

Covid -19 Useful information for families

Local Welfare Assistance, such as food vouchers and essential household items-

<https://walthamforest.gov.uk/content/local-welfare-assistance-lwa>

Discretionary Housing Payments may be available to top-up housing-related benefit for a limited time to **cover housing costs such as rent-**

<https://walthamforest.gov.uk/content/discretionary-housing-payments>

Discretionary reduction in Council Tax-

<https://walthamforest.gov.uk/content/discretionary-council-tax-hardship-scheme>

Local Support Networks:

Waltham Forest has a community of mutual aid networks springing up, for more details follow:

<https://www.facebook.com/groups/wfcoronavirus/>

Or, to find your local listing:

<https://covidmutualaid.org/>

Paying rent:

the government had just announced that it will bring forward emergency laws preventing the eviction of private tenants, following concerns that some may be unable to keep up with rent payments due to the effects of the virus.

MoneySavingExpert recommends speaking with your landlord asap – read more here: <https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/#rent>

Sick Pay:

Statutory Sick Pay will now be paid from day 1 rather than day 4 of absence if you are affected by coronavirus. This is provided you usually earn over £118 per week. It also applies to those on zero hours contracts if they meet the criteria. Read more:

<https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/#employee>

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees>

Energy bills:

The major energy firms are putting together plans to support those on pre-payment meters who are unable to leave the house to top up, and other measures to protect vulnerable customers at this time. Read more:

<https://www.bbc.co.uk/news/business-51958920>

<https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/#energy>

[Check if you can get statutory sick pay \(SSP\)](#)

[Check if you're eligible for Universal Credit](#)

[Check if you're eligible for Employment and Support Allowance \(ESA\)](#)

[Your rights if your hours are cut or you're laid off](#)

ESOL online and language support:

online ESOL training is available it is aimed at children but adults working with their children or on their own have found this a great resource.

Anyone interested should email: hello@littlebridge.com. Please use the reference: 'English Language Support' and 'Home Office' to help them with an efficient triage. Littlebridge will then set up a free account and offer free online training, if requested.

https://mcusercontent.com/3635ee491e1659a5b04a136f3/files/b330048b-d8b9-4b5b-96b4-57d33dccd983/ESOL_Study_at_Home.pdf

[Coronavirus \(Covid 19\) advice](#) for patients in 21 languages, which were produced in partnership with the British Red Cross, Migrant Help and Clear Voice: English, Albanian, Dari, French, Pashto, Portuguese, Bengali, Vietnamese, Kurdish Sorani is available at the moment, but more languages coming soon: Mandarin, Hindi, Urdu, Arabic, Spanish, Portuguese, Malayalam, Turkish, , Farsi, Amharic, Tigrinya, Somali.

Mental health and wellbeing:

- <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>
- <https://www.bacp.co.uk/news/news-from-bacp/2020/13-march-coronavirus-self-isolation-how-to-look-after-your-mental-health-and-wellbeing-if-you-re-self-isolating/>

Working from home:

<https://www.leapers.co/resources/little-guides/coronavirus-working-from-home>