



Planning Ahead for Christmas

If you are worried about your health:

Check symptoms on **NHS 111 Wales** to help you decide if you need to see your GP.

If you have Covid-19 symptoms: Stay at Home, Self-Isolate & Get Tested.

Medical Emergencies: 999

NHS Direct: 111

Remember – Pharmacy 1st. Your community pharmacy can offer advice and treatment for minor conditions, free NHS flu vaccinations, emergency contraception and smoking cessation service.

Christmas Opening Hours:

	Newtown Medical Practice & Dispensary <i>01686 611611</i>	Boots Chemist Newtown <i>01686 626241</i>	Lloyds Chemist Newtown <i>01686 626722</i>	Morrisons Dispensary Newtown <i>01686 628764</i>	Newtown Town Council <i>01686 625544</i>
24 th Dec	8.30 - 6.00	8.30 – 5.30	9.00 -6.30	9.00 – 5.30	9:00 – 13:00
25 th Dec	<i>CLOSED</i>	<i>CLOSED</i>	12.00 -1.00	<i>CLOSED</i>	<i>CLOSED</i>
26 th Dec	<i>CLOSED</i>	9.00 – 5.30	9.00 – 1.00	9.00 – 4.00	<i>CLOSED</i>
27 th Dec	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	9.00 – 4.00	<i>CLOSED</i>
28 th Dec	<i>CLOSED</i>	10.00 – 4.00	10.00 – 4.00	9.00 – 4.00	<i>CLOSED</i>
29 th Dec	8.30 – 6.00	8.30 -5.30	9.00 – 6.30	9.00 – 7.00	9.00 -5.00
30 th Dec	8.30 – 6.00	8.30 – 5.30	9.00 – 6.30	9.00 - 7.00	9.00 -5.00
31 st Dec	8.30 – 6.00	8.30 -5.30	9.00 – 6.30	9.00 -5.30	9.00 -5.00
1 st Jan	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>

If your friends/family are unable to collect your prescriptions or shopping, please contact: **Newtown Neighbourhood Angels: 0333 996 1124**

Email: enquiries@newtownnetwork.org.uk

Facebook Messenger: NewtownNetworkHelp
<https://www.facebook.com/NewtownNetworkHelp>

Not sure where to go for support/advice?

PAVO Community Connectors 01597 828649

CLOSED: 5pm 23rd Dec – Mon 4th Jan

Mental Health Support:

Ponthafren Association 01686 610340

CLOSED: 25th/26th/27th Dec & 1st Jan

Mid & North Powys MIND 01597 824411/07539 870010

CLOSED: 25th/26th/27th Dec & 1st Jan

DPJ Foundation 0800 587 4262

Samaritans 116 123

C.A.L.L. Helpline or text HELP to 81066 0800 132737

Domestic Abuse:

Montgomeryshire Family Crisis Centre 01686 629114

CLOSED: 25th/26th Dec & 1st Jan *(24 Hour Crisis Line)*

Live Fear Free 0808 8010 800

Police Emergency 999 Non-Emergency 101

Food Bank (referral via usual referring agencies) 01686 610340

CLOSED: 1pm 24th Dec – 4th Jan

Age Cymru 01597 825908

CLOSED: 12pm on 24th Dec – 4th Jan

CREDU – Supporting Carers 01597 823800

CLOSED: 24th/25th/26th Dec & 1st Jan

CRUSE Bereavement Support 0808 808 1677/01686 610220

DAN Drugs & Alcohol Support 0808 808 2234

Powys Front Door 0845 827666

Access point for children's services.

Powys Social Services ASSIST 0345 602 7050

Access point for adult's services

Financial Help/Advice:

Citizens Advice Bureau 0345 601 8421

CLOSED 19th Dec – 4th Jan

If you have an emergency during these times, please contact:

Universal Credit Helpline 08000 241 220

Adviceline Cymru 0800 702 2020

National Debt Line 0808 808 4000

Shelter (Housing) 08000 495 495

Or refer to the Citizens Advice website www.citizensadvice.org.uk

Spiritual Guidance:

All Saints Church 07833 302312

Sunday 20th December 6.00pm Carols by Candlelight at St Llwchaiarn Church.

This is a very popular service usually - it is essential that all book their place by ringing Brian & Janet Evans: 01686 625758.

24th December 2.00pm – 4.00pm - 'Experience the Real Christmas' at All Saints Church. This will be a 10 mins experience for families to come to meet the Angels, Shepherds, Mary & Joseph and baby Jesus and the Wise Men and to listen to some carols. 6-00pm Christmas Eve Eucharist & 11-15pm Christmas Eve Eucharist

Christmas Day 9-00am Christmas Eucharist & 10-30am Christmas Worship for families

We want to welcome all who wish to attend our services. Due to the current restrictions in numbers please ring one of the Wardens to reserve your place. In having 4 services we can accommodate our regular worshippers as well as other friends and visitors who wish to join us.

Chris Fleming: 01686 625229 Sylvia Stephens: 01686 627364

All Saints Church Mochdre

Nativity Celebration service on Tuesday 22nd December at 7pm

Online Christmas Carol Service <https://youtu.be/II126xn8RFY>

Methodists Church

01686 625690

Christmas service at the Methodists Church, Back Lane on Sunday 20th December at 10.30am. Christmas Eve Communion service at 11.30pm

Salvation Army

01686 610340

Hope Church

01686 627693

Christmas Day service will be online at 10.30am

Sunday services as usual at Hope Church at 9am and 11am

For further information please see: www.hopenewtown.org.uk



Diane Jones – PAVO Community Connector (Newtown & Montgomery)