



SUPPORT FOR FAMILIES

If you are on a low income and have children at school,
you may be entitled to financial support

2022/2023



BEST START FOODS

WHAT

Best Start Foods is a prepaid card that can help you buy healthy foods like milk or fruit.

The amount you get on your prepaid card will change depending on the age of your child. The Best Start Foods payments are:

- **£18** every 4 weeks during pregnancy – the payment amount is per pregnancy. This means the payment amount is the same whether you're pregnant with one baby, or if you're having twins or triplets
- **£36** every 4 weeks from your child being born up until they're one year old
- **£18** every 4 weeks when your child is between the ages of one and 3 years old

WHEN

From start of pregnancy to child's 3rd birthday.



WHO

You qualify if you are pregnant, or responsible for a child under 3 and receiving:

- UC and have earned no more than £660 a month in either of the last two complete monthly assessment periods
- CTC (not WTC) with annual income of £17,005 or less
- CTC and WTC with annual income of £7,920 or less
- Housing benefit with weekly income of £328 or less
- Income support, income-based jobseeker's allowance, income-related employment and support allowance or pension credit.
- You can also qualify if you are under 18 or aged 18/19 and a named dependent in someone else's claim

Claim by telephoning 0800 182 2222 or visit www.mygov.scot/best-start

You continue to get credits on the card for 8 weeks if you no longer qualify through UC. If you notify Social Security Scotland that you are entitled through UC again within 12 weeks, you can become entitled to Best Start Foods again without having to make a claim.

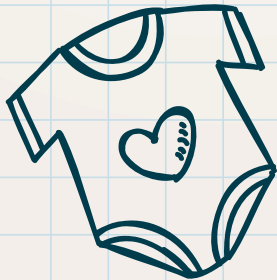
BEST START GRANT: PREGNANCY AND BABY PAYMENT

WHAT

£642.35 to help with the costs of pregnancy or a new baby if you have no other children under 16 living with you; or **£321.20** if you have any other children aged under 16 living with you. There is a **£321.20** supplement if you have a multiple birth.

WHEN

You can get Pregnancy and Baby Payment any time after you have reached the end of the 24th week of pregnancy until the day your baby is 6 months old. If your baby is born before 24 weeks, you can apply from this date up to the day your baby is 6 months old. If you've taken over looking after a child, for example, if you've adopted, you can apply up to the day before the child's first birthday.



WHO

You qualify if you are

- aged under 18 (regardless of income or benefits),
- aged 18 or 19 and a named dependant in someone else's benefit claim because you are still in school or college OR you or your partner are in receipt of:
 - Universal Credit (UC)
 - CTC or WTC (any amount payable)
 - Income support
 - Income-based jobseeker's allowance
 - Income-related employment and support allowance
 - Pension credit
 - Housing benefit

Apply online or download a claim form visit www.mygov.scot/best-startgrant You can also apply by phone on **0800 182 2222**, or request a claim form be sent out to you. Claim within six months of the birth even if waiting for a universal credit decision, then contact Social Security Scotland when awarded.

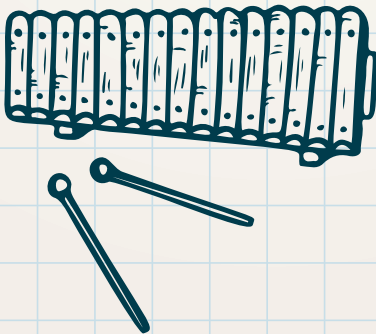
BEST START GRANT: EARLY LEARNING PAYMENT

WHAT

Early Learning Payment is a payment of **£267.65** per child to help with the costs of early learning. You can get the payment when your child is aged between 2 years old and 3 years and 6 months old. To get this payment your child does not need to go to nursery.

WHEN

When your child is aged between 2 years old and 3 years and 6 months old.



WHO

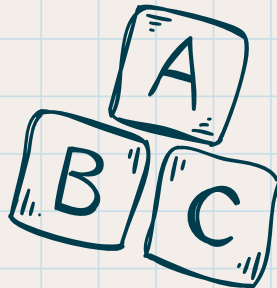
You qualify if you are:

- aged under 18 (regardless of income or benefits),
- aged 18 or 19 and a named dependant in someone else's benefit claim because you are still in school or college OR you or your partner are in receipt of:
 - Universal Credit (UC)
 - CTC or WTC (any amount payable)
 - Income support
 - Income-based jobseeker's allowance
 - Income-related employment and support allowance
 - Pension credit
 - Housing benefit

Apply online or download a claim form by visiting the following website

www.mygov.scot/best-start-grant

You can also apply by phone on **0800 182 2222** or request a claim form be sent out to you.



BEST START GRANT: SCHOOL AGE PAYMENT

WHAT

School Age Payment is a payment of **£267.65** per child. It helps with the costs of preparing for school when your child is first old enough to start primary school.

You can get the payment for multiple children, as long as each child is the right age when you apply.

WHEN

When you need to apply for the School Age Payment depends on when your child was born:

Your child's date of birth	When you can apply
Between 1 March 2017 and 28 February 2018	Between 1 June 2022 and 28 February 2023
Between 1 March 2018 and 28 February 2019	Between 1 June 2023 and 29 February 2024

WHO

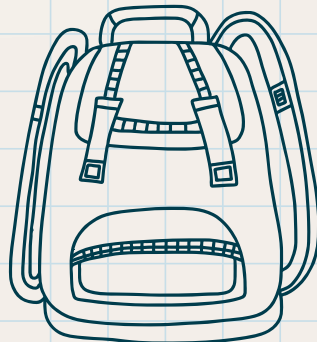
You qualify if you are:

- aged under 18 (regardless of income or benefits),
- aged 18 or 19 and a named dependant in someone else's benefit claim because you are still in school or college OR you or your partner are in receipt of:
 - Universal Credit (UC)
 - CTC or WTC (any amount payable)
 - Income support
 - Income-based jobseeker's allowance
 - Income-related employment and support allowance
 - Pension credit
 - Housing benefit

Apply online or download a claim form by visiting the following website

www.mygov.scot/best-start-grant

You can also apply by phone on **0800 182 2222** or request a claim form be sent out to you.



SCOTTISH CHILD PAYMENT

WHAT

£25 a week for each eligible child.

WHEN

From birth – up to child's 16th birthday.



WHO

A parent ordinarily resident in Scotland, responsible for a child and entitled to one of the following qualifying benefits:

- Universal credit
- Child tax credit
- Working tax credit
- Pension credit
- Income support
- Income-based jobseeker's allowance
- Income-related employment and support allowance

Apply online or download a claim form by visiting the following website

www.mygov.scot/best-start-grant

You can also apply by phone on **0800 182 2222** or request a claim form be posted out to you.



ELIGIBLE 2's

WHAT

Free Early Learning and Childcare for 2-year-olds.

WHEN

Eligible2 application forms are accepted for processing six weeks prior to the child's second birthday.

For any child placement should start a school term after child's second birthday.

Child born between	Start of placement
1 January – 28/29 February	April
1 March – 31 August	August
1 September – 31 December	January

WHO

Eligible 2-year-old children are entitled to up to 1140 hours of funded ELC (Early Learning and Childcare), if their family is in receipt of one of the following benefits and allowances:

- Income Support
- Job Seekers Allowance (income based)
- Any income related element of Employment and Support Allowance
- Incapacity or Severe Disablement Allowance

- State Pension Credit
- Child Tax Credit (CTC), but not Working Tax Credit and your income is less than £17,005
- Child Tax Credit and Working Tax Credit and your income is under £7,920
- Support under Part V1 of the Immigration and Asylum Act 1999
- Universal Credit when your household take-home pay, is £660 or less.

Or if the child is age 2 or over and is or, since they turned 2 has been (in terms of legal status):

- 'Looked After' by a local council
- The subject of a 'Kinship Care Order'; or
- The subject of a 'Parent Appointed Guardianship Order'; or
- Has a care experienced parent.

To apply visit:

www.aberdeencity.gov.uk/eligible2



PRIMARY SCHOOL

BEST START GRANT

WHAT

The Best Start Grant School Age Payment is **£267.65** for each child to help with the costs of children starting school. It is up to you what you spend it on, and you don't need to show receipts.

WHEN

If your child's date of birth is between 1 March 2017 and 28 February 2018, then you can apply between the 1 June 2022 and 28 February 2023.

If your child's date of birth is between 1 March 2018 and 28 February 2019 then you can apply between 1 June 2023 and 28 February 2024.

You cannot apply out with these dates.

WHO

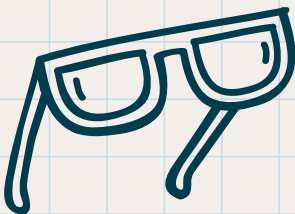
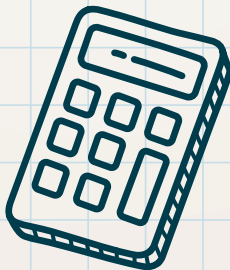
You can claim this payment if you are responsible for a school age child (see previous information on application dates) and you or your partner are entitled to one or more of the following benefits listed below:

- Universal Credit
- Child Tax Credit or Working Tax Credit
- Income Support
- Income-Based Job Seekers Allowance
- Income-Related Employment and Support Allowance
- Housing Benefit
- Pension Credit

You can apply anytime within the **9-month application window**.

If you have become responsible for a child, for instance as a kinship carer, you might qualify for a payment even if a payment has already been made to someone else – as long as you were not that person's partner when they received the grant, and the child is not living with that person.

Apply online or download a claim form: **www.mygov.scot/best-start-grant-best-start-foods/how-to-apply** or call **0800 182 2222** to apply by phone or request a form.



FREE SCHOOL MEALS

WHAT

The School Meals Catering Service provides meals for all schools in the city. The service aims to provide nutritious, well presented meal choices daily, promote the healthier options and actively encourage their uptake and provide a service that meets the highest health and safety standards.

Currently Primary school meals cost **£2.20**. If you qualify for free school meals, you can save approximately **£431** per year.

WHEN

From January 2022, all primary school pupils from P1 to P5 presently receive a free school meal.

If a child is in P1 to P5 and the parent/carer meets the eligibility criteria due to low income, the parent/carer should apply for Free School Meals in order to receive vouchers during the holidays.

WHO

Pupils are eligible for free school meals if their parents or carers receive one of the following benefits:

- Income Support
- Income-based Job Seeker's Allowance
- Any income related element of Employment and Support Allowance
- Child Tax Credit, but not Working Tax Credit, with an income of less than £17,005
- Both Child Tax Credit and Working Tax Credit with an income of up to £7,920
- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit with a monthly earned income from your employer of not more than £660
- Universal Credit, with a single parent/carer working less than 16 hours per week with an annual earned income from employment of less than £17,005
- Universal Credit, with both parents/carers working less than 24 hours per week with an annual earned income from employment of less than £17,005

Apply online:

www.aberdeencity.gov.uk/schoolclothinggrant



SCHOOL CLOTHING GRANT

WHAT

We can, in some circumstances, provide a grant towards the costs of school clothing and footwear if you receive certain benefits.

The current grant is **£120** towards the costs of essential school clothing. For pupils of statutory school age, the grant is paid to parents/carers; for pupils over statutory school age the grant is paid to the student.

WHEN

You can only apply for children attending school or about to enter Primary 1. If you are an eligible student who receives an Education Maintenance Allowance you can apply for a school clothing grant for yourself.

Applications for session 2022/2023 can be made from 1 April 2022.



WHO

You can apply for a school clothing grant if you or your family receive any of these benefits:

- Income Support
- Income-based Job Seeker's Allowance (JSA)
- Any income related element of Employment and Support Allowance (ESA)
- Child Tax Credit (CTC), but not Working Tax Credit, and your annual income is less than £17,005
- Both maximum Child Tax Credit and maximum Working Tax Credit and your annual income is under £7,920
- Universal Credit, and your monthly earned income is not more than £660
- Support under Part VI of the Immigration and Asylum Act 1999
- Housing Benefit and/or Council Tax Reduction

You can apply for a school clothing grant online. Before you apply online, you will need to set up an account. This is so you can track the progress of your application.

Apply online: **www.aberdeencity.gov.uk/schoolclothinggrant**

SECONDARY SCHOOL

FREE SCHOOL MEALS

WHAT

The current cost of a secondary school meal is **£2.45** per day. If you qualify for free school meals, you can save approximately **£470** per year.

WHEN

To receive free school meals in secondary school you must make an application. There is currently no automatic entitlement to this.



WHO

Pupils are eligible for free school meals if their parents or carers receive one of the following benefits:

- Income Support
- Income-based Job Seeker's Allowance
- Any income related element of Employment and Support Allowance
- Child Tax Credit, but not Working Tax Credit, with an
- income of less than £17,005
- Both Child Tax Credit and Working Tax Credit with an income of up to £7,920
- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit with a monthly earned income from your employer of not more than £660
- Universal Credit, with a single parent/carer working less than 16 hours per week with an annual earned income from employment of less than £17,005
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SCHOOL CLOTHING GRANT

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We can, in some circumstances, provide a grant towards the costs of school clothing and footwear if you receive certain benefits.

The current grant is **£150** towards the costs of essential school clothing. For pupils of statutory school age, the grant is paid to parents/carers; for pupils over statutory school age the grant is paid to the student.

WHEN

You can only apply for children attending school or about to enter Primary 1. If you are an eligible student who receives an Education Maintenance Allowance, you can apply for a school clothing grant for yourself.

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WHO

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- Both maximum Child Tax Credit and maximum Working Tax Credit and your annual income is under £7,920
- Universal Credit, and your monthly earned income is not more than £660
- Support under Part VI of the Immigration and Asylum Act 1999
- Housing Benefit and/or Council Tax Reduction

You can apply for a school clothing grant online. Before you apply online, you will need to set up an account. This is so you can track the progress of your application.

Apply online:
www.aberdeencity.gov.uk/schoolclothinggrant

STAYING ON AT SCHOOL

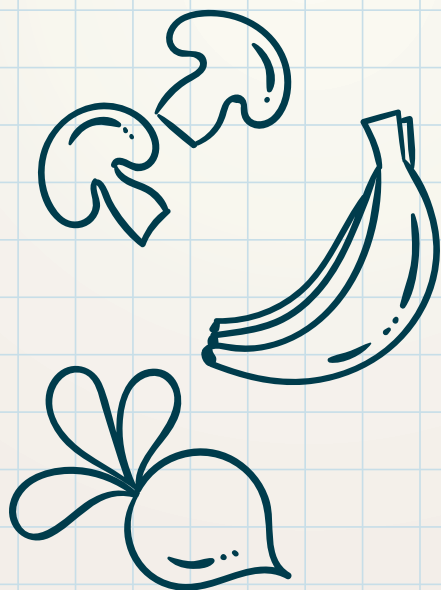
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- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit with a monthly earned income from your employer of not more than £660
- Universal Credit, with a single parent/carer working less than 16 hours per week with an annual earned income from employment of less than £17,005
- Universal Credit, with both parents/carers working less than 24 hours per week with an annual earned income from employment of less than £17,005

Apply online:

www.aberdeencity.gov.uk/schoolclothinggrant

SCHOOL CLOTHING GRANT

WHAT

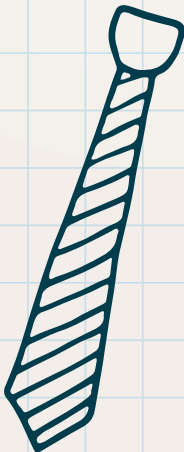
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You can only apply for children attending school or about to enter Primary 1. If you are an eligible student who receives an Education Maintenance Allowance, you can apply for a school clothing grant for yourself.

Applications for session 2022/2023 can be made from 1 April 2022.



WHO

You can apply for a school clothing grant if you or your family receive any of these benefits:

- Income Support
- Income-based Job Seeker's
- Allowance (JSA)
- Any income related element of Employment and Support Allowance (ESA)
- Child Tax Credit (CTC), but not Working Tax Credit, and your annual income is less than £17,005
- Both maximum Child Tax Credit and maximum Working Tax Credit and your annual income is under £7,920
- Universal Credit, and your monthly earned income is not more than £660
- Support under Part VI of the Immigration and Asylum Act 1999
- Housing Benefit and/or Council Tax Reduction

Apply online:

www.aberdeencity.gov.uk/schoolclothinggrant

EDUCATION MAINTENANCE ALLOWANCES

WHAT

An Education Maintenance Allowance (EMA) is a weekly allowance of **£30** paid to the young person during the school year. (During Term Time)

It is paid on a two-weekly basis.

WHEN

An EMA provides financial support for 16–19-year-olds who stay on at school. You should apply as soon as you become eligible as payments may not be backdated.

Students become eligible for an EMA in August if they turn 16 between 1 March 2022 and 30 September 2022 and in January if they turn 16 between 1 October 2022 and end of February 2023.

WHO

To be eligible for an EMA in 2022/2023 the student must:

- Have been born between 1 March 2002 and 28 February 2006
- Be in full-time non-advanced education (up to SVQ level 3).

The young person qualifies if your annual household income is:

Household Income	No. of dependent children in Household
£0 to £24,421	1
£0 - £26,884	2+

Apply online:

www.aberdeencity.gov.uk/educationmaintenanceallowance



YOUNG CARERS GRANT

WHAT

The Young Carer Grant is a yearly payment of **£326.65** for young carers in Scotland. How the grant is spent is up to you, there is no need to provide receipts.

WHEN

To be able to get a Young Carer Grant, you must:

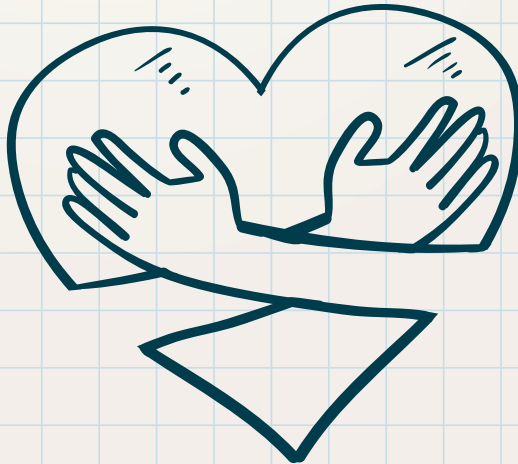
- Be 16, 17 or 18 years old
- Have been caring for 1, 2 or 3 people for an average of 16 hours per week for at least the last 3 months.

If you care for more than one person, you can combine the hours of the people you care for to average 16 hours per week.

WHO

You can get a Young Carer Grant if all of these apply:

- You're 16, 17 or 18 years old
- You've been caring for one or more people for around 16 hours per week for the last 3 months
- The person or people you care for get certain benefits
- You're not being paid to care for someone you will use in your application as part of your job
- You're not helping care for the people you apply for as a volunteer, for example as part of a care group or charity
- You're not already getting Carer's Allowance from the Department for Work and Pensions



STATE BENEFITS/ALLOWANCES

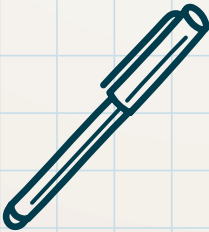
WHAT

If the young person stays on at school or is engaging with **ABZ Works employability programme** you may still be able to receive **Child Benefit** and a **Child Element top-up** to either your **Child Tax Credit** or **Universal Credit** even if they have reached the age of 16.

This can be as much as **£21.80** per week for Child Benefit and **£66.92** per week for Child Tax Credit or Universal Credit.

WHEN

These entitlements can continue from when the young person turns 16 until the September following their 19th birthday providing the course they are enrolled in is non-advanced (Studying Highers or less) and it is considered to be a full-time course (at least 12 hours per week).



WHO

Child Benefit and the Child element top-up to either Child Tax Credit or Universal Credit normally stops on the 31 August following your young person's 16th birthday.

Providing you continue to meet the qualifying conditions for Child Benefit, Child Tax Credits or Universal Credit and your young person is on a course of non-advanced study (Studying Highers or less) and it is considered to be a full-time course (at least 12 hours per week).

You must notify HM Revenue and Customs (HMRC) for Child Benefit and Child Tax Credit or your work coach at the Department for Work and Pensions (DWP) for Universal Credit.

Child Benefit

Online:
www.gov.uk/report-changes-child-benefit
or call **0300 200 3100**

Child Tax Credit

Online:
www.gov.uk/changes-affect-tax-credits
or call **0345 300 3900**

Universal Credit

Notify your work coach through your online Journal.

	BEST START GRANT (Pregnancy & Baby Payment)	BEST START GRANT (Early Years Payment)	BEST START GRANT (School Age Payment)	SCOTTISH CHILD PAYMENT	FREE SCHOOL MEALS	SCHOOL CLOTHING GRANT	EMA
WHAT YOU GET	£321.20 - £642.35 payment	£267.65 per child	£267.65 per child	£25 per week per child	Saving £431 to £473 per year	£120-£150 payment	£30 Per Week
WHEN YOU CAN GET IT							
EARLY YEARS	✓	✓					
PRIMARY SCHOOL			✓	✓✓✓	✓	✓	
SECONDARY SCHOOL					✓	✓	
STAYING ON					✓	✓	✓
QUALIFYING CRITERIA							
Income Support	✓	✓	✓	✓✓✓	✓✓✓	✓✓✓	
Income Based Job Seekers Allowance	✓	✓	✓	✓✓✓	✓✓✓	✓✓✓	
Income Related Employment Support Allowance	✓	✓	✓	✓✓✓	✓✓✓	✓✓✓	
Housing Benefit	✓	✓	✓			✓✓✓	
Council Tax Reduction						✓✓✓	
Pension Credits	✓	✓	✓	✓✓✓	✓✓✓		
Child Tax Credits or Working Tax Credits	✓	✓	✓	✓✓✓			
Both Working Tax Credit and Child Tax Credit with a household income of £7920 or less	✓	✓	✓		✓✓✓	✓✓✓	
Child Tax Credit only with an annual income of less than £17,005					✓✓✓	✓✓✓	
Universal Credit	✓	✓	✓	✓✓✓			

CHILD DISABILITY/CARER BENEFITS

If a member of your family has a disability or long-term health condition, or is an unpaid carer for someone, you may be able to get some extra help – for example parents of disabled children can get disability benefits without taking into account their income.

CHILD DISABILITY PAYMENT

Child Disability Payment (CDP) provides support for the extra costs that a child with a disability might have.

- You can apply for Child Disability Payment for a child under 16 with mental or physical disabilities.
- You can also apply for Child Disability Payment if the child's disability has not yet been diagnosed. In such cases, you can tell Social Security Scotland about any symptoms they have and how they're affected.

The CDP rate is between **£24.45** per week and **£156.90** a week and depends on the level of help your child needs.



CARERS ALLOWANCE

You may be eligible for Carers Allowance if you, the person you care for and the type of care you provide meets certain criteria.

www.gov.uk/carers-allowance

You could get **£69.70** a week if you:

- Care for someone at least 35 hours a week
- Get certain benefits
- Earn less than £128 per week

CARERS ALLOWANCE SUPPLEMENT

Carer's Allowance Supplement is an extra payment for people in Scotland who get Carer's Allowance on a particular date.

2022 PAYMENTS

The first payment was on 10 June. It was **£245.70**. You'll have got it if you were getting Carer's Allowance on 11 April 2022.

The second payment is in December and will be **£245.70**. You'll get this if you get Carer's Allowance on 10 October 2022. The reason it's double the amount of the last payment is in recognition of the pressures unpaid carers face because of the pandemic.

WHO CAN HELP?

Many families don't get all the financial assistance and benefits they are entitled to. This may be because they are unaware of their entitlement, the rules are complex or because they have been wrongly refused.

If you are on a low income, you may be able to get some help even if you haven't claimed before or if you think you won't qualify.

EMPLOYABILITY AND TRAINING SUPPORT

Free employability and training support is available for all city residents. For more information contact ABZ Works
abzworks@aberdeencity.gov.uk or call **01224 346100**

FINANCIAL INCLUSION TEAM

01224 522709

Moneyadvice@aberdeencity.gov.uk
www.aberdeencity.gov.uk/benefitsandadvice

You can also try out our online benefit calculator. Please note this calculator is not suitable for those who are 16/17-year-old and living with parents, in hospital, residential care, prison, living abroad or full-time education. Please contact us directly for a benefit check.

<https://aberdeencity.entitledto.co.uk/home/start>



NOTES