

Blue Badge

- Make an application to your local authority which you can find at www.gov.uk/find-your-local-council or use www.gov.uk/apply-blue-badge

Employment and Support Allowance

- Claims by phone 0800 055 6688 or online www.gov.uk/employment-support-allowance/how-to-claim

Income support

- Claim by phone 0800 055 6688 or online www.gov.uk/income-support/how-to-claim

Universal Credit

- Claims are expected to be made online www.gov.uk/apply-universal-credit or call 0800 328 5644

Pension Credit

- Claim by phone 0800 99 1234 or online www.gov.uk/pension-credit/how-to-claim

Jobseeker's Allowance

- Claim online www.gov.uk/jobseekers-allowance/how-to-claim or by phone 0800 328 9344

Tax Credits

- Call the tax credits helpline 0345 300 3900
- Online information at www.gov.uk/claim-tax-credits



Housing Benefit and Council Tax Support

- Claim to your local authority, which you can find by postcode www.gov.uk/find-your-local-council

Industrial Injuries Disablement Benefit

- Claim by phone 0800 121 8379 or online www.gov.uk/industrial-injuries-disablement-benefit/how-to-claim

State Retirement Pension

- Claim online www.gov.uk/claim-state-pension-online or call 0800 731 7898

For general benefits advice

- Gov UK website www.gov.uk/browse/benefits
- Age UK website www.ageuk.org.uk/money-matters/claiming-benefits/
- Citizens Advice website www.adviceguide.org.uk/england/benefits_e.htm

Have a look at the rest of our factsheets for more detailed advice.

If you require further information or would like this factsheet in an alternative format you can contact us by calling: 01508 491210, by emailing:

info@equallives.org.uk, or by writing to: Equal Lives, 15 Manor Farm Barns, Fox Road, Framingham Pigot, Norfolk, NR14 7PZ.

