



**Lots of us are worried at the moment**



In the news, we see lots about prices going up



And we're scared about how we can heat our homes



Or buy food



Or put petrol in our cars.



But there are people who can help.  
Please don't be scared to ask for help



Hwb Cymunedol  
Sir Benfro  
Pembrokeshire  
Community Hub

In Pembrokeshire, a good first place to go is  
the Community Hub.

<https://connectpembrokeshire.org.uk/pembrokeshire-community-hub>

**01437 723660**



They can give you lots of info.  
And help if you are worried about bills.

**ateb**

If you live in an ateb home, you can ask your Housing Coordinator for help



Food banks are great places.  
The Hub & ateb can help you get food from them.  
<https://pembrokeshire.foodbank.org.uk/> - there is an emergency number to call on here.



<https://patchcharity.org.uk/> Milford Haven.  
You can get lots of things - not just food



You can get food for free at the Community Fridge – in Haverfordwest, next to FRAME  
<https://www.pembrokeshire-frame.org.uk/community-fridge/>

There are also small local schemes, like  
<https://www.facebook.com/fandgcommunityfridge> in Fishguard



If you can go online, there is lots of help there.



## Like the Welsh Government and the Council

<https://gov.wales/wales-fuel-support-scheme-2022-2023>

<https://www.pembrokeshire.gov.uk/heating-your-home/heating-costs>



<https://gov.wales/get-help-cost-living>



If you can't get online, or are confused  
Ask ateb for help



If you are not an ateb customer,  
Ask PPF to help



Or the Community Hub



**But please don't worry alone.**  
**We can all help each other**



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