

A message from Cllr Clare Coghill  
Leader of Waltham Forest Council



## Coronavirus (COVID-19) Update



As we move into the colder months, with cold and flu season arriving, it's important for all of us to look after ourselves. This year, the Government has extended the criteria for free flu jabs, with around 30 million people being offered it. The eligibility criteria now includes over 50's as well as anyone on the shielding list including those they live with. You can view the [full criteria on the NHS website](#) or read more about flu jabs below.

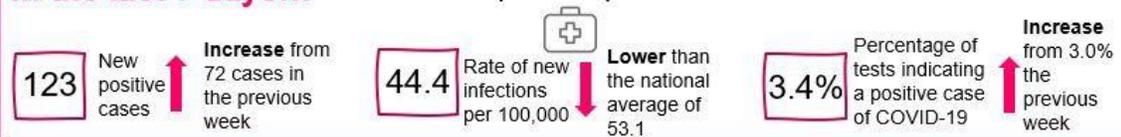
Last week restrictions changed for the UK, so I urge you all to make sure you're up to date with these changes, including a 10pm curfew of all hospitality venues, wearing your face mask in public venues when walking around and limiting yourself to mixing in groups of six whether that's inside or outdoors. By following these guidelines and taking preventative measures, we can all help to keep our loved ones safe, whilst also protecting our valued NHS.

[You can get up to date by visiting the government website.](#)

The easiest way to protect yourself and your loved ones is to wash your hands regularly, wear your face covering in enclosed spaces and keep a two metre distance from people you do not live with. These measures can help stop the spread of this virus.

And remember. If you experience any coronavirus symptoms, self-isolate and keep trying to get tested by calling 119 or by [booking online](#).

### In the last 7 days... COVID-19 cases up to 26<sup>th</sup> September 2020



## Self-isolation support



Are you worried about having to self-isolate and how this might effect your income?

The government have announced a series of measures to ensure people who are required to self-isolate are able to do so.

To ensure that people on lower incomes are able to self-isolate without worry about their finances, people in work and on a low income may be eligible for the new Test and Trace Support payment of £500.

To be eligible for the Test and Trace Support Payment, you must:

- have been asked to self-isolate by NHS Test and Trace either because you've tested positive for coronavirus or have recently been in close contact with someone who has tested positive;
- be employed or self-employed and;
- be unable to work from home and lose income as a result

[Read the criteria](#)

[Make a claim for support](#)

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## Stay well this winter. Get your flu jab.



Each year the flu kills on average 11,000 people and hospitalises thousands more. There's no "just" about it. The flu virus spreads from person to person. Even amongst those not showing symptoms.

The best protection for you and your loved ones is getting a flu vaccination.

Flu vaccinations available for free to those most at risk. Ask your GP or pharmacist.

[Learn about winter flu jab](#)

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## Bike to School Week



This week has been Bike to School Week, and we've loved seeing families choosing active travel for their school journeys.

Active travel is so important, bringing you health and wellbeing benefits whilst also helping to reduce air pollution which is crucial at this time.

Last week, we launched five new School Streets including Davies Lane, George Tomlinson and South Grove Primary School. It was great to see children safely travelling to school and parents being able to socially distance safely in the roads when waiting for their children.

This summer, we've also introduced more cycle parking at 10 new schools, making it even easier for children to choose cycling for their school journey.

[Visit School Streets page](#)

[Learn about cycling](#)

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## Out and about with Streetbase



We're continuing our campaign to reach every resident of Waltham Forest, making sure everyone can access and understand coronavirus guidelines.

It's important to us that every resident understands how to protect themselves and their loved ones.

At the beginning of this week, council officers along with Streetbase were out and about outside Walthamstow Central Station, talking to young people about preventative measures and handing out free face masks.

Stay tuned for where the team will be next, and head over to our website to access our coronavirus guideline resources.

[Download Covid-19 info](#)

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## Free job support



From CV writing to ceramics to childcare, Waltham Forest Adult Learning Service has a wide variety of courses and training to help you and your family. You could gain a formal qualification for work or skills that will help improve your life and wellbeing.

Most of our courses are free, or up to 70 per cent off, depending on your circumstances.

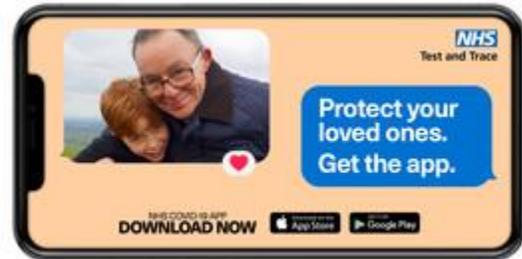
We are also offering a 50 per cent discount on standard fees for many of our courses. This is one way we are continuing to support learners during the Covid-19 pandemic.

You can read more about our fees and new courses on our website.

[Get job support](#)

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## Have you download the NHS app?



The NHS Covid App is a vital tool which can help us all protect our loved ones.

The app allows you to understand the coronavirus risk in your local area, check in at hospitality venues and also will alert you if you've been in close contact with someone who has tested positive for coronavirus.

With 10 million downloads so far, it's clear that people are passionate about protecting their loved ones, so if you haven't already, make sure you download the app through your app store.

[Download the app](#)

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## Windrush exhibition to reopen for Black History Month



The *We Are Here* Image 17 photo exhibition reopens this October on Fridays and Saturdays (10am-5pm), at Walthamstow's Vestry House Museum to mark Black History Month.

Originally opening in March, the exhibition has moved online in recent months due to the Covid-19 pandemic.

The fascinating display captures the Windrush generation, who came to the borough from the Caribbean between the 1950s and 1970s and features 50 photographic portraits, over 100 personal family pictures, mementos and oral testimonies.

[Pre book tickets](#)

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## Are you an EU Citizen?



We know it's been a very busy few months – but it's really important that EU citizens as well as citizens of the EEA (Iceland, Liechtenstein, and Norway) and Swiss nationals know that they must apply from Settled Status to keep their right to live, work, or study in the UK after Brexit.

If you are not sure, [this UK Government online tool](#) will help you find out.

If you do need to apply for Settled Status you can get help completing forms and verifying identity documents at Leytonstone and Walthamstow libraries.

[Apply for status](#)

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## Council Services



Our teams are continuing to deliver vital services to our residents, making sure we reopen services as and when it is safe to do so. For an update on the latest service information, head over to our website.

[Get an update](#)

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## Online learning during Covid-19



Waltham Forest Adult Learning Service has adapted to the Covid-19 restrictions to keep us all safe.

In March, accounting lecturer Richard Aboagye seamlessly made the transition from in-class to online learning.

One of Richard's learners said: "I never expected to learn so much from online classes. Richard explains the work so clearly ... we also get our tasks and homework prepared via email, which allows Richard to see our progress. Thank you so much Waltham Forest for continuing to support us through these difficult times."

We have a wide range of business, accounting (AAT) and bookkeeping courses at Waltham Forest Adult Learning Service. Please call us on 020 8496 2974 to book your free course assessment.

[Book your free course](#)

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# Our Top Six Tips to Londoners



Stick with six

6

Mask up



Wash your hands



Keep your distance



Check your symptoms



Pull together



**If you develop any coronavirus symptoms you should self-isolate and book a test as soon as possible**

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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