Support services and volunteer opportunities covering Fenstanton

<u>Age UK Cambridgeshire and Peterborough</u> – "We're a local charity working in the community to support older people, their families and carers. We want everyone to be able to love later life."

<u>Dementia Café, St Ives</u>, Alzheimer's Society – "Alzheimer's Society is the UK's leading dementia charity. We provide information and support, improve care, fund research, and create lasting change for people affected by dementia."

<u>Cambridgeshire Hearing Help</u> – "Our mission is to support people with hearing loss to maintain their independence and wellbeing."

<u>Cambridgeshire Older People's Enterprise (COPE)</u> – "To represent and look after the interests of those people over 50 years old living in Cambridgeshire."

<u>The Campaign to End Loneliness – Cambridgeshire</u> "We believe that loneliness is not inevitable. People of all ages need connections that matter. We campaign nationally and locally to ensure that governments and communities are responding to this growing issue."

<u>Carers Trust – Huntingdonshire</u> - "Our vision is of a world where the role and contribution of unpaid family carers and young carers is recognised and they have access to the quality support and services they need to live their own lives."

<u>Care Network Cambridgeshire</u> – "Helping people to stay healthy, independent and in touch with their community."

<u>Centre 33 - Huntingdonshire</u> – "Supporting young people in Huntingdonshire with their mental health, practical needs and emotional wellbeing."

<u>Change Grow Live (CGL) - Cambridgeshire</u> – "A free and confidential drug and alcohol service for adults (including offenders), family members, carers and affected others"

<u>Choices</u> – "Provides long-term weekly counselling to adult survivors of childhood sexual abuse throughout Cambridgeshire."

<u>CHUMS – Cambridgeshire</u> – "Offers support to children and young people with mild to moderate mental health difficulties, such as anxiety and low mood, as well as those with significant emotional wellbeing difficulties arising from life events, such as bereavement and bullying. Chums is a social enterprise, which is a community-interest company whose profits are reinvested into the service for the good of those we support. Our services offer a number of voluntary opportunities."

<u>Cambridgeshire and Peterborough NHS Foundation Trust</u> (CPFT) – "Our mission is to put people in control of their care. We will maximise life opportunities for individuals and their families by enabling them to look beyond their limitations to achieve their goals and aspiration. In other words: 'To offer people the best help to do the best for themselves'."

<u>Cambridge Women's Resource Centre</u> (CWRC) – "Supporting women across Cambridge and Peterborough. Includes the Dawn Project, a one stop service for women who are or have been in the criminal justice system or who are at risk of offending."

Deafblind UK - "support people with combined sight and hearing loss to live the lives they want."

<u>East Anglia's Children's Hospices</u> (Each) – "We care for children and young people with lifethreatening conditions across East Anglia and support their families."

<u>Eddie's</u> – "Our vision is a world where people with a learning disability are valued equally, listened to and included. We want everyone to have the opportunity to achieve the things they want out of life."

<u>Findacure</u> – "Our vision is a world in which all rare diseases have treatments – made together with patients, for patients."

<u>Form the Future CIC</u> – "We connect young people to a world of career possibilities, inspire them to dream big and empower them to fulfil their potential."

<u>Headway Cambridgeshire</u> – "Provides brain injured people and their families with rehabilitation and support."

<u>Healthwatch Cambridgeshire and Peterborough</u> – "An independent champion for people who use health and social care services. Working to improve these services by listening to peoples experiences and then sharing this information with those with the power to make change happen."

<u>Hearing Dogs for Deaf People</u> – "Trains dogs to alert deaf people to important sounds and danger signals, providing independence, confidence and companionship. Our Cambridge branch of volunteers helps by fundraising in many ways and socialising Hearing Dog puppies in training

<u>Hunts Forum</u> - Hunts Forum is your local 'umbrella' organisation for Huntingdonshire. We are here to provide information, guidance and support to help voluntary and community organisations set up, develop and grow.

<u>Huntingdon Deaf Drop-in</u>, Cambridge Deaf Association – "CDA provide and support important services for deaf people across Cambridgeshire and promote the work of independent groups."

<u>Macmillan Cancer Support</u> – "We take the time to understand you as a person, so that we can provide the support, tools and inspiration you need to find your best way through. We do it like this because we understand everyone's cancer journey is unique."

<u>Make, Do and Mend</u> – "A not-for-profit organisation in Cambridge offering strengths-based skills workshops, volunteering opportunities and peer support to people who have experience of mental health distress."

<u>Marie Curie</u> – "To help people and their families living with a terminal illness make the most of the time they have together by delivering expert care, emotional support, research and guidance."

<u>Papworth Trust</u> – "By offering a range of services to adults with Learning and Physical Disabilities, we aim to increase the amount of opportunities available for improving the lives of disabled people."

<u>Public Health England</u> - Campaign Resource Centre (CRC). We're here to help you with your public health campaigns to make your community healthier, whether you're looking to reduce kids' sugar consumption, deliver better health or increase cancer diagnosis and survival rates, you'll find everything you need, and more, in our Campaign Resource Centre.

Rotary – St Ives, Huntingdon – "One of the world's largest and most successful global membership and humanitarian service organisations, with 1.2 million members in over 200 countries."

<u>The Royal British Legion</u> – "Provides lifelong support for the Armed Forces community – serving men and women, veterans, and their families."

<u>Royal Voluntary Service</u> – "Wants to help create a society where everyone feels valued and involved whatever their age."

<u>Samaritans - Cambridge</u> – "We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal."

<u>Soroptimist International Cambridge</u> – "Transform the lives and status of women and girls through education, empowerment and enabling opportunities. The principles of soroptimism are to strive for: the advancement of the status of women; high ethical standards; human rights for all; equality, development and peace; and the advancement of international understanding, goodwill and peace."

<u>Sova</u> – "Our mission is to support people to develop the skills and confidence to take control of their lives and develop their full potential. We are passionate about making a positive difference to the lives of people who have a broad range of often complex needs that prevent them from engaging fully in their communities."

<u>SSAFA</u>: the <u>Armed Forces Charity</u> - Cambridgeshire – "To help and support all who have served and are serving in the UK Armed Forces and their families."

<u>Total Voice Cambridgeshire and Peterborough</u> – "The collective name for a range of advocacy and community services. By offering lots of different options, it means that you can contact the service and be supported straight away to find the right service for you."

<u>Victims of crime - support directory</u> - resources available for victims of crime and more general support organisations

Wood Green – "Our vision is of a world where all pets are well cared for in a loving home for life."

<u>Woodcraft Folk – Cambridge</u> – "At our groups young people can develop self-confidence, make lifelong friends and explore the social and natural world around them through games, crafts, debates, drama and outdoor activities. Our aims and principles involve educating young people in cooperation, environment, international understanding, equality and peace."

<u>Workers' Educational Association – Eastern</u> - "Raising educational aspirations; bringing great teaching and learning to local communities; ensuring there is always an opportunity for adults to return to learning; developing educational opportunities for the most disadvantaged."

YMCA Trinity Group - "Works to help transform communities so that all young people can belong, contribute and thrive."