

## 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](http://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](http://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](mailto: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](http://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).

