

Cost of Living Parental Support

October 2023

Adviser Discretion Fund

If you are unemployed and facing financial barriers to starting or returning to work, or if you're employed or self-employed and facing similar difficulties, your local Job and Benefits office may be able to help you with a grant of up to £1,500 - this can also be used to help with childcare costs. If you are on Universal Credit, speak to your work coach.

[MORE INFORMATION](#)

Disability Living Allowance (Child)

This is a tax-free benefit that provides financial help towards the extra costs of bringing up a child (under 16) who has a disability.

[MORE INFORMATION](#)

Community Support Programme

This programme supports families as they make life changing decisions to improve their lives. The project can help families find suitable education, employment and training opportunities, helps develop parenting skills and build better family relationships, offer support with money management and benefit advice, and more.

[MORE INFORMATION](#)

Benefit Check

Many people in Northern Ireland don't claim the benefits that they are entitled to. You can contact your local advice organisation to see if there is any financial support that you may be able to receive.

[MORE INFORMATION](#)

Sure Start Maternity Grant

If you are receiving certain benefits or tax credits, you could be eligible for this grant of £500 to help with the cost of maternity expenses and baby items. You may also be entitled to this grant if you have refugee or humanitarian protection if you left Ukraine or Afghanistan.

[MORE INFORMATION](#)

Help Paying For Approved Childcare

If you work and your children are under 12 (under 17 for children with disabilities), you might be eligible for Tax-Free Childcare. This can help pay for approved childcare.

[MORE INFORMATION](#)

Help With School Costs

If your child is in full-time education and you receive a qualifying benefit, you might be eligible for free school meals, transport to and from school, and/or a grant to help buy school uniforms.

[MORE INFORMATION](#)

Support for Mortgage Interest

If you're a home owner and receive certain income-related benefits, you may be able to get help towards mortgage interest payments. However, please note it is a loan and must be repaid.

[MORE INFORMATION](#)

Transport Costs

There are different public transport concessions for people with a disability in Northern Ireland.

[MORE INFORMATION](#)

Disabled Facilities Grant

This grant from the Housing Executive helps to adapt the home of a person with a disability and is based on the recommendation of an occupational therapist. Owner occupiers, landlords or private tenants can get help to carry out adaptations if there is a person with a disability living in the house.

[MORE INFORMATION](#)



For more information,
resources and advice visit

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