

DON'T LOSE YOUR BENEFITS

To avoid losing part or all of your benefits (i.e. getting 'sanctioned'), make sure you:

- **NEVER** miss an appointment made for you by your job advisor. People have lost their benefits for missing appointments such as collecting clothing vouchers.
- **NEVER** be late for any appointment. You can be sanctioned for being even 2 minutes late.
- **DO NOT** miss an appointment because you are ill unless absolutely necessary and inform the job centre as soon as possible. You can have your benefits stopped permanently after only two instances of illness.
- **BE CAREFUL** of going on holiday: You are not allowed to go abroad. You are meant to tell your advisor of your trip and be available to return for a job interview immediately.

Make sure you write down **ALL** appointments given to you by the job centre.



Can you get cheap travel?

You are entitled to a discount travel card if you have been on Job Seekers Allowance for six months, or are claiming Incapacity Benefit, Employment & Support Allowance or Income Support and are actively engaged with an advisor about returning to employment.

Ask your advisor about **The Job-centre Plus Travel Discount Card.**

Do Join Unite



Government policies are causing real hardship for millions of people in the UK, and many of those most badly affected feel there is nothing they can do about it.

But there is now an opportunity for people struggling in the recession to defend themselves.

Unite, the UK's biggest union, is offering community membership to people who aren't in paid work.

If you are unemployed, volunteering, caring for adults or children, disabled, a pensioner, or over 16 and studying, you can join Unite as a community member and access a number of benefits to help you protect your rights, including free debt and legal advice.

Our members are supporting each-other to manage difficulties with money, benefits, employment, housing and other problems.

We are also campaigning to make bigger changes in the communities we live in.

Unite provides a range of training opportunities and other resources to support our work.

On our own, we have no power. But when we come together we can make changes that will improve our daily lives. It's your community – Unite.

TO GET INVOLVED OR FIND OUT MORE

Email: community@unitetheunion.org

Phone: 0208 800 4281

Mobile: 07970 126249

<http://www.unitetheunion.org/community>

