



# Financial Support



for  
Families in  
Monmouthshire

[monmouthshire.gov.uk/monchildcare](https://www.monmouthshire.gov.uk/monchildcare)



## In Pregnancy:



## Healthy Start

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.

The NHS will add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

[healthystart.nhs.uk/how-to-apply/](https://healthystart.nhs.uk/how-to-apply/)



## Aneurin Bevan Health Services

Follow

[facebook.com/AneurinBevanHVS](https://facebook.com/AneurinBevanHVS)

for information about antenatal events and courses, health visiting services, immunisations and more.

## Maternity Leave and Statutory Rights

For information on what you are entitled to from time off, shared parental leave, benefits, flexible working and other help visit

[111.wales.nhs.uk/](https://111.wales.nhs.uk/)

## Oral Health

NHS dental treatment is FREE for you during your pregnancy and until your child is one year old.

Make an appointment to visit a dentist as soon as possible now that you are pregnant. For help finding a dentist in Wales, visit

[NHS 111 Wales.](https://www.nhs.uk/111/wales)

From when you first have a baby:



## Child Benefit

You can claim Child Benefit 48 hours after you've registered the birth of your child, or once a child comes to live with you.

It's usually paid to you every 4 weeks.

Anyone is eligible. If you earn over £50,000 a year, your payments are adjusted accordingly.

For more information visit [gov.uk/child-benefit](http://gov.uk/child-benefit)

## Citizen's Advice

Citizen's Advice Cymru offers free, confidential advice on a range of issues including money, debt and benefits.

To speak to an adviser, please call 03444 77 20 20 (9am to 5pm, Monday to Friday)

or to access information and/or talk to an adviser online, please visit [www.citizensadvice.org.uk/wales/about-us/contact-us](http://www.citizensadvice.org.uk/wales/about-us/contact-us)

## Tax-Free Childcare

If you're a working parent, you can get up to £500 every three months (up to £2,000 a year per child) to help with the costs of childcare, whatever your child's age.

You can use it to pay for childcare including: Childminders, day nurseries, playgroups and out of school care.

The childcare providers must be signed up to the service

To find out how much you could get towards your childcare costs and check whether you're eligible, visit

[gov.uk-tax-free-childcare](http://gov.uk-tax-free-childcare)

## Cymraeg I Blant Baby Groups

Cymraeg i Blant run free baby groups across Monmouthshire including baby massage and story and rhyme times.

Visit [facebook.com/cymraegiblantmynewy](https://www.facebook.com/cymraegiblantmynewy) for details.

# Baby Rhyme Time and Story Time at Monmouthshire Libraries

Monmouthshire Libraries run free baby rhyme time and story times at their libraries at various times throughout the year. You can also borrow a variety of picture books and board books to use with your baby at no cost. Visit <https://tinyurl.com/4dca9ucn> for details.

## Universal Credit Childcare Support

If you pay for childcare while you go to work, Universal Credit can pay some of your childcare costs.

Find out more at: <https://www.gov.uk/guidance/universal-credit-childcare-costs>

## Best Start in Life

Visit <https://beststartinlife.gov.uk> to find details of government help with childcare costs for parents. Whether you have toddlers or teens, you could get support.

## Find Out What You're Entitled to

Visit [entitledto.co.uk/help/cost-of-living](https://entitledto.co.uk/help/cost-of-living) to be sure that you are accessing everything that you are entitled to.

## Monmouthshire Childcare

Find out what childcare provision is in your area at [monchildcare.org.uk](https://monchildcare.org.uk). Whether it's a childminder, day nursery, playgroup or out of school club, you can find one that meets your needs and flexibility for your family.

From when you first have a baby:



From Age 2



## Flying Start Provision and 2 Year Old Funding

Flying Start can give you access to a wide range of services including enhanced Health Visiting support, early language support; Part-time, free childcare for children aged 2 to 3 years of age at a provider registered for Flying Start provision, as long as you live in a Flying Start area.

Contact [flyingstart@monmouthshire.gov.uk](mailto:flyingstart@monmouthshire.gov.uk) to find out if you live in a Flying Start area.

## Flying Start Expansion

The Welsh Government's Programme is committed to delivering a phased expansion of early years provision to include all two-year-olds, with a particular emphasis on strengthening Welsh-medium provision.

The two year old Flying Start childcare offer is focusing on a phased roll out of the part time, high quality childcare element of Flying Start to 2-3 year olds. Areas for the roll out have been identified using the Wales Index of Multiple Deprivation (WIMD), data from the Department of Work and Pensions (DWP) and HM Revenue and Customs and are broken down by Lower Super Output Areas (LSOAs).

As the programme expands across Monmouthshire, families will be contacted to let them know when they can apply.

The two year old childcare offer will entitle all 2 year olds to 12.5 hours of fully funded childcare, from the term after a child's 2nd birthday, for 39 weeks of the year.

You can find out if your postcode is currently included at <https://maps.monmouthshire.gov.uk/>



**Cynrig Gofal  
Plant Cymru  
Childcare Offer  
for Wales**

## The Childcare Offer

You may be eligible for the  
Childcare Offer from the term  
following your child's 3rd  
birthday, until the September in  
which they start reception.

This is a combination of early  
education and childcare funding,  
up to 30 hours a week, for 48  
weeks of the year.

You can pay for any extra hours of  
childcare via a private contract  
with your childcare provider.

You can apply for the Childcare  
Offer funding up to 90 days  
before the start of the term that  
funding begins.

To apply go to  
[www.gov.wales/childcare](http://www.gov.wales/childcare)

## Early Education

There are a number of private  
childcare settings that provide  
early education.

Parents may choose either a  
**school nursery** or **non-  
maintained approved setting**  
in Monmouthshire.

Funding is available from the  
beginning of the term following  
the child's third birthday (term  
dates are defined as 1st  
January, 1st April and 1st  
September regardless of when  
school holidays fall).

The funding is currently set at  
£10 per session (2 hours), for  
five sessions a week, as long as  
these sessions are on different  
days. The funding is  
comparable with the funding  
school nurseries receive per  
part time pupil. Your child is  
permitted to attend each  
setting for the two hours a day  
free of charge but if the  
session is longer than two  
hours and you wish your child  
to stay for the full session  
available, you will be required  
to pay a top-up fee.

From Age 3:



## From School Age:



## School Essentials Grant

Families on lower incomes and who receive certain benefits can claim £125 per child per year to help with school costs. Because of the extra cost families might face when their children start secondary school, £200 is available for pupils going into year 7.

The grant can be used to pay for:

- school uniform, including coats and shoes
- school activities, like learning a musical instrument, sports kit and equipment for after school activities
- classroom essentials, like pens, pencils and bags.

Families of children receiving Universal Primary Free School Meals should still check their eligibility for support so they can get the School Essentials Grant.

Families must register their eligibility for the grant through the council, they won't get it automatically. Their school will also get extra funding through the Pupil Development Grant, which they can use to provide additional support for children from lower income families.

[monmouthshire.gov.uk/](https://www.monmouthshire.gov.uk/)

## MonLife Activities

Throughout the year, MonLife runs various free and low cost sessions for primary school aged children including active play sessions.

You can find details at

[monlife.co.uk](https://www.monlife.co.uk)

## Welsh Support

Free support is available for school children and their families who wish to receive their education at a Welsh language school. Find details at

[monmouthshire.gov.uk/welsh-language-provision-and-support/](https://www.monmouthshire.gov.uk/welsh-language-provision-and-support/)



# Become a Monmouthshire Childminder!



Looking for flexible employment?

As a childminder, you can work when you want to work, set your own prices and have your children with you.

\*Full support from Monmouthshire County Council and Pacey Cymru through the entire process

\*Free training, start up grants, links to other childminders, free promotion and more.



Work from home and set your own hours



Provide a valuable service to local parents



Receive free support, training and resources

Find out more by emailing [childcare@monmouthshire.gov.uk](mailto:childcare@monmouthshire.gov.uk) now



## Monmouthshire Early Years and Childcare Hub:

- Childcare
- Early Education
- Childcare Funding
- Family Support Services
- Leisure Activities
- Childcare Provider Support
- ALN Support for Early Years
- Becoming a Childminder
- Welsh Provision
- Toddler Groups
- Flying Start

**01633  
644527**

[monmouthshire.gov.uk/monchildcare](http://monmouthshire.gov.uk/monchildcare)  
[facebook.com/monchildcare](https://facebook.com/monchildcare)  
[childcare@monmouthshire.gov.uk](mailto:childcare@monmouthshire.gov.uk)