



Cost of Living Crisis Support Newsletter

This edition focuses on **child poverty**, an increasing challenge for communities across Wales, and highlights a range of practical resources to help Community and Town Councils support residents with children.

Alongside this, we've included a wealth of additional case studies, guides and tools from the Cost of Living Crisis project to share ideas, showcase good practice and support councils in their vital work.

Thank you for everything you continue to do for your communities.

Supporting Families & Tackling Child Poverty

Child poverty is not a distant issue, it is felt in communities across Wales every day. Around 31% of children in Wales live in relative income poverty, and across the UK the Trussell Trust network distributed almost 3 million emergency food parcels in 2024-25, over 1 million for children.

Demand for food, energy and debt support continues to rise, and Community and Town Councils are often the first place families turn for help. Small, practical actions, from breakfast clubs and uniform swaps to warm hubs, play schemes, transport support and food-sharing projects and can make a real difference to children's wellbeing and future opportunities.

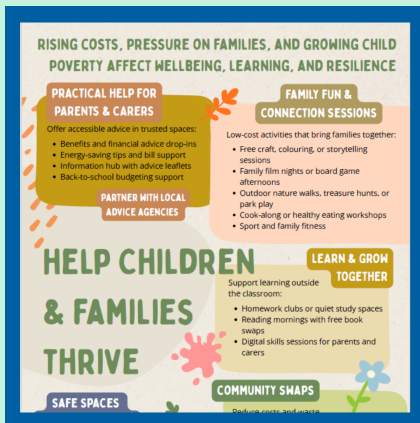
To help councils support families with children, we have brought together a range of practical resources to continue this vital work and help families to thrive.



Webinar Recording – Tackling Child Poverty

Our recent webinar shares real examples from Community and Town Councils across Wales, alongside insight from Play Wales on the vital role play has in children’s wellbeing, development and resilience.

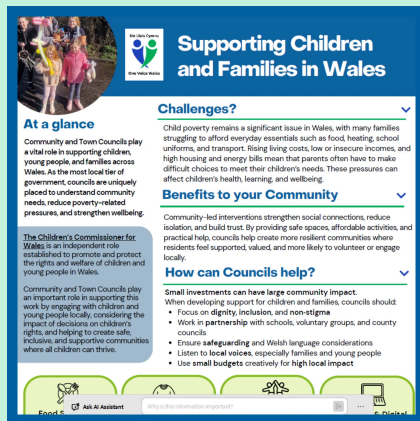
[Watch the recording](#)



Helping Children & Families Thrive Toolkit

We’ve also created a Helping Children & Families Toolkit, packed with practical guidance, ideas and signposting to help councils support children and families in their communities.

[Read the full toolkit](#)



Supporting Children and Families in Wales Case Study

Discover how councils across Wales are helping children and families thrive through simple, community-led projects from breakfast clubs to digital inclusion, demonstrating the real impact of small local initiatives.

[Read the full Case Study](#)

Other Guides you may also find useful:

How are Community and Town Councils Supporting Food Poverty?

At a glance
Community and town councils across Wales are actively engaging in coordinated efforts to combat food poverty through a variety of impactful food initiatives.

Challenges
Communities across Wales are facing growing challenges related to food poverty, driven by rising costs, low incomes, and limited access to affordable, nutritious food. Many families are forced to rely on food banks or emergency support while real wages struggle to keep pace with food prices due to transport barriers and fewer local services.

Solutions
Communities across Wales are responding to food poverty with a range of grassroots solutions that combine emergency support with long-term resilience. Councils and voluntary groups are working together to fund local projects, improve food distribution networks, and support sustainable households, creating more inclusive and community-driven approaches to tackling hunger and food insecurity.

FOOD BANKS By working with partners, community and town councils are supporting food banks through grants, donations, providing services and offering free food taster sessions.

COMMUNITY FRIDGES & LOW COST FOOD PARTNERS Through Community Fridges and parties, councils can foster local support within neighbourhoods by encouraging residents and businesses to donate surplus food for distribution and reduce food bank reliance by offering access to essential food and household items.

LUNCH CLUBS & FREE MEAL PROVISION Clubs and free meals offer access and further council support.

COMMUNITY TOWN COUNCILS Community Town Councils receive redistributed food from the Give and Take project with the Food Share Coop to provide a community party. They charge a small amount of money for produce to become...

Find out how Community and Town Councils are supporting Food poverty.

FIX IT FEB
CAFÉ REPAIR CAFE CHERU - WYRHEG WYRHEG

Fix it Feb Support

Spread the Word!
Join us in making February the month of repair and sustainability! By sharing our message, you can inspire individuals, groups, and organisations to participate in this campaign to reduce waste and revive broken items.

Join the campaign and find out how you can reduce waste and revive broken items.

Supporting Wellbeing & Mental Health in Our Communities

What is Wellbeing?
Wellbeing goes beyond health. It includes:
Social wellbeing - strong relationships, reducing loneliness.
Environmental wellbeing - safe, green, clean places.
Economic wellbeing - opportunities for work, learning and skills.
Culture wellbeing - celebrating Welsh language, heritage, and identity.
Emotional wellbeing - feeling safe, valued, and supported.

Assessing Community Wellbeing Needs
Well-being of future generations, community resilience, and...
 Engage residents through surveys or focus groups.
 Identify barriers to participation - transport, stigma, cost.
 Assess key population needs - young & older people, carers etc.
 Map local partners - NHS, schools, voluntary sector etc.
 Review data sources - Public Health Wales, local wellbeing plans.

Developing Local Wellbeing Initiatives
Local wellbeing initiatives are most successful when they are community-led, inclusive, and rooted in local strengths. Community and town councils have a unique role in fostering environments where residents feel connected, valued, and supported.

Initiatives such as community cafes, wellbeing gardens, walking groups, or creative workshops can offer safe spaces for social connection, reduce isolation, and improve both mental and emotional wellbeing.

Find out how you can support mental health in your communities.

Case Study Spotlight: Welshpool Town Council - 'Give and Take'

'Give and Take' Guidance to Setting up your Stall

At a glance
The cost of living crisis has placed extra strain on households across Wales. Many communities want to support residents in practical, low-cost ways. Give and Take is a simple model that redistributes surplus fruit and vegetables, free of charge, while also creating a space for people to connect socially. This toolkit explains how to set up your own Give and Take project.

Case Study: Welshpool Give and Take
The original Give and Take was founded by Cllr Carol Robinson in Welshpool in summer 2022 as a response to the rising cost of food. Running from July to October, residents bring surplus fruit and vegetables from gardens, allotments, or orchards to a free stall set up outside the Corn Exchange and Town Hall every Saturday from 10:30am to 12:30pm.

- Supporters include Taseo Welshpool Montions, and probation workers who donate produce from their allotments.
- 30-40 residents are supported weekly, and it is a valued social hub for older people.
- With no council funding it is sustained by goodwill, networks, and local partnerships and volunteers.

"With Give and Take, it's not only about people having vegetables and fruit - it's also for people to come and talk to us if they've got a problem. Each year it's getting bigger and bigger. It's something I'm very proud of." Councillor Carol Robinson

Watch the Welshpool Case Study:

Welshpool Town Council's Give & Take project redistributes surplus fruit and vegetables from residents, allotments and local partners, supporting around 30 - 40 people each week while creating a welcoming social space for the community. This practical case study shows how councils can set up a simple, low-cost initiative to support residents during the Cost-of-Living Crisis.

Read the Full Case Study on our Website.

More Details

One Voice Wales: Cost of Living Crisis Forum

JOIN THE FORUM

The Cost of Living Crisis Forum

A collaborative space for Community & Town Councils to share best practice, ask questions, and get help and advice on issues affecting your communities around the Cost-of-Living crisis.

Join Us

One Voice Wales

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