

## Get in touch

Call us to get advice on:

**01727 811118**

We'll arrange for someone to call you back to find the most appropriate way for us to help you.

### **Our opening hours:**

Monday to Thursday 10am to 4pm

Friday 10am to 1pm

Call us with RelayUK if you can't hear or speak on the phone:

**relayuk.bt.com**

If you can't access us by phone:

### **Drop in: 10am to 1pm**

The Hub, Civic Centre, St Peter Street  
(next to the Alban Arena)

Visit our website to chat to an adviser online, or email us:

**citizensadvicestalbans.org.uk**

Our website can be read in over 100 languages. On our homepage, find the language you need in the drop down menu.

## Citizens Advice helps people find a way forward.

We provide free, confidential and independent advice to help people overcome their problems. We are a voice for our clients and consumers on the issues that matter to them.

We value diversity, champion equality, and challenge discrimination and harassment.

We're here for everyone.

At Citizens Advice St Albans, we can work with you to sort out any debt worries and help you claim the benefits you may be entitled to. We can help with housing and employment problems, or deal with queries about consumer or tax issues. We can advise on family and personal matters too.

**citizensadvicestalbans.org.uk**



**@CAStalbans**

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# Support for your family

## Benefits and grants to help with your living costs



**citizens  
advice**

**St Albans  
District**

## Benefits and grants

### Child Benefit

If you're responsible for bringing up a child, who is under 16 (or under 20 and still in certain education or training settings), you can get child benefit payments every 4 weeks. Find out more and apply here:

[gov.uk/child-benefit](https://gov.uk/child-benefit)

### Sure Start Maternity Grant

If you receive certain benefits, you could also get a £500 grant to help with the costs of having a child, if it's your first baby or you're expecting a multiple birth (like twins) and you already have children. Check your eligibility here:

[gov.uk/sure-start-maternity-grant](https://gov.uk/sure-start-maternity-grant)

### Universal Credit

If you're out of work or on a low income, you might be eligible for Universal Credit. Our trained advisers can help you make your first claim. Speak to us over the phone or on webchat 8am to 6pm, Monday to Friday:

[citizensadvice.org.uk/help-to-claim](https://citizensadvice.org.uk/help-to-claim)

Freephone: 0800 144 8444

## Parental rights and support

### Maternity and paternity pay

Make sure you're getting the right financial support from your employer or the government here:

[gov.uk/maternity-paternity-pay-leave](https://gov.uk/maternity-paternity-pay-leave)

### Employee's rights

You have extra legal rights when pregnant, including paid time off for antenatal care. Check you're being treated fairly here:

[gov.uk/working-when-pregnant-your-rights](https://gov.uk/working-when-pregnant-your-rights)

### Healthy Start vouchers and free vitamins

If you're on a low income and you're at least 10 weeks pregnant or have a child under 4 years old, you might be able to get free vitamins and Healthy Start vouchers for milk, fruit and vegetables and infant formula milk.

Ask your midwife or health visitor if you might be eligible. You could also call the Healthy Start helpline on 0345 607 6823 or check online:

[healthystart.nhs.uk/how-to-apply](https://healthystart.nhs.uk/how-to-apply)

## Help with childcare and school costs

If you're on a low income or claim Universal Credit, you might be able to get free school meals for your children. You can apply for free school meals here:

[gov.uk/apply-free-school-meals](https://gov.uk/apply-free-school-meals)

If you qualify, you might be able to get other help with school costs - and your child's school might get extra money.

You might also be able to get help from your local education authority with some costs such as uniforms, school activities and school transport. We have more information here:

[citizensadvice.org.uk/family/education/help-with-school-costs](https://citizensadvice.org.uk/family/education/help-with-school-costs)

You can use this calculator to find out what help you can get with childcare, which could include free hours for children aged between 2 and 4, and help with childcare costs if your child is under 16 (or 17, if they're disabled):

[gov.uk/childcare-calculator](https://gov.uk/childcare-calculator)

If you need help getting online, you can use the computers in the Civic Centre Reception Area during our opening hours.