

CORONAVIRUS LOCAL HELP AND SUPPORT

Aged over 70 and/or with health conditions? Or with Coronavirus symptoms?

If you should be self-isolating or shielding yourself and are in need of support;

- **shopping for essential items;**
- **collecting medications;**
- **having a friendly chat on the phone to reduce isolation;**

please contact your local Covid-19 Support group, details can be found here:

Sawston Mutual Aid Group

Telephone: 01223 562871

Food Home Delivery Service

SPAR Telephone 01223 832202

LONDIS Telephone: 01223 834497

Or, South Cambridgeshire District Council

See <https://www.scambs.gov.uk/coronavirus/>

Telephone: 03450 455 203

If you feel vulnerable or you are concerned about someone who is vulnerable and you feel that you or they need further support, for example with emotional wellbeing, or care needs, or financial support at this time please contact;

Granta Medical Practice Social Navigators, Kelly & Joanna are available 9am – 5pm Monday to Friday Telephone: 01223 627745 or email granta.socialnavigator@nhs.net

Cambridgeshire County Council Covid-19 Coordination hub

Register online for support or search for your local Community Support Group

<https://www.cambridgeshire.gov.uk/>

Telephone: 0345 045 5219

Alternatively if you are aged 18 or over, are fit and well and would like volunteer to offer your support at this time, please contact your local COVID response group or Parish Council. Alternatively, Cambridgeshire County Council are recruiting volunteers, see <https://www.cambridgeshire.gov.uk/>
Or email CommunityCV@cambridgeshire.gov.uk