



# East Renfrewshire Citizens

## Advice Bureau Weekly Update

12/05/2023

### Case Study –

Client approached bureau for support with applying for bereavement benefits following the passing of their partner many years ago.

Adviser identified eligibility for Widowed Parent's Allowance and assisted client with the application form.

A few weeks later our client was awarded a backdated payment of **£20,719** for the years 2018-2023; which will be really beneficial to her and her children's lives.

WPA has been replaced by Bereavement Support Payment, and you can only make a new claim if your partner died before 6 April 2017.

All of the following must also apply:

- you're under State Pension age
- you're entitled to Child Benefit for at least one child
- you and your partner were married, in a registered civil partnership, or living together as though you were married
- your partner paid National Insurance contributions, or they died because of an accident at work or a disease caused by work.

The amount you get is based on how much your partner paid in National Insurance contributions. The maximum payment is £139.10 a week. You'll continue to get WPA until you either; stop being entitled to Child Benefit or reach State Pension age.

[www.gov.uk/widowed-parents-allowance](http://www.gov.uk/widowed-parents-allowance)

[www.gov.uk/bereavement-support-payment](http://www.gov.uk/bereavement-support-payment)

### Take a Break Scotland –

Take a Break 2023 is now open for applications!

Take a Break is Scotland's short breaks fund for carers of disabled children, young people and their families. The grants can be used for a break away, towards leisure activities or outings; sports equipment and much, much more.

Applications are open until 5:00pm on Monday 26 June 2023.

Take some time to read our eligibility criteria, see the type of grants you can apply for, and find useful tips on how to apply, over on their website: [www.takeabreakscotland.org.uk](http://www.takeabreakscotland.org.uk).

### The National Gambling Support Network

The National Gambling Support Network, formerly known as 'The National Gambling Treatment Service', is a group of organisations across Great Britain who provide free, confidential and personalised support for anyone who's experiencing problems from gambling, as well as those affected by someone else's gambling.

If you're worried about your own or someone else's gambling, this service is totally free to access, 24 hours a day, 7 days a week.

Freephone Helpline: 0808 8020 133

[www.begambleaware.org/ngsn](http://www.begambleaware.org/ngsn)

### Mental Health Awareness Week 2023 –

Since 1949, the Mental Health Foundation has been the UK's leading charity for everyone's mental health. They are the home of Mental Health Awareness Week.

On the theme of 'anxiety', this year's Mental Health Awareness Week is from 15 to 21 May.

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

In a recent mental health survey carried out by Mental Health Foundation around stress, anxiety and hopelessness over personal finances, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time.

Keep up with the latest on this year's Mental Health Awareness Week. Follow on social media:

Twitter: [@mentalhealth](https://twitter.com/mentalhealth)

Facebook: [@mentalhealthfoundation](https://www.facebook.com/mentalhealthfoundation)

Instagram: [@mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)

Website: [www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)

Campaign hashtags:

[#MentalHealthAwarenessWeek](https://twitter.com/mentalhealthfoundation) [#ToHelpMyAnxiety](https://twitter.com/mentalhealthfoundation)

Clients can also get in contact with the bureau via:

**Email - [ere-bureau@eastrenfrewshirecab.casonline.org.uk](mailto:ere-bureau@eastrenfrewshirecab.casonline.org.uk)**

You can also keep up to date with recent news from ERCAB via our social media platforms. Please feel free to distribute the contact details for our advisers provided on our Facebook page.

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