

Useful contacts for legal advice, support with benefits and finding alternative employment.

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Benefits if you are expecting a new baby

What can I claim if I am expecting a new baby?

Once your baby is born you can claim Child Benefit. Families in receipt of child benefit will be subject to a high earner child benefit charge if one or more parent earns more than £50,000.

Tax Credits

If you are already claiming Child Tax Credit and/or Working Tax Credit you may be able to claim an additional amount for a new baby or if your income drops or you go onto sick pay or maternity pay. The first £100 per week of SMP and all of Maternity Allowance is ignored as income for tax credits purposes so you may be entitled to more help during your maternity pay period.

You should get advice **before** making a new claim for Universal Credit as this will end your tax credits and you may be worse off on Universal Credit. For more information or to report any changes of circumstances, contact the Tax Credit Helpline on 0345 300 3900 or see: www.gov.uk/child-tax-credit/already-claiming.

Universal Credit

You may be able to claim Universal Credit (if you are not receiving Working/Child Tax Credit) if you lose your job, you are on a low income or Statutory Sick Pay (SSP) or during your maternity leave. Statutory Sick Pay and Statutory Maternity Pay are largely disregarded if you are claiming Universal Credit but Maternity Allowance is treated as 'unearned income' and is deducted from Universal Credit.

For more information on Universal Credit, see: www.gov.uk/universal-credit For an online calculator, see www.betteroffcalculator.co.uk You can get help with Universal Credit claims through the free Citizens Advice Help to Claim service: England: 0800 144 8444, Wales: 0800 024 1220, Scotland: 0800 023 2581.

Food vouchers and Sure Start/Best Start Maternity Grant

If you or your partner are receiving Universal Credit, Child Tax Credit, Income Support or income-based Jobseekers Allowance you may be entitled to Healthy Start vouchers and a Sure Start Maternity Grant of £500 for your first child (or if there are no other children aged under 16 in your family) or first multiple birth.

Claim on form SF100 (Sure Start), available from Jobcentre Plus offices, from 11 weeks before your baby is due until 6 months after the birth.

If you live in Scotland you may be eligible for Best Start Grants and Best Start Foods: <https://www.mygov.scot/best-start-grant-best-start-foods/>

Housing and council tax

You may also be able to get help from your local council with discretionary housing payments, council tax reduction or local welfare assistance schemes. For more information on benefits for pregnant women and new families, see: [_Money for Parents and Babies](#).

This information sheet was written in June 2022. It is very important to get up-to-date advice as law and guidance changes.

This guide is for information purposes only and should not be treated as legal advice. You are strongly advised to get personal legal advice about the individual circumstances of your case.

Where to go for more help

Maternity Action

For information on maternity and parental rights at work and benefits, see: www.maternityaction.org.uk

Maternity Rights Advice Line:

Nationwide (except London) – 0808 802 0029

London (if you live or work in a London borough) – 0808 802 0057

For opening hours see: <https://maternityaction.org.uk/advice-line/>

ACAS

For advice on employment rights or for Early Conciliation if you are thinking of making a tribunal claim

[_www.acas.org.uk](http://www.acas.org.uk)

Helpline: 0300 123 11 00 (offers telephone interpreting service)

Citizens Advice

For information about your rights see: www.citizensadvice.org.uk

You can telephone the national Citizens Advice phone service on 03444 111 444

You can get help with Universal Credit claims through the free national Help to Claim service: England: 0800 144 8444, Wales: 0800 024 1220, Scotland: 0800 023 2581

For more information on how to find your local Citizens Advice Bureau, see: <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>

Civil Legal Advice

If you are eligible for legal aid you can get free legal advice on 0345 345 4 345 (offers translation service). To check your eligibility see www.gov.uk/civil-legal-advice

To search for specialist legal advisers or solicitors in your area see: <https://find-legal-advice.justice.gov.uk/>

Equality Advisory Support Service

Help and advice on discrimination and human rights www.equalityadvisoryservice.com

HelpLine: 0808 800 0082 Mon – Fri 9am – 7pm, Sat 10am – 2pm

Textphone: 0808 800 0084

Equalities and Human Rights Commission (EHRC)

For information and advice about discrimination law_www.equalityhumanrights.com

For information for employees and employers about pregnancy and maternity rights in the workplace see: www.equalityhumanrights.com/about-us/our-work/key-projects/managing-pregnancy-and-maternity-workplace

GOV.UK

The government's online information service www.gov.uk

Jobcentre Plus

To make new telephone benefit claims or request claim forms, including Maternity Allowance and Sure Start Maternity Grant: 0800 055 6688 Mon – Fri 8am – 6pm

For ESA/JSA/Income Support claims: 0800 169 0310 Mon – Fri 8am – 6pm

For Maternity Allowance claims: 0800 169 0283 Mon – Fri 8am – 6pm

For Sure Start Maternity Grant claims: 0800 169 0140 Mon – Fri 8am – 6pm/For Best Start Grant claims in Scotland: 0800 182 2222

Pregnant Pickle

People, Prejudice & Pregnancy

Universal Credit helpline – for new claims and existing online claims: 0800 328 5644. Mon – Fri 8am – 6pm

For help with claiming Universal Credit see: www.gov.uk/universal-credit

HM Revenue & Customs (HMRC)

Tax Credit Helpline: 0345 300 3900 Mon – Fri 8am-8pm, Sat 8am-4pm, Sun 9am -5pm

Child Benefit: 0300 200 3100 Mon – Fri 8am-8pm, Sat 8am- 4pm

For queries about Statutory Maternity Pay, Adoption Pay, Paternity Pay and Shared Parental Pay:

Employees helpline 0300 200 3500

Employers helpline 0300 200 3200

HMRC Statutory Payments Disputes Team

If you cannot resolve a dispute about your SMP, you can ask HMRC for a formal decision on your entitlement. You can also ask HMRC to pay your SMP if your employer has refused to pay, has dismissed you to avoid paying SMP or has gone into liquidation. This includes disputes about Statutory Maternity Pay/Adoption Pay/Paternity Pay/Shared Parental Pay/Parental Bereavement Pay or Statutory Sick Pay

See: <https://www.gov.uk/guidance/statutory-pay-entitlement-how-to-deal-with-disagreements>

Telephone: 0300 322 9422

You can also write to the Statutory Payments Disputes Team at HM Revenue and Customs, PT Operations, Statutory Payments Dispute Team, BX9 1AN.

Insolvency Service Helpline

You can currently only contact the Insolvency Service online.

For what you can claim if your employer goes out of business,

see: <https://www.gov.uk/your-rights-if-your-employer-is-insolvent>

Law Centres Network

To find out if there is a Law Centre in your area telephone 020 3637 1330 or see: www.lawcentres.org.uk/

Turn2us

Online benefits calculator and grant search www.turn2us.org.uk

If you find this information sheet helpful and would like to support Pregnant Pickle reach more women/parents in a similar position to you, please consider donating £1 or any amount you can afford, to help us be there for more women facing pregnancy discrimination, [please donate here:](#)

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