

You are not alone

Mutual Aid Groups

Do you need help or can you help?

- > shopping,
- > picking up prescriptions
- > friendly chats

Abbey

info@abbeypeople.org.uk
07526 761368

Arbury

communityresponse
@arburyroadbaptist.org

Castle

secretary@bensoarea.uk

Cherry Hinton

01223 242954

Coleridge

coleridgeCOVAID@stm.org.uk
01223 641021

East Chesterton

eastchesterton.mutualaid
@gmail.com
07908 458034

King's Hedges

Covid19kingshedges
@gmail.com
07764 613862



Market

marketwardaid@gmail.com

Newnham

duquesnayh@gmail.com if
you're north of West Road
newnhamcroft.ra@gmail.com
if you're south of West Road

Petersfield

petersfieldma@romseymill.org
07933 671101

Romsey

romsey.covid@gmail.com
07908 466257 or 01223
750170

Trumpington

hello@trumpington.info
01223 662291

West Chesterton

mutual.west.chesterton
@gmail.com
07593 354560



"These are horrible times but I am so proud of Cambridge. Thank you to everyone who is on the front line and thank you to everyone staying at home to protect the NHS and save lives." **Daniel Zeichner MP**

Daniel Zeichner MP

01223 423252
daniel@danielzeichner.co.uk
www.danielzeichner.co.uk/
coronavirus

Volunteering and Fundraising

Donate to the Cambridgeshire Coronavirus appeal:

<https://www.justgiving.com/campaign/Coronaviruscommunityfund>

Volunteer in Cambridge:

CommunityCV@cambridgeshire.gov.uk



Local Helplines

Struggling to afford food?

01223 967426

www.cambridgesustainablefood.org/updates-and-info-covid-19

Cambridge Foodbank:

07772 538628

National Helplines

In an emergency: 999

NHS: 111

Police non-emergency: 101

Childline: 0800 1111

Silverline: 0800 4 70 80 90

Here for Us: (Practical, emotional and physical support:
01223 632129

Age UK Cambridgeshire:

0300 666 9860

Cambridge CAB:

0344 848 7979

Lifeline:

 (Cams mental health)

0808 808 2121

Samaritans: 116 123

Domestic Violence helpline:

0808 2000 247

FSB: 01437 808102

Acas: 0330 123 1100

Cambridge City Council:

01223 457000

@camcitco

www.cambridge.gov.uk

Cambridgeshire County Council:

0345 045 5200

www.cambridgeshire.gov.uk

Government Business Support Helpline:

0300 456 3565

www.gov.uk/business-support-helpline

Universal Credit Helpline:

0800 328 5644



PROTECT THE NHS

save lives

