



School of Health  
& Medical Sciences

[citystgeorges.ac.uk](http://citystgeorges.ac.uk)

## Benefits information sheet

Being paid for involvement can affect your benefits and tax so we recommend you get advice before agreeing to take part in activities at the university.

### Where to get advice on tax and benefits?

- **Citizens Advice Bureau (CAB)** You can find your local CAB on the Citizens Advice Bureau website which also gives lots of information to help you make financial decisions. 0800 144 8848 or Citizens Advice
- **Turn2Us** is a charity providing financial information and support, including a benefits calculator, a 'find an advisor' tool, and free helpline: 0808 802 2000.
- **Your local authority** may provide benefits advice services or signpost to those available in your local area. Find your local council - GOV.UK
- **Housing associations and community** organisations may also offer similar services.
- **Age UK** - Some local branches of Age UK offer a free, confidential benefits advice service for older people. 0800 678 1602
- **Disability Rights UK** Disability Rights UK website includes information and advice on benefits. You can contact 0330 995 0400 to access paper copies of their factsheets and publications.
- **Gingerbread** provides advice and practical support for single parents, including advice on benefits and tax credits. 0808 802 0925 or Home | Gingerbread

### What can we do to support you?

- We can pay you at a lower rate so that it doesn't impact your benefits
- We can find other ways to give recognition for your support and work
- We can provide a letter for JobCentrePlus to clarify that involvement work does not demonstrate capacity to work
- We can pay your expenses separately, or we can only cover expenses