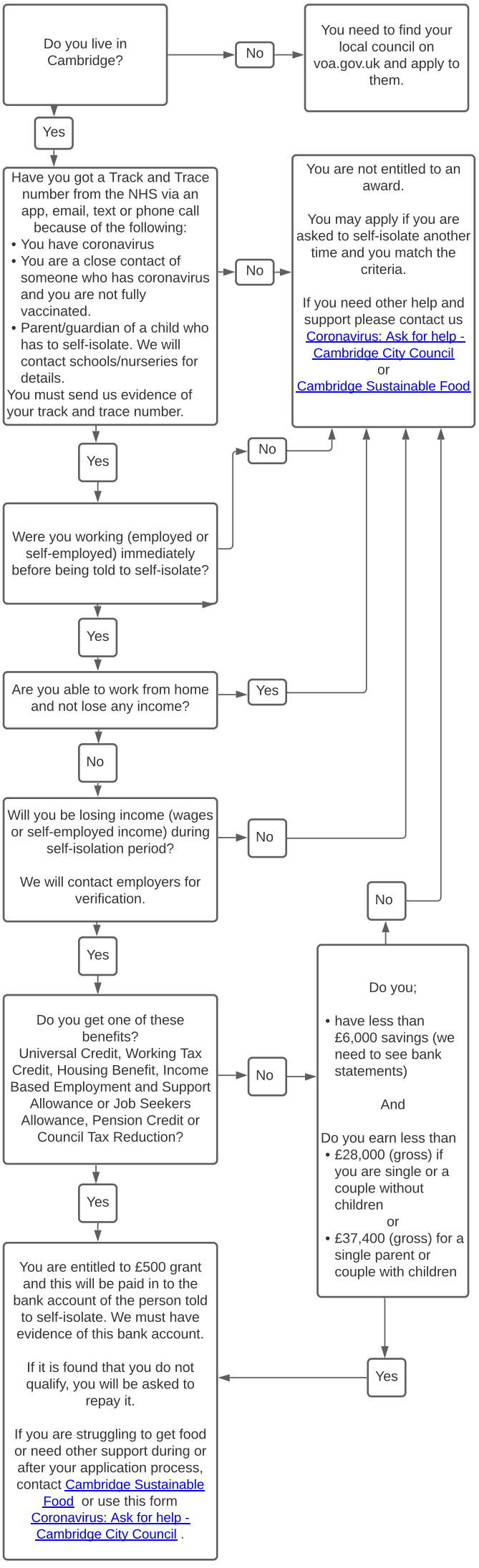
Do you live in Cambridge?
No
You need to find your local council on voa.gov.uk and apply to them.
Yes
Have you got a Track and Trace number from the NHS via an app, email, text or phone call because of the following:
• You have coronavirus
• You are a close contact of someone who has coronavirus and you are not fully vaccinated.
• Parent/guardian of a child who has to self-isolate. We will contact schools/nurseries for details.
You must send us evidence of your track and trace number.
No
You are not entitled to an award.
You may apply if you are asked to self-isolate another time and you match the criteria.
If you need other help and support please contact us
Coronavirus: Ask for help - Cambridge City Council
or
Cambridge Sustainable Food
Yes
No
Were you working (employed or self-employed) immediately before being told to self-isolate?
Yes
Are you able to work from home and not lose any income?
Yes
No
Will you be losing income (wages or self-employed income) during self-isolation period?
We will contact employers for verification.
No
No
Yes
Do you get one of these benefits?
Universal Credit, Working Tax Credit, Housing Benefit, Income Based Employment and Support Allowance or Job Seekers Allowance, Pension Credit or Council Tax Reduction?
No
Do you;
• have less than £6,000 savings (we need to see bank statements)
And
Do you earn less than
• £28,000 (gross) if you are single or a couple without children
or
• £37,400 (gross) for a single parent or couple with children
Yes
Yes
You are entitled to £500 grant and this will be paid in to the bank account of the person told to self-isolate. We must have evidence of this bank account.
If it is found that you do not qualify, you will be asked to repay it.
If you are struggling to get food or need other support during or after your application process, contact Cambridge Sustainable Food or use this form Coronavirus: Ask for help - Cambridge City Council .