

Support for the most vulnerable or self-isolating residents

Surrey Community helpline

Community helpline number: **0300 200 1008** (Monday to Friday, 8am to 6pm and Saturday and Sunday 10am to 2pm).

SMS: **0786 0053 465** for Deaf and hearing impaired residents only (Monday to Friday 9am to 5pm).

Online request form www.surreycc.gov.uk/ineedhelp

Call Tandridge District Council

01883 722000 Monday to Thursday 8.30am-5pm, Wednesday 8.30am-4pm, Friday 8.30am-4.30pm. Outside these hours, please call this number in an emergency only.

Use our [contact us form](#) or e-mail customerservices@tandridge.gov.uk.

Support available to those who are vulnerable or self-isolating include:

- Help with essential shopping, prescription collection and dog walking,
- Emotional telephone support for those who are lonely, isolated or are carers.

There is an online list of community support available at www.tandridge.gov.uk/communitysupport and a list of hot meal deliveries at www.tandridge.gov.uk/fooddelivery.

Support is also available for those experiencing financial hardship or need help to buy food for themselves or family.

Caterham foodbank: [07523 983122](tel:07523983122) <https://caterham.foodbank.org.uk/give-help/>