



PLANT YNG NGHYMURU
CHILDREN IN WALES

Benefits and Entitlements- young parents

A young person's guide

Resource 8 of 12



You may also like to read these resources:

- Benefits and Entitlements
- Benefits and Entitlements- education
- Budgeting
- Money- I need some!
- Money- putting money aside
- Food Shopping Tips

Getting Ready Project

BENEFITS AND GRANTS

What you could get (2021/2022)

Child Benefit (1st child) **£21.15** per week
Child Benefit (2nd child etc) **£14** per week
Sure Start Maternity Grant **£500**



It can be a very challenging but rewarding time being a new parent. Here you will find information about what support is available.

Child Benefit

- As soon as your child is born, you can claim child benefit.
- You receive a monthly payment
- This is from birth until aged 16 (or 20 if they stay in education)

Sure Start Maternity Grant

- If you are about to have your child and are on benefits, you may be able to claim this grant.
- You need to claim 11 weeks before birth OR within 6 months of the birth
- You need a health professional to sign your application

This is where you will find the form that needs to be filled in

<https://www.gov.uk/sure-start-maternity-grant/how-to-claim>

To apply go to the website below:

<https://www.healthystart.nhs.uk/>

Healthy Start Vouchers

- These are vouchers to help towards the cost of fruit, vegetables and milk for your child
- You can apply for these if you are on certain benefits AND
- You are pregnant or your child is under 4 years old.



CHILDCARE SUPPORT

Wellbeing

- Being a new parent is stressful
- Keeping a positive frame of mind is important
- There is likely to be support available through local mum and baby groups
- For tips on maintaining your mental health and wellbeing:
- <https://platform.org/project/young-people/>
- <https://youngminds.org.uk/>



If you are a young parent and are looking to find work, finding childcare could be difficult. Here we highlight what support may be available.

Flying Start

This is a project to support families in certain areas of Wales.

- It can offer 2.5 hours of childcare per day for most of the year
- For when your child is 2 or 3 years old
- They can also offer other support such as parenting classes
- You have to live in a particular postcode area

To find out more speak to your health visitor



To find out more go to:
<https://www.studentfinancewales.co.uk/>
or speak to your personal advisor

Family Information Service

- Each local authority has a Family Information Service.
- This provides advice and support around a number of parenting issues and could advise you about what childcare support you may be entitled to.

For more information:

- Carmarthenshire-
<https://fis.carmarthenshire.gov.wales/>

Childcare while studying

If you are thinking of going to University, you may be able to apply for some money for childcare. This typically depends on:

- The amount of money you have coming in
- What benefits you are on
- The age of your child
- The type and length of your course

Childcare while in work

- If you are getting Universal Credit you can receive up to 85% of the cost of childcare back.
- This could be up to £646.35 per month for one child
- **HOWEVER** you have to pay for childcare up front and then claim it back



School Uniform Grant

If your child gets free school meals, you could get up to £125 for each application. This covers:

- Uniform and sports kit
- Equipment for out of school hours trips
- Equipment for some school activities

YOUR CHILD IN SCHOOL



Is your child getting bigger and about to start school? Like everything else, this can cost money. However you could receive some support

Free School Meals

- If you are getting certain benefits and your income is below a certain amount you will be able to claim free school meals.
- This ensures your child gets a healthy, nutritious, cooked meal each day
- Your child's school will also receive more money from Welsh Government to support your child.



To apply for free school meals, speak to someone in your child's school

To apply for a uniform grant:

- Carmarthenshire- <https://www.carmarthenshire.gov.wales/media/1219181/new-pdg-access-grant-application-form.pdf>



Free Breakfast

- The local authority primary schools in your area should provide a free breakfast
- Schools provide a healthy and nutritious breakfast before the start of the school day.
- For more information speak to your child's school

School Uniform Grant

If you receive free school meals, you will also be able to get a school uniform grant. You can get this when your child is about to start

- Reception
- Year 3

