

# Monmouthshire Housing Association

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Wellbeing & Welfare Support  
**Monmouth & Wye**

# 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](http://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- Wednesday:** 10am - 2pm  
23a Whitecross St, Monmouth  
NP25 3BY

**Tel:** 01600 773297

**Email:** [monmouth@monca.org.uk](mailto:monmouth@monca.org.uk)

### Food

#### Foodbank \*Referral only

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

**Friday:** 10am - 12 noon

Monmouth Baptist Church, 3 Monk Street, Monmouth. NP25 3LR

**Tel:** 07960 579062.

#### Community Fridge

Monmouth Community Fridge offers a selection of nutritious, surplus food from local businesses; available to everyone, for free.

**Monday – Friday:** 8am - 8pm

Bridges Centre, Unit 4, The Stables, Bridges Community Centre, Drybridge House, Monmouth  
NP25 5AS

**Tel:** 01600 228660

#### Meet 'n' Eat \*Booking essential

Free light meals and company for everyone!

**Monday – Friday:** 12 noon - 2pm

St Thomas Community Hall, St Thomas's Square, Monmouth

**Tel:** 01600 713869

### Food on our doorstep (FOOD)

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 about £15!

**Monday:** 10am-12 noon

Wyesham Christian Fellowship, Chapel Close, NP25 3NN

**Tel:** 07977 636522

**Email:** [Monmouthshirefoodclubs@family-action.org.uk](mailto:Monmouthshirefoodclubs@family-action.org.uk)

## Home & Family

### Baby Bank

#### Monmouth Nappy Library

**Email:** [www.monmouthshirebenthygcymru.org](http://www.monmouthshirebenthygcymru.org)

[laura.acemonmouth@outlook.com](mailto:laura.acemonmouth@outlook.com)

## School Uniforms

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

**Tel:** 01495 742037 or 01495 742377

## Period Dignity

### Morrisons Supermarkets

To access free sanitary products, visit the customer services counter within the store. Request a package for Sandy, you will discreetly receive a package of free sanitary products.

Local store is situated in Abergavenny, Park Road, NP7 5TP