

What can you claim during the Coronavirus Outbreak?

Have you been made redundant or laid off?

- You may be entitled to the new benefit Universal Credit. This will cover your living costs and your rent.
- How much you get depends on your circumstances i.e whether you have children, any other household income and savings you may have
- Make a claim online at : www.gov.uk/apply-universal-credit or phone 0800 328 5644.
- You normally need to attend an appointment but all face to face appointments are currently suspended and your work coach will contact you via your online journal or by phone to discuss your claim.
- Claiming as a jobseeker usually means looking for work and signing on but follow advice from your work coach as Government advice about social distancing may change in the future.

Exceptions !

- If you have worked without too many gaps for the last 2-3 years, you are likely to have enough National Insurance contributions to qualify for contribution based (new style) Job seekers allowance JSA. You can make a claim for this by phone; 08000556688.
You may also qualify for a top up of Universal Credit , for example for your rent.

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Are you self-isolating or ill due to COVID-19 (or caring for someone who is)?

If you are employed:-

- Claim **Statutory Sick Pay (SSP)** from your employer. You will be paid from Day 1 and your employer may also provide additional contractual sick pay.
- **Phone NHS 111** for a Fit Note (instead of your GP) and give this to your employer.
- Once SSP comes to an end **after 28 weeks** (not before) then go to the following guidance ->

If you have been paid off :-

- **If you have enough NI contributions** you may be able to claim contributory (new style) ESA Employment Support Allowance. You can make a claim by calling 0800 055 6688.
- **If you don't have enough NI contributions or if you have rent costs**, claim Universal Credit. Apply online at www.gov.uk/apply-universal-credit or phone 0800 328 5644

You won't have to attend any appointments at the Job Centre to start your claim and won't have to attend any medicals to prove you are unfit for work if you are affected by the corona virus.

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Are You awaiting a medical for ESA/PIP?

All face-to-face assessments for sickness and disability benefits have been **suspended** for 3 months with effect from 17 March 2020.

You will be notified by the DWP about any alternative arrangements which may involve either telephone or paper-based assessments.

If you claimed ESA because you are affected by the corona-virus because you have symptoms or are self-isolating (or need to care for someone who is), you won't have to attend any medical to prove you are unfit for work.

You can get a fit note from NHS 111 rather than your GP.

Are you self-employed?

- Claim Universal Credit. **Make a claim online** at : www.gov.uk/apply-universal-credit or phone 0800 328 5644.
- If you claim Universal Credit and you are directly affected by coronavirus or are self-isolating, the **Minimum Income Floor** won't apply to you for the duration of the outbreak.
- This means that your **actual** self-employment earnings will be taken into account each month – not estimated earnings based on how much you're supposed to work each month.

IF IN ANY DOUBT PLEASE GET ADVICE AND CONTACT JOB CENTRE PLUS ON 0800 328 5644

All information correct as of 19.3.20

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CGL Forth Valley Recovery Service

T: 0808 196 2188

W: changeGrowLive.org



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