



# Llandaff 50+



**Patrons: Baroness Finlay of Llandaff  
Matthew Williams, Emeritus Curator of Cardiff Castle**

**News 2- Wednesday 25<sup>th</sup> March 2020**

We hope you're all keeping well and either social isolating or social distancing.

## **This is the Government advice:**

**Stay at home.** You should only leave the house for one of four reasons:

1. Shopping for basic necessities, eg food and medicine, as infrequently as possible
2. Take one form of exercise a day, alone or with members of your household
3. Any medical need, or to provide care or help to a vulnerable person
4. Travel to and from work, but only if this cannot be done at home

**If you need any help**, contact us by return of this email on [info@llandaff50plus.com](mailto:info@llandaff50plus.com) or leave a message on 0775 8939 141 and we'll return your call. Our database of younger people who are offering their services to do shopping or have a chat on the phone is growing daily. Please encourage your friends and family to sign up to our database and help the community. **And if you can chat, let us know!**

**Our lovely coffee shops and restaurants** are all closed, however, the Heathcock is running a pop-up shop for collection or delivery. Details are on their website <https://heathcockcardiff.com/heathcock-shop> or tel. 029 2115 2290. And, if you're on a guaranteed income or pension, why not put aside the money you would have spent in your favourites eateries and donate it to them when they re-open?

**Missing the local gossip?** Overheard in Coop Insole Shops: 'It's been manic, we've had total sell-out on rice, pasta, tinned tomatoes and *maltesers*'!!

**If you need some retail therapy**, why not try using QVC on the tv? They have a range of items for sale including food, electronics, kitchen gadgets, gardening equipment, plants and clothes. Many High Street stores sell there including Lakeland, L'Occitane, Clarks and Thorntons. It's a very safe way to shop, if a little addictive. You can order by phone or online. Watch it on: **Freeview:** Channel 16; **Freesat:** Channel 800; **Sky:** Channel 660; **Virgin Media:** Channel 740.

And if you have a tablet or ipad and want to enjoy the countryside whilst sitting in your house, try downloading the **Hayday game** and you can spend many hours keeping chickens and growing your crops. The help team are great, and we also have a Hayday farmer on the committee, so just ask if you get stuck.

This week's pic is a postcard bought from ebay on Monday. It's postmarked 1905 and shows The Green and Bishops Castle.

Keep well, keep smiling, and keep your distance!

Your Llandaff 50+ committee

[www.llandaff50plus.com](http://www.llandaff50plus.com)

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Registered charity no. 1176165

