

## Trussell update 26<sup>th</sup> March 2025

In yesterday's Spring Statement, the UK government confirmed they will make almost £5 billion of cuts to disabled people's social security – [these are the same cuts mentioned last week](#).

There are three main changes we're worried about:

### **1) Making it harder to get Personal Independence Payments (PIP) from November 2026**

Disability payments that have nothing to do with if someone can work. These are payments to help with the additional costs of being disabled. People who are working and people who aren't able to work can receive them.

By 2029/30, this will reduce spending on these payments by around £4.7 billion, and will affect around 800,000 disabled people. 400,000 of that group will lose PIP entirely. People are expected to lose around £4,500 a year on average. And around 150,000 people are expected to lose carer's benefits due to these changes.

### **2) Cutting the additional payments some people on Universal Credit receive when they cannot work due to their disability or ill health**

These will be frozen for people already receiving them and halved for everyone who applies for them from April 2026. If agreed, people under 22 will not be able to get these payments at all.

By 2029/30, this will reduce spending by over £3 billion, with around 3 million people affected. People are expected to lose around £1,100 a year on average.

### **3) Increasing job-seeking rules for disabled people**

We've seen before that when people's payments are stopped because of rules like these, more people are pushed to food banks.

If you haven't had a chance to email your MP, there's still time. If you've already done this, please share this link widely with your friends and family and encourage them to do the same.

[Email your MP](#)

We know the scale of these cuts will be devastating. We know many of you will be understandably concerned about the impact on people who are already more likely to need your food bank's support. And we know many of you will also be worried about the potential impact on your own life, or on friends or family members.

### **So today we want to emphasise three things:**

1. Any cuts will not come in immediately. The UK government is consulting on some of the changes over the next 12 weeks, and the planned cuts will need to be voted on by MPs before they're implemented. **Your voice is crucial in this conversation**, and we'll keep you updated on how we can continue to share our concerns together.
2. These cuts are out of touch with what voters want. Seven in ten voters across political parties agree social security for disabled people should at least be enough to cover their essential living costs.

3. We face this together. Together as a community of food banks, together alongside disabled people, sector friends and partners, and together with thousands and thousands of individuals who have already contacted their MPs. Together we will keep up the public pressure and keep pushing for a social security system that can be there for everyone who needs it.

Thank you for everything you've already done to push for change. We know this was originally going to be much worse, and we've been blown away by your collective efforts over the past fortnight. We've seen one of the biggest responses we've ever had to an 'email your MP' action – we're building momentum thanks to your work.

We will keep you updated on plans to support you to play your part as together, we continue to do all we can to prevent cuts going ahead.

Best wishes,

**Helen Barnard**

*Director of Policy, Research and Impact  
Trussell*