A national scheme is providing food and other essentials to those most at risk from coronavirus. If you are in this category of 'shielded' households, you may have received a letter from the NHS telling you that you’re clinically extremely vulnerable, or been contacted by your GP or hospital clinician. If this has not happened, contact your GP or clinician after [you register with this service](https://www.gov.uk/coronavirus-extremely-vulnerable) (tel: 0800 0288327).

Tonbridge & Malling Borough Council is also offering support to this group and others who are vulnerable or cannot get help from friends, family or neighbours. Our scheme includes:

* A dedicated Community Support telephone line 01732 876152 – open 08:30-17:00 Monday to Friday and 10:00-16:00 at weekends.
* Delivery of food and basic supplies to shielded medically vulnerable people and those in self-isolation who are not receiving assistance from elsewhere or who need additional help.
* A befriending telephone service to provide reassurance and support to vulnerable individuals who are feeling isolated.

Anyone in need of help or willing to sign up as a volunteer can [register online](https://formslauncher.tmbc.gov.uk/Forms5prod/community_hub) or call us on 01732 876152. Please note we are only able to recruit volunteers who are DBS checked.

We are working with a range of organisations across Tonbridge and Malling who can help those who may be struggling. Local groups are being promoted on Facebook and Twitter so you may find it helpful to search for those operating in your area. Many parish councils are also offering help - please contact your local [Parish Clerk](https://democracy.tmbc.gov.uk/mgParishCouncilDetailsList.aspx) for further details