

## COVID Community Support

### Official Advice & Guidance

<u>Company</u>	<u>Support Offered</u>	<u>Website</u>	<u>Telephone</u>
<b>NHS 111</b>	Online official health advice & support	<a href="http://www.111.nhs.uk">www.111.nhs.uk</a>	111
<b>UK Government</b>	Online official advice	<a href="http://www.gov.uk/coronavirus">www.gov.uk/coronavirus</a>	
<b>NHS</b>	Online official health advice	<a href="http://www.nhs.uk/conditions/coronavirus-covid-19/">www.nhs.uk/conditions/coronavirus-covid-19/</a>	
<b>Surrey Information Point</b>	Official advice and guidance for Surrey residents	<a href="http://www.surreyinformationpoint.org.uk">www.surreyinformationpoint.org.uk</a>	

### Local support while at home

<u>Company</u>	<u>Support Offered</u>	<u>Website</u>	<u>Telephone</u>
<b>GoodSAM / NHS Volunteer Responders</b>	<ul style="list-style-type: none"> <li>• Check in and Chat</li> <li>• Community Support</li> <li>• Patient Transport</li> </ul>	<a href="http://www.goodsamapp.org">www.goodsamapp.org</a>  Practice staff can refer patients to this service	0808 196 3382
<b>Surrey Coronavirus Helpline</b>	<ul style="list-style-type: none"> <li>• Shopping</li> <li>• Prescription collection</li> <li>• Telephone friend</li> <li>• Register as community support</li> </ul>	<a href="http://www.customer.surreycc.gov.uk/covid-19-help-request">www.customer.surreycc.gov.uk/covid-19-help-request</a>	0300 200 1008
<b>Spelthorne Voluntary Support</b>	<ul style="list-style-type: none"> <li>• Shopping</li> <li>• Prescription collection</li> <li>• Telephone friend</li> </ul>	<a href="https://spelthorne.isprepared.uk/">https://spelthorne.isprepared.uk/</a>	01932 571 122
<b>Support4Spelthorne</b>	<ul style="list-style-type: none"> <li>• Food Parcels</li> <li>• Money advice</li> <li>• Wellbeing calls</li> <li>• Medication support</li> </ul>	<a href="http://www.spelthorne.gov.uk/article/19252/Support4Spelthorne">www.spelthorne.gov.uk/article/19252/Support4Spelthorne</a> Email: <a href="mailto:COVID19welfare@spelthorne.gov.uk">COVID19welfare@spelthorne.gov.uk</a>	01784 446 446
<b>St Marys Church (Sunbury)</b>	<ul style="list-style-type: none"> <li>• Shopping</li> <li>• Prescription collection</li> </ul>	<a href="http://www.stmarys-sunbury.org">www.stmarys-sunbury.org</a>	07939 290 265
<b>Sunbury Neighbours</b>	<ul style="list-style-type: none"> <li>• Shopping</li> <li>• Prescription collection</li> <li>• Telephone friend</li> </ul>		07956 822 546
<b>Crossroads Care Surrey</b> (support for those who care for others)	<ul style="list-style-type: none"> <li>• Shopping</li> <li>• Prescription collection</li> <li>• Telephone friend</li> </ul>	<a href="http://www.crossroadscaresurrey.org.uk">www.crossroadscaresurrey.org.uk</a>	07873 387 460
<b>Age UK</b>	<ul style="list-style-type: none"> <li>• Emergency Shopping</li> <li>• Check in and Chat</li> <li>• Computer Drop in (telephone service)</li> </ul>	<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>	01483 503 414
<b>Gov.uk</b>	Register for support as an extremely vulnerable person	<a href="http://www.gov.uk/coronavirus-extremely-vulnerable">www.gov.uk/coronavirus-extremely-vulnerable</a>	

## Food Bank Services

<b>Company</b>	<b>Support Offered</b>	<b>Email</b>	<b>Telephone</b>
St. Saviours, Sunbury	Collection & delivery of surplus food Mon & Thurs 10am-11am (TW16 postcodes only)	<a href="mailto:community@stsaviourssunbury.org.uk">community@stsaviourssunbury.org.uk</a>	07549 952 161
Surplus to Supper, Sunbury		<a href="mailto:info@surplustosupper.com">info@surplustosupper.com</a>	07549 952 161
Bags of Food, Shepperton		<a href="mailto:info@jubileechurchshepperton.org">info@jubileechurchshepperton.org</a>	01932 228 882
Manna Food Ban, Spelthorne		<a href="mailto:info@mannafoodbank.org.uk">info@mannafoodbank.org.uk</a>	07770 478 778
Stanwell Food Bank		<a href="mailto:info@stanwellfoodbank.org.uk">info@stanwellfoodbank.org.uk</a>	07429 584 286
The Salvation Army, Ashford		<a href="mailto:staines@salvationarmy.org.uk">staines@salvationarmy.org.uk</a>	01784 423 424

## To register as a volunteer

<b>Company</b>	<b>Support to Offer</b>	<b>Website</b>	<b>Telephone</b>
<b>GoodSAM</b>	<ul style="list-style-type: none"> <li>• Check in and Chat</li> <li>• Community Support</li> <li>• Patient Transport</li> <li>• NHS Transport</li> </ul>	<a href="http://www.goodsamapp.org/volunteering">www.goodsamapp.org/volunteering</a>	
<b>Age UK</b>		Email: <a href="mailto:volunteer@ageuksurrey.org.uk">volunteer@ageuksurrey.org.uk</a>	01483 503 414
<b>Spelthorne Volunteer Centre</b>	Various local services offering local residents to chance to volunteer at the following locations:	<a href="https://www.spelthorne.gov.uk/article/17046/Volunteering">https://www.spelthorne.gov.uk/article/17046/Volunteering</a>	
	St Marys Church Sunbury	<a href="http://www.stmarys-sunbury.org">www.stmarys-sunbury.org</a>	07939 290 265
	Surrey County Council		
	Benwell Centre, Sunbury	Email: <a href="mailto:benwell.daycentre@spelthorne.gov.uk">benwell.daycentre@spelthorne.gov.uk</a>	01932 784 232
	Shooting Star Childrens Hospices		
	Surrey Association for Visual Imparement		
	Reach Website		
Volunteering Matters			