

# COVID-19

## Your income and Covid-19

*What you need to do if your income is affected by the Coronavirus pandemic.*

This is a practical guide to coping with a downturn in your income due to the measures implemented to limit the spread of the Coronavirus pandemic in the UK.

It tells you what to do and how to obtain the information you need to establish your current and future income & expenditure and obtain practical help & advice to survive until the current crisis has passed.

As a result of the rapidly changing situation, I will, wherever possible, refer you to the relevant websites where up to date information is available.

**What you need to do:**

### Get Started

#### 1. Act

People find it very hard to cope with uncertainty.

It is understandable to feel anxiety, panic and despondency. In order to cope and overcome these feelings of uncertainty you need to establish your current financial situation. You need to take action.



#### 2. Determine your Current and Future Income.

Your first action is to determine your current income and to establish what financial assistance or benefits you are now entitled to claim.

- Are you still working but your hours of work have been reduced?
- Have you been furloughed or laid off?
- Are you self-isolating?
- Are you on a Zero Hours Contract?

- Are you self-employed?  
In short: **What is your situation?**

Use the links below to determine what help and financial assistance is available to you:

- For help with your specific situation and the benefits you may be entitled to  
[Policy in Practice](#)
- Guidance for employees on working, staying at home, self-employed, furloughed and sickness payments  
[GOV.UK](#)
- For Employees:  
[Turn 2 Us: Employees](#)
- For the Self-Employed:  
[Turn 2 Us: Guide for the Self Employed](#)
- Understanding Your Rights:  
[Money Saving Expert: Employed & Self Employed Coronavirus Help](#)
- Self Employed: Understanding what aid you are permitted:  
[Martin Lewis: What You Need to Know if you are Self-Employed](#)
- Guidance on Your Entitlement to State Benefits  
[Department of Work & Pensions: Universal Credit](#)
- Benefits Calculators  
[GOV.UK Benefits Calculator](#)

With the help of the information contained in the websites above you should have a clearer picture of what entitlements, benefits and assistance you can expect to receive to supplement or replace your current income.

Do not forget to factor in any:

- Savings, Bonds or Shares
- Outstanding Debts
- Easily accessible assets you can liquidate to improve your financial position.



### 3. Optimize your Income

Use the information contained in the websites above to establish what financial help and assistance you are entitled to and claim or apply for it **immediately**.

The following website may prove useful:

- COVID-19 Treasury Statement Overview
  - [How to access government financial support if you or your business has been affected by COVID-19](#)
  - Legal Statement on Government Assistance Available to Business  
[Travers Smith: Government Assistance](#)
  - Financial Support for Businesses/Employers and the Self-Employed  
[GOV: UK Financial Support for Businesses](#)
  - [BDO: Article on Covid-19 Government Support for Individuals & Businesses](#)
- If you are unsure of your entitlement or need advice contact your local council for benefit advice.  
[GOV.UK: Find Your Local Council](#)
- General Advice and Help  
[Citizens Advice Bureau: Coronavirus- What it Means for You](#)

For Serving and Ex-Service Men & Women  
[British Legion: Covid-19](#)

Those Over 50  
[Age UK:Coronavirus](#)

The Disabled  
[Scope: Coronavirus](#)

Claiming your entitlement to financial help and/or benefits may take perseverance due to the massively increased demand and limited resources available to organizations responsible for assessing and processing your claim.

**DO NOT GIVE UP.**

Most organizations will have a preferred method to apply for financial assistance. Please use the preferred method of application in the first instance. It may be your only method by which you can apply for assistance.

However, if you are unable to contact the organization by the preferred method you could try contacting them by phone, the internet, sending an email or text. You could even try sending them a letter. **Just persevere.**



#### 4. Calculate your current expenditure.

Determine how much you spend per week or month on food and household items, rent or mortgage, council tax, utility bills, credit cards, loans and bank charges, phone, TV and internet charges, insurance, travel and other essential costs.

Do not forget annual or one off payments such as water rates.

You now have a good idea of your income and expenditure.

Now prioritize your expenditure in the following order:

- Food and **essential** household items.
- Rent or Mortgage.
- Utility Bills.
- Phone, TV and internet charges.
- Council Tax.
- Taxes and Fines.
- Secured Loans.
- Credit and Store cards.
- Bank and Unsecured loans.
- Water Rates.
- Overdraft Fees.
- Other Loans, Repayments and Expenses.



#### 5. Determine what bills you can afford to pay.

Now simply work out, in priority order, which of the above bills you can afford to pay in full, what bills you can make a part payment of plus those you need to defer (pay later) or are unable to pay.



#### 6. Contact your creditors and ask what assistance or help they can provide.

Most organizations have schemes in place to help in the current crisis. If you have a good idea of your current or expected income and expenditure this will help your credibility.

It may well prove difficult to contact your creditors by phone but persevere. If you are unable to reach them by phone try email, texting or even post them a letter.

You should ***always*** keep a log of who you spoke to, when you spoke to them and what you spoke to them about. This will help you keep track of the advice you are given and will give you something to refer to later if ever you need to.

See the following websites for further information:

→ **General Advice**

[Step Change.org ; Debt & Coronavirus](#)

→ **Mortgages and Rent**

[GOV.UK Support for those Affected](#)

[Moneyfacts.co.uk: What to do if you cannot pay your mortgage due to Covid-19 Gov.UK - Payment Holidays](#)

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/876500](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876500)

→ **Council Tax**

[BBC : Council Tax Hardship Plan in the Works](#)

→ **Utility Bills**

<https://www.ofgem.gov.uk/coronavirus-covid-19/coronavirus-covid-19-and-your-energy-supply>

→ **Bank and loan charges**

[Moneyfacts.co.uk: Article on How Banks are aiding their Customers](#)

→ **Tax and National Insurance**

[GOV.UK Coronavirus Helpline](#)

## 7. Reduce your expenditure.

My book 'Money Savers Manual' will enable you to systematically reduce your expenditure. Click on this link for further details [Money Savers Manual](#) .

Work through the book in priority order sequence; that is food and regular household expenditure first then rent or mortgage, utility bills etc - (see Section 4).

You can use the book to achieve further substantial saving after the current crisis has passed. Depending on your personal circumstances you can reduce your annual expenditure by up to a third for life.





## 8. Finding and Asking for Help

You may require additional help and assistance.

You may find the following websites helpful:

### → Medical help and Information

[NHS: Coronavirus](#)

### → Delivery of Medication and/or Medical Supplies or Equipment

Try your local pharmacy (many offer a delivery service) or your GP.

Alternatively dial 111 or put out a request for assistance using

[Nextdoor.co.uk](#)

### → Highly vulnerable household and people

[Gov.ScotL Guide to Shielding](#)

### → Free School Meals

[GOV.UK: Covid-19 Free School Meals](#)

### → Voluntary support groups and general assistance

Contact your local council help line for a list of volunteer and community groups willing and able to assist you.

[Gov.UK: Find Your Local Council](#)

### → Local help and Support

[Nextdoor.co.uk](#) (click on 'Help map on left of screen)

### → Food delivery, food banks and free food boxes

[Trussell Trust: Find a Foodbank](#)

<https://www.scope.org.uk/advice-and-support/food-and-essentials-during-coronavirus>

### → Emotional Support

[Mental Health UK: Covid-19 and Your Mental Health](#)

[NHS: Every Mind Matters : Mental Health & Staying at Home Tips](#)

Family and friends can be a useful source of support and practical help.

You can also contact those organizations listed below 'general advice' in section 3 of this document.

### → DebtAdvice

<https://www.stepchange.org/debt-info/debt-and-coronavirus.aspx>

[MoneyPages.com: Debt Relief & Covid19 Money Advice Service; Coronavirus](#)

→General Interest News Items

[BBC News: Coronavirus: 'Under-25s and women financially worst-hit'](#)

[BBC News: More than 8 Million Expect to be Furloughed](#)

→Latest updates

<https://www.moneysavingexpert.com/latesttip>

### **If all else fails**

Your local authority or council should be your first port of call.

- They will provide assistance with:
- Collecting and delivering medication
- Shopping and delivering essential goods
- Phone calls for those that feeling isolated
- Collecting and delivering food relief and food parcels
- List of community and help groups in your area

Never let the situation deteriorate until you become desperate for help.

I hope that the above information is helpful, informative and that it gives you the tools and strategy you need to ride out the current crises. It will not last forever.

We will get through this and prosper.

Remember thousands, possibly millions of people are in a similar position to yourself and there are thousands of organizations and individuals geared up and waiting to help YOU.

**Ask for help in a good amount of time and help will be given to you.  
You are not alone.**

I wish you the very best.

*Jim Boughey*

## About me

I am a 73 old retired disabled military veteran - (RAMC).

I have been happily married to my wonderful wife Linda for over 40 years.

We have a son who lives and works in Surrey.

I have a degree in the Biological Sciences and a good honours degree in Biochemistry and Health Studies plus postgraduate management qualifications.

We live in a village in Leicestershire with our 4 dogs.

I have written 4 books (see over page).



Stay safe and keep well.

Jim Boughey

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*James Boughey is the author of four books:*

[Money Savers Manual](#)

[Recession Buster Challenge](#)

[Think Yourself Slimmer](#)

*Unlimited Income: Home Business Directory*

Just click on the link for more details.

### *Disclaimer:*

No information in this article is intended to give personal financial, medical or legal advice and no liability can be afforded to any such persons relying upon the information herein. Furthermore we cannot guarantee the outcome of any application you may make to your local authority or financiers. . You should be aware that since the time of writing (11th April 2020) some of this information may be out of date and I urge caution in keeping track of the latest developments and official advice.

**Unlimited Income**  
UK Home Business Directory

130 simple, lucrative, tested and proven  
home business opportunities



Special edition for the over 50's

Updated annually

James S Boughey

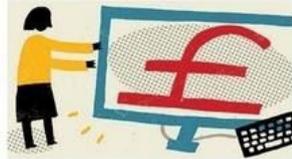
Available from [Lulu.com](http://Lulu.com)

COMBINED CHARITIES

**The Recession Buster  
Challenge**

How to save thousands of pounds a year  
by cutting the cost of your top 4 items of expenditure

James S Boughey



Simple, step by step guides to saving thousands of pounds a year by  
reducing the cost of your mortgage or rent, household shopping, energy  
and vehicle insurance bills.

COMBINED CHARITIES

**MONEY SAVERS  
MANUAL**

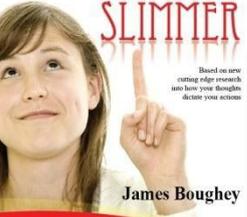
HUNDREDS OF SIMPLE, PROVEN AND EFFECTIVE WAYS TO  
SAVE THOUSANDS OF POUNDS A YEAR,  
EVERY YEAR FOR LIFE



REDUCE YOUR ANNUAL EXPENDITURE BY UP TO 30%

James S Boughey

**THINK  
YOURSELF  
SLIMMER**



Based on over  
cutting edge research  
into how your thoughts  
dictate your actions

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How a Father's Love For His Son Lead To  
An Amazing Weight Loss Breakthrough!