

£324 payment to hit bank accounts from today

Over 8 million households in England, Wales, Scotland and Northern Ireland who claimed qualifying means-tested benefits during the eligibility period will be automatically paid £324 this month, as part of £1,200 worth of direct help for households.

- over 8 million benefit claimants to receive £324 this month as part of Cost of Living support
- DWP claimants will receive their second Cost of Living payment by 23 November 2022, and eligible tax credit claimants, on no other means-tested benefits, will receive it between 23 and 30 November 2022
- payments will automatically be made to everyone eligible, with no need for anyone to apply

The payments, starting today from the Department for Work and Pensions, are made directly into eligible recipients' bank accounts, with no need for people to apply or do anything to receive it.

The payment reference on DWP recipients' bank accounts will be their national insurance number, followed by "DWP COL". For HMRC recipients the payment reference will be "HMRC COLS".

Work and Pensions Secretary, Mel Stride said:

We understand that people are struggling and that is why we've consistently acted to ensure millions of low-income families are supported. We will continue to act with compassion as we navigate challenging global economic circumstances.

As part of a wider £37 billion package of support, this latest £324 payment will help the most vulnerable people in our society who are worrying about their finances through the winter months.

The government's £1,200 support package contains £400 for energy bills that is being paid in monthly instalments to all domestic energy customers between now and March 2023. It also includes a £150 Council Tax rebate for 85% of all UK households and the previous £326 Cost of Living Payment made by DWP in July and by HMRC in September.

On top of this, nearly one in ten people received the £150 disability payment in September, and a £300 addition to Winter Fuel Payments will go to over eight million pensioner households over the winter.

Chancellor of the Exchequer, Jeremy Hunt added:

Prices are rising across the world as we manage the aftershock of COVID-19 and Putin's invasion of Ukraine. We recognise that families back home are struggling, which is why we've taken decisive action to hold down energy bills this winter, and provided hundreds of pounds of cash support for each vulnerable household.

As part of that support, over 8 million vulnerable households – almost a quarter of families in the UK – will automatically receive a second cost of living payment worth £324 in their bank account from today.

And while we can't completely protect people from rising prices, my priority at the upcoming Autumn Statement will be to protect the poorest in society as we take the tough decisions necessary to fix our public finances.

Those eligible to receive the second cost of living payment from today include people on:

- Universal Credit
- Income-based Jobseekers Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Income Support
- Pension Credit

To be eligible, claimants must have been claiming and entitled to a payment between 26 August and 25 September 2022, with the exception of pensioner households, who may be able to have a new Pension Credit claim backdated.

They have until 18 December 2022 to submit a valid claim for Pension Credit, which could entitle them to the £324 Cost of Living payment. Anyone can check their eligibility for Pension Credit using the [online calculator](#) or by calling the freephone claim line, on: 0800 99 1234.

Even if you are not on a qualifying DWP benefit you may still be eligible for the £324 payment, as HMRC are also making payments to over a million people who receive Working Tax Credit or Child Tax Credit and no other eligible benefits. These will be paid between 23 and 30 November 2022 and customers do not need to contact the government or apply for the payment at any stage.

The £324 payment and the overall £1,200 package come on top of wide-ranging government support with the cost of living this winter, including an extension to the Household Support Fund, which is providing an extra £421 million between October and March to help vulnerable people with the essentials.

As well as this, the Energy Price Guarantee is ensuring people across the country pay significantly less for their energy bills, with a typical household saving around £700 this winter.

More information about Cost of Living support

Table 1 : Estimated number of families eligible for the means-tested benefit cost of living payment by region

Region	Cases
London	1,224,000
South West	580,000
South East	846,000
Eastern	627,000
West Midlands	792,000
East Midlands	551,000
North West	1,048,000
North East	397,000
Yorkshire and The Humber	722,000
Wales	426,000
Scotland	689,000
Northern Ireland	309,000
Total	8,213,000

Note for table 1: Estimates rounded to the nearest 1,000. Numbers may not add up due to rounding. For a small number of claimants, it has not been possible to determine a region. They have still been included in the totals.

Table 2: Estimated number of families eligible for the means-tested benefit cost of living payment by Westminster parliamentary constituency

Parliamentary constituency	Families eligible for the means-tested payment
Aberavon	11,600
Aberconwy	7,100
Aberdeen North	13,300
Aberdeen South	7,700
Airdrie and Shotts	13,400
Aldershot	10,500
Aldridge-Brownhills	8,300
Altrincham and Sale West	7,000
Alyn and Deeside	9,200
Amber Valley	10,700
Angus	11,000
Arfon	7,600
Argyll and Bute	9,600

Parliamentary constituency	Families eligible for the means-tested payment
Arundel and South Downs	6,700
Ashfield	14,300
Ashford	13,200
Ashton-under-Lyne	16,100
Aylesbury	10,300
Ayr, Carrick and Cumnock	14,100
Banbury	10,900
Banff and Buchan	9,500
Barking	24,900
Barnsley Central	13,800
Barnsley East	14,700
Barrow and Furness	10,300
Basildon and Billericay	11,300
Basingstoke	10,300
Bassetlaw	12,800
Bath	8,000
Batley and Spen	16,200
Battersea	11,700
Beaconsfield	6,300
Beckenham	6,000
Bedford	15,000
Belfast East	14,600
Belfast North	26,600
Belfast South	13,900
Belfast West	27,100
Bermondsey and Old Southwark	22,100
Berwickshire, Roxburgh and Selkirk	10,600
Berwick-upon-Tweed	7,600
Bethnal Green and Bow	26,000
Beverley and Holderness	9,000
Bexhill and Battle	10,500
Bexleyheath and Crayford	9,400
Birkenhead	19,100
Birmingham, Edgbaston	15,900
Birmingham, Erdington	23,400
Birmingham, Hall Green	24,600
Birmingham, Hodge Hill	30,600
Birmingham, Ladywood	32,400
Birmingham, Northfield	19,200
Birmingham, Perry Barr	22,900
Birmingham, Selly Oak	15,400
Birmingham, Yardley	23,400

Parliamentary constituency	Families eligible for the means-tested payment
Bishop Auckland	13,400
Blackburn	22,600
Blackley and Broughton	28,800
Blackpool North and Cleveleys	14,900
Blackpool South	18,400
Blaenau Gwent	12,000
Blaydon	10,900
Blyth Valley	11,800
Bognor Regis and Littlehampton	13,200
Bolsover	12,600
Bolton North East	17,700
Bolton South East	20,500
Bolton West	11,700
Bootle	21,000
Boston and Skegness	17,100
Bosworth	9,100
Bournemouth East	14,600
Bournemouth West	14,000
Bracknell	8,400
Bradford East	25,600
Bradford South	19,800
Bradford West	26,400
Braintree	9,300
Brecon and Radnorshire	7,200
Brent Central	30,600
Brent North	19,000
Brentford and Isleworth	17,500
Brentwood and Ongar	7,300
Bridgend	10,400
Bridgwater and West Somerset	13,000
Brigg and Goole	9,000
Brighton, Kemptown	14,400
Brighton, Pavilion	11,900
Bristol East	13,200
Bristol North West	12,400
Bristol South	16,600
Bristol West	14,400
Broadland	8,000
Bromley and Chislehurst	9,400
Bromsgrove	7,500
Broxbourne	11,200
Broxtowe	8,500

Parliamentary constituency	Families eligible for the means-tested payment
Buckingham	6,300
Burnley	16,300
Burton	12,300
Bury North	12,000
Bury South	13,500
Bury St Edmunds	9,600
Caerphilly	13,000
Caithness, Sutherland and Easter Ross	7,600
Calder Valley	11,400
Camberwell and Peckham	23,300
Camborne and Redruth	13,000
Cambridge	9,800
Cannock Chase	11,700
Canterbury	11,100
Cardiff Central	10,500
Cardiff North	7,600
Cardiff South and Penarth	18,600
Cardiff West	15,100
Carlisle	10,900
Carmarthen East and Dinefwr	8,800
Carmarthen West and South Pembrokeshire	9,700
Carshalton and Wallington	11,600
Castle Point	8,400
Central Ayrshire	12,700
Central Devon	8,500
Central Suffolk and North Ipswich	7,900
Ceredigion	8,500
Charnwood	7,800
Chatham and Aylesford	12,800
Cheadle	6,500
Chelmsford	9,400
Chelsea and Fulham	11,000
Cheltenham	9,900
Chesham and Amersham	5,500
Chesterfield	12,800
Chichester	9,500
Chingford and Woodford Green	10,400
Chippenham	8,500
Chipping Barnet	12,500
Chorley	10,800
Christchurch	7,200
Cities of London and Westminster	11,900

Parliamentary constituency	Families eligible for the means-tested payment
City of Chester	10,400
City of Durham	9,800
Clacton	15,200
Cleethorpes	11,100
Clwyd South	9,400
Clwyd West	9,900
Coatbridge, Chryston and Bellshill	14,100
Colchester	13,900
Colne Valley	12,200
Congleton	7,900
Copeland	8,400
Corby	13,300
Coventry North East	21,200
Coventry North West	13,900
Coventry South	13,700
Crawley	14,100
Crewe and Nantwich	12,200
Croydon Central	19,100
Croydon North	26,600
Croydon South	11,400
Cumbernauld, Kilsyth and Kirkintilloch East	11,600
Cynon Valley	12,300
Dagenham and Rainham	17,000
Darlington	13,900
Dartford	11,100
Daventry	7,700
Delyn	8,300
Denton and Reddish	12,600
Derby North	13,300
Derby South	21,700
Derbyshire Dales	5,600
Devizes	7,500
Dewsbury	15,600
Don Valley	12,900
Doncaster Central	17,100
Doncaster North	15,500
Dover	13,000
Dudley North	13,700
Dudley South	11,000
Dulwich and West Norwood	16,600
Dumfries and Galloway	12,700
Dumfriesshire, Clydesdale and Tweeddale	9,300

Parliamentary constituency	Families eligible for the means-tested payment
Dundee East	11,400
Dundee West	14,700
Dunfermline and West Fife	11,100
Dwyfor Meirionnydd	6,800
Ealing Central and Acton	16,900
Ealing North	19,500
Easington	15,200
East Antrim	12,300
East Devon	9,300
East Dunbartonshire	5,100
East Ham	30,000
East Hampshire	6,700
East Kilbride, Strathaven and Lesmahagow	11,200
East Londonderry	17,000
East Lothian	11,000
East Renfrewshire	7,300
East Surrey	8,100
East Worthing and Shoreham	10,100
East Yorkshire	11,700
Eastbourne	15,200
Eastleigh	9,300
Eddisbury	8,600
Edinburgh East	12,800
Edinburgh North and Leith	11,800
Edinburgh South	6,900
Edinburgh South West	11,000
Edinburgh West	8,000
Edmonton	25,600
Ellesmere Port and Neston	10,800
Elmet and Rothwell	7,700
Eltham	12,400
Enfield North	18,500
Enfield, Southgate	12,300
Epping Forest	9,300
Epsom and Ewell	6,500
Erewash	11,600
Erith and Thamesmead	18,200
Esher and Walton	7,000
Exeter	11,800
Falkirk	13,400
Fareham	6,500
Faversham and Mid Kent	9,700

Parliamentary constituency	Families eligible for the means-tested payment
Feltham and Heston	21,200
Fermanagh and South Tyrone	16,400
Filton and Bradley Stoke	8,200
Finchley and Golders Green	15,700
Folkestone and Hythe	14,600
Forest of Dean	8,800
Foyle	24,900
Fylde	8,500
Gainsborough	10,500
Garston and Halewood	17,200
Gedling	10,400
Gateshead	17,000
Gillingham and Rainham	11,900
Glasgow Central	18,500
Glasgow East	20,900
Glasgow North	10,600
Glasgow North East	20,300
Glasgow North West	16,100
Glasgow South	13,800
Glasgow South West	18,900
Glenrothes	14,600
Gloucester	15,200
Gordon	6,300
Gosport	10,200
Gower	8,200
Grantham and Stamford	10,900
Gravesham	12,700
Great Grimsby	16,200
Great Yarmouth	16,600
Greenwich and Woolwich	19,600
Guildford	6,800
Hackney North and Stoke Newington	25,900
Hackney South and Shoreditch	24,200
Halesowen and Rowley Regis	12,100
Halifax	17,600
Haltemprice and Howden	5,700
Halton	15,200
Hammersmith	19,000
Hampstead and Kilburn	17,200
Harborough	8,600
Harlow	12,900
Harrogate and Knaresborough	8,200

Parliamentary constituency	Families eligible for the means-tested payment
Harrow East	12,800
Harrow West	14,100
Hartlepool	17,500
Harwich and North Essex	8,400
Hastings and Rye	18,600
Havant	11,800
Hayes and Harlington	18,700
Hazel Grove	7,900
Hemel Hempstead	11,200
Hemsworth	13,700
Hendon	19,800
Henley	5,500
Hereford and South Herefordshire	10,200
Hertford and Stortford	8,000
Hertsmere	10,000
Hexham	5,500
Heywood and Middleton	17,000
High Peak	8,700
Hitchin and Harpenden	6,000
Holborn and St Pancras	21,700
Hornchurch and Upminster	11,000
Hornsey and Wood Green	17,200
Horsham	7,300
Houghton and Sunderland South	14,900
Hove	12,600
Huddersfield	15,900
Huntingdon	9,300
Hyndburn	15,700
Ilford North	13,000
Ilford South	22,800
Inverclyde	13,300
Inverness, Nairn, Badenoch and Strathspey	11,000
Ipswich	16,100
Isle of Wight	18,300
Islington North	18,700
Islington South and Finsbury	17,900
Islwyn	10,500
Jarrow	12,600
Keighley	12,500
Kenilworth and Southam	5,300
Kensington	14,100
Kettering	10,800

Parliamentary constituency	Families eligible for the means-tested payment
Kilmarnock and Loudoun	14,400
Kingston and Surbiton	11,100
Kingston upon Hull East	16,200
Kingston upon Hull North	17,000
Kingston upon Hull West and Hessle	17,100
Kingswood	7,700
Kirkcaldy and Cowdenbeath	14,700
Knowsley	23,000
Lagan Valley	12,400
Lanark and Hamilton East	13,400
Lancaster and Fleetwood	10,400
Leeds Central	26,600
Leeds East	19,700
Leeds North East	11,100
Leeds North West	6,600
Leeds West	16,500
Leicester East	21,100
Leicester South	20,100
Leicester West	20,000
Leigh	13,900
Lewes	8,800
Lewisham East	17,400
Lewisham West and Penge	17,200
Lewisham, Deptford	20,100
Leyton and Wanstead	15,300
Lichfield	7,700
Lincoln	15,100
Linlithgow and East Falkirk	14,500
Liverpool, Riverside	20,800
Liverpool, Walton	23,800
Liverpool, Wavertree	17,100
Liverpool, West Derby	19,900
Livingston	14,100
Llanelli	12,500
Loughborough	10,000
Louth and Horncastle	12,600
Ludlow	7,700
Luton North	14,500
Luton South	19,700
Macclesfield	7,700
Maidenhead	6,600
Maidstone and The Weald	10,800

Parliamentary constituency	Families eligible for the means-tested payment
Makerfield	11,300
Maldon	7,100
Manchester Central	27,500
Manchester, Gorton	24,100
Manchester, Withington	12,500
Mansfield	15,300
Meon Valley	7,000
Meriden	14,000
Merthyr Tydfil and Rhymney	13,400
Mid Bedfordshire	7,600
Mid Dorset and North Poole	6,400
Mid Derbyshire	6,000
Mid Norfolk	9,700
Mid Sussex	7,300
Mid Ulster	16,000
Mid Worcestershire	9,600
Middlesbrough	21,600
Middlesbrough South and East Cleveland	13,700
Midlothian	10,300
Milton Keynes North	14,500
Milton Keynes South	15,600
Mitcham and Morden	16,000
Mole Valley	5,600
Monmouth	7,800
Montgomeryshire	6,800
Moray	9,200
Morecambe and Lunesdale	12,800
Morley and Outwood	9,700
Motherwell and Wishaw	15,500
Na h-Eileanan an Iar	2,900
Neath	11,100
New Forest East	7,100
New Forest West	6,700
Newark	9,500
Newbury	8,000
Newcastle upon Tyne Central	19,100
Newcastle upon Tyne East	13,800
Newcastle upon Tyne North	12,500
Newcastle-under-Lyme	9,800
Newport East	12,000
Newport West	13,300
Newry and Armagh	20,400

Parliamentary constituency	Families eligible for the means-tested payment
Newton Abbot	9,800
Normanton, Pontefract and Castleford	16,200
North Antrim	16,800
North Ayrshire and Arran	14,800
North Cornwall	10,900
North Devon	11,100
North Dorset	7,500
North Down	10,500
North Durham	13,100
North East Bedfordshire	8,700
North East Cambridgeshire	14,100
North East Derbyshire	9,500
North East Fife	6,300
North East Hampshire	5,000
North East Hertfordshire	8,100
North East Somerset	7,500
North Herefordshire	7,800
North Norfolk	8,900
North Shropshire	10,500
North Somerset	6,500
North Swindon	11,600
North Thanet	14,300
North Tyneside	16,100
North Warwickshire	10,400
North West Cambridgeshire	13,600
North West Durham	12,800
North West Hampshire	8,300
North West Leicestershire	8,900
North West Norfolk	11,300
North Wiltshire	6,500
Northampton North	11,500
Northampton South	14,100
Norwich North	10,900
Norwich South	13,900
Nottingham East	19,600
Nottingham North	21,900
Nottingham South	13,900
Nuneaton	12,200
Ochil and South Perthshire	11,000
Ogmore	11,300
Old Bexley and Sidcup	6,600
Oldham East and Saddleworth	18,100

Parliamentary constituency	Families eligible for the means-tested payment
Oldham West and Royton	20,600
Orkney and Shetland	3,600
Orpington	7,000
Oxford East	12,100
Oxford West and Abingdon	6,400
Paisley and Renfrewshire North	10,800
Paisley and Renfrewshire South	13,000
Pendle	15,000
Penistone and Stocksbridge	8,200
Penrith and The Border	6,700
Perth and North Perthshire	10,600
Peterborough	22,700
Plymouth, Moor View	14,000
Plymouth, Sutton and Devonport	18,100
Pontypridd	9,400
Poole	10,200
Poplar and Limehouse	27,000
Portsmouth North	12,000
Portsmouth South	15,800
Preseli Pembrokeshire	10,400
Preston	18,400
Pudsey	7,600
Putney	10,700
Rayleigh and Wickford	6,800
Reading East	10,000
Reading West	12,400
Redcar	14,900
Redditch	10,500
Reigate	7,200
Rhondda	12,600
Ribble Valley	7,300
Richmond (Yorks)	8,000
Richmond Park	8,100
Rochdale	21,800
Rochester and Strood	12,500
Rochford and Southend East	17,200
Romford	11,300
Romsey and Southampton North	6,400
Ross, Skye and Lochaber	6,500
Rossendale and Darwen	12,600
Rother Valley	10,800
Rotherham	17,200

Parliamentary constituency	Families eligible for the means-tested payment
Rugby	9,600
Ruislip, Northwood and Pinner	7,400
Runnymede and Weybridge	7,400
Rushcliffe	6,300
Rutherglen and Hamilton West	16,300
Rutland and Melton	7,400
Saffron Walden	7,400
Salford and Eccles	19,600
Salisbury	8,500
Scarborough and Whitby	13,500
Scunthorpe	12,900
Sedgefield	12,200
Sefton Central	7,000
Selby and Ainsty	7,900
Sevenoaks	6,900
Sheffield Central	14,300
Sheffield South East	14,300
Sheffield, Brightside and Hillsborough	22,700
Sheffield, Hallam	4,600
Sheffield, Heeley	15,200
Sherwood	11,200
Shipley	9,500
Shrewsbury and Atcham	10,200
Sittingbourne and Sheppey	15,500
Skipton and Ripon	7,100
Sleaford and North Hykeham	9,700
Slough	19,700
Solihull	8,000
Somerton and Frome	9,600
South Antrim	12,800
South Basildon and East Thurrock	12,200
South Cambridgeshire	6,700
South Derbyshire	9,100
South Dorset	11,100
South Down	17,000
South East Cambridgeshire	8,100
South East Cornwall	10,100
South Holland and The Deepings	11,100
South Leicestershire	8,400
South Norfolk	8,800
South Northamptonshire	7,400
South Ribble	8,600

Parliamentary constituency	Families eligible for the means-tested payment
South Shields	15,500
South Staffordshire	8,400
South Suffolk	7,800
South Swindon	12,800
South Thanet	15,600
South West Bedfordshire	10,300
South West Devon	6,900
South West Hertfordshire	6,600
South West Norfolk	11,200
South West Surrey	6,100
South West Wiltshire	9,700
Southampton, Itchen	14,900
Southampton, Test	15,800
Southend West	9,700
Southport	12,300
Spelthorne	8,800
St Albans	7,500
St Austell and Newquay	13,900
St Helens North	14,400
St Helens South and Whiston	16,400
St Ives	11,000
Stafford	9,200
Staffordshire Moorlands	6,300
Stalybridge and Hyde	14,100
Stevenage	10,700
Stirling	8,700
Stockport	13,700
Stockton North	15,800
Stockton South	11,500
Stoke-on-Trent Central	14,800
Stoke-on-Trent North	16,200
Stoke-on-Trent South	13,100
Stone	6,000
Stourbridge	10,600
Strangford	12,500
Stratford-on-Avon	7,500
Streatham	17,400
Stretford and Urmston	13,800
Stroud	8,700
Suffolk Coastal	8,800
Sunderland Central	17,200
Surrey Heath	6,900

Parliamentary constituency	Families eligible for the means-tested payment
Sutton and Cheam	8,900
Sutton Coldfield	7,100
Swansea East	14,700
Swansea West	12,100
Tamworth	10,400
Tatton	6,300
Taunton Deane	12,000
Telford	15,500
Tewkesbury	8,300
The Cotswolds	7,000
The Wrekin	10,300
Thirsk and Malton	8,300
Thornbury and Yate	6,300
Thurrock	16,300
Tiverton and Honiton	9,800
Tonbridge and Malling	7,900
Tooting	11,400
Torbay	16,300
Torfaen	13,100
Torrige and West Devon	10,800
Totnes	9,800
Tottenham	31,900
Truro and Falmouth	10,100
Tunbridge Wells	8,300
Twickenham	8,300
Tynemouth	10,900
Upper Bann	20,300
Uxbridge and South Ruislip	11,500
Vale of Clwyd	12,200
Vale of Glamorgan	12,800
Vauxhall	19,100
Wakefield	13,400
Wallasey	15,500
Walsall North	18,700
Walsall South	19,200
Walthamstow	19,200
Wansbeck	11,600
Wantage	8,600
Warley	18,200
Warrington North	12,000
Warrington South	9,900
Warwick and Leamington	8,800

Parliamentary constituency	Families eligible for the means-tested payment
Washington and Sunderland West	14,900
Watford	12,300
Waveney	14,500
Wealden	8,100
Weaver Vale	10,100
Wellingborough	12,900
Wells	11,100
Wentworth and Dearne	15,100
West Aberdeenshire and Kincardine	5,100
West Bromwich East	16,800
West Bromwich West	17,800
West Dorset	8,800
West Dunbartonshire	15,600
West Ham	33,100
West Lancashire	11,500
West Suffolk	10,300
West Tyrone	17,400
West Worcestershire	8,400
Westminster North	18,600
Westmorland and Lonsdale	6,000
Weston-super-Mare	14,400
Wigan	14,600
Wimbledon	6,700
Winchester	5,900
Windsor	6,500
Wirral South	6,500
Wirral West	6,800
Witham	7,900
Witney	7,500
Woking	7,900
Wokingham	6,000
Wolverhampton North East	17,000
Wolverhampton South East	18,700
Wolverhampton South West	13,200
Worcester	11,300
Workington	9,700
Worsley and Eccles South	16,700
Worthing West	10,500
Wrexham	9,600
Wycombe	11,000
Wyre and Preston North	6,900
Wyre Forest	12,000

Parliamentary constituency	Families eligible for the means-tested payment
Wythenshawe and Sale East	19,200
Yeovil	11,500
Ynys Môn	9,000
York Central	10,300
York Outer	5,300

Note for table 2: Estimates rounded to the nearest 100. Numbers may not add up due to rounding. For a small number of claimants, it has not been possible to determine a Parliamentary Constituency. They have still been included in the totals.

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