

Care Network - 01354 694413

Welcome home from hospital service is free and confidential. It is open to any adult resident in Cambridgeshire. They can offer practical help such as:

- ☑ Shopping
- ☑ Collecting a prescription
- ☑ Just having a chat!

The service can be offered when a person is already in receipt of a care package or to those who do not live alone. If you are not sure whether Care Network can help - please ask them.



Care Network - 01353 659639

eastcamps.navigators@care-network.org.uk

The Community Navigators service is free and confidential. They can offer local information such as:

- ☑ Help to access benefits,
- ☑ Practical help around the house,
- ☑ Mobility aids and help to modify your home,
- ☑ Luncheon clubs and social activities,
- ☑ Car schemes and help with transport.

You can contact them directly or be referred via another agency. Their job is to find what is available to you, not to advise you.

Useful Telephone Numbers

Addenbrookes Hospital : 01223 24 51 51

Age UK : 01354 696 541

Age UK Personal Alarm : 0800 085 6403

British Red Cross : 01354 653411

Cambs CC Carers Support : 01354 750 010

Cancer Help Centre : 01223 840 105

Citizens Advice Bureau : 01945 464 367

Crisis Team (Mon-Fri) : 01353 652090

Crisis Team (Sat+Sun) : 0800 052 2252

Dial a Ride : 01353 661 161

District Nurses (Ely) : 0844 931 0045

Ely Foodbank : 07741 244 458

Library at Home : 0345 045 5225

Lifeline : 01223 566 957

Macmillan : 0808 808 0000

Meal Delivery (Total Care) : 01354 661 951

Pension Service : 0800 991 234

QEH, Kings Lynn - 01533 613613

Samaritans : 08457 90 90 90

Social Services Contact Centre

0345 0455 202

Ely Social Services : 0844 9310045

Wallace Cancer Care : 01223 596 379

St George's Medical Centre



Sometimes we could all do with a helping hand or a bit of support. We have put together this list of organizations that might be of use to you now or in the future.

You may also find useful the "HERE TO HELP" section, which can be found under Further Information on our website.

We are constantly updating the list, so please let us know if there is someone we should include.

Parsons Lane
Littleport
CB6 1JU
Telephone : 01353 864100



The **Village Benefits Advice Service** helps people living in rural areas of Cambridgeshire claim social security benefits that they may be entitled to. The advisers visit clients in their homes and offer free, confidential advice and help and support with claiming benefits. For more information telephone 01353 612926. There is a link to a **Quick Guide to Benefits** on our website under **HERE TO HELP**.



Lasting Power of Attorney

If you care for someone else there may come a time when you have to manage their affairs. There are two types of LPA one for property and one for personal health and welfare. A link to more information can be found on our website under **HERE TO HELP**.



Turn2us

0808 802 2000 (9am-8pm Monday-Friday)

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through partner organisations.

The Carers Trust is the largest provider of respite care for carers in the UK. Our local contact is **Lesley Cuthbert** on **07720 343401**

Family Carers Prescription can allow a carer a bit of “me” time by helping to arrange short breaks.

The **ICER** registers the carer so that in an emergency situation, short term help can be arranged quickly.

Carers Trust Cambridgeshire’s professional, fully trained **Home Carers** support adults and older people with almost any condition or disability, including being elderly and frail or having cancer or a palliative illness.

Free Health and Wellbeing Review for help with your Wellbeing needs such as shopping, transport or just to find a friend. This is a no obligation and free to use service. If you are interested call **0300 666 0142**.

www.carerstrustcambridgeshire.org

AskSARA

<http://asksara.dlf.org.uk/?auth=cambridgeshire>

A website offering help and advice to people covering a range of day-to-day needs with information localised for people living in Cambridgeshire.

AskSARA is a self help guide that takes users through a set of guided questions leading to general advice and recommendations on equipment that might meet their needs, including information on manufacturers and local suppliers.



Assistive Technology and Telehealth - 01223 883756

This service provides a range of technological devices to support people and their carers to address challenges to everyday living and enhance their independence.

The team take referrals from anyone, for anyone, for all ages and any diagnosis. Once a referral form is completed (link from **HERE TO HELP** on our website), an ‘assessment of needs’ is carried out; the equipment is then sourced and supplied.

Email CCS-TR.ATT@nhs.net