



# Dates of annual benefit rate changes

April 2022

Child Poverty Action Group works on behalf of the more than one in four children in the UK growing up in poverty. It doesn't have to be like this. We work to understand what causes poverty and the impact it has on children's lives, and how it can be prevented and solved – for good.

We provide training, advice and information to make sure hard-up families get the financial support they need.

## Introduction

The date on which the annual uprating of benefit occurs depends on the benefit claimed. This factsheet lists of the dates from which the new 2022/23 rates apply.

## Date from which the 2022 benefit uprating applies

Benefit (in alphabetical order)	Date from which annual uprating applies
Adult disability payment (Scotland)	11 April 2022
Attendance allowance	11 April 2022
Bereavement support payment	11 April 2022
Carer's allowance and, in Scotland, carer's allowance supplement	11 April 2022 (unless paid on a Wednesday when change applies from 13 April 2022)
Child benefit	11 April 2022
Child disability payment (Scotland)	11 April 2022
Child tax credit	6 April 2022
Disability living allowance	11 April 2022
Employment and support allowance (income-related and contributory)	From the start of your first benefit week which begins on or after 11 April 2022. 'Benefit week' is defined in the <a href="#">ESA Regulations 2008</a> and the <a href="#">ESA Regulations 2013</a> .

Guardian's allowance	11 April 2022
Housing benefit	4 April 2022 if paid weekly or in multiples of weekly, otherwise 1 April 2022
Income support	From the start of your first <a href="#">benefit week</a> which begins on or after 11 April 2022
Industrial injuries benefits (disablement benefit and retirement allowance)	13 April 2022
Jobseeker's allowance (income-based and contribution-based)	From the start of your first <a href="#">benefit week</a> which begins on or after 11 April 2022. 'Benefit week' is defined in the <a href="#">JSA Regulations 1996</a> and the <a href="#">JSA Regulations 2013</a> .
Maternity allowance	11 April 2022
Pension credit	From the start of your first <a href="#">benefit week</a> which begins on or after 11 April 2022
Personal independence payment	11 April 2022
Scottish child payment	1 April 2022
State pension	11 April 2022
Statutory adoption pay	3 April 2022
Statutory maternity pay	3 April 2022
Statutory parental bereavement pay	3 April 2022
Statutory paternity pay	3 April 2022
Statutory shared parental pay	3 April 2022
Statutory sick pay	6 April 2022
Universal credit*	From the start of your first assessment period which begins on or after 11 April 2022
Widowed parent's allowance	11 April 2022
Widow's pension	11 April 2022
Working tax credit	6 April 2022

\* Note: if you get universal credit, the annual uprating of certain other benefits is only taken into account when calculating your unearned income for universal credit from the start of your first assessment period which begins on or after 11 April 2022, see art 1(4) of the [Social Security Benefits Up-rating Order 2022 \(SI 2022 No. 292\)](#) for details.

#### Sources:

[Social Security Benefits Up-rating Order 2022 \(SI 2022 No. 292\)](#)

[Tax Credits, Child Benefit and Guardian's Allowance Up-rating Regulations 2022 \(SI 2022 No. 231\)](#)

[Social Security Up-rating \(Scotland\) Order 2022 \(SI 2022 No. 128\)](#)

[Social Security \(Up-rating\) \(Miscellaneous Amendment\) \(Scotland\) Regulations 2022 \(SI 2022 No. 129\)](#)