

A message from Cllr Clare Coghill
Leader of Waltham Forest Council



Coronavirus (COVID-19) Update



I am disappointed and concerned by the shocking stories of residents who have tried to book Covid-19 tests and been asked to travel huge distances or been informed there are no tests available at all.

I know this is causing many of you unnecessary distress and worry at a time when we have all been through enough.

I have written to the Health Secretary Matt Hancock, to express your frustration and anger. [You can read my statement on this issue on our website.](#)

Over the last week there has been 60 new cases of coronavirus in Waltham Forest, which has increased from the 47 new cases the week before. Even though this is still below the national average it shows that the coronavirus is still present and on the rise.

If you do experience coronavirus symptoms, I urge you and your household to self-isolate and keep trying to book a test by calling 119 or [visiting the government website](#). By doing this, and taking the right precautions, you can help to protect your loved ones and the most vulnerable members of our society.

COVID-19 cases up to 12th September 2020

**In the
last 7
days...**

60

New
positive
cases



Increase from 47
cases in the
previous week

21.7



Rate of new
infections
per 100,000



Lower than the
national average
of 27.9

Help us to protect WF



Even though we hear and see the guidelines everywhere, it's vital that we know how to protect ourselves and others from coronavirus. Remember, from Monday 14 September you should not be meeting indoors or outdoors in groups larger than 6, apart from the [stated exemptions](#).

Please make sure you wash your hands regularly, wear a face covering in indoor settings and stay two metres apart from people you do not live with. If you experience any coronavirus symptoms, make sure you self-isolate with your household and book a test immediately.

Please note that testing is for those experiencing coronavirus symptoms. If you order or book a test and are not experiencing symptoms, you could be taking the test away from someone that really needs it.

[Visit the website](#)

Job hunting help is here



Job worries due to Covid-19? Get jobs help at the Waltham Forest Adult Learning Service!

Sign up for free support at one of our Job Clubs. We also have courses to help improve your digital and job skills, whether you want to try something new or gain a formal qualification.

You can get creative with ceramics in our pottery room, start a gardening class or learn how to make your own clothes, and most of our creative and wellbeing courses can be booked directly online.

For courses like hair and beauty, English, maths, accounting and our many other qualification courses, please call 020 8496 2974 to arrange your free course assessment with us.

[Book your course](#)

Kick the habit



Coronavirus attacks the lungs and respiratory system, and that's why smoking can put you at greater risk of developing severe disease from Covid-19.

We want to support residents wishing to quit and would love to hear from you how you think we can best support you in your journey.

Whether you are a current smokers/e-cigarette user, you smoked in the past, have friends or family members who smoke or just want to help, we want to hear from you, through our survey, which closes on Friday 18 September.

If you need help to quit smoking, get in touch with [Quit In Waltham](#) or call 0333 005 0095

[Complete the survey](#)

Make it Happen grants - £100,000 available



Do you have an idea for an exciting, innovative project that would involve the community? A dance project for adults, a new craft project for children or a film challenge for everyone?

From circus to dance, performance to visual art, music to craft – we are looking for ambitious ideas to support.

Make it Happen grant funding is making £100,000 available to run innovative and inclusive creative activities between January 2021 and March 2022.

The grant will support artists, organisations and creative freelancers to create locally relevant, ambitious and inclusive arts and culture projects across Waltham Forest.

This is your opportunity to create a cultural programme for everyone in our borough.

Applications close 25 October.

[Apply now](#)

Let's get sporty!



The Great British Week of Sport runs from 19 - 27 September, aiming to inspire the nation to celebrate the power that sport and physical activity has on our mental, physical and social well-being – which has been and continues to be especially important through the pandemic.

Keep an eye on our social media throughout this week, where we will be promoting some of the great work going on in Waltham Forest.

These activities are run by our Feel Good Mark accredited clubs and organisations throughout the week, our [Feel Good walking groups](#) and at our [Better Leisure Centres](#) – who have all been working hard to ensure their sessions and activities are Covid-19 secure.

[Get involved](#)

Photograph: Aleksandra Horwood from [Happy Stance Yoga](#)

Embracing clean air and the outdoors



During lockdown we saw a decrease in the levels of air pollution, and we want to continue to make sure residents feel confident to choose active travel when travelling across Waltham Forest.

We want to encourage you to choose active travel this World Car Free Day on Tuesday 22 September and beyond.

Whether you want to give cycling a whirl, or you want to try walking this September, we're here to help.

We've got several Dr Bike sessions coming up in case your cycle needs a health check, and have even got instructor led cycle rides for those of you are thinking you want to try cycling as a way to commute in or out of Waltham Forest.

[Read more](#)

Adult learning returns safely



Adult Learning Service site officers (Phil and Andy) have been working hard to adapt our buildings to help learners and staff feel safe during Covid-19.

A new learner at a recent course assessment session told us that he will study with us because he felt safe in our buildings. He said that our Queens Road Learning Centre was well-organised and showed that we take Covid seriously.

You can read more about these changes, our course assessments and our new courses on our website.

[Learn more](#)

Council Services



Our teams are continuing to deliver vital services and are working hard to reopen services as and when it is safe to do so.

[Learn more](#)



Information and advice regarding Coronavirus (COVID-19) is changing quickly and its important you keep up to date with those changes. The Council will be using email newsletters to keep residents and businesses up to date.

If residents have questions please visit our [website](#), and use live chat to talk to one of our team, it's quicker than phoning.



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