



St Joseph's
Hospice

Serving East London
and the City

Benefits/Help if you are a Carer

This contains general information to give you an overview.
For more specific queries please contact the relevant benefits
department or your local Council.



Carers Allowance

Carer's allowance is a benefit paid to people who give regular care to someone who is ill or disabled.

You could get **£69.70** a week if you care for someone at least 35 hours a week and they get certain benefits.

You may be eligible if:

You're not working or studying for 21 hours a week or more

Your earnings are £132 or less a week after tax, National Insurance and expenses

Note:

You do not have to be related to, or live with, the person you care for.

You can apply for Carers Allowance online on the GOV.uk site or you can print the form off and complete it by hand.

Carer Element/Universal Credit

Universal Credit is a benefit paid to people who are not in work. It is a means tested, earnings replacement benefit.

The Carer Element under Universal Credit is **£168.81** and this is paid as part of your monthly amount.

By satisfying the 'Carer Test' (if you care for someone at least 35 hours a week and they get certain benefits and are deemed severely disabled) the Carer Element added onto your Universal Credit could mean that you are exempt from job seeking requirements.

Note:

A person could claim Universal Credit (Carer Element) at the same time as Carers Allowance but please note that Carers Allowance will be deducted from their Universal Credit.

Universal Credit is usually applied for online or in certain circumstances over the phone.

Carer Premium

The Carer Premium is an extra amount added to certain benefits if you are caring for someone.

To get the Carer Premium, you need to be claiming a certain benefit and provide a certain level of unpaid care. You need to be claiming at least one of these benefits:

Income-related Employment and Support Allowance (ESA)
Income Support
Income-based Jobseeker's Allowance
Housing Benefit
Pension Credit.

The Carer Premium is **£38.85** a week.

Note:

A Carer Premium could also be helpful in a claim for Council Tax Reduction – contact your local council for information.

If you qualify, the Carer Premium will usually be added to your benefit automatically. If this has not happened, you can contact the department for the benefit you are already claiming to tell them that you're a carer.

As the Hospice predominantly supports families in Hackney, Tower Hamlets and Newham, we have included specific information about support available in these boroughs but please contact your local Council to ask for more information if you live outside these areas.

Hackney

Hackney Carer's Card

Carers aged 18 or over who provide care for a Hackney resident, of any age, can apply for a Hackney carer's card. Carers will be able to receive discounts on goods in some Hackney retailers and also leisure centres and alternative therapists. Further details on the card and how to apply can be found on the Carers First website.

Carers First (Hackney)

Resource Hub,

1 Russell Road, Leyton, London, E10 7ES

0300 303 1555

hello@CarersFIRST.org.uk

www.carersfirst.org.uk/hackney

City and Hackney Carers Centre

Ment House, 1c Mentmore Terrace, London, E8 3DQ

020 8533 0951

info@hackneycarers.org.uk

www.hackneycarers.org.uk

Tower Hamlets

Carers Centre Tower Hamlets provides advice, information and support services to all carers of adults who live in the borough. They also provide an independent advocacy service and welfare benefits support.

Carers Centre Tower Hamlets

21 Brayford Square, London, E1 0SG

020 7790 1765

ccth@org.uk

www.ccth.org.uk

Newham

Newham Carers Discount Card

The London Borough of Newham and Newham Clinical Commissioning Group (CCG), in partnership with local businesses, have introduced a Newham Carers Discount Card to encourage the Newham community to do more to support and recognise the invaluable contributions of carers in Newham.

The card entitles cardholders to an agreed reduction in the cost of a service or good at participating businesses who decide the size and type of the discount (i.e. percentage or cash reduction).

For more information on eligibility and how to apply, please contact Carers First Newham.

Carers First (Newham)

Resource Hub, 1 Russell Road, Leyton, London, E10 7ES
0300 303 1555

hello@carersfirst.org.uk

www.carersfirst.org.uk/newham

CarerSmart

CarerSmart is a Carers Trust club that is open to carers, people with care needs and staff and volunteers from across the Carers Trust network.

The free CarerSmart discount club offers you cashback, reductions, discounts and benefits on insurance, travel and high street shops and much more.

Once you're a member, you could benefit from the following:

Cash back on shopping from numerous high street retailers

Best rates from energy providers

Reductions on insurance renewals

Discounts on holidays and travel arrangements

Reduced price lifestyle activities

Free legal advice services.

Please use this link to register: <https://carers.org/grants-and-discounts/register-for-carersmart>

Carers Card for Cinema (CEA Card)

The card enables a registered disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

When applying for a CEA Card, the person you care for must be receiving either:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payments (PIP) or
- Armed Forces Independence Payment (AFIP).

For more information, please visit:

<https://www.ceacard.co.uk/>

Useful contacts

Mobilise

A website containing useful guides for carers on a range of topics; they also have virtual 'cuppas'.

The Mobilise online or virtual cuppa is a free 45-minute video call where you can connect with around 12 other people who are also looking after a loved one.

[Online support for unpaid carers | Mobilise \(mobiliseonline.co.uk\)](https://mobiliseonline.co.uk)

Carers UK

They give carers expert advice, information and support. They campaign and innovate to find better ways to reach and support carers.

<https://www.carersuk.org/>

Carers Trust

They provide information online to help unpaid carers access the support they need.

Locally, their network of partners support carers throughout the UK, giving them access to help, advice and breaks from caring.

<https://carers.org/>

St Joseph's Hospice, Mare Street, London E8 4SA

020 8525 6000 info@stjh.org.uk

stjh.org.uk [@stjohospice](https://www.instagram.com/stjohospice)

Advocacy **Compassion** **Justice** **Quality** **Respect**

Charity No. 1113125



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