



# Wellbeing News CAM Medical PCN

Lensfield, Trumpington Street and Newnham Walk Surgeries

Autumn 2022

[www.haycambridge.co.uk](http://www.haycambridge.co.uk)  
Everything in Cambridge that is good for wellbeing.



Caring Together - Support for carers of all ages across Cambridgeshire 0345 241 0954



Care Network - information and guidance, practical support to help people stay at home and to connect with or support their local community

Pinpoint Helping Cambridgeshire parents who have children with additional needs and disabilities



Child and Family Centre offer events, activities, help and support for families across Cambridge 01223 728118



Connected Lives run a range of courses and groups to help families thrive.



Childrens Clothes Bank



**Social Prescribing Link Workers** Their job is to connect people to practical and emotional support, taking time to build trusting relationships, start with what matters to the person, create a shared plan for next steps and introduce people to community organisations.



creative arts courses that build community, connections and confidence through creativity



Recovery hub: groups and activities  
Vibrant Community café, food hub  
351 Mill Road, Cambridge CB1 3DF



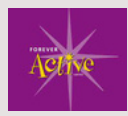
Connect with like-minded people in your community



Cambridge Women's Resources Centre a welcoming and accessible women's community space



help to make lifestyle changes - to stop smoking, lead a more active lifestyle, lose some weight



**Opportunities to take part in sport or physical activity to improve your fitness and get healthier**



**a friendly, short, group walk, within easy reach of where you live, to help you become and stay active and connect with others**



Cambridge United Wellbeing Walks  
Arbury Leisure Centre, Abbey Leisure Complex, Trumpington Park and Ride



Edge Cafe to CoFarm second Thursday of every month, from 2-3pm.



Monthly guided walks around the Cambridge University botanic garden



Mindfulness in nature activities at Nightingale Gardens





Trumpington Community Orchard



Knit One  
GIVE ONE



TRUMPINGTON  
STITCHERS



### Clay Farm Surgery Allotment

We have Plot 38 at the Clay Farm Allotments for Gardening for Health

Meetup



# Growing, nature connection and creativity



### Food Hub/Community Fridge

Daily The Edge Café Food 351 Mill Road, CB1 3DF. Open 10.00am - 11.30am

Community Fridge C3 Church Friday Trumpington Pavilion 12-2pm



**Foodbank** with a valid Food Bank voucher  
Monday St Paul's Church Food Bank Centre, Hills Road, CB2 1JP 4-5.30pm

Tuesday Chesterton Methodist Church Foodbank Centre 1 Ashfield Road, CB4 1RW. 10.00am - midday

Wednesday OLEM Church Hills Road CB2 1JR 10am-Midday  
Thursday Christ Church Centre Foodbank Centre 14 Alpha Terrace, Trumpington, CB2 9HT. 2:30pm - 4.00pm

Friday St Paul's Church Foodbank, Hills Road, CB2 1JP. 2.30pm - 4.30pm

C3 Foodbank Centre, Coldhams Lane, CB1 3HW 10:30 - 14:00



### If you need a Foodbank Voucher

Cambridge Citizens Adviceline: 0344 848 7979  
Help Through Hardship 0808 208 2138 9am-5pm



Cambridge Community Kitchen  
<https://cckitchen.uk/> Free hot meals delivered Thursday and Sundays or collect from 11 Fair Street, Cambridge, CB1 1HA



**Community Meals** - friendly lunch clubs providing the opportunity to get out of the house, meet old friends and make new ones in a warm, friendly setting over a nice hot meal

Monday St Paul's Hills Road Simple Supper £2 donation 6pm  
Thursday St Paul's Lunch Club £4 donation 12.30pm  
Newham Sports and Social Club £5pp with veggie option.  
Contact Alison to book at least a day in advance on 07720 005077

Friday C3 Community Church Hot Meal 12.30pm  
St Paul's Lunch Club £4 donation 12.30pm

Saturday Food Cycle St Andrew's Street Baptist Church, CB2 3AR 12pm

if you

- feel lonely or isolated
- need support with your mental health
- would like to be more active or lead a healthier lifestyle
- care for someone with a long term condition
- have money or housing problems

a **social prescribing link worker** can help by connecting you to your local community and/or linking you to a range of activities such as arts, group learning, gardening, befriending, cookery, healthy eating advice and physical activities, as well as support you to access benefits or housing advice. Ask at your GP surgery for more information.