

# COMMUNITY RESOURCE PACK

## CAMBRIDGESHIRE

### 2020/ 2021

PERSONAL ALARMS

KEYSAFES

MEAL SERVICES

MOBILITY SHOPS

RED CROSS

EQUIPMENT SERVICES (NRS)

SOCIAL SERVICES

CARE/SUPPORT SCHEMES

PALS

CARE AND REPAIR

These Documents are reviewed Yearly. All numbers and information recently updated on  
27<sup>th</sup> August 2020

## PERSONAL ALARM SYSTEMS AND KEYSAFES

### CARELINE COMMUNITY SERVICE – 01553 616200

Supporting you to live safely and independently in your own home

Careline community service is operated by The Borough Council of Kings Lynn & West Norfolk

West Norfolk Resident

Weekly rental cost (exc VAT) £2.96

Installation cost (exc VAT) £32.00

Non West Norfolk Resident

Weekly rental cost (exc VAT) £2.96

Installation cost (exc VAT) £38.00

### KEYSAFES C500 – 01553 616200

If you need carers, emergency services or loved ones to access your home then a keysafe can provide secure storage for your house keys which are accessible via a code

West Norfolk Resident

Cost to supply and fit (inc VAT) £68.00

Non West Norfolk Resident

Cost to supply and fit (inc VAT) £71.00

## MEAL SERVICES

### OAKHOUSE FOODS – 0808 588 0918

Delivering delicious frozen ready meals

Explore our wide range of delicious frozen ready meals and desserts where you can find all your favourite dishes. We also cater for a wide range of dietary needs and preferences

Your order is then delivered to you by your local friendly driver, right to your home. They can even pack your meals away for you, and you see the same friendly faces each time!

### WHILTSHIRE FARMFOODS – 0800 077 3100

There are over 300 tasty dishes to choose from, hand-delivered by local drivers who are reliable, friendly and here to help you

### CAMMS, MEALS ON WHEELS – 01223 314288

We charge £6.75 for two courses delivered hot and ready to eat between 11.00 and 13.00

We offer three choices for both main course and pudding and you will have your menu delivered to you by your driver every two weeks.

## EQUIPMENT SERVICES

### RED CROSS WHEELCHAIR AND EQUIPMENT HIRE

Mobility aids, Cambridge 01223 868696

Tues 10 – 2pm, Fri 10 – 2pm

This location charges a fee to cover the cost of hire  
child, adult and heavy-duty wheelchairs (£15 per week)

Wheelchair accessories (£3 per week)

Commodes and toilet aids (£5 per week and one-off charge  
of £5 for the pot)

Mobility aids, Peterborough (temporarily closed)

Please ring us on 0300 456 1914 to arrange or for more  
information.

### NRS EQUIPMENT COLLECTION – 0300 100 0716

Unwanted equipment can be collected, recycled and sent to  
those people who really need it.

If you have been loaned equipment by NRS Healthcare which  
you no longer need we can arrange a collection FREE of  
charge

CAMBRIDGESHIRE COUNTY COUNCIL ADULT SOCIAL SERVICES

0345 045 5202 - This number is open 24 hours a day

For information on care, support and health. If you need help with your care, or need to report an adult at risk of harm

HOME FROM HOSPITAL SCHEME- BRITISH RED CROSS

Based at the Queen Elizabeth Hospital

01553 613613 ext 2721

Provides support at home following a hospital discharge, provide companionship, encourage independence, collect prescriptions, collect shopping and more

THE WELLBEING SERVICE – 0300 123 1503

Wellbeing is important to us all. We want to feel good about ourselves, to get the most out of our lives and feel connected to other people. 'Wellbeing' means feeling more than just happy and confident, it means feeling able to cope when things get tough in our lives or when our physical health suffers

CAMBRIDGESHIRE AND PETERBOUROUGH NHS FOUNDATION TRUST – 01223 219400

Here at Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) we are dedicated to providing high quality care with compassion. We deliver many of the NHS services that are provided outside of hospital and in the community such as physical, mental health and specialist services

CAMBRIDGESHIRE MIND COMMUNITY SERVICES –

0808 8082121

We aim to help people who have experienced a mental health problem to recover what they have lost – and to rediscover their lives

CPFT PSYCHOLOGICAL WELLBEING SERVICE

0300 300 0055

We offer a range of treatment options to help you make changes in your life, improve your wellbeing, and to help you cope with your difficulties

AGE UK CAMBRIDGESHIRE- 0300 666 9860

We are the local independent charity working with and for older people across Cambridgeshire and Peterborough. We provide a wide range of services and support for older people

## PATIENT ADVICE AND LIASON SERVICE

Based at the Queen Elizabeth Hospital

01553 613351 or 01553 613343

There is a 24-hour answer machine if no one is available. If nobody is available to take your call you should leave a message and we will respond within 24 hours

Patient Advice and Liaison Service (PALS) is confidential and can help when you need advice, don't know where to turn to or have concerns about your healthcare at The Queen Elizabeth Hospital

## CARE NETWORK CAMBRIDGESHIRE – 01954 211919

Local volunteers who help older people find enjoyable activities and useful services

Fenland: 01354 695208

East Cambs: 01353 659639

Cambridge City: 01223 300460

South Cambridgeshire: 01954 212100

Huntingdonshire: 01480 775493

## AGE UK HANDYPERSON SERVICE - 0300 666 9860

We deliver practical solutions to people living in their own home, so they can remain safe, independent and enjoy it more: over 65's or any adult with a disability

Falls Prevention – We aim to reduce falls and accidents by offering: a FREE Personal Assessment and Home Safety Check. We can advise on aids and adaptations for your home.

General DIY – Here to do those small jobs that you carried out in the past, but either you are no longer able to, or feel safe to do so. £30 for the first hour and we charge for every 15 minutes thereafter, plus any materials.

Home Energy Checks – FREE Oct-March. Small measures to make your home more energy efficient

Hospital Discharge Facilitation – furniture moves, installation of key safe, referrals from health professional.

The service is available for residents in Cambridge City, South & East Cambs, Hunts and Fenland

## THE CINNAMON TRUST – 01736 757900

The National Charity for the elderly (over 60s), the terminally ill and their pets

The Cinnamon Trust also provides long term care for pets whose owners have died or moved to residential accommodation which will not accept pets