

Getting the support you need as a parent: Groups and Organisations Information on benefits and financial support

Child benefit: is a tax-free monthly payment to anyone bringing up a child or young person. Income or savings does not affect it, so most people who are bringing up a child or young person qualify for it. Additional qualifying conditions apply once a child reaches 16 years of age.

Guardian's allowance: is payable to a person who is bringing up a child or young person because the child's/young person's parents have died or, in some circumstances, where only one parent has died.

For more information contact:

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Child Benefit Office

PO Box 1
Newcastle upon Tyne
NE88 1AA

Opening Hours: Monday to Sunday: 8am – 8pm
Helpline: 0845 302 1444 (Local Rate)
Textphone: 0845 302 1474 (Local Rate)
www.hmrc.gov.uk/childbenefit

Nursery Education Grant

Harrow will fund a part time nursery education for children aged three and four depending on their date of birth. Details are available from your child's pre-school or from the Families Information Service on 020 8416 8416

Income support: provides financial help for people between 16 and 60, who are on a low income and who are not in full-time paid work. Whether you qualify, or not, and how much you get depends on your circumstances.

If you are entitled to income support, you automatically qualify for some other types of benefits.

Jobseeker's allowance (JSA): is for people who are of working age but unemployed, or working less than 16 hours a week on average and are actively seeking work.

Job grant: is a tax-free lump sum you may get if you, your partner, or civil partner comes off benefits to take up work of at least 16 hours per week for at least five weeks; and as a result your claim to other benefits end.

Maternity Allowance (MA): If you are pregnant or have a new baby but do not qualify for statutory maternity pay (SMP), you may be able to claim maternity allowance (MA) for up to 39 weeks. There are a number of conditions that you need to meet in order to claim maternity allowance. You should claim as soon as you can after you have been pregnant for 26 weeks.

For more information contact Jobcentre Plus

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Kings House
Clarendon Road
Harrow
HA1 1YJ

or

12 Station Road
Harrow
HA1 2UD

Opening Hours: Monday to Friday: 9am – 5pm except
Wednesday: 10am – 5pm

Tel: 020 8426 3000
Textphone: 020 8426 3162
www.jobcentreplus.gov.uk
www.direct.gov.uk



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Incapacity benefit: if you cannot work because of ill health or a disability, you may be able to claim incapacity benefit. This is a contributions-based benefit paid at a set rate. It gives people of working age a replacement income when they cannot work or look for work because of ill health or a disability.

Disability Living Allowance (DLA): is a tax-free benefit for children and adults who need help with personal care or have walking difficulties because they are physically or mentally disabled.

Benefit enquiry line: provides confidential advice and information for people with disabilities, and their carers and representatives, about social security benefits and how to claim them.

Benefit Enquiry

2nd Floor
Red Rose House
Lancaster Road
Preston Lancashire
PR1 1HB

Opening hours: Monday to Friday: 8.30am to 6.30pm,
Saturday 9am to 1pm
Freephone: 0800 88 22 00
Textphone: 0800 24 33 55
Email: BEL-Customer-Services@dwp.gsi.gov.uk
www.direct.gov.uk/disability-money

Visit <http://harrow.parentdirect.org.uk> or contact the Families Information Service on 020 8416 8416 for information for working parents on:

- **Maternity leave**
- **Flexible working**
- **Parental leave**
- **Paternity leave**
- **Adoption leave**
- **Time off for dependants**
- **Compassionate leave**

Where to get help:

The Advisory, Conciliation and Arbitration Service (ACAS) offers free, confidential and impartial advice on all employment rights issues.

Opening Hours: Monday to Friday: 8am to 6pm.
Tel: 084 5747 4747

Useful contacts

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www.direct.gov.uk
<http://harrow.parentdirect.org.uk>

Harrow Citizens Advice Bureau (CAB)

Harrow Civic Centre
Civic 5
Station Road
HARROW
Middlesex
HA1 2XH

Opening Hours: Monday to Saturday: 10am -1pm
(Closed Wednesday)
Tel: 0870 126 4460