

Monmouthshire Housing Association

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📍 **Monmouthshire Housing Association**
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Wellbeing & Welfare Support
Chepstow

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 & Friday: 10am - 2pm

The Gate House, High St, Chepstow NP16 5LH

Tel: 01291 622185

Email: chepstow@monca.org.uk

Food

Chepstow Food Banks

The Food Banks provides 3 days of nutritionally balanced food and support to local people who are referred.

Bridge Church *Referral only

Wednesday: 10:30am - 12:30pm

Bridge Church Unit 1, Bulwark Industrial Estate, Chepstow, NP16 5QZ

Tel: 07931 911869

Email: info@chepstow.foodbank.org.uk

Baptist Church *Referral only

Friday: 10:30am - 12 noon

Baptist Church Lower Church Street, Chepstow, NP16 5HJ

Tel: 07931 911869

Email: info@chepstow.foodbank.org.uk

Community fridge

Chepstow's Community Fridge, at the old Rainbow Cafe, offers a range of surplus food from supermarkets free of charge to prevent food waste. *Subject to availability

Wednesday & Friday:

11am - 12 noon

Rainbow cafe, Moor Street, Chepstow NP16 5DF

Email:

chepstowcommunityfridge@gmail.com

Food on our doorstep

FOOD club - great quality food at affordable prices, while also alleviating food waste. To get involved, it costs only £1 per year for a family membership. Once you've joined, you can purchase a bag of delicious food weekly for just £3.50!! Worth approx. £15.00!

Monday: 10am - 12 noon

Rainbow cafe, Moor Street, Chepstow. NP16 5DF

Tel: 07977 636522

Email: monmouthshirefoodclubs@family-action.org.uk

Home & Family

Caldikidz Community Baby Bank

Caldikidz 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, 43 Newport Road, Caldicot. NP26 4BQ 07985 102024

Email: caldikidzcommunity@yahoo.com

School Uniforms

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

Tel: 01495 742037 or 01495 742377

Period Dignity

Free Sanitary Products

Rainbow Café situated within Chepstow Community Fridge offers a range free sustainable sanitary products. * Subject to availability

Wednesday & Friday:

11am-12 noon

Rainbow cafe, Moor Street, Chepstow. NP16 5DF

Email:

chepstowcommunityfridge@gmail.com



We can help you to...

- Source devices such as mobile phones and laptops
- Find affordable Wi-Fi that suits your digital needs
- Get online to help you carry out your job searches
- Gain access to online services ie bills, banking and benefits
- Access online education, learning and skills training
- Find health and wellbeing information and advice
- Feel more confident to engage with public services ie healthcare and schools
- Keep in touch with family and friends
- Join virtual projects to improve your overall health and wellbeing

Meet our iConnect Officers...



Marianne

M: 07815 440072



Alisa

M: 07831 851253

Digital Drop-ins...

Every Tuesday, Chepstow Library, 10am - 12 noon

E: iconnect@monmouthshirehousing.co.uk

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