

# First month checklist

Here is a list of tasks which should be completed within the first month after arrival. Please note that you don't *have to* complete these tasks within our timeframes, but our suggestions are based on our previous experience of people arriving to the UK. You will be able to get help with all of those actions from your host or your local authority.

## First two weeks

- Apply for a bank account
- Submit application for Universal Credit
- Register with a General Practitioner (GP)
- Receive £200 per person initial cash payment from Local Authority
- Apply for your National Insurance number

## First month

- Get familiar with public transport links in your area
- Apply for child benefit (if you have children)
- Apply for a Biometric Residency Permit (BRP). This can be done within 90 days of arrival.
- Register for English classes in your area
- Learn where your closest Accident and Emergency department is located
- Register with an NHS dentist (if there's any availability)
- Register your children with school/nursery