



**MRA**ssociates  
Advisers to Supported  
Housing

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T - 01475 727 089  
F - 07092 882 002  
W - [www.mrassociates.org](http://www.mrassociates.org)

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Kingston House,  
3 Jamaica Street, Greenock,  
Renfrewshire, PA15 1XX.

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## Benefit Cap

A limit on the amount of “welfare benefit” that a single benefit claimant or couple of working age may receive for themselves and their dependants. The rate is £500 a week for couples and lone parents and £350 a week for single people without children.

**Source:**

- Sections 96 and 97 of the Welfare Reform Act 2012; Regulations 75A to 75H of the Housing Benefit Regulations 2006; Regulations 78 to 83 of the Universal Credit Regulations 2013.