

Benefits changes: What it means for you...

The UK government announced changes to benefits in the Spring Statement on March 26, 2025. Some of the changes need to be consulted on over the next few months but, if they are passed, here is what's currently due to happen, based on your benefit.

If you're on PIP (Personal Independence Payment)

What's changing? From November 2026, it'll be harder to qualify for the "daily living" part (help with tasks like eating or dressing). You'll need at least 4 points in one daily living activity on top of existing rules. The "mobility" part (help getting around) isn't changing.

When? Starts November 2026.

What it means for you:

New claimants: Stricter rules after November 2026 could mean no PIP if you don't score enough points.

Current claimants: If your review is after November 2026, you might lose some or all your daily living payment. No review soon? You're safe for now.

If you're on universal credit (Health/disability part)

What's changing? For new claimants, the health element drops from £97 to £50 per week from April 2026, then freezes until 2029/30.

For current claimants, it will stay at £97 but freezes (no inflation rise) until 2029/30. The Health element is currently called the 'Limited Capability for work and Work-Related Activity' or the LCWRA.

When? Starts April 2026.

What it means for you:

New claimants: You'll get £47 less per week starting April 2026.

Current claimants: Your £97 won't go up with prices, so it'll feel like less over time.

If you're on universal credit (Standard Amount)

What's changing? The weekly standard allowance in Universal Credit for a single person aged 25 and over will gradually increase from £92 a week in April 2025 to £106 in April 2029.

When? Starts April 2025, reaching £106 per week by 2029/30.

What it means for you:

The increase is a little over inflation and all Universal Credit claimants get this increase, but it might not fully offset health cuts if you get those too.

If you get a work capability assessment (Universal Credit or ESA)

What's changing? The Work Capability Assessment (WCA) will be scrapped by 2028. Instead, extra health support in Universal Credit will use the PIP assessment, based on daily living impact, not work ability.

We don't yet know what the impact will be if you are already receiving health support in UC but not PIP.

When? Fully gone by 2028.

What it means for you:

If you can't work, you'll need to pass the PIP test for extra money after 2028. It might be harder to qualify.

If you want to try work




What's changing? A "right to try" work rule means trying a job won't automatically trigger a benefits reassessment. Plus, £1 billion to help disabled people find jobs.

When? Date to be confirmed.

What it means for you:

You can test work without losing benefits right away, less risk if it doesn't work out.

Key dates

-  **April 2026:** Universal Credit health cuts begin
-  **November 2026:** PIP changes start
-  **2028:** Work Capability Assessment ends

What can you do?

- ✓ Check your benefit letters for review dates.
- ✓ Check now to see if you are entitled to PIP.
- ✓ Talk to a benefits advisor if unsure.
- ✓ Come and talk to us at the food bank.