Uttlesford Citizens Advice sent the following to the Parish Council on Wednesday 25 March:

We are pleased to report that Uttlesford Citizens Advice telephone advice service is fully operational - our fully trained volunteers and members of staff are ready to offer support and advice to your residents to help them with any concerns they may have regarding benefit entitlements, consumer rights, money worries, employment rights and housing issues during this difficult time. To access the service, people should call 01799 618840 and leave a short message with their name, telephone number and postcode and one of our advisers will call back as soon as they are able.

The team at Uttlesford Frontline have put together some useful factsheets, which you may like to share with others in your community. The first gives information about employment and consumer rights as well as help available if people are worried about a reduction in their income.

The second gives details of local help and support for those that are housebound and self-isolating. Both are regularly updated.

Both can be downloaded by going to www.uttlesfordfrontline.org.uk and searching the library of services for 'covid'.