

## How to let the Government know I'm vulnerable

### England

Register with this service if any of these apply to you:

- You have a medical condition that means you're classed as being clinically extremely vulnerable to coronavirus.
- You've been told by your GP or hospital clinician that you're clinically extremely vulnerable and need to 'shield'.
- 'Shielding' means not leaving your home and minimising contact with other members of your household.

You'll be able to ask for help if you need it - for example, with getting essential supplies or your basic care needs.

You can register yourself, or on behalf of someone else. As of June, the NHS Volunteer Responders service is now open for self-referral. If somebody needs additional support with tasks such as shopping or picking up prescriptions, or would like a check in and chat call, or needs transportation to healthcare appointments, they can get in touch with the Royal Voluntary Service on 0808 196 3646 (8am to 8pm).

You'll need your NHS number but you can still register if you do not have it. You can find it on any letter the NHS has sent you or on a prescription.

This service is available in England.

[Register someone here](#)

[Find help from Government](#)

### Scotland

A helpline has been set up to provide essential assistance to those who don't have a network of support, or who are at increased risk if they contract coronavirus (COVID-19).

This service is in addition to local support already available for people who have received letters advising them to shield.

If you are not yet receiving assistance, you can access support via 0800 111 4000.

[Contact your local authority](#) if you need support with shielding.

[Shielding support and contacts](#)

[Find help from Government](#)

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### Wales

You should first try to get help from:

- Family members
- Friends or other people in your community
- Carers or community organisations
- [Voluntary organisations](#)

[Support organisations](#)

[Find help from Government](#)

### Northern Ireland

There is a dedicated COVID helpline set up and managed by Advice NI for vulnerable households to contact them on 0808 802 0020 (advice and assistance finding local community delivery service or foodbank)

Department for Communities are doing a range of things:

- There is a COVID community support fund of £1.5million for local councils across NI for (a) assistance to those at risk due to financial stress; (b) ensuring access to food for those most in need and (c) to help connect those living alone or in rural and border areas that are likely to experience greater challenges in accessing services
- Freezing Northern Ireland Housing Executive tenants rent; and other no evictions for social housing tenants  
<https://www.communities-ni.gov.uk/landing-pages/COVID-19-housing>
- Discretionary support grant paid for short term in lieu of benefit payments
- Free school meals payment to be issued for children at home. 97,000 children will be supported by a fortnightly payment (based on £2.70 per child per day).
- Register for priority online food delivery. If you have been advised by your GP to shield (avoid all face-to-face contact for 12 weeks) because you have a medical condition which makes you extremely vulnerable to Coronavirus (COVID-19) you can register for support with securing an online shopping delivery from one of the large

supermarkets.

<https://www.nidirect.gov.uk/services/register-priority-online-food-delivery?>

[Health NI](#)

[Find help from Government](#)