashas-Indian-Restaurant-Takeaway-108927385834302/</a>
Offering Sunday Roast Dinner, delivered to your door. Book via Facebook. Accepting pre-bookings	The Glanglasfor Café, Rhyl			<a href="https://www.facebook.com/The-Glanglasfor-Cafe-285647052340934/">https://www.facebook.com/The-Glanglasfor-Cafe-285647052340934/</a>
Offering free delivery to your door, view menu on Facebook. Open 12 noon – 10:30pm, Ring to place your order.	Little Italy Pizza Rhyl		07415 307429	<a href="https://www.facebook.com/LittleItalyPizzaRhyl/">https://www.facebook.com/LittleItalyPizzaRhyl/</a>
Offering delivery to your door. Book via "Just Eat", or view menu on Facebook or phone to order Delivering 5pm – 10 pm everyday except Tuesday	Rough Wood Pizza Co		07519 945534	<a href="https://www.facebook.com/Rough-Wood-Pizza-Co-379173042654723/">https://www.facebook.com/Rough-Wood-Pizza-Co-379173042654723/</a>
Delivery of various refreshments and items for kids to Rhyl, Rhuddlan and Prestatyn areas. Options include slushes, milkshakes, cakes, Children's Craft Packs which include slime, painting pottery or make a bear. Also Children's Movie Night Packs which include Tango ice blast, rollover hot dogs and pick 'n' mix sweets. Orders taken via the Facebook page or over the phone. Every day 4.30pm to 8.30pm. See the Facebook page for more details.	Planet Play	Sarah Vann	07712 279031	<a href="https://www.facebook.com/planetplayrhyl/">https://www.facebook.com/planetplayrhyl/</a>

<b>Gwasanaethau Banc Bwyd – Gwasanaethau banc bwyd lleol sy'n parhau i weithredu a darparu pecynnau bwyd brys</b>	
<b>Canolfan Gristnogol Stryd Sussex</b> – 15 Stryd Sussex, y Rhyl, LL18 Bydd y ganolfan yn parhau ar agor am cyn hired ag y bo modd. Ffoniwch neu anfonwch e-bost i wirio'r polisi. Dydd Llun i ddydd Gwener: 9am-5pm 01745 342268	<a href="https://www.facebook.com/SSCCRhyl/">https://www.facebook.com/SSCCRhyl/</a>
<b>Canolfan y Foryd</b> - Princes Street, y Rhyl, LL18 1LS. Bydd y ganolfan yn parhau ar agor cyn belled ag y bo cyflenwad ar gael. Derbynnir atgyfeiriadau dros e-bost neu dros y ffôn. Os yw dinasyddion yn hunan-ynysu ac angen gwasanaeth cyflenwi, gellir trefnu hyn. Dydd Llun i ddydd Gwener: 9am-4pm forydcetre@hotmail.co.uk // 01745 339779	<a href="https://www.facebook.com/forydcentre/">https://www.facebook.com/forydcentre/</a>
<b>The Kings Storehouse</b> – Eglwys Wellspring, 102 Vale Road, y Rhyl, LL18 2BY. Bydd yn parhau ar agor am cyn hired ag y bo modd. Ffoniwch ymlaen llaw gan y byddant ond yn derbyn atgyfeiriadau brys o bosibl. Dydd Llun i ddydd Gwener: 9am-5.30pm. 07771500607	<a href="https://www.facebook.com/TheKingsStorehouseFoodbank/">https://www.facebook.com/TheKingsStorehouseFoodbank/</a>
<b>Good News Mission</b> – Mae'r sefydliad hwn yn cynnig cynllun rhannu bwyd, drwy gyfraniadau gan archfarchnadoedd lleol. Ar sail atgyfeiriadau brys. Ffoniwch os oes gennych chi unrhyw ymholiadau. Byddant yn asesu ac yn mynd i'r afael ag anghenion yn briodol. Ar agor ar ddyddiau Mercher ac Iau, ac maent yn cynnwys ardaloedd y Rhyl, Prestatyn/Gallt Melyd/Gwaenesgor a Dinbych. 07889195928	<a href="https://www.facebook.com/rhyl.co.uk/">https://www.facebook.com/rhyl.co.uk/</a>
<b>Y Ganolfan ASK</b> – 9- 11 Stryd y Dŵr, Y Rhyl LL18 1ST Gall pobl gysylltu â'r banc bwyd drwy anfon e-bost at Reolwr y Ganolfan, Eunice: <a href="mailto:eunice@unitedchurcheinrhyl.co.uk">eunice@unitedchurcheinrhyl.co.uk</a> neu drwy ffonio 01745 339646. Rydym ar agor bob dydd, oriau cyfyngedig i ddarparu ar gyfer pawb, yn y boreau yn bennaf	<a href="http://www.unitedchurcheinrhyl.co.uk">www.unitedchurcheinrhyl.co.uk</a>

## Ardal Rhuthun

Ardal Gymunedol – Rhuthun	Math o Wasanaeth / Cymorth a Gynigir	Sefydliad	Unigolyn Cyswllt	Manylion Cyswllt	Ffynhonnell Wybodaeth
<b>Bryneglwys</b>	Groceries delivery & takeaway (working with the Crown in Llandegla) Orders need to be placed with the shop.	Bryneglwys Village Shop	-	01490450246	<a href="https://www.facebook.com/bryneglwysvillageshop/">https://www.facebook.com/bryneglwysvillageshop/</a>
<b>Llandegla</b>	Meal Takeaway	Crown Hotel Llandegla		01978 790714	<a href="https://www.facebook.com/CrownLlandegla/">https://www.facebook.com/CrownLlandegla/</a>
	Groceries and Prescriptions delivery	Llandegla Community Shop		01978 790604	<a href="https://www.facebook.com/llandeglacommunityshop/">https://www.facebook.com/llandeglacommunityshop/</a>
<b>Llanarmon yn Ial</b>	Groceries and Prescriptions delivery	Llanarmon Community Shop		01824 780509	<a href="https://m.facebook.com/llanarmonshop/">https://m.facebook.com/llanarmonshop/</a>
<b>Llanarmon yn Ial</b>	Has set up a localised volunteer group in Llanarmon yn Ial Area				<a href="https://www.facebook.com/groups/67342612666/">https://www.facebook.com/groups/67342612666/</a>
<b>Eryrys</b>	Eryrys Support during Coronavlrus	Online Community Group			<a href="https://www.facebook.com/groups/650824845486746/">https://www.facebook.com/groups/650824845486746/</a>
<b>Llanbedr</b>	Honesty box in place	Chilli Cow		<a href="mailto:infor@chillicow.co.uk">infor@chillicow.co.uk</a>	<a href="https://www.facebook.com/chillycow.uk/">https://www.facebook.com/chillycow.uk/</a>
<b>Llanbedr</b>	Coordinating Volunteers and community contacts	Llanbedr Community Council	Gwyn Davies	01824 750283	<a href="https://llanbedrddyffrynclwyd.org.uk/">https://llanbedrddyffrynclwyd.org.uk/</a>
<b>Pwllglas</b>	Have an online ordering service which people can access on <a href="http://pwllglas.info">pwllglas.info</a> and they also have a designated mobile phone service which is available for people to call and order. The number is 07395944530 if you wanted to add it to the resource list.	Siop Pwllglas		07395 944530 <a href="mailto:sioppwllglas@gmail.com">sioppwllglas@gmail.com</a>	<a href="http://www.sioppwllglas.co.uk/">http://www.sioppwllglas.co.uk/</a>
<b>Clawddnewydd</b>	Emergency Food Deliveries	Siop u Fro (Glan Llyn Inn)		01824 750754	<a href="https://www.facebook.com/siopyfro/">https://www.facebook.com/siopyfro/</a>
<b>Ruthin</b>	support group for more vulnerable members of the church	Capel Tabernacl, Ruthin			
	Takeout / food delivery	Myddleton Grill		01824 707842	<a href="https://www.facebook.com/TheMyddletonOnTheSquare/">https://www.facebook.com/TheMyddletonOnTheSquare/</a>
	Prescription Delivery	Well Street Pharmacy		01824 702871	<a href="http://www.facebook.com/wellstreetpharmacy">www.facebook.com/wellstreetpharmacy</a>
	Shopping/ Newspaper Delivery minimum spend limit applies	Castle Bell News		01824 707979	<a href="https://www.facebook.com/Castlebellgifts/">https://www.facebook.com/Castlebellgifts/</a>
	Newspapers, bread, milk eggs etc. Card payments accepted	Dukes Stores		01824 707064	<a href="https://www.facebook.com/Dukes-Convenience-Store-479188682557346/">https://www.facebook.com/Dukes-Convenience-Store-479188682557346/</a>
	Bread can be pre-ordered for the next day delivery as well and fruit, veg, milk and butter	The Bake House		01824 308316	<a href="https://www.facebook.com/bakehouseruthin/">https://www.facebook.com/bakehouseruthin/</a>
	Open for cash & carry as well as normal free delivery	Richard Jones & Co. Coal Merchants		01824 702006	<a href="https://www.facebook.com/richardjonescoalandgas/">https://www.facebook.com/richardjonescoalandgas/</a>
	Can deliver dairy produce and bread to Denbigh, Ruthin & Pwllglas	Barry the milkman			
	Offering of 'CHILLED OVEN READY MEALS' with collection or *delivery* (see website for details) on Thursdays, Fridays & Saturdays between 2pm-6pm. Please place your order via email to <a href="mailto:enquiries@onthehillrestaurant.co.uk">enquiries@onthehillrestaurant.co.uk</a> during the early part of the week, 24 hours notice needed to freshly prepare the dishes ordered. Payment is accepted via a bank transfer prior to collection please.	On the Hill		<a href="mailto:enquiries@onthehillrestaurant.co.uk">enquiries@onthehillrestaurant.co.uk</a>	<a href="https://onthehillrestaurant.co.uk/chilled-oven-ready-meals/">https://onthehillrestaurant.co.uk/chilled-oven-ready-meals/</a>
	Offering limited takeaway service, message on facebook for details	Seven Oaks Garden Centre & Cafe		01824 702567	<a href="https://m.facebook.com/Seven-Oaks-Garden-Centre-and-Cafe-144046265655292/">https://m.facebook.com/Seven-Oaks-Garden-Centre-and-Cafe-144046265655292/</a>
Home deliveries of groceries. Can delivery staples to include milk, eggs, bread, cheeses, all dairy fruit, jams and chutneys and veg etc. £10 min spend. Delivery to Ruthin on Mondays - call for further information	Dee Valley Produce		01978 861805	<a href="https://www.facebook.com/Dee-Valley-Produce-145406292226611/">https://www.facebook.com/Dee-Valley-Produce-145406292226611/</a>	

**Grwpiau Facebook**

<b>Lleoliad</b>	<b>Grwp</b>	<b>Admin</b>	<b>Tudalen</b>
<b>Ruthin</b>	Ruthin Coronavirus support group for the elderly and vulnerable	Elizabeth Whiteside	<a href="https://www.facebook.com/groups/248085169558621/?fref=nf">https://www.facebook.com/groups/248085169558621/?fref=nf</a>
	Ruthin isolation community aid	Joe Ap Paddy	<a href="https://www.facebook.com/groups/2542566062672409/">https://www.facebook.com/groups/2542566062672409/</a>
	Ruthin Coronavirus Help Group (Business & Community).	Anne Roberts	<a href="https://www.facebook.com/groups/550298902280908">https://www.facebook.com/groups/550298902280908</a>
<b>Pwllglas</b>	Pwllglas.info A local group of local residents who have come together during a time where some people are finding it hard to access the help they need.		<a href="https://pwllglas.info/">https://pwllglas.info/</a>

## Ardal Prestatyn a Gallt Melyd

Ardal Gymunedol – Prestatyn	Math o Wasanaeth / Cymorth a Gynigir	Sefydliad	Unigolyn Cyswllt	Manylion Cyswllt	Ffynhonnell Wybodaeth
Prestatyn & Meliden	Food delivery orders can now be made online <a href="http://www.prestatynbutchers.co.uk/?fbclid=IwAR3Rb3JapzqBZ5h9S8ZHvRmwj9dFI7IVoUP8M8L7A0pPuOerth1-hNQKtZl">http://www.prestatynbutchers.co.uk/?fbclid=IwAR3Rb3JapzqBZ5h9S8ZHvRmwj9dFI7IVoUP8M8L7A0pPuOerth1-hNQKtZl</a>	Prestatyn Butchers		01745 854171	<a href="https://www.facebook.com/prestatynbutchers/">https://www.facebook.com/prestatynbutchers/</a>
	Foodbank - based at Festival Church, 200 Victoria Road, Prestatyn. According to website open Tues 12:00 -15:00 and Thurs 09:15 - 12:00	Prestatyn and Meliden Foodbank		<a href="mailto:info@prestatynmeliden.foodbank.org.uk">info@prestatynmeliden.foodbank.org.uk</a> and 07722 749773	<a href="https://prestatynmeliden.foodbank.org.uk/">https://prestatynmeliden.foodbank.org.uk/</a>
Rhyl, Prestatyn, Rhuddlan, Dyserth, Bodelwyddan,	Chargeable service Providing traditional dishes from our wide menu, we deliver our meals 7 days a week, 365 days a year. Regular delivery driver - deliver meals to your loved ones. Above all, they're a friendly face checking in with those you care about to ensure they're getting quality, nutritious meals, and to see if everything is okay with them.	Easy Living Meals on Wheels		Tel: 01745 350 506 Email: <a href="mailto:easy-living@talktalk.net">easy-living@talktalk.net</a> Door step delivery	<a href="https://www.easylivingmealsonwheels.co.uk/">https://www.easylivingmealsonwheels.co.uk/</a>
Prestatyn & Meliden	Offering support by Shopping for citizens, prescriptions pick up, pet food pick up etc. No charge, donations to the charity welcome. Available for existing customers but even if you aren't a member please call. Covering areas, they normally cover, Rhyl, St Asaph and many others. Phone line open Monday – Friday 9-5	Dial a Ride Denbighshire		01745 344222	<a href="https://www.facebook.com/deial.i.deithio/">https://www.facebook.com/deial.i.deithio/</a>
	Providing meal deliveries and offering a weeks' worth of meals (7 hot meals) for £35	Red Lion, Meliden		01745 852565	<a href="https://www.facebook.com/redlionmeliden/">https://www.facebook.com/redlionmeliden/</a>
	Milk Deliveries	Jays Fresh Milk		07940955477	<a href="http://www.jaysfreshmilk.co.uk">www.jaysfreshmilk.co.uk</a>
	You can phone in an order on a Friday (fish and chips) Saturday (curry) and Sunday (roast) and will be given a set time for collection/alternatively delivery arrangements can be made	St Melyd Golf Club		01745 854405	<a href="https://www.facebook.com/stmelydgolf/">https://www.facebook.com/stmelydgolf/</a>
	88-90 Coast Road, Prestatyn/Rhyl – You can phone in an order and collect it	The Laughing Buddha		01745 332163 or 337224	<a href="https://www.facebook.com/The-Laughing-Buddha-191939034183331/">https://www.facebook.com/The-Laughing-Buddha-191939034183331/</a>
	9 Kings Avenue, Prestatyn, LL19 9AA – phone in order for delivery	Haruns Kebab House		01745 857478	<a href="https://www.facebook.com/Haruns-of-Prestatyn-286461678172110/">https://www.facebook.com/Haruns-of-Prestatyn-286461678172110/</a>
	bottom of High Street, Prestatyn, - orders can be made for a takeaway to either be collected or delivered	Crispy Cod		01745 886663	<a href="https://www.facebook.com/groups/1359226390932658/">https://www.facebook.com/groups/1359226390932658/</a>
	53 High Street, Prestatyn. Delivery service of meals from their menu – phone order or via app	Gingers Grill		01745 859215	<a href="https://www.facebook.com/gingersgrill1/">https://www.facebook.com/gingersgrill1/</a>
	Now offering a 24hr pre-order on fresh fruit/vegetables, meat, dairy and dried goods for all Healthcare Professionals and those Self-Isolating. Able to collect from restaurant and/or delivery.	Patagonia		01745 855595 <a href="mailto:booking@patagonia.wales">booking@patagonia.wales</a>	<a href="https://www.facebook.com/patagoniawelshroots/">https://www.facebook.com/patagoniawelshroots/</a>
	Bastion Road, Prestatyn – collection of takeaway Sunday - Monday and Wednesday - Saturday 5:30pm - 9:30pm.	Paanshee		01745 889196	<a href="https://www.facebook.com/Paansheerestaurant/">https://www.facebook.com/Paansheerestaurant/</a>
offering some of their riders/members services in delivering prescriptions from the chemist to residents who can't get out and need help. If anyone has any residents who are in need of some help with this they can be contacted at <a href="mailto:chairman@vcmelyd.co.uk">chairman@vcmelyd.co.uk</a> .	VC Melyd Cycling Club		<a href="mailto:chairman@vcmelyd.co.uk">chairman@vcmelyd.co.uk</a> .		

## Cefnogaeth ar draws y Sir

Cyngor Gwasanaethau Gwirfoddol Sir Ddinbych - [www.dvsc.co.uk](http://www.dvsc.co.uk)

Mae #TîmCGGSDd yn gweithio gartref ac ar gael dros y ffôn 01824 702 441, trwy e-bost

[covid19@dvsc.co.uk](mailto:covid19@dvsc.co.uk) neu sgwrs ar-lein [www.dvsc.co.uk/home](http://www.dvsc.co.uk/home) o 0830-1630 (1600 ddydd Gwener). Mae CGGSDd yn mobileiddio #GwirfoddolwyrSirDdinbych ledled y sir i ddarparu cefnogaeth ymarferol lle mae ei angen fwyaf. Gall y rhai sydd â diddordeb mewn gwirfoddoli fel rhan o ymateb Covid-19 yn Sir Ddinbych gofrestru gyda CGGSDd er mwyn cael ei baru â chyfle gwirfoddoli priodol. Gall gwirfoddolwyr gofrestru ar-lein ar wefan Cyngor Gwasanaethau Gwirfoddol Sir Ddinbych (CGGSDd): <http://bit.ly/Covid-19VolunteerRole>. Cofrestru ar-lein yw'r opsiwn a ffefrir, ond os na all gyrchu'r cofrestrriad ar-lein, e-bostiwch fanylion i [covid19@dvsc.co.uk](mailto:covid19@dvsc.co.uk) neu ffoniwch CGGSDd ar 01824 702441. Gall CGGSDd hefyd eich cefnogi i ddod o hyd a cyrchu grantiau a chyllid brys.

### Age Cymru - Check in and Chat

Gwasanaeth ffôn Sgwrs Sut Hwyl i bobl hŷn (70+) sy'n byw ar eu pennau eu hunain 08000 223 444 / [enquiries@agecymru.org.uk](mailto:enquiries@agecymru.org.uk) [www.bit.ly/CheckInAndChat](http://www.bit.ly/CheckInAndChat)

Age Cymru – Gwasanaeth Cyfeillio. Gwasanaeth genedlaethol ar gyfer y sawl sydd dros 70 oed

<https://www.ageuk.org.uk/cymru/get-involved/friend-in-need/>

### Shelter Cymru

- Gwasanaeth gan Shelter Cymru sy'n cynnig Cymorth a Chyngor yn fyw dros y ffôn: 08000 495 495, ar agor rhwng 9.30am a 4.00pm o ddydd Llun i ddydd Gwener.
- Cyfleuster sgwrsio ar y we sy'n darparu cyngor, ar gael ar y wefan: <https://sheltercymru.org.uk/get-advice/>
- Gwybodaeth fanwl am opsiynau a chyngor mewn perthynas â thai, ar gael ar y wefan: <https://sheltercymru.org.uk/get-advice/housing-advice-when-you-need-it/>
- Gallwch wneud atgyfeiriadau dros e-bost: [rhyl@sheltercymru.org.uk](mailto:rhyl@sheltercymru.org.uk)

### Action for Aspergers

Mae Action for Aspergers yn cynnig gwasanaeth cwnsela drwy lwyfannau fideo fel Skype, Zoom, Facetime a phethau eraill tebyg. I archebu apwyntiad, anfonwch e-bost at [info@actionforaspergers.org](mailto:info@actionforaspergers.org) neu ffoniwch 01536 266681 neu ymwelwch â [www.actionforaspergers.org](http://www.actionforaspergers.org)

### Home-start Cymru

Elusen sy'n cynnig cefnogaeth emosiynol ac ymarferol i deuluoedd diamddiffyn yw Home-Start Cymru. Gellir ond darparu cefnogaeth dros y ffôn ar hyn o bryd; dylid gwneud atgyfeiriadau dros e-bost. Cysylltwch â Bethan Williams. Y dull cyfathrebu dewisol yw drwy gyfrif e-bost y swyddfa - [office@denbighshirehomestart.co.uk](mailto:office@denbighshirehomestart.co.uk) a rhif ffôn symudol y swyddfa yw 07584 562581 os bydd arnoch ei angen. Y dudalen Facebook yw "Home-Start Cymru: Sir Ddinbych, Ynys Môn, Powys"

Canolfan Merched Gogledd Cymru Cyngor a chymorth dros y ffôn i ferched. Derbynnir atgyfeiriadau dros e-bost. Cysylltwch â Linda Jones ar 01745 339331 neu [linda@northwaleswomenscentre.co.uk](mailto:linda@northwaleswomenscentre.co.uk)

[www.northwaleswomenscentre.co.uk](http://www.northwaleswomenscentre.co.uk) <https://www.facebook.com/northwaleswomenscentre/>

### Cyfle Cymru – Cymorth Iechyd Meddwl a Chamddefnyddio Sylweddau

Darperir cymorth ag unrhyw anghenion i gleientiaid diamddiffyn dros y ffôn e.e. trefnu presgripsiynau a meddyginiaethau, rheoli arian, siopa a chyflenwi cyfleustodau.

I'r rheiny sydd heb fwyd, gwneir atgyfeiriadau ar gyfer parseli bwyd a gaiff eu casglu a'u gadael ar stepen drws y cleientiaid. Cysylltwch â Larry dros e-bost: [lmarsden.wots@cais.org.uk](mailto:lmarsden.wots@cais.org.uk)

## **Mahoney's (MIND)**

Yn cynnig cefnogaeth dros y ffôn i breswylwyr gyda phroblemau iechyd meddwl, darparu gwiriad lles, rhyngweithio cymdeithasol drwy wasanaeth cyfeillio, ac arwyddion i feysydd gwasanaeth perthnasol eraill o unrhyw gymorth angenrheidiol. Dydd Llun, Dydd Mercher a Dydd Gwener 9am - 5pm, a 9am - 2pm Dydd Mawrth a Dydd Iau. Ffôn - 01745 351635

## **Gwasanaeth Eirioli Iechyd Meddwl Conwy a Sir Ddinbych**

Datganiad Eirioli Iechyd Meddwl Conwy a Sir Ddinbych mewn perthynas â Covid-19

Mae pob un o'n heiriolwyr yn gweithio o gartref, ond mae ein ffonau, systemau ffacs, a'r system e-bost yn gweithredu yn ôl yr arfer. Ni fydd ein tîm yn darparu cymorth wyneb yn wyneb nes y clywir yn wahanol, ond gallwn gynnig cymorth dros y ffôn, dros alwadau fideo neu Whatsapp.

Mae'n rhaid cofio ei fod yn bwysicach nac erioed o'r blaen fod gan bobl fynediad at y gwasanaeth eirioli hwn yn ystod y cyfnod ansicr hwn. Mae CADMHAS yn parhau ar agor ar gyfer atgyfeiriadau ac i gefnogi pobl drwy: Eiriolaeth Iechyd Meddwl Annibynnol (IMHA) yng Nghonwy, Sir Ddinbych a Phowys, Gwasanaeth Eirioli Annibynnol o Ran Galluedd Meddyliol (IMCA) yng Nghonwy a Sir Ddinbych, Eiriolaeth Iechyd Meddwl Cymunedol yng Nghonwy a Sir Ddinbych, Eiriolaeth Pobl Ifanc yn Sir Ddinbych Cynrychiolydd Person Perthnasol yng Nghonwy a Sir Ddinbych  
I gysylltu â ni, ffoniwch 01745 81399 neu anfonwch e-bost atom: [admin@cadmhas.co.uk](mailto:admin@cadmhas.co.uk)

## **Epilepsy Wales/Epilepsi Cymru**

Yn ystod yr adeg anodd yma mae Epilepsi Cymru dal i ddarparu cefnogaeth i bobl gydag epilepsi a'u teuluoedd. Fel Gweithiwr Allgymorth Gogledd Cymru Epilepsi Cymru rwy'n dal i ddarparu cefnogaeth a chynghor dros y ffôn ac e-bost. Gallaf hefyd ddarparu cefnogaeth emosiynol ac rwyf yma i wrando ar bryderon a phryderon. Lynne Pearce – 07525806511 or [lynnepearce@epilepsy.wales](mailto:lynnepearce@epilepsy.wales)

## **Cefnogaeth Dementia**

Mae'r gwasanaeth hwn ar gael i bawb, yn arbennig y rheiny a gaiff eu heffeithio gan ddementia. Mae arnom ni eisiau i chi wybod ein bod ni yma i chi, a byddwn yn eich helpu i gael mynediad at y gefnogaeth sydd ei hangen arnoch. Os ydych chi neu rywun yr ydych yn gofalu amdanynt yn poeni am y coronafeirws ac angen cymorth neu gyngor, ffoniwch ein llinell gymorth Cyswllt Dementia ar 0333 150 3456. Os ydych chi'n siarad Cymraeg, ffoniwch ein llinell gymorth cyfrwng Cymraeg ar 03300 947 400. Mae Cymdeithas Alzheimer's yma i gefnogi unrhyw un a gaiff eu heffeithio gan ddementia yn ystod y cyfnod anodd hwn.

## **Vision Support**

Mae gan Vison Support gymhorthydd adsefydlu sydd hefyd yn gyrru fan symudol Vison Support, ac yn amodol ar gadarnhad gan eu cwmni yswiriant, mae'n bosibl y bydd yn gallu dosbarthu nwyddau hanfodol yn yr ardal, megis pecynnau bwyd a chyflenwadau fferyllfa. Y swyddog cyswllt ar gyfer Vision Support yw Joy Smith [jssmith@visionsupport.org.uk](mailto:jssmith@visionsupport.org.uk).

## **Stand North Wales CIC**

Yn ystod y sefyllfa bresennol mewn perthynas â'r Coronafeirws, rydym yn awyddus i roi gwybod i chi beth allwn ni ei gynnig i deuluoedd. Rydym yn cynnal fforwm rieni ar ein tudalen Facebook ar ddydd Llun a dydd Mercher o 10.00 tan 12.00. Byddwn ar gael ar gael rhwng yr oriau hyn i drafod unrhyw beth y dymunech, neu i hel syniadau a gwybodaeth, y cwbl sydd angen i chi ei wneud yw ymweld â'n tudalen Facebook ar yr amseroedd uchod, a gallwch ymuno drwy ychwanegu sylwadau i'r trafodaethau. Felly ewch i wneud paned ac ymunwch â'r sgwrs. Dyma'r ddolen i'n tudalen: <https://www.facebook.com/Standnwcic>

**Safe Hands Thinking Minds – Cymorth â Gorbryder** - <http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>

## **Cymunedau Digidol**

Cefnogi pobl i ddefnyddio technoleg yn ystod y pandemig Covid-19 – dilynwch y ddolen hon am ragor o wybodaeth <https://www.digitalcommunities.gov.wales/cy/>

Diweddarwyd 02/11/2020



## Deafblind UK

Mae Deafblind UK wedi lansio gwasanaeth cymorth emosiynol a lles newydd i ddarparu cefnogaeth drylwyr i bobl sydd â nam ar y golwg a'r clyw. Mae'r gwasanaeth hwn yn rhad ac am ddim a bydd yn galluogi pobl fyddar a dall i siarad â rywun profiadol sydd wedi derbyn hyfforddiant ymwybyddiaeth byddardod a dallineb, gwranddo gwrthredol, ymdrin â galwadau, cymorth cyfathrebu, diogelu, cyfeirio, hunanladdiad a materion iechyd meddwl. Bydd y gwasanaeth ar gael dros y ffôn, dros e-bost, neges destun, trosglwyddo testun, Skype a FaceTime. <https://deafblind.org.uk/wellbeing/>

**Helping Hands Baby Bank** - <https://www.facebook.com/helpinghandsbb/>

**Baby Basics Dyffryn Clwyd** – mae ein gwasanaeth yn seiliedig ar atgyfeiriadau, felly bydd yn rhaid i unrhyw un sy'n ymofyn cymorth gael eu hatgyfeirio atom gan weithiwr gofal iechyd proffesiynol, gweithiwr cymdeithasol, y banc bwyd neu elusen arall <https://www.facebook.com/babybasicsdyffrynclwyd/>

**Swyddfa'r Post – Mynediad Arian Parod** <https://www.postoffice.co.uk/coronavirus-help-support/access-to-cash>

**Cymorth i Ddiodefwyr:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/victim-help-centre-notice.pdf>

**Mae'r Llinell Gymorth Byw Heb Ofn** yn darparu cymorth i ddiodefwyr a goroeswyr beth bynnag fo'u rhyw; darparwyr gwasanaeth a phobl eraill sy'n bryderus: <https://gov.wales/live-fear-free> Rhif ffôn: 0808 8010 800

**Mae Cynllun Dyn Cymru Ddiogelach** yn darparu cymorth i ddynion Heterorywiol, Hoyw, Deurywiol a Thrawsrywiol sy'n profi camdriniaeth ddomestig gan bartner. <http://www.dynwales.org/contact-dyn-project/?contentID=577> Rhif ffôn: 0808 801 0321

Mae llinell gymorth Bawso yn cynnig cymorth i ddiodefwyr a goroeswyr BAME sydd wedi'u heffeithio gan unrhyw fath o drais yn erbyn merched. <https://bawso.org.uk/contact-us/> Rhif ffôn: 08007318147

## Manylion Cyswllt Fferyllfeydd Sir Ddinbych

Gogledd y Sir <https://bipbc.gig.cymru/gwasanaethau-iechyd/gwasanaethau-iechyd/eich-gwasanaethau-lleol/eich-gwasanaethau-lleol/gogledd-sir-ddinbych1/fferyllfeydd-gogledd-sir-ddinbych/>  
Canol a De'r Sir <https://bipbc.gig.cymru/eich-gwasanaethau-lleol/canol-a-de-sir-ddinbych1/fferyllfeydd-canol-a-de-sir-ddinbych/>

## Fferyllfeydd – 5 ffordd y gallwch chi helpu eich fferyllfa

<https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/coronavirus-covid-19-5-ways-you-can-help-your-pharmacy-en.PDF>

**For the Love of Scrubs** <https://www.facebook.com/groups/930028694067069/> - Gwirfoddolwyr o Glwb Bowls Frith ym Mhrestatyn, a elwir yn 'Scrubbers' erbyn hyn, sy'n gweithio'n galed i gynhyrchu Bagiau Golchi dillad meddygol ar gyfer ysbytai lleol, meddygfeydd, Ymwelwyr Iechyd, ac ati. Angen cynyddol ar gyfer pobl i bwytho bagiau, darparu deunyddiau a rhoddion ar gyfer deunyddiau a chyflenwadau. Veronica Balloqui, Cydlynnydd Love of Scrubs yng Ngogledd Cymru. Cyswllt: snikmot13@yahoo.com

**Caru Gogledd Cymru, Cymorth a Chefnogaeth Coronafeirws**—Grŵp i rannu gwybodaeth am bandemig y Coronafeirws. Rhywle i fynd i ofyn am gymorth a chefnogaeth – byddwn yn gwneud ein gorau i helpu fel tîm ac fel cymuned. <https://www.facebook.com/groups/681383602667117/about/>

### **Gwasanaethau Iechyd Meddwl - Strategaeth Dinas Y Rhyl – Gwasanaeth Cefnogaeth yn y Gwaith**

Os oes angen cymorth neu gysur arnoch yn ystod y cyfnod anodd hwn, gall Strategaeth Dinas y Rhyl helpu. Yn ystod Covid-19 rydym yn darparu gwasanaethau cefnogi lles a therapiau am ddim dros y ffôn neu ar-lein – gall ein tîm profiadol ddarparu cefnogaeth mentora a hyfforddi, gyda mynediad cyflym i gwrsela, Therapi Ymddygiad Gwybyddol, neu unrhyw therapi siarad drwy ein cysylltwyr proffesiynol. Gallwn hefyd wneud atgyfeiriad i wasanaethau arbenigol megis cyngor ar fudd-daliadau neu gefnogaeth AD.

Mae ein cefnogaeth ar gael i'r sawl sy'n gweithio o gartref, ar ffyrlo, neu allan ar y rheng flaen, pobl gyflogedig neu hunangyflogedig sy'n byw neu'n gweithio yng Ngogledd Cymru, am ddim ac yn gyfrinachol 100%. Cysylltwch â ni ar 01745 336442 neu [hello@rcs-wales.co.uk](mailto:hello@rcs-wales.co.uk) i siarad gydag aelod o'r tîm.

### **Cefnogaeth Dan Gyflogaeth Strategaeth Dinas Y Rhyl, gwasanaethau Gwaith ICAN**

Wedi colli eich swydd yn ddiweddar, yn chwilio am waith neu eisiau newid eich swydd? Mae I Can Work yn rhaglen ar draws Gogledd Cymru cyfan sydd yn darparu cefnogaeth benodol i bobl sydd ag anghenion iechyd meddwl i ddod o hyd i waith. Mae ein tîm ymroddedig yn darparu cefnogaeth fentora a hyfforddi a chymorth i chwilio am swyddi dros y ffôn neu ar-lein. Cysylltwch â ni ar 01745 336442 neu [icanwork@rcs-wales.co.uk](mailto:icanwork@rcs-wales.co.uk) i siarad gydag aelod o'r tîm.

### **Cymorth Busnes BBaCH**

Yn ystod Covid-19, mae RCS yn darparu cyfres o weminarau lles am ddim i gyflogwyr a'u timau. Mae'r gweminarau wedi'u haddasu er mwyn ymdrin â nifer o'r materion sy'n effeithio ar y gweithlu ar hyn o bryd, gan gynnig arweiniad arbenigol mewn meysydd megis 'Paratoi eich Tîm i Ddychwelyd i'r Gwaith', Hyrwyddo Lles Seicolegol yn ystod Covid-19, Cefnogi Staff ar Ffyrlo ac ati. Mae ein cefnogaeth ar gael i fusnesau BBaCh ar draws Gorllewin Cymru a'r Cymoedd, ac mae am ddim ac yn gwbl gyfrinachol. Cysylltwch â ni ar 01745 336442 neu [hello@rcs-wales.co.uk](mailto:hello@rcs-wales.co.uk) i siarad gydag aelod o'r tîm.

**Cefnogaeth Corona Gogledd Cymru** - <https://www.facebook.com/groups/1345480832309400/about/>

**Gofal a Thrwsio Conwy a Sir Ddinbych** – galwadau ffôn lles i bobl hŷn. Ffoniwch 0300 111 2120

**Y Groes Goch Brydeinig – Cymorth** - <https://www.redcross.org.uk/get-help/coronavirus>

**Care for the family** - <https://www.careforthefamily.org.uk/family-life/bereavement-support>

Ffoniwch ar 02920 810800 neu anfonwch e-bost at [mail@cff.org.uk](mailto:mail@cff.org.uk)

Cynnig o Wasanaeth Cyfeillio dros y ffôn i rieni ifanc gweddw (dan 50). Dewis gwasanaeth cyfeillio arall i rieni profedig sydd â phlant ag anghenion ychwanegol. Mae'r ddau gwasanaeth yn cynnig galwadau ffôn cyfeillio gyda chyfeillion sydd wedi bod trwy profiadau tebyg am hyd at flwyddyn.

### **Gofal Cancr Tenovous - Gwasanaeth Ffonio Ffrind**

Byddwch yn cael eich paru gydag un o'n gwirfoddolwyr hyfryd am sgwrs ysbrydoledig. Am ragor o wybodaeth, ewch i'r wefan, i gofrestru ffonwch 0808 1010. <https://www.tenovuscancercare.org.uk/how-we-can-help-you/telefriend/>

### **Llyfrau Darllen yn Well ar Bresgripsiwn**

Mae'r Asiantaeth Ddarllen a Chymdeithas Pen Lyfrgellwyr Cymru wedi lansio rhestr 'Llyfrau Darllen yn Well ar Bresgripsiwn' ar gyfer Iechyd Meddwl' yng Nghymru. Mae'r rhestr yn cynnwys 37 teitl sy'n darparu cyngor, gwybodaeth a chefnogaeth i oedolion sy'n byw gydag anghenion iechyd meddwl, gan gynnwys hunangymorth, addysg-seicoleg ac atgofion. Am ragor o wybodaeth ar sut i gael mynediad i lyfrau yn ystod pandemig Covid-19, gweler y cyfeiriadau e-bost, isod.

Sir Ddinbych: [bethan.hughes@denbighshire.gov.uk](mailto:bethan.hughes@denbighshire.gov.uk)

**Vesta** – Cymorth i Deuluoedd Arbenigol (Cwmni Buddiannau Cymunedol). Rydym yn darparu cymorth i deuluoedd Pwylaidd yng Nghymru a Lloegr. <https://www.vestasfs.org/>

**Gwasanaethau mynd â chŵn am dro yn lleol**

<https://dogwalkingnorthwales.co.uk/dog-walking-denbighshire/>

Yn cynnig mynd â chŵn am dro a chludo anifeiliaid ac ati

Mae gan **Age Connects Canol Gogledd Cymru** nifer o brosiectau i gefnogi dinasyddion yn Sir Ddinbych a Chonwy. Ffoniwch eu Gwasanaeth Gwybodaeth a Chyngor am y gefnogaeth sydd ar gael yn eich cymuned ar 0300 2345 007 ac edrychwch ar eu gwefan: <http://www.ageconnectsnwc.org/en/services/> i gael gwybodaeth am y gwasanaethau sydd ar gael gan y sefydliad:

Mae'r rhain yn cynnwys Happy Feet (torri ewinedd traed am dâl), Bywyd Cartref (gwasanaeth taladwy i ddarparu cymorth ymarferol yn eich cartref), ABBA (cymorth i bobl gyda Dementia / Cyflyrau Iechyd Meddwl), Gofal Ymarferol (rhestr crefftwyr dibynadwy), Perennials (prosiect garddio o Tweedmill), Llyw-wyr Cymunedol (Gwybodaeth, Cyngor a Chymorth) a Fforymau Pobl Hŷn (Gwybodaeth, Trafodaeth, Cyfeillgarwch) a LEAP (effeithiolrwydd ynni cartref) ac ar gael yn fuan, Adfocatiaeth (Cymru gyfan).

## Adnoddau Cymorth Defnyddiol – Dolenni i Daflenni Gwaith

### Cymorth Budd-daliadau a Chyflogaeth

**Cymorth Cyflogaeth:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-employment-support.pdf>

**Sir Ddinbych yn Gweithio:** <https://sirddinbych-yn-gweithio-yn-cyflawni.org/>

### Cymorth ac Adnoddau i Ofalwyr

**Pecyn Adnoddau Gofalwyr:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-COVID-19-carers-resource-pack.pdf>

**Gwybodaeth ar gyfer Gofalwyr Sir Ddinbych:** <https://www.denbighshire.gov.uk/en/resident/health-and-social-care/carers/coronavirus-information-for-carers/coronavirus-information-for-carers.aspx>

### Cymorth i Rieni a Gweithwyr Allweddol

Gwasanaeth Gwybodaeth i Deuluoedd Cyngor Sir Ddinbych - 01745 815891

Cyngor i rieni/gweithwyr allweddol ynghylch gofal plant o fewn y sir

**Cefnogaeth i Rieni:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-parent-support.pdf>

**Gwybodaeth am Ofal Plant i Weithwyr Allweddol:**

<https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/childcare-for-keyworkers-poster.pdf>

**Hafal – Cymorth i Deuluoedd -** <https://www.facebook.com/Hafal/>

**Cymorth i Rieni - Home Start Cymru** <https://www.facebook.com/hscymru/>

neu ffoniwch y Swyddfa yn Ninbych ar 01745 814819

### Cymorth i Bobl Hŷn

**Newyddlen Fforwm Pobl Hŷn Mawrth 2020:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-older-peoples-forum-newsletter-march-23-2020.pdf>

**Gwasanaeth Ffôn – Cadw Mewn Cysylltiad:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-Keep-in-touch-Telephone-Service.pdf>

**Ap Ffôn – Next Door:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-nextdoor-mobile-app-all-areas.pdf>

**Cefnogaeth Symudedd:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-mobility-equipment.pdf>

**Cymdeithas Alzheimer's:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-alzheimers-society.pdf>

**Cynllun Cyfeillio dros y Ffôn:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-telephone-befriending-services.pdf>

**Gweithredu Cymunedol Cyfeillgar i Dementia:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/Dementia-Friendly-Community-action-during-the-Covid-19-response.pdf>

### Cymorth Iechyd Meddwl

**Cymorth Iechyd Meddwl:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-mental-health-support.pdf>

**Cyngor ar gyfer hunan-ynysu:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-top-tips->

Diweddwyd 02/11/2020

[staying-well.pdf](#)

**Cadw'n iach wrth gadw pellter cymdeithasol:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/staying-well-when-social-distancing.pdf>

**Pecyn Adnoddau Lles:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-COVID-19-wellbeing-resource-pack.pdf>

**Deall Gorbryder:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-understanding-anxiety.pdf>

**Pecyn Gwaith Lles Creadigol:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/creative-well-being-activity-toolkit-en.pdf>

### **Gwybodaeth a Chefnogaeth Gyffredinol**

**Canolfan Cyngor ar Bopeth:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/citizens-advice-denbighshire-poster-26032020.pdf>

**Cymorth â Gofal Anifeiliaid:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-animal-care-support.pdf>

**Cymorth â TG a Thechnoleg:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-it-and-tech-support.pdf>

**Cefnogaeth i Gyn-filwyr:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-veterans-support.pdf>

**Cysylltiadau Cwmnïau Ynni:** <https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/community-resources-energy-company-contacts.pdf>

**Llythyr ymwybyddiaeth sgamiau'r Coronafeirws – Safonau Masnach:**

<https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/resource-documents/Coronavirus-scams-awareness-letter.pdf>

**Cymorth a Chyllid i'r Lluoedd Arfog:** <https://www.covenantfund.org.uk/covid-19-response/>

**Cyflenwadau Llaeth Gogledd Cymru**

Cwmni	Rhif Cyswllt	cyfeiriad e-bost / gwefan	Cwmpas / Cynnig
Vale Dairies	07900 230881	Vale.dairy@btinternet.com	Ruthin, Denbigh, Llanrhaeder, Rhewl.
Jays Fresh Milk	07940 955477	<a href="https://www.facebook.com/jaysfreshmilk/">https://www.facebook.com/jaysfreshmilk/</a>	covering Prestatyn, gwensgor, meliden. Llandudlas to Llandudno, St asaph, Bodfari, Aberwheeler, Gelifor, and lots in between
Turners Dairy	01490 430599	<a href="https://www.facebook.com/Turners-Dairy-102357601463605/">https://www.facebook.com/Turners-Dairy-102357601463605/</a>	milk and essentials delivered to Carrog, Corwen, Gwyddelwern, Betws Gwerfil Gosh, Melin Y Wig, Tyn Y cefn, and Glyndyfrdwy

**Gwasanaeth Siopa Bwyd/Prydau Cenedlaethol**

Cwmni	Rhif Cyswllt	cyfeiriad e-bost / gwefan	Cwmpas / Cynnig
Morrisons	0345 322 0000	<a href="https://groceries.morrisons.com/webshop/startWebshop.do">https://groceries.morrisons.com/webshop/startWebshop.do</a>	There is a delivery charge depending on delivery time. Call 0345 322 0000 or 0345 611 6111 There is a new scheme launched from Morrisons, A few things to note: <ul style="list-style-type: none"> <li>The home address must within a 10 mile radius of a Morrisons store</li> <li>The list attached is all they can order, with a maximum of 3 of the same item per order</li> <li>Payment is by card ONLY – the driver will come to the door with a card machine and ring the bell, they will step back to allow the citizen to enter the card and pay for the shopping, once the payment has been authorised he will collect the machine from the doorstep, and leave the shopping bags at the door</li> <li>The order will be delivered the next day, no option to pick a day/slot/time, it will be the next day at some point</li> <li>There is no charge for the delivery</li> <li>They will not be able to confirm the cash amount at the time of ordering</li> <li>THIS SERVICE IS ONLY FOR THE VERY VULNERABLE CITIZENS IN SELF ISOLATION, WITH NO OTHER OPTIONS!</li> </ul>
Tesco	0800 917 7359	<a href="https://www.tesco.com/">https://www.tesco.com/</a>	Tesco's- There is a delivery charge depending on delivery time. Customers advised there may be a 20 minute wait as the organisation is experiencing high calls Tesco have a phone number for existing customers who need help getting priority slots - 0800 917 7359 <a href="https://www.tesco.com/help/priority-slots-faq/">https://www.tesco.com/help/priority-slots-faq/</a>
Asda		<a href="https://www.asda.com/">https://www.asda.com/</a>	There is a delivery charge depending on delivery time. Call 0800 952 0101 for more information. Asda have also release a Volunteer Card for those shopping on behalf of others - <a href="https://cards.asda.com/the-volunteer-shopping-card">https://cards.asda.com/the-volunteer-shopping-card</a>
Sainsburys	0800 328 1700 or Careline 0800 636 262	<a href="https://www.sainsburys.co.uk/">https://www.sainsburys.co.uk/</a>	Offer online shopping (like most local supermarkets) but also telephone ordering, allowing those with no internet or computers to access delivery to their home. Delivery charges apply (differ depending on time slot) 7 days a week There is a £2.95 charge for telephone orders, there may also be a delivery charge (ranging from £0 to £7 depending on amount spent on groceries). Minimum order for groceries is £25. First time callers can expect a longer phone call as the Sainsbury representative will need to register them/ create an account. Following this initial call, subsequent calls are more straight forward. Priority is being given to the most vulnerable. Calls via Careline 0800 636 262  Sainsbury's have launched an e-card for volunteer helpers or shoppers - Go to <a href="https://sainsburygiftcard.co.uk">sainsburygiftcard.co.uk</a> , load the card with as much money as you feel is correct, enter the email address of the volunteer who is going shopping for you,. And an e-gift card will be sent to them to use for paying in store. This relies on the person in need having email and wanting to use a bank card to pay for the volunteer card
Co-op	Ruthin Store only – 018024 705365		Ruthin Store offers delivery, you need to spend a minimum of £15 and there is a small delivery charge, orders over £25 and deliver is free if you are in the delivery area.
Aldi			No online Grocery Sales - All day everyday key workers in the <b>NHS, Police and Fire Service</b> will take <b>priority ahead of queues</b> into our stores upon showing a valid ID. This is in addition to <b>early access on a Sunday</b> , where they can enter stores 30 minutes prior to opening. We also opening 30 minutes early Monday - Saturday for the Elderly (over 70) and vulnerable. Please note, in England and Wales, this is for browsing only.
Iceland		<a href="https://www.iceland.co.uk/">https://www.iceland.co.uk/</a>	The last hour of each trading day will be reserved for NHS customers on production of NHS ID. Self-isolating – Now offering a contact free delivery service, at time of booking just leave a note to say and the driver will phone to let you know when they have dropped your items outside your door or knock.
Ocado		<a href="https://www.ocado.com/webshop/startWebshop.do">https://www.ocado.com/webshop/startWebshop.do</a>	Customers required to log in or register before filling an online basket in order to identify the vulnerable and elderly.

<b>Brakes Foodservices</b>	0344 412 9985	<a href="https://www.brake.co.uk/">https://www.brake.co.uk/</a>	Pay using your debit or credit card. Open between 9am to 4pm Monday to Saturday, 10am to 4pm on Sunday. Pick up from Bodelwyddan Call and Collect location, collection available between 9am and 3pm Monday to Friday. Please adhere to collection rules <a href="https://brakes.a.bigcontent.io/v1/static/bodelwyddan-food-shop-directions">https://brakes.a.bigcontent.io/v1/static/bodelwyddan-food-shop-directions</a>
<b>Wiltshire Farm Foods</b>	01244 836786	<a href="https://www.wiltshirefarmfoods.com/">https://www.wiltshirefarmfoods.com/</a>	Fresh, farm food meals with free delivery Meals from £3.19 (plans etc. available) <a href="https://www.wiltshirefarmfoods.com/">https://www.wiltshirefarmfoods.com/</a> 7 days a week/52 weeks a year
<b>Oakhouse Foods</b>	0333 370 2517	<a href="http://www.oakhousefoods.co.uk/">www.oakhousefoods.co.uk/</a>	Fresh, traditional dishes and home grocery essentials to your door Meals from £3.15 (plans etc. available) <a href="http://www.oakhousefoods.co.uk/">www.oakhousefoods.co.uk/</a> Monday-Friday: 9am-5pm
<b>Easy Living Meals on Wheels</b>	01745 350 506	<a href="https://www.easylivingmealsonwheels.co.uk/">https://www.easylivingmealsonwheels.co.uk/</a>	Deliveries made across north Wales coast, covering Denbighshire towns and villages as far south as Ruthin currently. Fresh, home cooked meals from £4.49. Hot meal delivered at both lunch and dinner time

### Cefnogaeth archfarchnadoedd i Bobl Hŷn, pobl ddiamddiffyn a Gofalwyr

Mae'r rhan fwyaf o archfarchnadoedd wedi cynyddu eu lleoedd danfon i'r cartref, yn ogystal â blaenoriaethu unrhyw un sy'n cael eu dosbarthu fel diamddiffyn gan y Llywodraeth (pob a dderbyniodd llythyr gan y llywodraeth yn gofyn iddynt aros gartref a diogelu eu hunain rhag y feirws). Mae rhai o'r archfarchnadoedd mawr yn cynnig talebion i Wirfoddolwyr a ellir eu defnyddio gan ofalwyr neu wirfoddolwyr sy'n siopa ar ran prynwr y cerdyn. Peidiwch anghofio bod siopau cyfleusterau a siopau cornel yn cynnig gwasanaethau danfon i'r cartref, yn aml yn cael eu hysbysebu ar y cyfryngau cymdeithasol neu wefan sy'n berthnasol yn lleol. Ffoniwch eich siop gornel leol, i ofyn pryd maent yn danfon.

Siop	Amseroedd Blaenoriaeth i'r Henoed a phobl ddiamddiffyn	Cerdyn Siopa
<b>Sainsbury's</b>	Dydd Llun, Mercher a Gwener – 8-9am	Taleb i Wirfoddolwyr – i'w prynu yn y siop neu ar-lein. Llinell Gymorth: 0371 200 1597 neu <a href="http://www.sainsburysgiftcard.co.uk/">http://www.sainsburysgiftcard.co.uk/</a>
<b>Co-op</b>	Dydd Llun i ddydd Sadwrn – 8am i 9am, Dyddiau Sul – 10am i 11am	Taleb i Wirfoddolwyr – i'w prynu yn y siop neu ar-lein. Ffôn: 0800 029 4592
<b>Waitrose</b>	Awr gyntaf bob dydd	Archebu/llynell gymorth Taleb i Wirfoddolwyr 0330 1230 350
<b>M&amp;S</b>	Dydd Llun a dydd Iau. Awr gyntaf bob dydd	Archebu/llynell gymorth Taleb i Wirfoddolwyr 0333 014 8444
<b>Tesco</b>	Dydd Llun, Mercher a Gwener – 9am-10am	Llynell gymorth Taleb i Wirfoddolwyr 0800 50 55 55*
<b>ALDI</b>	Dydd Llun i ddydd Sadwrn – 30 munud cyn i'r siop agor	Talebau siopa i'w prynu ar-lein. Gwasanaeth i Gwsmeriaid: 0800 042 0800 <a href="https://vouchers.aldi.co.uk/">https://vouchers.aldi.co.uk/</a>
<b>ASDA</b>	Amherthnasol	Taleb i Wirfoddolwyr – i'w prynu yn y siop neu ar-lein. <a href="https://cards.asda.com/volunteer">https://cards.asda.com/volunteer</a> Llynell Gymorth : 0800 5193333
<b>Morrison's</b>	Bwydlen archeb dros y ffôn gyda 47 eitem hanfodol – i'w danfon	Taleb i Wirfoddolwyr – i'w prynu yn y siop neu ar-lein. Llynell Gymorth: 0344 3815042

**Gwasanaeth Cyflenwi Prydau Lleol**

<b>Easy Living (Meals on Wheels)</b>	01745 350 506	<a href="http://www.easylivingmealsonwheels.co.uk/">www.easylivingmealsonwheels.co.uk/</a>	Fresh, homemade, hot meals, delivered to your door. Meals: £4.50 (99p pudding add on) 7 days a week/52 weeks a year - Rhyl, Prestatyn, Rhuddlan, Dyserth, Bodelwyddan Email: easy-living@talktalk.net
<b>Canolfan Ni / Grouse Inn</b>	01490 266 004	<a href="https://www.facebook.com/sdcpartnership">https://www.facebook.com/sdcpartnership</a>	Hot meal delivery, Monday – Friday Able to support people in isolation
<b>Dial a Meal</b>	074883 46097	<a href="https://www.facebook.com/Dial-A-Meal-1101009056758034">https://www.facebook.com/Dial-A-Meal-1101009056758034</a>	Hot meal delivery, Delivery 5 days of meals on a Monday and 2 days on a Sat Main meal and a pudding £8 Corwen based but a wide delivery area to include St Asaph and Llangollen
<b>Bar Llaeth</b>	01824 707000	<a href="https://www.facebook.com/barllaeth/">https://www.facebook.com/barllaeth/</a>	Hot Meal Delivery, 7 days per week Ruthin - Able to deliver to the Ruthin and surrounding villages
<b>The Granary</b>	07849 786163	<a href="https://www.facebook.com/Y-Granar-1471022866529045/">https://www.facebook.com/Y-Granar-1471022866529045/</a>	Hot meal delivery (not daily). Able to delivery a few meals in one delivery to heat up in microwave (can be frozen) Denbigh - Free delivery Ruthin and Henllan £5 delivery Main meals (Small £2.30 / Large £3.50-4.00)
<b>Margs Takeaway Café</b>	01745 817080	<a href="https://www.facebook.com/Margs-takeaway-cafe-1119733088042830">https://www.facebook.com/Margs-takeaway-cafe-1119733088042830</a>	Hot meal Delivery Denbigh Area, open during the day on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday and offering extended opening hours on Friday and Saturday Evenings
<b>The Crown Inn Pantymwyn</b>	01352 219912		Hot meal delivery, Mon – Fri From Mold, up to the Clwyd Gate (Maybe slightly beyond) £7 per meal to include delivery £30 weekly meals
<b>Butteez</b>	01745 334555	<a href="https://www.facebook.com/Butteez-Sandwich-Bar-182724235123003">https://www.facebook.com/Butteez-Sandwich-Bar-182724235123003</a>	St Asaph – Delivery free for the area – Min spend £5 Sandwiches / breakfasts
<b>Eezi Bite Sandwich bar</b>	01745 813939		1 Bridge St, Denbigh LL16 3LF. Serves sandwiches, burgers, small meals. Open Monday to Saturday 10 – 4p. Will be providing delivery for orders £10 and over to citizens in local Denbigh Area. Citizens can also call ahead and order for pick up.
<b>Simply Pizza</b>	07900945817	<a href="https://www.facebook.com/simplypizzadenbigh">https://www.facebook.com/simplypizzadenbigh</a>	offering delivery and pick up. Closed Sundays. Also able to deliver basic foodstuffs (including petfood) at cost price within Denbigh. Please contact them on 07900945817 with any enquiries. Can deliver to St Asaph too on certain days.
<b>Nant y Felin, Llanrhaeadr</b>	01745 890834	<a href="https://www.facebook.com/Nant-y-Felin-Restaurant-Bar-425807097901031">https://www.facebook.com/Nant-y-Felin-Restaurant-Bar-425807097901031</a>	Takeaways available Wednesday to Saturday between 5.30pm – 8.30pm Sunday 12pm – 3pm. Pre-orders only. Orders must be called through before 5pm on day of collection. No delivery at this stage. Card payments over the phone.



## Siopau bwyd

Cwmni	Rhif Cyswllt	cyfeiriad e-bost / gwefan	Cwmpas / Cynnig
Dee Valley Produce	01978 861805	<a href="https://www.facebook.com/deevalleyproduceltd">https://www.facebook.com/deevalleyproduceltd</a>	Can delivery staples to include milk, eggs, bread, cheeses, all dairy fruit ,jams and chutneys and veg etc £10 min spend. Llangollen area – Mon – Sat daily Llandrillo – Fridays Corwen - Monday - Saturdays Bryneglwys (to the village shop) Fridays Ruthin (may be able to provide a service - call for further information – Weds)
Jones Price	01352 758861	<a href="https://fruitandvegwholesaler.co.uk/">https://fruitandvegwholesaler.co.uk/</a>	Due to unprecedented demand we would kindly ask our customers to only request delivery if they are in a high risk group. Our warehouse is open from 7am – 12 Monday – Friday for pre order collections or to call in and purchase
Barry the milkman	07900 230 881		Can delivery dairy produce and bread to Denbigh, Ruthin and Pwllglas
Patchwork Pate	01824 705832	<a href="https://www.patchworkfoods.com/">https://www.patchworkfoods.com/</a>	Deliver items from shop, cheese, thai meals, wine and gin Min order £20 inc delivery - 10 miles radius
Shop y Parc, Denbigh	01745 818740	<a href="https://www.facebook.com/siopyparc">https://www.facebook.com/siopyparc</a>	Lower Denbigh - Free delivery - min order £10 – excludes cigarettes and alcohol
Home Farm Overton	01978 710141	<a href="https://www.facebook.com/homefarmoverton">https://www.facebook.com/homefarmoverton</a>	Meat, dairy and veg box, Llangollen only .Free delivery, no min spend
Daniel Morris Butchers	to order please message FB page or call 01745 812585.	<a href="https://www.facebook.com/danielmorrisbutchers/">https://www.facebook.com/danielmorrisbutchers/</a>	124 Vale St, Denbigh LL16 3BS Delivering meats, pies, juice etc ..If you would like to order please message FB page or call 01745 812585. For prices please either phone the shop to discuss or send a FB message of what you would like and they will send you back a total price. Orders need to be made before 12noon for next day delivery, either online or over the phone. either online or over the phone.
Cotswold Dairy	01492 596 311		Delivers to the majority of North Wales offering the essentials milk, bread, eggs, cheese and if we don't cover a specific area we will help find someone who does! 01492 596 311 Open Monday - Saturday Does cover a number of areas in Denbighshire. Call to see if they cover the postcode, will signpost to dairies that do if they don't.

## Banciau Bwyd Sir Ddinbych

Enw Banciau Bwd	Lleoliad	Dref	Unigolyn Cyswilt	Manylion Cyswilt	E-bost
Foryd Centre	Princes Street, LL18 1LS	Rhyl	Fiona Davies	01745 339779	bedfordcom38@tiscali.co.uk
Kings Storehouse	Wellspring Christian Church, 102 Vale Road, LL18 2PD	Rhyl	Sarah and Dave Jones & Pastor Mike	07936077425	mike@bettaney.com
Rhyl Christian Centre (Trussell Trust)	15 Sussex Street, Rhyl, LL18 1SE	Rhyl	Trevor Casey/ Rachel Round	07972 865994 07795 327133 01745 342268	Trevorjcasey@gmail.com
Ask Centre & CAB	9 Water Street, Rhyl, LL18,1SP	Rhyl	Eunice	01745 339646	eunice@unitedchurchinrhyl.co.uk Askfoodbank@gmail.com
Salvation Army	16 Windsor Street,	Rhyl	Chris Davidson	07813 596181	chris.davidson@salvationarmy.org.uk
Prestatyn & Meliden Food Bank (Trussell Trust)	66 Meliden Road, LL19 9SE	Prestatyn	Heather Norris	07722 749773	info@prestatynmeliden.foodbank.org.uk
(Denbigh and Ruthin)Vale of Clwyd Food Bank (Trussell Trust)	Chapel Street, Denbigh	Denbigh	Nick - Ruthin, Rhys - Denbigh	Nick, Ruthin - 07584077422 Rhys, Denbigh - 07977911300	Info@valeofclwyd.foodbank.org.uk
City Church Llangollen (Matts Foodbank)	Brook Street, LL20 8LS	Llangollen	Pastor Brian smith	07535 962722 07940 881833 - Pat 07957 728473	patdawnsmith@hotmail.com
South Denbighshire Community Partnership	Canolfan Ni, London Road,LL21 0DP	Corwen	Leah Edwards	01490 266004	office@sdcp.org
Friends of Pengwern	Pengwern, Community Centre, Brook Street, Llangollen, LL20 8AR	Llangollen	Gareth Thomas, Treasurer & Town Councillor or Kirsty Jones	07835 261343	dropkirstyaline@outlook.com
North Wales Foodshare - Good News Mission	73 Marsh Road, Rhyl, LL18 2AB	Rhyl	Natasha Harper	01745 798763/07889 195928	Natasha@goodnewsmission.co.uk