



Other help on offer

New-style contributions-based benefits

If you recently had to stop working due to unemployment or sickness, you may be able to claim new-style contributions-based benefits. These are based on your National Insurance contributions. Any savings you have are ignored. Learn more at gov.uk/jobseekers-allowance and gov.uk/employment-support-allowance

Universal Credit (UC)

UC is replacing benefits such as income support, employment support and job seekers allowance (although some people are still receiving these). It pays towards daily living and housing costs.

People who are unemployed, unwell, or working on low incomes can apply. Extra money can be paid if you are a Disabled person, a carer, or pay childcare costs. Seek free benefits advice before claiming. Visit gov.uk/universal-credit

Carers Allowance

For people who provide care 35 hours per week to an adult or child that is in receipt of DLA, PIP, or AA. Visit gov.uk/carers-allowance

Maternity Support

If you are not entitled to statutory maternity pay from your employer, you may be entitled to Maternity Allowance for up to 39 weeks, more details at gov.uk/maternity-allowance

Sure Start Maternity Grant

Provides £500 for people receiving benefits who are having their first child. Visit gov.uk/sure-start-maternity-grant

Healthy Start Scheme

Pregnant women, or those who have a child aged up to four, may qualify for the scheme to help buy essentials. Find out more at find-government-grants.service.gov.uk/grants/healthy-start

Child Benefit

If you have a child/children aged under 16, or under 20 years old in full time non-advanced education, you can claim child benefit for each child. Remember, you can claim child benefit for every child you have. Eligibility is based on your household income. Visit [gov.uk/child-benefit](https://www.gov.uk/child-benefit)

Online benefit calculators

Always seek advice before claiming benefits to ensure you are claiming the right benefit for your situation. There are also a number of benefit calculators that can help you, visit [turn2us.org.uk](https://www.turn2us.org.uk) or [entitledto.co.uk](https://www.entitledto.co.uk)



Prescription Prepayment Certificate (PPC)

If you work and have to pay for your NHS prescriptions, you can reduce costs by purchasing an NHS Prescription Prepayment Certificate (PPC): [gov.uk/get-a-ppc](https://www.gov.uk/get-a-ppc)

If you need help due to the menopause you could purchase an **HRT Prescription Prepayment Certificate** for your hormone replacement therapy medicine to save you money. Find out more at [lbhf.gov.uk/NHS-HRT-certificate](https://www.lbhf.gov.uk/NHS-HRT-certificate)

