

BENEFITS

福利

A benefit is the name for money given by the UK authorities to people with low or no income or for people who have extra care needs because of an illness or disability.

福利是英国政府将钱给予低收入或无收入者或因疾病或残障而需要额外照顾的人。

People with refugee status or another form of leave to remain in the UK have the same rights to benefits as UK citizens.

具有难民身份或以其它方式允许留在英国的人就有与英国公民同样的权利享有福利。

It is important to claim as soon as you are granted status, or you may lose money.

一旦你被答应给予身份马上申请是非常重要的，否则你将损失金钱。

When applying for welfare benefits you will have to show that you are not receiving money from any other source, for example, from National Asylum Support Service (NASS). If you have been supported by NASS you will be asked to show a NASS 35 form. This form is issued by NASS and gives the exact date when they stopped supporting you. You should receive this form at the same time as the letter giving you a positive decision on your asylum application.

当你申请福利时你必须证明你没有接受其它金钱来源，例如从国家避难援助服务处(NASS)。如果你曾经被 NASS 资助你将被要求出示一个 NASS 35 表格。这个表格是由 NASS 发给的，上面会写着 NASS 何时停止资助你的确实时间。你应该在收到批准你避难申请的同时收到这份表格。

You will not be sent a NASS 35 form if you received refugee status or another form of leave to remain in the UK whilst in emergency accommodation and you were never given another home to live in. However, in order to claim benefits you still need to show a NASS letter confirming that NASS refuses to support you because you have had a positive decision on your asylum claim. To get this letter, call NASS on 0845 600 0914 and give them your Immigration and Nationality Directorate and NASS reference numbers.

如果你收到难民身分或以其它方式允许你留在英国的那一段时间是住在紧急住所并且从来没有给你其它住房居住那你将不会收到 NASS35 表格的。但是为了得到福利你仍需要一封 NASS 的信件证明 NASS 拒绝给你资助是因为你已经得到避难批准。要取得此证明信件请播 0845 600 0914 给 NASS 并且需要给他们你的移民及国籍理事会和 NASS 的参考号码。

When you prove your status, the Department for Work and Pensions should begin payments, even if you have not yet received a NASS 35 form.

当你证明了你的身份，即使你还没有收到 NASS 35 表格，工作和养老金部门也应该开始付款。

If you have not received a NASS 35 form and you need one, telephone NASS on 0845 600 0914.

如果你需要 NASS 35 表格但还没有收到，请播 0845 600 0914 联系 NASS。

National Insurance (NI) Number

国家社会保险号码(NI)

When you apply for benefits you will be asked for your national insurance (NI) number. You can apply for a NI number at the same Department for Work and Pensions office. You will be asked for evidence of your identity and should take with you any documents from NASS or Immigration and Nationality Directorate. If you have a passport or birth certificate, you should take that too.

当你申请福利的时候一定会要求你提供你的国家社会保险号码。你可以在工作及养老金部门申请国家社会保险号码。一定会要求提供证明你身份的证据并且携带由 NASS 或移民及国籍理事会的所有文件。如果你有护照或出生证明，也应该同时携带。

These are the benefits available to people on low or no income:

以下这些福利是提供给无收入和低收入者：

Income Support
收入援助

Income-based Job-Seeker's Allowance
收入根基的求职者津贴

Housing Benefit

住房福利

Child Benefit

儿童福利

Social Fund

社会基金

Pension Credit

养老金补助

Council Tax Benefit

议会税福利

Child Tax Credit

儿童税减免

Working Tax Credit

工作税减免

Severe Disablement Allowance

严重残疾津贴

These are the benefits paid to people who have extra care needs because of illness or disability, or who look after a severely disabled person:

以下这些福利是付给因疾病和残疾而需要额外看护者，或照顾严重残疾者的人：

Attendance Allowance

护理津贴

Disability Living Allowance

残疾生活津贴

Carer's Allowance

看护者津贴

If you have been granted refugee status or another form of leave to remain in the UK, you can claim backdated Income Support, Pension Credit, Council Tax Benefit, and/or tax credits to cover the period that you were excluded from these benefits. Any other support paid to you will be deducted.

如果你已经给予难民身份或其它方式允许留在英国，你可以要求追溯所有收入支持，议会税福利，和/或减税，以补足你被拒绝在这些福利的这段时间。其它任何已付给你的援助将会被扣除。

You must claim within 28 days (or for tax credits, 3 months) of receiving the Home Office letter granting you indefinite leave to remain as a refugee.

你必须在收到内政部允许你难民身分且无限期逗留信件的 28 天(或对于减税，3 个月)内提出要求。

Income Support

收入援助

Income Support provides money for basic living expenses. People who are entitled to Income Support are:

收入援助提供为基本生活花费所需的金钱。有资格获得收入援助的人有：

- People looking after children on their own
独立照料孩子的人
- People looking after someone who cannot look after themselves
独立照料无法照料自己的人
- People who are not able to work because of health reasons including stress. You will need a medical certificate from your doctor.
因为健康原因而无法工作的人包括内在的压力。你需要提供医生的医疗证明。

To claim Income Support, go to the Social Security/Jobcentre Plus office.

请到社会保障/就业辅导中心办公室要求收入援助。

Pension Credit 养老金补助

Pension Credit is for people aged 60 and over.
养老金补助是为 60 岁和 60 岁以上者设立

It provides a contribution towards a guaranteed level of income. People with caring responsibilities, severe disability or certain housing costs may be entitled to more than the minimum amount.

它对一个收入水平的保证有很大贡献。对于负有照顾责任的人，严重残疾或有一定房屋花费的人有资格多于所规定的最低额度。

For pensioners aged 65 and over Pension Credit may also provide a reward for some of the savings and income they have for their retirement.
对于 65 岁或以上领养老金者，养老金补助还对有些储蓄和退休收入提供奖金。

To apply for Pension Credit contact the Pension Credit Application Line on 0800 99 1234 or contact your Pension Centre or social security office.

申请养老金补助请播养老金补助申请电话 0800 99 1234 或联系你的养老金中心或社会保障办公室。

Housing Benefit and Council Tax Benefit 住房及议会税福利

If you have been granted refugee status or another form of leave to remain in the UK, you may get Housing Benefit or Council Tax Benefit if you are receiving Income Support or Income-based Job Seeker's Allowance.

如果你已经有难民身份或其它方式许可留在英国，并且正在领取收入援助或求职者津贴，你可获得房屋福利或议会税福利。

You may also claim Housing Benefit and/or Council Tax Benefit if you are on low income.

如果你是低收入者也可以要求住房或议会税福利。

You claim these benefits from your local authority, not from the Social Security/Jobcentre Plus office. You may not receive the full amount to cover your rent. You can check with the council before hand, to find out how much you will receive.

你应该从当地政府申请这些福利，而不是从社会保障/就业辅导中心办公室。你可能不会得到全部金额来支付你的房租。你应该事先向市议会查询你能收到多少金额。

If you are offered a job or training your benefits may be reduced.

如果你找到一份工作或培训，你的福利或许会减少。

Child Benefit

儿童福利

If you have been granted refugee status or another form of leave to remain in the UK, you may claim Child Benefit if you are responsible for a child under 16 years old (or under 19 years old if the child is in school or college for more than 12 hours a week). This benefit is not affected by how much money you have or if you are working.

如果你已经有难民身份或其它方式许可留在英国，如果你负责照顾 16 岁以下儿童(或 19 岁以下儿童每周在学校或学院超过 12 小时)这项福利不会因你有多少钱或是有工作而受影响。

To claim Child Benefit, obtain a form from any Inland Revenue enquiry centre, Jobcentre Plus office or the Department for Work and Pensions website.

要申请儿童福利，请于任何一个国税局咨询中心，就业辅导中心或工作与养老金部门网站上获取表格。

Social Fund

社会基金

If you have been granted refugee status or another form of leave to remain in the UK, you may apply for help from the Social Fund if you need it in an emergency, or to buy things for your new home.

如果你已经有难民身份或其它方式许可留在英国，如果你遇有紧急情况或需要为你的新家购买物品，你可以申请取得社会基金帮助。

The Social Fund can lend you money interest free or give you a grant. You do not have a right to this money. The Social Security /Jobcentre Plus office decides whether or not to give you this money. It is paid only in emergencies.

社会基金可无息借钱给你或给你一笔补助金。你没有权力获得这笔金额。社会保障/就业辅导中心办公室决定是否给你这笔金额。这笔金额只会在紧急情况下付给你。

If you were housed by NASS and are moving into a new home you can apply for a Community Care Grant to pay for furniture and other items.

如果你过去住在 NASS 的房屋，现在要搬往新家，你可以申请社区关心补助金来为你的家具和其它物品付款。

To claim a Social Fund loan or Community Care grant, go to the Social Security/Jobcentre Plus office. If you are refused a Social Fund payment you can ask for a review of the decision.

要申请社会基金和社区关心补助金，请到社会保障/就业辅导中心办公室。如果你被拒绝给予社会基金你可以要求复审判决。

The Social Fund can also help people who get certain income related benefits or tax credits.

社会基金还可以帮助那些因福利或减税而得到某些收入的人。

Sure Start Maternity Grants can help with the costs of things for a new baby and do not have to be paid back.

确定开始怀孕补助金可以帮助你支付为新生儿购买物品的花费并且不需偿还。

Funeral Payments help towards the costs of a funeral. They depend on your circumstances, not those of the person who has died.

丧葬款项可帮助你支付丧葬所需费用，这笔钱要根据你情况来决定，而不是已经去世者的情况。

To apply for a Sure Start Maternity Grant or a Funeral Payment, contact your local Social Security or Jobcentre Plus office.

申请确定开始怀孕补助或丧葬款项，请联系当地社会保障或就业辅导中心办公室。

Disability and Carer Benefits

残疾和看护者福利

If you have been granted refugee status or another form of leave to remain in the UK, you may claim if:

如果你已经有难民身份或其他方式许可留在英国，且满足下列条件，你可申请：

- You have a severe disability and are under 65 years old and have been in the UK for six months. You can claim Disability Living Allowance (DLA) if as a result of a severe disability you have extra personal care needs or mobility needs.
你有严重残疾且 65 岁以下，在英国已经 6 个月。因为严重残疾需要额外的人照顾或活动需求，你可申请残疾人生活津贴。
- You have a severe disability and are over 65 years old and have been in the UK over six months. You can claim Attendance Allowance (AA) if as a result of a severe disability you have extra personal care needs.
你有严重残疾且 65 岁以上，在英国已经 6 个月。因为严重残疾需要额外的人照顾，你可申请护理津贴。
- You cannot work or have low earnings because you spend 35 hours a week or more caring for a disabled or elderly person who receives either Disability Living Allowance or Attendance Allowance or Constant Attendance Allowance. You can claim Carer's Allowance.
- 如果你因为每周花费 35 个小时或超过 35 个小时照料那些领取残疾人生活津贴或护理津贴或持续护理津贴的残疾人或老人而不能工作或收入很低，你可以申请护理津贴。

To claim disability benefits, contact your nearest office of the Department for Work and Pensions.

申请残疾人福利，请联系离你最近的工作及养老金办公室。

Attendance Allowance

护理津贴

If you have been granted refugee status or another form of leave to remain in the UK, you may claim Attendance Allowance if you have extra personal care needs because of your severe disability. You must be aged 65 or over and:

如果你已经优难民身份或其他方式许可留在英国，因为严重残疾需要额外的人照顾，你可申请护理津贴。但你必须 65 岁或以上且：

- Not living permanently in hospital or living in accommodation provided by or funded by a local authority.

不是永久住在医院或由当地政府提供或资助的住所。

- You must have lived in the UK for six out of the last twelve months, actually be resident in the UK when you claim, and normally live in the UK. Different rules apply if you are terminally ill.

你必须在过去的 12 个月里有 6 个月住在英国，当你申请时你实际上应该是英国居民并且通常住在英国。如果你长期有病的话将使用不同的规则。

To claim Attendance Allowance, go to the Department for Work and Pensions.

申请护理津贴请到工作及养老金办公室。

Carers Allowance

看护者津贴

If you have been granted refugee status or another form of leave to remain in the UK, you may claim Carers Allowance if you are aged 16 or more and:

如果你已经有难民身份或其它方式许可留在英国。你可以申请看护者津贴，如果你已经 16 岁或以上且：

- You spend at least 35 hours a week caring for a person with a disability who is getting Attendance Allowance or middle or highest rate care component of Disability Living Allowance, or certain rates of Constant Attendance Allowance

你每周花费 35 小时照顾那些领取护理津贴或领取中等或最高等价格的残疾人津贴或领取某些等级价格固定护理津贴的人。

- You are not earning more than per £77.00 per week from 7 April 2003, after allowable expenses

从 2003 年 4 月 7 日起，扣除正当花费后你每周收入不超过 77 镑。

- You have been in Great Britain for not less than 26 weeks in the 12 months before the day you make a claim

在你申请前的 12 个月里，你在英国已有 26 周的时间。

- You are not in full-time education.

你没有接受全日制教育。

To claim Carers Allowance, go to the Department for Work and Pensions.

申请看护者津贴请到工作及养老金办公室。

Working Tax Credit

工作税减免

If you have been granted refugee status or another form of leave to remain in the UK, you may claim Working Tax Credit:

如果你已经有难民身份或其他方式许可留在英国。你可申请工作税减免：

You have a child under 16 years old (19 if at school), work at least 16 hours a week and have less than £8,000 savings.

你有 16 岁以下的孩子(或 19 岁还在上学)，每周至少工作 16 小时且存款低于 8000 镑。

This benefit is not claimed through an agency – ask your employer for more information.

这项福利不是通过行政机构申请-详情请洽询你的雇主。

Disabled Persons Tax Credit is an allowance for people who are working but who are low paid and who have a mental or physical disability.

残疾人减免税是给那些有精神或身体残疾并且有工作但低收入者的一种津贴。

If you think you qualify, ask your employer for more information.

如果你认为你有资格得到此项津贴，请洽询你的雇主。

Child Tax Credit

儿童减税

If you have been granted refugee status or another form of leave to remain in the UK, you may claim Child Tax Credit if you or your partner are aged 16 or over and:

如果你已经有难民身份或其它方式许可留在英国。如果你和你的伴侣已经 16 岁或以上且满足以下条件，可申请儿童减税：

- You are responsible for at least one child aged under 16 or a qualifying young person up to the age of 19 who is in full-time education

你至少有一个 16 岁以下的孩子或一个 19 岁以下正在接受全日制教育的孩子需要照顾。

- You are responsible for a child aged under 18 who finished full time education in the last 20 weeks and who has registered with the Careers service

你有一个在过去 20 周内完成全日制教育的 18 岁以下的孩子，并且已经在职业中心登记过。

- You have gross income less than £50,000 a year.

你每年的毛收入低于 50,000 镑。

Ring the tax credit helpline on 0845 300 3900 or visit the Inland Revenue website for further information on Child Tax Credit. The helpline can send you an application pack and guidance notes on how to complete the form.

请播 0845 300 3900 减税谘讯服务电话或到国税局网站获取更多有关儿童税减免的信息。谘讯服务电话会寄给你申请资料及如何填表的指导说明。

Income-Based Job Seeker's Allowance

收入根基的求职者津贴

Job Seeker's Allowance (JSA) is a benefit for unemployed people who are capable of work and actively seeking full-time employment.

求职者津贴是给予那些有能力工作且正在积极寻找全职的失业者的福利。

Entitlement to Income-Based JSA depends on a person's income and capital (savings or property). The income and capital rules are the same as for Income Support, except for the treatment of part-time earnings.

<http://languages.homepoint.communitiesscotland.gov.uk>

是否有权利申请收入根基的求职者津贴依申请者的收入和资产(存款和地产)而定。收入和资产的规则除了对兼职收入的处理不同外和收入补助的规则一样。

You can claim Job Seeker's Allowance if:

你如果满足下列条件可申请求职者津贴：

- You are unemployed and aged 18 years old and you are capable of work

你已年满 18 岁且有能力工作但没有工作

- You are actively seeking full-time work

你正在积极寻找全职工作

- You are in work for which you receive no wages. Some part-time workers may also be able to claim Job Seeker's Allowance (depending on how many hours you work).

你目前的工作没有工资。某些兼职者也可申请求职者津贴(依你的工作时数而定)。

To claim this benefit or find out more information, go to your nearest Jobcentre Plus office.

如想申请这项福利或查明更多信息，请到你最近的就业辅导中心办公室。