



## INFORMATION FOR TEENAGE PARENTS



**Call into One Stop for further support and guidance or call 01429 401834 / 284043**

# Healthy Start Vouchers

## Do I qualify?

You qualify for Healthy Start if you're at least 10 weeks pregnant or have a child under four years old **and** you or your family get:

- Income Support, or
- Income-based Jobseeker's Allowance, or
- 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 of applying :

If you are pregnant or have a child under four years old you could get Healthy Start vouchers to help buy some basic foods. This important means-tested scheme provides vouchers to spend with local retailers.

Pregnant women and children over one and under four years old can get one £4.25 voucher per week.

Children under one year old can get two £4.25 vouchers (£8.50) per week.

## What else is Available?

Healthy Start vitamins are suitable for vegetarians and halal diets, and free from milk, egg, gluten, soya and peanut residues. Pregnant women, women with a baby under one year old and children from six months old to their fourth birthday on **Healthy Start** will get green **Healthy Start vitamin** coupons.

## How to apply:

The form is a leaflet called Healthy Start which you can get from your midwife or GP

You can also download the form or apply online at:  
**[www.healthystart.nhs.uk/healthy-start-vouchers](http://www.healthystart.nhs.uk/healthy-start-vouchers)**

### Call:

0345 607 6823

### Postal address:

Freepost RRTR-SYAE-JKCR  
Healthy Start Issuing Unit  
PO Box 1067  
Warrington  
WA55 1EG

## What information do I need to provide?

Personal details  
Address  
National insurance number

You will be required to ask your midwife to sign the completed form.

# Care to Learn

## Do I qualify?

- You're a parent under 20 at the start of your course
- You're the main carer for your child
- You live in England you're either a British citizen or a national of a European Economic Area (EEA) country
- Your course qualifies
- Your childcare provider qualifies

## Benefits of applying:

- your childcare, including deposit and registration fees
- a childcare taster session for up to 5 days
- keeping your childcare place over the summer holidays
- taking your child to their childcare provider

You can get up to:

£160 per child per week if you live outside London

## What else is available ?

- Childcare element of tax credits (now part of universal credit—for over 20s)
- Free Nursery
- Entitlement for 2 and 3 year olds—subject to eligibility

## How to apply?

You must choose your learning provider and childcare provider before you apply.

Your childcare provider is paid from the beginning of your course if you apply either: Before your course starts within 28 days of starting your course. If you apply after that, your childcare provider will only be paid from the beginning of the week that your application was received.

[www.gov.uk/care-to-learn](http://www.gov.uk/care-to-learn)

## What information do I need to provide?

Details of childcare provider  
OFSTED registration number( provided by nursery or child minder)  
Details of college and course  
Proof of benefits

# Universal Credit

## Do I qualify?

You can currently claim Universal Credit if you're either:

- A single person anywhere in England, Wales and Scotland
- A couple or family living in certain areas

To get Universal Credit you must:

- Be 18 or over but under State Pension age
- Not be in full time education or training
- Not have savings over £16,000

## Benefits of applying:

### Calculators

Use one of the following:

Turn2us - for information on income-related benefits, tax credits, Council Tax Reduction, Carer's Allowance, Universal Credit and how your benefits will be affected if you start work or change your working hours.

entitled to - for information on income-related benefits, tax credits, contribution-based benefits, Council Tax Reduction, Carer's Allowance, Universal Credit and how your benefits will be affected if you start work.

## What else is Available?

### If you have children

You can make a new Universal Credit claim if you either:

- Have 2 children or fewer and you live in a Universal Credit area
- Received Universal Credit in the previous 6 months and your payments have stopped - it doesn't matter how many children you have
- If you have 3 or more children and you haven't claimed Universal Credit before, you can apply for Child Tax Credit

### How to apply?

Apply online

[www.gov.uk/apply-universal-credit](http://www.gov.uk/apply-universal-credit)

Click on start claim

Universal Credit helpline

Telephone: 0345 600 0723

### What information do I need to provide?

You will be required to provide the following information :

National insurance number

Bank account details

Full postal address

Personal details for you, your partner and any children on application

# Local Welfare Support

## Do I qualify?

You can only get help for non-crisis support if you are receiving a qualifying benefit or expect to be in receipt of a qualifying benefit at the time you apply and there is enough money left in the fund. Qualifying benefits are listed below but please note, if you have savings the value of any award may be reduced.

- Universal Credit
- Jobseekers Allowance (income based)
- Employment and Support Allowance (income related)
- Income Support
- Pension Guaranteed Credit

## Benefits of applying:

Basic items, eg, bedding, some essential basic kitchen items. Contact Welfare support on the number below for further support on what may be available.

## What else is Available?

Food Bank: call - 01429 523330

Discretionary housing support:

Call - 01429 523336 for further information

Social care or locality worker can also refer you to this.

## How to apply?

Collect application from: Hartlepool Civic Centre, Advice and Support HUB.

Alternatively call - 01429 284284 during Office Hours 9am-4.30pm to apply for crisis support.

## What information do I need to provide?

You will be required to provide identification and proof of Benefits.

# Maternity Grant

## Do I qualify?

Usually, to qualify for a Sure Start Maternity Grant there must be no other children in your family and you or your partner must get one of these benefits:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- Pension Credit
- Child Tax Credit
- Working Tax Credit that includes a disability or severe disability element
- Universal Credit

If you already have children you may still be able to get a grant if you're expecting a [multiple birth](#) (such as twins or triplets).

## Benefits of applying:

You will be entitled to a minimum of £500.

Please visit [www.gov.uk/sure-start-maternity-grant/what-you'll-get](http://www.gov.uk/sure-start-maternity-grant/what-you'll-get) for further details

## What else is Available?

Further entitlements are available for multiple birth.

## How to apply?

Print out and fill in the [Sure Start Maternity Grant \(SF100\) claim form](#). A health professional (such as a doctor or midwife) must also sign your claim form. Post it to "Freepost DWP SSMG" - you don't need a postcode or stamp.

## When you can claim

You can claim from 11 weeks before the week your baby is due. The latest you can claim is 3 months after your baby is born.

### **Sure Start Maternity Grant helpline**

Telephone: 0345 603 6967

[Find out about call charges](#)

## What information do I need to provide?

National insurance number

Expected due date

Midwife or GP are expected to sign this paper work

# One Stop

## Do I qualify?

- If you are between 16 and 20
- If you are looked after /leaving care and between 16 and 21
- If you have additional learning needs and between 16 and 25

## Benefits of applying:

The One Stop is a service for young people aged between 16 and 19.

We offer an inclusive service from one location where young people can access help and support for a wide range of issues from homelessness to Education, Employment and Training. We can support with CV writing, interview support and employability skills.

## What else is Available?

- Social area
- Referral to other agencies
- CV writing
- Career guidance
- Job search facilities

**Drop in to:**  
**One Stop (Pathfinders)**  
**Villiers Street, Hartlepool TS24 7SA**

**Monday -Thursday**  
**9:15am-5pm**

**Friday**  
**9:15am-4.30pm**

**Call**  
**01429 284043**

## What information do I need to provide?

National Insurance Number  
Qualifications (if making a CV)  
Bank account details (if applying for benefits)

## Useful Contacts

|   |                         |
|---|-------------------------|
| Hartlepool Children's Hub               | 01429 284284            |
| Universal Credit                        | 0345 600 0723           |
| Child Benefit                           | 0300 200 3100           |
| Council Tax                             | 01429 284188            |
| Compass                                 | 0300 111 1000           |
| Citizen's Advice Bureau                 | 01429 408401            |
| Maternity Assessment Unit               | 01429 522879            |
| Baby Bereavement Support Group          | 01429 231221            |
| LETS CONNECT                            | 01429 269303            |
| CAMHS                                   | 03000 132000 (option 4) |
| CAFCASS                                 | 0300 456 4000           |
| Free Nursery Entitlement (Kim Rowntree) | 01429 284881            |
| Healthy start                           | 0345 607 6823           |
| Stop smoking clinic                     | 01642 383819            |
| Family Hubs                             | 01429 292444            |

## Useful Contacts

[turn2us.org.uk](http://turn2us.org.uk)

[www.healthystart.nhs.uk/healthy-start-vouchers](http://www.healthystart.nhs.uk/healthy-start-vouchers)

[www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)

[www.gov.uk/child-benefit](http://www.gov.uk/child-benefit)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

[www.compasscbl.org.uk](http://www.compasscbl.org.uk)

[www.gov.uk/sure-start-maternity-grant](http://www.gov.uk/sure-start-maternity-grant)

[www.gov.uk/care-to-learn](http://www.gov.uk/care-to-learn)

[hartlepool.fsd.org.uk](http://hartlepool.fsd.org.uk)

[www.cafcass.gov.uk](http://www.cafcass.gov.uk)



## Useful Contacts

|              |              |
|--------------|--------------|
| Hindpool     | 01429 292444 |
| Lynnfield    | 01429 232946 |
| Miers Avenue | 01429 271276 |
| Rossmere     | 01429 292444 |
| Stranton     | 01429 231329 |
| Rift House   | 01429 284610 |

### What's On at my local Family Hub?

- Health Visitor drop ins
  - Play groups
  - Baby massage
- Safe & Sound course
  - Parenting groups

**And much more—call you Family Hub for more info!**

**And for many other local playgroups:**

**[www.netmums.com](http://www.netmums.com)**

**(put 'Hartlepool play groups' in search bar)**