

Social security agreement  
between the  
**United Kingdom and  
Jamaica**



A guide to

**National Insurance contributions**

**Benefits**

**Medical services**



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# Introduction

This leaflet tells you what the social security agreement between the United Kingdom (UK) and Jamaica means for you.

It tells you about insurance and contributions, what benefits you may get, and how and where you can claim them. If you want information about Jamaican benefits, you should contact the Jamaican authorities at the address on page 22.

The leaflet also tells you what medical treatment you can get.

It only gives you general help. It does not cover every possible situation. You must not treat it as a complete and authoritative statement of the law.

Every effort has been made to ensure that the contents of this leaflet are correct at the date shown on the cover. However, the leaflet does not include any references to changes in the law made after that date. In the event that anything in this leaflet is different from a provision of the agreement between the UK and Jamaica, or any other legal provision, the terms of the agreement or provision will apply.

The agreement means that you will be treated in the same way as people living in the country to which you go in respect of the matters covered by the agreement. It also means that when you move from one country to another, you will be able to keep rights to some of the benefits that are based on the insurance you have paid.

## In the agreement

***United Kingdom*** means England, Scotland, Wales, Northern Ireland and the Isle of Man and the Channel Islands of Jersey, Guernsey, Alderney, Herm and Jethou.

**This means that some of the information in this leaflet may not apply to you if you are covered by those schemes. Ask at a social security office in either Jersey or Guernsey if you want to know how the agreement works in your case.**

**If you are going to Jamaica**, let your Jobcentre Plus/social security office and HM Revenue and Customs Centre for Non Residents in Newcastle (at the address on page 21) know when you are going to leave, and give them your address in Jamaica. If you change your address later, let them know the new one too.

**When you come back to the UK**, tell your Jobcentre Plus/social security office and HM Revenue and Customs Centre for Non Residents in Newcastle (at the address on page 21) as soon as you can that you are back. Then, if anything needs to be done about your contributions or your benefit rights, it can be done straightaway. If you do not tell them at once, any benefit claim you make might be affected.

### **Things you should know about when you read this leaflet**

Some of the sections in this leaflet tell you that if you have insurance in one country, it may help you to qualify for benefit in the other country. When this is the case, your insurance record in one country is never transferred to the other country. For example, if your UK insurance record does not qualify you for benefits, we will contact the Jamaican authorities to get details of your Jamaican insurance. But your Jamaican insurance record will stay with the Jamaican authorities.

If we have to contact the Jamaican authorities about your insurance, it will help very much if we can tell them your Jamaican National Insurance number. It is in your interests, therefore, to keep a record of this information in case we have to ask you for it. Other details which could help us to deal with your claim quickly, but which are not always needed, are:

- names and addresses of employers;
- periods of employment;
- salary/wage numbers; and
- employment references.

# National Insurance contributions

## Contributions when working in Jamaica

### Working in Jamaica for a UK employer for less than three years

You and your employer must pay UK Class 1 contributions on all your pay while you are working in Jamaica **if**:

- you are already insured in the UK;
- and** your UK employer sends you to work in Jamaica;
- and** you are paid by your UK employer or by someone else on behalf of your UK employer;
- and** you are not likely to work in Jamaica for more than three years.

You will also have to pay UK Class 1 contributions if you are working in another country for a UK employer while continuing to pay contributions to the UK, and your UK employer sends you directly from the other country to work in Jamaica.

During this time you and your UK employer will not have to pay contributions to the Jamaican scheme. To make sure that you are not asked to pay, your employer must apply for a certificate of liability under the UK scheme. They should ask HM Revenue and Customs Centre for Non Residents in Newcastle for the certificate. The address is on page 21.

When your employer asks for the certificate, we need to know:

- your full name;
- your address in the UK;
- your date of birth;
- your UK National Insurance number;
- your employer's name and address;
- your address in Jamaica;
- the names and addresses of the people who represent your employer in Jamaica;
- the date you will start work in Jamaica;
- if your UK employer will be paying you all the time you are in Jamaica; and
- the date you expect your work in Jamaica to end.

We will send two copies of the certificate to your UK employer. One is for you to keep. The other is for the people who represent your employer in Jamaica. **You and your employer should look at the important notes on page 3 of the certificate.**

### Employed in the UK and Jamaica, and resident in the UK

If you are employed in the UK and Jamaica for the same period, and remain *ordinarily resident* in the UK, you and your UK employer will have to pay Class 1 contributions. You will not have to pay into the Jamaican scheme. To make sure that you are not asked to pay, ask HM Revenue and Customs Centre for Non Residents in Newcastle for a letter confirming your UK NI liability. The address is on page 21.

## Employed in the UK and self-employed in Jamaica, for the same period

If you are employed in the UK and self-employed in Jamaica for the same period, you and your UK employer will be liable to pay Class 1 contributions. You will not have to pay into the Jamaican scheme.

To make sure you are not asked to pay, ask HM Revenue and Customs Centre for Non Residents in Newcastle for a letter confirming your UK NI liability. The address is on page 21.

## Other types of work in Jamaica

If your work in Jamaica is different from the work described in the three previous sections on NI contributions (see page 6 and above), and is not covered by the special arrangements noted in the section below, or the section on page 9 referring to self-employed contributions, you will not have to pay UK Class 1 or Class 2 contributions. But you may have to pay into the Jamaican scheme. It is important that you get in touch with the Jamaican authorities as soon as you start working there. You will find the address on page 22. They will be able to tell you what you have to do about insurance in Jamaica and how you can become a member of their scheme. They will also tell you what you must pay and what sort of benefits you will get.

## Employed abroad in exceptional circumstances

It may be that when you go to work in Jamaica you are not liable to pay UK contributions, because you do not satisfy the conditions outlined in the above

paragraphs. If you feel that the circumstances of your employment are such that you should be allowed to pay, please contact us. In exceptional circumstances we will contact the Jamaican authorities to request that you be allowed to remain UK-insured.

## Volunteer Development Workers

Volunteer Development Workers should see leaflet **NI38**, *Social security abroad*, for details of the special contribution arrangements that have been made for them.

## Special contribution arrangements

There may be special arrangements for your insurance if you:

- travel in your work for a company, firm or group that carries goods or passengers by road or air;
- work on any ship or vessel registered in the UK or Jamaica;
- work in the government service of the UK or Jamaica;
- are employed in a diplomatic or consular post of the UK or Jamaica;
- work privately for an official of a diplomatic mission or consular post of the UK or Jamaica; or
- work for a public corporation of the UK or Jamaica.

HM Revenue and Customs Centre for Non Residents in Newcastle will tell you more about these arrangements if you work for a UK employer. The address is on page 21. If you work for a Jamaican employer, get in touch with the Jamaican authorities. You can find the address on page 22.

### UK voluntary contributions in Jamaica

If you are abroad and do not have to pay UK Class 1 or Class 2 contributions, you may wish to think about paying UK voluntary contributions. Leaflet **NI38**, *Social security abroad*, tells you about this.

However, you may have to pay Jamaican contributions too. If you are trying to decide if it is worthwhile paying UK voluntary contributions as well, see the sections headed **State Pension** (page 12) and **Bereavement benefits and widows' benefits** (page 13), before you decide.

**Please note** – payment of voluntary contributions cannot be made to both schemes for the same period. You may only contribute voluntarily to one scheme at a time.

HM Revenue and Customs Centre for Non Residents in Newcastle will tell you what these arrangements mean for your own social security position. You can get in touch with them at the address on page 21.

### Contributions when working in the UK

#### Working in the UK for a Jamaican employer for less than three years

There is an arrangement like the one in the section **'Working in Jamaica for a UK employer for less than three years'** on page 6. The Jamaican authorities will give you and your employer a certificate showing that you continue to pay contributions to the Jamaican scheme while you work in the UK. If an officer from HM Revenue and Customs asks why UK contributions are not being paid for you, show the certificate.

#### Employed in Jamaica, and self-employed in the UK for the same period

If you are employed in Jamaica and self-employed in the UK for the same period, you will not have to pay contributions to the UK scheme. To make sure that you are not asked to pay in the UK, ask the Jamaican authorities for a letter or certificate confirming your liability to the Jamaican scheme. The address is on page 22.

#### Employed in the UK and Jamaica and resident in Jamaica

If you are employed in the UK and Jamaica for the same period, and remain *ordinarily resident* in Jamaica, you and your employer will have to pay contributions to the Jamaican scheme. You will not have to pay into the UK scheme. To make sure that you are not asked to pay in the UK, ask the Jamaican authorities for a letter or certificate confirming that you have to pay into the Jamaican scheme. The address is on page 22.

## Other types of work in the UK

If you have come from Jamaica to work in the UK:

- and** you are not in one of the types of job listed in the section headed **Special contribution arrangements** on page 7;
- and** you do not have to pay Jamaican contributions under the arrangements you can read about in the section **'Working in the UK for a Jamaican employer for less than three years'** on page 8;
- and** you are not covered by the section headed **Self-employed contributions**, below,

you will normally have to pay UK contributions as soon as you start work here. Your employer should arrange this for you.

### Statutory Sick Pay and Statutory Maternity Pay that your employer pays

Statutory Sick Pay (SSP) is paid by employers for up to 28 weeks to employees unable to work because they are sick. If you work for a UK employer and your earnings are on average at least equal to the lower earnings limit in the appropriate reference period, you can get SSP while you are in

Jamaica. Such entitlement may continue even if your employer ceases to be liable to pay Class 1 contributions during your period of entitlement to SSP.

Statutory Maternity Pay (SMP) is paid by employers to help women take time off work when they expect a baby. If you work for a UK employer and have done so for at least 26 weeks, and your earnings are on average at least equal to the lower earnings limit in the appropriate reference period, you can get SMP while you are in Jamaica. SMP is paid for up to 26 weeks. The rate of benefit depends on your average weekly earnings.

### Self-employed contributions

If you are **self-employed in the UK, and not employed or self-employed in Jamaica**, you will have to pay UK contributions, unless you have been told you do not have to because you do not earn enough. Leaflet **CA02**, *National Insurance contributions for self-employed people with small earnings*, will tell you more about this. You can get a copy from your Jobcentre Plus/social security office. If you are over pension age (65 years for a man, 60 for a woman), you will not have to pay either (see the section headed **State Pension**, page 12, for information on State Pension age).

If you are **self-employed in the UK and Jamaica**, but you are **ordinarily resident in Jamaica**, you will have to pay social security contributions to the Jamaican scheme. You will not have to pay contributions to the UK scheme. To make sure that you are not asked to pay, ask the Jamaican authorities for a letter or certificate confirming that you have to pay into the Jamaican scheme. The address is on page 22.

If you are **self-employed in the UK and Jamaica** and you are **ordinarily resident in the UK**, you will have to pay Class 2 contributions to the UK scheme. You will not have to pay contributions to the Jamaican scheme. To make sure that you are not asked to pay, ask HM Revenue and Customs Centre for Non Residents in Newcastle for a letter confirming your UK National Insurance liability. The address is on page 21.

# Benefits

## UK benefits the agreement covers

- Incapacity Benefit;
- Benefits for industrial injuries and diseases;
- State Pension;
- Widows' benefits and bereavement benefits; and
- Guardian's Allowance.

## Incapacity Benefit

Incapacity Benefit can be paid to people who cannot work because they are sick or disabled and are too young to get a UK pension – under 60 for women and under 65 for men.

Incapacity Benefit is paid at three basic rates:

- short-term (lower rate) for the first 28 weeks of sickness;
- short-term (higher rate) from the 29th to the 52nd week of sickness; and
- long-term rate from the 53rd week of sickness.

### If you are going from the UK to Jamaica

Generally, you cannot get Incapacity Benefit for any time you spend outside the UK. The agreement with Jamaica does not allow you to get short-term Incapacity Benefit in Jamaica. However, the agreement may allow you to get long-term Incapacity Benefit if, when you leave the UK, you are considered as likely to remain

permanently incapable of work. But you must still meet the conditions for getting your benefit.

You cannot get UK long-term Incapacity Benefit and Jamaican Invalidity Benefit for the same illness and for the same time. If you qualify for both, you will get benefit from the country you were in when your illness began.

If you are getting long-term Incapacity Benefit and you plan to go to Jamaica, let your Jobcentre Plus/social security office know well before you leave the UK. You will need to tell them:

- your full name and address;
- your National Insurance number;
- details of the benefits you are getting;
- the date you plan to go to Jamaica;
- when you plan to come back to the UK (where appropriate); and
- why you are going to Jamaica.

For further information, please contact The Pension Service at Tyneview Park. Their address is on page 21.

## Benefits for industrial injuries and diseases

If you have an industrial accident or contract an industrial disease while you are working in Jamaica, but are still insured under the UK scheme, you will be treated as if the accident happened or you contracted the disease in the UK. Any benefit payable in respect of that accident or disease can be paid in Jamaica.

In the same way, if you have an industrial accident or contract an industrial disease while you are working in the UK, but are still insured under the Jamaican scheme, you will be treated as if the accident happened or you contracted the disease in Jamaica. Any benefit payable in respect of that accident or disease can be paid in the UK.

If you have an accident while you are travelling for your work from one country to the other, you will be treated as if the accident had happened in the country you had been insured in at the time.

If you contract an industrial disease

**and** you have worked in both countries doing the sort of work that put you at risk of that disease,

the rules of the country you worked in last before you were found to have the disease will decide your benefit.

If you contract an industrial disease

**and** you have worked in only one of the countries doing the sort of work which put you at risk of that disease, the rules of that country will decide your benefit, **unless** the disease was made worse by work that you did later in the other country.

If you are receiving benefit for an industrial disease from one country

**and** the disease was made worse by work you did in the other country,

the other country will decide whether you should get any extra benefit.

If you are getting benefit, other than a pension, from Jamaica because of an industrial accident or disease, you cannot get UK Incapacity Benefit or Maternity Allowance at the same time.

If you have a separate right to benefit from the UK and Jamaica you will only be paid the benefit by the country where you were last insured.

### UK Industrial Injuries Disablement Benefit

UK Industrial Injuries Disablement Benefit is payable in Jamaica at the same rate as if you were living in the UK.

## State Pension

### State Pension age

State Pension ages in the UK are at present 65 for a man and 60 for a woman but over a 10-year period, starting on 6 April 2010, State Pension age for women will change from 60 to 65.

### How pension from one country is paid if you live in the other

Since October 1972, UK State pensioners living in Jamaica have been getting the same rates as pensioners living in the UK. The agreement continues this, but it does not provide for payment of increases before October 1972.

If you live in the UK and you get a Jamaican pension, or start to get a Jamaican pension, you will get the same rate of Jamaican pension as you would if you were in Jamaica.

## Insured in both the UK and Jamaica

If you have enough insurance under each country's scheme to satisfy the contribution conditions and qualify for a pension, you can get a pension from each country.

If you do not have enough insurance for a UK pension, the agreement allows the UK to treat Jamaican insurance as UK insurance. This may give you entitlement to a UK pension.

How much you get when we use your Jamaican insurance will depend on the length of the insurance periods in each country's scheme. It will be worked out as follows:

### UK State Pension calculation

First, we will work out how much pension you would get if all your insurance had been paid in the UK. If all your insurance would be enough for at least some UK pension, we work out how much of that comes from UK insurance.

If you had paid five years' UK insurance and 10 years' Jamaican insurance, we would work out how much pension you would have got if you had been paying UK insurance for 15 years. But because you have only actually been paying UK insurance for five years, we would pay you one-third (five-fifteenths) of that pension. This is only a general description of how a pension is calculated in these circumstances. Other special rules may apply. To find out more, contact The Pension Service at Tyneview Park. You will find their address on page 21.

Even if we use your UK and Jamaican insurance, you still may not have paid enough contributions for a pension. In this case you will not get a pension.

The Jamaican authorities will combine your UK insurance with your Jamaican insurance in the same way if you do not qualify for a Jamaican pension.

This guide went to press in October 2005. Changes to the law after that date may affect some of the rules explained here. In particular, the Civil Partnership Act 2004 is expected to come into force on 5 December 2005. This will change the way the UK treats same-sex couples. When that happens, people of the same sex who have formed a civil partnership will be treated, as far as possible, in the same way as a married couple. Either partner in a civil partnership will be able to rely on the contributions paid by the other partner, or late partner, in the same way as a married person can rely on the contributions paid by a spouse or late spouse, when claiming a State Pension or bereavement benefit. Same-sex couples who are living together as if they were civil partners (but who have not formed a civil partnership) will be treated in the same way as unmarried couples.

## Bereavement benefits and widows' benefits

Bereavement benefits have been available to men and women since 9 April 2001. All recipients of a widow's benefit will continue to receive that for as long as they meet the qualifying conditions.

## **How bereavement benefits, widows' benefits or survivors' benefits from one country are paid if you live in the other**

UK bereavement benefits are payable in Jamaica at the same rate as if you were living in the UK.

Since October 1972, UK Widow's Benefit beneficiaries living in Jamaica have been getting the same rates as Widow's Benefit beneficiaries living in the UK. The agreement continues this, but it does not provide for payment of increases before October 1972.

If you live in the UK and you get a Jamaican survivor's pension, or start to get a Jamaican survivor's pension, you will get the same rate of Jamaican survivor's pension as you would if you were in Jamaica.

If UK bereavement benefit or widow's benefit would be payable if a qualifying child were in the UK, it will be paid if the child is in Jamaica.

In the same way, if Jamaican survivor's benefit would be payable if a qualifying child were in Jamaica, it will be paid if the child is in the UK.

## **If your husband or wife was insured under the insurance schemes of both the UK and Jamaica**

If your husband or wife did not pay enough insurance contributions in the UK for you to get a UK bereavement benefit, we may use their Jamaican insurance in a similar way as a person's insurance may be used for State Pension. The section 'Insured in both the UK and Jamaica'

under the heading **State Pension** will tell you about this.

In the same way, if your husband or wife did not pay enough contributions in Jamaica for you to get Jamaican Widow's or Widower's Benefit, the Jamaican authorities may use their UK contributions.

This guide went to press in October 2005. Changes to the law after that date may affect some of the rules explained here. In particular, the Civil Partnership Act 2004 is expected to come into force on 5 December 2005. This will change the way the UK treats same-sex couples. When that happens, people of the same sex who have formed a civil partnership will be treated, as far as possible, in the same way as a married couple. Either partner in a civil partnership will be able to rely on the contributions paid by the other partner, or late partner, in the same way as a married person can rely on the contributions paid by a spouse or late spouse, when claiming a State Pension or bereavement benefit. Same-sex couples who are living together as if they were civil partners (but who have not formed a civil partnership) will be treated in the same way as unmarried couples.

## **Guardian's Allowance**

If you are looking after somebody else's child after one or both of the child's parents have died, you may be entitled to UK Guardian's Allowance. Any time either of the child's parents spent in Jamaica, or

any insurance paid there, can be used to help your claim. You can be paid UK Guardian's Allowance for any time you or the child is in Jamaica, providing it would have been payable if you or the child had been ordinarily resident in the UK.

If you wish to claim Jamaican Orphan's Benefit in Jamaica, any insurance that either of the child's parents paid in the UK can be used to help your claim. You can be paid Jamaican Orphan's Benefit for any time you or the child are in the UK. But if you could get both UK Guardian's Allowance and Jamaican Orphan's Benefit for the same child, you will only be paid by the country the child is living in.

# Claiming your benefit

There are time limits for claiming benefits. Contact the appropriate office or organisation without delay.

## **If you want to claim Statutory Sick Pay or Statutory Maternity Pay**

Get in touch with your employer or your local HM Revenue and Customs NI Contributions Office. It is listed in the business numbers section of the phone book.

## **If you want to claim other benefits**

Contact your local Jobcentre Plus/social security office. For your nearest office, look for the display advert under 'Jobcentre Plus' in the business numbers section of the phone book. State Pension can be claimed from The Pension Service. You can telephone The Pension Service on 0845 60 60 265.

## **If you want to claim UK benefits when you are in Jamaica**

Contact The Pension Service at Tyneview Park. You will find their address on page 21.

## **If you want to claim Jamaican benefits**

Contact the Jamaican authorities. You can find their address on page 22.

# Medical services

## In Jamaica

There is no healthcare agreement between the UK and Jamaica and the National Health Service (NHS) only applies in the UK. You cannot get any money back from the NHS for any medical help you pay for in Jamaica.

If you have a National Health Service medical card, please send it, and any of your family's cards, to your Primary Care Trust. If you live in Scotland or Wales, send the card to the local Health Board. In Northern Ireland, send it to the Central Services Agency. Their address is on the card or at [www.nhs.uk](http://www.nhs.uk). Or you can give it to the Immigration Officer as you leave the UK.

If you don't have a medical card, please tell your local Primary Care Trust, local Health Board or the Central Services Agency:

- your name;
- your address;
- your date of birth;
- the name and address of your UK doctor;
- your National Health Service number, if you know it; and
- when you are going to leave the UK.

You can get their address from [www.nhs.uk](http://www.nhs.uk) or the business numbers section of the phone book or from a post office.

## In the United Kingdom (England, Scotland, Wales and Northern Ireland)

### Temporary visits to the UK

Under NHS rules anyone, wherever they are from, who needs treatment for an emergency condition that occurs during a visit to the UK will not be charged for treatment at a hospital accident and emergency department or GP's surgery. This does not extend to treatment as an inpatient or registered outpatient at a hospital or to routine, non-emergency treatment from a GP or dentist. You will normally have to pay for these services, as well as a charge for any medicines you need.

If you come to the UK specifically for medical treatment, you will have to pay for it. You will not get your money back.

More detailed information about medical services in England is available from the Department of Health website at:

**[www.dh.gov.uk/overseasvisitors](http://www.dh.gov.uk/overseasvisitors)**

### Living permanently in the UK

If you have come to live permanently in the UK, you can get the full range of treatments available under the NHS. These are all generally free of charge, although there are some charges for medicines, dental treatment, glasses and some medical appliances.

You can approach any doctor's practice and ask to be registered on their list for NHS treatment. For help and advice on registering with a GP's practice, ask your local Primary Care Trust. Their contact details can be found on the NHS website at **[www.nhs.uk](http://www.nhs.uk)**

### **In the Isle of Man**

If you want to know about medical services in the Isle of Man, please contact the Department of Health and Social Security in the Isle of Man at the address on page 22.

### **In the Channel Islands**

If you want to know about medical services in Jersey, please contact the States of Jersey Department of Health at the address on page 20.

If you want to know about medical services in Guernsey (including Alderney, Sark, Herm and Jethou), please contact the States of Guernsey Board of Health at the address on page 20.

# Where to get help and advice

## General information

If you wish to contact any agency whose address is given in this section, please supply the following information, if possible:

- your full name;
- your full address;
- your date of birth; and
- your UK National Insurance (NI) number or NHS Number. A UK NI number should be quoted, if known, for UK benefit or contribution enquiries. For medical/health enquiries, an NHS number should be quoted, if known.

## Some helpful leaflets

You can get information about UK benefits from other leaflets. You can also get more information from the Department for Work and Pensions website:

**[www.dwp.gov.uk](http://www.dwp.gov.uk)**

You can get the following leaflets from your local Jobcentre Plus/social security office or, if you are abroad, from The Pension Service at Tyneview Park. You can find their address on page 21.

<i>Babies and children</i>	<b>BC1</b>
<i>A Guide to Child Benefit and Guardian's Allowance</i>	<b>CB1</b>
<i>Widowed?</i>	<b>GL14</b>
<i>Social security benefit rates</i>	<b>GL23</b>
<i>If you think our decision is wrong</i>	<b>GL24</b>
<i>Coming from abroad and social security benefits</i>	<b>GL28</b>
<i>Going abroad and social security benefits</i>	<b>GL29</b>
<i>A guide to Incapacity Benefit</i>	<b>IB1</b>
<i>A guide to Income Support</i>	<b>IS20</b>
<i>Jobseeker's Allowance – Helping you back to work</i>	<b>JSAL5</b>
<i>A guide to maternity benefits</i>	<b>NI17A</b>
<i>Social security abroad</i>	<b>NI38</b>
<i>State Pensions – Your guide</i>	<b>PM2</b>
<i>Sick or disabled?</i>	<b>SD1</b>
<i>Ill or disabled because of a disease or deafness caused by work?</i>	<b>SD6</b>
<i>Disabled because of an accident at work?</i>	<b>SD7</b>
<i>Financial help if you work or are looking for work</i>	<b>WK1</b>

## Addresses for enquiries about medical treatment

### England

Department of Health  
Finance Directorate  
Quarry House  
Quarry Hill  
Leeds LS2 7UE  
tel: 0113 254 5819  
email: [dhmail@dh.gov.uk](mailto:dhmail@dh.gov.uk)

### Northern Ireland

Department of Health, Social Services  
and Public Safety  
General Medical Services Branch  
Room D3  
Castle Buildings  
Upper Newtownards Road  
Belfast BT4 3SQ  
tel: 028 9052 2890

### Scotland

Scottish Executive Health Department  
St Andrew's House  
Regent Road  
Edinburgh EH1 3DG  
tel: 0131 556 8400  
email: [ceu@scotland.gov.uk](mailto:ceu@scotland.gov.uk)

### Wales

National Assembly for Wales  
NHS Directorate  
Cathays Park  
Cardiff CF10 3NQ  
tel: 029 2082 5111  
email:  
[health.enquiries@wales.gsi.gov.uk](mailto:health.enquiries@wales.gsi.gov.uk)

### Isle of Man

Department of Health and Social Security  
Health Division  
Crookall House  
Demesne Road  
Douglas  
Isle of Man IM1 3QA  
tel: 01624 642608  
email: [healthservices@dhss.gov.im](mailto:healthservices@dhss.gov.im)

### Jersey

States of Jersey Department of Health  
Peter Crill House  
Gloucester Street  
St Helier  
Jersey JE2 3QS  
Channel Islands  
tel: 01534 622000

### Guernsey

States of Guernsey Board of Health  
John Henry House  
Le Vauquiedor  
St Martins  
Guernsey GY4 6UU  
Channel Islands  
tel: 01481 725241

## Addresses for contribution and benefit enquiries

### UK Social Security Scheme (but not Guardian's Allowance)

Department for Work and Pensions  
The Pension Service  
International Pension Centre  
Tyneview Park  
Newcastle-upon-Tyne NE98 1BA

If you are in the UK, you can phone or fax  
The Pension Service at Tyneview Park on:  
tel: 0191 218 7777  
fax: 0191 218 3836

If you are phoning or sending a fax from  
outside the UK, dial the international code,  
then:  
tel: 44 191 218 7777  
fax: 44 191 218 3836  
email: **TVP-IPC-Customer-Care@  
thepensionsservice.gsi.gov.uk**

### Guardian's Allowance

HM Revenue and Customs  
Child Benefit Office  
PO Box 1  
Washington  
Newcastle-upon-Tyne NE88 1AA

If you are in the UK, you can phone or fax  
the Child Benefit Office on:  
tel: 0845 302 1464  
fax: 0191 225 1543

If you are phoning or sending a fax from  
outside the UK, dial the international code,  
then:

tel: 44 191 225 1536  
fax: 44 191 225 1543  
email: **child.benefit@hmrc.gsi.gov.uk**

### National Insurance contributions

HM Revenue and Customs  
Centre for Non Residents  
Room BP1301  
Benton Park View  
Newcastle-upon-Tyne NE98 1ZZ

If you are in the UK, you can also phone  
or fax the Centre for Non Residents  
(Newcastle) Helpline on:  
tel: 0845 915 4811  
fax: 0845 915 0067

If you are phoning or sending a fax from  
outside the UK, dial the international code,  
then:  
tel: 44 191 203 7010  
fax: 44 191 225 0067  
You can also get more information and  
contact HM Revenue and Customs via  
their website: **www.hmrc.gov.uk**

**For details of UK Income Tax while you are abroad contact:**

HM Revenue and Customs  
Centre for Non Residents  
St John's House  
Merton Road  
Bootle  
Merseyside L69 9BB

You can phone the Centre for Non Residents on:  
tel: 0845 070 0040

If you are phoning from outside the UK, dial the international code, then:  
tel: 44 151 210 2222

**Isle of Man Social Security Scheme**

Department of Health and Social Security  
Markwell House  
Market Street  
Douglas  
Isle of Man IM1 2RZ

You can phone or fax the Department of Health and Social Security on:  
tel: 01624 685059 (Contributions)  
01624 685068 (Pensions)  
01624 685101 (Other benefits)  
fax: 01624 685030  
email: [socialsecurity@dhss.gov.im](mailto:socialsecurity@dhss.gov.im)

**Jersey Social Security Scheme**

Employment and Social Security  
Department  
Philip le Feuvre House  
La Motte Street  
St Helier  
Jersey JE4 8PE  
Channel Islands

You can phone or fax the Employment and Social Security Department on:  
tel: 01534 280000  
fax: 01534 280280  
email: [D.Rose@gov.je](mailto:D.Rose@gov.je)

**Guernsey Social Security Scheme**

Guernsey Social Security Department  
Edward T Wheadon House  
Le Truchot  
St Peter Port  
Guernsey GY1 3WH  
Channel Islands

You can phone or fax the Guernsey Social Security Department on:  
tel: 01481 732500  
fax: 01481 728187 (Administrator)  
01481 722793 (Contributions)  
01481 714853 (Benefits)  
email: [enquiry@ssd.gov.gg](mailto:enquiry@ssd.gov.gg)

**Jamaica**

Ministry of Labour, Social Security and Sport  
14 National Heroes Circle  
PO Box 10  
Kingston 4  
Jamaica



This leaflet is only a general guide to benefit and is not a full and authoritative statement of the law. We have made every effort to ensure that the information in this leaflet is correct at the date shown on the cover. However, changes in the law may make the leaflet become gradually less accurate.

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