

What help your council can provide

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

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

**Scan QR code to go to Cost of Living
page or visit:**

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

Telephone: 01495 311556

Email: info@blaenau-gwent.gov.uk



Bridgend

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01656 643643



Caerphilly

**Scan QR code to go to Cost of Living
page or visit:**

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

Telephone: 01443 815588



Cardiff

**Scan QR code to go to Cost of Living
page or visit:**

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

Telephone: 029 2087 2087



Camarthenshire

Scan QR code to go to Cost of Living page or visit:

**<https://www.carmarthenshire.gov.wales/home/council-services/benefits/cost-of-living-advice/>
Telephone: 01267 234567**



Ceredigion

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01545 570881

Email: clc@ceredigion.gov.uk



Conwy

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01492 574000



Denbighshire

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01824 706000



Flintshire

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01352 702121



Gwynedd

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01766 771000



Isle of Anglesey

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01248 750057



Merthyr Tydfil

**Scan QR code to go to Cost of Living
page or visit:**

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

Telephone: 01685 725000

Email: customer.care@merthyr.gov.uk



Disability Wales
Anabledd Cymru

Monmouthshire

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01633 644644

Email: contact@monmouthshire.gov.uk



Neath Port Talbot

**Scan QR code to go to Cost of Living
page or visit:**

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

Telephone: 01639 686868

Email: contactus@npt.gov.uk



Disability Wales
Anabledd Cymru

Newport

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01633 656 656

Email: info@newport.gov.uk



Pembrokeshire

**Scan QR code to go to Cost of Living
page or visit:**

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

Telephone: 01437 764551

Email: enquiries@pembrokeshire.gov.uk



Powys

**Scan QR code to go to Cost of Living
page or visit:**

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

Telephone: 01597 827460



Disability Wales
Anabledd Cymru

Rhondda Cynon Taf

**Scan QR code to go to Cost of Living
page or visit:**

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

Telephone: 01443 425005



Swansea

**Scan QR code to go to Cost of Living
page or visit:**

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

Telephone: 01792 636000

Email: contact@swansea.gov.uk



Torfaen

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01495 762200

Email: calltorfaen@torfaen.gov.uk



Vale of Glamorgan

**Scan QR code to go to Cost of Living
page or visit:**

**[https://www.valeofglamorgan.gov.uk
/en/living/Cost-of-Living/Cost-of-
Living-Support.aspx](https://www.valeofglamorgan.gov.uk/en/living/Cost-of-Living/Cost-of-Living-Support.aspx)**

Telephone: 01446 700111



Wrexham

Scan QR code to go to Cost of Living page or visit:

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

Telephone: 01978 292000

