



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

Flying Start provides funded childcare for children under 4 years old living in certain areas.

Telephone: 01639 873018

Website: www.nptfamily.com

Tax-free childcare

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

Telephone: 01639 873018

Website: 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.

Telephone: 01639 873018

Website: www.nptfamily.com

Help with

THE COST OF LIVING

Neath Port Talbot



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.

Telephone: 01639 860160

Website: 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.

Telephone: 0800 169 0190

Website: 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



www.npt.gov.uk/CostOfLivingHelp



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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.

Telephone: 01639 685225

Website: www.npt.gov.uk/welfarerights

Advicelink Cymru

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

Telephone: 0800 7022 020

Website: www.citizensadvisesnpt.org.uk

Citizens Advice – Swansea Neath Port Talbot

Citizens Advice can offer help on a range of things such as money worries, benefit checks, debt and energy advice (inc. fuel vouchers).

Telephone: 0808 278 7926

Website: www.citizensadvisesnpt.org.uk

Money Helper

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

Telephone: 0800 011 3797

Website: 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.

Pupil Development 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.

Telephone: 01639 763515

Website: 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. Welsh Government has committed to providing free school meals to all primary school children by 2024.

Telephone: 01639 763515

Website: 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.

Website: 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.

Telephone: 01656 747 622

Website: 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.

Telephone: 0800 0520145

Website: 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.

Telephone: 01639 686838

Website: www.npt.gov.uk/counciltax

Nest Wales

The Nest scheme offers a range of free, impartial advice and, if you are eligible, a package of free home energy efficiency improvements.

Telephone: 0808 808 2244

Website: www.nest.gov.wales