

SICK PAY

During your cancer treatment you may need some time off work. This could be the odd day, a couple of weeks or a few months. It's important you know where you stand.



Will I get sick pay?

Contractual sick pay (sometimes called company or occupational sick pay)

Check your contract or the guidance where you work, to see if you're entitled to contractual sick pay. This is where your employer pays your full wages for a set period while you're off sick, sometimes followed by another period on reduced wages.

Statutory Sick Pay (SSP)

If you aren't entitled to contractual sick pay, you should be able to get Statutory Sick Pay of £118.75 a week for up to 28 weeks, starting from the fourth day you're off sick, so long as:

- You're an employee rather than self-employed and
- Your average earnings in the period leading up to going off sick have been at least £125 a week.

If you get contractual sick pay and it stops before 28 weeks, you should then be able to get SSP for the rest of the 28-week period.

If your employer thinks that you aren't eligible for SSP, they should give you a form SSP1 explaining why not. If you aren't happy with the situation and can't resolve things with your employer, you can contact HMRC's Statutory Payment Dispute Team on [0300 322 9422](tel:03003229422).

What if I can't get sick pay?

If you aren't eligible for SSP (for example because you're self-employed) you may be able to get New Style Employment and Support Allowance (ESA), depending on your National Insurance contributions in the last 2–3 years. ESA is a contributory benefit, so it isn't means-tested. It will normally pay an initial amount of £72.90 per week if you're under 25, or £92.05 per week if you're 25 or older. These amounts may increase after 13 weeks.

If you're terminally ill, then you should get ESA of £140.55 as soon as you claim.

Depending on your income from other sources and the amount in your savings and other capital, it may also be worth claiming Universal Credit. This can top up your income, even when you're getting sick pay. You can get more support on this from Citizens Advice, or contact our free Welfare Advice Service on welfare.advice@younglivesvscancer.org.uk or [0800 915 4439](tel:08009154439).

Contact us for support, Monday to Friday:

Phone: [0300 303 5220](tel:03003035220) (9am–5pm)

Email: getsupport@younglivesvscancer.org.uk (9am–5pm)

Live chat at [younglivesvscancer.org.uk](https://www.younglivesvscancer.org.uk) (10am–4pm)



**Scan the QR code for more info
about the help you're entitled to**

Young Lives vs Cancer helps young people and their families find the strength to face everything cancer throws at them. We've been there before. We'll face it all, together.