

Monmouthshire Housing Association

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Scan the QR code to access
the MHA website.



Wellbeing & Welfare Support
Caldicot

A little help can go a long way...

If you're worried about the rising cost of living, you are not alone. Millions of people are finding it hard to pay for everyday things because of the sudden price increases in things like food, fuel and energy.

We've created a pocket guide of information about various local support that may be available to you such as grants, Community Fridges, Baby Banks and much more!

Please note: Opening days/times may vary, we kindly advise you to check before your visit. **Contact details of each service provided below.**

Rising cost of living support

Discretionary Assistance Fund

Emergency Assistance Payment (EAP)

A grant to help pay for essential costs, such as food, gas, electricity, clothing, or emergency travel if you:

- Experiencing extreme financial hardship.
- Lost your job.
- Applied for benefits and are waiting for your first payment.

You cannot use it to pay for ongoing bills that you cannot afford to pay.

You can claim 3 EAP's in a 12-month period.

Web: www.gov.wales/discretionary-assistance-fund-daf

Fuel Bank Foundation

If you are struggling and use a prepayment meter, you are eligible for support in the form of a voucher:

- You are eligible for £30 Fuel vouchers
- Clients are eligible for 1 voucher in 10 days.
- Clients are eligible for a maximum of 3 vouchers in a 6-month period.

Additional distributors of Fuel Vouchers and alternative vouchers:

Citizens Advice

Monday – Thursday: 10am -2pm

5A Church Rd, Caldicot NP26 4BP

Tel: 01291 422119

Email: caldicot@monca.org.uk

Food

Caldicot Food Bank

Caldicot Food Bank helps local people going through a short-term crisis by providing food parcels. Further support including debt advice, benefit advice and housing support can be accessed here

Friday: 10am-12 noon

Tel: 07761661986 by refer

Email: caldicotfoodbank@yahoo.co.uk

Summer Breakfast

During the summer holidays, families can pop in Togetherworks, Caldicot and pick up free cereal with long life milk.

Monday – Friday: 10:30am - 4pm

Togetherworks, 41 Newport Road, Caldicot, NP26 4BG

www.facebook.com/people/Togetherworks-Caldicot/100081804874682

Home and Family

Caldikidz Community Baby Bank

Caldikiz Community is a Baby Bank to help local families who might be struggling to access all the essentials, from the age of newborn to 12 months, including items and equipment such as toiletries, food and clothing. *By referral from GP, social services, or self-referral and packs made up free of charge.

Monday – Friday: 9am – 3pm

Saturday: 9am - 1pm

Core Caldicot, 43 Newport Road, Caldicot, NP26 4BQ 07985102024

Email: caldikidzcommunity@yahoo.com

Furniture Support

Core Caldicot is a community hub with an indoor market style setting. The hub hosts a variety of services including support for those struggling to afford furniture. Simply contact Core and request items you are looking for and they will source at a reasonable price.

Monday – Friday: 9am – 3pm

Saturday: 9am - 1pm

Core Caldicot, Newport Road, Caldicot, NP26 4BQ

Tel: 07985102024

Email: caldicottownteam@outlook.com

School Uniforms

Within Core Caldicot hub, there is a uniform shop stocking a variety of uniform essentials priced between £1 - £2

Monday – Friday: 9am – 3pm

Saturday: 9am - 1pm

Core Caldicot, 43 Newport Road, Caldicot, NP26 4BQ 07985102024

Email: caldicottownteam@outlook.com

Monmouthshire County Council

For financial support accessing school uniforms, please contact: Monmouthshire County Council benefits department

Tel: 01495742037 or 01495742377

Period Dignity

Togetherworks

Togetherworks Community Hub stocks a variety of free, sustainable sanitary products.

Together Works, 41 Newport Road, Caldicot, NP26 4BG

Monday – Friday: 10:30am - 4pm

www.facebook.com/people/Togetherworks-Caldicot/100081804874682