

Coronavirus **Action St Mellons & Trowbridge**: 'CAST'

A new community action partnership between
Rumney Coronavirus Support Group, Eastern High School and Bethania Church

Do you live in East Cardiff?

Do you need urgent help with groceries, utilities or any personal and social needs?

Do you just need someone to talk to?

**Call the CAST helpline on 02920 775934 (24 hour message system), or email
cast@easternhigh.org.uk Just give us a brief message with your details.**

We'll call you back quickly!

Did you know you can also go and get food parcels from St Mellon's Hub?
You can also phone them for assistance on social issues (benefits, housing etc):

Tel 02920 871964.

If you can't get to the Hub (e.g. self-isolating or 'shielding'):
the Council Advice Line to get food parcels delivered is 02920 871071.



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