



# Support if you need to self-isolate in Cornwall in easy read



## Self-isolation

Self-isolation puts a big impact on your freedom and your ability to do things like shopping.



## Help with shopping and medicines

If you are not able to do online shopping, or you cannot get family or friends to help you, Volunteer Cornwall can help with:



- Shopping
- Picking up medicines
- Having a chat on the phone



Call **01872 266 988**

Email



[requestforhelp@volunteercornwall.org.uk](mailto:requestforhelp@volunteercornwall.org.uk)



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## Help with food



If you are having problems with buying food, you can get help from a food bank.



To get a food voucher call the Trussell Trust Foodbank Helpline **0808 208 2138** Mon – Fri from 9am – 5pm



There is also a list of food banks here

<https://transformation-cornwall.org.uk/resources/update-on-cornish-foodbanks>

## Council Tax Support



If you are struggling to pay your Council Tax Cornwall Council can help.



You can apply online here

<https://www.cornwall.gov.uk/council-and-democracy/council-tax/council-tax-support-during-coronavirus-pandemic/>



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## More about Council Tax Support

Or you can call **0300 123 412** (option 3)



## Are you worried about being evicted?

Evicted means being made to leave your home.



If you rent your home, you have been given greater protection against eviction.



Your landlord needs to give you 6 months' notice.



If you are struggling to pay your rent, get help as soon as you can.

**CORNWALL HOUSING**



If you live in Cornwall Housing homes call **0300 1234 161** for help.



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If you live in a home which is private rented call the Cornwall Housing's Prevention and Engagement Team **0300 1234 161**



For more information visit

<https://www.cornwallhousing.org.uk>



## Extra money

If you need extra money, there are 3 funds:



- **Discretionary Housing Payments:** This is if you rent your home, get Housing Benefit or Universal Credit, and need extra help to pay your rent.



- **Exceptional Relief:** This is if you get Council Tax Support and who need extra help to pay your Council Tax.



- **The Crisis and Care Award:** This is extra help in an emergency or a disaster.



You can apply for these funds either online or by calling **0300 1234 121** (option 2)



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More information about benefits and money support from the Council can be found here

<https://www.cornwall.gov.uk/advice-and-benefits/benefits/>



## £500 government Test and Trace Support Payment

You can get £500 if NHS Test and Trace tell you to self-isolate.

You need to be getting certain benefits and not working while you self-isolate.



You can apply online

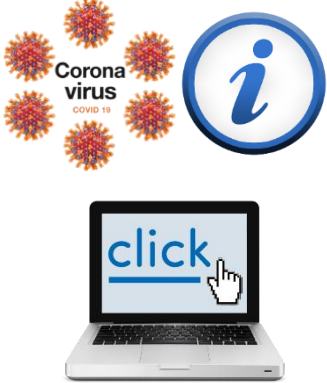

<https://www.cornwall.gov.uk/testandtracesupport>

or call **0300 1234 121** (option 5)



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	<h3>More coronavirus information and support</h3> <p>For more coronavirus easy read information and support visit Healthy Cornwall's website</p> <p><a href="https://www.healthycornwall.org.uk/make-a-change/learning-disability-and-autism-support/help-to-stay-well-during-the-coronavirus/">https://www.healthycornwall.org.uk/make-a-change/learning-disability-and-autism-support/help-to-stay-well-during-the-coronavirus/</a></p>
	<h3>Supporting your wellbeing</h3> <p>There is also information and guidance to support your wellbeing.</p> <p><a href="https://www.healthycornwall.org.uk/make-a-change/learning-disability-and-autism-support/help-to-stay-well-during-the-coronavirus/">https://www.healthycornwall.org.uk/make-a-change/learning-disability-and-autism-support/help-to-stay-well-during-the-coronavirus/</a></p>

Easy read made by the CHAMPs Team

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