

# Positive help if you've tested positive (or are a close contact of someone who has)



**Need to self-isolate? We can help you!** If you've been told to self-isolate, you're not alone.

Help is available to everyone across Peterborough who has been asked to self-isolate - to break the chain of infection and stop it spreading to our most vulnerable people.

**This includes financial help, emotional help or practical support to do day-to-day things.**

## What **support** can you receive?



The Government's Test and Trace Support Payment Scheme is run by Peterborough City Council and entitles people who meet certain criteria to **a one-off payment of £500 if they lose income because they can't work**. This payment can be made available on multiple occasions if you are a close contact of people who test positive a second or even third time



If you aren't eligible for the government support, don't worry - there's a local discretionary fund which can **give you financial support so you can pay your essential bills**



There is also a network of support hubs run by the district and city councils which can **support you with food shopping, collecting medicine, dog walking, befriending services and in many other ways**



**Please get in touch if there are barriers preventing you from self-isolating, as we can help you to remove them.**

**There really is no reason not to self-isolate.**

Details of all the support available can be found at [www.peterborough.gov.uk](http://www.peterborough.gov.uk) and [www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk)



You can also contact your local support hub on **01733 747474** or visit [www.peterborough.gov.uk](http://www.peterborough.gov.uk) which is updated regularly