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As I sit to write this month's article, we find ourselves living in incredibly challenging circumstances. Never in peacetime has a Prime Minister or his Government been faced with such difficult decisions. From the very beginning of this crisis, our Prime Minister and Government have been led by the advice of our world-leading scientists.

We all need to recognise that our NHS, like any other health service, has only a limited number of doctors, nurses and specialist equipment. So, the more people who become sick at any one time, the harder it is for the NHS to cope. This is why it is so important to delay the spread of the disease and reduce the number of people needing hospital treatment at any one time.

I really cannot stress enough the importance of our Prime Minister's message to Stay At Home, Protect Our NHS and Save Lives.

Here in Suffolk, we have a great track record of coming together to help those in need and to support each other and I'm pleased to be able to share details of a new Suffolk-based community service supporting those in need during the COVID-19 outbreak. Called "Home, but not alone" the service connects people who want to volunteer in their communities with neighbours who are most in need. Volunteers can sign up via a free app, Tribe Volunteer and the phone number for those in need of genuine help is **0800 876 6926**. Lines will be staffed from 9am to 5pm 7 days a week.

I would like to personally pay tribute to all our outstanding NHS staff working tirelessly around the clock, in incredibly challenging circumstances, caring for those not only affected by COVID 19, but also who are still needing care under normal circumstances. I would also like to put on record my thanks to our local council staff, our teachers and school workers, police, transport workers and everyone doing their bit in our communities to help and look out for each other. I am incredibly proud of everyone rising to the challenge and helping to support those in need in our communities.

These are unprecedented times in our generation and I also know that a great many of you will be worried about your jobs, our schools and money. I'm doing my very best to keep my website up to date with helpful and current information, so please do check there if you have any queries – www.drdanielpoulter.com

By the time this article goes to press and finds its way to you, matters may well have progressed further, but the best advice I can offer is stay at home, help to protect our NHS, help to stop the spread of COVID-19 and save lives.