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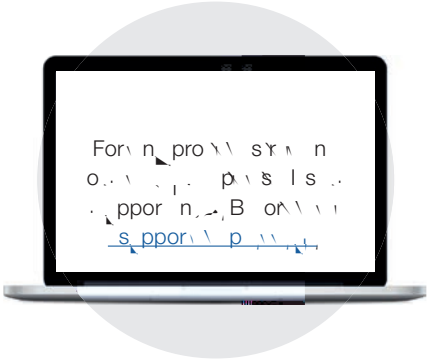

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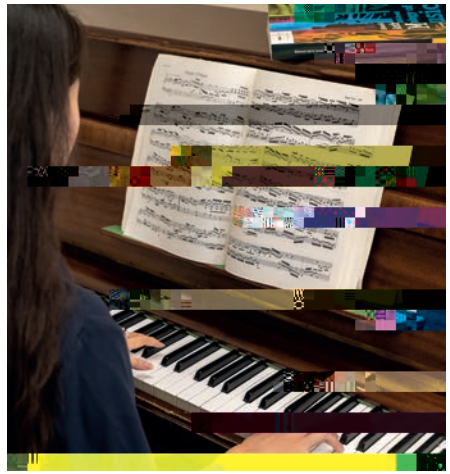

What sanctions can be applied?

Consideration should be given to applying sanctions in proportion to the seriousness of the breach of the conditions of the benefit. Sanctions should not be applied automatically. Consideration should be given to the individual circumstances of the claimant and whether the sanction is likely to cause undue hardship. Examples of undue hardship include:

Consideration should be given to the claimant's ability to understand the conditions of the benefit and the sanctions that may be applied. Examples of factors that may affect this include:

- mental health problems
- learning difficulties
- drug or alcohol dependency
- communication difficulties
- literacy problems
- language barriers
- physical disabilities
- sensory impairments
- caring responsibilities
- homelessness
- domestic violence
- bereavement
- recent release from prison
- recent discharge from the armed forces

Is there an appeal?

Yes. Decisions to apply sanctions can be appealed against in the same way as other decisions about benefits. Claimants should be informed of their right to appeal when they are told about the sanction. They should also be told how to appeal and how long they have to do so.

What happens at the first appointment?

You will be asked questions about your circumstances and your reasons for claiming benefit. You will be told what you have to do to get benefit and what will happen if you do not do it. You will be told about the sanctions that may be applied if you do not meet the conditions of the benefit. You will be told about the appeals process. You will be told about the rights of appeal. You will be told about the time limits for appeals. You will be told about the evidence that you will need to provide.

How long does a sanction last?

The length of a sanction depends on the reason for the decision and whether it is the first, second or third sanction. You will be told how long the sanction will last when you are told about the sanction.

Can I get Council Tax Benefit and Housing Benefit during a sanction period?

Council Tax Benefit and Housing Benefit are not affected by sanctions applied to Income Support, Jobseeker's Allowance or Incapacity Benefit. You may be entitled to these benefits if you are receiving a sanctioned benefit.

What if I have dependants?

If you have dependants, you may be entitled to additional benefits. These may help to reduce the impact of a sanction. You should tell the benefit office about your dependants when you claim benefit.

What if I am pregnant?

If you are pregnant, you may be entitled to additional benefits. These may help to reduce the impact of a sanction. You should tell the benefit office about your pregnancy when you claim benefit.

What if I am sick?

If you are sick, you may be entitled to additional benefits. These may help to reduce the impact of a sanction. You should tell the benefit office about your illness when you claim benefit.

Known ways to top up

- Social Fund Crisis Loans
- Social Fund Community Care Grants
- Local welfare assistance schemes
- Charities and voluntary organisations
- Food banks
- Family and friends
- Borrowing from a bank or credit union
- Selling possessions
- Working extra hours
- Getting a second job
- Moving to cheaper accommodation
- Claiming Council Tax Benefit and Housing Benefit
- Claiming Child Tax Credit and Working Tax Credit
- Claiming Disability Living Allowance or Personal Independence Payment
- Claiming Carer's Allowance
- Claiming Attendance Allowance
- Claiming Pension Credit
- Claiming Bereavement Benefits
- Claiming Maternity Allowance
- Claiming Statutory Maternity Pay
- Claiming Statutory Paternity Pay
- Claiming Statutory Adoption Pay
- Claiming Statutory Sick Pay
- Claiming Statutory Shared Parental Pay
- Claiming Statutory Parental Bereavement Pay
- Claiming Statutory Parental Leave
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Anxiety stress

Anxiety is normally a response to perceived threats in the environment. Stress is a response to pressures placed on us by our environment. Anxiety and stress are normal responses to certain situations and can be helpful in motivating us to perform well. However, when anxiety and stress are experienced frequently and in response to a wide range of situations, they can become problematic.

Anxiety and stress can affect a person's mental health and physical health. Anxiety and stress can affect a person's ability to work, study and enjoy their leisure time. Anxiety and stress can affect a person's relationships with their family, friends and colleagues. Anxiety and stress can affect a person's ability to cope with everyday life.

Anxiety and stress are common problems in the workplace. Anxiety and stress can affect a person's ability to work effectively and can lead to absenteeism and poor performance. Anxiety and stress can also affect the workplace environment and can lead to conflict between colleagues

Welfare

Depression

Welfare

Assessing Competency Disorder (CD)

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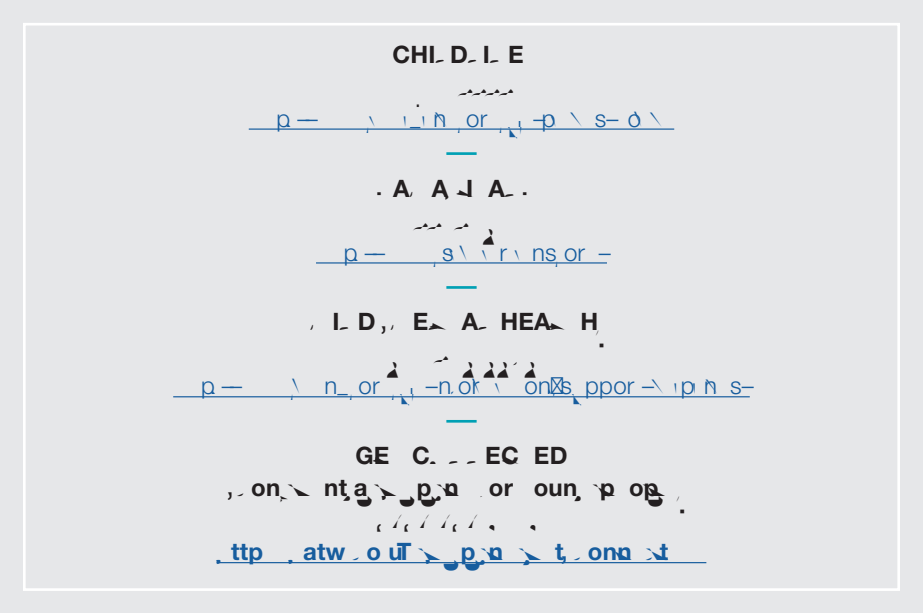

> “A problem shared, is a problem halved.”

Welfare

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