

FINANCIAL HELP FOR PARENTS & CARERS

ARE YOU ENTITLED?



TAX FREE CHILDCARE.

- This is a Government scheme to support working parents with childcare costs. You set up an online account which you can use to pay your childcare provider directly. For every £8 you pay in the Government will pay in an extra £2.
- You can get up to £2000 per child per year, or £4000 if your child is disabled.
- You can use this account to pay registered Childminders, Nurseries & After School Clubs

YOU MAY BE ELIGIBLE IF:

Your child is under 12

The child you are applying for usually lives with you

You live and work in the UK

You, and your partner, are working and each earning at least the National Minimum Wage for 16 hours a week

For further information and to apply visit www.childcarechoices.gov.uk or call the Childcare Service Hotline on 0300 123 4097.



BEST START GRANTS

- This is a package of 3 new Scottish benefits to help parents on low incomes with the costs of having a child.
- The **Pregnancy & Baby Payment** is a one-off payment of £642.35 for your first child, then £321.20 for any younger siblings, to help with the costs of having a baby.
- The **Early Learning Payment** is a one-off payment of £267.65 to help with the costs around the time your child might start nursery
- The **School Age Payment** is a one off payment of £267.65 to help with the costs of having a child starting school.
- You can apply whether you are in work or not.

YOU MAY BE ELIGIBLE IF YOU ARE IN RECEIPT OF ONE OF THE FOLLOWING:

Universal Credit

Income Support

Income-based Job Seeker's Allowance

Income-related Employment & Support Allowance

Pension Credit

Housing Benefit

Child Tax Credit

Working Tax Credit

You will be automatically eligible if you are under 18, or are 18 or 19 and in full time education or training and dependent on someone else who is claiming child benefit, child tax credit or universal credit for you

You can apply online at www.mygov.scot/best-start-grant-best-start-foods or call 0800 182 2222



BEST START FOODS

- This is a pre-paid card that you can use to buy healthy foods for children under 3
- You can apply when you are pregnant or at any time up until your child turns 3
- The payments are:
 - £18 every 4 weeks during pregnancy
 - £36 every 4 weeks from your child being born until they're 1 year old
 - £18 every 4 weeks between the ages of 1 and 3
- You can use this card in any shop which accepts Mastercard
- You can use the card to buy eggs, milk (cow's milk and infant formula), fruit, vegetables and pulses (fresh, frozen, tinned or dried)

YOU MAY BE ELIGIBLE IF YOU ARE IN RECEIPT OF ONE OF THE FOLLOWING:

Pension
Credit

Income
Support

Income-related Employment
& Support Allowance

Housing Benefit and earning no
more than £328 per week

Universal Credit and
earning no more than
£660 per month

Child Tax Credit and
earning no more than
£17,005 per year

Income-based
Job Seeker's
Allowance

Child Tax Credit and Working
Tax Credit and earning no
more than £7,720 per year

You can apply online at www.mygov.scot/best-start-grant-best-start-foods or call 0800 182 2222



Scottish Child Payment helps towards the costs of supporting your family. It's a weekly payment of £20 that you can get for every child you look after who's under 6 years of age. You'll get the payment every 4 weeks if your application is successful.

You may be eligible if you are in receipt of one of the following:

Universal Credit

Child Tax Credit

Income Support

Pension Credit

Income-based Jobseeker's
Allowance (JSA)

Income-related Employment
and Support Allowance (ESA)

Working Tax Credit

You can apply online at <https://www.mygov.scot/scottish-child-payment/how-to-apply> or call 0800 182 2222

FINANCIAL HEALTH CHECK – are you getting everything you are entitled too?

The Citizens Advice Bureau offer this free service – call 0800 085 7145 to arrange your check. This can take place over the phone or in one of CAB's local branches.



NHS MINOR AILMENTS SERVICE

- This is an NHS service for children, people aged 60 or over, people who hold a medical exemption certificate and people of certain benefits
- When you are registered for the Service your pharmacist can give you medicine for your child for a minor illness or complaint if they think you need it. You will not have to pay for this.

All children under 16, or under 19 and in full-time education, are eligible to register

To register for the service speak to your local pharmacist or call the NHS Inform Helpline on 0800 224488



WARM HOME DISCOUNT SCHEME

- This scheme could give you £140 off your electricity bill for the winter – a one-off discount given on your bill between September and March
- You could be eligible if you are in receipt of certain benefits, receive free school meals or are in receipt of Child Tax Credits and have a child under 5
- You can still qualify for the discount if you use a pre-pay or a pay-as-you-go meter

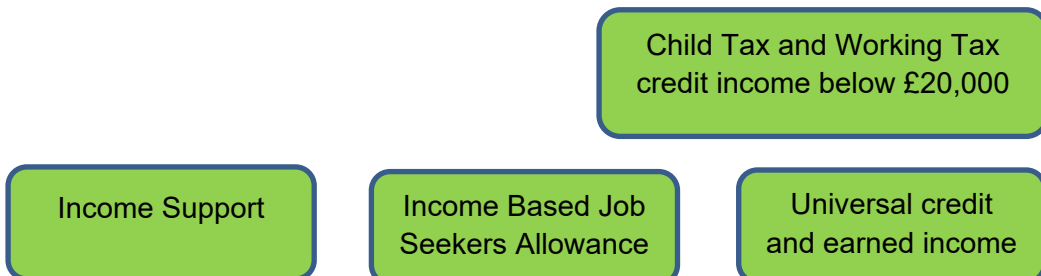
To see if you meet the criteria visit www.gov.uk/the-warm-home-discount-scheme and follow the link for your electricity provider



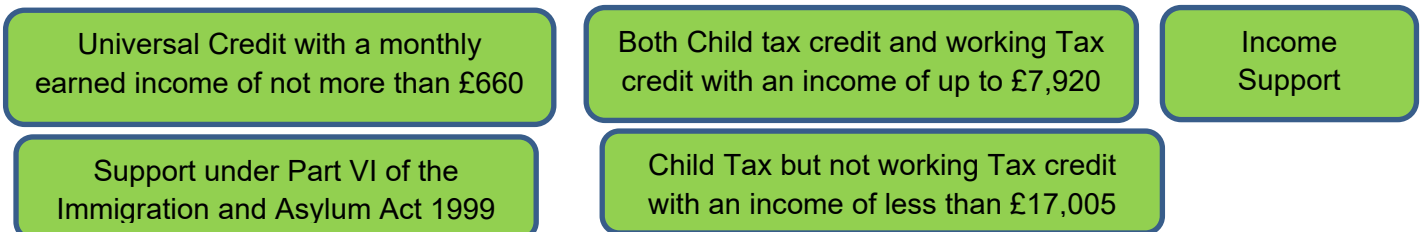
Comhairle Nan Eilean Siar – Free School Meals / Assistance with School Clothing

You may be eligible for assistance with school clothing and shoes. This help is called Employment and Support (ESA) income related. Contact your local council.

You may be eligible for Assistance with School clothing if you receive:



Free school meals are granted to children from families in receipt of:



You can apply online at <https://www.cne-siar.gov.uk/schools-and-learning/schools/application-forms/fsmcg/> or call 01851 600501 for more information



This leaflet has been produced by CnES Early Years in August 2022 to provide information to parents. If you are struggling with money our Family Support service may be able to help. Contact us at 01851 822655 to speak to one of our workers.

