

April 2025

Let's Talk

Police
Mutual

State Benefits



State benefits in the UK are payments from the government to support people in different situations. Depending on your personal circumstances, you may be entitled to receive benefits to help with financial pressures.



Police Maternity and Paternity Leave and Pay

Police officers are entitled to maternity and paternity leave and pay. For more details contact your HR department or Federation for more details.



Sick pay

An officer, who is absent on sick leave in accordance with regulation 33, shall be entitled to full pay for a period of 6 months in any one year period. Thereafter the officer becomes entitled to half pay for 6 months in any one year period.

For more details contact your HR department or Federation.



Benefits

Universal Credit

Universal Credit is a payment to help with your living costs, it's usually paid monthly or twice a month for some people in Scotland to those on a low income or out of work.

Universal Credit replaced, child tax credit, housing benefit, income support, income-based jobseeker's allowance, income-related employment and support allowance and working tax credit.

For more details on Universal Credit or to check if you are eligible for any benefits click [here](#).

Carers and Disability benefits

There are a range of various benefits that you may be entitled to as someone with a disability or as a carer.

To find out more information and what you may be eligible for click [here](#).



Child Benefit

You can claim child benefit if you're responsible for bringing up a child who is under 16 or under 20 and still in approved education. The benefit is paid every 4 weeks and there is no limit on how many children you can claim for.

You may have to pay the High Income Child Benefit Charge (HICBC) if you or your partner have an individual income that's over £60,000 pa. For individuals with income

above £80,000 pa, the amount of the tax charge will equal the amount of the Child Benefit payment.

For individuals with an annual income between £60,000 and £80,000, the rate at which HICBC is charged is halved, and will equal one per cent for every £200 of income that is more than £60,000.

For more details on how to claim child benefits and other benefits for children click [here](#).



Heating and Housing Benefits

There are various housing and heating benefits, for more details of these benefits and to see if you are eligible for any of these click [here](#).



Death Benefits

If you are bereaved you can claim a bereavement payment, allowance or/and help towards funeral costs. For more details click [here](#).

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