



Be well. Stay home. Save lives.

Are you or your company doing anything to help the community during this difficult time? If so, let us know via email: sales@cardiffcityfc.co.uk - and we'll update the below list.

Exercise & Therapy

Cardiff City FC Foundation

SuperMovers sessions.

Through our Primary Stars and Bluebirds Ability projects, we're hosting SuperMovers lessons for children and young people to stay active during the lockdown period.

Visit: www.cardiffcityfcfoundation.org.uk/digitalresources

Luke Routley

Quarantine Home Workout.

12 workouts, video demonstrations, stretching and mobility work, tailored nutrition plan and video calls.

Email: routleylukept@hotmail.com

Awaken Me Hypnotherapy

Online Hypnotherapy Sessions through their FB channel.

Visit: www.facebook.com/awakenmehypnotherapy & www.awakenmehypnotherapy.co.uk

Vaughan Intensive Personal Training

Online Personal Training.

10am sessions every morning.

Contact on Facebook: www.facebook.com/VIPTEmllyVaughan

Travel & Taxi Services

Rim Motors

Garage Services.

Offering discount to NHS workers if they need any repairs on their cars.

Call: **01446733247** or email: rimmotors@aol.com

Dragon Taxis

Taxi Service.

Call: **02920333333** - Cardiff, **01656655766** - Bridgend, **01633216216** - Newport

Visit: www.dragontaxis.com/covid-19

Oakmain Ltd

Vehicle Repair.

Supporting Vehicle Repair Workshops/Vehicle Lift Breakdowns/Parts.

Call: **01443810510** or visit: www.oakmain.co.uk

Edwards Coaches

Free Travel for all NHS Staff.

Call: **01443 202048** or visit: www.edwardscoaches.co.uk

MET Executive Travel

Collection & Delivery.

MET Executive Travel has limited availability in larger MPV's vehicles complying with the recommended social distancing and Driver PPE. All touch surfaces sanitised before & after every journey. Collection and delivery service also available. Fully Covid-19 Compliant.

Call: **02920 303051**, email: martin@metexec.co.uk or visit: metexec.co.uk

Driving Miss Daisy

Driving Miss Daisy will collect people's supermarket shopping/prescriptions/collect family members and take them to the required destination for a small charge.

Call: **07960906670** or email: cardiff@drivingmissdaisy.co.uk

Vacancies & Careers

Get Hired HQ

Career Coaching.

Get Hired HQ builds your confidence, creates stand out CVs and LinkedIn profiles, and coaches you to find a new role via hidden and advertised job markets. Free Career Strategy Session.

Call: **07738 554651**, email: ian@gethiredhq.com or visit: www.gethiredhq.com

Sword Security

Security positions available.

Visit: www.swordsecurity.com/joining-the-team/applying-online.html

One Stop Stores

Offering 12 week temporary job roles. They also fall under the umbrella of Tesco.

Visit: www.onestop.co.uk/careers

Cardiff and Vale University Health Board

Paid temporary roles immediately available for following areas: Housekeeping, Catering, Hospital Porters, Healthcare Support Workers, Administration and Clerical Staff, Drivers, Allied Health Professionals and Clinical Scientists, Doctors, Nurses and IT Professionals. Either call to speak to someone or click on the link and download the application form.

Call: **02921836287 / 02921836221** or visit: www.cardiffandvaleuhb.wales.nhs.uk/working-with-us

Yolk Recruitment

We are Yolk. An award-winning recruitment business, headquartered in Cardiff.

With teams specialising in six core markets, we help our UK-wide client base of SMEs to global brands find the permanent, contract, and temporary staff they need. Our recruiters stick to the markets they know. They don't dabble. They don't blag. They do what they do, brilliantly. And because of the strong connections we maintain with some of the most exciting employers around, candidates get access to amazing opportunities.

Call: **02920 22 00 78**, email: info@yolkrecruitment.com, or visit: www.yolkrecruitment.com

Careercake

We're a video careers platform, offering content to help you get a new job, thrive during the probationary period, and learn to be a little more confident with your new boss. With over 100 titles, our video topics are all requested by the end user and arranged in playlists. Titles include areas like: how to sit a video interview, build credibility with your new work mates, get over nerves when talking on the phone, and how to deal with your first disappointment at work.

Visit: www.careercake.com to sign up for a free trial.

Food & Drink

Dragon Taxis

Food Delivery.

Click and collect - You click and they collect and bring to your house.

Call: **02920333333** - Cardiff, **01656655766** - Bridgend, **01633216216** - Newport

Visit: <https://www.dragontaxis.com/covid-19>

Cariad Café Bar

Offering a delivery service.

Call: **07934240161** or email: kariadkafe@gmail.com

Glamorgan Brewing Co.

Next-day home delivery service across South Wales on orders over £75.00 and a safe collection service from the depot, with no minimum amount for collections.

Brochure: www.flipsnack.com/ArranAlexander/gbc-portrait-brochure-28-3-20.html

Call: **01443 406080** or Email: telesales@glamorganbrewing.co.uk

Mon-Fri 10am-3pm

Sat 9am-12:30pm

Sun 9:00am-12pm

Umpa Lumpa Sweet Shop

Home delivery service to Cardiff, Barry, Wenvoe, Sully, Llandough and Penarth. Delivery charges apply.

Call: **02920 707449** or visit: www.umpalumpasweetshop.co.uk

Foxy's Deli

Offering a delivery service

Call: **029 2025 1666** or visit: www.foxysdeli.co.uk

Fine Wines Direct

Home delivery. Delivery is £8.99 for most UK addresses which is waived on orders over £200. No minimum order. Click & Collect is also available for FREE from our shop on 242 Penarth Road, Cardiff, CF11 8TU.

Visit: www.finewinesdirectuk.com

Teaching & Resources

Cardiff City FC Foundation

Digital Resources.

We're producing digital resources as frequently as possible as well as supporting those who need us most through video conferencing and telephone calls.

Visit: www.cardiffcityfcfoundation.org.uk/Pages/Category/digital-resources

Cardiff City FC Foundation

Future Pathways Remote Learning.

We're still working with students on the Foundation's Future Pathways post-16 education programme, providing online learning to allow learners to continue their studies.

Visit: www.cardiffcityfcfoundation.org.uk

Elis-Wyn Benham

Primary School Teacher.

Online Skype/Facetime lessons which covers Maths and English practice according to current curriculum, Welsh language, general and personal needs in accordance to school work and resources in every subject area.

Call: **07455993528** or email: elisbenham@hotmail.co.uk

Carol Vorderman

Maths Lessons.

Online maths lessons for Children. Usually £2.00 per week but currently FREE.

Visit: themathsfactor.com

Roy of the Rovers

The first Roy of the Rovers' fiction and graphic novel, FREE for everyone to download and keep as eBooks. They've also dropped the prices on all Season 1 titles by 25%!

Download SCOUTED here: <https://royoftheroversofficial.com/shop/RCA-R6001D>

Download KICK-OFF here: <https://royoftheroversofficial.com/shop/RCA-R2001D>

Cleaning Services

Rosies' Prestige Cleaning Services

Home Cleaning Services.

Call: **07876414066**, email: rosieprestigecleaning@gmail.com or visit: [www.facebook.com/](http://www.facebook.com/Rosies-Prestige-Cleaning-Services-106875257333168)

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Security & CCTV Services

Sword Security

Security Services.

Visit: www.swordsecurity.com/services

Cameratech Projects Ltd

CCTV and Electrical Solutions.

Call: **0800 458 6156** or visit: www.cameratechprojects.co.uk

Law & Finance

Greenaway Scott

Law Firm.

As a law firm, we are able to assist with a number of problems whether it is support with furlough, employment contracts, service provider contracts and disputes, HR issues and more.

Call: **029 2009 5500** or visit: www.greenawayscott.com

Verde Corporate Finance

Corporate Finance Advice.

As a corporate finance advisory firm we can help companies with cashflow concerns whether that be assisting to apply for government support, loans or grants, or re-finance existing loans.

Call: **02922403445**, email: admin@verdecf.com or visit: www.verdecf.com

Hospitality Action

Available Grant.

£250.00 grant available to people that work in the Hospitality industry that have had their hours/wage cut.

Visit: www.hospitalityaction.org.uk/get-help

Other Services

Sam's Body Beautiful

Homemade Products.

Raising funds to supply nurses, doctors & carers with care packages which include hand wash, hand cream and sanitiser.

Join the Group on Facebook: <https://www.facebook.com/groups/198387051252009>

Floor Furnishings

Flooring.

Is offering to help anyone that needs it! Not specifically flooring!

Email: nick@floorfurnishings.co.uk

Zenith

Print & Packaging.

Short run digital, help with costs to keep projects moving, plain packaging for speed we will do whatever is possible.

Call: **07771 644989** or email: rose.bell@zenpak.co.uk

Cowshed

Cowshed is one of Wales' largest PR and Creative agencies. They are offering free comms support and advice for businesses in relation to Covid-19. If you're concerned about how to engage with your staff while working remotely or how to position your business with your customers, they can help.

Visit: www.wearecowshed.co.uk, call: **02920789321** or email: vicki@wearecowshed.co.uk