

FOR HEALTHCARE PROFESSIONALS

# Hunts

- Stop Smoking
- Sexual Health
- Lifestyle Advice & Weight Management
- Exercise, Fitness & Physical Activity
- Adult Learning & Skills
- Mental Wellbeing
- Alcohol & Drinking
- Drug Services
- Pharmacy Services
- General Help and Support



**NHS  
HEALTH  
CHECK**

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

Free Resources, Best Practice Guidance, Programme Standards, Patient Invites...

[www.healthcheck.nhs.uk](http://www.healthcheck.nhs.uk)

The purpose of this brochure is to present a range of lifestyle management support services available to residents of Huntingdonshire.

This document is in addition to the information that can be accessed on the Cambridgeshire County Council website [www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk)

**This brochure was correct as of August 2015.**

The contents are subject to change and will be updated as changes are known. If you notice any errors, missing information or are running low of this brochure please advise the Public Health Team on: 01223 507225 or email [shaun.birdsall@cambridgeshire.gov.uk](mailto:shaun.birdsall@cambridgeshire.gov.uk)



Cambridgeshire County Council can provide information to help people to plan for the future, to stay healthy and retain their independence, and regain their independence after a crisis. We can also inform them around choices if care becomes a necessity. We also advise on voluntary services and things to do locally.

Information is available on our website:

**[www.cambridgeshire.gov.uk/careandsupport](http://www.cambridgeshire.gov.uk/careandsupport)**

The public can contact us:

- by email: [careinfo@cambridgeshire.gov.uk](mailto:careinfo@cambridgeshire.gov.uk)
- by phone: 0345 045 5202
- in person: visit a Cambridgeshire library

#### **Carers**

A carer is anyone who provides unpaid support to a partner, relative or friend who could not manage to live independently or whose health would deteriorate without this help. This might be due to frailty, disability, health condition, or substance misuse. We need carers to contact us so we can look at any support they might need.

## General Help and Support

Community Navigators Service

**Phone:** 01480 423065 / 07436 809265

**Email:** [hunts.navigators@care-network.org.uk](mailto:hunts.navigators@care-network.org.uk)

**Web:** [www.care-network.org.uk](http://www.care-network.org.uk)

**Cost of Service:** Free

**Other Costs:** None

**Where:** Countywide

**Self Referral Accepted:** Yes

#### About

Community Navigators are local volunteers or members of organisations who help older people find their way to activities or services which they would enjoy or find useful.



### **Health Promotion Resource Service**

Roger Ascham Library, Ascham Road, Cambridge CB4 2BD

Tel: 0345 045 5225

Email: [HPResources@cambridgeshire.gov.uk](mailto:HPResources@cambridgeshire.gov.uk)

*A free service to registered users - Items available for loan:  
Posters, DVDs, Display Boards, Anatomical Models, Teaching materials,*

## General Help and Support



**Phone:** 0300 666 9860 9am to 3pm

**Email:** [informationservices@ageukcambridgeshire.org.uk](mailto:informationservices@ageukcambridgeshire.org.uk)

**Web:** [www.ageuk.org.uk](http://www.ageuk.org.uk)

### About

Age UK offer a range of services to support older people in Cambridgeshire. That includes a free, independent advocacy service to people over 65 years and...

### **Community Wardens**

Daily contact to help maintain independence at home, available in parts of South and East Cambridgeshire and Huntingdonshire.

### **Day Centres**

Age UK provide a wide range of flexible, person-centred services across Cambridgeshire to meet the needs of people in later life in a happy and stimulating day centre environment.

### **Home Help**

Help with light housework, collecting pensions, we charge for this service.

### **Safer Homes**

The service aims to make your home safe by providing practical support with minor household jobs and information to enable you to make informed choices about safety in the home.

### **Visiting Scheme**

A volunteer supported service to those people who find themselves isolated and lonely in later life.

## Supporting families

Whether you have a baby, toddler or teenager, being a parent is a huge responsibility, and most parents say they need help at some time with bringing up their children.



There is information on parenting, education, childcare, Children's Centres, money and benefits, social care, fostering and work and training on the Cambridgeshire County Council website.

**[www.cambridgeshire.gov.uk/families](http://www.cambridgeshire.gov.uk/families)**

There is also a section dedicated to children and young people with special educational needs and/or disabilities, including information on education, childcare, health and where to get help and support.

**[www.cambridgeshire.gov.uk/localoffer](http://www.cambridgeshire.gov.uk/localoffer)**

We have a directory listing national, local, voluntary and local authority services, including schools, childcare providers and Children's Centres.

**[www.cambridgeshire.gov.uk/familiesdirectory](http://www.cambridgeshire.gov.uk/familiesdirectory)**

All families with a child aged from 0 to 5 can use a Cambridgeshire Children's Centre. Families can have fun, play, learn and grow together. Mums, dads, grandparents, carers and parents-to-be can access information, groups, activities and services. **[www.cambridgeshirechildrenscentres.org.uk](http://www.cambridgeshirechildrenscentres.org.uk)**

## Stop Smoking Services

CAMQUIT



**Phone:** 0800 018 4304

**Email:** CAPCCG.CAMQUIT@nhs.net

**Web:** [www.camquit.nhs.uk](http://www.camquit.nhs.uk)

### About

#### What does CAMQUIT provide?

- FREE information and support to people who would like to stop smoking
- Specialist trained advisors are based throughout Cambridgeshire
- One-to-one appointments with a specialist advisor are available during the daytime and evening. Appointments will last approximately 20 minutes

#### Where are the services provided?

- Within all GP practices
- In many pharmacies
- In community-based clinics
- Telephone support via our dedicated CAMQUIT **phone line:** 0800 018 4304

#### What do stop smoking advisors do?

- Offer specialist advice, support and encouragement to help people stop smoking for good.
- They listen and are non-judgemental.
- Support smokers to access medication which will improve their success rate, such as Nicotine Replacement Therapy (NRT), Zyban and Varenicline via NHS prescriptions

## General Help and Support

### Breastfeeding Support

#### Antenatal Infant Feeding Workshops for expectant women at Hinchingsbrooke

The sessions will be informal with lots of information based on the UNICEF BabyFriendly Guidelines. The aims of the workshops are to share information about breastfeeding with parents that builds their confidence in:

- Breastfeeding and Parenting
- How to ensure they are making enough milk and to know the baby is getting enough milk.
- Managing the early days of establishing the breastfeeding relationship with their baby.
- Knowing how important the role of support is from partners, family, friends, breastfeeding groups, health professionals, social media and where to access it.
- Recognising the common myths around breastfeeding.

For bookings please call the antenatal office at Hinchingsbrooke on 01480 847429

| Helplines and further support   | Contact details  |
|---|--|
| Facebook and Twitter: for up to date information on local breastfeeding support groups in Cambridgeshire                                | <a href="http://www.facebook.com/cambridgeshireinfantfeeding">www.facebook.com/cambridgeshireinfantfeeding</a> |
| BRAS (Breastfeeding Reassurance and Support) Trained breastfeeding peer supporters  | 07900 445135<br>7pm to 10pm  |
| National Breastfeeding Helpline<br><a href="http://www.nationalbreastfeedinghelpline.co.uk">www.nationalbreastfeedinghelpline.co.uk</a> | 0300 1000 212<br>9.30am to 9.30pm Daily  |
| La Leche League<br><a href="http://www.laleche.org.uk">www.laleche.org.uk</a>   | 0845 120 2918<br>Daily 24 hours  |
| NCT Helpline<br><a href="http://www.nctorg.uk">www.nctorg.uk</a>  | 0300 330 0700<br>Everyday 8am to midnight  |
| Association of breastfeeding mothers ABM<br><a href="http://abm.me.uk">http://abm.me.uk</a>   | ABM Helpline 0300 330 5453   |

## Pharmacy Services

**Location:** Boots, Sheep Market, St Ives, PE27 5AH  
**Telephone:** 01480 461886

**Location:** Fenstanton Pharmacy, 27, 27b, 27d High Street, Fenstanton, PE28 9JZ  
**Telephone:** 01480 495159

**Location:** Papworth Pharmacy, Papworth Surgery, Chequers Lane, Papworth Everard, CB23 3QQ  
**Telephone:** 01480 831415

**Location:** Wards of Warboys, 1 Ramsey Road, Warboys, PE28 2RW  
**Telephone:** 01487 822387

**Location:** Little Paxton Pharmacy, 7 Parkway, Little Paxton, St Neots, PE19 6PA  
**Telephone:** 01480 472669

**Location:** Loves Farm Pharmacy, 5 Kester Way, Loves Farm, St Neots, PE19 6SL  
**Telephone:** 01480 215665

**Location:** The Co-Operative, 14 Huntingdon Street, St Neots, PE19 1BQ  
**Telephone:** 01480 217692

**Location:** Lloyds, 23 Huntingdon Street, St Neots, PE19 1BG  
**Telephone:** 01480 472981

**Location:** Boots, 33 High Street, St Neots, PE19 1BW  
**Telephone:** 01480 214208

**Location:** Tesco, Barford Road, St Neots, PE28 5SU  
**Telephone:** 01480 367247

**Location:** Boots, 12 High Street, Sawtry, PE28 5SU  
**Telephone:** 01487 832558

**Location:** Lloyds, 20 Great Whyte, Ramsey, PE26 1HA  
**Telephone:** 01487 814886

**Location:** J W Anderson, 83 High St, Somersham, Huntingdon, PE28 3JB  
**Telephone:** 01487 840219

## Sexual Health Services



### iCash - Sexual Health

**Phone:** 0300 300 3030

**Web:** [www.icash.nhs.uk](http://www.icash.nhs.uk)

**Where:** Cambridgeshire Community Services NHS Trust, Clinic 6, Oak Tree Centre, 1 Oak Drive, Huntingdon, PE29 7HN

**When:** Mondays 8.30am-4pm; Tuesdays 2pm-7pm; Wednesdays 8.30am-6.30pm; Thursdays 8.30am-5pm and Fridays 8.30am-1.30pm

#### About

The service provides all necessary support, information, treatment and care for all STIs and onward referral to specialist services where appropriate. Providing consultant care for HIV and AIDS patients. Anyone can self-refer to the service regardless of age or gender.

Appointment only—please telephone the clinic directly for appointments on 01480 418555.

#### **Who can visit these confidential services?**

- Anyone can attend for a check or a chat.
- You can attend even if you feel entirely well or if you want to find out more about STIs including HIV and AIDS.
- You don't need to see your GP first.
- You can make your own appointment.
- You don't have to be over 16 years.

The clinic is totally confidential.

#### **What happens at the clinic?**

The specialist doctor/nurse will discuss your problem with you and perform any tests that are necessary. Any treatments given are free. You will have time to ask as many questions as you wish.

**For appointments, please call 01480 418555**



## Sexual Health Services



### iCash - Contraception

**Phone:** 0300 300 3030

**Web:** [www.icash.nhs.uk](http://www.icash.nhs.uk)

**Where:** See below for details

**When:** See below for details

#### About

The service provides contraception advice and supplies, including long acting methods (implants and intra-uterine devices) and emergency contraception. Anyone can self-refer to the service regardless of age or gender. They also accept specialist referrals for difficult coil placements from GPs.

Clinics are by appointment only (although you can drop in for emergency contraception), please telephone on 01480 418555. They also offer a drop in service for under 25s—please see below.

#### **Who can visit these confidential services?**

- Anyone can come for a chat or treatment.
- You can attend even if you just want to find out more about sex and relationships.
- You don't need to see your GP first.
- You don't have to be over 16 years.

The clinic is totally confidential.

#### **Huntingdon Area**

Contraception Clinic, Cambridgeshire Community Services NHS Trust, Clinic 6, Oak Tree Centre, 1 Oak Drive, Huntingdon, PE29 7HN

**Phone:** 01480 418577 or 01480 418555

#### **Appointments:**

Alternate Tuesdays 3pm-6pm and every Wednesday 4.30pm-6.30pm

Under 25s drop in clinic—Monday 3pm-5.30pm

## Pharmacy Services

**Location:** Sainsburys, St Germain Walk, Nursery Road, Huntingdon, PE29 3FG  
**Telephone:** 01480 453023

**Location:** Boots, 42 High Street, Huntingdon, PE29 3AQ  
**Telephone:** 01480 457241/2

**Location:** Priors Fields Surgery, Nursery Road, Huntingdon, PE29 3RL  
**Telephone:** 01480 411009

**Location:** Lloyds Pharmacy, 72a Ermine Street, Huntingdon, PE29 3EZ  
**Telephone:** 01480 453063

**Location:** JG Clifford Dispensing Chemist, 2 & 2A The Causeway, Godmanchester, Huntingdon, PE29 2HB  
**Telephone:** 01480 453729

**Location:** Acorn Pharmacy, The Oak Tree Centre, 1 Oak Drive, Huntingdon, PE29 7HN  
**Telephone:** 01480 458822

**Location:** Tesco, Abbots Ripton Road, Huntingdon, PE28 2LA  
**Telephone:** 01480 367447

**Location:** Brampton Chemist, 97b High Street, Brampton, Huntingdon, PE28 4TQ  
**Telephone:** 01480 386628

**Location:** Buckden Pharmacy, 8 Hunts End, Buckden, St Neots, PE19 5SU  
**Telephone:** 01480 810077

**Location:** Lloyds Pharmacy, 9 Kings Hedges, St Ives, PE27 3XS  
**Telephone:** 01480 465441

**Location:** The Co-Operative Pharmacy, Unit 1, Burleigh Hill Centre, Constable Road, St Ives, PE27 3ER  
**Telephone:** 01480 301614

**Location:** Lloyds, 5 The Pavement, Market Hill, St Ives, PE27 5AD  
**Telephone:** 01480 462109

## Drug Services

### Inclusion

Phone: 0300 555 0101

Email: [cambridgedrugs@nhs.net](mailto:cambridgedrugs@nhs.net)

Web: [www.inclusion-cambridgeshire.org.uk](http://www.inclusion-cambridgeshire.org.uk)

Cost of Service: Free

Other Costs: None

Where: Inclusion, Inclusion Drug and Alcohol Services, 7 Market Hill, Huntingdon, Cambridgeshire, PE29 3NR

Self Referral Accepted: Yes



### About

Cambridgeshire Inclusion offer free and confidential support to residents of Cambridgeshire aged 18 and over.

Inclusion is for anyone who is:

- Worried about their drug use?
- Want supports to stop using?
- Tried to give up on their own and finding it hard?

Inclusion offer different ways to get involved and support their work; volunteering and recovery champion development opportunities.

Patients can book to see a member of staff from **Inclusion** calling the above number or by receiving a referral from a health professional.

## Lifestyle Advice & Weight Management

ChangePoint.

everyone  
HEALTH

### Welcome to your Countywide Lifestyle Service in Cambridgeshire

A new integrated Lifestyle Service is now available across Cambridgeshire, bringing together a range of different programmes under one Countywide Lifestyle Service, centred around supporting residents to lead healthier lives.

#### This Lifestyle Service includes:

- ♥ **Weight Management services for adults**, delivered by qualified health care professionals including Nutritionists, Dietitians, and Physical Activity Specialists
- ♥ **Child Weight Management** group delivery opportunities, enabling a family approach to managing weight
- ♥ Individualised behaviour change advice from the **Health Trainer Service**, providing 1 to 1 and group session support to achieve a healthier lifestyle

#### In addition this service will also:

- ♥ Deliver the **National Child Measurement Programme** in schools to inform local planning and delivery of services for children
- ♥ Provide **Behaviour Change Training** for key organisations in partnership with the Public Health Team
- ♥ Deliver targeted **NHS Health Checks** for 40-74 year olds

Services are **FREE**, so if you are keen to make a lifestyle change and want to feel better through improved health, contact us via our **'one number'** below to find out more:

**0333 005 0093\* or by e-mail at  
[changepointcams@everyonehealth.co.uk](mailto:changepointcams@everyonehealth.co.uk)**

\*Mon-Fri 8am - 6pm. 24 hr voice mail in operation outside of these times

If you are a **Health Professional** and would like more information on how to refer into the service, look out for our regular communications via email which will be coming your way.



Everyone Health is commissioned by Cambridgeshire County Council.

Everyone Health is part of SLM Ltd. - a company with over 27 years' experience in delivering high quality community health and wellbeing services. We are registered with the Care Quality Commission as a deliverer of community health care - you can find out more about us at [www.everyonehealth.co.uk](http://www.everyonehealth.co.uk), or via the CQC website: [www.cqc.org.uk](http://www.cqc.org.uk)

## Exercise, Fitness & Physical Activity

### Exercise Referral Scheme



**Phone:** Sports Development Officer: 01480 388469

**Email:** exercisereferral@huntingdonshire.gov.uk

For more information visit [www.huntingdonshire.gov.uk/exercisereferral](http://www.huntingdonshire.gov.uk/exercisereferral)

**Cost of Service:** The scheme will be free for all eligible patients (currently free of charge until March 2016), during specified times\*, for the duration of their 12 week referral. Free swimming is included (subject to timetable) for the 12 week referral period. Once the 12 week referral scheme is completed there are two options to continue using the gym facilities.

1. Pay £12.50 membership and then £4.00 per visit (off-peak) for 12 months.
2. Take out a prepaid membership option with One Leisure with no membership/joining fee.

\*Monday to Friday before 4.30pm and all day Saturday and Sunday.

\*Standard charges apply during all other times.

#### About

#### **Who is it for?**

Exercise Referral is suitable for anyone who will benefit from exercise to help in the rehabilitation, treatment and prevention of certain medical conditions. For example:

- Heart Conditions
- Depression/Anxiety
- Obesity (BMI >30)
- Cancer
- Diabetes (Type 1 & 2)
- High Blood Pressure
- Asthma
- Musculo-skeletal (including arthritis)

## Alcohol & Drinking

### Inclusion



**Phone:** 0300 555 0101

**Email:** cambridgealcohol@nhs.net

**Web:** [www.inclusion-cambridgeshire.org.uk](http://www.inclusion-cambridgeshire.org.uk)

**Cost of Service:** Free

**Other Costs:** None

**Where:** Inclusion Drug and Alcohol Services, 7 Market Hill, Huntingdon, Cambridgeshire, PE29 3NR

**Self Referral Accepted:** Yes

#### About

Cambridgeshire Inclusion offer free and confidential support to residents of Cambridgeshire aged 18 and over.

Inclusion is for anyone who:

- Is worried about their alcohol use?
- Wants support to cut down or stop?
- Tried to give up on their own and finding it hard?

Inclusion offer different ways to get involved and support their work; volunteering and recovery champion development opportunities.

Patients can book to see a member of staff from **Inclusion** calling the above number or by receiving a referral from a health professional.



## Adult Learning & Skills

We offer relaxed and friendly learning opportunities for adults (19+) in a variety of settings to suit individual learning needs. Our aim is to promote:



- Health & wellbeing
- English, maths & IT
- Community engagement
- Opportunities for individuals with learning disabilities and mental health issues
- Employability & career choice
- Personal development
- Volunteering

Examples of the broad range of courses we offer include cookery, exercise, arts & crafts, online learning, functional English and maths, modern foreign languages, confidence building, web design and supporting your children at school.

Potential learners are very welcome to contact any of our centres directly. **If you are a health care professional and want to make sure you are signposting an individual to the most appropriate service for them or would like more information, please contact Miles Davies. Miles has an overview of all our provision in the district and will be able to help.**

Miles Davies (Performance Manager, Adult Learning & Skills) Phone 01480 372736

|   |  |
|---|--|
| <p><b>Abbey College</b><br/> <b>Website</b><br/> <a href="http://www.abbeycollege.cambs.sch.uk">www.abbeycollege.cambs.sch.uk</a><br/> <b>Telephone</b> 01487 811338<br/> <b>Email</b> <a href="mailto:acl@abbeycollege.cambs.sch.uk">acl@abbeycollege.cambs.sch.uk</a></p>   | <p><b>St Ivo</b><br/> <b>Website</b> <a href="http://www.aclearning.org.uk">www.aclearning.org.uk</a><br/> <b>Telephone</b> 01480 495717<br/> <b>Email</b> <a href="mailto:acloffice@stivoschool.org">acloffice@stivoschool.org</a></p>  |
| <p><b>St Neots</b><br/> <i>Longsands Academy</i><br/> <b>Website:</b><br/> <a href="http://www.longsands.cambs.sch.uk/lcac">www.longsands.cambs.sch.uk/lcac</a><br/> <b>Telephone</b> 01480 223348<br/> <b>Email</b> <a href="mailto:lcac@longsands.cambs.sch.uk">lcac@longsands.cambs.sch.uk</a><br/> <i>Ernulf Academy</i><br/> <b>Website</b> <a href="http://www.ernulf.cambs.sch.uk">www.ernulf.cambs.sch.uk</a><br/> <b>Telephone</b> 01480 374948<br/> <b>Email</b> <a href="mailto:community@ernulf.cambs.sch.uk">community@ernulf.cambs.sch.uk</a></p> | <p><b>Huntingdon Library Learning Centre</b><br/>           (for online English, Maths and IT with Learndirect)<br/> <b>Website</b> <a href="http://www.learndirect.com">www.learndirect.com</a><br/> <br/> <b>Telephone</b> 01480 372736<br/> <b>Email:</b><br/> <a href="mailto:huntingdonlearningcentre@cambridgeshire.gov.uk">huntingdonlearningcentre@cambridgeshire.gov.uk</a></p> |
| <p>The <b>National Careers Service</b> provides advice on all aspects of learning and work. Careers guidance support is available to all at <a href="https://nationalcareersservice.direct.gov.uk">https://nationalcareersservice.direct.gov.uk</a>. Or phone 0845 6031059.</p>   |  |

Our courses can also be found on [www.cambridgeshire.net](http://www.cambridgeshire.net) 16

## Exercise, Fitness & Physical Activity

### Cardiac Rehabilitation: Community Group Exercise Classes

- **Formal Referral Required**

There are currently four classes being run in Huntingdonshire. Patients who have been referred from Phase III hospital based programmes at Hinchingsbrooke, Papworth and Addenbrookes Hospitals or from their doctors can access specialised group exercise classes aimed to maintain and improve cardiovascular health.

Classes cost £3.50 (or £10 for 30 classes with a pass) and are available all year in Huntingdon, St Ives and St Neots.

For information visit [www.huntingdonshire.gov.uk/cardiacrehab](http://www.huntingdonshire.gov.uk/cardiacrehab)

### RightStart Classes

- **No Referral Required**

The RightStart programme offers specialist exercise classes for older adults and those requiring additional support to exercise. Patients can access different levels to suit their abilities. All classes are taught by qualified exercise specialists.

### Level 1 Chair Based Exercise

All exercise takes place in the chair with no standing required also suitable for wheelchair users.

### Level 2 Chair & Strength Exercise

Exercises take place in the chair, standing alternatives are available for people who wish to increase their strength and stamina.

### Level 3 Strength and Balance Exercise

Suitable for people progressing from Level 2 or who can stand for short periods of time. The chair is used for support when standing.

### Level 5 Aerobic/Circuit Style Exercise

Classes are suitable for people who are slightly more active, with stable medical conditions and for those progressing from Level 3.

Classes cost £3.50 (or £10 for 30 classes with a pass) and are available all year in Brampton, Buckden, Huntingdon, Ramsey, Sawtry, St Ives, St Neots, Warboys and Yaxley.

## Exercise, Fitness & Physical Activity

### Free Huntingdonshire Health Walks

- **No Referral Required**

Walking is an easy and free way to get fit and stay healthy. The Health Walks Scheme is part of the national initiative “Walking for Health” supported by Cambridgeshire County Council’s Public Health Team. The scheme is based around the five district towns: Huntingdon, Ramsey, St Ives, St Neots and Yaxley.

For more information visit [www.huntingdonshire.gov.uk/healthwalks](http://www.huntingdonshire.gov.uk/healthwalks)

### Adult Sports Tasters & Courses: NO REFERRAL REQUIRED

As part of the lottery funded DASH (Delivering Activity and Sport in Huntingdonshire) Phase II project a range of sports activities including free tasters and low cost courses are available. From golf to kayaking, bowls to table tennis, people returning to sport after a break or trying it for the first time will be able to have a go at something new. For more information visit [www.huntingdonshire.gov.uk/DASH](http://www.huntingdonshire.gov.uk/DASH)

### PEDALS: NO REFERRAL REQUIRED

For more information visit [www.huntingdonshire.gov.uk/cardiacrehab](http://www.huntingdonshire.gov.uk/cardiacrehab). Adapted bikes are now available at Hinchingsbrooke Country Park, Huntingdon for disabled people and families. We offer a free weekly session at the park. The bikes are available at other ad hoc sessions between April to October for parents, carers and families to use. For more information visit [www.huntingdonshire.gov.uk/DASH](http://www.huntingdonshire.gov.uk/DASH)

**For enquiries relating to health and physical activity initiatives please contact the Sport and Active Lifestyles Team on 01480 388469 or email [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk)**

**Walking:** Visit [www.huntingdonshire.gov.uk/healthwalks](http://www.huntingdonshire.gov.uk/healthwalks)  
or Contact the Sports Development Officer on 01480 387047

**Walking:** Visit [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)  
For information on Huntingdon and March short walks contact  
Kate Winters on 07540 703832 or Sue Ellinor on 07540 703645

**Swimming:** Visit [www.oneleisure.net](http://www.oneleisure.net)  
For swimming timetable and prices at One Leisure

## Mental Wellbeing

### Huntingdonshire Volunteer Centre

Phone: 01480 414766

Email: [Huntingdon@huntsvc.org.uk](mailto:Huntingdon@huntsvc.org.uk)

Web: [www.huntsvc.org.uk](http://www.huntsvc.org.uk)

Where: Methodist Church, High Street, Huntingdon, PE29 3TE

When: Monday-Thursday 10am-12noon

Self-Referral Accepted: Yes



### About

Anyone can volunteer - **Huntingdonshire Volunteer Centre** believes that we can all make a contribution to our community. There are many different opportunities available – working in museums, charity shops, helping with fundraising, being a Trustee or leading campaigns. Our online site is constantly being updated with new roles. You can either apply online or make an appointment and come into any of our local offices to look at the opportunities that might be right for you.

Volunteers are at the heart of everything that Huntingdonshire Volunteer Centre (HVC) does. We work to recruit volunteers - matching personal skills and interests to the right volunteer opportunities - and to promote the benefits that volunteering brings to individuals and to the many charities and organisations in Huntingdonshire. HVC couldn't manage without our own team of valuable volunteers who help run our services and it is our aim to match all volunteers who come to us with the right organisation and role for them.

Contact: Tripti Woolf on 01480 414766

## Mental Wellbeing

### Richmond Fellowship



**Phone:** 01480 456257

**Email:** [hunts&fens@richmondfellowship.org.uk](mailto:hunts&fens@richmondfellowship.org.uk)

**Web:** [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

**Cost of Service:** Free

#### About

Richmond Fellowship ("RF") support individuals to find or retain paid employment, voluntary work, education and relevant training. They offer a range of services including:

- Information, advice and guidance.
- Career choice and planning.
- Identifying skills and development.
- Practical support with job search, job applications, CVs and interview preparation.
- Access to courses for personal and career development.

In addition RF run a **Retain** scheme to help individuals who are experiencing difficulties at work due to mental health problems. RF work on a one to one basis with individuals to help them to identify their employment goals and plan a way of achieving them. Each person referred to us is supported by an employment advisor who will give one to one confidential support, information and guidance.

Clients should be aged over 18, living in Cambridgeshire or Bedfordshire (excluding Luton), diagnosed with a mental health problem (this includes stress, anxiety and depression) and motivated to engage with the services provided. Referrals are welcomed from any organisation in the area providing services to clients with a mental health diagnosis or directly from any individual who is eligible. This includes secondary mental health services, GPs and primary care professionals, IAPT services, employers and Jobcentre Plus.

For referrals to our Huntingdon and Fenland service please call 01480 456257

## Mental Wellbeing

### Arts on Prescription



**Phone:** 01223 353053

**Email:** [mindsarts@gmail.com](mailto:mindsarts@gmail.com)

**Web:** [www.artsandminds.org.uk/arts-on-prescription](http://www.artsandminds.org.uk/arts-on-prescription)

**Where:** Huntingdon

**When:** Wednesday afternoons 2pm - 4pm

A series of friendly, weekly art workshops for people experiencing mild to moderate depression and anxiety. Led by a professional artist, supported by a counsellor, they offer the chance to work with a variety of art forms. Sessions last for two hours and are open to all abilities – no experience necessary. GPs, Health Promotion Workers, Occupational Therapists, Social Workers, Psychologists and Counsellors can refer clients directly to Arts on Prescription.

**To refer:** [www.artsandminds.org.uk/arts-on-prescription](http://www.artsandminds.org.uk/arts-on-prescription) and complete the online referral form. Please download and return to Katharine Meadows, Arts & Minds, 47-51 Norfolk Street, Cambridge CB1 2LD.

### Books on Prescription



**Phone:** 0345 045 5225 or 01480 415340

**Email:** [your.library@cambridgeshire.gov.uk](mailto:your.library@cambridgeshire.gov.uk)

**Where:** Huntingdon Library and Archives, Princes Street, Huntingdon, PE29 3PA

**When:** Monday, Tuesday and Friday 9.30am-5pm; Wednesday 9.30am-7pm; Saturday 10am - 4pm; Sunday 12 noon - 4pm

A joint initiative from independent charity The Reading Agency and the Society of Chief Librarians, working with local library services. This initiative enables GPs and other health professionals to recommend self-help titles (covering issues such as anxiety, depression, phobias, panic attacks, bulimia and sleep problems) for people to borrow from their local library.

**How to refer:** Health Professional to complete the online form: [www.cambridgeshire.gov.uk/info/20010/libraries/330/health\\_information/2](http://www.cambridgeshire.gov.uk/info/20010/libraries/330/health_information/2)

## Mental Wellbeing



Phone: 01480 470480

Fax: 01480 470484

Email: [enquiries@mindincambs.org.uk](mailto:enquiries@mindincambs.org.uk)

Web: [www.mindincambs.org.uk](http://www.mindincambs.org.uk)

Where: The Limes, 24 New Street, St Neots, PE19 1AJ

When: Monday to Friday 9am-5pm

### About

The Wellbeing Service works with people aged 18–64 who are experiencing mental distress to the extent that it is impacting on their lives and sense of wellbeing.

### **What MIND offer**

MIND look beyond a set of symptoms to see the “whole person” and offer personalised, mid to long term support in a confidential and safe space. People are helped to set achievable goals, choosing the right support for them; one to one sessions, peer led groups, guided self help, symptom management and information about other organisations.

### **How to access the service**

Either you or a person on your behalf, can reach out to MIND by completing a referral form, this can be done in a number of ways:

- Over the phone – 01223 311320 or 01480 470480
- Email MIND on [wellbeing@mindincambs.org.uk](mailto:wellbeing@mindincambs.org.uk)
- Downloading a referral form through the MIND website
- By dropping into one of MIND’s buildings

## Mental Wellbeing

Psychological Wellbeing Service (IAPT)



Phone: 01480 415209

Email: [iapthunts@cpft.nhs.uk](mailto:iapthunts@cpft.nhs.uk)

Web: [www.cpft.nhs.uk/services/iapt-huntingdon.htm](http://www.cpft.nhs.uk/services/iapt-huntingdon.htm)

Cost of Service: Free

Where: Newtown Centre, Nursery Road, Huntingdon PE29 3RJ

Self Referral Accepted: Yes

**Other Information:** To access the Psychological Wellbeing Service (IAPT), a referral may be made via a GP (or another health professional) to the Advice and Referral Centre (tel. 0845 045 0123). An initial assessment to check suitability for the services will then be made. This could involve a personal assessment, usually by phone, to help make an informed decision as to which treatment best suits. The service also welcomes self-referral from individuals and this can be made by telephone (0300 300 0055) or online ([www.cpft.nhs.uk](http://www.cpft.nhs.uk)).

### About

The Huntingdon Psychological Wellbeing Service (IAPT) provides psychological therapy. They offer a range of treatment options including advice and support, guided self help, individual cognitive behavioural therapy (CBT), group therapy and online CBT. Depression, anxiety, stress, panic and low self-esteem are just some of the common problems people experience. Referrals are accepted through a number of routes, mainly through GPs. Self-referral is welcomed. Every time a service user is seen, a detailed assessment will be made so that they get the therapy best suited to their needs. There are a range of resources and services that people can access, including guided self-help, individual cognitive behavioural therapy, books on prescription and courses, including for Mindfulness. The service can also signpost individuals to other services.

For further information on referral options for mental health problems that are available to GP’s and other health professionals, see:

[www.cambridgeshire.gov.uk/info/20004/health\\_and\\_keeping\\_well/537/health\\_improvement/3](http://www.cambridgeshire.gov.uk/info/20004/health_and_keeping_well/537/health_improvement/3) and click on ‘GPs and other health professionals’.