



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](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 – Thursday:** 10am -2pm

5A Church Rd, Caldicot NP26 4BP

**Tel:** 01291 422119

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

**f** [www.facebook.com/people/Togetherworks-Caldicot/100081804874682](https://www.facebook.com/people/Togetherworks-Caldicot/100081804874682)

### Caldicot Community Fridge

Wye Gymnastics & Galaxy Cheerleading, Caldicot, NP26 5PW

**Monday:** 9am-3pm & 7:30-8pm

**Tuesday & Thursday:**

8:45am-9:15am & 2:30 - 3:30pm

**Wednesday & Friday:**

9am-10:30am & 7:30 - 8pm

**Saturday and Sunday:** 8:30-9am

### Magor & Undy Community Fridge

Magor Baptist Church, Magor, NP26 3HY

**Every Friday:** 10:30am-12noon

### Corner Cupboard

TogetherWORKS, NP26 5DB

**Monday – Friday:** 10:30am-4pm

Please contact MHA to make a referral on your behalf.

# School Uniforms

## 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](https://www.facebook.com/people/Togetherworks-Caldicot/100081804874682)



**iConnect** is here to support **MHA tenants** through digital inclusion. We can help you gain confidence and develop your digital skills, all while ensuring you do so independently and safely.

## Digital Surgeries:

### 1-to-1 Digital Coaching

Please call to book your place.

### TogetherWORKS, Caldicot

Every Wednesday, 1-3pm

Please call to book your place.

## Helping you stay connected with friends and family

**Support with using the UC portal and maximising income**

**Guidance on how to use the app to report a repair or view rent accounts**

**Improving your digital skills and boosting confidence**

**Assistance with accessing online services, education and training**

**Support sourcing affordable devices, WiFi and SIM cards that meet your needs**



**Meet Alisa,**  
our experienced  
Digital Coach!



Scan for more info



## Get in touch:

☎ 0345 677 2277

✉ [iconnect@monmouthshirehousing.co.uk](mailto:iconnect@monmouthshirehousing.co.uk)

📱 Community buzz

# Monmouthshire Housing Association

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-  **0345 677 2277**
-  **customerservices@monmouthshirehousing.co.uk**
-  **[www.monmouthshirehousing.co.uk](http://www.monmouthshirehousing.co.uk)**
-  **Monmouthshire Housing Association  
Nant-Y-Pia House, Mamhilad Technology Park  
Mamhilad, Monmouthshire, NP4 0JJ**
-  **[facebook.com/Monmouthshire.Housing](https://facebook.com/Monmouthshire.Housing)**
-  **[facebook.com/MHACommunityBuzz](https://facebook.com/MHACommunityBuzz)**