


Help with

THE COST OF LIVING

Neath Port Talbot



www.npt.gov.uk/CostOfLivingHelp



Claiming benefits & managing your money

Get help with understanding what benefits you may be able to claim and what advice is available to help you manage your money:

Neath Port Talbot Council's Welfare Rights Team

The Welfare Rights Team can advise and support you with claims for all welfare benefits and appeal tribunals. The team also consists of Macmillan Benefit Advisors who support cancer patients and their families with benefits advice as well as Macmillan Grants.

Tel: 01639 685225 www.npt.gov.uk/welfarerights

Advicelink Cymru

Advicelink Cymru offers quality assured advice on welfare benefits, debt, employment, education, housing, immigration and discrimination.

Tel: 0800 7022 020 www.citizensadvicesnpt.org.uk

Citizens Advice – Swansea Neath Port Talbot

Citizens Advice can offer quality assured advice on a range of things such as: welfare benefits; money worries; income maximisation, debt and energy advice (inc. fuel vouchers).

Tel: 0808 278 7926 www.citizensadvicesnpt.org.uk

Money Helper

Money Helper is a UK government-approved service that provides free and impartial debt advice, money guidance and pension guidance.

Tel: 0800 011 3797 www.moneyhelper.org.uk



Education and schools support

Find out what support is available to help with the costs of sending your child to school.

School Essentials Grant

Families on low incomes may be eligible for a grant to help buy school uniform, equipment, sports kit and kit for activities outside of school.

Tel: 01639 763515 www.npt.gov.uk/schooluniformgrant

Free school meals

Your child could be eligible for free school meals if you are in receipt of certain benefits.

Tel: 01639 763515 www.npt.gov.uk/costoflivinghelp

Laptops (Digital Poverty Alliance)

If you're a Neath Port Talbot parent/care giver of a child (4-16) who doesn't have access to a suitable device, you may be able to get one - not as a loan or rental, but for good.

www.digitalpovertyalliance.org/tech4families

Text: 07984 445476 or visit your local Currys store.

Free sanitary products

Please check with your local school for information on how to get free sanitary products.





Household bills

Find out what support is available to help you to reduce your household bills.

Warm Wales

Warm Wales provide help and support to help you to reduce your energy bills. They also manage the Neath Port Talbot Council funded Hardship Relief Scheme which is available to help you to heat your home more efficiently and to provide support to help with your energy bills if you are struggling.

Tel: 01656 747 622 www.warmwales.org.uk

Welsh Water

Welsh Water has a number of ways they may be able to help you and make your bills more affordable.

Tel: 0800 0520145 www.dwrcymru.com/help-with-bills

Council tax support

If your household is on a low income, you could receive support towards some or all of your Council Tax bill.

Tel: 01639 686838 www.npt.gov.uk/council-tax/reduce-your-bill

Help to Stay - Wales

This scheme offers support for Welsh homeowners who are in, or facing, financial difficulty in paying their mortgage.

www.gov.wales/help-stay-scheme

**Write to: Help to Stay - Wales, 1 Capital Quarter,
Tyndall Street, Cardiff, CF10 4BZ**



Childcare costs

Neath Port Talbot Council's Family Information Service can provide you with advice on what schemes are available to help you with childcare costs.

Flying Start

Funded part-time childcare for children 2-3 years old living in eligible areas.

**Tel: 01639 873026 e-mail flyingstart@npt.gov.uk
www.nptfamily.com**

Tax-free childcare

If you are a working family, you may be able to access tax-free childcare or tax credits for childcare.

Tel: 01639 873018 www.nptfamily.com

Childcare Offer for Wales

This scheme offers 30 hours of funded childcare and early education for working parents of 3 to 4-year-olds and parents in eligible education and training courses.

Tel: 01639 873018 www.nptfamily.com

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Finding work

Find out what support is available to help you find a job.

NPT Employability

Get help with things such as job searching, CV writing and interview techniques from Neath Port Talbot Council's Employment Support Service.

Tel: 01639 860160 www.npt.gov.uk/nptemployability

Find your local job centre

Your local Jobcentre Plus can provide support to help you prepare for, find, and stay in work.

Tel: 0800 169 0190 www.gov.uk/contact-jobcentre-plus

Other support and wellbeing help

Mind Neath Port Talbot, 01639 643510, info@nptmind.org.uk

The Samaritans – Freephone 116123

Community Advice and Listening Line (C.A.L.L.), 0800 132737 or text 81066

NPT CVS – 01639 631246, www.nptcvs.wales/cost-of-living

24/7 Mental Health Support (Swansea Bay University Health Board) – call 111 option 2



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