**What help your council can provide**

Every council is different so you need to check on their website what support they can give

Ideas of support that can be provided includes:

* Household support fund energy and water bills food essential items
* They may also be able to provide food vouchers to families in school time
* Advice on keeping warm
* Food bank or food bank provider
* Grants for warm hubs and food distribution
* Discretionary Assistance Fund

Blaenau Gwent

Visit Cost of Living page:

<https://www.blaenau-gwent.gov.uk/en/resident/cost-of-living-advice-and-support/>

Telephone: 01495 311556

Email: [info@blaenau-gwent.gov.uk](mailto:info@blaenau-gwent.gov.uk)

Bridgend

Visit Cost of Living page:

<https://www.bridgend.gov.uk/residents/benefits-and-support/cost-of-living-support/>

Telephone: 01656 643643

Caerphilly

Visit Cost of Living page:

<https://www.caerphilly.gov.uk/services/cost-of-living-support>

Telephone: 01443 815588

Camarthenshire

Visit Cost of Living page:

<https://www.carmarthenshire.gov.wales/home/council-services/benefits/cost-of-living-advice/>

Telephone: 01267 234567

Cardiff

Visit Cost of Living page:

<https://www.cardiff.gov.uk/ENG/resident/Benefits-and-Grants/Cost-of-living-support/Pages/default.aspx>

Telephone: 029 2087 2087

Ceredigion

Visit Cost of Living page:

<https://www.ceredigion.gov.uk/resident/cost-of-living/services/benefits/cost-of-living-advice/>

Telephone: 01545 570881

Email: [clic@ceredigion.gov.uk](mailto:clic@ceredigion.gov.uk)

Conwy

Visit Cost of Living page:

<https://www.conwy.gov.uk/en/Resident/Cost-of-Living/Cost-of-Living.aspx>

Telephone: 01492 574000

Denbighshire

Visit Cost of Living page:

<https://www.denbighshire.gov.uk/en/benefits-grants-and-money-advice/cost-of-living-support/cost-of-living-support.aspx>

Telephone: 01824 706000

Flintshire

Visit Cost of Living page:

<https://www.flintshire.gov.uk/en/Resident/Cost-of-Living-Hub/Home.aspxupport/cost-of-living-support.aspx>

Telephone: 01352 702121

Gwynedd

Visit Cost of Living page:

<https://www.gwynedd.llyw.cymru/en/Residents/Cost-of-living-help.aspx>

Telephone: 01766 771000

Isle of Anglesey

Visit Cost of Living page:

<https://www.anglesey.gov.wales/en/Residents/Benefits-and-grants/Cost-of-living-support.aspx>

Telephone: 01248 750057

Merthyr Tydfil

Visit Cost of Living page:

<https://www.merthyr.gov.uk/resident/cost-of-living-support-and-advice/>

Telephone: 01685 725000

Email: [customer.care@merthyr.gov.uk](mailto:customer.care@merthyr.gov.uk)

Monmouthshire

Visit Cost of Living page:

<https://www.monmouthshire.gov.uk/money-matters/>

Telephone: 01633 644644

Email: [contact@monmouthshire.gov.uk](mailto:contact@monmouthshire.gov.uk)

Neath Port Talbot

Visit Cost of Living page:

<https://www.npt.gov.uk/33338>

Telephone: 01639 686868

Email: [contactus@npt.gov.uk](mailto:contactus@npt.gov.uk)

Newport

Visit Cost of Living page:

<https://www.newport.gov.uk/en/Support-and-Advice/How-we-can-help.aspx>

Telephone: 01633 656 656

Email: [info@newport.gov.uk](mailto:info@newport.gov.uk)

Pembrokeshire

Visit Cost of Living page:

<https://www.pembrokeshire.gov.uk/benefits-support-and-grants>

Telephone: 01437 764551

Email: [enquiries@pembrokeshire.gov.uk](mailto:enquiries@pembrokeshire.gov.uk)

Powys

Visit Cost of Living page:

<https://en.powys.gov.uk/costofliving>

Telephone: 01597 827460

Rhondda Cynon Taf

Visit Cost of Living page:

<https://www.rctcbc.gov.uk/EN/Resident/ConsumerAdviceandMoneyMatters/CostofLivingSupport/CostofLivingSupport.aspx>

Telephone: 01443 425005

Swansea

Visit Cost of Living page:

<https://www.swansea.gov.uk/costoflivinghelp>

Telephone: 01792 636000

Email: [contact@swansea.gov.uk](mailto:contact@swansea.gov.uk)

Torfaen

Visit Cost of Living page:

<https://www.torfaen.gov.uk/en/CouncilTaxAndBenefits/Cost-of-Living-Support/Cost-of-Living-Support.aspx>

Telephone: 01495 762200

Email: [calltorfaen@torfaen.gov.uk](mailto:calltorfaen@torfaen.gov.uk)

Vale of Glamorgan

Visit Cost of Living page:

<https://www.valeofglamorgan.gov.uk/en/living/Cost-of-Living/Cost-of-Living-Support.aspx>

Telephone: 01446 700111

Wrexham

Visit Cost of Living page:

<https://www.wrexham.gov.uk/services/help-cost-livinging/Cost-of-Living-Support.aspx>

Telephone: 01978 292000