



FOR FRONTLINE SERVICES Huntingdonshire

Find all the latest information on public health, health improvement & local services and campaigns at

www.cambridgeshire.gov.uk/be-well

The purpose of this brochure is to present a range of lifestyle management support services available to residents of Cambridgeshire.

This brochure was correct as of Summer 2018.

The contents are subject to change and will be updated as changes are known. If you notice any errors, missing information or are running low of this brochure please advise the Public Health Team on:

Tel: 01223 507225

Email: shaun.birdsall@cambridgeshire.gov.uk

www.cambridgeshire.gov.uk

Social Care
Adult Learning & Skills
Stop Smoking
Drug & Alcohol Services
Sexual Health Services
Domestic Abuse & Sexual Violence
General Help & Support
Pre / Post Natal Services
Mental Health & Wellbeing
Exercise, Fitness & Physical Activity
Lifestyle Advice
Pharmacy Services

www.cambridgeshire.gov.uk

Support for adults and older people

Web: www.cambridgeshire.gov.uk/careandsupport

Phone: 0345 045 5202

Email: careinfo@cambridgeshire.gov.uk

Or Information is available by visiting any Cambridgeshire library



Cambridgeshire County Council can provide information to help people plan for the future, to maintain your healthy and independence, and regain your independence if a crisis arises. We can also inform you of your choices if care becomes a necessity. We also signpost you to voluntary services and things to do in your area. **Carers** - a carer is anyone who provides unpaid support to a partner, relative or friend who could not manage to live independently, or whose health would deteriorate without help. This might be due to frailty, disability, health condition, or substance misuse. We need carers to contact us so we can look at any support they might need.

Supporting families

There is information on parenting, education, childcare, Children's Centres, money and benefits, social care, fostering and work and training on the Cambridgeshire County Council website.

www.cambridgeshire.gov.uk/residents/children-and-families

There is also a section dedicated to children and young people with special educational needs and/or disabilities, including information on education, childcare, health and where to get help and support.

www.cambridgeshire.gov.uk/localoffer

We have a directory listing national, local, voluntary and local authority services, including schools, childcare providers and Children's Centres.

www.cambridgeshire.gov.uk/familiesdirectory

All families with a child aged from 0 to 5 can use a Cambridgeshire Child and Family Centre's. Families can have fun, play, learn and grow together. Mums, dads, grandparents, carers and parents-to-be can access information, groups, activities and services. www.cambridgeshire.gov.uk/child-and-family-centres

Pharmacy Services

PAPWORTH PHARMACY

Papworth Surgery, Chequers Lane, Papworth Everard, CB23 3QQ. Tel: 01480 831415

WARD OF WARBOYS

1 Ramsey Road, Warboys, PE28 2RW. Tel: 01487 822387

LITTLE PAXTON PHARMACY

7 Parkway, Little Paxton, St Neots, PE19 6PA. Tel: 01480 472669

LOVES FARM PHARMACY

5 Kester Way, Loves Farm, St Neots, PE19 6SL. Tel: 01480 215665

LLOYDS PHARMACY

9-11 Kings Hedges, St Ives, Cambridgeshire, PE27 3XS. Tel: 01480 465441

WELL PHARMACY

14 Huntingdon Street, St Neots, Cambridgeshire, PE19 1BQ. Tel: 01480 217692

LLOYDS PHARMACY

27 High Street, St Neots, Cambridgeshire, PE19 1JA. Tel: 01480 472981

BOOTS PHARMACY: 33 High Street, St Neots, PE19 1BW. Tel: 01480 214208

TESCO PHARMACY

Barford Road, St Neots, PE28 5SU. Tel: 0345 677 9599

BOOTS PHARMACY

12 High Street, Sawtry, Cambridgeshire, PE28 5SU. Tel: 01487 832558

LLOYDS PHARMACY

20 Great Whyte, Ramsey, PE26 1HA. Tel: 01487 814886

JW ANDERSON: 83 High St, Somersham, Cambridgeshire, PE28 3JB. Tel: 01487 840219

LLOYDS PHARMACY

Eaton Socon Health Centre, Eaton Socon, PE19 8BB . Tel: 01480 214355

LLOYDS PHARMACY

St Germain Walk, Nursery Road, Huntingdon, PE29 3FG. Tel: 01480 453023

FENSTANTON PHARMACY

27, 27b, 27d High Street, Fenstanton, PE28 9JZ. Tel: 01480 495159

Pharmacy Services

What does your local Pharmacy offer?



Your local pharmacy is the place to go to get any prescription, medicine and Clinical advice for minor health concerns. But they do a lot more than that! As well as helping with common illnesses like sore throats, coughs, colds, tummy troubles and aches and pains, pharmacy teams can also help with stopping smoking, cutting down on alcohol, advice on safe sex and emergency contraception. Many pharmacies are open until late and at weekends. You don't need an appointment - you can just walk in. **Find a pharmacy near**

BOOTS PHARMACY: 42 High Street, Huntingdon, PE29 3AQ. Tel: 01480 457241

PRIORY FIELDS SURGERY PHARMACY
Nursery Road, Huntingdon, PE29 3RL. Tel: 01480 411009

LLOYDS PHARMACY: 72a Ermine Street, Huntingdon, PE29 3EZ. Tel: 01480 453063

JG CLIFFORD DISPENSING CHEMIST
2 & 2A The Causeway, Godmanchester, Cambridgeshire, PE29 2HB. Tel: 01480 453729

ACORN PHARMACY
The Oak Tree Centre, 1 Oak Drive, Cambs, PE29 7HN. Tel: 01480 483100

TESCO PHARMACY: Abbots Ripton Road, Huntingdon, PE28 2LA. Tel: 01480 367447

BRAMPTON CHEMIST
97b High Street, Brampton, Huntingdon, PE28 4TQ. Tel: 01480 386628

BUCKDEN PHARMACY
8 Hunts End, Buckden, St Neots, PE19 5SU. Tel: 01480 810077

THE CO_OPERATIVE PHARMACY
Unit 1, Burleigh Hill Centre, Constable Road, St Ives, PE27 3ER. Tel: 01480 301614

LLOYDS PHARMACY
5 The Pavement, Market Hill, St Ives, Cambs, PE27 5AD. Tel: 01480 462109

LLOYDS PHARMACY
Unit 2 Stocking Fen Road, Ramsey, Cambs, PE26 1SA. Tel: 01487 812527

BOOTS PHARMACY
5-6 Sheep Market, St Ives, Cambridgeshire, PE27 5AH. Tel: 01480 461886

Adult Learning & Skills

Cambridgeshire Adult Learning & Skills

Adult Learning and Skills helps individuals, communities and businesses fulfill their potential and grow, by giving them access to learning and skills development. The service works to offer a consistent and high quality experience for people wherever they engage with us, and to work with partners to ensure we reach those furthest from learning. The teams within the service can offer careers advice and guidance and a range of support for skills development and routes into employment.

We operate out of five learning centres across Cambridgeshire based within the Library:

- Cambridge Central
- Ely
- Huntingdon
- March
- Wisbech

You can find out more about our centres here:

www.camsals.co.uk/about-us/our-adult-learning-and-skills-centres/

Whether you want to improve your English, Maths or IT; improve your job prospects; learn something new; want to help your children; or find out about supported learning contact;

Cambridgeshire Adult Learning and Skills Centre

Tel: 01223 729185

Website: www.camsals.co.uk

Email: CambsALS@cambridgeshire.gov.uk



Stop Smoking Services



What does CAMQUIT provide?

- FREE information and support to people who would like to stop smoking
- Specialist trained advisors are based throughout Cambridgeshire
- One-to-one appointments with a specialist advisor are available during the daytime and evening. Appointments will last approximately 20 minutes

Where are the services provided?

- Within all GP practices
- In many pharmacies
- In community-based clinics
- Telephone support via our dedicated CAMQUIT phone line: 0800 018 4304

What do stop smoking advisors do?

- Offer specialist advice, support and encouragement to help people stop smoking for good.
- They listen and are non-judgemental.
- Support smokers to access medication which will improve their success rate, such as Nicotine Replacement Therapy (NRT), Zyban and Varenicline via NHS prescriptions

Phone: 0800 018 4304

Email: eh.camquit@nhs.net

Web: www.camquit.nhs.uk

Lifestyle Advice



A friendly and impartial service that offers everyone free help and support for any healthy change you want to make in your life. This could be for things like getting your family fitter, doing some regular exercise, dealing with stress, kicking a habit, or simply improving your general wellbeing.

Delivered by Everyone Health, funded by Cambridgeshire County Council, and supported by other partners, Everyone Health is helping to improve the health and wellbeing of local communities.

Choose what type of changes you would like to make, and find events, activities and services near you. Then you can talk to our friendly Health Coaches over the phone or in person.

At Everyone Health we:

- ♥ Empower people to adopt healthier behaviours
- ♥ Develop community capacity addressing the wider determinants of health
- ♥ Offer cost effective approaches
- ♥ Provide local leadership and technical expertise
- ♥ Offer creative solutions to engage communities, families and individuals in managing their health and wellbeing

Our Services in Cambridgeshire:

- | | |
|----------------------------------|-------------------|
| ♥ Falls Prevention | Health Trainers |
| ♥ Weight Management For My Child | Wellbeing At Work |
| ♥ Adult Weight Management | NHS Health Checks |

Contact us:

Phone: 0333 005 0093

(Mon-Fri 8am-6pm) Voicemail is in operation outside of these times.

Email: changepointcams@everyonehealth.co.uk

Web: www.everyonehealth.co.uk/cambridgeshire-county-council



Exercise, Fitness & Physical Activity

One Leisure Sawtry



One Leisure Sawtry, Green End Road, Sawtry, Cambridgeshire, PE28 5UY

Swimming Pool	Swimming Lessons	Fitness Classes
Cyclone Indoor Cycling	Fitness Suites	Creche
Badminton	Table Tennis	Sports Hall
Indoor Cricket Nets	Outdoor Synthetic Pitch	
Children's Parties	Term Time Courses	Holiday Activities

One Leisure St Ives Indoor & Outdoor



One Leisure St Ives Indoor , Westwood Road, St Ives, Cambridgeshire, PE27 6WU

Swimming	Swimming Lessons	Fitness Classes
Cyclone Indoor Cycling	Impressions Fitness Suite	Heat Experience Suite
Sports Injury Clinic	Tenpin Bowling	Zest (cafe and bar)
Creche	Roller Skating	Badminton
Table Tennis	Sports Hall	Conference Centre
Children's Parties	Term Time Courses	Holiday Activities

One Leisure St Neots



One Leisure St Neots, Barford Road, Eynesbury, Cambridgeshire, PE19 2SA

Swimming Pool	Swimming Lessons	Fitness Classes
Cyclone Indoor Cycling	Impressions Fitness Suites	Heat Experience Suite
Zest: Cafe & Bar	Leo's Funzone	Creche
Roller Skating	Badminton	Sports Hall
Squash	Racketball Courts	Tennis & Netball Courts
Children's Parties	Term Time Courses	Holiday Activities

Tel: 01480 388111 | **Opening time:** Mon-Thurs 06:30-22:00 | Friday 06:30-21:00
Sat 08:00-20:00 | Sun 08:00-21:00. Phones are answered during these times:
Monday to Friday 08:30– 20:00 | Saturday and Sunday 08.30am to 18:30

Drug & Alcohol Services



Cambridgeshire Inclusion offer free and confidential support to residents of Cambridgeshire aged 18 and over. Inclusion is for anyone who is:

- Worried about their drug or alcohol use?
- Want supports to cut down or stop
- Already tried to give up on their own and is finding it hard

Inclusion offer different ways to get involved and support their work; volunteering and recovery champion development opportunities.

Patients can book to see a member of staff from Inclusion calling the below number or by receiving a referral from a health professional.

Self Referral Accepted: Yes

Cost of Service: Free

Contact details

Phone: 0300 555 0101

Email: cambridgealcohol@nhs.net

Web: www.inclusion-cambridgeshire.org.uk

Our office locations

- ◇ 351 Mill Road, Cambridge, CB1 3DF
- ◇ 1A Fortescue Road, Cambridge, CB4 2JS,
- ◇ 7-8 Market Hill, Huntingdon, PE29 3NR,
- ◇ 52 Market Street, Ely, CB7 4LS,
- ◇ 18 Cross Keys Mews, St Neots, PE19 2AR
- ◇ Church Terrace Wisbech, PE19 1BW

Sexual Health Services

Integrated Contraception and Sexual Health services



iCaSH Cambridgeshire provides all aspects of sexual health, including sexually transmitted infection (STI) testing & treatment, contraception, and HIV care and treatment, available from easily accessible single locations across Cambridgeshire. Anyone can self refer to our service.

The clinics are totally confidential.

Services

We will provide support, information, treatment and care for all sexually transmitted infections and onward referral to specialist services where appropriate. We provide contraceptive advice and supplies including long acting methods (implants and intrauterine devices (IUDs) and emergency contraception. We run specialist clinics for complex contraception problems including implant removals or difficult insertions or removals of IUDs.

Clinics

- Lime Tree Clinic, 351 Mill Road, Cambridge, CB1 3DF
- Parkside Sexual Health and Contraception Clinic, North Cambs Hospital, Wisbech, St Augustines Road, Wisbech, PE13 3AB
- Princess of Wales Hospital (outpatients dept), Lynn Road, Ely, CB6 1DN
- Clinic 6, Oak Tree Centre, 1 Oak Drive, Huntingdon, PE29 7HN
- Dumbelton medical Centre, Chapman Way, Eynesbury, St. Neots, PE19 2HD

Phone 0300 300 3030 for appointments

Opening times: Please visit www.icash.nhs.uk/cambs

Exercise, Fitness & Physical Activity

One Leisure Huntingdon



One Leisure Huntingdon, St Peter's Road, Huntingdon, Cambridgeshire, PE29 7DA

Swimming Pool	Swimming Lessons	Fitness Classes
Cyclone Indoor Cycling	Fitness Suites	Heat Experience Suite
The Sports Injury Clinic	The Cutting Room	Zest: Cafe & Bar
Leo's Funzone	Badminton	Children's Parties
Table Tennis	Sports Hall	Creche
Netball	Courts Squash	Racketball Court

Tel: 01480 388111

Opening time: Mon-Thurs 06:30-22:00 | Friday 06:30-21:00 | Sat 08:00-20:00 | Sun 08:00-21:00. Phones are answered during these times: Monday to Friday 08:30– 20:00 | Saturday and Sunday 08.30am to 18:30

One Leisure Ramsey



One Leisure Ramsey, Abbey Road, Ramsey, Cambridgeshire, PE26 1DP

Swimming Pool	Swimming Lessons	Fitness Classes
Cyclone Indoor Cycling	Impressions Fitness Suites	Creche
Children's Parties	Badminton	Table Tennis
Sports Hall	Indoor Cricket Nets	Outdoor Synthetic Pitch

Tel: 01480 388111

Opening time: Mon-Thurs 06:30-22:00 | Friday 06:30-21:00 | Sat 08:00-20:00 | Sun 08:00-21:00. Phones are answered during these times: Monday to Friday 08:30– 20:00 | Saturday and Sunday 08.30am to 18:30

Exercise, Fitness & Physical Activity

Huntingdonshire Health Walks



Walking is an easy and free way to get fit and stay healthy. The Health Walks scheme is part of the national initiative 'Walking for Health' The scheme is based around the five hub locations: Huntingdon, Ramsey, St Ives, St Neots and Yaxley. Walks are roughly a hour long & cover 3-4 miles. Walks are led by qualified health walk leaders who are also trained in first aid. For more information visit www.huntingdonshire.gov.uk/healthwalks

Activ8rlives

Activ8rlives or Active+ is a add on to the Cardiac Rehabilitation classes. For at least 6 months you'll be loaned self-monitoring equipment which is all connected to a mobile device via Bluetooth. these include: Blood Pressure Monitor; Pulse Oximeter; Smart Scales; BuddyBand2 (waterproof activity and sleep tracker; Peak Flow (*if suffering from a respiratory condition)

The devices enable the individuals self-care and to monitor vital signs and symptoms enabling them to know when to act or not. Acting early is key to keeping well and can be used to avoid Hospitalisation in the future. 8 week small groups tuition takes places across three of the Cardiac Rehabilitation Classes and there is continued support through Activ8rlives and your instructor throughout the loan period. If you wish at the end of the loan you can buy the equipment or parts of the equipment and a discounted rate.

Tuition is available at the following sites;

- Monday's at One Leisure Huntingdon 4:30-5:30pm (+30 minute tuition)
- Tuesday's at One Leisure St Ives 4:30-5:30pm (+30 minute tuition)
- Thursday's at One Leisure St Neots 2:30-3:30pm (+30 minute tuition)

Cambridgeshire has many opportunities to take part in sport or physical activity.



Sometimes it can be difficult to find out what is available locally though. Let's Get Moving Cambridgeshire will identify and share opportunities, develop new opportunities and support people to be more physically active. Whether you're on your own, in a pair, or as a group, visit www.letsgetmovingcambridgeshire.co.uk/join-in, fill in the short form and we'll get back to you with local activities and classes and ideas to get active that suit you!

Email: info@letsgetmovingcambridgeshire.co.uk

Domestic Abuse & Sexual Violence



Domestic Abuse & Sexual Violence

Our website contains information for victims and survivors of domestic abuse and sexual violence, including how to support a friend or family member and advice on safety. There is also a professionals section on the site which contains free e-learning modules on domestic abuse and sexual violence, as well as detailed signposting, training and research information.

Domestic Abuse

If you are experiencing domestic violence or are worried about a friend or family member, the following organisations provide support to people in the local community and accept self-referrals:

Cambridge Women's Aid (Cambridge City, East & South Cambridgeshire)

Tel: 01223 361214 Web: www.cambridgewa.org.uk

Refuge (Fenland, Huntingdonshire & Peterborough) Tel: 07787 255821

Peterborough Women's Aid Tel: 01733 552200

You can also call the National Domestic Violence Helpline on 0800 808 247. This is a Freephone 24 Hour helpline, run in partnership between Women's Aid and Refuge.

Sexual Violence

If you have experienced sexual violence, either current or historical, you can contact the following organisations for support:

Cambridge Rape Crisis Centre | Tel: 01223 245888

Peterborough Rape Crisis Centre | Tel: 01733 852578

The Elms Sexual Assault Referral Centre | Tel: 0800 193 5434

General Help & Support

Age UK Cambridgeshire and Peterborough provide a wide range of services and support for older people, their families and carers both in their homes and the community. This includes:



Information and Advice: to people aged 60 or over and their carers.

Topics such as: welfare benefit entitlements, consumer, family and personal health & disability, housing, transport, leisure activities. Signposting and navigation to other services.

Practical Support: help with housework and garden maintenance.

Handyperson Service: aims to prevent falls and accidents by offering a FREE Personal Assessment, Home Safety Check and arranging small jobs to be carried out such as: installing key safes, fitting grab rails, putting up shelves, fitting blinds/curtains, tacking down fraying carpets, changing lightbulbs, small repairs (gates; locks; changing fuses etc).

Community Wardens (in certain locations): help to live in own home with support by receiving daily contact (Mon-Fri), either by phone or personal visit. Types of support: help with shopping, collect prescriptions, make phone calls, help to complete forms, liaise with other services when needed, arrange for a doctor or nurse to visit.

Day Clubs: providing opportunities for older people & their carers to socialise, enjoy activities, entertainment and a meal.

Sharing Time: home visits by a volunteer providing company and conversation once a week for about an hour, to help prevent feelings of loneliness.

Volunteering: providing opportunities & support to volunteer within the charity.

Phone: 0300 666 9860 | **Email:** infoandadvice@ageukcap.org.uk

Website: www.ageukcap.org.uk Find us on **Facebook** and **Twitter**

Exercise, Fitness & Physical Activity

Active lifestyles



Cardiac Rehabilitation Classes *(formal referral required)*

There are currently four classes being run in Huntingdonshire. Patients who have been referred from Phase III hospital based programmes at Hinchingbrooke, Papworth and Addenbrookes Hospitals or from their doctors can access specialised group exercise classes aimed to maintain and improve cardiovascular health.

For more information see web site: www.huntingdonshire.gov.uk/cardiacrehab

RightStart Classes (no referral required)

The RightStart programme offers specialist exercise classes for older adults and those requiring additional support to exercise. Patients can access different levels to suit their abilities. All classes are taught by qualified exercise specialists. For more info see web site:

www.huntingdonshire.gov.uk/rightstart

Cyclone Start-up

These sessions provide the opportunity people of all abilities to start indoor cycling. The session is suitable for those with medical conditions, are new to exercise or require additional support to get started.

Level 1 Chair Based Exercise	Level 2 Chair & Strength Exercise
Level 3 Strength & Balance Exercise	Level 5 Aerobic/Circuit Style Exercise

Cost to all the above classes: £3.50 or £31 for 10 classes. Available all year in Brampton, Buckden, Huntingdon, Ramsey, Sawtry, St Ives, St Neots, Warboys and Yaxley. For other enquiries relating to health and physical activity initiatives please contact the One Leisure Active Lifestyles.

Walking football

Come and take part in this growing form of the game! Walking football is a fun and social session (and more of a workout than you might not expect it to be!). These sessions are open to over 35s and are social and open friendly games of football played in a fantastic spirit. The sessions cater for everyone from beginners to footballers who want to get back into the game they love!

Walking Netball

Come and take part in this growing form of the game! Walking Netball is a fun and social session (and more of a workout than you might not expect it to be!). These sessions are open to over 35s and are social and open friendly games of Netball played in a fantastic spirit. The sessions cater for everyone from beginners to Netballers who want to get back into the game they love!

Tel: 01480 388469

Email: activelifestyles@huntingdonshire.gov.uk

Web site: www.oneleisure.net

Exercise, Fitness & Physical Activity

Exercise Referral Scheme



The scheme is funded by Huntingdonshire District Council to help improve the health of the community, promote active healthy lifestyles and decrease sedentary-related illnesses. Registered health professionals can refer individuals who will benefit from a personalised 12 week exercise programme at our One Leisure centres.

Who is it for

Any resident of Huntingdonshire, over 16 years old, who is referred by a Health Professional because they will benefit from exercise to help in rehabilitation and Prevention of certain medical conditions. For example:

Cost of Service

The scheme costs £30 for the 12 weeks. This includes a personalised exercise programme, review session and access to the gym during off-peak times only, and swimming dependent on leisure centres timetable. Peak use is available but the costs will vary. Once the 12 week scheme has finished there are two options to continue using the gym facilities:

Pay £4.20 per visit (off-peak) for 12 months.

Take out a pre-paid membership option with One Leisure with no membership/ joining fee. Further information can be viewed on the One Leisure membership pages.

There is no cost to health professionals for referrals. Only registered Health Professionals can make referrals. Health Professionals may be a General Practitioner, practice nurse, physiotherapist or occupational therapist. Register and see more info online. Contact details as per below;

Tel: 01480 388469

Email: exercisereferral@huntingdonshire.gov.uk

Web site: www.huntingdonshire.gov.uk/exercisereferral

General Help & Support



We provide an advice service for all in the city. Many are vulnerable individuals, including people facing language barriers, mental and physical disabilities, health problems or simply those who are struggling or facing a crisis. We operate a wide range of services from our offices, offering free and impartial advice on topics such as housing, benefits, immigration and debt. You will find more information about these various services on the CAB website.

Welfare benefits and tax credits e.g. helping to challenge decisions that stop benefits payments or information about eligibility

Housing: problems with landlords, bonds, poor conditions, homelessness

Immigration: support on a person's right to stay in or enter the UK

Debt e.g. multi debt problems, bailiffs, repossession

Employment e.g. unfair dismissal, minimum wage, bullying, redundancy

Problems don't happen in isolation, and can have a severe effect on people's lives. Solving them stops these situations escalating. The wider impact of advice, what we achieve as a result of solving problems and providing support, is just as important. 4 in 5 people said advice improved their life, including improving their health and finances.

Phone: 0344 848 7979

Web : www.cambridgecab.org.uk

Care Network helps people to stay healthy, independent and in touch with their community.

Help at Home volunteers offer free short term practical and emotional support in your home to help after a hospital stay or period of illness.

Community Navigators offer information to older people and adults with disabilities on useful services and enjoyable activities, helping you to stay connected to your community.

Help at Home: Tel: 01354 694413 or email: hah.north@care-network.org.uk

Community Navigators : Tel: 01480 423065 or email: hunts.navigators@care-network.org.uk

Community Development: 01480 423085 or email: huntscd@care-network.org.uk

Volunteering: Tel: 01954 211919 or volunteering@care-network.org.uk.



General Help & Support



Huntingdonshire Volunteer Centre

Anyone can volunteer - Huntingdonshire Volunteer Centre believes that we can all make a contribution to our community. There are many different opportunities available. You can either apply online via www.do-it.org.uk or make an appointment and come into any of our local offices to look at the opportunities that might be right for you.

Four Community Car Schemes – need to make an essential journey and no public transport is available? We manage four community car schemes in Huntingdon (01480 414766), Ramsey (01487 814117), St Ives (01480 301462) and St Neots (01480 476047). We always welcome new volunteer drivers too.

Phone: 01480 414766 **Email:** Huntingdon@huntsvc.org.uk

Web: www.huntsvc.org.uk **Self-Referral Accepted:** Yes

Where: 1 Princes Street, Huntingdon PE29 3PA

When: Monday-Thursday 10am-12noon

The Health and Wellbeing Network offers an independent, co-ordinated approach across Cambridgeshire and Peterborough to provide information and advice for both health professionals and members of the public on local services offered by statutory bodies and voluntary sector organisations.



We can provide information and signpost you to a range of local services including:

- Befriending and social support including local social groups and activities
- Community Transport
- Carer's support
- Financial advice including benefits check
- Support with home safety, cleaning and Gardening

Access to local groups for specific conditions such as Alzheimer's, brain injuries, physical disabilities, poor hearing and eyesight, mental health issues.

Tel: 0300 666 0142 Email: admin@hwncambs.org.uk Web: www.hwncambs.org.uk.

NHS Health Checks



Commissioned by  Cambridgeshire County Council

Anyone aged 40-74yrs, who doesn't have a long-term condition and have not already had one in the last 5 years, are eligible for a free NHS Health Check.

- ♥ The check will take about 20-30 minutes
- ♥ The patient will be asked some simple questions, for example about family history and choices which may put your health at risk
- ♥ Height, weight, age, sex and ethnicity will be recorded
- ♥ Blood pressure and cholesterol will be assessed
- ♥ Dementia awareness

After the check you will be taken through the results and given personalised advice on how to improve your health & wellbeing with loads of follow-on support available.

Simply look up a patient on your clinical system to check their eligibility!

Free Resources, Best Practice Guidance, Programme Standards, Patient Invites...

www.healthcheck.nhs.uk

Mental Health & Wellbeing



Reading Well - Books on Prescription

Phone: 0345 045 5225

Email: Huntingdon.Referral@cambridgeshire.gov.uk

Where: Huntingdon Library and Archives, Princes Street, Huntingdon, PE29 3PA

Opening hours: Monday 9.30am - 5pm | Tuesday 9.30am - 5pm | Wednesday 9.30am - 7pm | Thursday 9.30am - 1.30pm | Friday 9.30am - 5pm | Saturday 10am - 4pm | Sunday Closed

Reading Well – Books on Prescription is a joint initiative between the Reading Agency and the Society of Chief Librarians, both working closely with local library services. This initiative enables GPs and other health professionals to recommend self-help books for people to borrow from their local library. The scheme contains several lists of books endorsed by health professionals, including Reading Well for common mental health conditions, Dementia, Shelf Help - Reading Well for young people, and Reading Well for people with long term conditions.

You can find the entire booklists at <http://reading-well.org.uk/books> . Readers can request for these books from any Cambridgeshire Library. Leaflets about each booklist are available from all libraries, while health professionals can order leaflets and posters via HPAC Cambridgeshire: <http://hpac.cambridgeshire.gov.uk/HPAC/> .

Apart from the Reading Well collections, you can also find the Cambridgeshire Autism Book Collection in the libraries. Selected by the Cambridgeshire Library Service, this collection contains 30 titles and provides support for people with autism, their families, carers and friends. It is a resource for the whole of the community, to help raise awareness of autism. This booklist can be found on the library catalogue or at <https://bit.ly/2HqYwJz> .

General Help & Support



Hunts Forum of Voluntary Organisations is an independent, non-profit making registered charity based in Huntingdon, Cambs. The charity was established in 1994 formed by a coalition of local voluntary organisations and run by an elected committee of voluntary sector representatives. We provide information, guidance, and support to help voluntary & community groups set up, develop & grow.

Information & Advice

We provide fundraising advice and guidance, ensuring quality bids are submitted to a variety of sources. Assist in organisational health checks and trustee health checks, aiding organisations to develop (from setting up a group and the legal requirements), identify strengths, weakness and supports in a changing environment.

Training

We deliver quality training which supports organisations, enabling them to develop their capacity and efficiency. From small organisations who wish to become a registered charity to a larger registered charities who want to review their processes.

Partnership working

Hunts Forum represents the diverse views of local groups and organisations to agencies, statutory bodies and the general public. We promote two-way communications and advocate effective partnerships: attending a wide range of events on their behalf. Hunts Forum is also a member of the Local Strategic Partnership supporting the voluntary sector through relevant involvement in the decision making process. We work in close partnership with:

NHS Cambridgeshire | Cambridgeshire Voluntary Sector (and other CVS's)
Huntingdonshire District Council | Cambridgeshire County Council

If you need any further advice or training please contact us

Tel: 01480 420601 |

Email: info@huntsforum.org.uk

Web: www.huntsforum.org.uk

General Help & Support



Healthwatch Cambridgeshire

We are the independent champion for people who use health and social care services in Cambridgeshire. Our job is to make sure that those who run local health and care services understand and act on what really matters to people. We listen to what people like about services and what could be improved. We share what people tell us with those with the power to make change happen. We encourage services to involve people in decisions that affect them. We also help people find the information they need about services in their area.

- Tell us where care is good and what could be improved with the health and care services that you use.
- Contact our free Information Service if you have any questions about local health or care services, including how to raise a concern. We can put you in touch with local services or let you know what your rights are. Or get involved as a volunteer.

Tel: 0330 355 1285

Email: enquiries@healthwatchcambspbora.co.uk

Web: www.healthwatchcambridgeshire.co.uk

Twitter @HW_Cambs

Facebook @HealthwatchCambsPbora



Community Health Information Service

We supply health info leaflets and other resources to health professionals, community workers, HR professionals, and school and college nurses in Cambridgeshire. Please visit our online catalogue HPAC Cambridgeshire and find out what we have in stock.

Address: Roger Ascham Library Site, Ascham Road, Cambridge, CB4 2BD

Tel: 01223 699 952

Email: HPResources@cambridgeshire.gov.uk

Web: www.cambridgeshire.gov.uk/HPAC

Mental Health & Wellbeing



Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind aim to offer effective, accessible and co-produced services that support those recovering from mental health challenges, promote positive mental health and tackle mental health -related stigma and discrimination.

CPSL Mind offers a range of services locally, including mental health training, The Sanctuary (support for those in mental health crisis) and Wellbeing Services. Peer Support groups and Wellbeing workshops are also available as well as courses designed for mums during the perinatal period.

For more information visit: www.cpslmind.org.uk



About

A series of friendly, weekly art workshops for people experiencing mild to moderate depression and anxiety. Led by a professional artist, supported by a counsellor, they offer the chance to work with a variety of art forms. Sessions last for two hours and are open to all abilities – no experience necessary – and offer the opportunity to work on something creative, stimulating and absorbing with the aim of increasing well-being.

Phone: 01223 353 053

Mobile: 07545 641 810

Email: mindsarts@gmail.com

Web: www.artsandminds.org.uk

Address: 47-51 Norfolk Street, Cambridge, CB1 2LD

To refer: Visit the website & complete the online referral form

Mental Health & Wellbeing

CHUMS Mental Health and Emotional Wellbeing Service



CHUMS offers support to children and young people with mild to moderate mental health difficulties, such as anxiety and low mood as well as those with significant emotional wellbeing difficulties arising from life events such as bereavement and bullying. Support may include advice, group or one to one support or therapeutic interventions through football or music.

The service works with children and young people from 4 years old to 18 in Peterborough and up to 25 in Cambridgeshire. Referrals can be made by the young person themselves or by a professional or parent/carer.

Contact:

Peterborough: 0330 0581 657

Cambridgeshire: 0330 0581 659

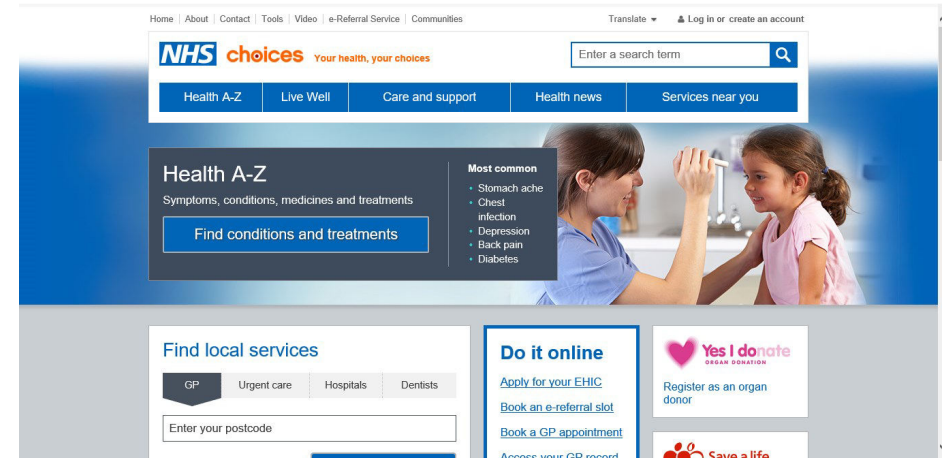
Website: <http://chums.uk.com/cambs-referral-forms>



Samaritans offer a safe place for you to talk any time you like, in your own way - about whatever is getting to you. You don't have to be suicidal to access the service. It is free to call the Samaritans and they are available 24 hours a day, 365 days a year.

Phone: 116 123 (UK) Email: jo@samaritans.org Web: www.samaritans.org

Pre / Post Natal Services



For baby cafés, antenatal classes, Yogabellies, daisy birthing, pregnancy pilates, infant feeding workshops and more at NHS Choices at www.nhs.uk.

Helplines and further support

BRAS (Breastfeeding Reassurance and Support) Tel: 07900 445135 (7 - 10pm)

National Breastfeeding Helpline Tel: 0300 1000 212 (9.30 - 9.30pm)

Web site: www.nationalbreastfeedinghelpline.co.uk

La Leche League Tel: 0845 120 2918 (24 hours)

NCT Helpline Tel: 0300 330 0700 (Everyday 8 am – Midnight)

Web site: www.nctorg.uk

Association of breastfeeding mothers ABM Helpline Tel: 0300 330 5453

Website: <http://abm.me.uk>

Facebook and Twitter: www.facebook.com/cambridgeshireinfantfeeding

Mental Health & Wellbeing



The Keep Your Head website: www.keep-your-head.com, is a 'one stop shop' for information on wellbeing and mental health for people of all ages across Peterborough and Cambridgeshire. The Keep your Head website also has dedicated areas, providing information targeted at children and young people as well as adults including older people.

You don't need to be a service user to access the site as the information is available to anyone who feels that they need some support with their mental health.

The site provides a wealth of information on looking after your mental Health as well as self-help resources and services, both local and national that can help when you need further support. There are also dedicated pages for professionals which hold information on referral options and key contacts for specific services.

First Response Service



The First Response Service is a 24– hour service for people experiencing a mental health crisis. The service is for anyone, of any age who is registered with a GP practice within the Peterborough and Cambridgeshire CCG area. The phone will be answered by a trained Mental Health professional who will be able to listen to your concerns and help you get the support you need.

Phone: 111 and Select option 2



Mental Health & Wellbeing



Psychological Wellbeing Service (IAPTS)

This service is set up to help those aged 17 and over who are suffering from mild to moderate depression and anxiety disorders including generalised anxiety, social anxiety, post traumatic stress, health anxiety, panic, phobia or obsessive compulsive disorder.

All of the talking therapies offered as part of our Psychological Wellbeing Service work by helping you understand what is happening to you, help you to work through your difficult feelings and learn new ways of coping in order to improve your wellbeing.

We have teams throughout the county, made up of people with different skills who offer a range of ways to help. We offer appointments throughout the day, from Monday to Friday. As well as face to face appointments there are online and telephone options.

Phone: 0300 300 0055 **Self referral email:** selfreferIAPT@cpft.nhs.uk

Lines are open from 9am to 5pm, Monday to Friday, excluding Bank Holidays.



The STOP Suicide website provides online information about what to do if you are feeling suicidal or you are worried about someone.

Website: www.stopsuicidepledge.org