



Are you looking after a child or young person who has:

- learning difficulties
- communication needs
- behaviour needs
- physical disabilities
- mental ill-health or
- is long term sick ?

Then do you know about the benefits you can get ?



In this leaflet we look at the main benefits you may get if you are looking after a child or a young person who is sick or disabled. It also explains if the young person can get these benefits.

Disability Living Allowance

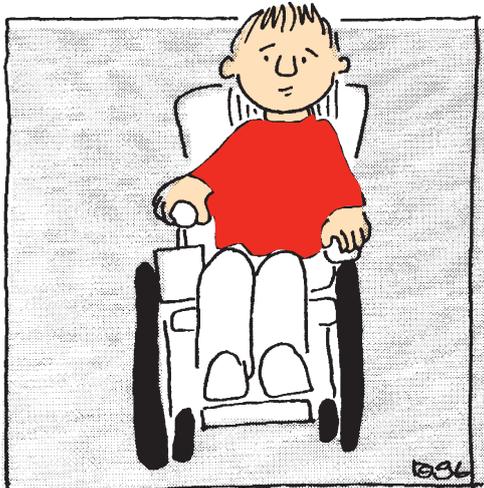
Disability Living Allowance is called DLA for short. It is a benefit paid to a child or adult who needs extra help to look after them. There are two parts to this benefit, care and mobility. Care is paid at three rates - lower, middle and higher. Mobility is paid at two rates - lower and higher.

The care part can be paid from 3 months old if the baby was born with special needs. You will need to show that your child needs a lot more care than another child the same age without any special needs. Care rate is paid if the child or young person needs help with personal care tasks like:

- getting up, washing, dressing, eating
- understanding, learning and developing
- breathing,
- talking,
- hearing
- walking
- keeping safe

Difficult behaviour can also count as a care need. Help given at school or college also counts for this even if someone else is helping or keeping them safe. If care has to be given throughout the day and night, then the higher care rate may be paid.

Lower mobility can be paid from age 5 if the child can walk outdoors but needs guidance and supervision to keep them safe. Higher mobility can be paid from age 3 for a child who is unable to walk or almost unable to walk. Higher mobility is also for a child who has severe behaviour problems due to their severe learning needs or brain damage but they must also get the highest rate of care. If your child gets higher rate mobility, you can get a blue badge for parking and you may save on road tax.





You can get DLA for your own needs too if you qualify.

Who pays the benefit ?

This is a social security benefit paid through the Department of Work and Pensions (DWP) Disability Benefit Unit.

Carer's Allowance

If the child or young person gets Disability Living Allowance at middle or higher care rate then check if you can get Carer's Allowance.

This benefit is paid to someone who is aged 16 or more and is:

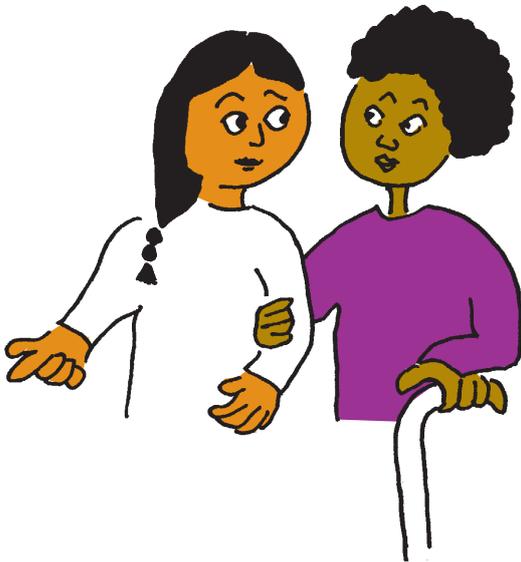
- looking after a child or young person for at least 35 hours a week and
- not working full time or earning more than a certain amount each week after any care related costs are taken off

The benefit is not very high but you can get more in other benefits if you qualify for Carer's Allowance. It also protects your rights to other benefits and pensions.

You may also be able to get Income Support to add on to your Carer's Allowance if you don't have another income in your household.

Who pays the benefit ?

Carer's Allowance is a social security benefit claimed through Jobcentre Plus but paid through a DWP office in Preston.



Incapacity Benefit



This is a benefit for people aged at least 16 years who can't work because of illness or disability. You need to meet the rules for National Insurance contributions or credits to qualify. Carer's Allowance helps you to meet these rules.

You will need to have a medical certificate from your doctor to say you can't work. You will also have to fill in a form (IB50) which describes how your illness or disability affects the things that you do. It is for physical and mental ill health and disabilities. You may also have to go for a medical assessment.



If you are caring for someone and get Carer's Allowance, then you can still claim Incapacity Benefit for yourself if you are too unwell to work. You can only get one benefit so you would be paid Incapacity Benefit as this is higher. You would still qualify for the extra money for carers allowed in other benefits like Income Support or Council Tax Benefit.

Incapacity Benefit for young people

This is a benefit for young people who can't work because of illness or disability.

The young person must be between 16 and 19 years old (sometimes up to age 24).

The illness or disability must mean that they could not have worked for at least 28 weeks before the benefit can be paid. This 28 weeks period can be before their 16th birthday.



The young person will need to get two medical certificates from their doctor to say they are unfit for work. One medical certificate is for the 28 weeks before the claim date. The other medical certificate is from the claim date when the doctor says they can't work.



Note: A new benefit called Employment and Support Allowance (ESA) will replace these benefits for new incapacity claims from 27th October 2008. Existing claims will change from 2009 for all those under age 25. Income Support for sickness will also change.

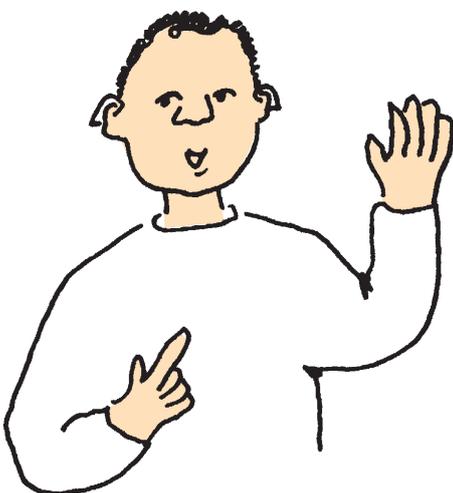
There is a form (IB50) to fill in to describe how the young person's illness or disability affects them. The young person may have to go for a medical test before they decide if the benefit can be paid.

Some young people who are on a 'special needs' college course can claim this benefit even when they are still at school or college. This can also apply if the young person gets extra help on the course because of special needs or disabilities.

Warning to parents. If your child is ready to manage their money they can make a claim. But if your child claims Incapacity Benefit, then the benefits the parent gets for the young person will stop. Parents must get advice before the young person makes a claim. It won't affect Disability Living Allowance.

Who pays the benefit ?

Incapacity Benefit and Incapacity Benefit for Young People are both paid through Jobcentre Plus.



Filling in DLA and the IB50 forms can be difficult. You could ask for advice before you fill them in. You could ask the Benefits Enquiry Line if you are not sure about the questions or ask someone who knows you to help with the form. You may find that one of the organisations listed on the back page of the leaflet can help you fill in the form correctly. Try to keep a copy of the form. If you get turned down, get advice about asking them to look at the decision again and go for an appeal.

Income Support



This is a benefit that can be claimed by a person who is aged at least 16 but under age 60. It is for someone who has no money or only a little money. Income Support is for people who do not have to sign on for work. For example, if you are sick or you are a carer or a lone parent you may be able to get Income Support.

If you are claiming Income Support as a carer or because you are too sick to work then there are other rules. If you are one of a couple, then Jobcentre Plus will look at your income and savings together. You cannot get help if your partner works 24 hours or more. There are savings limits for Income Support.



The amount of Income Support someone gets will depend on how their benefit is made up. If you qualify for Carer's Allowance, there is an extra amount. If you get Disability Living Allowance, there is an extra amount too.

Income Support can also give you help with payments of mortgage interest if you are buying your home but you may have to wait for some time before they will pay this. Jobcentre Plus will look at other money you have coming in to see how much Income Support they can pay you. If you get Income Support, you will also get help with paying your rent and your Council Tax but you must claim for these.



A young person who is sick or disabled can claim Income Support from age 16 if they can't show they have been unfit for work for the last 28 weeks. They would need a medical certificate to say that they can't work for the next 12 months. A young person may also get Income Support to top up their Incapacity Benefit.

Warning for parents. If your child is ready to manage their money, they can make a claim. But if a young person claims Income Support,



their parent would not be able to get Child Benefit or Child Tax Credit for them any more. The parent must get advice before a claim is made. It won't affect Disability Living Allowance.

Who pays the benefit and how do I claim ?

Jobcentre Plus will take your claim for Income Support and work out what benefit you can get.

Child Tax Credit

If you have children, you can claim Child Tax Credit. Your child must be under age 19 and still in school or on a school type course at college. If you get a benefit or your income is very low, then the Child Tax Credit can be higher. Most working people will get a minimum amount of Child Tax Credit each week unless their income is very high.

Child Tax Credit is paid on top of your Child Benefit but you can't get these if your child is making a claim for benefits in their own name.



From April 2006 there are new rules on the age limit for child tax credit and child benefit. You may continue to get these while your child remains on a course of non-advanced full time education or approved training. They must have started this course before their 19th birthday. You will continue to be entitled to these until either your child finishes the course or until their 20th birthday - whichever comes first. Check with the school or college that the course counts as non-advanced. Full time means 12 hours a week minimum. This change will affect some other benefits if you are claiming these as a family.



Working Tax Credit

This is money paid to people who are working and who have a low income.

You must work at least 16 hours a week.

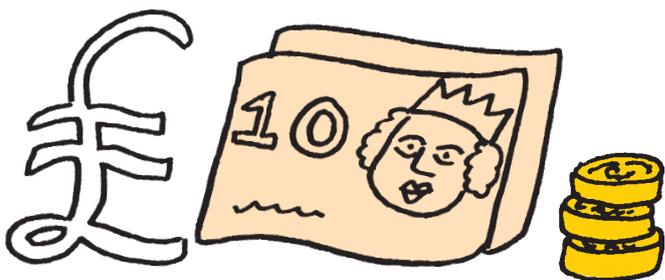
You may get this if you have children or you are disabled. Other people can get it if their income from work is low and they are at least 25 years old and work 30 hours a week. There are also special rules for some people who are aged 50 or more. Getting Disability Living Allowance can help with getting Working Tax Credit if your income from work is very low.

You must tell the Tax Credit Office if there are changes at home or in the work and hours that you do as this can change the amount of tax credit you can get.

If you have children and have to pay childcare costs for them so you can work, you may be able to get extra tax credits for these costs.

Who pays these tax credits ?

The Inland Revenue Tax Credit Office pay Child Tax Credit and Working Tax Credit.



What other benefits are there ?



- **Housing Benefit** from the local council to help with your rent. The amount you may get depends on who lives in your household, how much money you have coming in and savings over a certain limit. Getting Disability Living Allowance or Carer's Allowance can give you extra help for this benefit.
- **Council Tax Benefit** from the local council to help with your council tax. It works on the same rules for income and savings as Housing Benefit. Disability Living Allowance and Carer's Allowance can give extra help. Check if anyone over age 18 years in your family meets the rules for **severe mental impairment**. This can reduce the amount of Council Tax you pay.
- **Council Tax Banding Reduction** will bring down the amount of council tax you have to pay. You qualify if your home has an additional room for the disabled child or adult or space for wheelchair use. Ask the council about how to apply for this.
- **NHS Health Benefits.** These include prescriptions, eye tests and glasses, dental treatment, fares for hospital out-patient visits. You can get full or part help with these. What you get will depend on whether it is for a child or young person. It is automatic with some benefits like Income Support. Get form HC1 from Jobcentre Plus or by calling the NHS health costs line on 0845 850 1166 (textphone 01623 756 236).



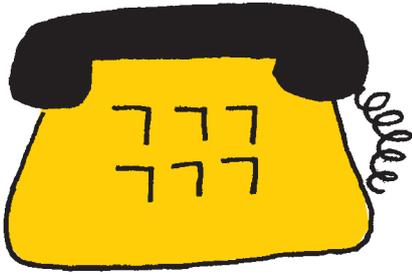


- **Education Maintenance Allowance (EMA)** can be claimed by the young person who is staying on at school or college after age 16. They will get this if their parent's income is not too high. It will not affect any other benefits.
- **Social Fund payments** which can include grants and loans from Jobcentre Plus. These can be claimed as a parent or carer. There are some savings rules.
- **Jobseeker's Allowance** is for people who have to sign on for work to get benefit. This is claimed through Jobcentre Plus by calling the contact centre who will take you through the claim form on the phone.
- **Pension Credit** is a benefit for people who are aged 60 or over. It replaces Income Support at this age if you are getting this benefit. The rules on savings are more generous and allow you to keep more of your money. Check with the Pension Centre to see if you qualify. 0845 60 60 265 (textphone 0800 169 0133).

How do I claim these benefits ?

- **Disability Living Allowance.** Call the Benefits Enquiry Line on 0800 88 22 00 and ask for a DLA claim form. If you have speech or hearing needs then call the textphone on 0800 24 33 55. If you can't fill in the form and have no one who can do this for you, ask the Benefits Enquiry Line if they can help do this on the phone with you (or arrange a home visit). They can do this if you have your own disabilities which stop you filling in forms.





- **Carer's Allowance** You call Jobcentre Plus on 0800 055 6688 (or textphone 0800 023 4888 if you have speech or hearing needs) and ask for a claim form. You will normally be asked in for a work focused interview. Or you could call the Benefits Enquiry Line for the form.

- **Incapacity Benefit/Incapacity Benefit for young people/ Income Support.** You call Jobcentre Plus on 0800 055 6688 and ask for a claim form. If you have speech or hearing needs then call on textphone 0800 023 4888.



Jobcentre Plus contact centre staff should call you back and give you an interview on the phone to fill in the claim form. They will normally ask you to go in to the local Jobcentre Plus office for an interview as well to talk about your claim.

This is called a work-focused interview to look at what work or training you have done or think you may do in the future. If you have claimed Income Support or Jobseeker's Allowance from Jobcentre Plus, they will take your details and give them to the Tax Credit Office to work out your Child Tax Credit.

- **Child Tax Credit/Working Tax Credit** You call the Tax Credit Office helpline on 0845 300 3900 (or text phone 0845 300 3909 if you have speech or hearing disabilities). You can also apply at: www.inlandrevenue.gov.uk/taxcredits If you need help with the form, you can ask for this on the Tax Credit helpline number. Or you could ask at the local Tax Enquiry Centre for help. You claim Child Tax Credit and Working Tax Credit on the same claim form.

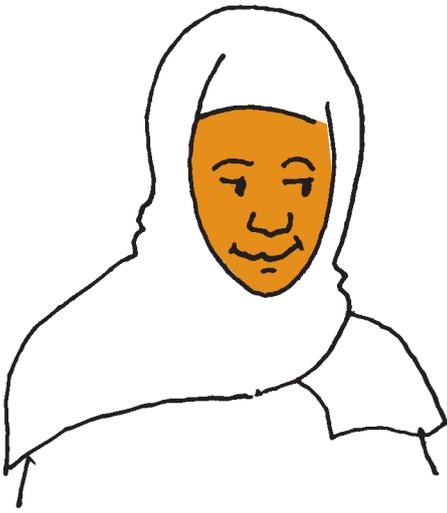


Who else can help me as a parent looking after a disabled or sick child ?



- Kids Hounslow are part of a national network working with children with special needs, their parents/carers and family. Contact them on 020 8577 7733 (fax 020 8577 3222).
- CONTACT A FAMILY is a national organisation for families with disabled children. Contact their helpline 0808 808 3555 (textphone 0808 808 3556) Website: www.cafamily.org.uk
- Hounslow Asian and Somali Community Advice Service can give advice on benefits and tax credits. Contact: 020 8583 2525 (fax: 020 8583 5603).
- Hounslow Citizen's Advice Bureau Service can give advice on benefits and other entitlements. Contact them on 0870 126 9500 (for opening times)
- Disability Network Hounslow can provide advice and information for disabled people, their families and carers on a wide range of topics and help with form filling.
121c High St, Brentford TW8 8AT.
020 8758 2048 (fax: 020 8758 2014.
minicom: 020 8758 2065).





- Hounslow Welfare Benefits & Money Advice Unit have a telephone advice service on benefits, tax credits and money problems for anyone living in Hounslow. Call 020 8583 5016 (minicom 020 8583 5013 Thursday 1-2)

Call the Hounslow Welfare Benefits & Money Advice Unit leaflet line on 8583 5014 and ask for their fact sheet Benefit Choices at age 16.

This will help you work out who should claim the benefits for your child when they are age 16 or over.



and line illustrations from
The CHANGE Picture Bank

**Leaflet produced by
Welfare Benefits &
Money Advice Unit,
Chief Executive's
Directorate,
London Borough
of Hounslow.**

**April 2005
(Amended March 2008)**

Community
Legal Service



इस पत्रक में उन बैनीफिट्स या भत्ते और टैक्स क्रेडिट्स या आय-कर वापिस मिलने के बारे में बताया गया है जो आपको और आपके परिवार को मिल सकते हैं। यदि आप किसी ऐसे बच्चे या बीस वर्ष से कम आयु के युवा की देखभाल करते हैं जिसे असमर्थता या लंबे समय से रोग है या अन्य विशेष आवश्यकताएं हैं तो आपको ये मिल सकते हैं। इस पत्रक में बैनीफिट्स के नियमों के बारे में बताया गया है। यदि आपको बैनीफिट के लिए आवेदन करने के विषय में किसी के साथ अपनी भाषा में बात करने की आवश्यकता है तो हमने जो नंबर दिया है वहां फोन करते समय उन्हें बताएं (उदाहरणतः जॉबसेंटर प्लस)। आपको इसके लिए बताना होगा कि आपका नाम और फोन नंबर क्या है, किस भाषा में आपको सहायता चाहिए और किस समय कोई आपको फोन करे। हो सकता है कि उन्हें आपका नैशनल इंश्योरेंस नंबर भी लेना हो। अधिक जानकारी के लिए इन्हें संपर्क करें - ट्रांसलेशन सर्विस, सीविक सेंटर, लैप्टन रोड, हाउजुलो TW3 4DN टैलीफोन : 020 8583 2299



ਇਸ ਪਰਚੇ ਵਿਚ ਬੈਨੀਫਿਟਾਂ ਅਤੇ ਟੈਕਸ ਕ੍ਰੈਡਿਟ ਬਾਰੇ ਦੱਸਿਆ ਗਿਆ ਹੈ, ਜੋ ਤੁਹਾਨੂੰ ਅਤੇ ਤੁਹਾਡੇ ਪਰਿਵਾਰ ਨੂੰ ਮਿਲ ਸਕਦੇ ਹਨ। ਇਹ ਬੈਨੀਫਿਟ ਤੁਹਾਨੂੰ ਮਿਲ ਸਕਦੇ ਹਨ ਜੇਕਰ ਤੁਸੀਂ ਕਿਸੇ ਬੱਚੇ ਦੀ ਦੇਖ-ਭਾਲ ਕਰਦੇ ਹੋ ਜਾਂ ਕਿਸੇ ਅਜਿਹੇ ਨੌਜਵਾਨ ਦੀ ਜਿਸ ਨੂੰ ਕੋਈ ਅਸਮਰਥਤਾ, ਲੰਬੀ ਬਿਮਾਰੀ ਜਾਂ ਕੋਈ ਹੋਰ ਖਾਸ ਮਦਦ ਦੀ ਲੋੜ ਹੈ। ਇਸ ਵਿਚ ਤੁਹਾਨੂੰ ਬੈਨੀਫਿਟ ਦੇ ਨਿਯਮਾਂ ਬਾਰੇ ਦੱਸਿਆ ਗਿਆ ਹੈ। ਬੈਨੀਫਿਟ ਕਲੇਮ ਕਰਦੇ ਸਮੇਂ ਜੇਕਰ ਤੁਹਾਨੂੰ ਪੰਜਾਬੀ ਵਿਚ ਕਿਸੇ ਨਾਲ ਗੱਲ ਕਰਨ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ ਤੁਸੀਂ ਫੋਨ ਕਰਨ ਸਮੇਂ ਉਸ ਨੰਬਰ 'ਤੇ ਦੱਸੋ, ਜਿਹੜਾ ਅਸੀਂ ਤੁਹਾਨੂੰ ਦਿੱਤਾ ਹੈ (ਮਿਸਾਲ ਵਜੋਂ, ਜੋਬਸੈਂਟਰ ਪਲੱਸ)। ਤੁਹਾਨੂੰ ਆਪਣਾ ਨਾਮ, ਫੋਨ ਨੰਬਰ, ਬੋਲੀ ਅਤੇ ਉਹ ਸਮਾਂ ਦੱਸਣਾ ਪਵੇਗਾ, ਜਿਸ ਸਮੇਂ ਤੁਸੀਂ ਫੋਨ 'ਤੇ ਵਾਪਸ ਗੱਲ ਕਰਨੀ ਚਾਹੁੰਦੇ ਹੋ। ਉਨ੍ਹਾਂ ਨੂੰ ਤੁਹਾਡੇ ਨੈਸ਼ਨਲ ਇੰਸ਼ੂਰੈਂਸ ਨੰਬਰ ਦੀ ਵੀ ਲੋੜ ਪੈ ਸਕਦੀ ਹੈ। ਹੋਰ ਜਾਣਕਾਰੀ ਲਈ ਇਸ ਪਤੇ 'ਤੇ ਸੰਪਰਕ ਕਰੋ: ਟ੍ਰਾਂਸਲੇਸ਼ਨ ਸੰਗਵਿਸ, ਸਿਵਿਕ ਸੈਂਟਰ, ਲੈਂਪਟਨ ਰੋਡ, ਹੰਸਲੋ TW3 4DN ਟੈਲੀਫੋਨ ਨੰਬਰ: 020 8583 2297

Informator ten omawia zasiłki i ulgi podatkowe o jakie Pan(-i) i Pańska rodzina może się ubiegać, jeżeli opiekujecie się dzieckiem lub nastolatkiem specjalnej troski – niepełnosprawnym, z długoterminową chorobą itp. Wyjaśnione są tu podstawy otrzymywania tych zasiłków. Jeżeli chciałby (-aby) Pan(-i) porozmawiać z kimś po polsku podczas ubiegania się o taki zasiłek, proszę nas o tym poinformować telefonicznie, dzwoniąc pod podany przez nas numer (np. Jobcentre Plus). Będzie Pan(-i) poproszony (-a) o podanie swojego nazwiska, numeru telefonu, języka, porę dnia kiedy można do Pana(-i) zadzwonić. Mogą być też Państwo poproszeni o podanie swojego numeru ubezpieczenia społecznego (National Insurance Number). Aby otrzymać więcej informacji, proszę skontaktować się z: Polskim Ośrodkiem Społeczno Kulturalnym (POSK), 238-246 King Street, Hammersmith, W6 0RF (020 8741 1940).

Este folheto explica quais são os subsídios (*benefits*) e créditos de imposto (*tax credits*) que você e sua família talvez possam receber. É possível talvez recebê-los se cuidam de uma criança ou um adolescente que sofre de uma deficiência física ou mental, tem uma doença a longo termo ou outras necessidades especiais. O folheto explica as regras para obter subsídios. Caso precise falar com alguém na sua própria língua na hora de requerer um subsídio, aviso-os quando chamar o número que nós lhe demos (por exemplo, o Centro de Emprego (*Jobcentre Plus*)). Terá que lhes dar o seu nome, número de telefone, língua, e a hora do dia que quer que lhe liguem de volta. Talvez também pedirão seu Número de Contribuinte (*National Insurance number*). Para obter mais informações, contacte Translation Service, Civic Centre, Lampton Road, Hounslow TW3 4DN Tel: 020 8583 2299.

Warqaddani waxay kaaga warranatsaa dheefaha iyo gunnooyinka cashuurta ee laga yaabo in qoyskaagu heli karo. Waxaad kuwaas heli kartaa haddii aad haysato ilme carruur ah ama dhallinyaro ah oo naafo ah, xanuun muddo dheer ah ama baahiyo gaar ah. Waxay kaaga warramaysaa shuruudaha dheefaha u yaal. Haddii aad rabto inaad qof kula hadasho luqaddaada markaad dheefta dalbanaysid, u sheeg marka aad wacdo lamabarka aannu ku siinnay (tusaale ahaan, Jobcentre Plus). Waxaad u baahantahay inaad inaad u sheegto magacaaga, lambarka telefoonkaaga, luqadda, wakhtiga uu telefoon kugu soo celin karo maalintii. Waxa kale oo laga yaabaa inay ku waydiiyaan lambarkaaga caymiska qaranka. Wixii macluumaad ah, kala xidhiidh adeegga tarjamadda, Civic Centre, Lampton Road, Hounslow TW3 4DN Tel: 020 8583 2299.

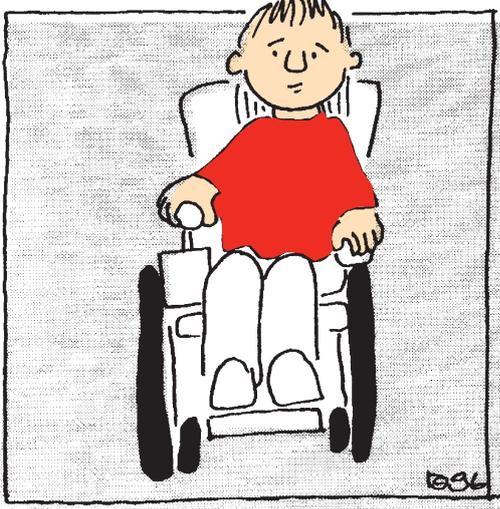
Ipinapahoyag nitong palyeto tunqkol sa mga kapakinabanoan (benefite) at mga panqgastos galing sa buwis (tax credits) na maaari mong makuha at rio yondu pamilya. Maaaring ibiqay ang mga ito kung ikaw ay nag-aalaga ng bata o kaya taong nasa qulang na kabataan, tin-edyer na may sakit mahabang panahon na may karamdaman o ibang di pangkaraniwang pangangailangan. Ipinapaalam ang mga patakaran o kaya regulasyon tunqkol sa kapakinabangan. Kung kinakailangan mong makipag-usap sa taong kagaya mo rin ang salita at gusto mong humiling ng kapakinabangan sabihin mo sa kanila pag tinawagan mo ang numerong ibinigay namin sa iyo (tulad halimbawa, Job Centre Plus). Kaitlangang sabihin mo ang iyong pangalan, numero ng iyong telepono, lengguwahe o salita ang takdang oras sa araw na maaari ka nilang tawagan. Maaaring gusto nilang malaman ang numero ng iyong Pambansang Paseguruhan (National Insurance). Kung gusto mong hiqit na impormasyon tawagan mo ang asosasyon ng Philipinas UK Heathrow (Philippine UK Heathrow Association) numero ng telepono 020 85727105 c/o Hounslow Community Association Limited, Montague Road, Hounslow.

Este folleto le explica sobre las ayudas económicas y los 'tax credits' (créditos fiscales) que Ud. y su familia podrían recibir. Los puede recibir si Ud. cuida a un niño o un adolescente que es minusválido o que tiene una enfermedad prolongada u otras necesidades especiales. Si Ud. necesita hablar con una persona en su propio idioma cuando solicita una ayuda entonces dígalolo cuando llame al número que le hemos dado (por ejemplo, Jobcentre Plus). Tiene que dar su nombre, número telefónico, idioma y la hora cuando le pueden devolver la llamada. También es posible que le pidan su número del National Insurance. Para mayor información comuníquese con Translation Service, Civic Centre, Lampton Road, Hounslow TW3 4DN Tel: 020 8583 2299.



یہ لیفلٹ آپ کو بینیفٹس اور ٹیکس کریڈٹس (مراعات اور ٹیکس کی واپسی) کے بارے میں بتاتا ہے، جو آپ یا آپ کے خاندان کو مل سکتے ہیں۔ اگر آپ کسی چھوٹے بچے یا نوجوان بچے کی دیکھ بھال کر رہے ہیں، جسے کوئی معذوری ہو یا وہ لمبے عرصے سے بیماری میں مبتلا ہو یا اس کی کوئی دوسری قسم کی ضرورتیں ہوں، تو اس صورت میں ہو سکتا ہے کہ آپ یہ سہولتیں حاصل کر سکیں۔ اس لیفلٹ میں آپ کو بینیفٹس کے قواعد و ضوابط کے بارے میں بھی پتہ چلتا ہے۔ جب آپ کسی بینیفٹ کیلئے درخواست دیں اور آپ اردو زبان میں کسی سے بات کرنا چاہیں، تو جو نمبر ہم نے آپ کو فراہم کر رکھا ہے (مثال کے طور پر جاب سینٹر پلس کا فون نمبر) انہیں آپ اپنی اس ضرورت کے بارے میں بتائیں۔ آپ کو انہیں اپنا نام، فون نمبر، اپنی بولی جانے والی زبان، دن کا وقت جب وہ آپ کو واپس فون کر سکیں، یہ سب بتانے کی ضرورت ہوگی۔ ہو سکتا ہے کہ وہ آپ کا نیشنل انشورنس نمبر بھی پوچھیں، مزید معلومات کیلئے ٹرانسلیشن سروس، سیوک سینٹر، لیمنچین روڈ، ہاونسلو TW3 4DN کے فون نمبر: 0208 583 2299 پر رابطہ کریں۔

هذا المنشور يُخبرك عن إعانات الضريبة والمنافع التي يمكنك وعائلتك الحصول عليها. قد تحصل عليها إذا كنت تعتني بطفل أو مرافق يعان من العجز، أو مرض طويل المدى أو لأي حاجات خاصة أخرى. تُخبرك عن قوانين الإعانات. إذا كنت تحتاج للتحديث مع شخص ما يتحدث لغتك الخاصة وذلك عندما تُريد الحصول على الإعانات الحكومية، أخبرهم بالرقم المعطى لك (على سبيل المثال، جوبسينتر بلس). ستحتاج إعطاء اسمك، رقم هاتفك، لغتك، تحديد الوقت واليوم لإعادة الاتصال بك. أيضاً قد يحتاجون لرقم الضمان الإجتماعي. للمزيد من المعلومات اتصل بالمجموعة العربية بهاونسلو، 42 Lampton Road, Hounslow, TW3 1JN Tel: 020 8569 6858



আপনি ও আপনার পরিবার যে বেনিফিট (সরকারের কাছ থেকে অর্থসাহায্য) এবং ট্যাক্স ক্রেডিট পেতে পারেন, এই প্রচারপত্রে সেই বিষয়ে বলা হয়েছে। আপনি হয়তো কোনও একটি শিশু বা কিশোর/কিশোরীর দেখাশোনা করেন, যার কোনও অক্ষমতা (ডিসেবিলিটি), বা দীর্ঘস্থায়ী কোনও রোগ বা অন্য কোনও বিশেষ প্রয়োজন আছে, যে কারণে আপনি এইগুলি পাবেন। এখানে বেনিফিটের নিয়মগুলি সম্বন্ধে বলা হয়েছে। বেনিফিট দাবী করার সময় আপনার নিজের ভাষায় আপনি যদি কারুর সঙ্গে কথা বলতে চান, তাহলে আপনাকে আমরা যে নম্বরটা দিয়েছি (যেমন জবসেন্টার প্লাস) আছে, সেই নম্বরে যখন টেলিফোন করবেন তখন সেটা তাদের জানাবেন। আপনার নাম, টেলিফোন নম্বর, ভাষা এবং দিনের কোন্ সময়ে আপনি তাদের টেলিফোন করবেন, এইগুলি তাদের জানাতে হবে। তারা হয়তো আপনার ন্যাশনাল ইনশিওরেন্স নম্বরও জানতে চাইতে পারে। আরও তথ্যের জন্য নিচের ঠিকানায় অথবা টেলিফোনে বাংলাদেশ ওয়েলফেয়ার অ্যাসোসিয়েশনের সঙ্গে যোগাযোগ করবেন। The Bangladesh Welfare Association, 173 Staines Road, Hounslow, TW3 3JB, টেলিফোন: 020 8577 2694.

این بروشور به شما در رابطه با کمک هزینه های دولتی و اعتبار مالیاتی که ممکن است شما و خانواده تان بگیرید، توضیحاتی می دهد. در صورتی که از بچه یا نوجوانی که دارای ناتوانی، بیماری طولانی مدت و یا نیازهای ویژه دیگری است، نگهداری می کنید، می توانید آنها را دریافت کنید. این بروشور قوانین مربوط به این کمک هزینه ها را توضیح می دهد. وقتی که تقاضای دریافت کمک هزینه می کنید و نیاز دارید با کسی به زبان خودتان صحبت کنید، درموقع تماس (مثلا با مرکز کاریابی - Jobcentre Plus)، شماره ای را که ما به شما داده ایم به آنها بگویید. لازم است که اسم، شماره تلفن، زبان خودتان و ساعتی از روز را که می خواهید در آن ساعت با شما تماس گرفته شود، بگویید. آنها ممکن است شماره بیمه همگانی شما را بخواهند. برای دریافت اطلاعات بیشتر با خدمات ترجمه با آدرس و تلفن زیر تماس بگیرید: تلفن: ۰۲۰ ۸۵۸۳ ۲۲۹۹ Translation Service, Civic Centre, Lampton Road, Hounslow TW3 4DN

આ પત્રિકામાં તમને બેનિફિટ્સ અને ટેક્સ ક્રેડિટ વિષે વિગત જણાવે છે જે તમને અને તમારા કુટુંબને કદાચ મળી શકતી હોય. જે તમે નાનાં બાળકની અથવા કિશોરવયનો છોકરો કે છોકરીની દેખભાળ રાખતાં હો જેને અશક્તતા હોય, લાંબા ગાળાની બીમારી હોય અથવા બીજી વિશેષ જરૂરિયાતો હોય તો, તમને આ બેનિફિટો મળી શકે છે. તેમાં બેનિફિટોનાં શું નિયમો છે તે વિષે જણાવે છે. જ્યારે તમારે બેનિફિટ ક્લેઈમ કરવી હોય અને કોઈ ગુજરાતી વ્યક્તિ સાથે વાતચીત કરવી જરૂરી લાગે તો અમે તમને આપેલો ટેલિફોન નંબર (દાખલા તરીકે 'જોબસેન્ટર પ્લસ') પર તેઓને જ્યારે ફોન કરો ત્યારે જણાવો. તમારે તમારું નામ, ટેલિફોન નંબર, ભાષા અને દિવસના કયા સમયે તમને ફોન કરે તે વિગતો તેઓને જણાવો. તેમજ તેઓને તમારું નેશનલ ઈન્સ્યુરન્સ નંબર પણ જણાવો. વધુ માહિતી જાણવા માટે સંપર્ક સાધો: ટ્રાન્સલેશન સર્વિસીઝ, સિવિક સેન્ટર, લેમ્પટન રોડ, હાઉન્સલો, TW3 4DN ટેલિફોન: 020 8583 2299

