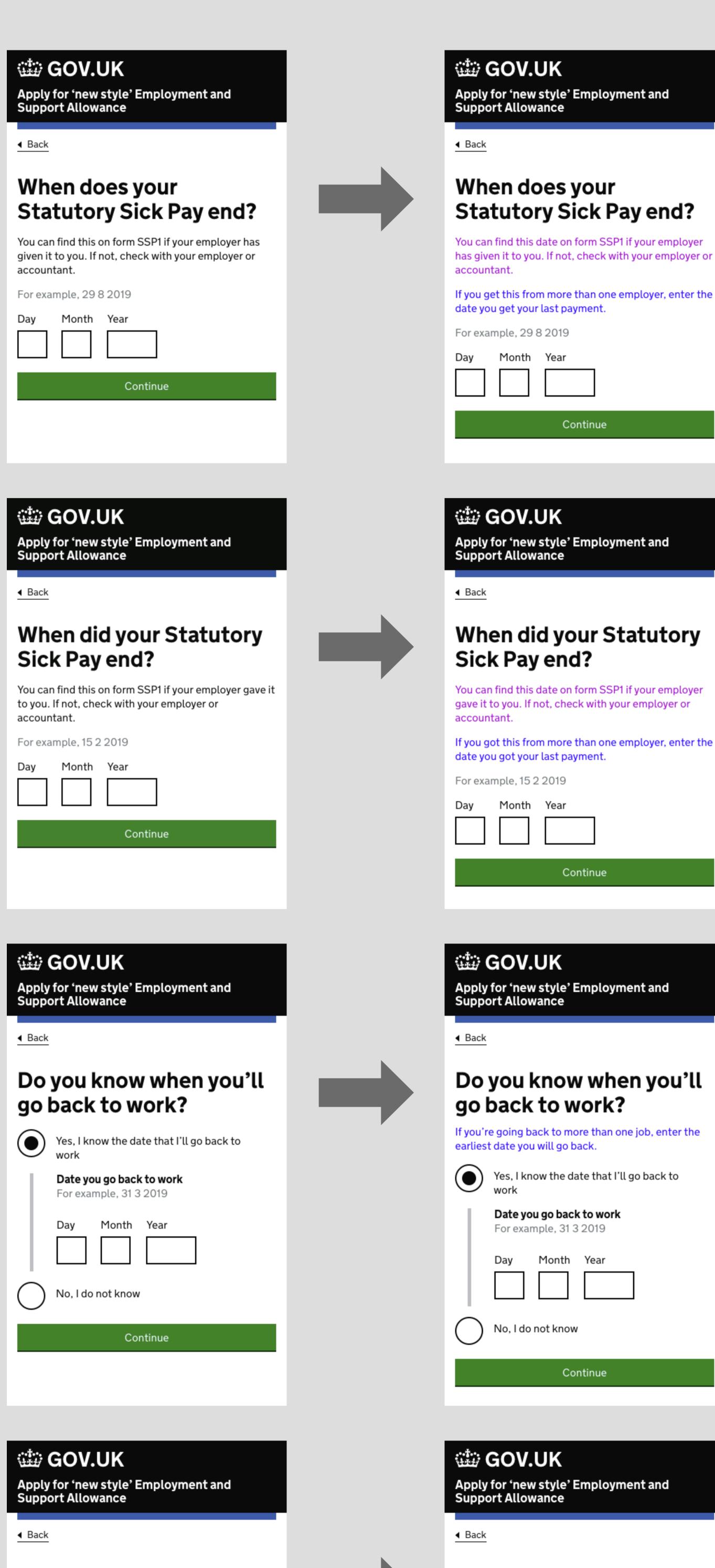
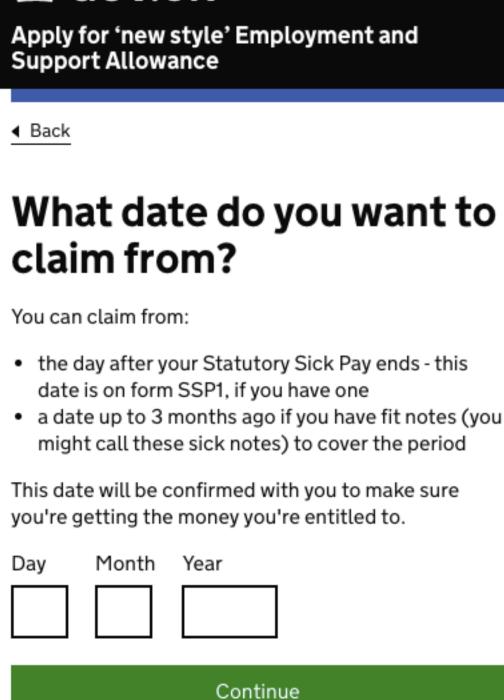
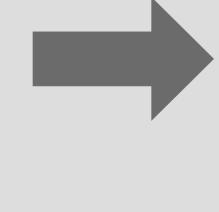
## Pink updates are shown to all users

## Blue updates are only shown to users who've said they have more than one job







GOV.UK  Apply for 'new style' Employment and Support Allowance
■ Back
What date do you want to claim from?
You can claim from:
<ul> <li>the day after your last payment of Statutory Sick         Pay - this date is on form SSP1, if you have it</li> <li>a date up to 3 months ago if you have fit notes (you might call these sick notes) to cover the period</li> </ul>
This date will be confirmed with you to make sure you're getting the money you're entitled to.
Day Month Year
Continue