



there  
for you

supporting UNISON members  
when life gets tough



# Welfare *at work* Week

29 September – 3 October 2025

## Budgeting and benefits

It can be hard to prioritise your finances alongside all your other commitments.

UNISON is here to help you manage the many challenges that can arise.

  
**UNISON**  
the public service union

## Budget planning

UNISON can help you take control of your finances with our user friendly budget planning tool. It's quick and easy to create your own personal budget plan.

The budget planner is free to use and completely anonymous. All entries are on one page, and you can create multiple budgets in minutes.

Try the tool today:

[unison.org.uk/budget-planner](https://unison.org.uk/budget-planner)

## Check your benefits

Are you aware of which benefits you're eligible for and how to claim?

In 2024, £23bn in support went unclaimed. That's why it is so important to check your entitlements as you may be missing out on thousands of pounds per year.

UNISON can help you check exactly what support you can access and how.

Use our benefits calculator today:

[unison.org.uk/check-benefits](https://unison.org.uk/check-benefits)

## Passported benefits:

Passported benefits are benefits or schemes that you may be entitled to based on being in receipt of qualifying benefits, such as Universal Credit.

Passported benefits include help with health costs, to housing support, free school meals, energy grants and more. Additional support may be available at the discretion of your local council.

Find out more: [entitledto.co.uk/help/Passported-benefits](https://entitledto.co.uk/help/Passported-benefits)



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