

# Tax credits – other types of help you could get

If you get tax credits, you may also be able to get other help with day-to-day costs. The help you could get may depend on where you live in the UK and the type and amount of tax credits you get.

This factsheet gives you some examples of the type of help that may be available if you claim or receive tax credits.

## Help with health costs

If you're on a low income, you may be able to get help with the cost of:

- prescriptions, wigs and fabric supports if they are not already free where you live
- dental treatment
- eyesight tests
- glasses or contact lenses
- travel for treatment after referral by a doctor, dentist or optician

If you qualify, you will automatically be sent an NHS Tax Credit Exemption Certificate in the post, normally within 8 weeks of your tax credits being awarded.

If you don't get your certificate before you need treatment, you can use your award or renewal notice as proof you're entitled to tax credits. If you haven't received your award or renewal notice, you will need to:

- pay for your treatment and get a receipt
- ask about claiming a refund afterwards

For more information about how you can qualify for this help:

- for England, go to [www.nhs.uk/healthcosts](http://www.nhs.uk/healthcosts)
- for Wales, go to [www.healthcosts.wales.nhs.uk](http://www.healthcosts.wales.nhs.uk)
- for Scotland, go to [www.scotland.gov.uk](http://www.scotland.gov.uk) and search for 'Help with health costs'
- for Northern Ireland, go to [www.nidirect.gov.uk](http://www.nidirect.gov.uk) and search for 'Help with health costs'

Or phone:

- for England, Scotland and Wales **0300 330 1343**
- for Northern Ireland **0800 587 8982**

For information about NHS Tax Credit Exemption Certificates, phone **0300 330 1347**.

## Help with a baby or child under the age of 4

### Healthy Start

If you are expecting a baby, or have a child under 4, you may be able to get help from Healthy Start. You could get:

- free vitamins
- vouchers to buy fresh or frozen fruit and vegetables, milk and infant formula milk

For more information or an application form, go to:

- [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)
- phone **0845 607 6823**

### Help with tax credits

For more information:

- go to [www.hmrc.gov.uk/taxcredits](http://www.hmrc.gov.uk/taxcredits)
- phone the helpline on **0345 300 3900**
- textphone the helpline (for people with hearing or speech difficulties) on **0345 300 3909**
- write to us at  
Tax Credit Office  
PRESTON  
PR1 4AT

### Yr laith Gymraeg

Ffoniwch **0300 200 1900** i dderbyn fersiynau Cymraeg o ffurflenni a chanllawiau.

### Your rights and obligations

'Your Charter' explains what you can expect from us and what we expect from you. For more information, go to [www.gov.uk/hmrc/your-charter](http://www.gov.uk/hmrc/your-charter)

We have a range of services for disabled people. These include guidance in Braille, audio and large print. Most of our forms are also available in large print. Please contact our helplines for more information.

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## Help with a baby or child under the age of 4 Continued

### Sure Start Maternity Grant

This is a lump sum of £500 for your baby (or each of your babies in a multiple birth), which you don't have to pay back.

**Please note**, if you already have children, you won't get a grant unless you're expecting a multiple birth. You can qualify even if you're not the mother or expectant mother of the baby, for example, you're adopting a baby.

For more information:

- for England, Scotland and Wales, go to [www.gov.uk](http://www.gov.uk) and search for 'Sure Start Maternity Grant'
- for Northern Ireland, go to [www.nidirect.gov.uk](http://www.nidirect.gov.uk) and search for 'Sure Start Maternity Grant'
- visit your Jobcentre Plus office (Social Security or Jobs and Benefits office in Northern Ireland)

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## Help with school costs

If you get tax credits, you may be able to get:

- free school meals
- free transport to and from school
- help with the cost of uniforms, or activities such as school trips

Get in touch with your school, local authority or Education and Library Board in Northern Ireland to find out what help you could get.

To find contact details:

- in England, Scotland and Wales, go to [www.gov.uk](http://www.gov.uk) and search for 'local council'
- in Northern Ireland, go to [www.nidirect.gov.uk](http://www.nidirect.gov.uk) and search for 'Education and Library Boards'
- look in 'The Phone Book' under 'local authority' or 'Education and Library Boards'.

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## Other help you may be able to get

If you get tax credits, you can also sometimes get help with other costs. Examples include:

- some home improvements, including help towards heating and insulation costs - for more information contact the Energy Saving Advice Service helpline on **0300 123 1234**
- court costs
- funeral costs
- help towards prison visits

For details and advice on what help may be available:

- for England, Scotland and Wales, go to [www.gov.uk](http://www.gov.uk)
- for Northern Ireland, go to [www.nidirect.gov.uk](http://www.nidirect.gov.uk) or mention that you claim tax credits to see if there's any help available to you with costs.