New Forest Disability Information Service

Information
01425 628750
info@NewForestDIS.org.uk
www.NewForestDIS.org.uk

Information Sheet 7

Employment & Support Allowance (ESA)

If you are ill or disabled, Employment and Support Allowance (ESA) may offer:

- financial support if you are unable to work
- personalised help so you can work if you are able to
- you can apply for ESA if you're employed, self-employed or unemployed

Types of ESA

There are 3 different types of Employment and Support Allowance (ESA):

- 'new style 'ESA
- contribution-based ESA
- income-based ESA

Universal Credit has replaced contribution-based ESA and income-based ESA, and since 27 January 2021, it has not been possible to make a new application for either of these benefits. People who already receive these benefits can continue to do so until their circumstances change, or they are "migrated" to Universal Credit as part of the government's managed migration scheme.

'New style 'ESA

To get 'new style 'ESA you need to have been an employee or self-employed and paid National Insurance contributions, usually in the last 2 to 3 years. National Insurance credits also count. You need to have an illness or disability that affects your ability to work. In most cases, your (or your partner's) income and savings will not affect how much 'new style' ESA you are paid.

'New style 'ESA and Universal Credit

Check if you're eligible for Universal Credit (UC), you could get UC at the same time, or instead of 'new style 'ESA. If you get Universal Credit and 'new style 'ESA at the same time, your 'new style ' ESA payment is deducted from your Universal Credit payment - you are not guaranteed to get any extra money, though ESA may be paid more regularly than UC.

How to apply for ESA

You can apply online at **https://www.gov.uk/employment-support-allowance/how-to-claim** or if you are unable to apply online, you can telephone the Contact Centre:
Telephone: **0800 328 5644** (choose option 3) Textphone: **0800 328 1344** (choose option 3)

To help you fill in the claim form for ESA, you'll need the following:

- National Insurance number
- fit note (sometimes called 'sick note 'or 'doctor's note')
- GP's address and phone number
- home and mobile telephone numbers
- employer's address and telephone number, and dates of employment or last day worked
- bank account details
- details of any other money you're getting, such as benefits or sick pay

You will be placed in one of 2 groups if you are entitled to ESA

1. Work-related activity group. You must go to regular interviews with an adviser who can help with things like job goals and improving your skills.
2. Support group. You do not have to go to interviews, but you can ask to talk to a personal adviser. You're usually in this group if your illness or disability severely limits what you can do.

How long you will get ESA

'New style 'ESA lasts 365 days in the work-related activity group. There is no time limit if you are in the support group.

Benefits sanctions

ESA can be reduced or stopped if you do not go to interviews or do work-related activities as agreed with your work coach.

IF you would like an experienced Advisor at the New Forest Disability Information Service to assist and advise you in making an application, please contact **01425 628750**.

Note: New Forest Disability Information Service takes every precaution to ensure these details are correct but cannot be held responsible for changes between verification dates.

New Forest Disability Information Service is a registered charity, and we rely on your kind donations to provide our services. If you would like to make a donation, please visit www.NewForestDIS.org.uk/donate. Thank you.