

Extra Money If You Have a Health Condition



If you have a physical or mental health problem that makes it hard for you to work, you might be able to get extra money through benefits.

Universal Credit (UC)

When you leave prison, you can apply for Universal Credit if you don't have a job or enough money.

If you have a health condition, tell Universal Credit straight away. You will need to give them a fit note from your doctor.

Limited Capability for Work and Work-Related Activity (LCWRA)

After you tell UC about your health, they will ask you to:

- Fill in a form
- Go to a health assessment

If they agree your condition makes it hard to work, you may get LCWRA.

This means:

- You don't have to work or look for work
- You will get extra money every month (around £390 – check the amount)

Personal Independence Payment (PIP)

You can also apply for PIP if your condition makes daily life difficult, like:

- Getting washed or dressed
- Cooking
- Going out or moving around
- Talking, remembering, or understanding things

PIP is separate from Universal Credit.

You can get it even if you're not working, and it is not based on your income.

You'll need to:

- Fill in a form
- Go to a medical assessment

If you are accepted, you'll get money every week to help with your needs.

Getting Help

If you find this hard or don't feel confident:

- Ask your AP key worker for help
- Or speak to Citizens Advice or a local support worker

Who we are

New Connections is an organisation which provides support for prisoners and ex-offenders with addiction and mental health challenges who are preparing for Parole or release after a substantial period of imprisonment.

New Connections provides support and guidance in prison through individual and group sessions and the agreement of individual recovery plans to give the ex-offender the opportunity to recover from their addiction and change the direction of their life away from drugs and crime.

If you are interested in hearing more about our work, have any questions, or know someone who could benefit from our services, please contact us via our website.



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