

Every year millions of pounds worth of benefit remains unclaimed. If you are unable to work because of your accident or illness, then get what you're entitled to.

ability

Disability Living Allowance

You can claim this if you have needed help for three months because of a severe physical or mental illness or disability, and are likely to need it for at least another six months.

Disabled Persons Tax Credit

This works like the Working Families Tax Credit (see below) for those on low income who are drawing Disability Benefit. Details from the Tax Credit Helpline.

Incapacity Benefit

Normally claimed from the Department for Work and Pensions (DWP) during the first 28 weeks of sickness when you can't claim Statutory Sick Pay. There are strict earnings limits. Check with the Benefit Enquiry Line for current rates.

Industrial Injuries Disablement Benefit

Paid by the DWP if you have been injured or developed an illness through work since 5 July 1948.

Invalid Care Allowance

You qualify for this if you are looking after someone with a disability or illness.

eavement

Bereavement Payment

A lump sum payable on the death of a spouse. Must be claimed within three months of the death. Contact your local social security office for a claim form.

Widowed Parents Allowance

A weekly allowance paid to a man or woman whose partner has died leaving them with a child for whom Child Benefit is received. Contact your local social security office for a claim form.

Bereavement Allowance

A weekly allowance paid for 52 weeks on the death of a married partner to someone who is 45 or over. Contact your local social security office for a claim form.

Family

Maternity Pay and Allowance

Payable for 26 weeks either by your employer or as an allowance by the DWP. Contact your local social security office for a claim form.

Child Benefit

Available to parents of children up to school leaving age (older if the child continues in education). A claim pack is available from the Child Benefit Office.

Working Families Tax Credit

If your income is very low and you are working 16 hours or more a week, you can claim this to cover basic living and housing expenses. This is paid through the Tax system. Call the Tax Credit Helpline.

Guardian's Allowance

For people bringing up a child because one or both of the child's parents has died. You must be getting Child Benefit for the child.

Retirement

State Retirement Pensions

Details available from the Pensions Service.

General

Council Tax Benefit

If you are on a low income you can get help with

your Council Tax. Contact your social security office for a claim form.

Housing Benefit

Sometimes called rent rebate or rent allowance and available to those on a low income. Contact your local social security office for a claim form.

Income Support

Contact your Job Centre Plus or social security office if you are on a low income.

Statutory Sick Pay

Your employer must pay this during the first 28 weeks of illness. If your employment ends during that period, you are automatically transferred to Incapacity Benefit.

Backdating

Claims for the following benefits can be backdated for **up to** 3 months:

Incapacity Benefit, Severe Disablement Allowance, Industrial Injuries benefit, Child benefit, Guardian's Allowance, Retirement Pensions, Bereavement Benefits, Maternity Allowance and Invalid Care Allowance.

Claims for Attendance Allowance and Disability Living Allowance can never be backdated.

Claims for tax credits can only be backdated in very limited circumstances.

Time Limits

If you disagree with a benefits decision, you have a strict time limit of one month to appeal.

How to make a claim

Special forms are available for different benefits.

Benefit Enquiry Line0800 88 22 00

Northern Ireland Benefit Enquiry Line.....0800 22 06 74

Job Centre Plus/DWP websitewww.dwp.gov.uk

Useful contacts

The Pensions Service.....0845 600 6116
www.thepensionservice.gov.uk

National Association of Citizens Advice Bureauxwww.adviceguide.org.uk

Tax Credit Helpline0845 609 5000

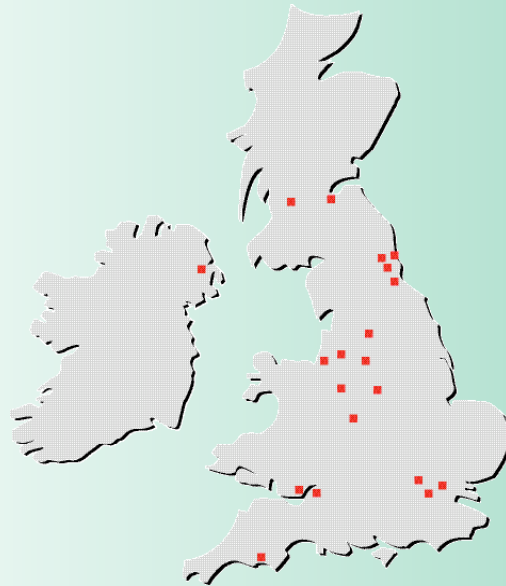
Northern Ireland Tax Credit Helpline0845 609 7000

Child Benefit Office0845 302 1444
www.dwp.gov.uk/childbenefit

UK Government Onlinewww.ukonline.gov.uk

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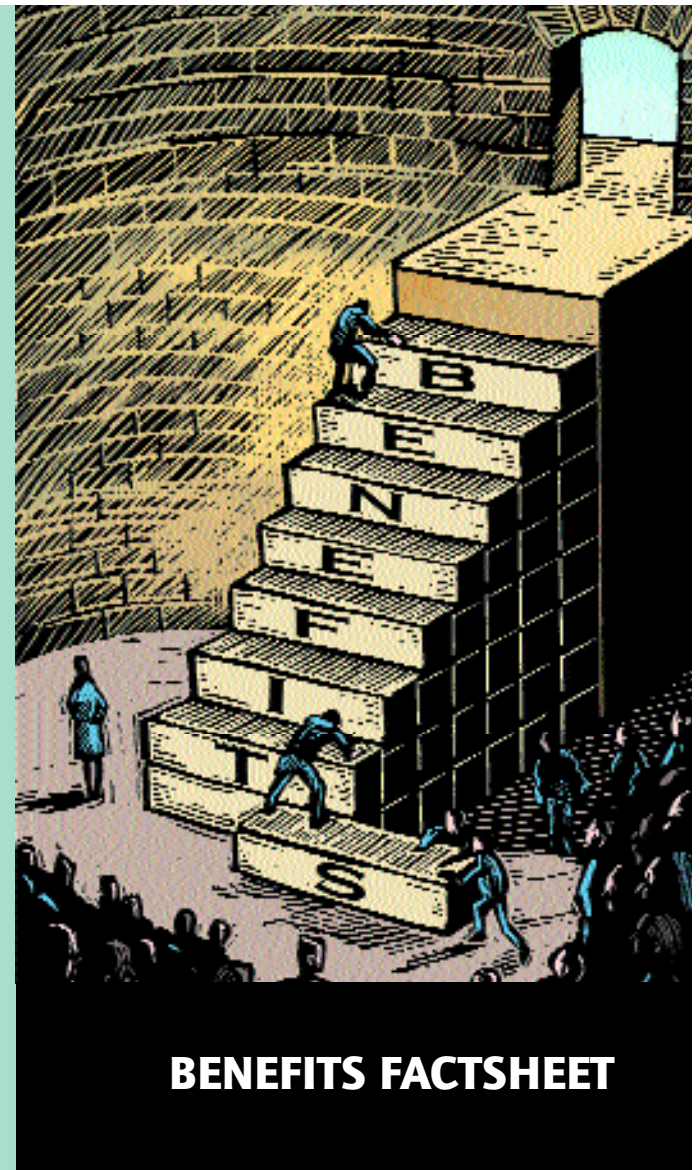
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