

## Cost of Living Crisis - Special Edition

### We are here to help



**Merthyr Tydfil County Borough Council, together with its partners want to ensure that we support our communities as best we can in these unprecedented times.**

Things are constantly changing and as we approach the winter months the cost of living will impact more and more on people's lives.

This special edition of Contact provides useful information to help our residents and businesses in these

times of financial pressure.

There is a wide range of support currently available, and we want to make sure that you are receiving the support that you are entitled to.

It is important that that we pull together to support our communities over the coming months, and we will continue to monitor the situation and provide updates as and when made available.

We have developed a

### 'ONE STOP SHOP'

on the Council's website where all the cost of living support measures can be found in one place

**QR CODE**



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The Leader of Council, Cllr Geraint Thomas is determined to do all he can to ensure the local authority - and other agencies – fully support the local community.



merthyrtydfilCBC



@MerthyrCBC



merthyr.gov.uk



# Getting help with your energy bills

As a council we are committed to helping our residents reduce their fuel bills and keep warm and well.

There are several schemes now available to remedy this, including UK Government support payments, free installation of central heating, switching energy supplier, support with fuel debts, energy saving measures, energy efficient appliances and more.



## Age UK

Everyone's energy bills are going up. But there are ways you can stay on top of increasing costs. Age UK can help - call their Advice Line on **0800 055 6112** or go to **Website: [www.ageuk.org.uk/information-advice/money-legal/cost-of-living](http://www.ageuk.org.uk/information-advice/money-legal/cost-of-living)**



## Cold weather payments

You may get a Cold Weather Payment if you're getting certain benefits or Support for Mortgage Interest. The 2022-23 Cold Weather Payment scheme has begun and you'll be able to check if your area is due a payment by visiting the **Website: [www.gov.uk/cold-weather-payment](http://www.gov.uk/cold-weather-payment)**

## Discretionary Assistance Fund

Welsh Government grants for essential costs such as gas and electricity, as well as food, clothing or emergency travel. Visit: [www.gov.wales/discretionary-assistance-fund-daf](http://www.gov.wales/discretionary-assistance-fund-daf); e-mail: [DAF.Feedback@northgateps.com](mailto:DAF.Feedback@northgateps.com) or phone: **0800 859 5924**

## Energy and Utility suppliers

If you are struggling to pay your fuel bills, contact your energy suppliers in the first instance. Most offer reduced tariffs for low-income or vulnerable people.

The following energy and utility suppliers offer grants to their customers:

- British Gas Energy Support Fund [www.britishgasenergytrust.org.uk/grants-available](http://www.britishgasenergytrust.org.uk/grants-available)
- EDF Energy Customer Support Fund [www.edfenergy.com/PSR](http://www.edfenergy.com/PSR)
- E.ON Energy Fund [www.eonenergy.com/more-for-your-home/energy-fund.html](http://www.eonenergy.com/more-for-your-home/energy-fund.html)
- E.ON Next Energy Fund [www.eonnextenergyfund.com](http://www.eonnextenergyfund.com)
- Octopus 'Octo Assist Fund' [octopus.energy/blog/struggling-to-pay](http://octopus.energy/blog/struggling-to-pay)
- Ovo Energy Fund [www.OVO.Energy](http://www.OVO.Energy) Customer Help and FAQ
- Welsh Water Helpu Tariff - [www.dwrcymru.com/en/help-advice](http://www.dwrcymru.com/en/help-advice)
- Western Power Distribution Priority Services [www.westernpower.co.uk/customers-and-community/priority-services](http://www.westernpower.co.uk/customers-and-community/priority-services)



## Energy Bills Support Scheme

This scheme provides a £400 non-repayable discount to eligible households - all those with a domestic electricity connection - to help with their energy bills this winter.

You do not need to apply for the discount - it is being applied to your monthly household electricity bill for six months from October 2022, with £66 in October and November, and £67 in December, January, February and March 2023. Further info: [www.gov.uk/guidance/getting-the-energy-bills-support-scheme-discount](http://www.gov.uk/guidance/getting-the-energy-bills-support-scheme-discount)

## Nest Wales

Nest Wales provides free home energy efficiency improvements such as a new boiler, central heating or insulation to eligible residents. Visit their website or telephone **0808 808 2244**; [www.nest.gov.wales/](http://www.nest.gov.wales/)

## Warm Home Discount Scheme

This is a one-off payment to reduce eligible customers' bills over the winter of £150. Most eligible households will get the discount automatically. More information: [www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme)

## Welsh Government Fuel Support Scheme 2022/23

Eligible households living in Merthyr Tydfil can claim a one-off £200 payment from the Council, thanks to Welsh Government funding. This is in addition to the UK Government Energy Bill Fund and the Winter Fuel Payment normally paid to pensioners.

The payment is available to all eligible households (one payment per household), however they pay for their fuel, whether on a pre-payment meter, by direct debit or by paying a bill quarterly: Find out more [www.merthyr.gov.uk/resident/benefits-and-grants/winter-fuel-support-scheme/](http://www.merthyr.gov.uk/resident/benefits-and-grants/winter-fuel-support-scheme/)

## Winter fuel payments

If you are already in receipt of a state pension or other welfare benefit paid by the Department for Work and Pensions, you will automatically receive the payment.

If not, you will need to make a claim. Call the helpline on:

**0800 731 0160** or visit: [www.gov.uk/winter-fuel-payment](http://www.gov.uk/winter-fuel-payment)





# Managing your debts and budgeting

If you're struggling with debt, there's help and advice available to help you manage your money.

The following organisations and council services will give you the information you need on how to get your finances back into shape, and also to avoid losing your home

## Support for Renters

If you have difficulty paying your rent and other bills and don't take action to deal with this, your debts will mount up and you may be at risk of losing your home, having important services cut off or losing your possessions.



The Hub is a service offered by the Council's Housing Solutions Team to give advice and guidance including:

- Advice to prevent you losing a tenancy or property
- Helping you find a new property, social housing and private rentals
- Support to resolve rent arrears
- Advice and support for eviction notices
- Your rights as a tenant/Landlord
- Advocating with and for tenants and Landlords
- Signposting to services for additional support/advice

TEL: 07938500561/07514724508

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

If you rent from a social landlord, please contact their rents department if you're having difficulties paying your rent. Your housing association landlord is there to support you

with managing your tenancy well.

Merthyr Valley Homes  
01685 727772

Merthyr Housing Association  
01685 352800

Wales and West Housing Association  
0800 052 2526

Hafod  
0800 024 8968

## Supporting People

Support for homeowners, private or social renters, roofless or homeless people, phone the Housing Solutions Team on 01685 725 000 who can also make referrals for additional support if you need it.

Website: [www.HousingSupportGrant1MerthyrTydfilCountyBoroughCouncil](http://www.HousingSupportGrant1MerthyrTydfilCountyBoroughCouncil)

## Dewis Cymru

The place to go if you want local information or advice about your finances and well-being – or want to know how you can help somebody else.

Website: [www.dewis.wales](http://www.dewis.wales)



**Dewis Cymru**

Have choice and take control

## Debt support organisations

- **Citizens Advice Bureau** - Find out how to start dealing with your debts. Tel: 01685 382188; website: [www.citizensadvicecm.org.uk](http://www.citizensadvicecm.org.uk)
- **Money Helper** - this is run by UK government provides free and impartial money advice: [www.moneyhelper.org.uk/en/](http://www.moneyhelper.org.uk/en/)

- **National Debt Line** - provides confidential and independent advice on dealing with debt problems: [www.nationaldebtline.org](http://www.nationaldebtline.org)  
Freephone: 0808 808 4000
- **Step Change Debt Charity** - offers free debt help to anyone who needs it: [www.stepchange.org/how-we-help/debt-advice.aspx](http://www.stepchange.org/how-we-help/debt-advice.aspx)  
Helpline: 0800 138 1111
- **Turn2Us website** – budgeting calculator [www.benefits-calculator.turn2us.org.uk](http://www.benefits-calculator.turn2us.org.uk)

## Credit Unions

Credit unions are community organisations owned and managed by the members who use them. They encourage members to save regularly, provide loans at low rates, and help members in need of financial advice.

- **Credit Unions of Wales**  
[www.creditunionsofwales.co.uk/](http://www.creditunionsofwales.co.uk/)
- **Smart Money Cymru**  
[www.smartmoneycymru.co.uk/](http://www.smartmoneycymru.co.uk/)
- **Credit Union Merthyr Tydfil**  
Tel: 01685 377888;  
[www.mtbcu.org.uk](http://www.mtbcu.org.uk)

## Income maximization

You may be entitled to additional benefits that you are not aware of. There are benefit calculators you can access online:

- **Entitled to Website:**  
[www.entitledto.co.uk](http://www.entitledto.co.uk)
- **Turn2Us Website:**  
[www.benefits-calculator.turn2us.org.uk](http://www.benefits-calculator.turn2us.org.uk)

Citizens Advice also offer a free budgeting tool online: [www.Workoutyourbudget - Citizens Advice](http://www.Workoutyourbudget-CitizensAdvice)

# Jobs, skills and employment support

The Employability Team in Merthyr has a team dedicated to supporting you to move closer to the labour market and secure employment to better your income. We have a large range of programmes and opportunities for you to obtain guidance if you are unemployed or even if you are employed and would like to improve your job situation. Our dedicated friendly teams are here to support you in the heart of your community.



## Employability programmes

We offer a wide range of programmes for young people and adults in the community improve your skills and work prospects.

- **Communities for Work Plus**
- **Bridges Into Work 2**
- **Aspire - Shared Apprenticeship Programme**
- **Community regeneration employment support**
- **Inspire 2 Work**
- **Nurture Equip & Thrive (NET)**
- **Working Skills for Adults 2**
- **Neighbourhood Learning Centre**

Get in touch with us today for more information and we will contact you for an informal chat. Email: [C4Wmailbox@merthyr.gov.uk](mailto:C4Wmailbox@merthyr.gov.uk)

## Further Support is available from

- **Careers Wales** - help you to plan your career, prepare to get a job, and find and apply for the right apprenticeships, courses, and training.  
Website: [www.careerswales.gov.wales/](http://www.careerswales.gov.wales/)  
call 0800 028 4844.
- **Job Centre Plus – Website:** [www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)
- **Find a job** - Find full or part-time jobs in England, Scotland and Wales. This service has replaced Universal Jobmatch.  
Website: [www.gov.uk/find-a-job](http://www.gov.uk/find-a-job)





# Get help with food

If you're struggling with the rising cost of energy and food prices, there's help across the county borough.

## Foodbanks and food pantries

Free or low-cost food initiatives either voucher or memberships - please contact organisations for details, days of operation and current availability:

### Merthyr Cynon Foodbank (Gurnos)

Contact tel: **07427 537437**;  
email: [info@merthycynon.foodbank.org.uk](mailto:info@merthycynon.foodbank.org.uk)  
<https://merthycynon.foodbank.org.uk/>



### Taff Bargoed Foodbank (Treharris)

Contact tel: **01443 450 832**;  
email: [info@taffbargoed.foodbank.org.uk](mailto:info@taffbargoed.foodbank.org.uk)  
<https://taffbargoed.foodbank.org.uk/>



### Gellideg Foundation Group Food Pantry (Gellideg)

Contact tel: **01685 383929**;  
email: [admin@gellideg.net](mailto:admin@gellideg.net)  
<http://gellideg.net/>



### Hope Pantry (Town)

Contact tel: **07790 801686**;  
email: [hopepantry@hopemerthyr.org.uk](mailto:hopepantry@hopemerthyr.org.uk)  
<https://www.yourlocalpantry.co.uk/pantry-listings/merthyr-tydfil-hope-pantry/>



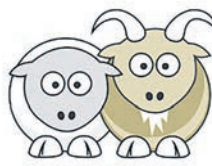
### MTHA Ty Pantri (Town & Mobile)

Contact tel: **01685 352800**;  
email: [mtha@mtha.org.uk](mailto:mtha@mtha.org.uk)  
<https://www.mtha.org.uk/shop/>



### Stephens and George Charitable Trust Pantry (Dowlais)

Contact tel: **01685 377688**;  
email: [community.centre@stephensandgeorge.co.uk](mailto:community.centre@stephensandgeorge.co.uk)  
[www.stephensandgeorgecharitabletrust.org/](http://www.stephensandgeorgecharitabletrust.org/)



Stephens & George Centenary  
Charitable Trust

You can get hints, tips and recipes for your leftovers on the **Love Food Hate Waste**;  
Website: [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

### Warm hubs

These are warm, safe places where residents can expect a friendly and inclusive welcome with offers of hot drinks, activities, and energy cost advice potentially provided. All of the organisations listed on this page offer a from of Warm hub. Please contact the organisation for opening times and detail:



### Christ Church Cyfarthfa (Cyfarthfa)

Contact tel: **01685 384548**;  
email: [marcwalford@ChurchinWales.org](mailto:marcwalford@ChurchinWales.org)

### Merthyr Tydfil Leisure Trust Libraries (Aberfan, Dowlais, Town Centre)

Contact tel: **01685 725258**;  
email: [library.services@wellbeingmerthyr.co.uk](mailto:library.services@wellbeingmerthyr.co.uk)  
[www.wellbeingmerthyr.co.uk/venues/libraries/](http://www.wellbeingmerthyr.co.uk/venues/libraries/)

### Wales and West Housing Association (Twyncarmel)

Contact tel: **0800 0522526**;  
email: [contactus@wwha.co.uk](mailto:contactus@wwha.co.uk)  
[www.wwha.co.uk/en/property-rent/merthyr-tydfil/](http://www.wwha.co.uk/en/property-rent/merthyr-tydfil/)

Please check our Cost of Living webpage for the very latest information on developing food pantries and warm hubs:  
[merthyr.gov.uk/costofliving](http://merthyr.gov.uk/costofliving)

### St David's Baby Bank

The baby bank is like a foodbank, but for baby essentials. Volunteers collect new and pre-loved items for new-borns to 3-year-olds and give them to families who are in urgent need of help. Congratulations to the Baby Bank on receiving the High Sheriff of Mid Glamorgan Award in recognition of 'worthy and valuable voluntary contribution to families in Merthyr Tydfil'.

Contact tel: **07751 029047**;  
email: [stdavidsbabybank@gmail.com](mailto:stdavidsbabybank@gmail.com)  
<https://www.stdavidsbabybank.org.uk/>



# Help with benefits, rents, and other bills

It's important that you get all the benefits, tax credits and other financial help you are entitled to.

## Council tax reduction

Check your eligibility and apply to get money off your council tax bill if you're on a low income or claiming housing benefit or Universal Credit.

Contact Benefits on **01685 725000**

Website: <https://www.merthyr.gov.uk/resident/council-tax/council-tax-reduction/>

## Discretionary Housing Payments (DHPs)

These payments provide claimants of housing benefit and Universal Credit housing costs with further financial assistance to help with rent

Contact Benefits on **01685 725000**

Website: [www.merthyr.gov.uk/resident/housing-benefit/discretionary-housing-payments/](http://www.merthyr.gov.uk/resident/housing-benefit/discretionary-housing-payments/)

## Making a Housing Benefit claim

A new claim can be made for Pension age claimants or those in Supported Living accommodation / Sheltered Housing.

Contact Benefits on **01685 725000**

Website: <https://www.merthyr.gov.uk/resident/housing-benefit/>

## Housing grants and loans

Information on grant assistance available to help homeowners and, in some circumstances, tenants, repair, improve or adapt your home. Website: <https://www.merthyr.gov.uk/Services/Housing/Housing-grants-and-loans>

## Universal Credit

Find out if you're eligible, make an application and get advice on solving problems: <https://www.merthyr.gov.uk/resident/housing-benefit/universal-credit/>

## Social Care benefits and grants

The UK Government provides a number of health and social care benefits to people who qualify for them:

- Attendance Allowance

- Carer's Allowance
  - Disability Living Allowance for under 16's
  - Personal Independence Payment
- Website: <https://www.gov.uk/check-benefits-financial-support>

## Claim what's yours

Rent, shopping, heating... it all adds up. If you're unsure what benefits you can claim, Advicelink Cymru can help you check: **0808 250 5700**; <http://gov.wales/claimwhatsyours>

## Benefit calculators

Use the Turn2us or Entitledto benefit calculators to check which benefits you can get:

Website: [www.benefits-calculator.turn2us.org.uk](http://www.benefits-calculator.turn2us.org.uk)

Website: [www.entitledto.co.uk](http://www.entitledto.co.uk)

## You can also get advice from these national help lines:

- Help to Claim Universal Credit - **0800 024 1220**
- Consumer Advice Help Line - **0808 223 1133**
- Pensionwise - **0800 138 3944**

## Support in our libraries

Our libraries are warm and you're welcome to use their IT equipment and enjoy

**free internet access.**

Working or studying at your local library can reduce your electric, gas and water usage as well as commuting costs.

Website: <https://wellbeingmerthyr.co.uk/venues/>



## Pension Credit

If you apply for Pension Credit by December 18, 2022 you could qualify for a Cost of Living payment worth £324. To find out if you're eligible or for more information, visit

**Pension Credit: Eligibility - GOV.UK** ([www.gov.uk](http://www.gov.uk)); call: **0800 99 1234**  
**#HelpForHouseholds**



## Cost of Living Support £150 Payment Main Scheme

Merthyr Tydfil County Borough Council has paid 23,586 households a total of £3.5m, 98.7% of the Welsh Government funding for this scheme.

Applications for this have now closed. If you are a household that appeared to satisfy the qualifying conditions explained on our website but you did not apply for the payment then a credit of £150.00 has been applied to your Council Tax account.

## Merthyr Tydfil CBC

### Discretionary Scheme

Households not eligible for the Main Scheme may be eligible for some assistance under the Council's Discretionary Cost of Living Support Scheme.

Visit our website: [www.merthyr.gov.uk/resident/housing-benefit/discretionary-housing-payments/](http://www.merthyr.gov.uk/resident/housing-benefit/discretionary-housing-payments/)

## Housing Solutions



Help finding housing and support with rent arrears, homeless prevention, eviction notices etc.

**Contact Housing Solutions:**

<https://www.merthyr.gov.uk/resident/housing/>

or

<http://www.livingmerthyrtydfil.org.uk/>

cefnogipobl  
supporting people  
supporting independence  
cefnogi annibyniaeth







# School and childcare expenses

## Universal Primary Free School Meals

Thanks to Welsh Government funding, councils across Wales are extending the availability of free school meals, beginning with their youngest learners. The aim is that every primary school pupil will be able to have a free school meal by 2024.

The Council is currently offering free school meals to all pupils in full time nursery and reception classes in local authority-maintained schools. By April 2023, this will be extended to all pupils in Year 1 and Year 2. Children who already receive free school meals will not be affected by the rollout.

Find out more about Universal Primary School Free Meals on our website: [www.merthyr.gov.uk](http://www.merthyr.gov.uk) or call **01685 725000** and ask for the Schools Meals Department.



## Extra support to buy school essentials – PDG Access Grant

Eligible learners can apply for additional

financial support from the Welsh Government School Essentials scheme (Pupil Development Grant Access) which helps with the cost of uniform, sports equipment, stationery, and devices.

Children whose families are on lower incomes and qualify for certain benefits (linked to existing eligibility criteria for free school meals) can apply for the grant of £225 per learner, and £300 for those learners entering year 7. The additional £100 is for the current school year only.

All looked after children qualify for the grant, whether they receive free school meals or not. Pupils who receive free school meals due to transitional protection arrangements do not qualify for this funding. Apply on our website: [www.merthyr.gov.uk/do-it-online/request-or-apply/free-school-meals](http://www.merthyr.gov.uk/do-it-online/request-or-apply/free-school-meals) or call the helpline number 01685 725000.

## Support with childcare costs

Most working parents or those in education/training of three or four-year old children could be getting government help with childcare costs. Under the Childcare Offer for Wales, you could claim 30 hours of early education and childcare in Wales a week, for up to 48 weeks of the year. [www.merthyr.gov.uk/30hours](http://www.merthyr.gov.uk/30hours)

The local Family Information Service (FIS) can also provide information about financial support with childcare costs. **Telephone Number:** 01685 727400 or **email:** [FIS@merthyr.gov.uk](mailto:FIS@merthyr.gov.uk)



## Further and higher education student finance

Student Finance Wales are responsible for processing, assessing and paying student finance for all further and higher education applications. For details on how to apply visit: [www.studentfinancewales.co.uk](http://www.studentfinancewales.co.uk)

If you have a query about your student finance account, you should now contact Student Finance Wales on 0300 200 4050.

The SFW Facebook (<https://www.facebook.com/SFWales>) and Twitter ([https://twitter.com/SF\\_Wales](https://twitter.com/SF_Wales)) pages can also provide information and regular updates.

## Period Dignity

Free period products are available in schools, libraries, youth and community centres as part of the Council's Period Dignity initiative, which aims to remove barriers for residents in accessing period products and reduce the stigma associated with periods.

# Mental Health and wellbeing support

## Is the rising cost of living causing you stress?

Worrying about money can affect your mental health, and poor mental health can make managing your money difficult. It may lead to feelings of anxiety, stress, depression, anger. There are a lot of support services available to help.

## Adferiad

Adferiad Recovery is a charity delivering a new, flexible and coordinated response to the exceptional circumstances faced by people with co-occurring mental health and substance misuse conditions and related issues: [www.adferiad.org.uk](http://www.adferiad.org.uk)

## C.A.L.L. Helpline

The C.A.L.L. Helpline is a dedicated mental health helpline to help you find support available in your local area.

Call: **0800 132 737** or text 'help' to **81066** (Croesawir galwadau yn Gymraeg / Calls are welcomed in Welsh).

## Citizens Advice Merthyr



People come to us with all sorts of issues. You may have money, benefit, housing or

employment problems. You may be thinking about legal advice, need help with health problems or have been misled by a dodgy advert.

Tel: **01685 382188**;  
[www.citizensadvicecm.org.uk](http://www.citizensadvicecm.org.uk)

## Dewis Cymru

Dewis Cymru is THE place to go if you want advice about your wellbeing – or want to know how you can help somebody else.

We don't just mean your health - we mean things like where you live, how safe and secure you feel, getting out and about, and keeping in touch with family and friends.

**Website:** [www.dewis.wales/the-place-for-wellbeing-in-wales](http://www.dewis.wales/the-place-for-wellbeing-in-wales)



# Mental Health and wellbeing support

## Live Fear Free

Live Fear Free provides easy to access, confidential information and advice to all victims and survivors of violence against women, domestic abuse and sexual violence and those close to them, including family, friends and colleagues on a variety of matters which may be relevant to your situation. It is open 24/7, is free and will not show up on phone bills.

By phone: **0808 80 10 800** (Crosawir galwadau yn Gymraeg / Calls are welcomed in Welsh)

Text service: **07860 077333**

E-mail: [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

Website: [www.gov.wales/live-fear-free](http://www.gov.wales/live-fear-free)



## Local Domestic Violence services in Merthyr Tydfil

### New Pathways

We provide specialist support for adults, children and young people who have been affected by rape, sexual assault or abuse.

Tel: **01685 379 310**

Website: [www.newpathways.org.uk](http://www.newpathways.org.uk)

## Safer Merthyr Tydfil (SMT) & Domestic Abuse Resource Team (DART)

Established in 1997, SMT is a registered charity that offers services to people of all age groups that increases confidence and enables communities to feel safer. We have cultivated a reputation of trust and respect through understanding the needs of people and the issues they face in their daily lives

Tel: **01685 353999 SMT /**

**01685 388444 DART**

Website: [www.smt.org.uk](http://www.smt.org.uk)

# SMT

Safer Merthyr Tydfil  
Merthyr Tudful Mwy Diogel

## Melo Cymru

Melo contains a wide range of free self-help resources approved by experts. We can all benefit from improving our mental health and building our mental resilience. Melo provides information, advice and resources which help you learn practical skills to manage difficult feelings/situations, which may help reduce the risk of becoming mentally unwell. It also contains expert advice on what we can all do to improve our wellbeing and feel happier.

Website: <https://www.melo.cymru/>



## Mental health and money advice

Go to the Mental health and money advice website for clear, practical advice and support for people experiencing issues with mental health and money.

Website: [www.mentalhealthandmoneyadvice.org/wal](http://www.mentalhealthandmoneyadvice.org/wal)

## Merthyr Tydfil Primary Care Cluster

While you can go to the NHS for treatment, you may experience longer wait times than normal due to ongoing challenges caused by the pandemic. Through charitable organisations and online NHS services, you may be able to get the help and support you need quicker and easier.

If it's a mental health emergency, the NHS urgent mental health helplines provide 24-hour advice & support. The local phone numbers for the NHS crisis team are **01685 726952** and **01443 444388**.

For information on further services available in Merthyr Tydfil to support you with your mental health needs please visit the Website: [www.healthymerthyr.co.uk/our-blog/mental-health-support-merthyr/](http://www.healthymerthyr.co.uk/our-blog/mental-health-support-merthyr/)

## MIND - Money and mental health

Poor mental health can make earning and managing money harder. Worrying about money can make your mental health worse. It can start to feel like a vicious cycle.

Find out more about organising your finances, claiming benefits when you have a mental health problem, dealing with services, and looking after your mental health when you're worried about money on the MIND

Website: [www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health](http://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health)

## Plattform

We work with people experiencing challenges with their mental health, and with communities who want to create a greater sense of connection, ownership and wellbeing in the places they live.

In Merthyr Tydfil, we provide tenancy-related support that includes support to address housing issues, benefits and debt: Merthyr Officer, Redhouse Cymru, High Street, Merthyr Tydfil, CF47 8AE. Tel: **01685 700661**; [www.plattform.org](http://www.plattform.org)

# PLATFORM

## Samaritans South Wales Valleys

If you are experiencing suicidal thoughts caused by money worries, contact the Samaritans for support through these emotions and where to start with addressing the reasons for them, no matter how large or small the issue feels.

Website: [www.samaritans.org/wales/branches/south-wales-valleys-samaritans/](http://www.samaritans.org/wales/branches/south-wales-valleys-samaritans/)



## Staying Well

ABB Healthier Together - Here to help you and your family stay well. The cost of living can take a toll on you and your family. ABB Healthier Together is here for you and your family, with a variety of health and wellbeing advice for parents, young people and pregnant women.

Website: [www.abbhealthiertogether.cymru.nhs.uk](http://www.abbhealthiertogether.cymru.nhs.uk)

## Public Health Wales

The Public Health Wales campaign called 'How are you doing?' aims to support the people of Wales to look after their wellbeing. There is information on:

- Why is my mental wellbeing important?
- How to look after your wellbeing
- How to access support

Website: [www.phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-are-you-doing/](http://www.phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-are-you-doing/)





All these fantastic charities and voluntary groups in Merthyr Tydfil supporting local residents to cope with the cost of living crisis always need volunteers to ensure their survival.



VOLUNTARY ACTION  
MERTHYR TYDFIL  
GWEITHREDU GWIRFODDOL  
MERTHYR TYDFUL



**DO SOMETHING  
AMAZING TODAY**

**GWNEUD RHYWBETH  
ANYGOEL HEDDIW**

**VOLUNTEER!**

**GWIRFODDOLWCH!**

Voluntary organisations in Merthyr Tydfil are looking for volunteers to help support their services as well as help with the development of new projects.

Mae sefydliadau gwirfoddol ym Merthyr Tudful yn chwilio am wirfoddolwyr i helpu i gefnogi eu gwasanaethau yn ogystal â chymorth gyda datblygu prosiectau newydd.

**WHY VOLUNTEER?**

**PAM GWIRFODDOLI?**

- improves your self-confidence, wellbeing and self-esteem;
- helps you meet new people and make new friends;
- helps you to become an active member of your community;
- can introduce you to new challenges and learn new skills;
- can lead you to a new career path and improves your CV if seeking employment;
- can help you gain volunteering hours as part of your school studies/ college course.



- i wella eich hunanhyder, lles a hunan-barch;
- eich helpu i gwrdd â phobl newydd a gwneud ffrindiau newydd;
- yn eich helpu i ddod yn aelod gweithgar o'ch cymuned;
- yn gallu eich cyflwyno i heriau newydd a dysgu sgiliau newydd;
- gall eich arwain at lwybr gyrfa newydd a gwella eich CV os ydych yn chwilio am swydd;
- yn eich helpu i ennill oriau gwirfoddoli fel rhan o'ch astudiaethau ysgol/cwrs coleg.

If you're interested in finding out what opportunities are available please contact the Volunteer Centre on 07958 132822 or email [enquiries@vamt.net](mailto:enquiries@vamt.net)

Os oes gennych ddiddordeb mewn darganfod pa gyfleoedd sydd ar gael yna cysylltwch â'r Ganolfan Gweithredu Gwirfoddol ar 07958 132822 neu e-bostiwch [enquiries@vamt.net](mailto:enquiries@vamt.net)



[www.vamt.net](http://www.vamt.net)



@volunteer centre merthyr tydfil



@volunteermerthyr

Voluntary Action Merthyr Tydfil • Voluntary Action Centre • 89-90 Pontmorlais, High Street, Merthyr Tydfil CF47 8UH • Tel: 01685 353900  
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