



SUPPORT WITH COST OF LIVING

CHILDCARE COSTS




FINANCIAL SUPPORT
MENTAL HEALTH SUPPORT
CAMPAIGNING FOR CHANGE
ONLINE COURSES AND ACTIVITIES



Nottingham
Women's Centre
come on in

Run by women, for all women

 www.nottinghamwomenscentre.com

Help with Childcare Costs

This guide gives you information on some of the ways you might be able to save money on your childcare costs.

?? Tax-free childcare

You can get up to £500 every 3 months (up to £2,000 a year) for each of your children to help with the cost of childcare.

[Claim tax-free childcare](#)

30 hours free childcare

Eligible working families in England with 3 and 4 year old children can receive 30 hours of free childcare a week.

[Visit Childcare Choices for more information](#)

?? 15 hours free childcare

Families in England who have 2 year old children and are on certain benefits can get 15 hours of free childcare a week.
All families with children aged 3 and 4 can also access 15 hours of free childcare a week.

[Visit Childcare Choices for more information](#)

?? Child Benefit

You can claim Child Benefit if you're responsible for bringing up a child who is:

- under 16
- under 20 if they stay in approved education or training

Only one person can get Child Benefit for a child.

It's paid every 4 weeks and there's no limit to how many children you can claim for.

[Claim Child Benefit](#)

?? Claim back childcare costs

You may be able to claim back up to 85% of your childcare costs if you're eligible for Universal Credit, with up to £646 back each month for one child or £1,108 for 2 or more children.

[Find out more about claiming back childcare costs](#)

Families Information Service



**...giving children
the best start**

Nottinghamshire's Families Information Service is available to help families find childcare, give information on different types of childcare and funding, as well as offer lots of useful information to parents, including activities to do at home and in the community, guidance on parenting challenges, child development, healthy lifestyles, volunteering, returning to work and lots more. You'll find all of this and more on our virtual family hub at Notts Help Yourself.

Find out more here:

<https://www.nottinghamshire.gov.uk/care/early-years-and-childcare/families-information-service>



HM Government

Childcare
Choices



HELP PAYING FOR CHILDCARE



MONEY TOWARDS CHILDCARE

Any **one** of the following schemes...

Age

0-11

Or 16 if disabled

Get up to
£2000 per child
For working families

TAX-FREE CHILDCARE

Age

0-16

Claim back up
to **85%** of costs
For working families

UNIVERSAL CREDIT

Age

0-15

Or 16 if disabled

Claim back up
to **70%** of costs
For working families

TAX CREDITS



AVAILABLE IN UK

... **can** be used with

FREE HOURS OF CHILDCARE

Age

2

For families getting
**certain government
support**

15 HOURS FREE CHILDCARE

Age

3&4

For **all** families

15 HOURS FREE CHILDCARE

Age

3&4

For **working** families

30 HOURS FREE CHILDCARE



AVAILABLE IN ENGLAND

For offers in Wales, Scotland and Northern Ireland check childcarechoices.gov.uk
Speak to your provider about any additional charges that may apply

For full details visit

childcarechoices.gov.uk

Getting childcare vouchers?

Go to GOV.UK to find out more

FREE Childcare

for 2 year olds

Your child could be
enjoying up to
15 HOURS
FREE childcare
each week
... like me!

It's easy....

1. Contact us to find out if you're eligible
2. We'll help you to find a place at a childminder or nursery
3. Then it's time to play, make friends and have fun!

Apply online/search for childcare provider needs:

www.asklion.co.uk/freechildcarefor2s

Or alternatively call **0800 458 4114**



Nottingham
City Council

The Early Learning Programme (ELP) for 2-Year-Olds is a Government initiative that provides free childcare places for eligible 2-year-olds. Eligible children will be entitled up to 15 hours per week of free early education for a total of 38 weeks. Free places are available in participating childcare providers across the city.



FREE education and childcare

for 2, 3 and 4 year olds

Your child could be enjoying up to **15 HOURS** FREE childcare each week...*

It's easy...

*(Depending on eligibility, this could be up to 30 hours a week)

1. Contact the Families Information Service for more information and to check if you are eligible
2. We can help you to find childcare in your area

Visit www.asklion.co.uk/helpwithchildcarecosts to apply online/search for childcare providers in your area, or alternatively call **0800 458 4114**



SCAN ME FOR INFO



Apply for free school meals

Free school meals are available to pupils in England if parents get certain benefits.

[Check if your child can get free school meals](#)

[Click here](#) for more information on what is available if you live in Nottingham city

[Click here](#) for more information on what is available if you live in Nottinghamshire county

Holiday activities and food programme



You can get access to free activities and food for your children in the holidays if they receive free school meals.

Children and young people eligible for free school meals will be able to access holiday clubs over the summer. Those attending will receive a free lunch, alongside a programme of activities focused on healthy eating, fitness and mental health.

Nottinghamshire county and city residents can book places and find out more by visiting www.asklion.co.uk/funandfood

There are a limited number of places available for children who aren't eligible for free school meals and these will be allocated on a first-come-first-served basis.





National Breakfast Clubs

All participating schools will receive a 100% subsidy for breakfast club provision until the end of July 2022.



[Find out more about the National School Breakfast Programme](#)

Contact your local school to see what they have on offer.



Claim Healthy Start vouchers

If you're more than 10 weeks pregnant or have a child under 4, you may be able to get help to buy healthy food and milk.

[Check if you're eligible for Healthy Start vouchers](#)

The NHS Healthy Start scheme pays eligible families with young children (or expecting a child) up to £8.50 a week to help pay for 'healthy' foods such as fruit, vegetables and milk. You also get free vitamin supplements

You will get a weekly payment on a prepaid card.

You can only use the cards in shops (not online) that sell milk, infant formula, fruit, and vegetables and you can't withdraw cash from the card.



Healthy Start paper vouchers are being replaced by a new prepaid card

To continue to get help to buy healthy essentials, you'll need to apply online to receive your new prepaid card:
www.healthystart.nhs.uk



Who is eligible for the payments?

You'll get the payments if you're at least ten weeks pregnant or have a child under four and you and your family get one of the following benefits:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment Support Allowance (if you're pregnant)
- Child Tax Credit – if your family's income is £16,190 or less and you're not getting Working Tax Credit
- Working Tax Credit – if you're receiving Working Tax Credit run-on. A run-on might be paid to you in the four weeks after you've stopped working enough hours to qualify for Working Tax Credit
- Universal Credit – if your household is earning £408 or less a month
- Working Tax Credit run-on. This is the payment you receive for four weeks after you've stopped working for 16 hours or more each week (single adults)
- Pension Credit (which includes the Child addition).

You also qualify for Healthy Start Food payments if you're not getting one of these benefits yourself but you live with your partner and they get the benefit.

If you're under 18 and pregnant, you can also get Healthy Start payments – even if you don't get any of the benefits listed above.

If you're not a British citizen but your child is, you might still be able to get Healthy Start payments.

How much are Healthy Start food payments?

- pregnant women (from the 10th week) and children aged one to four get £4.25 a week
- children under one get £8.50 a week.

You will need to [apply for your Healthy Start card online at NHS Healthy Start](#)
[Opens in a new window](#) You must register for a card even if you previously claimed paper vouchers.

If you need more information you can also speak to your midwife, health visitor or doctor, or call Healthy Start on [0300 330 7010](tel:03003307010) or check out the NHS Healthy Start Website

Pregnant?

Children under four?



Worth up to

£6.20

per week**

to spend on
milk, fruit
and veg, and
infant formula
milk

Don't miss out on **HEALTHY START** food vouchers
worth over **£900*** per child

You can get Healthy Start vouchers if you're **at least 10 weeks pregnant** or have a **child under four years old**. Your family must also get one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take home pay of £408 or less per month)

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.



Sign up online today
www.healthystart.nhs.uk

* If you sign up at the first opportunity, when you are ten weeks pregnant
** If your child is under one, you'll receive two £3.10 vouchers per week.
If your child is 1-4 years old, you will receive one £3.10 voucher per week.

HEALTHY
START



Click here for more details: <https://www.healthystart.nhs.uk/>



Get help with maternity costs

You could claim a one-off payment of £500 to help towards the costs of having a child.

This is known as a **Sure Start Maternity Grant**.



Eligibility

You usually qualify for the grant if both of the following apply:

- you're expecting your first child, or you're expecting a multiple birth (such as twins) and have children already
- you or your partner already get certain benefits

You must claim the grant within 11 weeks of the baby's due date or within 6 months after the baby's birth.

You do not have to pay the grant back and it will not affect your other benefits or tax credits.

[Check if you're eligible for the Sure Start Maternity Grant](#)



Help with School Transport



You might be able to get help with the costs of your child's school transport. This depends on how far you live from the school, the age of the child and any disabilities.

Also if you're on a low income or claiming benefits.

Nottingham City- Home to School Transport

Pupils Aged Under 8 Years of Age

Transport will only be considered if the pupil lives more than 2 miles walking distance from their designated school.

Pupils Aged 8 Years and Over 8 to 11

Transport will only be considered if the pupil lives more than 3 miles walking distance from their designated school.

Low-Income Families (Primary School Pupils Aged 8 to 11)

Free transport will be provided to eligible pupils who are in receipt of Free School Meals or whose parents are in receipt of the maximum level of Working Tax Credit. This includes if their designated school is over 2 miles walking distance from their home address.

Children with Special Transport Needs

If you are the parent or carer of a child with special educational needs who has an identified special transport need, you may qualify for assistance with the cost of transporting your child to and from school.

Use the link below to apply and find out more:

<https://www.nottinghamcity.gov.uk/information-for-residents/education-and-schools/school-transport/travel-to-primary-school-in-nottingham/>

Discounted Travel

Nottingham City Transport offer discounted travel for every day or every now and then, with academic year passes on sale from mid-August.

Information can be found at [Nottingham City Transport - Student Bus Travel](#).

[Robin Hood passes](#) are also available for students who travel on all buses, trains and trams in Nottingham

<https://www.moneyhelper.org.uk/en/benefits/benefits-if-you-have-children/benefits-and-entitlements-to-claim-when-you-have-a-baby>