

Coronavirus Update from John Cryer MP

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This is a brief update with some information that may be helpful for you, your family, friends and neighbours. If you have a printer. Do feel free to print copies for anyone you think may benefit from this information.

My team and I are continuing to receive and deal with a large amount of casework related to Covid-19. Do get in touch if you need to, but you can also find details of help below, for things like business support, employment support, food deliveries for the vulnerable, volunteering, domestic abuse support, Local Council information and much more.

National Information

The Covid-19 gov.uk hub <https://www.gov.uk/coronavirus> has information from all Government Departments about health aspects, Business Support (Grants, Payment Holidays and Relief, Furlough for staff costs, Loans), Benefits, School Closures, Health and Social Care, Education and much more.

- Business Support <https://www.gov.uk/coronavirus/business-support>
- Benefits (Existing Claimant) <https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-already-getting-benefits>
- Employed but can't work <https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-employed-and-cannot-work>
- Employed but lost your job <https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-you-were-employed-and-have-lost-your-job>
- Self-Employed <https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-self-employed-and-getting-less-work-or-no-work>
- Universal Credit, including Medical Assessment, sick pay, Self-Employment, Employment Support Allowance and new claimants
<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Stay at Home Advice – in various languages and formats

<https://www.gov.uk/government/publications/coronavirus-covid-19-information-leaflet>

Coronavirus – Extremely Vulnerable

Help with getting prioritised for online food shopping and help.

You should have had a letter from the Government. But if you think you are vulnerable, please take a look at this and fill in the online form. You'll need your NHS number from prescriptions or letters. A family member or friend can help you with this and fill in on your behalf too.

<https://www.gov.uk/coronavirus-extremely-vulnerable>

Locally – Advice and Support

Domestic Abuse – I have collated some information locally and nationally on my website

<https://www.johncryermp.co.uk/domestic-abuse-covid-19>

The Silent Solutions System

Familiarise yourself with The Silent Solution system. This is a system for victims of domestic abuse who might be afraid of further danger and escalation of harm if they are overheard when calling 999 in an emergency.

When somebody calls 999, an operator will ask which emergency service is required. If the caller is unable to audibly signal to the operator, the call will be forwarded to an operating system.

If 55 is pressed by the caller, the system will detect this. The operator will then transfer the call to the relevant police force as an emergency. Click here to find out more.

National helplines, email, text and live chat support services, and local specialist services, are currently open for business as usual, although their delivery is likely to have to adapt over the coming weeks.

Volunteering and Mutual Aid Groups

You can find information here and on my website about local Mutual Aid and Volunteering Groups.

<https://www.johncryermp.co.uk/volunteering-mutual-aid>

Redbridge

Redbridge Covid 19 Mutual Aid:

<https://www.facebook.com/groups/200566334584467/>

RedbridgeCVS: the local umbrella body for the voluntary and community sector.

<https://www.redbridgecvs.net/coronavirusvolunteering>

Redbridge Joins Together

https://www.facebook.com/groups/redbridgejoinstogether/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn

Facebook Groups: connect with others and see how you can help

- Wanstead Community Hub
- Redbridge Joins Together
- Redbridge Covid-19 Mutual Aid
- Woodford, South Woodford and Wanstead Parents
- Wanstead Community Forum

WhatsApp Groups: coordinating local volunteer response

- Wanstead Village ward
- Wanstead Park ward
- List of groups across Redbridge

Waltham Forest

Cathall Ward Covid-19 Mutual Aid (Waltham Forest): <https://chat.whatsapp.com/C4nTtTUjOBA2JOcvveMBSP>

Grove Green Mutual Aid (Leyton): <https://chat.whatsapp.com/LCD02DgyiebBgYr1vQ9qjE>

Waltham Forest Covid 19 Mutual Aid: <https://www.facebook.com/groups/233168351049198/>

Eat or Heat Waltham Forest: <http://eatorheat.org/>

PL84U: <http://pl84u-alsuffa.org/about-us/>

AgeUK Waltham Forest: <https://www.ageuk.org.uk/walthamforest/>

Local Authority (Council) Information

Both Redbridge and Waltham Forest have Covid-19 online hubs with details on how to cope with self-isolation, things to do like library lending of audiobooks, and resources for kids and home schooling, help for vulnerable people, childcare support, financial assistance, community help networks,

Redbridge

<https://www.redbridge.gov.uk/coronavirus-information-hub/>

Waltham Forest

<https://www.walthamforest.gov.uk/service-categories/covid-19>