

Coronavirus update:

Information and advice for parents and carers who live in Tower Hamlets

For the latest information, advice and support visit www.towerhamlets.gov.uk/coronavirus

Education related questions

The Department for Education has a dedicated helpline **0800 046 8687** from 8am to 6pm (Monday to Friday) and 10am to 4pm (Saturday and Sunday).

Welfare / benefits /council tax

For information about local organisations offering advice on Universal Credit and other welfare issues, visit Tower Hamlets Community Advice Network at www.thcan.org.uk or for support with your council tax call **020 7364 5002**.

Support with food

If you are high-risk or self-isolating due to coronavirus contact Bow Food Bank to supply and deliver food on info@bowfoodbank.org or call the First Love Foundation on **020 3069 9877**.

Concerns about children and young people

Call **020 7364 5006**.

Information and signposting families to services

Contact the Family Information Service on **020 7364 6495** or visit the Local Offer - Online directory of services www.localoffertowerhamlets.co.uk

If you have been identified as high-risk, extremely vulnerable or your requirement is urgent, call **020 7364 3030** (Monday to Friday, 8am to 8pm. Saturday 10am to 5pm. Sunday 10am to 4pm).

