

## **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:**

#### **Shelfords COVID-19 Support Group**

Telephone: Chris Smith 07929 358543

Email: [christopher.i.smith3@gmail.com](mailto:christopher.i.smith3@gmail.com)

#### **Shelford Rugby club COVID-19 Response Group**

Telephone: 07916 307033

Email: [rdo@shelfordrugby.co.uk](mailto:rdo@shelfordrugby.co.uk)

#### **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](mailto: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](mailto:CommunityCV@cambridgeshire.gov.uk)**