

Care Network Cambridgeshire

Care Network Cambridgeshire is a local charity supporting older and vulnerable people. Our vision is a Cambridgeshire where people at risk of isolation, loneliness or depression feel supported in their local community and stay healthy, happy and independent for longer.

Need help to find information? *Community Navigators* are local volunteers who help older people find out about activities and services. This FREE information service could provide anything from finding leisure activities to where to get financial advice, or help to stay independent at home. Contact **01954 212100**.

Need help after an illness or hospital stay? *Help at Home* is a FREE service that offers practical help and emotional support in the short term (usually for 3 weeks) by collecting prescriptions; shopping; arranging meal deliveries or just calling in to make sure you are ok. We can also help with one-off tasks to help you remain independent at home, such as changing a light bulb or taking curtains down for a wash. Contact **01223 714433**.

Want to set up a group for older people? The *Community Development* team work with people who want to set up their own groups, from car schemes to singing groups and social clubs. Contact **01954 211919**.

Consider volunteering -we'd love to hear from you! Volunteering can help keep you healthy, active, and engaged with shaping your community. You can make a big difference! To find out more, call **01954 211919**. **Thank you!**