

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/>

Emergency, safeguarding, and domestic abuse contacts

Out of hours and emergencies:

- Call 111
- GP practices will be open this weekend, and SASH
- Pharmacies will also be open Fri and Mon

Safeguarding concerns:

- Call 0300 470 9100 or email ascmash@surreycc.gov.uk (available 9am to 5pm, Monday to Friday)
- Out of hours Call: 01483 517 898.

Domestic Abuse concerns:

- Call 01483 776 822 (available 9am to 9pm, 7 days a week)

GP Practices in Tandridge

Caterham Valley MP

Eothen House
Eothen Close
Caterham
CR3 6JU
T: 01883 347811

Chaldon Road Surgery

Chaldon Road
Caterham
CR3 5PG
T: 01883 345466

Elizabeth House MP

515 Limpsfield Road
Warlingham
CR6 9LF
T: 01883 625262

Lingfield Surgery

East Grinstead Road
Lingfield
RH7 6ER
T:01342 836327

Oxted Health Centre

10 Gresham Road
Oxted
RH8 0BQ
T:01883 734000

Pond Tail Surgery

The Green
Godstone
RH9 8DY
T:01883 742279

Townhill MP

Guards Avenue
Caterham
CR3 5XL
T: 01883 331900

Warlingham Green MP

1 Church Road
Warlingham
CR6 9NW
T: 01883 625532

Whyteleafe Surgery

19 Station Road
Whyteleafe
CR3 0EP
T:01883 624181