

Enquiries to:
Community Resilience Team
Community Services
T: 01223 457000
E: community.resilience@cambridge.gov.uk



11.05.2020

Dear Resident

Cambridge City council has been working with local neighbourhood groups and community volunteers who are there to help to make sure that residents have the support and advice they need during this difficult time. You can find details of your local volunteer led support here www.cambridge.gov.uk/coronavirus-community-groups

The Covid-19 crisis has, for some people, meant they have lost their support networks, their employment and income. If you have reached any crisis point and need help urgently, and do not have access to the internet, please call **Cambridge City Council on 01223 457000**

Emergency access to food

The Food Banks are open and taking referrals and a network of community food hubs have been established across the City. You can find your nearest hub or get a referral here cambridgesustainablefood.org/updates-and-info-covid-19 or call **01223 967426**

Financial help

If you have lost your source of income and need benefits or financial advice Cambridge City Council have pulled together a help page here www.cambridge.gov.uk/coronavirus-financial-support-for-residents

Mental Health Support

Keeping your mind healthy is equally important. Self-help is available online at the following websites

keep-your-head.com
www.cpslmind.org.uk

Lifeline provide support over the phone: **0808-808-2121** (9am-2pm Mon-Fri)
In an emergency, when someone's life is in danger, call 999

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Cambridge City Council

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www.cambridge.gov.uk • Switchboard: 01223 457000

