

# BENEFIT CAP REDUCTION

In April 2016, the government reduced the total amount of benefits to which working age claimants can be entitled to £20,000 per year.

The benefit cap is now £384.62 per week in total for a couple and lone parent houses (or £1,666 per month for Universal Credit claimants). For single adults without children, the cap is £257.69 per week (or £1,116.67 per month for Universal Credit claimants).



## Benefits that count towards the cap:

- Bereavements Allowance
- Carers Allowance
- Child Benefit
- Child Tax Credit
- Employment & Support Allowance (unless you get the support component)
- Guardian's Allowance
- Housing Benefit - whether paid direct to you or to your landlord.
- Incapacity Benefit
- Income Support
- Jobseekers Allowance
- Maternity Allowance
- Severe Disablement Allowance
- Widowed Parent's Allowance
- Widowed Mothers Allowance
- Widow's Pension, including the Age-Related component

## Exemptions

The cap won't apply if anyone in your household (you, your partner and any dependent children) are in receipt of any of the following:

- Disability Living Allowance
- Personal Independence Payment
- Attendance Allowance
- The support component of Employment and Support Allowance
- Industrial Injuries Benefit (and equivalent war disablement pensions and payments under the Armed Forces Compensation Scheme)
- War Widows and War Widowers Pension
- Carer's allowance
- Guardian's allowance

## How can I find out more about this?

- There is an online benefit cap calculator at **[www.gov.uk/benefit-cap-calculator](http://www.gov.uk/benefit-cap-calculator)** where you can test how the benefit cap might affect you.
- A helpline is also available for you to call. The number is **0345 605 7064** or text phone **0345 608 8551** for people with hearing or speech impairments. The helpline is open Monday to Friday 8am to 6pm.
- Call North Star on **03000 11 00 11** and speak to our Welfare and Benefits Officer.