



Department
for Work &
Pensions

New Style Employment and Support Allowance





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Overview

If you are ill or have a health condition or disability that limits your ability to work you may be able to get New Style Employment and Support Allowance (ESA).

New Style ESA is a contributory benefit. Normally, this means you may be able to get it if you've paid or been credited with enough National Insurance contributions in the 2 full tax years before the year you're claiming in.

You will also need to have a fit note, but you can start making your claim before you have one. If you have only just become ill you can self-certify for the first 7 days.

You cannot make a new claim for income-related ESA. You'll continue to get payments while you're eligible until your claim ends.



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After your claim is assessed

If you're entitled to ESA you'll be placed in one of 2 groups:

a **work-related activity group** (you cannot work now, but can prepare to work in the future, for example by writing a CV)

a **support group** (you cannot work now and you're not expected to prepare for work in the future)

If you're in the work-related activity group

You must attend regular interviews with a work coach. They can help you improve your skills or write a CV to help you get back into work.

If you're in the support group

You're usually in this group if your illness or disability severely limits what you can do. You do not have to go to interviews. You can tell your work coach if you'd like to take part in work-related activities.



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How long you'll get ESA for...

New Style ESA lasts for 365 days if you're in the work-related activity group.

There's no time limit if you're in the support group.

To keep getting ESA you must report any change in your circumstances. You may also need to send fit notes regularly



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While your claim is being assessed

You'll normally get the 'assessment rate' for 13 weeks while your claim is being assessed.

This will be:

- up to £71.70 a week if you're aged under 25
- up to £90.50 a week if you're aged 25 or over

If it takes longer than 13 weeks to assess your claim, you'll continue getting the 'assessment rate' until you get a decision or until your ESA is due to end.

Your ESA will be backdated if you're owed any money after 13 weeks.



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You'll get...

up to £90.50 a week if you're in the **work-related activity group**

up to £138.20 a week if you're in the support group

If you're in the support group and on income-related ESA, you're also entitled to the enhanced disability premium.

You may also qualify for the severe disability premium.



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Working while you claim

You can usually work while you are claiming ESA if both of the following apply:

you work less than 16 hours a week

you do not earn more than £183.50 a week

Tell Jobcentre Plus about your work when you make a claim.

Send the PW1 form to Jobcentre Plus if you're already claiming ESA and you want to start work.



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When you can work 16 hours or more a week

You can work more than 16 hours a week if the work is either voluntary or 'supported permitted work'.

The work must be either:

supervised by someone from a local council or voluntary organisation who arranges work for disabled people

part of a treatment programme under medical supervision

You can still earn no more than £183.50 a week



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Links:

<https://www.gov.uk/employment-support-allowance/your-esa-claim>

[New Style Employment and Support Allowance - GOV.UK \(www.gov.uk\)](https://www.gov.uk/new-style-employment-and-support-allowance)

www.gov.uk/disability-premiums/what-youll-get

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1023221/permissioned-work-form-pw1.pdf



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A graphic consisting of several overlapping, vibrant paint splashes in shades of blue, red, yellow, and green. The splashes are dynamic and energetic, with some trailing off into the background.

Any Questions

