

**DIRECTORY OF
LOCAL HEALTH AND SOCIAL SERVICES
FOR OLDER ADULTS**

**PRODUCED BY
THE PATIENT PARTICIPATION GROUP (PPG)**

of the
QUEEN EDITH MEDICAL PRACTICE (QEMP)

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January 2018

ACTIVITIES

Cambridgeshire Celebrate Age	Brochure of activities for over 50s, listed by ward.	Email: celebratesage@gmail.com Tel: 07756490072
Queen Edith's Community Forum	Printed Newsletter Queen Edith's Community News.	http://queen-ediths.info/ and can sign up for weekly forum online.
Mature Movers Queen Edith Chapel	Exercise and dance for the over 50s.	Val Ford Tel:01223 870711 Email: Valford40@hotmail.co.uk *
Forever Active Tap Dancing for beginners and improvers	Netherhall Sports centre Queen Edith's Way CB1 8NN or new group at Queen Edith Chapel.	Marlene Sharpe-Westwood Tel: 01223 571431 www.forever-active.org.uk *
Cambridgeshire.net	Online directory for wide range of activities (from volunteering, learning musical instrument, exercise etc.)	www.cambridgeshire.net Put post code in and select area that you want e.g. activities for older adults.
Library at home	This service is for people who have health problems, or because they have full time (unpaid) caring duties. Monthly visits from volunteer to bring library books.	Tel: 0345 045 5225 Email: volunteers@cambridgeshire.gov or ask at your local library. www.cambridgeshire.gov.uk/residents/libraries-leisure-&-culture/libraries/libraries-in-the-community/access-for-all/
Rock Road Library	e.g Scrabble Club Mondays 10.00a.m - 12.00p.m.	https://friendsofrockroadlibrary.wordpress.com/ https://www.cambridgeshire.gov.uk/rock-road-library-cambridge/
Nightingale Park Strollers	Tuesdays 10.30a.m - 11.30p.m.	www.nightingalegarden.org.uk/socialwalks/

DAY CENTRES AND LUNCH CLUBS

Cherry Trees Day Centre St Matthew's Street CB1 2LT	Activities, talks, outings for over 65s. Lunches and refreshments Monday, Tuesday, and Thursday.	Tel: 01223 361766 Email: infoandadvice@ageukcap.org.uk www.ageuk.org.uk/cambridgeshire/day-services *
St Martin's Day Centre Suez Road CB1 3QD	Activities for older adults. Lunch and refreshments. Monday-Friday.	Tel: 01223 508080 Email: centre@st-martins-cambridge.org.uk www.stmartinswordpresswebsite.wordpress.com/centre *
Dunstan Court Wulfstan Way CB1 8QD	Lunches Monday-Sunday 12.00p.m - 1.00p.m Contact 24 hours in advance for lunch booking.	Tel: 01223 241330 *
The Evelyn Charnley Memorial Lunch Club Queen Edith Chapel Wulfstan Way CB1 8QN	Bring and share lunches - Wednesdays 12.00noon - 2.00p.m	Tel: 01223 245584 *
St Paul's Centre Hills Road CB2 1JP	Lunches Fridays 12.30p.m. - 2.00p.m.	Tel: 01223 576899 Email: office@centrestpauls.org.uk www.stpaulscambridge.org.uk *
Wesley Church Lunch Club Wesley Methodist Church Christ's Pieces CB1 1LG	Friday social group for senior citizens. Refreshments 11.00a.m.-12.00 noon. Lunch 12.00p.m - 1.45p.m.	Tel: 01223 352115 Email: centremanager@wesleycam.org.uk www.wesleycam.org.uk *

BEFRIENDING

Age UK visiting scheme	Weekly visitor or telephone call.	www.ageuk.org.uk Dee Potter Tel: 01354 691898 or Email: dee.potter@ageukcap.org.uk
Independent Age	Weekly visit by a volunteer, if local one is available, otherwise weekly tel. call. Fact sheets available also on money, housing, health, personal life, support and care, future planning (Power of Attorney etc).	Tel: 0800 319 6789 www.independentage.org/befriending
Student Community Action	Weekly visit by a student befriender during term time. Must be within 4 mile radius of city centre.	Tel: 01223 350365 E-mail: mail@cambridgesca.org.uk
Contact the elderly	Tea parties in and around Cambridge, with transport provided if needed.	Jonny Wood Tel: 01263 805013 Email: jonny.wood@contact-the-elderly.org.uk National No: Tel: 0800 716543
Queen Edith Chapel	Talks for older people and refreshments. Fortnightly Mondays 3.00p.m.	Contact David Stearn Tel: 01223 245584

CARE IN THE HOME

Cambridge City Council	The 65+ Scheme is available for all Cambridge residents aged over 65, aiming to connect older people with services that help them remain independent and socially active e.g. they can arrange help with personal care, meals and medication, advice on housing, aids, benefits etc.	www.cambridge.gov.uk/support-for-senior-citizens Email: independent.living@cambridge.gov.uk Tel: 01223 457199
AGE UK	Provides free information about benefits, housing and community care.	Tel: 0300 666 9860 informationservices@ageukcap.org.uk
AGE UK Home Help	Home help, cleaning laundry, ironing and gardening. Available for 60+.	Tel: 0300 666 9860 www.ageuk.org.uk/cambridgeshireandpeterborough *
Home Instead	Wide range of services including companionship (eg taking to concerts, etc.), home help and personal services.	www.homeinstead.co.uk/cambridge Email: mike.francis@homeinstead.co.uk *
Future Care solutions	Similar services to above.	1-2 The Old Coach House, Fulbourn CB26 5EP Tel: 882681 www.futurecaresolutions.co.uk *

MEALS DELIVERY

CAMMS Meals on Wheels	Provides hot meals for the elderly, infirm and those who are temporarily unable to prepare meals for themselves.	Cherry Trees Kitchen, St Matthews St, Cambridge, CB1 2LT Tel: 01223 314288 www.cammsitduk.org *
Oakhouse Foods	Frozen meal delivery once per week.	Tel: 0333 370 6700 www.oakhousefoods.co.uk *
Wiltshire Farm Foods	Frozen meal delivery once per week.	Wiltshire Farm Foods Hales Farm, High Cross Lane, Little Canfield, Great Dunmow CM6 1TQ Tel: 01371 876970 www.wiltshirefarmfoods.com *

EQUIPMENT TO ASSIST WITH DAILY LIVING

Cambridgeshire C.C. contact centre for adult services	Occupational Therapy assessment and advice; provision of equipment and mobility aids.	Tel: 0345 045 5202
British Red Cross	Short term loans of mobility aids, wheel chairs, commodes and frames. No need for medical referral.	Unit C 511, Coldhams Lane, Cambridge CB1 3JS. Open Tues, Wed, & Fri. 9.15 a.m. - 3.00 p.m. Tel: 01223 868696 * If delivery required
Independent Age	Charity offering information and access to impartial expert advisers.	Tel: 020 7605 4200 Email: charity@independentage.org www.independentage.org
Disabled Living Foundation	Advice and information on providers of equipment.	Tel: 0300 999 0004 www.dlf.org.uk
NHS Healthcare Safe & Well Service	Provides home equipment and mobility aids. Can arrange demonstrations.	Tel: 01480 415 719 www.safeandwell.co.uk/cambridgeshire
Assistive Technology and Telehealthcare	Service provides range of devices to support people and carers in their own homes. Involves assessment of needs. Can reference direct or through Occupational Therapy.	Tel: 01480 378760 Email: ATT.TeamFOIP@cambridgeshire.gov.uk Free loan of appropriate equipment

PERSONAL ALARMS

Cambridge City Council	Provides information and devices	Tel: 01223 457648 Email: independent.living@cambridge.govUK/community-alarm-service
Age UK	Provides information and devices. Free demonstrations	Tel. 0300 666 9860 www.ageuk.org.uk/alarm *

HOME ADAPTATIONS-KEY SAFES, GRAB RAILS, OR MAJOR ADAPTATIONS AND FALLS PREVENTION

Occupational Therapy	Assessment and referral for equipment.	Tel: 0345 045 5200 www.housingcare.org
Cambridge Handy Persons Service	Arranges visits to advise and provide adaptations and mobility aids.	Tel.: 01480 700 205 Email: infoandadvice@ageukcap.org.uk www.ageukcambridgeshire.org.uk NB: grab rails provided free of charge *
Cambs Home Improvement Agency CHIA	Assists with building and related works to facilitate independent living.	www.cambshia.org Tel: 01954 71330/713347
NHS Falls Prevention	Service for over 50s who have had a fall or are worrying about falling. Works in partnership with Cambs. County Council. Provides a range of services and includes Falls Prevention. Self or medical referral acceptable.	Tel: 0333 005 0093 www.everyonehealth.co.uk/cambridgeshire-county-council/health-trainers
Cambridgeshire Fire and Rescue Service	Will visit to help people stay safe at home.	Tel: 0800 917 9994
Cambridgeshire Bobby Scheme	General advice regarding security. (e.g. window alarms etc.)	Tel: 01480 413311 www.thebobbyscheme.org

TRANSPORT

Cambridge Dial-a-Ride	For people who find it difficult to access public transport. Need to be a member.	Tel: 01223 506335 camdar@hotmail.co.uk www.cambridgedialaride.org.uk
Taxicard	Help towards cost of taxi for those on certain benefits.	Tel: 01223 457200 www.cambridge.gov.uk/content/taxicard
Shopmobility	Use of wheelchair or scooter for use in shopping area. Need to register first.	Tel: 01223 457452 (Grand Arcade) Tel: 01223 461858 (Grafton Centre) Email: shopmobility@cambridge.gov.uk

MENTAL HEALTH SUPPORT

First Response Service	Mental Health Crisis	Tel: 111 Option 2
Life Line	Emotional distress	Tel: 0808 8082121 7.00p.m.- 11.00p.m. every day. Email: info@lifecraft.org.uk
Sane Line	Specialist mental/ emotional support.	Tel: 0300 304 7000 4.30 p.m.-10.30 p.m. every day.
Emergency Duty Team	Mental Health professional support. Voluntary admissions to Psychiatric Hospitals.	Tel: 01733 234724 0345 0455202 Mon-Fri 5.00 p.m.- 9.00 a.m. Sat Sun all day Bank Hol: all day www.sane.org.uk
Cambridge Samaritans	Sympathetic listening ear.	Tel: 01223 364455 daily 24 hours Email: jo@samaritans.org www.samaritans.org
Mind in Cambridgeshire CPFL	Wide range of services to support those recovering from mental health problems.	Tel: 01223 311320 enquiries@mindincambs.org.uk www.mindincambs.org.uk
Cambs and Peterborough Foundation Trust CPFT Psychological Wellbeing service (IAPT)	Access to Psychological Therapies Service for depression, anxiety etc. Can self-refer or via GP.	Tel: 0300 300 0055 Email: SelfreferIAPT@cpft.nhs.uk

FINANCIAL SUPPORT

Citizen's Advice Bureau	Free independent and confidential help and advice.	Tel: 0344 848 7979 www.cambridgecab.org.uk Mon-Fri 9.15a.m.-12.45p.m. and 2.00p.m.- 4.00p.m.
Cambridge Money Advice Centre	Free and confidential face to face advice. Need to make appointment.	Tel: 01223 727455 Email: Office.mac.cambridge@gmail.com www.cambridgemoneyadvicecentre.org.uk

BEREAVEMENT

Cruse Bereavement Care Cambridge	Confidential support and advice face-to-face support and advice, telephone and group work.	Susan Cross, Area Coordinator Email: cambridge@cruse.org.uk www.cruse.org.uk Tel: 01223 302662
Bereavement Care Services Addenbrooke's Hospital	Help and support for those families whose loved ones have died in Addenbrooke's Hospital.	Tel: 01223 217537 (ext. 3537) Box 136 Cambridge University NHS Foundation Trust Hills Road Cambridge CB2 0QQ Email: bereavementcareservice@addenbrookes.nhs.uk
Cambridge Bereavement Services (Cambridge City Council)	Offers choices for burial, cremation and commemoration of loved ones. Advice and help making funeral arrangements.	Tel: 01223 458000 Email: bereavementservices@cambridge.gov.uk

Disclaimer:

This is not meant to be an exhaustive list, e.g. it doesn't cover National Organisations representing specific Physical or Medical Conditions. We cannot guarantee the current accuracy of the services listed above, as these are subject to ongoing change. The information is up to date in November 2017. Any assistance in future updating would be appreciated.

GENERAL CONTACT CENTRES TO SUPPORT THIS LOCAL DIRECTORY

1. "Adult Care and Support Services Guide 2017". Booklet produced by Cambridgeshire County Council and is available in Libraries and the Queen Edith Medical Practice
2. Healthwatch.
Tel: 01480420628
www.healthwatchcambridgeshire.co.uk
Email: enquires@healthwatchcambspboro.co.uk
3. Health & Wellbeing Network
Tel: 0300 666 0142
www.hwncambs.org.uk
Email: admin@hwncambs.org.uk/members
4. AGE UK.
www.ageuk.org.uk/cambridgeshireandpeterborough
www.ageuk.org.uk
Email: emailinformationservices@ageukcap.org.uk
Tel: 0300 666 9860
5. Mental Health Handbook
www.mentalhealthhandbook.org.uk/wp-content/uploads/2017/05/Mental-Health-Handbook.pdf
www.lifecraft.org.uk/mental-health-handbook
6. Information for Carers
Carer's Trust Cambridgeshire, Peterborough and Norfolk
www.carerstrustcpn.org
7. Community Navigators
www.care-network.org.uk/index.php
www.care-network.org.uk/districtcoordinators_1.php
8. NAPP (National Association of Patient Participation Groups)
www.napp.org.uk
9. COPE (Cambridgeshire Older People's Enterprise Forum) Newsletter available for Members.
Secretary Tel: 01223 364303 Email: Cambridge@hotmail.co.uk
www.cambridgecope50.org