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INTEGRATED
WELL-BEING
NETWORKS**

Living on a budget, save money live well for less.

Saving money on gas and electric.

There is a myth that keeping your heating on all day you will save money. According to Martin Lewis <https://www.moneysavingexpert.com/> It's best to put the heating on timed or turn on and off as required. If you are home all day however, you can do a few things to help keep your home warm.

Use a draught excluder against doors. These are easy to make stuffing the leg of an old pair of tights or leggings with scraps of material (old t shirts etc not worn anymore and not good enough to pass on). This can be a fun activity to do with children.

Cook once, it saves energy to fill your oven up when cooking or batch cook recipes such as chili, spaghetti bolognese and shepherd's pies. These can be frozen once cooled and will take less energy to warm up in a microwave if you have one.

Turn off your oven just before the food is cooked and keep the door closed. It will carry on cooking. Air fryers and slow cookers also cheaper to use.

Boil the kettle once and put in a flask. Keep an eye out in charity shops and places like B&M bargains for cheap insulated bottles and flasks.

Wash most loads of washing on an eco setting at 30 degrees.

Keep warm cardigans, thick socks, and fleece blankets around the house to use rather than switch the heating on all day. Make it a cosy evening, this can be especially fun with children if you all get under a duvet or big blanket and have a movie night or read some stories together. DVDs and books can be bought cheaply from the British Legion shop on Broad Street, open weekday mornings.

Use a clothes horse, hang clothes on hangers on the back of doors and put on radiators rather than use a tumble dryer.

Thick curtains at windows and doors can help to save money. Check out the valleys of the hospice shop in town as well as Blaenavon Zero waste on Facebook, where people give away lots of lovely things every day. Hanging thick curtains in front of your front and back doors can help to keep heat in.

Close all the internal doors in your home this helps to keep heat in and stop it escaping.

Cleaning

Use old tea towels or towels cut up as reusable cleaning cloths, these can also be bought cheaply from places such as home bargains. When your budget is really tight the use washing up liquid, it will clean everything with a cloth and warm water perfectly well. You do not need different cleaning fluids for different rooms. If your budget needs an extra stretch you can even use it to wash your hair or hand wash some clothes.

Eat well for much less!

Stock up

If you are paid monthly or every 4 weeks, on the day you are paid place a large online order for essentials, such as toilet roll, washing powder etc, buying in bulk saves money. If you have enough freezer and cupboard space think about what you might need over the month.

Buy frozen vegetables to save money and prevent lots of waste. Peppers, mushrooms, and onions can all be bought frozen and only a handful need to be added to some meals. A bag of frozen veg, a stock cube and some water make a cheap, delicious and healthy soup. See the [Healthy Blaenavon cookbook link](#) below.

Buy frozen fruit if your family likes it. Frozen blueberries and raspberries can be added to porridge or eaten with yoghurt or put in a little pot to take to school or work.

Cupboard essentials

Plain and self-raising flour (can make pancakes, pizza dough, flatbreads etc when budget is low)

Tinned tomatoes and or passata

Eggs (these are the cheapest fast food you will find, can also be used to make pancakes, cakes etc, which are cheaper to make than buy)

Bag of potatoes

Oats

More tips

For recipes that cost under £1 per head visit our Healthy Blaenavon website <https://healthyblaenavon.co.uk/eat-well/> or our Facebook group Healthy Blaenavon Cooking on a budget.

Shop from your cupboards and freezer and make a list of meals you can make before you go shopping. Shopping online can save you money and the stress of working out if you have enough money to pay for what's in your basket.

If you are unable to shop online and can't afford the bus fare out of Blaenavon there are several ways to save money.

A co-op membership card is only £1 and rewards you for all your shopping as well as giving you offers each week. If you can use apps on your phone, you can view and add offers to your phone weekly.

Reward cards for larger supermarkets are also a good way of earning some money or vouchers back to spend, especially in places like Tesco and Sainsbury's where you can earn points when you put petrol in your car.

Coop also has a £5 meal deal, usually at least 5 items for £5 though not always healthy it can include items such as fish fingers and peas or pizza and ice cream, which can be used as a weekend treat.

Yellow sticker food

If you have a car, combine trips near to your place of work and any other errand you need to run, as driving around to look for bargains, with the cost of fuel, is not cost effective. Food is reduced at different times in different supermarkets, but always check for reduced bread and meat items as these can be frozen, then defrosted and used as needed. This not only saves you money but stops food going to landfill. Save money, save the planet, win, win! Co op mostly reduces the food in the evening, however Morrisons tends to do it early in the morning

Fare share takes place at Bethlehem Church every Thursday morning from 10 until 11.30

This is not a food bank and is not means tested, anyone can use it. It helps stop surplus food going to waste. There are different items each week but often pasta, rice and tins of soup and tomatoes are available as well as bread, fruit, and vegetables.

Foodbank

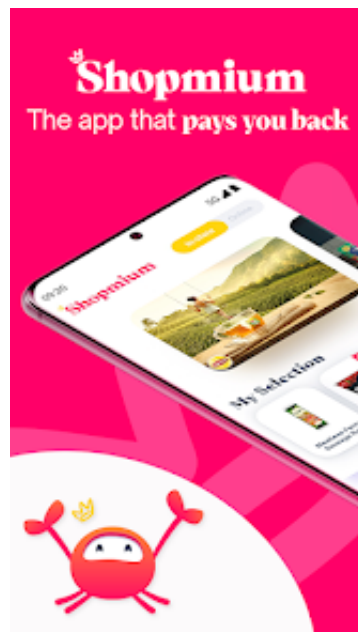
The foodbank in Blaenavon is part of Eastern Valley and is run by Victory Church in the "Green room" on Broad Street every Wednesday at 1.30.

Greggs.

Every Wednesday evening the Hwb youth charity on Broad Street (opposite the Lion pub) gives out surplus food from Greggs, such as sausage rolls and baguettes. Again, this is not means tested and a way to stop food waste.

Coupons, cash back apps and freebies.

There are many sites and apps where you can try foods for free or reduced such as Shopmium, Green Jinn and Checkout Smart. You purchase the items and then claim the cash back through the receipt via PayPal.



Loyalty apps

Greggs gives you a free hot drink for signing up and a cake on your birthday. Lots of apps have special offers, so are worth signing up to, such as the Tesco Clubcard, Sainsbury's nectar points and Asda rewards.

To save money on petrol you can use the petrol prices app and find the cheapest garage close to you. often saving up to 20p per litre on fuel.



Saving money on clothing and shoes

On sites such as Vinted, Depop and Ebay you can buy or sell clothes. One good way of clothing kids very cheaply can be to spend what you make on selling their old clothes. Blaenavon Zero waste is a Facebook group where residents give away items for free.

There is a Hospice of the valleys charity shop on Broad street which sells second hand clothing and household items.

You can also pop along to the Blaenavon Integrated Children's centre next to the primary school, where you can swap items, saving you money and helping cut down waste. If you don't have anything to swap you are still able to pop along and take items for your child.

SWAP DON'T SHOP

**DO YOU HATE WASTE?
WE DO AND BABIES AND TODDLERS GROW OUT OF THINGS SO QUICKLY!**

When visiting our centres, please call in to see if there are any bits you can make use of. There are 'Swap Don't Shop' schemes for pre-schoolers at:

- Cwmbran Integrated Children's Centre**
Ton Road, Cwmbran, NP44 7LE
- Penygarth Integrated Children's Centre**
Penygarth Road, Penygarth, Pontypool, NP4 8JR
- Blaenavon Integrated Children's Centre**
Middle Coed Cae Road, Blaenavon, NP4 9AW

9am - 3pm, Monday to Friday

Have nothing to swap? Don't worry, help yourself and swap when you can.
If donating or swapping, please ensure that item is in good, clean condition.
We can't accept anything damaged.

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Torfaen Early Years | Early Years Torfaen

The poster features a central illustration of a pink baby onesie with a white heart on the chest. A green hand is shown reaching down from the top left, and an orange hand is shown reaching up from the bottom right, as if presenting the onesie. The background is light blue with a subtle pattern of small white dots. The text is in various colors and fonts, with the main title in large, bold, multi-colored letters. At the bottom, there are logos for Torfaen Early Years and Early Years Torfaen, along with social media icons for Facebook and Instagram.

Check if you are eligible for Healthy Start vouchers

<https://www.healthystart.nhs.uk/how-to-apply/>

