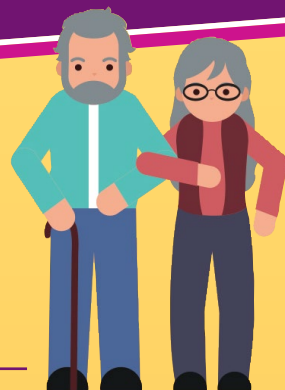


# Are you self-isolating? Do you need help or know someone who does?

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](https://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](mailto: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](https://www.croydon.gov.uk/coronavirus)

# Information and advice on getting food and staying active

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## 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**