



Wellbeing & Welfare Support
Abergavenny

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, Tuesday, Wednesday & Friday: 10am - 2pm

19 A&B, Cross St, Abergavenny NP7 5EW

Tel: 01873 856466

Email: abergavenny@monca.org.uk

Food

Abergavenny Foodbank

Abergavenny Food Bank provides 3 days of nutritionally balanced food and support to local people who are referred. * Referral only

Tuesday: 1:30 - 3:30pm

Friday: 10am-12:30pm

Abergavenny Baptist Church, Frogmore Street, Abergavenny. NP7 5AL

Tel: 07340 795328

Email: aber.hub@gmail.com

Gateway Church

Gateway Church, Abergavenny operates a Community Café that provides lunch including; hot meals and sandwiches for people in need. The facility also offers a free Food Cupboard. *Subject to availability

Food cupboard

Tuesday – Thursday: 10am - 2pm

Community café

Tuesday – Thursday: 10am - 2pm

Gateway Christian Centre, Monk Street, Abergavenny NP7 5ND

Tel: 01873 853126

Cwtch Angels - Community Fridge

The Community Fridge stocks a variety of essentials including fresh and frozen food. A £5 donation can get a bag of food worth £25 approx, subject to availability, and conditions. By purchasing from Cwtch Angels, you're saving the planet by preventing good quality foods going to landfill.

Monday, Wednesday, Friday & Saturday:

11:30am - 1pm

Unit 2 Hatherleigh Place, The Old Workhouse, Union Rd West, NP7 7RL

[f https://en-gb.facebook.com/groups/491313248120903](https://en-gb.facebook.com/groups/491313248120903)

Abergavenny Community Centre

Abergavenny community centre offers a warm and inviting hub; where you can access weekly, low-cost, two-course lunch *booking via telephone required.

Wednesday: 12:30 - 1:30pm

Friday: 12 noon - 1pm

Abergavenny Community Centre,
Merthyr Rd, Abergavenny
NP7 5BY

Tel: 07821 627038

 www.facebook.com/abergavennycc

Home & Family

Cwtch Angels: Baby Bank

The Baby Bank operates within Cwtch Angels Hub, aimed at supporting families in financial hardship. It provides free essential equipment, clothing and toiletries for newborn to 24 month old babies. If you require assistance or support with free baby goods, please contact the team.

Unit 2 Hatherleigh Place, The Old Workhouse, Union Rd West, NP7 7RL

 <https://en-gb.facebook.com/groups/491313248120903>

Cwtch Angels: Pet food bank (subject to availability)

The Pet Food Bank based within Cwtch Angels supplies essential food for your furry friends. To access the service either telephone or visit the store. *Subject to availability

Monday, Wednesday, Friday & Saturday:

11:30am - 1pm

Unit 2 Hatherleigh Place, The Old Workhouse, Union Rd west, NP7 7RL

 <https://en-gb.facebook.com/groups/491313248120903>

Cwtch Angels: Affordable Furniture

Cwtch Angels hub stocks a range of low-cost household items and furniture.

Monday, Wednesday, Friday & Saturday:

11:30am - 1pm

Unit 2 Hatherleigh Place, The Old Workhouse, Union Rd West, NP7 7RL

 <https://en-gb.facebook.com/groups/491313248120903>

Homemakers Community Recycling (HCR)

HCR aims to reduce furniture going to landfill by offering house clearances, or furniture available at reasonable prices. HCR offers a range pre-loved furniture including: sofas, tables, wardrobes and many more items at an affordable cost.

Monday-Friday:

9am-5pm

The Chapel the Old Workhouse
Hatherleigh Place Union Road West,
Abergavenny NP7 7RL

Tel: 01873 857618

Email: www.hmcrecycling.co.uk

School Uniforms

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

Tel: 01495 742037 or 01495 742377

Period Dignity

Morrisons supermarket

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

Monday – Saturday:

7am - 10pm

Sunday: 10am - 4pm

Morrisons, Park Road, Abergavenny
NP7 5TP

Tel: 01873 719443

Tesco supermarkets

To access free sanitary products, visit the customer services, go to the Customer Services counter and ask for white envelope. You will discreetly receive a free sanitary products.

Monday – Friday: 7am - 10pm

Saturday: 7am - 9 pm

Sunday: 10am - 4pm

26 Frogmore St, Abergavenny
NP7 5AH

Tel: 0345 677 8995

Cwtch Angels

Cwtch Angels stocks a range of sustainable period products available within their Community Fridge.

Monday, Tuesday, Wednesday & Friday:

11:30am - 1pm

Sunday: 10 - 11am

Unit 2 Hatherleigh Place, The old Workhouse, Union Rd West, NP7 7RL

 <https://en-gb.facebook.com/groups/491313248120903>

Monmouthshire Housing Association

 **0345 677 2277**

 **customerservices@monmouthshirehousing.co.uk**

 **www.monmouthshirehousing.co.uk**

 **Monmouthshire Housing Association**
Nant-Y-Pia House, Mamhilad Technology Park
Mamhilad, Monmouthshire, NP4 0JJ

 **facebook.com/Monmouthshire.Housing**

 **facebook.com/MHACommunityBuzz**