To claim state benefits…
You can get claim forms by contacting your local social security office on 0845 377 1000

To claim tax credits…
You can get a claim form from the Inland Revenue by phoning their Tax Credit Helpline on 0845 300 3900

You can claim on line
at www.taxcredits.inlandrevenue.gov.uk

To claim for help with rent and council tax…
You can get claims forms from your local council on 0208 314 6000

You can contact us for independent advice and information:
Lewisham Law Centre, 28 Deptford High Street, London SE8 4AF, 020 8 692 5355
We will be able to advise you about all the benefits and tax credits you might qualify for. We run a welfare rights drop in session at our office in Deptford and at locations around the borough – phone for details.

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### What benefits and tax credits are there?

**Child Benefit**
if you have a dependent child.  It is not means-tested.

**Working Tax Credit**
if you are working 16 hours or more a week.  It is means-tested and the amount is determined by your family’s circumstances. It is made up of a number of different elements including an amount towards childcare costs with an approved childcare provider.

**Child Tax Credit (CTC)**
is means tested and paid to the child(ren)’s main carer in the family.  It includes a basic amount, an additional amount for each child, and other amounts for disabled or severely disabled children.

**Income support**
if you are on a low income.  It is a means-tested benefit and the rate is worked out according to your personal circumstances.  It is the only benefits that provides assistance with housing costs for home owners.

**Jobseeker’s allowance (JSA)**
if you are looking for work and unemployed or working less than 16 hours a week.  It can be income based (where it mirrors the rules for income support).

**Incapacity benefit**
if you are unable to work because of sickness or disability.

**Disability living allowance**
(DLA) if you have mobility and/or care needs.  It is paid to children and to adults aged under 65 before their first claim (after 65, the appropriate benefit is Attendance Allowance which assess someone’s care needs only). DLA and AA are not means-tested or taxable, are paid in addition to most other benefits, and can significantly increase your entitlement to means-tested benefits.

**Carer’s allowance**
if you care for 35 hours or more a week for someone who gets benefits such as attendance allowance or DLA care component at middle or high rate   It is not means tested.

**The social fund**
provides discretionary grants or loans.  Apart from loans in emergencies, payments are linked to means tested qualifying benefits. Grants are also provided for help with funeral expenses and winter fuel for people.

**Start Maternity Payments**
is a grant paid to families in receipt of certain qualifying benefits after the birth or adoption of a baby, as long as the parents can show they have had advice from a health professional about having a baby. In 2003 the grant for each baby is £500.

**Housing Benefit and Council Tax Benefit**
are means-tested benefits and can help you pay your rent and council tax. Both these benefits are administered by the local authority.

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**quids for kids!**
the claim it campaign