

BREATHE Advice and Advocacy Service



Self Help 11

OFFERING FREE,
INDEPENDENT,
CONFIDENTIAL AND
IMPARTIAL ADVICE
ON WELFARE ISSUES

Where are we ... ?

108 Warren farm road,
Kingstanding,
B44 0QN

advice UK

0121 384 2333

Advice@new-heights.org.uk

MORE INFORMATION AT: WWW.NEW-HEIGHTS.ORG.UK



BIG
LOTTERY
FUND

NATIONAL
LOTTERY FUNDED



Self-help 11: 'New Style' Employment and Support Allowance (ESA)

'New Style' Employment and Support Allowance is the replacement benefit for Contribution Based Employment and Support Allowance following the introduction of Universal Credit. If you are over 16, and have been in work for the last 2 -3, years you may be able to claim 'New Style' ESA, rather than Universal Credit.

There are a number of conditions that you have to meet:

- be under pension age (ESA stops when you reach that age)
- not be entitled to income support, jobseeker's allowance or statutory sick pay
- not be in work - some types of work are permitted
- pass the national insurance contributions test
- have a limited capability for work (this is tested under the work capability assessment)
- be present in Great Britain (or Northern Ireland) if you live there
- To claim, call 0800 328 5644 (textphone: 0800 328 1344) and choose option 2, followed by option 6.

When you contact the DWP, you might be advised to claim Universal Credit instead. The rules on claiming Universal Credit are strict. Once you claim, you will remain on Universal Credit, which could affect both your income and how you receive your benefit payments, depending on your circumstances.

You can get information on what you can do in these circumstances by calling the Breathe team on **0121 384 2333** or emailing us on advice@new-heights.org.uk