



Further Support and Resources

Community Navigators

Community Navigators are local experts who provide information and guidance to help you consider your options and live well. You can contact them directly to access local support including:

- Practical help in the home
- Care and carer support
- Help with transport
- Boosting your wellbeing
- Social activities

<https://care-network.org.uk/community-navigators-2/>

Cambridge: 01223 300460

East Cambs: 01353 659639

Huntingdonshire: 01480 775493

South Cambs: 01954 212100

Age UK

Offer pensions and benefits advice, cost of living support, advice on care provision and befriending support.

Advice line: 0800 055 6112. 8am to 7pm, every day of the year.

Local contact number (Cambridgeshire and Peterborough) 0300 666 9860

<https://www.ageuk.org.uk/>

<https://www.ageuk.org.uk/cambridgeshireandpeterborough/>

Citizens Advice Bureau

Citizens Advice Bureau can help with grants and benefits and general financial advice.

Contact: 08082 787808 (freephone)

<http://www.cambridgecab.org.uk/>



Help@hand mobile phone app

A free website and mobile app to help you access practical and emotional support in your community.

How it works:

- Go into the app as often as you like to find support services relevant to you.
- Your GP Surgery adopts Help at Hand (check that they have!)
- You don't need to register or log in and can use it on a smartphone, tablet or desktop.
- Your GP surgery keeps the app updated with information on local and national support services.

<https://hand.community/app/>

Cambridge Cancer Help Centre

(Please note that this service is open to anyone with a life limiting condition, not just cancer)

120 Cambridge Road
Great Shelford
Cambridge CB22 5JT
Telephone: 01223 840105
Email: manager@cambridgecancerhelp.org

Opening times:

Monday	10:00am – 1:00pm
Tuesday	10:00am – 4:00pm
Wednesday	10:00am – 4:00pm

Offers support groups, complementary therapies and activities such as singing, yoga and art.

Mind

Mind provides support and information with a mental health and wellbeing focus.
Contact: 0300 123 3393

<https://www.mind.org.uk/>

NHS Website

The NHS website helps you to take control of your health and wellbeing by providing information about health conditions, healthy living and NHS services.

<https://www.nhs.uk/>