



# Parent Post - December 2022



Welcome to our December Newsletter!

- This term has flown by! The team have been busy delivering our new Attachment course alongside our other fantastic courses, workshops & coffee-mornings. Details of our Spring 2023 provision are on pages 4 & 5.
- We are once again offering a pre-holiday telephone/zoom consultation (15 minutes for any parents/carers that would like to have a chat with us (details on page 3).
- Our Christmas fundraising campaign is still open. We are so grateful for the generous donations so far, and would be absolutely over-the-moon for any further contributions! Fundraising details on page 6.
- Partner workshops & services are detailed from page 7 onwards.



Find us on FACEBOOK:  
Welwyn Garden City & Hatfield Schools Partnership

- Please take a look at our website for details of help & support available:  
<https://wgc-hatfield-schoolspartnership.com/>

Other Support Service Contacts are available via our website too.



We'd like to wish you all a relaxing Christmas holiday and Happy New Year! We will return on 5th January 2023.

Contact: Cheryl Bodrozic  
cbodrozic@stanborough.herts.sch.uk



## Children's Clothing Bank

We offer a range of nearly-new and good-quality children's clothing for families in need. Please contact your School Family Worker or use the contact details below for further information:



Contact: Cheryl Bodrozic  
cbodrozic@stanborough.herts.sch.uk



## Hygiene Bank

We run a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or use the contact details below to find out more.



Contact: Cheryl Bodrozic  
cbodrozic@stanborough.herts.sch.uk

# 1 **FOODBANK CENTRE(S)**

## Hatfield Foodbank

### OPENING TIMES

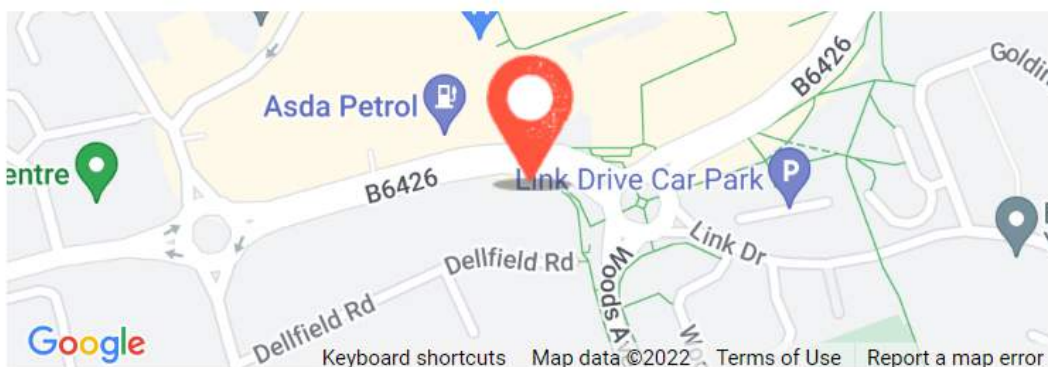
Mon	Closed
Tue	11:30 - 14:00
Wed	Closed
Thu	Closed
Fri	Closed
Sat	Closed
Sun	Closed

### ADDRESS

Gracemead Church  
Gracemead House,  
Woods Avenue,  
Hatfield,

AL10 8HX

[Directions via Google Maps](#)



# HATFIELD **FOODBANK**

## MAIN LOCATION

Gracemead Church  
Gracemead House,  
Woods Avenue,  
Hatfield,  
AL10 8HX

Car access is via Dellfield Road  
Sat Nav use AL10 8EW

### PHONE

07504 627359

### WEBSITE

<https://hatfield.foodbank.org.uk>

### EMAIL

[info@hatfield.foodbank.org.uk](mailto:info@hatfield.foodbank.org.uk)





## Telephone/Zoom Surgery

Tue 13/12/2022 09:30 - 11:30

\* A chance to discuss your concerns with one of our  
School Family Workers

\* 15 minute time-slot allocated

Please go to this link to book:  
<https://forms.office.com/r/C9gN3iBeWg>

or click on the QR code on this page





## Spring 2023 Courses - Quick booking

### Who's in charge?

Weds 1st Feb from 11am-1pm. Venue TBC

<https://forms.office.com/e/WZYh3cUKdt>

### Behaviour - Secondary

Tues 21st & 28th Feb 6:30-8:30pm. Venue TBC

<https://forms.office.com/e/uwygKj5XVr>

### Behaviour - Primary

Tues 7th Feb 12-2:30pm. Venue: Green Lanes School

<https://forms.office.com/e/>

### Understanding Anxiety in Children

Tues 21st & 28th March 9:30-11:30am. Venue: Commonswood School

<https://forms.office.com/e/vPp8QWphFT>

### Understanding parent/child Attachment

Tuesday 31st January at 9-11:45am. Venue: Green Lanes School

<https://forms.office.com/e/zUHRQ8dczT>

### SEND: Beginning the journey

Mon 13th March 12:30-2:30pm. Online delivery

<https://forms.office.com/e/>

### Freedom Programme

Thurs 27th April from 9:30-11:30am for 10 weeks (half-term break)

<https://forms.office.com/e/xNxkCde7VJ>

### Telephone surgery (15 minute slot)

9th February between 9:30 - 11:30am

<https://forms.office.com/r/kWsnHWCy2h>





**No need to book!**

# Coffee & Chat



## Templewood School

**Thurs 24th November 2022 8.50-10am**

**Thurs 19th January 2023 8.50-10am**

**Thurs 2nd March 2023 9.50-10.30am  
(top tips workshop)**

**Thurs 4th May 2023 8.50-10am**

**Thurs 6th July 2023 8.50-10am**



*Please contact the school's office  
for further details*



**No need to book!**

# Coffee & Chat



## Our Lady Catholic Primary School

**Wednesday 14th December  
9-11am**

**- We hope to see you for a coffee &  
chat!**



*Please contact the school's office  
for further details*



**No need to book!**

# Coffee & Chat



## St. Mary's Welham Green

**Weds 16th November 2022 8.40-10am**

**Weds 25th January 2023 8.40-10am**

**Weds 8th March 2023 8.40-10am**

**Weds 10th May 2023 8.40-10am (to  
include Top Tips)**

**Weds 5th July 8.40-10am**



*Please contact the school's office  
for further details*



**No need to book!**

# Coffee & Chat



## Creswick School

**Tues 6th December 2022 community  
café with the family centre: 10am-12pm**

**Weds 18th January 2023: 1.30-3pm**

**Weds 8th March 2023: 1.30-3pm (Top  
Tips workshop)**

**Weds 10th May 2023: 1.30-3pm**

**Weds 5th July 2023: 1.30-3pm**



*Please contact the school's office  
for further details*





# WGC and Hatfield LSP Appeal



Oyin Kalejaiye is organizing this fundraiser on behalf of Stanborough School.

At the Welwyn Garden City and Hatfield Local Schools Partnership we are passionate about and committed to the work we do with children, young people and their families. We are a team of School Family Workers who support local families in the Welwyn Garden City and Hatfield area. We have been offering support in schools and the community for over 10 years.

This Christmas, we need your help to ensure none of our families are left out of the festivities due to the cost of living increase. We want every child and young person we work with to truly experience the togetherness and support this season brings.

Please help us by making a donation. Your donation will ensure each child or young person we work with gets a gift and some festive goodies alongside our existing plans to celebrate this season with our families.

If you would like to know more about us and how we support families, please visit our website at <https://wgc-hatfield-schoolspartnership.com/>

We are also on Facebook, Welwyn Garden City and Hatfield Schools Partnership.

Please remember to share this page with your friends, family and colleagues after donating, spread the word as every little helps.

Thank you so much for your support!

Best Wishes,

WGC and Hatfield LSP Team.



Learning in the community for Hertfordshire residents aged 19+

# January's Timetable

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Writing for pleasure and profit</b> </p> <p>5 weeks   £15 Online Starts 9th Jan 10am-12pm</p>	<p><b>Setting up Your Own Business</b> </p> <p>5 weeks   £15 Stevenage Starts 11th Jan 10am-12pm</p>	<p><b>Improving Your Skills in Word and Excel</b> </p> <p>5 weeks   £15 Borehamwood Starts 12th Jan 1pm-3pm</p>	<p><b>Social Media for Business</b> </p> <p>5 weeks   £15 Online Starts 13th Jan 10am-12pm</p>
<p><b>Computing for Beginners</b> </p> <p>5 weeks   £15 Stevenage Starts 9th Jan 10am-12pm</p>	<p><b>Key</b></p> <ul style="list-style-type: none"> <li> Face to Face</li> <li> Online</li> <li> Accredited</li> </ul>	<p><b>Advanced Sewing</b> </p> <p>5 weeks   £15 Stevenage Starts 12th Jan 10am-12pm</p>	<p><b>Introduction to Working in Schools</b> </p> <p>5 weeks   £15 Online Starts 13th Jan 10am-12pm</p>
<p><b>Eco-friendly Fabric Flowers</b> </p> <p>5 weeks   £15 Borehamwood Starts 9th Jan 1pm-3pm</p>	<p><b>Introduction to Health and Social Care</b> </p> <p>5 weeks   £15 Online Starts 12th Jan 10am-12pm</p>	<p><b>Creative paper crafts - Family &amp; Friends</b> </p> <p>5 weeks   £15 Stevenage Starts 12th Jan 1pm-3pm</p>	<p><b>Introduction to Digital Skills for work</b> </p> <p>5 weeks   £15 Stevenage Starts 13th Jan 10am-12pm</p>
<p><b>Advanced Sewing</b> </p> <p>5 weeks   £15 Waltham Cross Starts 12th Jan 1pm-3pm</p>	<p><b>Introduction to Customer Services</b> </p> <p>5 weeks   £15 Online Starts 12th Jan 1pm-3pm</p>	<p><b>Level 3 Leadership &amp; Management Diploma</b> </p> <p>21 weeks   £15 Online Starts 19th Jan 9.30am-12.30pm</p>	<p><b>Contact us:</b></p> <p> <a href="mailto:employmentsupport@hertfordshire.gov.uk">employmentsupport@hertfordshire.gov.uk</a></p> <p> 01992 556 194</p>

**Are you unemployed and looking for work?**  
Do you have a diagnosed or undiagnosed barrier such as:

- Neurodiversity
- Mental Health Conditions
- Sensory Needs
- Learning Disability
- Physical Disability

We can help get you into employment, education or training.

Scan this QR code with your phone camera to visit our website

Book your place at [www.step2skills.org.uk/courses](http://www.step2skills.org.uk/courses)



# POTENTIAL KIDS



EMBRACING NEURODIVERSITY

## Welcome to Potential Kids

Potential Kids is an award winning charity based in Welwyn/Hatfield providing learning, social and sports opportunities to Neurodiverse children / young people (Autism, ADHD, Dyslexia, Dyspraxia, Tourette Syndrome amongst other conditions)

### Activities:

We run activities for various different ages at multiple locations including:

- [Potential Kids, The Galleria Outlet Centre, Hatfield AL10 0XR](#) ↗
- [Potential To Grow, The Galleria Car Park \(North\), Comet Way, Hatfield AL10 0XR](#) ↗
- [Birchwood Leisure Center, Longmead, Hatfield AL10 0AN](#) ↗

If you have any questions or inquires feel free to get in contact with us.

✉ [info@potentialkids.org](mailto:info@potentialkids.org)



**DSPL** | Delivering Special  
Provision Locally

*Achieving quality outcomes*

**PASSIONATE ABOUT SUPPORTING OUR  
LOCAL CHILDREN, YOUNG PEOPLE,  
FAMILIES AND SCHOOLS'**

DSPL Area 5 (Welwyn and Hatfield) covers 32 primary schools, 5 secondary schools, 3 special schools and 3 nurseries.

<http://www.dspl5.co.uk/>



**Supporting Young People in  
Welwyn Hatfield**



YCH Services for Young People is part of Hertfordshire County Council & provides youth work projects, information, advice, guidance, work related learning & wider support for young people.

Further details on what they offer can be found here:

<http://wgc-hatfieldschoolspartnership.com>

# ADD-vance

## The ADHD and Autism Trust

### About Us

ADD-vance is a dedicated group of professionals, who also happen to be parents of children affected by ADHD and/or Autism. Our mission is to support the families of children affected by these conditions and the professionals involved in their care. We want to increase understanding, provide support and change perceptions of these complex neurological conditions, so as to improve the wellbeing and reduce the social isolation of these young people and their families.



 01727 833963

Monday to Friday: 9am – 1pm



[herts@add-vance.org](mailto:herts@add-vance.org)



## Find the support you need at the Families First Portal

Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- 👑 Relationship Support
- 👑 Parenting advice and childcare
- 👑 Money advice
- 👑 Emotional and mental health
- 👑 Domestic abuse support
- 👑 Staying healthy
- 👑 Online Safety
- 👑 SEND Local Offer

and many other useful links



[hertfordshire.gov.uk/familiesfirst](http://hertfordshire.gov.uk/familiesfirst)



*"I am struggling to cope with everything at present, so feeling overwhelmed."*

*"I'm worried about my child's behaviour in school and at home"*

*"I'm worried about money"*

*"I need reassurance and support"*



# Angels

## AUTISM & ADHD SUPPORT

for parents/carers of children with ADHD and/or on the Autistic Spectrum

Do you need Support, Information, Advice and Strategies on ADHD and Autism?

We provide:

- Parent support group meetings led by a facilitator face to face and virtually over Zoom where you can chat with other parents and share ideas and experiences
- Evening support group meetings over Zoom
- Speaker Sessions and Workshops on ADHD and Autism
- Angels 1 to 1 – individual appointment with Specialist Support Practitioners to help with particular issues at home and school
- Website and Facebook page, plus a private moderated Facebook group for members

Contact us:

📞 01462 685150

✉ [info@angelsupportgroup.org.uk](mailto:info@angelsupportgroup.org.uk)

🌐 [www.angelsupportgroup.org.uk](http://www.angelsupportgroup.org.uk)



MENU



## Supporting families in Hertfordshire

We are an award winning Hertfordshire based charity supporting families of children and young people who are on the Autistic Spectrum (ASD), have Attention Deficit Hyperactivity Disorder (ADHD) or other neurodiverse conditions.

# admin@spaceherts.org.uk

## Building Confidence and Empowerment

- Training
- Workshops
- Conferences
- Support Groups
- Virtual Support
- Facebook Group
- Lending SPACE
- Inclusive activities
- Training for Professionals



# Monthly Pop-up Clinic's

Healthy  
**hub**  
Welwyn Hatfield

Providing mental health support, weight management programmes, addiction support, volunteering opportunities and personal development advice and support and much more!



[healthyhub.welhat.gov.uk](http://healthyhub.welhat.gov.uk)



WELWYN  
HATFIELD

## What's on at HENRY this Winter?

**Mondays**

**GREENFIELDS NURSERY, WALTHAM CROSS**

**1-3PM**

**Tuesdays**

**BROADWATER FAMILY CENTRE, STEVENAGE**

**1-3PM**

**Wednesdays**

**HOLYWELL COMMUNITY CENTRE, WATFORD**

**10-12PM**

**Wednesdays**

**ONLINE 5.30-6.30PM**

To register or find out more about our services contact us on 01707248648 or [info@beezeebodies.co.uk](mailto:info@beezeebodies.co.uk)



We will have free crèche facilities available. All programmes start w/c 23rd January 2023, and will run for 8 weeks with a break for February half term.



  
**henry**

  
**beezee  
bodies**

Looking after your mental health and wellbeing

## Information for Children and Young People



### Websites

---

Just Talk is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. The website hosts helpful resources about current issues. The site is updated frequently, so keep checking back.

<https://www.justtalkherts.org/>

Health for Kids / Teens cover subjects that promote a healthy body and mind. All the content has been produced by school nurses, other health and wellbeing experts, and most importantly young people.

Ages 11-19 <https://www.healthforteens.co.uk/hertfordshire/>

Primary age <https://www.healthforkids.co.uk/> (There's also a section for parents and carers)

### Apps / National websites

---

There are several apps to support mental health and Wellbeing. You are responsible for ensuring apps are appropriate for your age and needs.

You may consider the ThinkNinja app: As a direct response to the COVID-19 situation, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the current situation.

<https://www.healios.org.uk/services/thinkninja1>

Young Minds is the UK's leading charity fighting for children and young people's mental health. On this web page you will find lots of information about how to look after your mental health at this time <https://youngminds.org.uk/>

### Information, advice and guidance

---

Herts Mind Network have a **helpline** for children and young people aged 10-17. The helpline provides a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information and discuss coping strategies. For opening hours and more information please visit the website

<https://www.hertsmindnetwork.org/young-peoples-helpline>. The helpline number is **01923**

**256391**. Herts Mind Network also have a Young People's online group for those over 15.

You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

Chat Health is a **text messaging service** for all secondary school aged pupils in Hertfordshire. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: **07480 635050**. Secondary school pupils can also follow the School Nurse Team on Instagram at **teenhealth.hct**.

Kooth is an online counselling service for anyone aged 10-25 in Hertfordshire. You can access a **chat / messenger** service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

YC Hertfordshire Services for Young People provides youth work, information, advice, guidance, work related learning and support for young people. You can contact a Youth



Worker or Personal Adviser for one to one and project groupwork support by calling **0300 123 7538**, emailing [yc@hertfordshire.gov.uk](mailto:yc@hertfordshire.gov.uk) or visit <https://www.ychertfordshire.org/>

School – although staff at your school are very busy keeping everyone safe, you can still approach your pastoral team at school for advice and guidance.

### **Further support**

---

If you are experiencing mental health difficulties that are significantly interfering with your ability to do the things you normally do, please contact (or ask your parents or carers to) Hertfordshire Partnership Foundation Trust Single Point of Access **0800 6444 101**. This line is open 24/7 and can direct your enquiry to a number of specialist services depending on your needs.

The Wellbeing Service offers short term support to people that are 16 or over with mild to moderate mental health issues such as depression and anxiety (so you can let your parents or carers know about it too). You can visit <https://www.northessexiapt.nhs.uk/hertfordshire> for more information about the service and to self-refer.

There are four community **counselling** organisations covering Hertfordshire:

YCT (East and North Herts) <a href="http://www.yctsupport.com/">http://www.yctsupport.com/</a> Telephone 01279 414 090	Youth Talk (St Albans) <a href="http://youthtalk.org.uk/">http://youthtalk.org.uk/</a> Telephone 01727 868684
Rephael House (Welwyn and Hatfield) <a href="https://www.rephaelhouse.org.uk/">https://www.rephaelhouse.org.uk/</a> Telephone 020 8440 9144	Signpost (Watford and Hemel areas) <a href="http://signpostcounselling.co.uk/">http://signpostcounselling.co.uk/</a> Telephone 01923 239495

Kooth is an **online counselling** service for anyone aged 10-25 in Hertfordshire. You can access a chat / messenger service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

The School Nursing Team can provide some support around emotional difficulties and parents can refer directly from this page: <https://www.hct.nhs.uk/forms/school-nursing-form.asp> You can read more about the School Nursing Team here: <https://www.hct.nhs.uk/our-services/school-nursing/>

### **Already working with a Service?**

---

If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line which you can find out by looking on a letter they have sent you.

### **Need help now?**

---

If you, a friend or family member are experiencing a mental health crisis, please call: **0800 6444 101**. This line is open 24/7. If you need physical health treatment in an emergency go to your nearest Accident and Emergency department or call 999 and ask for an ambulance.

Childline: If you're under 19 you can confidentially call, email or chat online about any problem big or small Freephone 24h helpline: **0800 1111**

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help **text YM to 85258**

April 2021

We understand that people are worried about the cost of living challenges ahead. That's why the Government has announced decisive action to support households, whilst remaining fiscally responsible.

We have announced further support for next year designed to target the most vulnerable households. This cost of living support is worth £26 billion in 2023-24, in addition to benefits uprating, which is worth £11 billion to working age households and disabled people.

This means that over 8 million households across the UK, many of whom face the biggest challenge making their incomes stretch, will be supported via additional Cost of Living Payments. We're also increasing benefits, including the State Pension, in line with September inflation by 10.1%. And we'll continue to provide support to all households through the Energy Price Guarantee, which caps the price you pay for each unit of energy. This will save the average UK household £500 in 2023-24.

### New direct Cost of Living Payments to households on means tested benefits

More than 8 million UK households on eligible means tested benefits will receive additional Cost of Living Payments totalling up to £900 in the 2023-24 financial year.

This includes eligible households receiving the following benefits:

- Universal Credit
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Income Support
- Pension Credit
- Working Tax Credit
- Child Tax Credit

These will be made in more than one payment. DWP and HMRC will provide further detail on timing of these payments and eligibility dates in due course.

These payments will be tax-free, will not count towards the benefit cap, and will not have any impact on existing benefit awards. These payments will be made on a UK-wide basis.

### Household Support Fund extension

For those who require extra support, the government is providing an additional £1bn to help with the cost of household essentials, for the 2023-24 financial year, on top of what we have already provided since October 2021, bringing total funding for this support to £2.5 billion.

In England this includes an extension to the Household Support Fund backed by £842m, running from 1 April 2023 to 31 March 2024. Guidance and individual Local Authority indicative allocations for this further extension will be announced in due course. Devolved administrations will receive £158 million through the Barnett formula.

### National Living Wage rise

The government remains committed to ending low pay. From 1 April 2023, the National Living Wage (NLW) will increase by 9.7% to £10.42 an hour for workers aged 23 and over - the largest ever cash increase for the NLW.

This represents an increase of over £1,600 to the annual earnings of a full-time worker on the NLW and is expected to benefit over 2 million low paid workers.

Young people and apprentices on the National Minimum Wage (NMW) rates will also see a boost to their wages. Rates will be increased for people aged 21-22 by 10.9% to £10.18 an hour, for those aged 18-20 by 9.7% to £7.49 an hour, for 16-17 year olds by 9.7% to £5.28 an hour, and for Apprentices by 9.7% to £5.28 an hour.

### Ongoing Energy Price Guarantee

The Energy Price Guarantee was introduced to shield people from unprecedented rises in energy prices.

It fixed the cost of energy so that a typical household pays the equivalent of £2,500 on their energy bills a year, saving the typical household £900 this winter.

From next April, this will change so that the typical household will now pay on average £3,000 a year.

This will save around £14 billion next year while still saving the typical household £500 a year off their energy bills, compared to the price of the energy price cap.

This change allows us to provide additional support to the most vulnerable through the new Cost of Living Payments.

The government will also double to £200 the level of support for households that use alternative fuels, such as heating oil, LPG, coal or biomass, to heat their homes. This will apply to all households in Northern Ireland in recognition of the prevalence of alternative fuel usage in Northern Ireland.

### Case studies

As prices rise across the world, no government can completely shield everyone from the impact of the rising cost of living. The Government has taken the decision to target available support towards the most vulnerable.

This note presents some illustrative case-studies, showing the impact of cost of living policies in the Autumn Statement 2022 (AS22) on household finances in the next financial year, including the Energy Price Guarantee (EPG), Cost of Living Payments, the reversal of the Health and Social Care Levy (HSCL), uprating of benefits including Universal Credit (UC) and the state pension, and the National Living Wage (NLW) rise.

They do not include the impact of existing policies such as the National Insurance Contributions threshold rise, Winter Fuel Payments and support with childcare. These case-studies show hypothetical individual households rather than actual households.

- A single adult working full-time on the NLW (gross income £17,500) and not receiving any means-tested benefits is eligible for additional government support totalling £580 next fiscal year, plus over £1,000 from the NLW rise. This includes £80 in 23-24 from the reversal of the HSCL, and a £500 saving on energy bills from the EPG. Additionally, the rise in the NLW will be worth over £1,600 (or £1,000 post-tax) to this household.
- A low-income couple with two children (one working full-time and one working part-time, both on the NLW, with gross income of £25,300), receiving means-tested benefits, that has high energy usage (double that of the typical household, for example due to a large and/or poorly-insulated property) is eligible for additional government support totalling £2,840 next fiscal year, plus over £750 from the NLW. This includes £900 from COLPs announced at Autumn Statement 2022, £40 from the reversal of the HSCL, £1,400 in UC uprating and a £500 energy bill saving from the EPG. Additionally, the rise in the NLW will be worth around £2,500 (or £750 post-tax and benefits) to this household.
- A low-income single pensioner whose sole income is from Pension Credit and Housing Benefit is eligible for additional government support of £3,100 next fiscal year, including £1,200 from COLPs, £1,400 from benefit uprating and a £500 energy bill saving from the EPG.
- A middle-income couple (one working full time on £35,000 annual gross income, other working part time on the NLW, with total gross income of £43,000) is eligible for additional government support totalling £780 next fiscal year, plus over £500 from the NLW. This includes £280 from the reversal of the HSCL and a £500 energy bill saving from the EPG. Additionally, the rise in the NLW will be worth around £800 (or £500 post-tax) to this household.
- A lone parent working full-time on the NLW (gross income £17,500) and receiving means-tested benefits, with one child is eligible for additional government support of £2,540 in 23-24, including £900 from COLPs, £40 from the HSCL reversal, £1,100 in UC uprating, and a £500 energy bill saving from the EPG. Additionally, the rise in the NLW will be worth over £1,600 (or £500 post-tax and benefits) to this household.



### Benefits uprating

The Government is protecting the most vulnerable in society, many of whom face the biggest challenge making their incomes stretch, by increasing benefits in line with inflation. This means that they will rise by September Consumer Prices Index (CPI) inflation – 10.1%.

Uprating working age and disability benefits will cost £11 billion next year. More than 10 million working age families will see their benefit payments rise from April 2023. The Government is also providing support this winter for people who need help now, including money off energy bills and cost of living payments announced in May 2022.

DWP benefits are fully devolved in Northern Ireland, so it is for the Northern Ireland Executive to decide uprating in Northern Ireland.

### Pensions uprating

Nearly 12 million pensioners in Great Britain will benefit from a 10.1% increase to their State Pension in April 2023 under the triple lock.

The full basic State Pension will increase from £141.85 to £156.20 (£748.75 per year), and the full weekly rate of the new State Pension will increase from £185.15 to £203.85 (£975.75 per year). [The average State Pension in payment will increase by over £870 next year].

The Government will also protect 1.4 million of the poorest pensioner households from inflation by increasing Pension Credit by 10.1%, September CPI inflation, in April 2023.

DWP benefits are fully devolved in Northern Ireland, so it is for the Northern Ireland Executive to decide uprating in Northern Ireland.

### Benefit cap levels increase

In April 2023, the government will also increase the benefit cap levels in line with inflation by 10.1%. The benefit cap levels will rise from £23,000 to £25,323 for families in Greater London and from £20,000 to £22,020 for families nationally.

The levels for single households without children will rise from £15,410 to £16,967 in Greater London and from £13,400 to £14,753 nationally.

### Household Support Fund extension

For those who require extra support, the government is providing an additional £1bn to help with the cost of household essentials, for the 2023-24 financial year, on top of what we have already provided since October 2021, bringing total funding for this support to £2.5 billion.

In England this includes an extension to the Household Support Fund backed by £842m, running from 1 April 2023 to 31 March 2024. Guidance and individual Local Authority indicative allocations for this further extension will be announced in due course. Devolved administrations will receive £158 million through the Barnett formula.

### New Cost of Living Payments for pensioners

More than eight million pensioner households across the UK will receive an additional £300 Cost of Living Payment for pensioners in 2023-24 to help with bills. This is in addition to the means tested benefit and disability payments, if eligible.

Pensioners are disproportionately impacted by higher energy costs, many are unable to increase their income through work, and many low-income pensioner households do not claim the means tested benefits they are entitled to, so offering universal support for this group is the right thing to do.

DWP will provide further detail on timing of the payments and eligibility dates in due course.

This payment will be tax-free and will not have any impact on existing benefit awards. These payments will be made on a UK-wide basis.

### New Disability Cost of Living Payments for people on disability benefits

Over 6 million people across the UK on eligible 'extra costs' disability benefits will receive a further £150 Disability Cost of Living Payment in 2023-24, to help with the additional costs they face. This is in addition to the Cost of Living Payments for households on means tested benefits and pensioner households, if eligible.

This includes everyone eligible for:

- Disability Living Allowance
- Personal Independence Payment
- Attendance Allowance
- Scottish Disability Benefits
- Armed Forces Independence Payment
- Constant Attendance Allowance
- War Pension Mobility Supplement

DWP will provide further detail on timing of the payments and eligibility dates in due course.

This payment will be tax-free and will not have any impact on existing benefit awards. These payments will be made on a UK-wide basis.

### Energy Efficiency

The most effective way to support households to tackle the long-term higher cost of energy is to support the improvement of the energy efficiency of their homes.

A new Energy Efficiency Taskforce will aim to reduce the UK's final energy consumption from buildings and industry by 15% by 2030 against 2021 levels. Government has already provided £6.6 billion to improve energy efficiency for households, businesses, and the public sector this Parliament, and is investing an additional £6 billion from 2025 to 2028 to support the new ambition.

Low-income and vulnerable households can currently contact either their local authorities or energy suppliers for the opportunity to receive free energy efficiency improvements, significantly reducing their energy bills.

From April, all homes with council tax bands A-D in England, A-C in Scotland, A-E in Wales in poorly insulated homes will be eligible for government funded energy efficiency measures via the Energy Company Obligation. By contacting energy suppliers, hundreds of thousands of households could save an average of £320.

### Existing support

The government has provided £37 billion of cost of living support this year, including:

- Help for workers to keep more of what they earn through changes to the personal tax system. The increase to the National Insurance contributions Primary Threshold and Lower Profits Limit is a tax cut for typical employees worth £330 in the first year.
- Every household with a domestic energy supply will receive a £400 discount on their energy bill this autumn and winter. This is being paid in six monthly instalments, paid from October, and is automatically taken off bills. 3 million low-income households will also receive an additional £150 through the Warm Homes Discount.
- This year, households on means tested benefits are receiving cost of living payments, totalling up to £650, pensioners a further £300 Winter Fuel Payment and people who receive disability benefits an extra £150.
- Households in council tax bands A-D in England have received a £150 discount on their Council Tax to help with the cost of living.