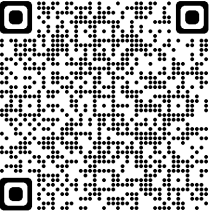


Carer discounts for the home

Braodband & mobile

Many providers can offer a low fixed basic broadband package if you receive benefits. Some are even free to jobseekers who don't have an internet connection. Speak to your provider about 'social tariff' options.



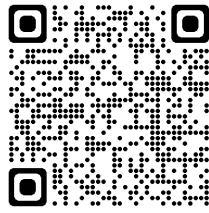
Thames Water disability discounts

They may be able to discount your bill through WaterHelp or WaterSure offering up to 50% off future bills or a bill cap.



Council Tax

As carers we may also qualify to be 'disregarded' for council tax, if we meet certain criteria. Apply for a carer's reduction.



Retail & leisure discounts

CarerSmart

A scheme put together by Carers Trust to offer benefits such as cash back, deals and discounts on insurance, travel, high street shops and much more.



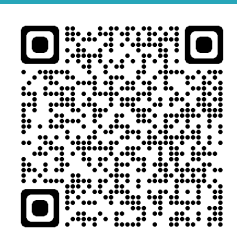
Discount for carers

Offers carers, paid or unpaid, money saving deals and vouchers for a wide range of shops, holidays and utilities.



Cinema tickets

Many cinemas provide free tickets for unpaid carers when you accompany the person you care for. To access this, you usually need to have what is known as a CEA Card.



Vehicle tax
You may benefit from vehicle tax exemption if the person you care for qualifies.
www.gov.uk
get vehicle tax exemption disability

Carer ID cards
Proof you are a carer may help in securing a wide range of discounts
www.carerscarduk.co.uk
www.disabilityid.co.uk
forwardcarers.org.uk

WE CARE



SUPPORT FOR PARENT CARERS 2023

“If you want to go fast, go alone; if you want to go far, go together”



equivalentuk.org | e.equivalentuk@gmail.com | 07459456847

MORE INFO.



Tell people about our caring role

- If you care for a child or young person with SEND you may be eligible for support.
- Let your energy and utility companies know you are caring for someone.
 - If you are struggling to pay a bill, let the company you owe know and let them know your caring situation
 - Places local to you may also offer a carer discount - don't forget to ask
- Register as a carer with your GP - you'll get a free flu jab
- Find local support groups, speak to other carers (they have lots to share)

Ask for a Carers assessment

To request an assessment for you or your child please contact Brent Family Front Door.

Phone: 020 8937 4300

Email: family.frontdoor@brent.gov.uk

You can also ask your GP, health visitor for more information.

This support could include giving you financial assistance or practical help based on the outcome of a carer's assessment.

A care plan should be drawn up which includes services to benefit both you and your child.

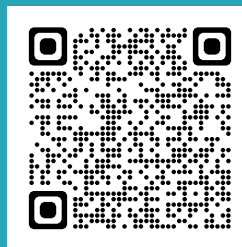
This could include adaptations to your home, help with bathing or regular respite breaks to ensure you get the rest you need.

You could also choose to have a direct payment so that you can buy in your own services for your child.

Discounted Travel support

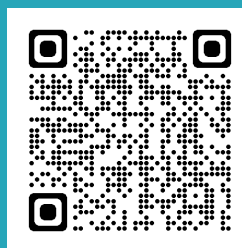
Bus & Tram

Carers receiving Universal Credit get 50% off bus & tram with a discounted oyster card tfl.gov.uk (bus & Tram discount photocard)



Taxi Card

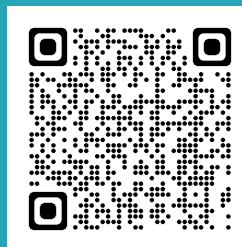
Apply for a taxi card and get free travel or the person you care for which you can use when you are travelling with them.



Disabled Persons Railcard

If the person we care for has a Disabled Person Railcard, it can help to save a third off your travel.

You must accompany them the entire journey.



Free, funded & discounted respite

- Take a break - Carers can get a free short break without the person they care for. (Carefree (carefreespace.org))
- After Umbrage - provides free, short breaks for anyone who has been caring for someone with a life limiting condition and offers breaks to carers within their first 12 months of bereavement.
- Ogilviecharities.org.uk - Grants will be made falling within the range - £100 to £300 per application for a short break without the person you care for.
- Linking help with hope - check your eligibility for a one-off grant of £50 - £300
 - The Kiloran Trust - has a house in west London for carers to stay in with the person they care for.
 - Revitalise - provides respite holidays for disabled people and carers.
- Family Holiday charity - focus holiday offers on families on a low income (a household income of less than £24,000), not had a holiday together in the last 4 years and have at least one child under 18 who will go on the holiday. You will need to get support from a referrer to complete your application
- The daisy chain project - Kensington Court which accommodates the Daisy Chain Project, is a purpose-built block of ten 2 bedrooomed apartments, centrally heated with its own car park, situated in the south of Blackpool. All have been decorated to a very high standard.

Cost of living payments 2023-24

When you'll be paid
If you're entitled, you will get:

£301 paid between 25 April 2023 and 17 May 2023 for most people on DWP benefits

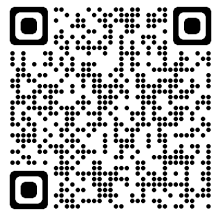
£301 paid between 2 and 9 May 2023 for most people on tax credits and no other low income benefits

£300 paid during autumn 2023 for most people
£299 paid during spring 2024 for most people

Disability Cost of Living Payment

When you'll be paid

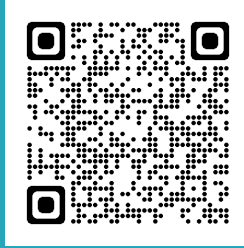
Most people will be paid the £150 Disability Cost of Living Payment during summer 2023



www.gov.uk/guidance/cost-of-living-payment.

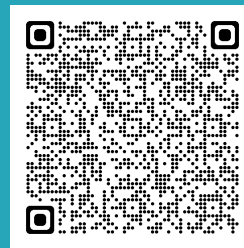
Debt advice & support

money helper



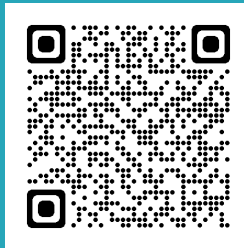
www.moneyhelper.org.uk

Brent cash first



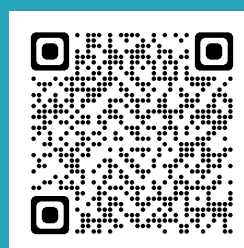
Rferral leaflet

Citizen's advice Brent



www.citizensadvicebrent.org.uk

turn2us.



www.turn2us.org.uk

Energy saving tips

energy usage calculator



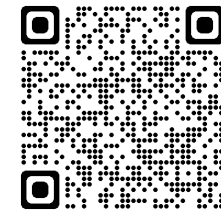
www.gocompare.com/gas-and-electricity/guide/energy-calculator/



E=equivalent

Local food banks

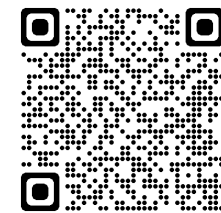
Brent Foodbank (Trussell Trust)



www.brent.foodbank.org.uk

Brent Foodbank gives out food parcels to individuals and families in emergency situations. They also now provide vouchers for fuel for households that have pre-payment electricity or gas meters. You can call them on 0203 7455 972 or email at info@brent.foodbank.org.uk.

Sufra Foodbank



www.sufra-nw/london.org.uk

Sufra gives out food parcels to individuals and families in emergency situations. You need a voucher for this service. There is a full list of organisations that provide vouchers on the Sufra website.

They have an Open Kitchen which provides a hot-meals service to individuals and families.

Brent resident support fund

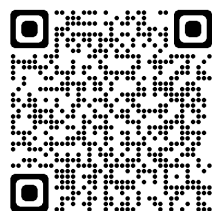
The Brent Resident Support Fund (RSF) is a discretionary support fund available to Brent residents who are in financial difficulties, for example struggling with food, utility bills and other household essentials. You can also apply if you are in short-term financial need because of an emergency. The RSF is funded primarily by Brent Council and the Department for Work and Pensions.

To make sure that the limited funds can be used to support as many residents as possible, the maximum total award per application will be £1,000.

Please note from 1 April 2023 you can only make one application in the 12 rolling months

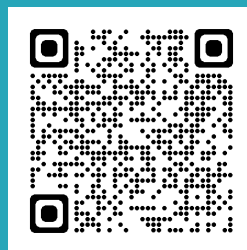
Contact Brent about benefits
Phone: 020 8937 1800
Online: My Account

Visit the Brent Customer Services Centre
Brent Civic Centre
Engineers Way,
Wembley, HA9 0FJ.



DWP Budgeting advances

You might be able to get a Budgeting Advance
You'll repay it through your regular Universal Credit payments - these will be lower until you pay it back. If you stop getting Universal Credit, you'll have to repay the money in another way.



Debt Respite Scheme

Breathing Space (Debt Respite Scheme)
If you live in England or Wales, you can get temporary protection from your creditors while you get debt advice and make a plan. This scheme is called 'Breathing Space'.

You can get temporary protection for up to 60 days.
If you're getting mental health crisis treatment, your protection from creditors will be longer. It will last for the length of your treatment, plus another 30 days.

If you get it:
Enforcement action cannot be taken against you
Creditors cannot contact you about debts included in your Breathing Space
creditors cannot add interest or charges to your debt
You'll still need to make your debt repayments.

