

# Check List of Benefits

- **Child Benefit**
- **Carer's allowance** (one parent / carer can receive this if they are caring for a disabled person for more than 35 hours per week)
- **Disability Living Allowance** (for every disabled person)
- **Child Tax Credits**
- **Working Tax Credits**
- **Vouchers for milk, fresh fruit and veg** (if you receive child tax credits and have low income)
- **Other grants** including Community Care Grants for essential things such as beds etc