



Wellbeing & Welfare Support
Usk & Goytre

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

Food

Free hot meals

Free take away hot food for those in need available, local deliveries available.

Tuesday & Thursdays:

12 noon - 2pm

St David Lewis Church Hall,
Porthycarne Street, Usk, NP15 1RZ

Tel: 07429 023559

Please Eat the Garden

Residents can get locally grown fruit and veg for free or for a small donation.

Location for pick up is:

Usk Community Hub & Library, 35
Maryport St, Usk NP15 1AE

For more information:

Web: [www.usktogether.org/
please-eat-the-garden](http://www.usktogether.org/please-eat-the-garden)

Home & Family

School Uniform Support

For financial support accessing 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.

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

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**