

# SELF ISOLATION SUPPORT

You are welcome to apply online where links are provided if you prefer to do this directly.

## START HERE



I am self isolating due to testing positive for Covid-19 or being a contact (and not exempt).  
I am registered with NHS Test and Trace.

### 1



#### Financial Help

£500 self isolation payment – this is for people who are working, on low incomes and have lost income due to self isolation. Apply online here - [www.halton.gov.uk](http://www.halton.gov.uk)

If you don't qualify for the above, you may be able to apply for a £500 discretionary self isolation support payment which are considered on a case by case basis. Apply online here - [www.halton.gov.uk](http://www.halton.gov.uk)

There are also other support schemes to help anyone in extreme hardship/crisis. More information is here - [www.halton.gov.uk/benefits](http://www.halton.gov.uk/benefits)

### 2



Our Discretionary Support Team may refer you to urgent practical help such as food delivery/heating vouchers and other support available from the Public Health Team.

### 3



If you do not meet the criteria for the financial help or have immediate need, we may also offer urgent practical help. Please do get in touch with the Public Health Team if you have been unsuccessful for a £500 grant or would like some advice.

Our contact tracing and support team may also contact you to understand your needs.

### 4



#### Urgent Practical Help

- Food vouchers which can be used for online shopping to get essential food supplies if you are close to running out, were expecting to do a shop or your budget can't stretch to online shopping delivery.
- Get food or medicine supplies delivered/collected
- Heating vouchers or electricity cards to help you top up and keep the lights and heating on.
- Help to pay for transport such as a taxi to take children to school or for other family members that rely on you to be able to get to work/education.
- Household equipment if there's an urgent need/breakdown/no other means for cooking/washing etc.
- Connecting you to a range of local services that can also provide help to you and anyone you provide informal care for.

**Please note - no direct cash payments can be made via this scheme**

#### Other ways to find help in Halton

- Council Tax/Housing Benefits – help with paying bills if household income has been reduced [www.halton.gov.uk/benefits](http://www.halton.gov.uk/benefits)
- Mental Health InfoPoint – get help if you or someone you know is struggling with mental health - 24/7 Mental Health Helpline **0800 0511508**
- Halton and St Helens Voluntary and Community Action - [www.haltonsthelensvca.gov.uk](http://www.haltonsthelensvca.gov.uk)

Much more via our website at [www.halton.gov.uk](http://www.halton.gov.uk)  
**0303 333 4300**

Please contact our Public Health Team

[public.health@halton.gov.uk](mailto:public.health@halton.gov.uk)  **0151 511 5200** 

We can guide and advise you on potential help available depending on your individual or family needs. Please do speak to one of our friendly team members who have helped many local people during the Covid-19 pandemic.

**#StrongKindSafe** [www.halton.gov.uk](http://www.halton.gov.uk)