

Cost of Living - Here to help YOU

Residents across the county borough continued to receive significant support over the winter months as families faced the pressures of the ongoing cost of living crisis.

The council has been doing all it can to offer advice, support and financial assistance to all those eligible for help through a variety of support packages.

The Leader of Council, Cllr Sean Morgan is committed to ensuring this support continues as we emerge from the winter, "It's encouraging to see the support that has been made available to the community over recent months and we will continue to do all we can to ensure the council and other agencies maintain this level of support going forward."



"The cost of living crisis continues to bite, but hopefully the impact will lessen as we enter the spring – particularly in relation to energy and heating bills."

"It's clear to see from these impressive statistics that that much is being done to support the community and I want to reassure everyone that this local authority will continue to work hard to support everyone through this difficult time."



The council has developed a 'one stop shop' on the **CCBC website** where lots of cost of living support measures can be found in one place:

www.caerphilly.gov.uk/cost-of-living-support

This latest edition of Newsline follows on from an initial 'Cost of Living' special edition that was distributed to all households at the end of last year. Once again, you will find lots of useful information, support and guidance in this publication, so please ensure you are receiving all of the support you are entitled to.

Some of the key figures include:

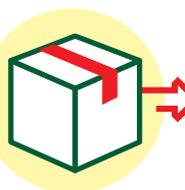
 **£4.3 million** issued to 21,000+ residents in Winter Fuel Support payments

 Help for local people to reduce their personal debt - **over £430k** total debt reduction

 **580+** residents provided with advice in relation to claiming Universal Credit

 **£2.1 million** generated in additional income for local people

 **250+** residents supported to claim emergency payments from Welsh Government

 **450+** 'warm packs' distributed to vulnerable residents

 **£144k** to support the creation of 50 'warm hubs' / welcoming spaces'

Caerphilly Cares

The Caerphilly Cares team is here to listen and help with problems you, your family or friends may be facing. Our friendly and experienced team will find the best support available to you around food poverty, debt advice, rent arrears, the cost of living crisis or isolation & loneliness.

You can contact the team via email, telephone or simply text **SUPPORT** to ***07537 414 443*** and one of the team will contact you direct.

Contact the CCBC Caerphilly Cares team for more information:

The Caerphilly Cares team are available during office hours. Monday - Thursday (8.30am - 5pm) and Friday (8.30am - 4.30pm).

Phone: **01443 811490**

Email: **caerphillycares@caerphilly.gov.uk**



Getting help with your energy bills

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

Energy and Utility suppliers

Clients in debt to their energy supplier might be able to get a grant to help pay it off. However, many of the energy suppliers require you to first seek advice from a recognised debt advice charity.

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

- British Gas Energy Support Fund britishgasenergytrust.org.uk/grants-available
- EDF Energy Customer Support Fund www.edfenergy.com/PSR
- E.ON Energy Fund www.eonenergy.com/more-for-your-home/energy-fund.html
- E.ON Next Energy Fund www.eonnextenergyfund.com
- Octopus 'Octo Assist Fund' octopus.energy/blog/struggling-to-pay
- Ovo Energy Fund www.ovoenergy.com/help/debt-and-energy-assistance
- Scottish Power Hardship Fund community.scottishpower.co.uk/t5/Extra-Help/Hardship-Fund/ta-p/53
- Welsh Water Helpu Tariff - www.dwrcymru.com/en/support-with-bills/helpu-tariff
- Western Power Distribution Priority Services www.westernpower.co.uk/customers-and-community/priority-services

Payment Plans

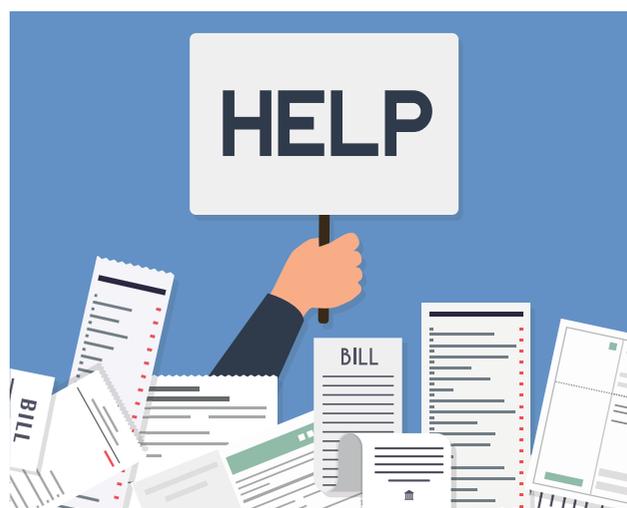
If you're struggling to pay your gas or electricity bill, it's worth talking to your energy supplier about setting up a payment plan that works for you. You'll pay fixed amounts over a set period, so you can pay what you can afford. Your supplier must consider how much you can afford to pay and how much energy you'll use in the future.



Water bills

If you're having trouble affording to pay your bill, please don't ignore it. Dŵr Cymru / Welsh Water have several ways we may be able to help you and make your bills more affordable. Support includes payment plans and water rate reductions.

Website: www.dwrcymru.com/en/support-with-bills or call **0800 052 0145** to sign up for Priority Services.



Help with phone and internet costs

Social tariffs are cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit, and some other benefits. Some providers call them 'essential' or 'basic' broadband. You can check and apply for low-cost internet and phone tariffs on the Ofcom website www.ofcom.org.uk/phones-telecoms-and-internet

Welsh Government Discretionary Assistance Fund

The Discretionary Assistance Fund provides two types of grants that you do not need to pay back as follows: -

Emergency Assistance Payment (EAP)

A grant to help pay for essential costs, such as food, gas, electricity, clothing or emergency travel if you:

- are experiencing extreme financial hardship
- have lost your job
- have applied for benefits and are waiting for your first payment

You cannot use it to pay for ongoing bills that you cannot afford to pay.

Individual Assistance Payment (IAP)

A grant to help you or someone you care for live independently in their home or a property that you or they are moving into. What you can use the grant for.

Use the grant to pay for:

- a fridge, cooker or washing machine and other 'white goods'
- home furniture such as beds, sofas and chairs
- Visit Discretionary Assistance Fund (DAF) GOV.WALES for advice on how to apply. www.gov.wales/discretionary-assistance-fund-daf

Age Cymru

Age Cymru has several resources that can help you with your energy bills. Call **0800 678 1602** or go to www.ageuk.org.uk/cymru/



Energy scams

Scammers try to get hold of your personal information or bank details, by pretending to: -

- be a supplier offering a refund.
- be from Ofgem - asking for information so you can get the £400 energy rebate.
- be a debt collector asking for money owed to a supplier that's gone bust.
- offer green home improvement grants.
- offer energy investment opportunities.
- offer cheap prepayment meter top-up keys or cards.
- offer energy-saving devices.

Check if something is a scam on the Citizens Advice website www.citizensadvice.org.uk/decision-trees/scams/

Nest Wales

Nest Wales provides free home energy efficiency improvements such as a new boiler, central heating or insulation to eligible residents. Visit the Nest Wales

website or telephone Nest Wales

0808 808 2244

Website: <https://nest.gov.wales/>



Managing your debts and budgeting

If you're struggling with debt, it can be hard to think about anything else. There is plenty of free help and advice available to help you manage your money effectively.



Support for tenants

Our Support Officers (TSOs) offer one to one advice and support to people experiencing financial difficulties. We understand that during these unprecedented times, there has been a serious impact on the lives of many tenants and we're working hard to provide support to those people affected.

We offer help to maximise your income, give advice and support with Universal Credit issues, help to apply for discretionary housing payment, energy advice, help to reduce water charges, referrals to help finding employment or increasing skills and assist with solutions for debt.

01443 811450 or text **RENTHelp** to 81400
email: tenancysupportoffice@caerphilly.gov.uk

Website: www.caerphilly.gov.uk/services/housing/rents-and-benefits/problems-paying-your-rent

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



Dewis Cymru

Have choice and take control

Debt support organisations

- **Citizens Advice Bureau** - Find out how to start dealing with your debts. www.citizensadvice.org.uk/debt-and-money/
- **Adviceline Cymru: 0808 278 7935**
- **Money Helper** - provides free and impartial money advice. It can help you plan and manage your finances. www.moneyhelper.org.uk/en/
- **National Debt Line** - provides free confidential and independent advice on how to deal with debt problems. www.nationaldebtlime.org
Freephone: 0808 808 4000
- **Step Change Debt Charity** - A registered charity offering free debt help to anyone in the UK who needs it. www.stepchange.org/how-we-help/debt-advice.aspx
Helpline: 0800 138 1111
- **Turn2Us website** - budgeting calculator benefits-calculator.turn2us.org.uk

Credit Unions

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

- **Credit Unions of Wales**
creditunionsofwales.co.uk/
- **Smart Money Cymru**
smartmoneycymru.co.uk/

Penallta Re-Use Shop

Penallta Reuse Shop is Caerphilly's flagship facility, diverting fit-for-purpose items from the waste stream and get them into the hands of people who need them, for a great price. Inside you'll find household items large and small, from furniture and electrical items to toys, musical instruments and clothes.

www.caerphilly.gov.uk/services/household-waste-and-recycling/recycle-and-reduce-waste/penallta-reuse-shop



Jobs, skills and employment support



CAERPHILLY EMPLOYMENT SUPPORT

Delivered by the Caerphilly Community Regeneration Team

Community employment and training support

We offer a range of courses for those aged 16+ in the community to help improve your skills and work prospects. Support includes, but is not limited to:

- Dedicated mentor offering 1-2-1 support.
- CV Writing, Interview Skills, Application Form Completion.
- Fully funded accredited and non-accredited training.
- Financial support to overcome barriers to work.
- Access to ringfenced jobs

For more information call **01443 864227** or email: communityregen@caerphilly.gov.uk

Adult community learning

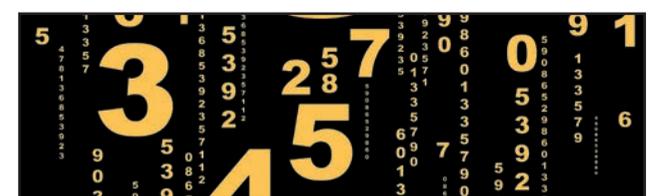
We offer a wide range of courses for adults in the community and other programmes to help improve your skills and work prospects.

Multiply

Multiply is a new programme designed by the UK Government to help transform the lives of adults across the UK, by improving their functional numeracy skills. If you are looking to boost your confidence in numeracy in your home life or your work life, we will be here to help.

Website: www.caerphilly.gov.uk/services/schools-and-learning/adult-learning

Email: multiply@caerphilly.gov.uk
01443 811490



Getting support with food and essentials

Using a foodbank

Food banks are a charitable organisation that can help if you can't afford the food you need. You'll usually need to get a referral to a food bank before you can use it. This includes all food banks run by the Trussell Trust. For a referral for food bank support please call our Caerphilly Cares Team on **01443 811490** or email caerphillycares@caerphilly.gov.uk between Monday - Thursday (8.30am-5pm) and Friday (8.30am - 4.30pm). Alternatively, you can get a referral and vouchers from Citizens Advice, JobCentre Plus, GP surgeries, health visitors and social workers which can be used at your local food bank.



Trussell Trust Foodbanks

Trussell Trust Foodbanks all require referrals through approved organisations such as social services, housing associations etc.



www.caerphilly.gov.uk/Services/Managing-your-money/Foodbanks

- Oasis Christian Centre – Blackwood and District Foodbank. **07971 668547**. <http://blackwooddistrict.foodbank.org.uk> email info@blackwooddistrict.foodbank.org.uk
- Connect Life Church Caerphilly Foodbank. Email: info@caerphilly.foodbank.org.uk or Tel: **07720 262411 / 02920 868151**. <https://caerphilly.foodbank.org.uk>
- Rhymney Valley Foodbank. (Aberbargoed, Rhymney and New Tredegar). **01443 811490 07944354175** <http://rhymneyvalley.foodbank.org.uk>
- Salvation Army Risca Foodbank. **07599 973312** <http://risca.foodbank.org.uk>
- Taff Bargoed Foodbank. **01443 450 832** <https://taffbargoed.foodbank.org.uk>

Social Food Organisations

Work with referral agencies to issue food vouchers to those in need of emergency food in times of crisis.

- Aber Valley FC - **07896 227197** bishoc@caerphilly.gov.uk and tighart22@gmail.com
- CARE Project (Caerphilly) - **029 2188 0212** dean.roberts@bmmr.church
- Pink Pantry by HCT - **07507 630014** info@hcteam.cymru
- Pantside - **07815 554759** adrianhussey69@aol.com

Food vouchers

You can get vouchers from Citizens Advice, JobCentre Plus, GP surgeries, health visitors and social workers which can be used at your local food bank.

Food Share Organisation

The following organisations are members of the FareShare Cymru scheme and are able to provide food bags to those in need. There is a suggested donation of £3.00 per bag which helps to cover the cost of the volunteers petrol to pick up the food.

- Holy Trinity Church Food Co-operative, Ystrad Mynach - climer@live.com
- Newbridge Tabernacle Church - **07949 943139** geoffrey_champion@sky.com
- Oakdale Food Pantry - **07837 283662** jackmaka7@gmail.com
- RCV Food Pantry - **01633 848899** tara@rcvuk.org
- Sirhowy Valley Hub CIC – **01443264328** admin@sirhowyvalleyhub-cic.com
- St Gwladys Church Bargoed - **01443 836600** miriam@stgwladys.org
- TLC Café Ty Sign - **01633 601199** tlc_risca@outlook.com
- Van Community Centre – **07522489521** van.communitycentre@outlook.com

Free School Meals

Free school meals are available to eligible pupils who attend school full-time. Check if you are eligible and apply online.

<https://www.caerphilly.gov.uk/schoolmeals> or call **01443 864055**.



Healthy Start - Get help to buy food and milk

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

If you qualify you get:

- £4.25 each week of your pregnancy from the 10th week
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

The money will stop when your child is 4 years old or if you no longer receive benefits. Check your eligibility via email - healthy.start@nhsbsa.nhs.uk Telephone - **0300 330 7010** www.healthystart.nhs.uk/how-to-apply/

Food Shopping Tips

Before you go shopping:

- Check your cupboards, fridge and freezer to see what you have
- Plan meals you are going to have for the week and think about using up leftovers.
- Make a shopping list... and stick to it!
- Set yourself a target budget.
- Do not go shopping on an empty stomach.
- Remember to take your old carriers or bags for life.

Caerphilly Cares

Contact us by phone: **01443 811490**

Email: caerphillycares@caerphilly.gov.uk

The Caerphilly Cares team are available during office hours. Monday - Thursday (8.30am-5pm) and Friday (8.30am - 4.30pm).



Help with benefits, rents, and other bills

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



Council Tax advice and support

If you are having difficulty in making regular council tax payments do not ignore the situation as this could mean that you have to pay further costs and charges on top of what you already owe.

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. You may be eligible for a discount or an exemption if your circumstances have changed.

Apply for council tax reduction **01443 864099**
<https://eforms.caerphilly.gov.uk/eclaims/>
Find out more about Council Tax exemptions and discounts www.caerphilly.gov.uk/counciltax

Discretionary Housing Payments (DHPs)

Discretionary Housing Payments (DHPs) provide claimants of housing benefit and Universal Credit housing costs with further financial assistance to help meet any shortfall in their housing costs.

Website: www.caerphilly.gov.uk/Services/Housing-benefits/Discretionary-housingpayments

Making a claim for Housing Benefit

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

Website: www.caerphilly.gov.uk/Services/Housing-benefits.aspx

Housing Solutions

The Housing Solution Team provide residents with Housing advice and assistance. This can include referrals and signposting to other agencies for support or specialist advice and assistance. They also provide support and assistance to anyone who is at risk of homelessness or who is homeless.

Phone: **01443 873552**

Website: www.caerphilly.gov.uk/housing

Universal Credit

Find out if you're eligible for Universal Credit, make an application and get advice on solving any problems you have.

Website: www.caerphilly.gov.uk/Services/Housing-benefits

Social Care benefits and grants

The UK Government provide a number of health and social care benefits to citizens who qualify for them including:

- Attendance Allowance
- Carer's Allowance
- Disability Living Allowance for under 16's
- Disabled Facilities Grant
- Personal Independence Payment

Website: www.caerphilly.gov.uk/Services/Benefits-and-grants/Social-care-benefits-and-grants

Claim what's yours

Rent, shopping, heating... it all adds up. Families across Wales are feeling the strain on their household budgets due to the rising cost of living, making that extra bit of help more important than ever. If you are unsure about what benefits you can claim, Advicelink Cymru can help you check and claim what's yours.

Call the free helpline: **0808 250 5700** or visit Website: <http://gov.wales/claimwhatsyours>
Thousands of people in Wales are entitled to more benefits.

Benefit calculators

Depending on your situation, you can use the Turn2us or Entitledto benefit calculators to check which benefits you can get.

Website: benefits-calculator.turn2us.org.uk

Website: www.entitledto.co.uk

Pension Credit

Pension Credit provides extra retirement income if you're on a low income, but one in three people who are entitled to it don't claim it. If you're one of them, you could be missing out on over £3,300 of extra income a year.

If you're eligible for Pension Credit, even if it's a few pounds, you may be eligible for additional financial support including: -

- A Council Tax discount
- A free TV licence if you're aged 75 or over
- Help with NHS dental treatment, glasses and transport costs for hospital appointments, if you get a certain type of Pension Credit
- Help with your heating costs through the Warm Home Discount Scheme

Call us on **01443 811490** or go to the Money Helper website to find out if you qualify.

Website: www.moneyhelper.org.uk/en/pensions-and-retirement/state-pension/pension-credit



Supporting People

Help finding housing and work. Support with form filling, debts, benefits, eviction notice, rent/mortgage arrears.

Contact Supporting People:

01443 864548

Text: housupport to **81400**

Email: supportingpeople@caerphilly.gov.uk

www.caerphilly.gov.uk/supportingpeople

cefnogipobl
supportingpeople



supporting independence
cefnogi annibyniaeth

School and Childcare Expenses

As the cost of living rises, no child should go without.

Rollout of Primary Schools Free School Meals

Universal Primary Free School Meals are now available for all children in full-time nursery, reception, years 1 and 2.

In September 2023 years 3.4.5 and 6 will be able to have a free school meal. Children who already receive free school meals will not be affected by the roll-out. Find out more about Universal Primary Free School Meals www.caerphilly.gov.uk or call **01443 864055**.



FEED THEIR FUTURE

ADDYSG CYMRU
EDUCATION WALES
cerbyddau ein cenedl | our national mission

Uyddraeth Cymru
Welsh Government

No child should go hungry while in school. Rollout of Free School Meals to all primary children by 2024.



Free School Meals

If your circumstances have changed recently, or if you receive certain benefits, your child may be entitled to free school meals. Check if your child is entitled to free school meals - www.caerphilly.gov.uk/schoolmeals or by calling call **01443 864055**.

Get help with school essentials

If your child already gets free school meals, there could be more help available for school essentials (PDG Access).

This package can help with the costs of school essentials like uniforms and equipment, to make sure your child is ready for the school day.

You could be entitled to support of up to £300 for:

- school uniform: including sports kit and footwear.
- school activities: this could include learning a musical instrument, sports equipment and other equipment for after school clubs.
- classroom essentials: this could include pens, pencils, school bags or a laptop or tablet where the school cannot loan the equipment.

All looked after children qualify for the grant, whether they receive free school meals or not.

Website: www.caerphilly.gov.uk telephone **01443 863052**.

Help with childcare costs

Childcare may seem expensive, but you may be able to receive help with childcare costs if you use CIW registered or approved childcare, such as:

Universal Credit

Working parents can get help towards the cost of living, including childcare. Find out if you are eligible for Universal Credit. www.gov.uk/universal-credit/how-to-claim

Tax-Free Childcare scheme

This provides working parents with help with the cost of childcare. You can get up to £500 every 3 months (up to £2,000 a year) for each of your children to help with the costs of childcare. This goes up to £1,000 every 3 months if a child is disabled (up to £4,000 a year). You can get Tax-Free Childcare at the same time as 30 hours free childcare if you're eligible for both. Website: www.gov.uk/get-tax-free-childcare

Parents, Childcare and Employment

You could get support for childcare whilst training and gaining skills to get a job. Find out if they may be able to help.

Website: www.gov.wales/childcare-support-parents-whilst-training-or-looking-work

Support for students

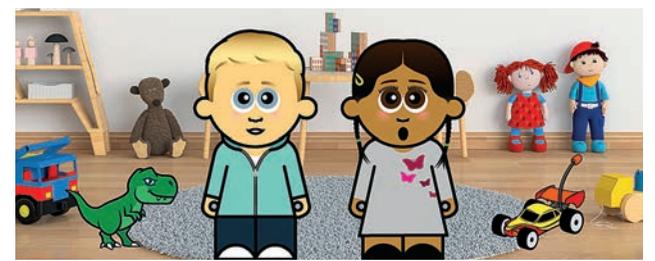
Undergraduate students could get a childcare grant. Website: www.studentfinance.wales.co.uk/undergraduate-finance

UK Government Childcare Choices

The UK Government Childcare Choices website helps to find the right funding offer for you when paying for your childcare. Website: www.childcarechoices.gov.uk/

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.



Childcare Offer for Wales

Up to 30 hours of government-funded early education and childcare to eligible working parents of three and four-year-olds for 48 weeks of the year. Applying for funded childcare is easier than ever with the Childcare Offer for Wales' new digital service. To check your eligibility and begin your online application, visit www.gov.wales/childcare-offer-for-wales-campaign

The Early Years Hub has information about financial support with childcare costs.

Website: www.caerphillyearlyyears.co.uk

Phone: **01443 863232**

Email: earlyyearshub@caerphilly.gov.uk

Flying Start is expanding

Caerphilly Flying Start is expanding funded childcare in Caerphilly County Borough! 1-in-2 households are now able to access the service and receive funded part-time childcare for their 2-year-old child. Check if you're eligible and apply today - www.caerphillyearlyyears.co.uk/flyingstartchildcare **01443 863232**.



Further and higher education

Student Finance Wales are responsible for processing, assessing and paying student finance for all further and higher education applications. Website: www.studentfinance.wales.co.uk or call **0300 200 4050**.

Mental Health and wellbeing support

For many of us, rising energy, food and housing costs are having a negative impact on our physical and mental health and wellbeing.

Find out what support and advice is available to help you and those around you to stay well.

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. It is open 24/7, is free and will not show up on phone bills.

Phone: **0808 80 10 800** Text: **07860 077333**

E-mail: info@livefearfreehelpline.wales

Website: <http://gov.wales/live-fear-free>



Aneurin Bevan - Healthier Together

You'll find clear information on common childhood illnesses, including advice on what 'red flag' signs to look out for, where to seek help if required, what you should do to keep your child comfortable on the Aneurin Bevan Healthier Together website

<https://abbhealthiertogether.cymru.nhs.uk/>

MIND - Money & Mental health

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.

<https://www.mind.org.uk/>

Public Health Wales

The PHW website - Staying well during the Cost-of-Living Crisis has a range of advice and information to help your health and well-being.

Website: <https://phw.nhs.wales/topics/staying-well-during-the-cost-of-living-crisis/>



Dewis Cymru

Have choice and take control

Dewis Cymru

Dewis Cymru is THE place to go if you want information or advice about your well-being - or want to know how you can help somebody else. www.dewis.wales



Money issues affecting your mental health?

Money and mental health are often linked. Worrying about money can affect your mental health and poor mental health can make managing your money difficult. This may lead to feelings of anxiety, stress, depression, anger.

Visit melo.cymru for further information, advice and self-help resources to help manage and resolve money related worries.



melo



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

For advice and support to help with the cost of living:

NATIONAL
DEBTLINE

Freephone
0808 808 4000

Mon-Fri: 9-8
Sat: 9:30-1

citizens
advice

Advicelink
0800 702 2020

Mon-Fri: 9-5

StepChange
Debt Charity

Call
0800 138 1111

Mon-Fri: 8-8
Sat: 8-4

For further support with your mental wellbeing:

SAMARITANS

Freephone
116 123

or Text 'help'
to 81066

24/7

Community advice & listening line:

C.A.L.L.

Call
0800 132 737

or Text 'help'
to 81066

24/7

Free text messaging support service:

shout
85258
here for you 24/7

Text 'shout' to 85258

24/7

Welcoming Spaces



In recognition of the difficulties that residents are facing as a result of the ongoing Cost of Living crisis, Caerphilly County Borough Council in partnership with the community and voluntary sector has set up a network of Welcoming Spaces (also known as Warm Hubs) across the county borough.

Each Welcoming Space may look different, whether they choose to offer activities, support or even hot food and drink – but all will share the ethos of offering a warm place and a friendly face this winter. These include libraries, community centres, church halls, sports clubs and other places promising a warm welcome to anyone struggling to heat their home. Welcoming Spaces are totally free to use and will provide a warm welcome to all.

Argoed Open Spaces

Friday 11am - 2pm

Balfour, Aberbargoed

Monday, Wednesday and Friday 12pm - 2pm

Blackwood Cricket Club

Tuesday / Wednesday 3pm - 5pm

Caerphilly Miners Centre for the Community

Friday 9:30am - 12:30pm

Caerphilly Uniform Exchange

Tuesdays & Thursdays 10am - 2pm

Cartef Community Hall, Bargoed

Tuesday 1pm - 2pm

Cefn Glas, Blackwood

Monday, Tuesday & Thursday 1:30 - 3:30pm

Evo for the Community, Ystrad Mynach

Monday / Wednesday 5pm - 8pm, Tuesday 9am - 12pm, Thursday 11am - 2pm

Friends of Treowen Stars

Monday to Thursday 9am - 2:30pm

GDAS & Growing Spaces @ Hafod Deg

Wednesday: 10am - 12pm
and 12:20pm - 2:30pm

HCT, Blackwood

Wednesday 6pm - 8pm &
Friday 10:15am - 12:15pm

Helping Hands @ The Brunch Barn, Nelson

Tuesday, Wednesday &
Thursday, 10am - 2pm

Hollybush R.F.C.

Friday 12pm - 3pm

Libanus Lifestyle, Blackwood

Wednesday 10:30am - 12:30pm

Llancaiach Fawr Manor

Tuesday 4:30pm - 8pm (Term Time Only)

Markham Community House

Monday 11am - 1pm

Nelson Community Kitchen

@ Nelson Community Centre
Monday's 12pm - 2pm

Newbridge Memo

Tuesday 11am - 2pm

Newbridge Tabernacle

Wednesday & Friday 12 - 2pm

New Life Christian Church, Abercarn

Thursday 10:30am - 2:30pm

Phillipstown Warm Hub & Info Clinic

First Monday of each month 10am - 1pm

Rhymney Ladies Flower Guild

Thursday 2:30pm - 4pm

Risca We Connect Coffee Shop (RCV UK)

Friday's 6pm - 8pm

River Church Wales, Pontllanfraith

Monday - Friday 9am - 12pm

Riverside @ Machen RFC

Tuesday & Friday 9am - 12pm & Thursday
12pm - 5pm

Sirhowy Valley Hub, Cwmfelinfach

Tuesday 10am - 1pm. Thursday 2pm - 5:30pm
& Friday 10am - 1pm

St Gwladys Church Hall

Monday 3pm - 7pm, Thursday 1pm - 4pm
& Sunday 11am - 1pm

TLC Cafe

Monday, Thursday & Friday: 1pm - 3pm

The Parish Trust, Trethomas

Monday to Friday 9am - 5pm

Whiterose Information Resource Centre

Tuesday 2pm - 6pm & Thursday 4pm - 6pm

Ystrad Mynach Bits & Bobs @ Siloh Chapel

Monday 12pm - 2pm

For more information on how to become part of the welcoming space network, contact the Caerphilly Cares team by email caerphillycares@caerphilly.gov.uk or telephone 01443 811490

Libraries

Aberbargoed Library

Abercarn Library

Abertridwr Library

Bargoed Library

Blackwood Library

Caerphilly Library - The Twyn

Deri Library

Llanbradach Library

Machen Library

Nelson Library

Newbridge Library

Oakdale Library

Pengam Library

Rhymney Library

Risca Library

New Tredegar Library
(White Rose Resource Centre)

Ystrad Mynach Library

Available during opening hours
Closed from 1pm - 2pm

www.caerphilly.gov.uk/libraries