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# Statement

Your payment this month is

£ [REDACTED]

This will be paid by 8pm on 25 January [REDACTED]

## How we calculate your payment

Your payment is based on what you've told us and covers the period between **19 December** and **18 January**.

### Standard allowance

£ [REDACTED]

You receive a standard Universal Credit allowance each month

### Housing

£ [REDACTED]

You said that your rent is £ [REDACTED] per month, and you pay £ [REDACTED] in service charges each month

### Total before adjustments

£ [REDACTED]

### Advances

We deduct money from your payment to repay any advances

[REDACTED]

For a list of advances, please refer to your journal.

**The total we take off for advance repayments is**

£

**Debts and loan repayments**

Other DWP benefits recovery

£

Call 0800 916 0647 to find out more about your debt and loan repayments.

**The total we take off for debts and loan repayments is**

£

**Deductions**

Rent arrears

£

**The total we take off for deductions is**

£

**Payment to your landlord**

We currently pay this to your landlord towards your rent.

**The total we take off for payment to your landlord is**

£

**Total payment for this month**

£

## Other support you may be able to get

You may be able to get extra support, eg free school meals, food if you're pregnant or have a young child, help with legal costs and the costs of using courts or tribunals. You'll find more information about this on [GOV.UK \(https://www.gov.uk/government/publications/universal-credit-and-other-benefits-quick-guide\)](https://www.gov.uk/government/publications/universal-credit-and-other-benefits-quick-guide)

## Examples of support you can get

What you can get may depend on how much you earn.

Your take-home pay for this Universal Credit period is £

If your take-home pay per month is up to	You may be able to get help with
<p><b>£435</b> (or up to <b>£935</b> if you are responsible for a child or have limited capability for work) There are currently no pay limits in Wales</p>	<p><b>Health costs</b> Including free NHS prescriptions, free NHS wigs and fabric supports, free NHS dental treatment, free sight tests in England (NHS eye examinations are already free in Scotland), vouchers towards the cost of glasses or contact lenses and help with the cost of travel to receive NHS treatment on referral.</p>
<p><b>£1,250</b></p>	<p><b>Energy-saving home improvements</b> The ECO Affordable Warmth scheme may be able to help you with energy-saving measures like a new boiler or insulation.</p>
<p><b>£1,250</b> (including any other income)</p>	<p><b>Prison visits</b> If you're over 18 you can get help with the costs of visiting a close relative or partner in prison.</p>

It is your responsibility to make sure that any information you supply in support of your claim to any of these benefits is correct. Government departments can conduct checks on whether you are currently entitled to Universal Credit and on the amount you are earning.