

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

**PRODUCED BY  
THE PATIENTS GROUP (PPG)**

of the  
**QUEEN EDITH MEDICAL PRACTICE (QEMP)**

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Also available on the Queen Edith Medical Practice website

<https://www.queenedithmedicalpractice.co.uk>

## ACTIVITIES

<b>Cambridgeshire Celebrate Age</b>	Brochure of activities for over 50s, listed by ward.	Email: <a href="mailto:celebratesage@gmail.com">celebratesage@gmail.com</a>
<b>Queen Edith's Community Forum</b>	Printed Newsletter Queen Edith's Community News.	<a href="http://queen-ediths.info/">http://queen-ediths.info/</a> Also can sign up for weekly 'What's on Guide for Queen Edith's'.
<b>Mature Movers Queen Edith Chapel</b>	Exercise and dance for the over 50s. Thursdays 10.00-11.00 am	Margaret Briggs Tel:01954 250870 Email: Margaret.briggs@ymail.com *
<b>Forever Active</b>	Classes such as Tai Chi, Strength and Balance, Yoga etc. At local venues e.g. Queen Edith Chapel	<a href="http://www.forever-active.org.uk">www.forever-active.org.uk</a> Tel: 07432 480 105 *
<b>Cambridgeshire.net</b>	Online directory for wide range of activities (from volunteering, learning musical instrument, exercise etc.)	<a href="http://www.cambridgeshire.net">www.cambridgeshire.net</a> Put post code in and select area that you want e.g. activities for older adults.
<b>Library at home</b>	A service is for those housebound through health problems, or because they have full time (unpaid) caring duties. Monthly visits from volunteer to bring library books.	Tel: 0345 045 5225 Email: <a href="mailto:volunteers@cambridgeshire.gov.uk">volunteers@cambridgeshire.gov.uk</a> or ask at your local library. <a href="http://www.cambridgeshire.gov.uk/residents/libraries-leisure-&amp;-culture/libraries/libraries-in-the-community/access-for-all/">www.cambridgeshire.gov.uk/residents/libraries-leisure-&amp;-culture/libraries/libraries-in-the-community/access-for-all/</a>
<b>Rock Road Library</b>	e.g Scrabble Club; Community Gardening (Mondays); monthly café (3 <sup>rd</sup> Thursday of each month 2.00-3.30 p.m.)	<a href="https://friendsofrockroadlibrary.wordpress.com/">https://friendsofrockroadlibrary.wordpress.com/</a> <a href="https://www.cambridgeshire.gov.uk/rock-road-library-cambridge/">https://www.cambridgeshire.gov.uk/rock-road-library-cambridge/</a>

## DAY CENTRES AND LUNCH CLUBS

<b>Cherry Trees Day Centre</b> <b>St Matthew's Street CB1</b> <b>2LT</b>	Activities, talks, outings for over 65s. Lunches and refreshments Monday, Tuesday, and Thursday.	Tel: 01223 361766 Email: <a href="mailto:dayclubs@ageukcap.org.uk">dayclubs@ageukcap.org.uk</a>  <a href="http://www.ageuk.org.uk/cambridgeshire/daycentres">www.ageuk.org.uk/cambridgeshire/daycentres</a> *
<b>St Martin's Day Centre</b> <b>St Martin's Church</b> <b>Suez Road CB1 3QD</b>	Activities for older adults. Lunch and refreshments. Monday-Friday. Transport available.	Tel: 01223 508080 Email: <a href="mailto:centre@stm.org.uk">centre@stm.org.uk</a> <a href="http://www.stm.org.uk/centre">www.stm.org.uk/centre</a> *
<b>St Paul's Community Centre</b> <b>Hills Road CB2 1JP</b>	Lunches Fridays 12.30 p.m. - 2.00 p.m. Also various activities available.	Tel: 01223 576899 Email: <a href="mailto:hello@stpaulscambridge.org.uk">hello@stpaulscambridge.org.uk</a>  <a href="http://www.stpaulscambridge.org.uk">www.stpaulscambridge.org.uk</a> *
<b>Wesley Church Lunch Club</b> <b>Wesley Methodist Church</b> <b>Christ's Pieces</b> <b>CB1 1LG</b>	Friday social group for senior citizens. Refreshments 11.00 a.m.-12.00 noon. Lunch 12.00 p.m - 1.45 p.m.	Tel: 01223 352115 Email: <a href="mailto:centremanager@wesleycam.org.uk">centremanager@wesleycam.org.uk</a> <a href="http://www.wesleycam.org.uk/fridaylunchclub">www.wesleycam.org.uk/fridaylunchclub</a> *
<b>The Evelyn Charnley Memorial Lunch Club</b> <b>COPE (Cambridgeshire Older People's Enterprise)</b>	Lunch and Speaker, 3 <sup>rd</sup> Wed. of each month, 12-2.00 p.m. Queen Edith Chapel, Wulfstan Way CB1 8QN	Tel. 01223 364303 Email: <a href="http://www.copecambs.org.uk">www.copecambs.org.uk</a> *
<b>St John the Evangelist's Church</b> <b>Hills Road CB2</b> <b>8RN</b>	Monthly mid-week lunch, Weds, 12.30-2.00 pm	Tel.01223 241316 Email: <a href="mailto:stjecambridge@gmail.org">stjecambridge@gmail.org</a> <a href="http://www.stjohntheevangelistcambridge.org">www.stjohntheevangelistcambridge.org</a> *

## KEEPING IN TOUCH

<b>Cambridge City Council's Visiting Support Service</b>	Available to all Cambridge residents over 65.	01223 457199 Email: <a href="mailto:Independent.living@cambridge.gov.uk">Independent.living@cambridge.gov.uk</a> <a href="http://www.cambridge.gov.uk/visiting-support-service">www.cambridge.gov.uk/visiting-support-service</a>
<b>St James's Church Wulfstan Way CB1 8QJ</b>	Friendship Café meeting on first Tuesday 2.00-3.30 pm	01223 246419 <a href="http://www.stjamescambridge.org.uk">www.stjamescambridge.org.uk</a>
<b>Age UK Sharing Time</b>	Weekly visitor or telephone call.	<a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a> Dee Potter Tel: 01354 691898 or Email: <a href="mailto:dee.potter@ageukcap.org.uk">dee.potter@ageukcap.org.uk</a>
<b>Independent Age</b>	Charity offering 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 <a href="http://www.independentage.org/befriending">www.independentage.org/befriending</a>  Email: <a href="mailto:charity@independentage.org">charity@independentage.org</a>
<b>Student Community Action</b>	Weekly visit by a student befriender during term time. Must be within 4 mile radius of city centre.	Tel: 01223 350365 E-mail: <a href="mailto:mail@cambridgesca.org.uk">mail@cambridgesca.org.uk</a> Office hours Tues. and Thurs 10.00-4.00 17 Mill Lane Cambridge <a href="http://www.cambridgesca.org.uk">www.cambridgesca.org.uk</a>
<b>Re-engage</b>	Tea parties for over 75s in and around Cambridge, with transport provided if needed.	Email: <a href="mailto:georgina.sells@reengage.org.uk">georgina.sells@reengage.org.uk</a> Tel: 0207 078 8998 National Office: 0207 240 0630
<b>Queen Edith Chapel</b>	Talks for older people and refreshments. Fortnightly Mondays 3.00 p.m.	Contact David Stearn Tel: 01223 245584 Email: <a href="mailto:office@qeccambridge.org.uk">office@qeccambridge.org.uk</a>

**CARE IN THE HOME**

<b>Cambridge City Council (Independent Living Service)</b>	The service 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.	Email: <a href="mailto:independent.living@cambridge.gov.uk">independent.living@cambridge.gov.uk</a> Tel: 01223 457199
<b>AGE UK</b>	Provides free information about benefits, housing and community care.	Tel: 0300 666 9860 Email: <a href="mailto:informationservices@ageukcap.org.uk">informationservices@ageukcap.org.uk</a>
<b>AGE UK</b>	Home help, cleaning laundry, ironing and gardening. Available for 60+.	Tel: 0300 666 9860 (National No.) Local Number: 01733 557353 <a href="http://www.ageuk.org.uk/cambridgeshireandpeterborough">www.ageuk.org.uk/cambridgeshireandpeterborough</a> *
<b>Home Instead Senior Care (including Dementia)</b>	Wide range of services including companionship (eg taking to concerts, etc.), home help and personal services.	<a href="http://www.homeinstead.co.uk/Cambridge">www.homeinstead.co.uk/Cambridge</a> Tel: 01480 576737 Email: <a href="mailto:mike.francis@homeinstead.co.uk">mike.francis@homeinstead.co.uk</a> *
<b>Future Care solutions</b>	Similar services to above.	1-2 The Old Coach House, Fulbourn CB21 5EP Tel: 01223 882681 <a href="http://www.futurecaresolutions.co.uk">www.futurecaresolutions.co.uk</a> *

**MEALS DELIVERY**

<b>CAMMS Meals on Wheels</b>	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 <a href="http://www.cammsitduk.org">www.cammsitduk.org</a> *
<b>Oakhouse Foods</b>	Frozen meal delivery once per week.	Tel: 0333 3702516 <a href="http://www.oakhousefoods.co.uk">www.oakhousefoods.co.uk</a> *
<b>Wiltshire Farm Foods</b>	Frozen meal delivery once per week.	Wiltshire Farm Foods Hales Farm, High Cross Lane, Little Canfield, Great Dunmow CM6 1TQ Tel: 01371 876970 <a href="http://www.wiltshirefarmfoods.com">www.wiltshirefarmfoods.com</a> *

## EQUIPMENT TO ASSIST WITH DAILY LIVING

<b>Cambridgeshire C.C. contact centre for adult services</b>	Occupational Therapy assessment and advice; provision of equipment and mobility aids.	Tel: 0345 045 5202 Email: <a href="mailto:referral.centreadults@cambridgeshire.gov.uk">referral.centreadults@cambridgeshire.gov.uk</a> <a href="http://www.cambridgeshire.gov.uk">www.cambridgeshire.gov.uk</a>
<b>British Red Cross</b>	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. 10.00 a.m. – 2.00 p.m.  Tel: 01223 868696  * If delivery required
<b>Independent Age</b>	Charity offering information and access to impartial expert advisers.	Tel: 0800 319 6789 Email: <a href="mailto:charity@independentage.org">charity@independentage.org</a> <a href="http://www.independentage.org">www.independentage.org</a>
<b>Disabled Living Foundation</b>	Charity providing advice and information on providers of equipment.	Tel: 0300 999 0004 Email: <a href="mailto:info@dlf.org.uk">info@dlf.org.uk</a> <a href="http://www.livingmadeeasy.org.uk">www.livingmadeeasy.org.uk</a>
<b>NRS Healthcare Safe &amp; Well Service</b>	Provides home equipment and mobility aids. Can arrange demonstrations.	Tel: 01480 415719 Email: <a href="mailto:enquiries@safeandwell.co.uk">enquiries@safeandwell.co.uk</a>  <a href="http://www.safeandwell.co.uk/cambridgeshire">www.safeandwell.co.uk/cambridgeshire</a>  *
<b>Technology Enabled Care (TEC) - Cambridgeshire County Council</b>	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 378160 Email: <a href="mailto:TEC@cambs.gov.uk">TEC@cambs.gov.uk</a>  Free loan of appropriate equipment

## PERSONAL ALARMS

<b>Cambridge City Council</b>	Provides information and devices.	Tel: 01223 457199 Email: <a href="mailto:independent.living@cambridge.uk">independent.living@cambridge.uk</a>  <a href="http://www.cambridge.gov.co.uk/personalalarms">www.cambridge.gov.co.uk/personalalarms</a>  *
<b>Age UK</b>	Provides advice and devices; can arrange demonstrations.	Tel: 0800 012 1634 Email: <a href="mailto:enquiries@pptakingcare.co.uk">enquiries@pptakingcare.co.uk</a> <a href="http://www.ageuk.org.uk/alarm">www.ageuk.org.uk/alarm</a> *

**HOME ADAPTATIONS  
(KEY SAFES, GRAB RAILS, OR MAJOR ADAPTATIONS AND FALLS  
PREVENTION)**

<b>Occupational Therapy</b>	Assessment and referral for devices and adaptations.	Tel: 0345 045 5202 Email: <a href="mailto:referral.centreadults@cambridgeshire.gov.uk">referral.centreadults@cambridgeshire.gov.uk</a>
<b>AGE UK Cambridgeshire Handy Persons Service</b>	Arranges visits to advise and provide adaptations and mobility aids.	Tel.: 01480 700205 Email: <a href="mailto:chp@ageukcap.org.uk">chp@ageukcap.org.uk</a> <a href="http://www.ageuk.org.uk/cambridgeshireandpeterborough">www.ageuk.org.uk/cambridgeshireandpeterborough</a>  NB: grab rails provided free of charge *
<b>Cambs Home Improvement Agency CHIA</b>	Assists with building and related works to facilitate independent living.	<a href="http://www.cambshia.org">www.cambshia.org</a> Email: <a href="mailto:hia@cambshia.org">hia@cambshia.org</a>  Tel: 01954 713347 *
<b>NHS Falls Prevention</b>	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 Email: <a href="mailto:clinical.contactcentre@nhs.net">clinical.contactcentre@nhs.net</a>  <a href="http://www.everyonehealth.co.uk">www.everyonehealth.co.uk</a>
<b>Cambridgeshire Fire and Rescue Service</b>	Will visit to help people stay safe at home.	Tel: 0800 917 9994 <a href="http://www.cambsfire.gov.uk">www.cambsfire.gov.uk</a>
<b>Cambridgeshire Bobby Scheme</b>	General advice regarding security. (e.g. window and door alarms)	Tel: 01480 413311 Email: <a href="mailto:info@thebobbyscheme.org">info@thebobbyscheme.org</a> <a href="http://www.thebobbyscheme.org">www.thebobbyscheme.org</a> *

## TRANSPORT

<b>Cambridge Dial-a-Ride</b>	For people who find it difficult to access public transport. Membership required.	Tel: 01223 506335 Email: <a href="mailto:officemanager@cambridgedialaride.org.uk">officemanager@cambridgedialaride.org.uk</a> <a href="http://www.cambridgedialaride.org.uk">www.cambridgedialaride.org.uk</a>
<b>Taxicard</b>	Help towards cost of taxi for those on certain benefits.	Tel: 01223 457200 9.0 a.m.-4.15.p.m. Email: <a href="mailto:taxicard@Cambridge.gov.uk">taxicard@Cambridge.gov.uk</a> <a href="http://www.cambridge.gov.uk/taxicard">www.cambridge.gov.uk/taxicard</a>
<b>Shopmobility</b>	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: <a href="mailto:shopmobility@cambridge.gov.uk">shopmobility@cambridge.gov.uk</a>

## MENTAL HEALTH SUPPORT

<b>First Response Service</b>	Mental Health Crisis	Tel: 111 Option 2
<b>Life Line</b>	Emotional distress	Tel: 0808 808 2121 7.00p.m.- 11.00p.m. every day. Email: <a href="mailto:info@lifecraft.org.uk">info@lifecraft.org.uk</a>
<b>Sane Line</b>	Specialist mental/ emotional support.	Tel: 0300 304 7000 Email: <a href="mailto:info@sane.org.uk">info@sane.org.uk</a> <a href="http://www.sane.org.uk">www.sane.org.uk</a> 4.30 p.m.-10.30 p.m. every day.
<b>Emergency Duty Team</b>	Mental Health professional support. Voluntary admissions to Psychiatric Hospitals.	Out of hours emergency no. 01733 234724 <a href="http://www.sane.org.uk">www.sane.org.uk</a>
<b>Cambridge Samaritans</b>	Sympathetic listening ear.	Tel: 01223 116123 daily 24 hours Free phone helpline Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> <a href="http://www.samaritans.org">www.samaritans.org</a>
<b>Mind CPSL Cambs, P'boro, South Lincs.</b>	Wide range of services to support those recovering from mental health problems.	Tel: 0300 303 4363 9.30 a.m.-5.30 p.m. <a href="http://www.cpslmind.org.uk">www.cpslmind.org.uk</a>
<b>Cambs and Peterborough Foundation Trust CPFT Psychological Wellbeing service (IAPT)</b>	Access to Psychological Therapies Service for depression, anxiety etc. Can self-refer or via GP.	Tel: 0300 300 0055 Email: <a href="mailto:SelfreferIAPT@cpft.nhs.uk">SelfreferIAPT@cpft.nhs.uk</a>



**FINANCIAL SUPPORT**

<b>Citizen's Advice Bureau</b>	Free independent and confidential help and advice.	Tel: 0800 144 8444 Email: <a href="mailto:caba@cambridgecab.org.uk">caba@cambridgecab.org.uk</a> <a href="http://www.cambridgecab.org.uk">www.cambridgecab.org.uk</a> Mon-Thurs 9.00a.m.-12.30 p.m. and Friday 9.00 a.m-12.00p.m.
<b>Cambridge Money Advice Centre</b>	Free and confidential face to face advice. Need to make appointment.	Tel: 01223 727455 Email: <a href="mailto:Office.mac.cambridge@gmail.com">Office.mac.cambridge@gmail.com</a> <a href="http://www.cambridgemoneyadvicecentre.org.uk">www.cambridgemoneyadvicecentre.org.uk</a>

**BEREAVEMENT**

<b>Cruse Bereavement Care Cambridge</b>	Confidential support and advice face-to-face support and advice, telephone and group work.	Susan Cross, Area Coordinator Email: <a href="mailto:cambridge@cruse.org.uk">cambridge@cruse.org.uk</a> <a href="http://www.cruse.org.uk">www.cruse.org.uk</a> Tel: 01223 633536 9.30-1.30 Mon-Fri
<b>Bereavement Care Services Addenbrooke's Hospital</b>	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: <a href="mailto:bereavementcareservices@addenbrookes.nhs.uk">bereavementcareservices@addenbrookes.nhs.uk</a>
<b>Cambridge Bereavement Services (Cambridge City Council)</b>	Offers choices for burial, cremation and commemoration of loved ones. Advice and help making funeral arrangements.	Tel: 01223 458000 Email: <a href="mailto:bereavementservices@cambridge.gov.uk">bereavementservices@cambridge.gov.uk</a>

**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 January 2020.*

*Any assistance in future updating would be appreciated.*

## GENERAL CONTACT CENTRES TO SUPPORT THIS LOCAL DIRECTORY

1. "A Guide to Independent Living in Cambridgeshire 2019". (2020 version available early 2020). Booklet produced by Cambridgeshire County Council and is available in Libraries and the Queen Edith Medical Practice
2. Healthwatch  
Tel: 01480 420628  
[www.healthwatchcambridgeshire.co.uk](http://www.healthwatchcambridgeshire.co.uk)  
Email: [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk)  
Text Option: Tel No. 0752 063 5176
3. AGE UK.  
[www.ageuk.org.uk/cambridgeshireandpeterborough](http://www.ageuk.org.uk/cambridgeshireandpeterborough)  
[www.ageuk.org.uk](http://www.ageuk.org.uk)  
Email: [emailinformationservices@ageukcap.org.uk](mailto:emailinformationservices@ageukcap.org.uk)  
Tel: 0300 666 9860
4. Mental Health Handbook  
[www.lifecraft.org.uk/mental-health-handbook](http://www.lifecraft.org.uk/mental-health-handbook)  
Tel: 01223 566957
5. Caring Together (Information for Carers)  
Network Partner of Carer's Trust Cambridgeshire, Peterborough and Norfolk  
Tel: 01480 499 090  
Email: [hello@caringtogether.org](mailto:hello@caringtogether.org)  
[www.caringtogether.org](http://www.caringtogether.org)
6. Community Navigators  
[www.care-network.org.uk/index.php](http://www.care-network.org.uk/index.php)  
[www.care-network.org.uk/districtcoordinators\\_1.php](http://www.care-network.org.uk/districtcoordinators_1.php)  
Tel: Cambridge City 01223 300460  
Tel: South Cambridgeshire 01954 212 100  
Email: [cambridgecity.navigators@care-network.org.uk](mailto:cambridgecity.navigators@care-network.org.uk)  
Email: [southcambs.navigators@care-network.org.uk](mailto:southcambs.navigators@care-network.org.uk)
7. NAPP (National Association of Patient Participation Groups)  
[www.napp.org.uk](http://www.napp.org.uk)
8. COPE (Cambridgeshire Older People's Enterprise Forum) Newsletter available for Members.  
Secretary Tel: 01223 364303      Email: [Cambridgecope@hotmail.co.uk](mailto:Cambridgecope@hotmail.co.uk)  
[www.copecambs.org.uk](http://www.copecambs.org.uk)

