

# INCOME SUPPORT



## SUPPORT WITH COST OF LIVING



FINANCIAL SUPPORT  
MENTAL HEALTH SUPPORT  
CAMPAIGNING FOR CHANGE  
ONLINE COURSES AND ACTIVITIES



Nottingham  
Women's Centre

come on in

Run by women, for all women

[www.nottinghamwomenscentre.com](http://www.nottinghamwomenscentre.com)

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## Check benefits and financial support you can get

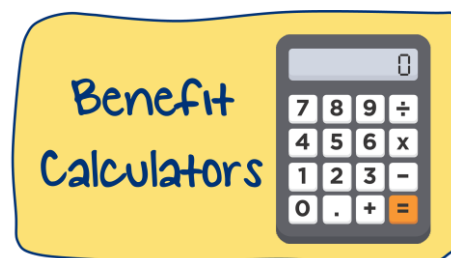
Find out what support you might be able to get to help with your living costs. You can get benefits and other financial support if you're eligible.



### Benefits Calculator

Use an independent benefits calculator to find out:

- what benefits you could get
- how to claim
- how your benefits will be affected if you start work

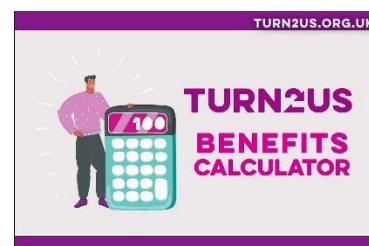


These are free to use, anonymous, and have replaced the Benefits Adviser service.

### Calculators

Use one of the following:

- [Turn2us](#) - for information on income-related benefits, tax credits, Council Tax Reduction, Carer's Allowance, Universal Credit and how your benefits will be affected if you start work or change your working hours
- [Policy in Practice](#) - for information on income-related benefits, tax credits, contribution-based benefits, Council Tax Reduction, Carer's Allowance, Universal Credit, how these are calculated and how your benefits will be affected if you start work or change your working hours
- [entitledto](#) - for information on income-related benefits, tax credits, contribution-based benefits, Council Tax Reduction, Carer's Allowance, Universal Credit and how your benefits will be affected if you start work



What you'll need...

### You'll need accurate information about your:

- savings
- income, including your partner's (from payslips, for example)
- existing benefits and pensions (including anyone living with you)
- outgoings (such as rent, mortgage, childcare payments)
- Council Tax bill



### Who cannot use them

You cannot use the calculators if you're under 18, and they will not give accurate results if you're:

- a prisoner
- a student
- not a British or Irish citizen
- on strike
- living outside the UK
- living permanently in residential care or a nursing home



## Increasing the level at which you pay National Insurance



From July, employees who earn £36,600 or under (around 70% of workers) will pay less National Insurance. A typical employee will save over £330 a year.

This means you can earn £12,570 a year completely tax-free.

[Use this tool to see how the changes affect you](#)

## Increasing your pay



### Check you're getting the minimum wage

The National Living and National Minimum Wage rates rose in April. Check your pay to make sure you are getting the pay rate you're entitled to.

[Check your pay](#)



## ?? Check if you're eligible for Universal Credit

If you're on low income, out of work or cannot work you may be eligible for Universal Credit. The government has made changes to allow working families to keep more of their money.

[Check if you're eligible for Universal Credit](#)



## ?? Claim Marriage Allowance

Marriage Allowance allows you to transfer 10% (£1,260) of your personal tax allowance to your husband, wife or civil partner if you earn less than the personal tax allowance, which is usually £12,570.

[Find out about Marriage Allowance](#)



## Extra money available for carers

?? You could get £69.70 a week if you care for someone for at least 35 hours a week and they get certain benefits. You do not have to be related to, or live with, the person you care for.

[Check if you're eligible for the Carer's Allowance](#)



## ?? Pension Credit for those on low income

You could get extra money to help with your living costs if you're over State Pension age and on a low income: even if you have savings or own your own home.

[Check if you're eligible for Pension Credit](#)

If you're over State Pension age, you may be eligible to get **Pension Credit** to help with the cost of living.



 HM Government

## ?? Get help with savings if you're on a low income (Help to Save)

- **Help to Save** is a savings account. If you're entitled to Working Tax Credit or you're receiving Universal Credit, you can get a bonus of 50p for every £1 you save over 4 years.
- Help to Save is backed by the government so all savings in the scheme are secure.
- You can save between £1 and £50 each calendar month. You do not have to pay money in every month.
- You can pay money into your Help to Save account by debit card, standing order or bank transfer.

- You can pay in as many times as you like, but the most you can pay in each calendar month is £50. For example, if you have saved £50 by 8 January you will not be able to pay in again until 1 February.
- You can only withdraw money from your Help to Save account to your bank account.

### How bonuses work?

[You get bonuses](#) at the end of the second and fourth years. They're based on how much you've saved.

### What happens after 4 years?

Your Help to Save account will close 4 years after you open it. You will not be able to reopen it or open another Help to Save account. You'll be able to keep the money from your account.

You can close your account at any time. If you close your account early you'll miss your next bonus and you will not be able to open another one.

[Find out about Help to Save](#)

# Get 50p for every £1 you save

Apply now for **Help to Save**  
if you work and receive Working  
Tax Credit or Universal Credit.

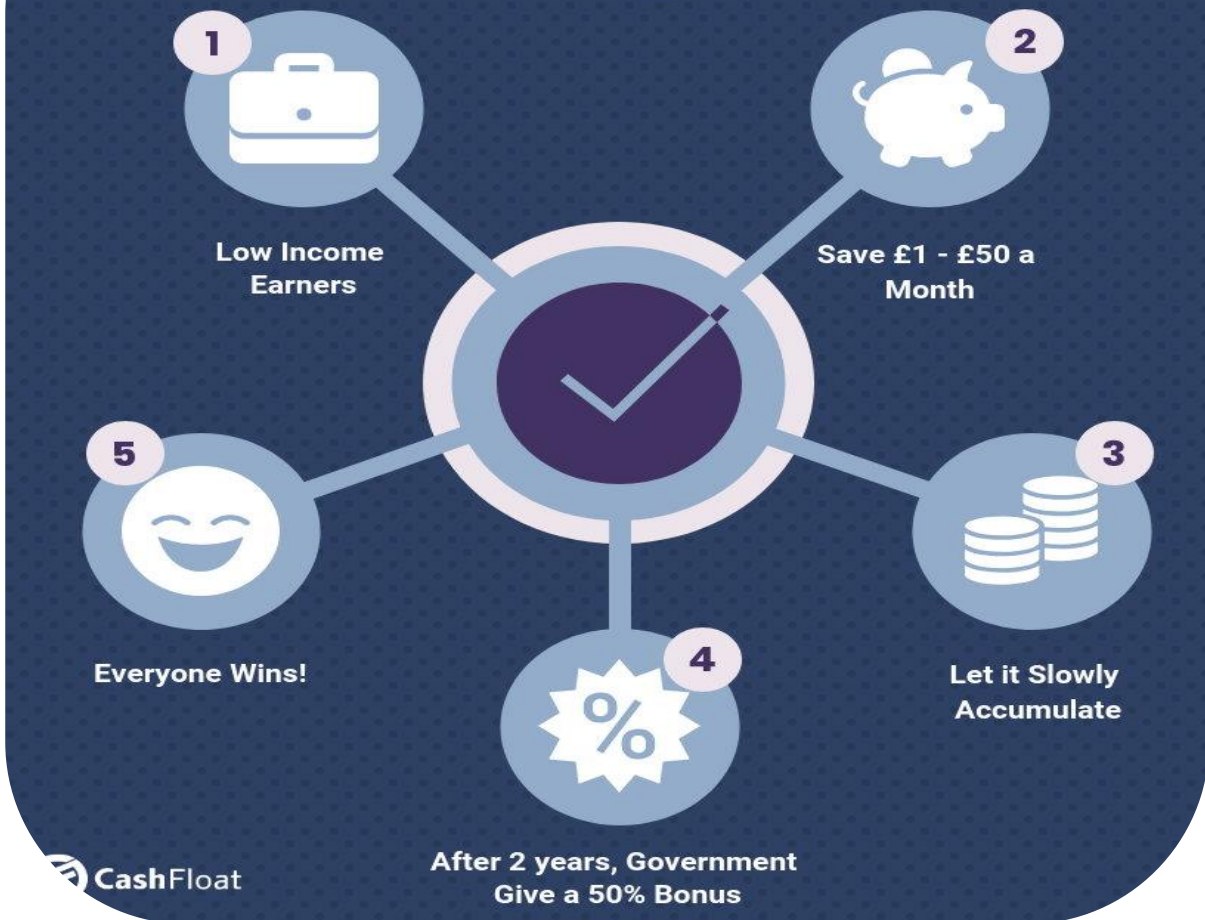


HM Government

[gov.uk/helptosave](http://gov.uk/helptosave)

# Help to Save

## Understanding the Scheme



## Child Trust Funds

?? A Child Trust Fund is a long-term tax-free savings account for children born between 1 September 2002 and 2 January 2011.

For those who hold an account but do not know the Child Trust Fund provider, or if you're unsure whether you have one or not, we can help you find out.

[Find a Child Trust Fund](#)



## ?? Get help if you cannot pay your tax bill

Contact HMRC as soon as possible if you cannot pay your tax bill.

HMRC may be able to allow you to pay what you owe in instalments, depending on your circumstances and what you can afford.

. This is called a Time to Pay arrangement.



Find out what to do [if you cannot pay your tax bill on time](#)

## ?? Claim Tax relief on your job expenses

**You might be able to claim tax relief if:**

- you use your own money for things that you must buy for your job
- you only use these things for your work

You cannot claim tax relief if your employer either gives you:

- all the money back
  - an alternative, for example your employer gives you a laptop but you want a different type or model
- You must have paid tax in the year. (You'll get tax relief based on what you've spent and the rate at which you pay tax)
  - For some claims, you must keep records of what you've spent.
  - You must claim within 4 years of the end of the tax year that you spent the money.







## Paying off your debts

If you owe people money (your 'creditors') you can make arrangements to pay your debts. Your options depend on the amount of money and assets you have.



A good place to start is to speak to a **debt adviser** to get help choosing the best way to deal with your debt.

### You can pay your debts in instalments by setting up:

#### Debt Management Plan

- a [Debt Management Plan](#) which is an agreement with your creditors managed by a financial company



Debt management plans are usually used when either:

- you can only afford to pay creditors a small amount each month
- you have debt problems but will be able to make repayments in a few months

#### To Get a Debt Management Plan:

1. Set up a plan with a debt management company authorised by the Financial Conduct Authority (FCA). [Search the Financial Services Register](#) for an authorised company.
2. The company works out your monthly payments. You'll have to give details about your financial situation, for example your assets, debts, income and creditors.
3. The company contacts your creditors and asks them to agree to the plan (they do not have to).

## Administration Order

- An [Administration Order](#) -when you've had a county court judgment (CCJ) or a High Court judgment (HCJ) against you and you cannot pay in full.
  - The debt must be less than £5,000.
  - You make one payment a month to your local court. The court will divide this money between your creditors.
  - Creditors listed on the administration order cannot take any further action against you without the court's permission.

### To get an administration order:

Fill in an [application for an administration order \(form N92\)](#) and return it to your local court.



The court decides:

- how much of your debt you have to repay, for example all or just part of it
- how much your monthly repayments will be
- how long the arrangement lasts

The arrangement is known as a 'composition order' if you cannot pay all your debts.

### Costs

There's a court fee each time you make a payment. This cannot be more than 10% of your debt.

## Individual Voluntary Arrangement

- an [Individual Voluntary Arrangement](#) which is managed by an insolvency practitioner
- An Individual Voluntary Arrangement (IVA) is an agreement with your creditors to pay all or part of your debts
- You agree to make regular payments to an insolvency practitioner, who will divide this money between your creditors.
- An IVA can give you more control of your assets than bankruptcy.



## To get an Individual Voluntary Arrangement (IVA):

Use an [insolvency practitioner](#) to get an IVA.

Your insolvency practitioner works out what you can afford to repay and how long the IVA lasts. You'll have to give details about your financial situation, for example your assets, debts, income and creditors.

Your insolvency practitioner will contact your creditors. The IVA will start if the creditors holding 75% of your debts agree to it. It will apply to all your creditors, including any who disagreed to it.

### Costs

There are usually 2 fees:

- a set up fee
- a handling fee each time you make a payment

## ?? Breathing Space

You can also get temporary protection from your creditors through the ['Breathing Space' scheme](#), while still making repayments.

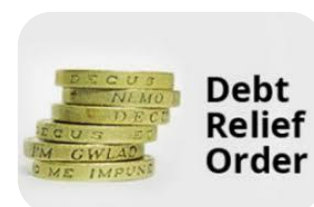
You'll need to apply through a debt advisor.



### If you cannot pay off your debt:

You can apply for a [Debt Relief Order](#) or [Bankruptcy Order](#) if you cannot pay your debts because you do not have enough money or assets you can sell.

See our **Debt Guide** for more details



## ?? Money Helper

The pandemic and the rising cost of living have left lots of people with new money worries. Whether you've been caught off guard by higher bills and payments, uncertain income or the loss of a job, Money Helper can help you find your way forward and take the first step towards getting on top of things.

<https://www.moneyhelper.org.uk/en/money-troubles/way-forward/squeezed-income>

