



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

This document is in addition to the information that can be accessed on the Cambridgeshire County Council website www.cambridgeshire.gov.uk

This brochure was correct as of August 2015.

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: 01223 507225 or email shaun.birdsall@cambridgeshire.gov.uk

FOR HEALTHCARE PROFESSIONALS

East Cambs

Stop Smoking

Sexual Health

Lifestyle Advice & Weight Management

Exercise, Fitness & Physical Activity

General Help & Support

Mental Wellbeing

Adult Learning & Skills

Alcohol & Drinking

Drug Services

Pharmacy Services



Support for adults and older people

If you need information or advice on a range of issues such as care and support, health, staying safe, being independent, caring for others or things to do, **we can help.**

care and support & you

Cambridgeshire County Council can provide information to help people to plan for the future, to stay healthy and retain their independence, and regain their independence after a crisis. We can also inform them around choices if care becomes a necessity. We also advise on voluntary services and things to do locally.

Information is available on our website:

www.cambridgeshire.gov.uk/careandsupport

The public can contact us:

- by email: careinfo@cambridgeshire.gov.uk
- by phone: 0345 045 5202
- in person: visit a Cambridgeshire library

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 this 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.

Pharmacy Services

| | |
|-------------------|---|
| Location: | Boots, 6-8 Market Street, Ely, CB7 4PB |
| Telephone: | 01353 662640 |
| Location: | Haddenham Pharmacy, 1 Station Road, Haddenham, CB6 3XD |
| Telephone: | 01353 740257 |
| Location: | Lloyds, 59 Brewhouse Lane, Soham, CB7 5JD |
| Telephone: | 01353 720180 |
| Location: | Lloyds, 57 High Street, Burwell, CB25 0HD |
| Telephone: | 01638 741214 |
| Location: | Lloyds, 31 High Street, Soham, CB7 5HA |
| Telephone: | 01353 624094 |
| Location: | Lloyds, 22 Main Street, Littleport, CB6 1PJ |
| Telephone: | 01353 860260 |
| Location: | Lloyds, Princess of Wales Hospital, Lynn Road, Ely, CB6 1DN |
| Telephone: | 01353 667603 |
| Location: | Lloyds, 37 St Marys Street, Ely, CB7 4HF |
| Telephone: | 01353 663434 |
| Location: | Sainsbury's, Lisle Lane, Ely, CB7 4AS |
| Telephone: | 01353 605608 |
| Location: | St Mary's, 50 St Mary's Street, Ely, CB7 4EY |
| Telephone: | 01353 772937 |
| Location: | Staploe, Brewhouse Lane, Soham, Ely, CB7 5JB |
| Telephone: | 01353 727695 |
| Location: | Sutton, 29a High Street, Sutton, CB6 2RB |
| Telephone: | 01353 778024 |
| Location: | Tesco, Angel Drove, Ely, CB7 4DJ |
| Telephone: | 01353 809447 |

Drug Services

Inclusion

Phone: 0300 555 0101

Email: cambridgedrugs@nhs.net

Web: www.inclusion-cambridgeshire.org.uk

Cost of Service: Free

Other Costs: None

Where: Inclusion Drug and Alcohol Services, 52-54 Market Street, Ely, CB7 4LS

Self Referral Accepted: Yes



About

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 use?
- Want supports to stop using?
- Tried to give up on their own and 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 above number or by receiving a referral from a health professional.

Supporting families

Whether you have a baby, toddler or teenager, being a parent is a huge responsibility, and most parents say they need help at some time with bringing up their children.



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/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 Children's Centre. 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.cambridgeshirechildrenscentres.org.uk**

Stop Smoking Services

CAMQUIT



Phone: 0800 018 4304

Email: CAPCCG.CAMQUIT@nhs.net

Web: www.camquit.nhs.uk

About

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

Alcohol & Drinking

Inclusion



Phone: 0300 555 0101

Email: cambridgealcohol@nhs.net

Web: www.inclusion-cambridgeshire.org.uk

Cost of Service: Free

Other Costs: None

Where: Inclusion Drug and Alcohol Services, 52-54 Market Street, Ely, CB7 4LS

Self Referral Accepted: Yes

About

Cambridgeshire Inclusion offer free and confidential support to residents of Cambridgeshire aged 18 and over.

Inclusion is for anyone who:

- Is worried about their alcohol use?
- Wants support to cut down or stop?
- Tried to give up on their own and 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 above number or by receiving a referral from a health professional.

Adult Learning & Skills

We offer relaxed and friendly learning opportunities for adults (19+) in a variety of settings to suit individual learning needs. Our aim is to promote:

- Health & wellbeing
- English, maths & IT
- Community engagement
- Opportunities for individuals with learning disabilities and mental health issues
- Employability & career choice
- Personal development
- Volunteering

Examples of the broad range of courses we offer include cookery, exercise, arts & crafts, online learning, functional English and maths, modern foreign languages, confidence building, web design and supporting your children at school.

If you are a health care professional and want to make sure you are signposting an individual to the most appropriate service or for more information, please contact Miles Davies. Miles has an overview of all our provision in the district and will be able to help.

Miles Davies (Performance Manager, Adult Learning & Skills) Phone 01480 372736 (Huntingdon Learning Centre) Email miles.davies@cambridgeshire.gov.uk

Courses can be found at www.cambridgeshire.net

| | |
|---|--|
| Abbey College Website www.abbeycollege.cambs.sch.uk Telephone 01487 811338 Email acl@abbeycollege.cambs.sch.uk | St Ivo Website www.aclearning.org.uk Telephone 01480 495717 Email acloffice@stivoschool.org |
| St Neots <i>Longsands Academy</i> Website: www.longsands.cambs.sch.uk/lcac Telephone 01480 223348 Email lcac@longsands.cambs.sch.uk <i>Ernulf Academy</i> Website www.ernulf.cambs.sch.uk Telephone 01480 374948 Email community@ernulf.cambs.sch.uk | Huntingdon Library Learning Centre (for online English, Maths and IT with Learndirect) Website www.learndirect.com Telephone 01480 372736 Email: huntingdonlearningcentre@cambridgeshire.gov.uk |
| The National Careers Service provides advice on all aspects of learning and work. Careers guidance support is available to all phone 0845 6031059 or https://nationalcareersservice.direct.gov.uk . | |

Sexual Health Services

iCash - Sexual Health



Phone: 0300 300 3030

Web: www.icash.nhs.uk

Where: Park View, 24B Marylebone Road, March, PE15 8BG

When: Under 25s drop in clinic Mondays 5.30pm to 7.30pm

About

The service offers information, advice and treatment for sexual health, such as sexually transmitted infections, pregnancy and termination advice, Chlamydia screening, and onward referral to sexual health, antenatal and termination services. Anyone can self-refer to the service, regardless of age or gender. They also accept specialist referrals or difficult coil placements from the GP. Clinics are appointment only. Please telephone the clinic directly during opening hours to make an appointment.

Who can visit these confidential services?

- Anyone can attend for a chat or treatment.
- You can attend even if you just want to find out more about sex and relationships.
- You don't need to see your family doctor (GP) first.
- You don't have to be over 16 years of age.

The clinic is totally confidential. They don't pass on your information to anyone:

- Not to your GP
- Not to your sexual partner
- Not to your parents

What happens at the clinic?

The specialist doctor/nurse will discuss the options with you and provide you with the information to make the decision which best suits your situation. You will have time to ask as many questions as you wish.

For appointments, please call 01354 602915

Sexual Health Services

iCash - Contraception



Phone: 0300 300 3030

Web: www.icash.nhs.uk

Where: See below for details

When: See below for details

About

The service provides contraception advice and supplies, including long acting methods (implants and intra-uterine devices) and emergency contraception. Anyone can self-refer to the service regardless of age or gender. They also accept specialist referrals for difficult coil placements from GPs.

Clinics are by appointment only (although you can drop in for emergency contraception), please telephone on 01480 418555. They also offer a drop in service for under 25s - please see below.

Who can visit these confidential services?

- Anyone can come for a chat or treatment.
- You can attend even if you just want to find out more about sex and relationships.
- You don't need to see your GP first.
- You don't have to be over 16 years.

The clinic is totally confidential.

Mental Wellbeing

Books on Prescription



Phone: 0345 045 5225 or 01353 616160

Email: your.library@cambridgeshire.gov.uk

Where: Ely Library and Learning Centre, 6 The Cloisters, Ely, CB7 4ZH

When: Monday, 9.30am-1pm; Tuesday, Wednesday and Friday 9.30am-5pm; Thursday 9.30am-7pm; Saturday 9.30am-4pm; Sunday 12noon-4pm

About

This is a joint initiative from independent charity The Reading Agency and the Society of Chief Librarians, working with local library services. It offers people self-help books from the library as part of cognitive therapy (CBT) prescribed by a health professional. The scheme works within National Institute for Health and Care Excellence (NICE) guidelines which recommend the approach for a range of common mental health disorders.

This initiative is supported by the Royal Colleges of General Practitioners, Nursing and Psychiatrists, the Department of Health through its Improving Access to Psychological Therapies Programme (IAPT), the British Association for Behavioural and Cognitive Psychotherapies, The British Psychological Society and MIND.

This initiative enables GPs and other health professionals to recommend self-help titles (covering issues such as anxiety, depression, phobias, panic attacks, bulimia and sleep problems) for people to borrow from their local library.

How to refer

Health Professional to complete the online form:

www.cambridgeshire.gov.uk/info/20010/libraries/330/health_information/2

Mental Wellbeing

Centre 33



Phone: 01223 316488

Email: help@centre33.org.uk

Web: www.centre33.org.uk

Self-Referral Accepted: Yes

Where: Centre E on Barton Road, Ely, CB7 4H7

When: Monday from 4pm-6pm and Thursday from 4pm-7pm

About

Counselling

Centre 33 offers free and confidential counselling in the centre of Cambridge and also at the library and the Cathedral Centre in Ely. We offer counselling sessions during the daytime in the week, and also during a couple of evenings and on Saturday mornings.

Housing Advice

Centre 33 provides support to young people about finding housing and understanding their options.

Information and Support

They provide information, advice and support to young people in Cambridgeshire up to the age of 25. Their team are used to talking to young people about all sorts of issues, including housing, sexual health, family problems, bullying.

Sexual Health

They offer a range of free and confidential sexual health services to young people in Cambridgeshire including: Free Condoms, Pregnancy Testing and Chlamydia testing.

Young Carers

Centre 33 provides a range of services for 8-18 year old Young Carers who live in East Cambridgeshire. These include groups, one-to-one support and activities/trips.

Lifestyle Advice & Weight Management

ChangePoint.

everyone
HEALTH

Welcome to your Countywide Lifestyle Service in Cambridgeshire

A new integrated Lifestyle Service is now available across Cambridgeshire, bringing together a range of different programmes under one Countywide Lifestyle Service, centred around supporting residents to lead healthier lives.

This Lifestyle Service includes:

- ♥ **Weight Management services for adults**, delivered by qualified health care professionals including Nutritionists, Dietitians, and Physical Activity Specialists
- ♥ **Child Weight Management** group delivery opportunities, enabling a family approach to managing weight
- ♥ Individualised behaviour change advice from the **Health Trainer Service**, providing 1 to 1 and group session support to achieve a healthier lifestyle

In addition this service will also:

- ♥ Deliver the **National Child Measurement Programme** in schools to inform local planning and delivery of services for children
- ♥ Provide **Behaviour Change Training** for key organisations in partnership with the Public Health Team
- ♥ Deliver targeted **NHS Health Checks** for 40-74 year olds

Services are **FREE**, so if you are keen to make a lifestyle change and want to feel better through improved health, contact us via our '**one number**' below to find out more:

**0333 005 0093* or by e-mail at
changepointcambs@everyonehealth.co.uk**

*Mon-Fri 8am - 6pm. 24 hr voice mail in operation outside of these times

If you are a **Health Professional** and would like more information on how to refer into the service, look out for our regular communications via email which will be coming your way.



Everyone Health is commissioned by Cambridgeshire County Council.



Everyone Health is part of SLM Ltd. - a company with over 27 years' experience in delivering high quality community health and wellbeing services. We are registered with the Care Quality Commission as a deliverer of community health care - you can find out more about us at www.everyonehealth.co.uk, or via the CQC website: www.cqc.org.uk

Lifestyle Advice & Weight Management

Health Trainers



A Health Trainer will see clients on a one-to-one basis for up to six visits within a 12 month period depending on individual needs.

The aims of the one-to-one sessions are to:

- Assess lifestyle and wellbeing
- Set goals and agree action plans
- Provide individual support focusing on behaviour change

Health Trainers work with patients on the following areas:

- Giving up smoking
- Reducing alcohol intake
- Increasing physical activity

Health Promotion Resource Service

Roger Ascham Library, Ascham Road, Cambridge CB4 2BD

Tel: 0345 045 5225

Email: HPResources@cambridgeshire.gov.uk

A free service to registered users - Items available for loan:

Posters, DVDs, Display Boards, Anatomical Models, Teaching materials,

Mental Wellbeing

Richmond Fellowship



Phone: 01223 301032

Email: cambridge@richmondfellowship.org.uk

Web: www.richmondfellowship.org.uk

Cost of Service: Free

About

Richmond Fellowship ("RF") support individuals to find or retain paid employment, voluntary work, education and relevant training. They offer a range of services including:

- Information, advice and guidance.
- Career choice and planning.
- Identifying skills and development.
- Practical support with job search, job applications, CVs and interview preparation.
- Access to courses for personal and career development.

In addition RF run a **Retain** scheme to help individuals who are experiencing difficulties at work due to mental health problems. RF work on a one to one basis with individuals to help them to identify their employment goals and plan a way of achieving them. Each person referred to us is supported by an employment advisor who will give one to one confidential support, information and guidance.

Clients should be aged over 18, living in Cambridgeshire or Bedfordshire (excluding Luton), diagnosed with a mental health problem (this includes stress, anxiety and depression) and motivated to engage with the services provided. Referrals are welcomed from any organisation in the area providing services to clients with a mental health diagnosis or directly from any individual who is eligible. This includes secondary mental health services, GPs and primary care professionals, IAPT services, employers and Jobcentre Plus.

For referrals to our East Cambridgeshire service please call 01223 301032.

Mental Wellbeing

Psychological Wellbeing Service (IAPT)



Phone: 01353 652084

Web: www.cpft.nhs.uk/services/community-mental-health-teams-east-cambs

Cost of Service: Free

When: Monday to Friday 9am-5pm daily

Where: Princess of Wales Hospital, Lynn Road, Ely, CB8 1DN

Self Referral Accepted: Yes

About

To access the Psychological Wellbeing Service (IAPT), a referral may be made via a GP (or another health professional) to the Advice and Referral Centre (tel. 0845 045 0123). An initial assessment to check suitability for the services will then be made. This could involve a personal assessment, usually by phone, to help make an informed decision as to which treatment best suits. The service also welcomes self-referral from individuals and this can be made by telephone (0300 300 0055) or online (www.cpft.nhs.uk).

Other Information:

The Psychological Wellbeing Service (IAPT) provides psychological therapy. They offer a range of treatment options including advice and support, guided self help, individual cognitive behavioural therapy (CBT), group therapy and online CBT. Depression, anxiety, stress, panic and low self-esteem are just some of the common problems people experience. Referrals are accepted through a number of routes, mainly through GPs. Self-referral is welcomed. Every time a service user is seen, a detailed assessment will be made so that they get the therapy best suited to their needs. There are a range of resources and services that people can access, including guided self-help, individual cognitive behavioural therapy, books on prescription and courses, including for Mindfulness. The service can also signpost individuals to other services.

For further information on referral options for mental health problems that are available to GP's and other health professionals, see:

www.cambridgeshire.gov.uk/info/20004/health_and_keeping_well/537/health_improvement/3 and click on 'GPs and other health professionals'.

Exercise, Fitness & Physical Activity



East Cambridgeshire
District Council

Bottisham Sports Centre

Phone: 01223 811121

Web: www.bottishamvc.org/sportscentre

Where: Bottisham Sports Centre, Lode Road, Bottisham, CB25 9DJ

Email: sportscentre@bottishamvc.org

Indoor Facilities:

- 4 lane 25m swimming pool
- Fitness Suite
- Sports Hall
- Gymnasium
- Dance Studio

Outdoor Facilities:

- 2 x 11-a-side football pitches
- Astro pitch
- 3 Tennis Courts

Burwell Community Sports Centre

Phone: 01638 742125

Web: www.burwellsports.co.uk

Where: Burwell Community Sports Centre, Buntings Path, Burwell, CB25 0DD

Email: enquiries@burwellsports.co.uk

Indoor Facilities:

- Sport Hall
- Multi Purpose Room
- Bar and Social Area
- Changing Facilities
- Soft Play Area
- Dance Studio

Outdoor Facilities:

- Floodlit Astro Pitch
- Free Parking

Exercise, Fitness & Physical Activity

Mepal Outdoor Centre



Phone: 01354 692251 **Web:** www.mepal.co.uk

Where: Mepal Outdoor Centre, Chatteris Road, Mepal, Ely, CB6 2AZ

Email: info@mepal.co.uk

Indoor Facilities:

- Residential Accommodation (36 beds)
- Café
- Meeting Room and Conference Facilities
- Indoor climbing wall/Sports Hall

Outdoor Facilities:

- | | |
|---------------------------------|--------------------------|
| ▪ 20 acre lake with picnic area | Canoeing and kayaking |
| ▪ Campsite | Sailing |
| ▪ Archery Range | Team Building Activities |
| ▪ Target Shooting Range | |

Paradise Sports Centre

Phone: 01353 667580 **Web:** www.paradisecentre.co.uk

Where: Paradise Sports Centre, Newnham Street, Ely, Cambridgeshire CB7 4PQ

Facilities:

- Badminton Court Sports Hall
- 2 Squash Courts
- Fitness Studio and free weights gym
- Dance Studio
- 2 Football pitches
- Bar and Catering Facilities
- Creche
- Meeting Rooms

Mental Wellbeing



Phone: 01480 470480

Fax: 01480 470484

Email: enquiries@mindincambs.org.uk **Web:** www.mindincambs.org.uk

Where: The Limes, 24 New Street, St Neots, PE19 1AJ

When: Monday to Friday 9am-5pm

About

The Wellbeing Service works with people aged 18–64 who are experiencing mental distress to the extent that it is impacting on their lives and sense of wellbeing.

What MIND offer

MIND look beyond a set of symptoms to see the “whole person” and offer personalised, mid to long term support in a confidential and safe space. People are helped to set achievable goals, choosing the right support for them; one to one sessions, peer led groups, guided self help, symptom management and information about other organisations.

How to access the service

Either you or a person on your behalf, can reach out to MIND by completing a referral form, this can be done in a number of ways:

- Over the phone – 01223 311320 or 01480 470480
- Email MIND on wellbeing@mindincambs.org.uk
- Downloading a referral form through the MIND website
- By dropping into one of MIND’s buildings

Mental Wellbeing

Red2Green



Phone: 01223 811662

Email: info@red2green.org

Web: www.red2green.org

About

Health for Life - Health for Life is the oldest of Red2Green's services. The service supports people who have mental illness, to resolve problems and get out and meet others and enjoy different activities. Generally, clients are referred by professionals although we will consider informal referral. The service is available around Ely and Soham with some activities in Lode and Swaffham Bulbeck. Staff and volunteers support clients and clients who wish to, are supported to become volunteers, helping others who join us. We are able to offer volunteering and job search skills training.

Anglesey Abbey - Horticultural experience for young people at risk of exclusion.

Aspirations - A programme to support people on the autism spectrum to live as independently as possible.

Options - A day service providing lively activities for people with learning disabilities, Options at the Greenhouse provides horticulture and retail experience.

Advance - Job search support - Red2Green are able to offer support for people with disability and disadvantage to find volunteering or employment opportunities.

Training - Red2Green are able to offer training to organisations and employers on working with and supporting people with autism spectrum conditions and disabilities generally. They will tailor the training to your needs.

For more information call Graham Haynes on 01223 811662

For further information on referral options for mental health problems that are available to GP's and other health professionals, see:

www.cambridgeshire.gov.uk/info/20004/health_and_keeping_well/537/

Exercise, Fitness & Physical Activity



East Cambridgeshire
District Council

Paradise Swimming Pool

Phone: 01353 665481

Web: www.everyoneactive.com

Where: Paradise Pool, 37 Newnham Street, Ely, CB7 4PQ

Email: elyinfo@everyoneactive.com

Facilities:

25m, 4 lane Swimming Pool
40 seat Multi Purpose Function Room
Fun and Fitness Swimming
Aqua Zumba and Aqua Classes
Free car parking

13m Beached Training Pool
Swimming lesson scheme
Swim and Triathlete Clubs
Rookie Lifeguarding Sessions

Ross Peers Sports Centre

Phone: 01353 722662

Web: www.rosspeers-sportscentre.co.uk

Where: Ross Peers Sports Centre, College Close, Soham, Ely, CB7 5HP

Facilities:

5 Badminton Court Sports Hall
4 Tennis Courts (floodlights available)
Fitness Suite
5-a-side all weather pitch

2 Squash Courts
4 Rink Indoor Bowls Hall
Pool and Snooker Room
Function and Meeting Rooms

Littleport Leisure Centre

Phone: 01353 860600

Web: www.littleportleisure.com

Where: Littleport Leisure Centre, Camel Road, Littleport, Ely, CB6 1EW

Facilities:

5 Badminton Court Sports Hall
2 Tennis Courts
Fitness Suite
Function and Meeting Rooms
Bar and Social Areas

2 Glass Back Squash Courts
2 Netball Courts
Childrens play area
5 Football pitches (one floodlit)

Exercise, Fitness & Physical Activity

The Ellesmere Centre



East Cambridgeshire
District Council

Phone: 01638 508212

Web: www.ellesmerecentre.org.uk

Where: Ley Road, Stetchworth, Newmarket, CB8 9TS

Email: office@ellesmerecentre.org.uk

Facilities:

- 2 Indoor Halls
- 2 Football Pitches
- Astro Turf Pitch with floodlights
- Tennis, Badminton and Squash Courts
- Kitchen Facilities
- Meeting Rooms
- Post Office

Witchford Village College

Phone: 01353 636421/664468

Web: www.witchfordvillagecollege.co.uk

Where: Witchford Village College, Manor Road, Ely, CB6 2JA

Indoor Facilities:

- Fitness Suite
- Sports Hall
- Badminton Courts
- Table Tennis
- Indoor Cricket Nets

Outdoor Facilities:

- Outdoor Cricket Nets
- Full size Floodlit 3G Football Pitch
- Grass Pitches
- Tennis Courts

General Help and Support

Breastfeeding Support



Antenatal Infant feeding Workshops

For pregnant women/partners and family members at The Rosie Maternity Unit and in the community.

For bookings please call The Rosie reception on 01223 217671 or speak to the Community Midwife.

The sessions will be informal with lots of information based on the UNICEF baby friendly guidelines.

The aims of the workshops are to share information about breastfeeding with parents that builds their confidence in:

- Breastfeeding and parenting
- How to ensure they are making enough milk and to know their baby is getting enough milk.
- Managing the early days of establishing the breast feeding relationship with their baby.
- Knowing how important the role of support is from partners, family, friends, breastfeeding groups, health professionals, social media and how to access the support.
- Recognising the common myths around breastfeeding

Breastfeeding support in the community:

www.facebook.com/cambridgeshireinfantfeeding

General Help and Support

Breastfeeding Support

Antenatal Infant Feeding Workshops for expectant women at Hinchingsbrooke

The sessions will be informal with lots of information based on the UNICEF BabyFriendly Guidelines. The aims of the workshops are to share information about breastfeeding with parents that builds their confidence in:

- Breastfeeding and Parenting
- How to ensure they are making enough milk and to know the baby is getting enough milk.
- Managing the early days of establishing the breastfeeding relationship with their baby.
- Knowing how important the role of support is from partners, family, friends, breastfeeding groups, health professionals, social media and where to access it.
- Recognising the common myths around breastfeeding.

For bookings please call the antenatal office at Hinchingsbrooke on 01480 847429

| Helplines and further support | Contact details |
|---|--|
| Facebook and Twitter: for up to date information on local breastfeeding support groups in Cambridgeshire | www.facebook.com/cambridgeshireinfantfeeding |
| BRAS (Breastfeeding Reassurance and Support) Trained breastfeeding peer supporters | 07900 445135 7pm to 10pm |
| National Breastfeeding Helpline www.nationalbreastfeedinghelpline.co.uk | 0300 1000 212 9.30am to 9.30pm Daily |
| La Leche League | 0845 120 2918 |
| NCT Helpline www.nctorg.uk | 0300 330 0700 Everyday 8am to midnight |
| Association of breastfeeding mothers ABM http://abm.me.uk | ABM Helpline 0300 330 5453 |

Exercise, Fitness & Physical Activity



East Cambridgeshire
District Council

Mature and Active

East Cambridgeshire's Mature and Active Programme provides an exciting range of activities for the over 50's. All activities provided are accessible, safe, fun and affordable with the chance to make a few new friends, catering from beginner to advanced members.

To see the latest brochure of activities or for further information;

Web: www.eastcambs.gov.uk/sports/mature-active-programme

Person: Contact your local leisure centre

Email: sportandhealth@eastcambs.gov.uk

Tel: 01353 665555.

Sports Club Directory

A list of sports clubs can be found on the Sports Directory page of the East Cambs Sport website using the following link:

www.eastcambs.gov.uk/sports/sports-directory

Walking: Visit www.eastcambs.gov.uk/sports/healthy-walks-programmes or www.walkingforhealth.org.uk or call 01353 665555

Swimming: Visit www.everyoneactive.com

For swimming timetable and prices

General Help and Support

Community Navigators Service

Phone: 07436 809260

Web: www.care-network.org.uk

Where: 41e Forehill, Ely, CB7 4AA

Email: eastcambs.navigators@care-network.org.uk

Cost of Service: Free

Where: Countywide

Self Referral Accepted: Yes

About

Community Navigators are local volunteers or members of organisations who help older people find their way to activities or services which they would enjoy or find useful.



Phone: 01353 666556 (Volunteer Centre)

Web: www.vcaec.org.uk

Where: 41e Forehill, Ely, CB7 4AA

Email: info@vcaec.org.uk

Self Referral Accepted: Yes

Ely & District Volunteer Centre can help;

- match people who want to volunteer with organisations needing volunteers
 - promote volunteering to all sectors of the community
 - support and promote good practice in the involvement of volunteers
 - develop new opportunities to volunteer
 - comment and campaign on issues which affect volunteers and volunteering
- play an active role in the strategic development of volunteering

General Help and Support

East Cambs Social Car Scheme

Voluntary and Community
Action for East Cambs (VCAEC)

What can you use the service for?

Trips can be arranged to attend hospital appointments, the surgery, dentist, shopping, hairdressing, visiting friends and relatives. Priority will be given for hospital, doctor or dental appointments and shopping.

How do I book a journey?

Call the social car desk on 01353 666553 Monday, Wednesday, Thursday and Friday from 9.30am-12.30pm. There is an answerphone at all other times.

How much will it cost?

Passengers make a contribution per mile towards the cost of the journey-at present time this is 40p a mile from the drivers home and back again. If you are on certain benefits and are making a journey to a hospital it may be possible to claim some of the cost of this journey back.

Who can use it?

People who are disabled, frail older people, isolated and others with discretion of the car service.

Helping Hands Gardening and House Clearance Scheme

Voluntary and Community
Action for East Cambs (VCAEC)

What can you use the service for?

Tackle most jobs in the garden including weeding, pruning, shrub removal, creating patios, laying slabs, complete make-overs, laying gravel, mowing and rotovating, planting new plants and general clearing up. Cultivate allotment areas within large unmanageable gardens for training purposes. The small and evolving group of volunteers have gained new skills, received training, gained confidence and pride, and been part of team that make a big difference in East Cambridgeshire.

How do I book?

Call the helping hands desk on 01353 666553 Monday, Wednesday, Thursday and Friday from 9.30am-12.30pm. There is an answer phone at all other times or email Steve on steve@vcaec.org.uk