



Welcome to the Cherry Hinton COMMUNITY NEWSLETTER

LOCAL RESPONSE TO COVID-19 RESIDENTS GUIDE TO LOCAL SERVICES WHAT TO DO IF I NEED HELP HOW CAN I VOLUNTEER ONLINE ACTIVITIES AND RESOURCES

Once again, Cherry Hinton has shown amazing community spirit as we all help to support each other through these unprecedented and challenging times.

Over 100 residents have registered to assist those who might need a little more help. Please continue to do so via the www.whatwillhelp.org app.

A huge thank you to everyone in our community, our local shop-workers, residents who are key workers, co-ordinators, volunteers and to the wonderful socially-distancing Cherry Hinton unicorn who out for her once a day exercise has lifted spirits young and old.



This guide brings together some of the information that local residents have shared via email/social media correct at the time of writing. If there are any errors or omissions, or you would like to see something in the next edition do please get in touch with us chragroup@outlook.com

The Cherry Hinton Community Response team is a voluntary group of residents and representatives of St Andrew's Church, Cherry Hinton Residents Association and Cherry Hinton Community Benefit Society who have come together to help co-ordinate support from the Cherry Hinton community and the local authority during the COVID-19 crisis.



St Andrew's
Space for God in Cherry Hinton



CHERRY HINTON CONNECTING VOLUNTEERS WITH THOSE WHO NEED NON-EMERGENCY HELP

This website and the database behind it have been designed by people from local churches trying to provide organised, safe help for people in these unprecedented times. Other community groups including Residents Associations are backing this initiative as a way of pulling information together. Data will be available only to the administrators of these groups who will work to safely match volunteers to those who need help.

Each person or household requesting ongoing support will be matched with two volunteers, including one who holds a current DBS certificate. The volunteer team will decide how to provide support between themselves and will cover if one falls ill. The person or household receiving support is free to reject any offers of help, or to end the relationship. When support is no longer needed an email should be sent to 'office@stan-drews-cherryhinton.org.uk' to this effect so that volunteers can be reassigned.



What will help?

Coordinating volunteers and people needing non-emergency support due to COVID-19

<https://www.whatwillhelp.org/cherry-hinton>
or call 01223 242954

UP TO DATE INFORMATION FOR CHERRY HINTON RESIDENTS - SIGN UP NOW



WWW.CHERRYHINTON.COM

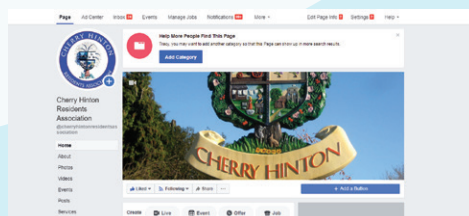
The village website has now been updated with current COVID-19 information. Sign up to the residents weekly email service for latest news.

www.cherryhinton.com

CHERRY HINTON FACEBOOK GROUPS

If you have not joined the CHRA facebook group there is no better time to do so as local residents share knowledge and information and support each other. Thank you to Sandra Day for her great work in keeping this updated and relevant.

<https://www.facebook.com/cherryhintonresidentsassociation/>



click on an image to open the webpage

REVISED OPENING HOURS AND CONTACT FOR OUR LOCAL SERVICES IN CHERRY HINTON

Cambridge Building Society



CBS will be revising their opening hours for the Cherry Hinton Branch during this time. They are open Friday and Saturday only from 10.00am to 2.00pm. If you are not able to visit the branch in person you can request a third party withdrawal form. Please only ask someone you know and trust or a volunteer from the whatwillhelp initiative. CBS can also offer help with paying bills if you have a current account with them. You can contact CBS on 0345 6013344

Pharmacies



The Pharmacies in Cherry Hinton will be adjusting their opening hours according to demand during COVID-19 and so please call Kumar Pharmacy on 01223 410268 or Boots Pharmacy on 01223 246535. There is a delivery service available for residents not able to travel during this time.

GP Surgeries



Please check the website or call the surgery for current information as advice can be subject to change.
Cherry Hinton Medical Centre
<https://www.cherryhintonmedical.co.uk>
01223 652221
<https://www.millroadsurgery.co.uk/>
01223 247812 (Please note that the Cherry Hinton branch surgery has been temporarily closed and you should contact the Mill Road Branch)

REVISED OPENING HOURS AND CONTACT FOR OUR LOCAL SERVICES IN CHERRY HINTON

Cherry Hinton Library



Unfortunately, all library buildings have now been closed however you can still access a range of services online using your library card and pin. E-books, audiobooks, newspapers and magazines can all be downloaded for free from If you are having trouble downloading the library app then email chragroup@outlook.com for help.

Cambridge Eyecare



The shop is now closed however they are offering an emergency glasses repair service and a telephone helpline for any eye problems during this time.

Call 01223 412111 for further information.

Restaurants in Cherry Hinton

All restaurants have now been closed in accordance with the UK governments lockdown rules however at the time of writing many were still offering collection and delivery for local residents. Please follow all public health guidelines when ordering take-away food.

Dominos Pizza 01223 243334

Golden Bridge 01223 412808

Indish Indian Restuarant 01223 249955

Indian Palace 01223 778080



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SUPERMARKETS LOCAL TO CHERRY HINTON

Sainsbury's

ASDA

co op



M&S

TESCO

Waitrose

click on an image to open the webpage

The supermarkets are getting back to normal following the panic buying evident a few weeks ago. Many are operating reduced hours and deliveries are very busy but this does seem to be easing. Click on the logos above to be taken directly to the website for opening hours and online ordering. If you are concerned about supermarket shopping and want to know more click on the article below by which magazine which gives practical help and advice. We are very lucky to have a number of smaller independent suppliers in Cambridge and if you do not want to use the larger supermarkets there are plenty of alternatives available. If you are not able to visit the supermarkets and cannot arrange delivery then please register at <https://www.whatwillhelp.org/>

Coronavirus
Shopping advice



MORE FOOD AND DRINK OPTIONS

DELIVERY AND COLLECTION SERVICES FOR CHERRY HINTON

Cambridge Local Shops



This great free new website offers help to get local deliveries, and also supports local suppliers during the coronavirus pandemic. With a range of food, craft and wine outlets there is also a page of free online activities and resources.

<https://cambridgelocalshops.co.uk/>

Indie Cambridge



If you haven't discovered Indie Cambridge then now is a great time to do so. There are a number of local independents offering a delivery service during this time and you can support your favourite shops by purchasing gift vouchers.

<https://indiecambridge.com/>



Stay Healthy



There are some great independents offering local delivery of fruit and veg, meat, wine and more try:

<https://freshinbox.co.uk/>
<https://www.cambridgefruitcompany.com/>
<https://www.thegog.com/>
<https://www.cambridgewine.com/>
<https://www.kaleanddamson.co.uk/shop/>
<https://www.facebook.com/Millroadbutchers/>

Many restaurants are now offering home delivery via the just eat and deliveroo apps.



Your favourite restaurants and takeaways, delivered to your door



click on an image to open the webpage



****If you are a member of the NHS some restaurants are offering discounts****

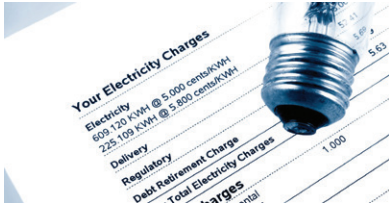
Check out local taxi services for collection and delivery services from shops

Please follow all Public Health England advice when arranging collection/delivery

USEFUL INFORMATION AND LINKS

There is help available during this time and sometimes it is simply a case of finding it. <https://www.cambridge.gov.uk/> and <https://www.cambridgeshire.gov.uk/> both give important information and links to current gov.uk and NHS websites.

Help with energy bills.



Are you (or is someone you know) struggling with gas or electricity bills due to coronavirus? If so, you might like to know that the government and energy companies have agreed a range of support measures for people. Find out more here bit.ly/3dAPOce

Cambridge women's aid.



This great website offers help and advice on a range of matters and links to external resources. If you need support during this time you can call 07522 812277 or email outreach@cambridge-wa.org.uk.

<http://cambridgewa.org.uk/> **Cambridge women's aid**
Supporting women & children since 1977

Keep vigilant



Action fraud warn that there may be an increase in fraud and scam attempts during this time and so it is important to be on your guard. If you are concerned about anything at all then you can call 0300 123 2040. Never give your bank or card details unless you are sure that it is safe to do so. Age Uk has a very useful video <https://www.youtube.com/watch?v=0lyOymAhEJs>

Cambridge & District citizens advice

The citizens advice website provides free impartial advice on a range of issues including benefits, debts, housing, relationships and employment. Drop in sessions have been temporarily suspended but you can call on 0344 848 7979 or email via the website.

Cambridge & District

citizens advice

<https://www.cambridgecab.org.uk/>

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If you need help to source information during this time you can email chragroup@outlook.com and we will try to point you in the right direction.

KEEPING BUSY AT HOME



NHS launch online fitness studio

This great site offers 24 instructor led videos across aerobics, exercise, strength, pilates and yoga categories. There is also wake up! workout and belly dancing for beginners to get your moving.

The site also offers advice on keeping active and healthy during this time.

Free headspace app during COVID-19

Headspace are offering free meditations during this time. Titled “Weathering the storms” the app offers meditations, sleep and movement exercises to help find some space and kindness during this difficult time



Mindfulness for your everyday life

Stress less. Move more. Sleep soundly.

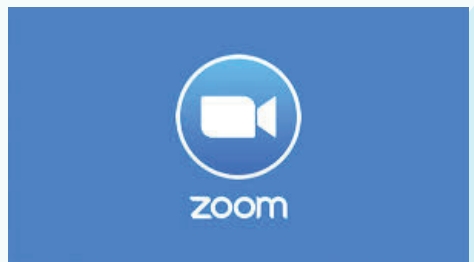


Online museum tours and National Theatre

Museums around the world are offering free online tours and its a great opportunity to visit remotely. The National Theatre have launched its at home service and look out for some great free performances over the comin weeks.

Zoom video software

A great way to keep in touch with friends and family is by Zoom. This free video conferencing resource is easy to setup and is being used by communities who are running quiz and games nights. The app now features free online courses and entertainment.



<https://zoom.us/>

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