

Are you self-isolating? Do you need help or know someone who does?

If you have received a letter from the Government saying you are extremely vulnerable and Shielded, you should receive direct support. It's very easy to register, you can:



Call the national helpline **0800 028 8327**



Go to the website **www.gov.uk/coronavirus-extremely-vulnerable**

If the Government changes their offer, we will be in contact with you.

If you or a member of your family are vulnerable, high risk or in need of urgent support, Croydon Council may be able to help you.



Call our helpline
020 8604 7787



Email:
covid19support@croydon.gov.uk



Croydon Council, volunteers and community partners can help you with:



Shopping



Medication



Keeping
active



Connecting
with local
groups



Finding
someone
for a chat



Supporting
your mental
health

www.croydon.gov.uk/coronavirus

Information and advice on getting food and staying active

There are many ways you can get help accessing food and help with shopping:

- If you are Shielded you can currently receive a food parcel from the Government (see overleaf). (this is being reviewed by the Government the week beginning 15 June 2020)
- Croydon Council can arrange an emergency food parcel, or additional food if you have specific cultural or dietary requirements.

☎ **020 8604 7787**

✉ **covid19support@croydon.gov.uk**

🌐 **www.croydoncovid19mutualaid.uk**

Croydon residents who are volunteering to help their neighbours.

For further support

Croydon Voluntary Action, connecting you to your local community – information such as help with shopping, food parcels, meals, food banks and activities in the community.

🌐 **cvalive.org.uk/coronavirus/**

☎ **020 8253 7076** or

📞 **07540 720102** Mon to Fri 10 - 4pm

✉ **connectwellcroydon@cvalive.org.uk**

Food Stops

Become a member of one of our four food stops located in New Addington, Selsdon, Thornton Heath and Purley. If you are eligible, you can have £20 worth of fresh food and other groceries for £3.50 per week.

✉ **gcc@croydon.gov.uk**

Supermarkets

Check their websites or call their customer service number for the most up-to-date advice. All the major supermarkets are working hard to support their vulnerable customers to arrange deliveries or click-and-collect.

- Call Morrisons on ☎ **0345 611 6111** selecting option 5 - customers can choose from a selection of 47 items over the telephone.

Check-in and Chat

If you are feeling lonely or isolated there are volunteers who can give you short-term telephone support.

NHS Volunteer Responders programme

☎ **0808 196 3646**. Please note, this is only for individuals who meet specific criteria or who are considered medically vulnerable for another reason.

- **Other ideas** – there are many companies that can deliver to you, check online by searching for 'prepared meals', 'recipe box' or 'food box'.

There are many ways you can get active, stay well and look after your mental health. Croydon Council has lots of information on our website, go to **www.croydon.gov.uk/coronavirus** and look for Health and wellbeing advice or contact our COVID-19 helpline on: **020 8604 7787** or email **covid19support@croydon.gov.uk**