



## GURKHA SETTLEMENT



Booklet Produced March 2010 (GPB Version)



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## COST OF LIVING IN THE UK

This booklet has been compiled from a number of internet sources which are available to members of the public in any country to access and use.

This is only intended as a guide and whilst based on as accurate data as possible it does not provide any guarantee or assurance of entitlement.

There are a number of internet based sources which can provide you with information on the cost of living in the UK and an illustrative example of the benefits to which you may be entitled these include:

[www.direct.gov.uk/en/MoneyTaxAndBenefits/index.htm](http://www.direct.gov.uk/en/MoneyTaxAndBenefits/index.htm)

[www.rightmove.co.uk](http://www.rightmove.co.uk)

[www.propertyfinder.co.uk](http://www.propertyfinder.co.uk)

[www.entitledto.co.uk](http://www.entitledto.co.uk)

<https://ha-direct.voa.gov.uk/Secure/Default.aspx>

<http://www.moneysavingexpert.com/protect/benefits-check>

<http://england.shelter.org.uk/>

Or an internet search of “cost of living in the UK” and “benefit entitlements in the UK” will also identify a number of additional web sites.

Item	Cost £	Item	Cost £
 Potatoes (2.5kg)	£0.99	 Kit Kat chocolate bar	£0.48
 Lentils (1kg)	£0.88	 Shampoo (400ml)	£1.00
 Lamb Mince (400g)	£2.38	 Toothpaste (100ml)	£0.91
 Chicken (Approx 1.75Kg)	£4.00	Daily Newspapers	£0.50
 Milk (568ml/1 pint)	£0.40	Sandwiches	£2.50
 Eggs (box of 6)	£1.45	Meal in a restaurant	Starters: £4.50 Main: £10.00 Dessert: £4.00
 Can of Coke (330ml)	£0.60	 Bag of 5KG rice	£4.99
 Bread (800g loaf)	£1.37	Drinks (in a cafe or bar)	Beer £2.75 Glass of Wine £3.50
 Sugar (1Kg)	£0.79	Petrol (gasoline)	£1.08 Litre
Single Bus Journey	£2.00	Gas / Electric	£1,000 a year

Illustration based on a single Gurkha aged over 71 living in 1 bedroom privately rented accommodation. The only income is the Gurkha Pension. The Gurkha does not have any savings.

	Illustrative Benefits entitlement (per week)	Illustrative Cost / outgoings (per week)	Source of information / Notes
Housing Cost		£113.00	<a href="http://www.rightmove.co.uk">www.rightmove.co.uk</a>
Food Cost		£48.00	<a href="http://www.workgateways.com/working-cost-of-living.html">http://www.workgateways.com/working-cost-of-living.html</a>
Energy		£20.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
Running a car		£27.00	<a href="http://www.thisismoney.co.uk/cost-of-your-car-calculator">www.thisismoney.co.uk/cost-of-your-car-calculator</a>
Water		£6.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
Public Transport		£5.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
Cigarettes and Alcohol		£15.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
TV Licence		£3.00	<a href="http://www.directgov.co.uk">www.directgov.co.uk</a>
Clothing		£8.00	<a href="http://www.eif.net">www.eif.net</a>
20 minute phone call to Nepal		£16.00	<a href="http://www.bt.com">www.bt.com</a>
Telephone Line rental		£3.00	<a href="http://www.bt.com">www.bt.com</a>
Mobile Phone		£5.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
GPS	£45.00		Subject to tax
Local Housing Allowance (Housing Benefit)	£113.00		<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Tax Credit			<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Pension Credit	£85.00		<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Child benefit			<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Council Tax	£21.00	£21.00	<a href="http://www.rightmove.co.uk">www.rightmove.co.uk</a>
<b>Per week</b>	<b>£264.00</b>	<b>£290.00</b>	

A single person in the UK needs to earn at least £13,400 a year or £157 per week for a minimum standard of living according to the Joseph Rowntree Foundation (JRF) whilst a single pensioner needs a minimum of £136 per week excluding Housing costs.

The figures in the report do not include luxury items but do include the essentials for everyday living such as clothing for work and a pay as you go mobile.

The reports can be read in full via:

<http://news.bbc.co.uk/1/hi/business/7481927.stm#costofliving>

There are a number of one off set up costs which you will be required to pay prior to moving into the accommodation. These may include (approximate figures):

- ◆ Rental arrangement fees £75
- ◆ Furniture, (sofa, bed, table, chairs, kitchen items) £600
- ◆ Rental deposit for the accommodation (two months in advance of moving into the accommodation) £1000
- ◆ A months rent in advance £500
- ◆ Telephone line connection fee £125

## A number of assumptions have been made:

1. Pension figures based on a Gurkha receiving £197 per month
2. Pension figures have taken into account the pension rises in 2010
3. Council tax is paid over 10 months but have been broken down into weekly figures.
4. The family do not incur any child care costs.
5. That of the benefits listed within this booklet, child benefit, the child and working tax credits, housing benefit, council tax benefit and pension credit are not liable to income tax.
6. That only the 56 year olds are seeking employment.
7. The family's earnings for the last tax year (April to April was £0)
8. All accommodation prices quoted are for unfurnished privately rented
9. That the UK is your permanent home and that you have settled in the UK.

Local Housing Allowance (Housing benefit) figures have been adjusted to reflect rental values.

[http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/On\\_a\\_low\\_income/DG\\_10018928](http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/On_a_low_income/DG_10018928)

## Leaving the UK for Holidays or Permanently

If you are planning on travelling outside of the UK, your entitlement to benefits or tax credits could be affected, you should contact your local Job Centre Plus office, HMRC or Pension, Disability and Carers Service (PDCS) before you travel to inform them of your travel plans and the time which you will be away from the UK. The Job Centre Plus, HMRC or PDCS will be able to inform you if your benefits or tax credits will be affected by your absence.

<http://www.hmrc.gov.uk/leaflets/wtc-fs6.pdf>

<http://www.hmrc.gov.uk/taxcredits/keep-up-to-date/changes-affect/abroad-temp.htm>

[http://www.hmrc.gov.uk/childbenefit/ch5\\_notes.pdf](http://www.hmrc.gov.uk/childbenefit/ch5_notes.pdf)

<http://www.hmrc.gov.uk/childbenefit/start/who-qualifies/live-work-abroad.htm>

## Staying with friends and family serving in the UK Armed Forces

If you have friends / relatives serving in the British Army in the UK you should be aware that there are limits placed on them as to how long visitors may stay in their service provided accommodation.

Your friends / relatives may have visitors staying at the property on a temporary basis only. These visits are to be no more than 28 days (aggregated or continuous) in any 93 day period unless permission has been obtained from Defence Estates in consultation with the local Garrison or Station Commander. If they rent private accommodation, then provided they have the landlord's permission you can stay with them for as long as you both agree.

If you stay with friends or relatives you may not be entitled to housing benefit – you should talk the housing department at your local authority in the UK for full details.

Illustration based on a Gurkha and his wife both aged 56, and two children under 16, living in a 2 bedroom privately rented accommodation. The family do not have any savings and their only income is their Gurkha Pension. Both parents are seeking work.

	Illustrative Benefits entitlement (per week)	Illustrative Cost / outgoings (per week)	Source of information / Notes
Housing Cost		£163.00	<a href="http://www.rightmove.co.uk">www.rightmove.co.uk</a>
Food Cost		£100.00	<a href="http://www.workgateways.com/workin-g-cost-of-living.html">http://www.workgateways.com/workin-g-cost-of-living.html</a>
Energy		£20.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
Running a car		£32.00	<a href="http://www.thisismoney.co.uk/cost-of-your-car-calculator">www.thisismoney.co.uk/cost-of-your-car-calculator</a>
Water		£6.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
Public Transport		£10.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
Cigarettes and Alcohol		£21.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
TV Licence		£3.00	<a href="http://www.directgov.co.uk">www.directgov.co.uk</a>
Clothing		£24.00	<a href="http://www.eif.net">www.eif.net</a>
20 minute phone call to Nepal		£16.00	<a href="http://www.bt.com">www.bt.com</a>
Telephone Line rental		£3.00	<a href="http://www.bt.com">www.bt.com</a>
Mobile Phone		£15.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
GPS income	£45.00		Subject to tax
Job seekers allowance	£56.00		
Local Housing Allowance (Housing Benefit)	£163.00		<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Tax Credit	£96.00		<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Pension Credit			<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Child benefit	£33.00		<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Council Tax	£21.00	£21.00	<a href="http://www.rightmove.co.uk">www.rightmove.co.uk</a>
<b>Per week</b>	<b>£414.00</b>	<b>£434.00</b>	

Illustration based on a Gurkha and his wife, both aged 62 living in a 1 bedroom accommodation. The couple do not have any savings and their only income is their Gurkha Pension.

	Illustrative Benefits entitlement / income (per week)	Illustrative Cost / outgoings (per week)	Source of information / Notes
Housing Cost		£113.00	<a href="http://www.rightmove.co.uk">www.rightmove.co.uk</a>
Food Cost		£60.00	<a href="http://www.workgateways.com/working-cost-of-living.html">http://www.workgateways.com/working-cost-of-living.html</a>
Energy		£20.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
Running a car		£27.00	<a href="http://www.thisismoney.co.uk/cost-of-your-car-calculator">www.thisismoney.co.uk/cost-of-your-car-calculator</a>
Water		£6.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
Public Transport		£5.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
Cigarettes and Alcohol		£21.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
TV Licence		£3.00	<a href="http://www.directgov.co.uk">www.directgov.co.uk</a>
Clothing		£14.00	<a href="http://www.eif.net">www.eif.net</a>
20 minute phone call to Nepal		£16.00	<a href="http://www.bt.com">www.bt.com</a>
Telephone Line rental		£3.00	<a href="http://www.bt.com">www.bt.com</a>
Mobile Phone		£5.00	<a href="http://www.thisismoney.co.uk">www.thisismoney.co.uk</a>
GPS Income	£45.00		Subject to tax
Salary			
Local Housing Allowance (Housing Benefit)	£113.00		<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Tax Credit			<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Pension Credit	£153.00		<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Child benefit			<a href="http://www.entitledto.co.uk">www.entitledto.co.uk</a>
Council Tax	£21.00	£21.00	<a href="http://www.rightmove.co.uk">www.rightmove.co.uk</a>
<b>Per week</b>	<b>£332.00</b>	<b>£314.00</b>	

There are many websites which can be used to find rental homes in the UK; these can be accessed from outside the UK.

You should never agree to rent a property until you have viewed it for yourself or get someone you trust to view it on your behalf.

Your local authority housing advice centre may be able to help you to find accommodation you can find them in the phone book or by contacting your local citizens advice bureau, the Citizens Advice will also be able to provide information about rental contracts and deposits.

[www.rightmove.co.uk](http://www.rightmove.co.uk)

[www.findaproperty.com](http://www.findaproperty.com)

[www.fish4homes.co.uk](http://www.fish4homes.co.uk)

[www.primelocation.com/uk](http://www.primelocation.com/uk)

[www.zoopla.co.uk/to-rent/](http://www.zoopla.co.uk/to-rent/)

[www.homes2rent.net](http://www.homes2rent.net)

[www.torent.co.uk](http://www.torent.co.uk)

[www.estageagent.co.uk](http://www.estageagent.co.uk)

[www.gumtree.co.uk](http://www.gumtree.co.uk)

<http://www.adviceguide.org.uk/>

<http://www.shelter.org.uk/>

LOCATION	MONTHLY RENTAL (unfurnished)		RENTAL DEPOSIT (Based on 2 months rent)	MOVING IN COSTS: Rental Agreement /Furniture/Domestic Goods	COUNCIL TAX MONTHLY CHARGES (for 10 months) based on Band B property	OTHER MONTHLY COSTS: UTILITIES: Gas/Electricity/ Water	COMMENTS
	FROM	TO					
	1 Bedroom	2 Bedroom	£	£	£	£	
ALDRSHOT	£525 (1xbed)	£700 (2xbed)	£1050 to £1400	£75 to £100/1500	106.96	70 to 90	Within 5 miles of Town Centre
ASHFORD, KENT	£425 (1xbed)	£600 (2xbed)	£850 to £1200	£75 to £100/1500	107.17	70 to 90	Within 5 miles of Town Centre
BARNET	£750 (1xbed)	£1200 (2xbed)	£1500 to £2400	£75 to £150/1500	110.60	70 to 90	Within 5 miles of Town Centre
BASINGSTOKE	£550 (1xbed)	£700 (2xbed)	£1100 to £1400	£75 to £100/1500	104.06	70 to 90	Within 5 miles of Town Centre
BRACKNELL	£500 (1xbed)	£750 (2xbed)	£1000 to £1500	£75 to £150/1500	103.36	70 to 90	Within 5 miles of Town Centre
BRENTFORD	£550 (1xbed)	£850 (2xbed)	£1100 to 1700	£75 to £100/1500	108.88	70 to 90	Within 5 miles of Town Centre
CAMBERLEY	£450 (1xbed)	£650(2xbed)	£900 to £1300	£75 to £100/1500	115.50	70 to 90	Within 5 miles of Town Centre
CANTERBURY	£340 (1xbed)	£750 (2xbed)	£680 to £1500	£75 to £150/1500	109.82	70 to 90	Within 5 miles of Town Centre
COLCHESTER	£395 (1xbed)	£540 (2xbed)	£790 to £1080	£75 to £150/1500	112.38	70 to 90	Within 5 miles of Town Centre
COVENTRY	£250 (1xbed)	£375 (2xbed)	£500 to £750	£75 to £100/1500	111.84	70 to 90	Within 5 miles of Town Centre
DOVER	£280 (1xbed)	£450 (2xbed)	£560 to £900	£75 to £100/1500	110.91	70 to 90	Within 5 miles of Town Centre
DIDCOT	£450 (1xbed)	£725 (2xbed)	£900 to £1450	£75 to £150/1500	114.41	70 to 90	Within 5 miles of Town Centre
ENFIELD	£350 (1xbed)	£650 (2xbed)	£700 to £1300	£75 to £100/1500	109.66	70 to 90	Within 5 miles of Town Centre
FARNBOROUGH	£450 (1xbed)	£650 (2xbed)	£900 to £1300	£75 to £100/1500	108.96	70 to 90	Within 5 miles of Town Centre
FLEET	£450 (1xbed)	£650 (2xbed)	£900 to £1300	£75 to £150/1500	110.83	70 to 90	Within 5 miles of Town Centre
FOLKESTONE	£400 (1xbed)	£500 (2xbed)	£800 to £1000	£75 to £100/1500	116.66	70 to 90	Within 5 miles of Town Centre
GREENWICH	£350 (1xbed)	£750 (2xbed)	£700 to £1500	£75 to £150/1500	100.41	70 to 90	Within 5 miles of Town Centre
HOUNSLOW	£400 (1xbed)	£850 (2xbed)	£800 to £1700	£75 to £100/1500	108.90	70 to 90	Within 5 miles of Town Centre
MAIDSTONE	£350 (1xbed)	£650 (2xbed)	£700 to £1300	£75 to £100/1500	102.35	70 to 90	Within 5 miles of Town Centre
READING	£350 (1xbed)	£650 (2xbed)	£700 to £1300	£75 to £100/1500	114.10	70 to 90	Within 5 miles of Town Centre
SANDHURST	£450 (1xbed)	£700 (2xbed)	£900 to £1400	£75 to £100/1500	103.36	70 to 90	Within 5 miles of Town Centre
SWINDON	£275 (1xbed)	£475 (2xbed)	£550 to £950	£75 to £150/1500	106.24	70 to 90	Within 5 miles of Town Centre
WEMBLEY	£400 (1xbed)	£750 (2xbed)	£800 to £1500	£75 to £100/1500	110.70	70 to 90	Within 5 miles of Town Centre
WOKING	£500 (1xbed)	£750 (2xbed)	£1000 to £1500	£75 to £100/1500	115.57	70 to 90	Within 5 miles of Town Centre

**Notes:**

- All rental figures based on Right Move's ([www.rightmove.co.uk](http://www.rightmove.co.uk)) national coverage of rental properties available for private rent.
  - Council Tax monthly charges (for a 10 month period) are based on an assessment of property prices in 1991. Property now is based on different values, which vary in different parts of the country and that is why Council Tax for a 2 bed roomed property in Folkestone may be more or less than a similar property in Camberley, Surrey. The figures above are based on current charges but will change from 5 April 2010.
  - Majority of rentals are now unfurnished. Occupants therefore will need to provide furniture and provide most white goods themselves. An amount of at least £1500 should be set aside to provide for furniture, beds, cupboards, kitchen equipment, TV and telephone, etc.
  - Rental agreements are based on an Assured Short-hold Tenancy (AST) Agreement that has a minimum contract time of six (6) months.
  - Potential tenants also need to remember that the monthly payment must be made regularly and on time, otherwise they risk being evicted from the property.
- To help understand the sterling values shown in the table see the currency conversion table.

Conversion table 125.66 NCR = £1

£	NCR	£	NCR
25	3,142	750	94,245
50	6,283	800	1,00,528
75	9,425	825	1,03,670
100	12,566	850	1,06,811
150	18,849	900	1,13,094
200	25,132	950	1,19,377
250	31,415	1,000	1,25,660
300	37,698	1,050	1,31,943
350	43,981	1,100	1,38,226
400	50,264	1,150	1,44,509
450	56,547	1,200	1,50,792
500	62,830	1,250	1,57,075
550	69,113	1,300	1,63,358
600	75,396	1,350	1,69,641
650	81,679	1,400	1,75,924
700	87,962	1,450	1,82,207