



## **Cambridge Council for Voluntary Service**

Llandaff Chambers 2 Regent Street Cambridge CB2 1AX  
Telephone 01223 464696 Fax 01223 500486  
email [enquiries@cambridgecvs.org.uk](mailto:enquiries@cambridgecvs.org.uk)

# **Who's who?**

## **Voluntary and Community Groups Cambridge City & South Cambridgeshire**

(last updated October 2011)



# Who's who?

## Voluntary and Community Groups in Cambridge City & South Cambridgeshire

In this directory you will find the names and details of activities and services that are provided by groups that have agreed to advertise themselves on the internet. There are many more which, either for reasons of personal security (the group is run from someone's home address) or because of the type of service they offer (hostel for temporary refuge) chose not to advertise in this way.

The entries in this directory have been grouped alphabetically under the following four headings:

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### Find a group

Use the "find" box on Adobe Acrobat Reader (at the top) and fill in a search word and then press return – keep pressing return until you have seen all the entries that meet the search word.

### If you cannot find a group

Call Cambridge Council for Voluntary Service to contact unlisted details

**01223 464696**

[enquiries@cambridgecvs.org.uk](mailto:enquiries@cambridgecvs.org.uk)

**There may be a group that is not on the internet list that would be useful to you!**

## Children and Young people groups

There are another 230 unlisted voluntary and community groups in this category

### **1st & 2nd Cambridgeshire FSE Scout Group**

3 Haddenham Road  
Wilburton  
Ely  
Cambs  
CB6 3RG  
[karen.alsop@virgin.net](mailto:karen.alsop@virgin.net)  
[www.fse-scouts.eu](http://www.fse-scouts.eu)  
**01353 741269**

This group organises camping, weekly meetings, working towards badges and games.

### **1<sup>st</sup> Sawston Girls' Brigade**

Sawston Free Church  
High Street  
Sawston  
CB22 3BG  
[Susan.nunn1@ntlworld.com](mailto:Susan.nunn1@ntlworld.com)  
**01223 561956**

Christian based organisation for girls aged between 6 and 19 years. Badgework completed annually based on 'SPES' (in Latin means 'HOPE') Spiritual, Physical, Educational and Service. Also older girls are able to join the band, go canoeing and other activities, hopefully soon to include Duke of Edinburgh in their activity programme.

### **Blue Smile**

67 Grange Road  
Cambridge  
CB3 9AA  
[projectdirector@bluesmileproject.org](mailto:projectdirector@bluesmileproject.org)  
**01223 322252**

Blue Smile provides counselling and therapeutic support in a number of Cambridgeshire Schools in order to improve the mental health of pupils.

### **Boys' Brigade (The)**

23 Queensway  
Sawston  
CB22 3DJ  
[douglas.irish@ntlworld.com](mailto:douglas.irish@ntlworld.com)  
**01223 565801**

Christian voluntary youth organisation for boys/young men aged 6 to 18 years old. Offers a varied, progressive programme run on a system of badge schemes.

### **Cambridge Disabled Kids Swimming Club**

133 Gilbert Road  
Cambridge  
CB4 3PA  
[sally@cdksc.co.uk](mailto:sally@cdksc.co.uk)  
[www.cdksc.co.uk](http://www.cdksc.co.uk)  
**01223 315024**

We provide swimming sessions for children with disabilities as appropriate to their age and disability. This is for children in and around Cambridge.

### **Cambridge Family Mediation Service**

Essex House  
71 Regent Street  
Cambridge  
CB2 1AB  
[families@cambridgefms.co.uk](mailto:families@cambridgefms.co.uk)  
**01223 576308**

A range of services for couples involved in, or considering separation or divorce, and for their children and other family members including: mediation to sort out practical arrangements for division of property and care of children; counselling for young people aged 4 - 19; and parenting programmes to help parents minimise conflict.

### **Cambridge Serbian School**

23 Thornton Road  
Girton  
Cambridge  
CB3 0NP  
[vesnara@hotmail.com](mailto:vesnara@hotmail.com)  
**07912 574888**

The Cambridge Serbian School provides Serbian language teaching for children aged 2 - 12 years.

**Centre 33**

33 Clarendon Street  
 Cambridge  
 CB1 1JX  
[director@centre33.org.uk](mailto:director@centre33.org.uk)  
[www.centre33.org.uk](http://www.centre33.org.uk)  
**01223 316488**

Centre 33 offers free and confidential counselling, information, condoms, pregnancy testing, advice and advocacy support for young carers, internet access and outreach services to young people aged 25 and under in Cambridge City, South Cambs and East Cambs. Support for young carers is for under-18s only

**Chesterton Parent Group**

Chesterton Children's Centre  
 Franks Lane  
 Cambridge  
 CB4 1RR  
[chestertonchildrenscentre@cambridgeshire.gov.uk](mailto:chestertonchildrenscentre@cambridgeshire.gov.uk)  
**01223 426710**

We put on activities for children under 5 years old in the Chesterton area. We run a very popular weekly music group, a monthly clothing swap, some Saturday activities for families who work in the week, occasional holiday activities.

**Castle Project (Housing)**

Office C&D, Dales Brewery  
 Gwydir Street  
 Cambridge  
 CB1 2LS  
[castle.project@richmondfellowship.org.uk](mailto:castle.project@richmondfellowship.org.uk)  
**01223 566737**

We are a supported housing scheme for young people aged 16-25. Our accommodation consists of shared houses and flats in Cambridge and supported lodgings in the surrounding villages. We also provide floating support to young people who are not in our accommodation.

**Children & Family Wing (Meadows Community Centre)**

1 St Catherine's Road  
 Cambridge  
 CB4 3XJ  
[lynn@mcfw.freeserve.co.uk](mailto:lynn@mcfw.freeserve.co.uk)  
**01223 508144**

Activities in the Children & Family Wing at the Meadows Community Centre include: Family Support Drop Ins Tues 09.30 - 12.30 and Fri 09.30 - 12noon, for families with pre-school age children and babies; After School Clubs 3.45 - 5.30pm for 5 - 8s and 8 - 11s. Other courses available including C.A.R.E. (parenting course) throughout the year.

**Chinese Families Together**

9 Moyne Close  
 Cambridge  
 CB4 2TA  
[hong-bian@hotmail.com](mailto:hong-bian@hotmail.com)  
**01223 704462**

Chinese Families Together aims to create chances for Chinese families to get together more often, to help to maintain Chinese culture and to blend in better with other local communities.

**Church of United Nations (The)**

17 Ellison Close  
 Cambridge  
 CB4 3XW  
[fdynamic@hotmail.co.uk](mailto:fdynamic@hotmail.co.uk)  
**01223 691072**

Christian based activities for the community for adults, children and people who are disadvantaged. We aim to reach out to those who are less advantaged with the objective of bringing unity between races through the meeting of needs.

**Connections Bus Project**

PO Box 344  
 Histon  
 Cambridge  
 CB24 9WZ  
[admin@connectionsbusproject.org.uk](mailto:admin@connectionsbusproject.org.uk)  
**01223 232978**

The project runs a double decker bus as a mobile youth centre, offering young people who live in villages around Cambridge a place to meet for entertainment, education and information.

**Coram-Adopt Anglia**

9 Petersfield  
 Cambridge  
 CB1 1BB  
[anglia@coram-aap.org.uk](mailto:anglia@coram-aap.org.uk)

**01223 357397**

Adopt Anglia recruits and prepares adoptive parents for children looked after by local authorities who need permanent new families. The project also provides counselling to adopted adults, birth families and adoptive families and facilitates reunions.

**German Saturday School**

c/o 94 Cromwell Road  
Cambridge  
CB1 3EG

[chair@schule-cambridge.org.uk](mailto:chair@schule-cambridge.org.uk)

**01223 574542**

At present we teach two classes of primary school aged children that have German language knowledge. Our emphasis is on developing their oral skills as well as reading and spelling. Half of our time is devoted to aspects of culture from German-speaking nations, such as celebrating festivals, arts and crafts, poetry and songs as well as games.

**CQAC**

77 Perne Road  
Cambridge  
CB1 3SB

[cqcweb@hotmail.co.uk](mailto:cqcweb@hotmail.co.uk)

**01223 574339**

The organisation aims to provide support and advice to muslim youth in issues affecting their daily lives. We aim to educate them about Islam and provide opportunities to develop knowledge and skills. We aim to provide leisure opportunities to encourage them to take a responsible role as individuals living in Britain.

**Fledglings**

Wendens Court  
Station Approach  
Wendens Ambo  
Saffron Walden  
CB11 4LB

[enquiries@fledglings.org.uk](mailto:enquiries@fledglings.org.uk)

[www.fledglings.org.uk](http://www.fledglings.org.uk)

**0845 458 1124**

Fledglings is a national charity which aims to assist parents and carers of disabled children, or those with additional needs of any kind, by identifying, sourcing and

supplying practical, affordable products to address every day issues.

**Girlguiding Cambridgeshire East**

County Office, 3 Quay Court  
Colliers Lane  
Stow-Cum-Quy  
Cambridge  
CB25 9AU

[office@Cambseastguides.org.uk](mailto:office@Cambseastguides.org.uk)

**01223 813917**

Activities include outdoor pursuits, camping, residential holidays, arts and crafts, international themes, community action, personal growth, fun. Guiding is the largest organisation for girls and young women in the country and enables its members to develop their potential and to make a difference to the world

**Girls Venture Corps Air Cadets**

**Wisbech Unit**

39 West Parade  
Wisbech  
Cams

PE13 1QB

[unitofficer@gvcacwisbech.org.uk](mailto:unitofficer@gvcacwisbech.org.uk)

[www.gvcacwisbech.org.uk](http://www.gvcacwisbech.org.uk)

**07876 593973**

We meet weekly and help to keep girls safe, healthy and active, as well as enjoying and achieving. We abide by the aims of Every Child Matters and to provide citizenship training through a structured and flexible programme including training, leadership, opportunity, experience and participation.

**Home-Start (Cambridge & District)**

The Fields Children's Centre  
Galfrid Road  
Cambridge

CB5 8ND

[office@homestartcambridge.co.uk](mailto:office@homestartcambridge.co.uk)

[www.homestartcambridge.co.uk](http://www.homestartcambridge.co.uk)

**01223 210202**

Home-Start (Cambridge & District) is a support scheme for families with children under five. Volunteers, who all attend a course of preparation, are matched with families referred to the scheme and visit regularly, offering friendship and practical help.

**Joint Colleges Nursery Ltd**

6B Chaucer Road  
Cambridge  
CB2 7EB  
[office@jcn.org.uk](mailto:office@jcn.org.uk)  
[www.jcn.org.uk](http://www.jcn.org.uk)  
**01223 315084**

We provide day care for children aged 3 months to 5 years old. We are open 51 weeks a year, Monday to Friday from 8.30am to 5.30pm.

**Kings Hedges Family Support Project**

c/o Meadows Children and Family Wing  
1 St Catherine's Road  
Cambridge  
CB4 3XJ  
[lynn@mcfw.freeseve.co.uk](mailto:lynn@mcfw.freeseve.co.uk)  
**01223 508144**

Family Support Drop-ins held: Mondays at The Field's Children's Centre;  
Wednesdays at The North City Children's Centre 10am - 12.30pm families with children 0-3yrs, 1pm - 3pm families with pre-walking babies. Thursdays at Brown's Field Youth & Community Centre 10am - 2pm for families with children 0-4 years.

**Linton Granta Playgroup and Toddlers**

Linton Village College  
Linton  
Cambridge  
CB21 4JB  
<mailto:info@lintongrantaplaygroup.org.uk>  
[www.lintongrantaplaygroup.org.uk](http://www.lintongrantaplaygroup.org.uk)  
**07806 744864**  
Playgroup for toddlers.

**Merry Go Round Toy Library**

90 Hobart Road  
Cambridge  
CB1 3PT  
[fiona.macvicar1@ntlworld.com](mailto:fiona.macvicar1@ntlworld.com)  
**01223 721199**

The toy library at Ross Street Community Centre runs every 1st and 3rd Friday of the month for under fives and their carers. Over 300 toys are available for indoor and outdoor play, from 50p upwards for 2 weeks hire. £1 per family for lifetime membership. Also stay and play.

**Moonbeam's Pre-School and Lunch Club**

Meadows Community Centre  
1 St Catherine's Road  
Cambridge  
CB4 3XJ  
[moonbeams.preschool@googlemail.com](mailto:moonbeams.preschool@googlemail.com)  
**01223 727481**

Pre-school, open 9.15am to 3.45pm, on Mondays, Wednesdays and Thursdays, 49 weeks per annum. NEFs funding as applicable. Waiting list in force. Work experience placements available.

**NYAS (National Youth Advocacy Service)**

Suite B1, Ultra Offices  
89 High Street  
Huntingdon  
PE29 3DP  
[jo.king@nyas.net](mailto:jo.king@nyas.net)  
[www.nyas.net](http://www.nyas.net)  
**01480 437953**

Once trained, an Independent Visitor (IV) will be matched with a looked after young person who is in the care of the local authority, (in care). Under the 1989 Children's Act looked after children are entitled to have an Independent Visitor and we provide the service on behalf of Cambs County Council. The matching takes into consideration both the young person and the IV's interests. Once matched they will meet up fortnightly.

**Playlanders Playgroup and Pre-school**

c/o 80 Ramsden Square,  
Cambridge  
CB4 2BL  
**01223 420954**

We provide pre-school education and play for children aged two and a half – five.. Children with special needs are welcome. Parents involvement in the running of the playgroup is welcomed. The Playgroup is based at St George's Church Hall, Chesterfield Road.

**Pre-school Learning Alliance  
Cambridgeshire and Peterborough**

First Floor, Century House,  
Market Street  
Swavesey,  
Cambridge

CB24 4QG  
[sue.tyte@pre-school.org.uk](mailto:sue.tyte@pre-school.org.uk)  
**01954 231751**

We provide support for member pre-schools and baby and toddler groups and training for childcare practitioners and parents. We provide early years childcare through our ten directly managed pre-schools in Cambridgeshire and Peterborough. We also provide a payslip service for preschools.

### **Red Hen Project (The)**

Red Hen House  
Northfield Avenue  
Cambridge  
CB4 2LG  
[christineoreilly@tiscali.co.uk](mailto:christineoreilly@tiscali.co.uk)  
[www.red-hen.org](http://www.red-hen.org)  
**01223 319991**

The project employs a home school worker who can help children and families living in the catchment area of Kings Hedges, The Grove and Arbury primary schools. The aim is to develop positive relationships between home and school. We run breakfast clubs.

### **Romsey Mill Trust**

Hemingford Road  
Cambridge  
CB1 3BZ  
[admin@romseymill.org](mailto:admin@romseymill.org)  
**01223 213162**

Romsey Mill creates opportunities with young people and families in Cambridgeshire's more disadvantaged communities. We further development through a range of programmes. Our Under 5s Programme provides information and support to parents and activities.

### **Shelford and Stapleford Youth Initiative**

23 London Road  
Cambridge  
CB22 5DB  
[adam.thoday@ssyi.co.uk](mailto:adam.thoday@ssyi.co.uk)  
**07530 467664**

Shelford and Stapleford Youth Initiative provides youth services within the three villages of Great and Little Shelford and Stapleford.

### **Under Fives Roundabout**

Warwick Road  
Cambridge  
CB4 3HN  
[chair@underfivesroundabout.org.uk](mailto:chair@underfivesroundabout.org.uk)  
**01223 512093**

We run preschool and parent/carer and toddler groups based on the same site as Mayfield Primary School in North Cambridge

### **WAY Project**

29B Station Road  
Waterbeach  
Cams  
CB25 9HT  
[waterbeachway@gmail.com](mailto:waterbeachway@gmail.com)  
**01223 502620**

The WAY Project aims to help and educate young people through leisure time activities through the employment of youth workers.

### **Willingham Youth Trust**

57 Church Street  
Willingham  
Cambridgeshire  
CB24 5HS  
[mtidball@btinternet.com](mailto:mtidball@btinternet.com)  
**01954 260647**

Willingham Youth Trust aims to provide recreational and leisure activities to help and support young people and to develop their skills and capabilities.

### **Wimbo Kidz**

44B Doddington Road  
Wimblington  
March  
Cambridgeshire  
PE15 ORB  
[info@amandacarlin.co.uk](mailto:info@amandacarlin.co.uk)  
**01354 740306**

Wimbo Kidz is an open youth club with a Christian ethos, aimed at 11 - 14 year olds with youth leaders attending from the age of 15. The club has an equal number of boys and girls and aims to provide life skills and structured activity to young people in the rural environment.

### **YMCA Cambs & Peterborough**

Queen Anne House  
Gonville Place  
Cambridge  
CB1 1ND  
[ed.walker@theymca.org.uk](mailto:ed.walker@theymca.org.uk)  
[www.theymca.org.uk](http://www.theymca.org.uk)  
**01733 373174**

YMCA Cambridgeshire seeks to serve the community through its work in housing, health and fitness, mentoring and general and preventative youthwork programmes. We have a 110 bed accommodation for young people between 16-28 and at risk from homelessness. Our purpose built gym is open to all.

### **Young Lives**

11 Bridge Street  
St Ives  
PE27 5EH  
[admin@young-lives.org.uk](mailto:admin@young-lives.org.uk)  
[www.young-lives.org.uk](http://www.young-lives.org.uk)  
**01480 494333**

Young Lives aims to enhance the networking, engagement and development of voluntary and community organisations working with children and young people in Cambridgeshire and Peterborough.

## **Health, wellbeing and sport groups**

**There are another 193 unlisted voluntary and community groups in this category**

### **Able to be Independent**

5 Cornwell Court  
Cambridge  
CB4 2GN  
[tracey-kirk@sky.com](mailto:tracey-kirk@sky.com)  
**01223 426290**

We are a group for people with any disability, carers and volunteers to provide information and support. We run social activities as well.

for children, young people and their families using the Health Services, publications and leaflets for users, parents, children and young people. Action for Sick Children's local representative, Carol Myer, can be contacted at the above address. The head office is at 36 Jacksons Edge Road, Disley, Stockport, Cheshire SH12 2JL. Tel & Fax: 01663 763870.

### **Andreasen Centre for Wholistic Health**

91 Hartington Grove  
Cambridge  
CB1 3DF  
[andreasoncentre@gmail.com](mailto:andreasoncentre@gmail.com)  
**07947 322990**

We provide complementary therapies such as spiritual healing, reflexology, face massage and reiki enhancing the quality of life whatever the condition.

### **ADA Cambridge (Action for Dysphasic Adults)**

11 Dove House Close  
Fowlmere  
Royston, Herts  
SG8 7SE  
[sue.gilpin@tiscali.co.uk](mailto:sue.gilpin@tiscali.co.uk)  
**01763 208696**

ADA Cambridge is a branch of a national charity, SPEAKABILITY, (Reg. No. 295094). We offer support to people with aphasia (difficulty with speech and language) and their families, by running a self-help group. We meet once a month. We also campaign for better resources and a better understanding amongst the public of the effects of aphasia and fundraise to meet those aims.

### **Action for Sick Children (formerly NAWCH)**

21 Barrow Road  
Cambridge  
CB2 8AP  
[carole.myer@waitrose.com](mailto:carole.myer@waitrose.com)  
**01223 352565**

Action for Sick Children campaigns for child and family focused health care. It provides information, advice and support

### **Alzheimer's Society - Cambridge & Ely Office**

Unit 2, Sunrise Business Park  
Ely Road

Waterbeach  
Cambridgeshire  
CB25 9QZ  
[tinakierman@alzheimers.org.uk](mailto:tinakierman@alzheimers.org.uk)  
**01223 863854**

The Alzheimer's Society is the leading care and research charity for people with all forms of dementia, their families and carers. We offer information and advice across Cambridge, Ely and Fenland over the phone and through our drop-in services and can arrange home visits. We also provide support and services for carers.

#### **Arthur Rank Hospice Charity**

Arthur Rank House  
351 Mill Road  
Cambridge  
CB1 3DF  
[fundraising@arhc.org.uk](mailto:fundraising@arhc.org.uk)  
**01223 723115**

Arthur Rank Hospice Charity supports patients, families, staff and volunteers at the adult Hospice in Cambridge. The charity provides extra funds and amenities and funds the Voluntary Services Department to recruit volunteers to work alongside professional staff.

#### **Arts and Minds (Cambs Foundation for the Arts in Mental Health)**

45 – 51 Norfolk Street  
Cambridge  
CB1 2LD  
[mindsarts@gmail.com](mailto:mindsarts@gmail.com)  
[www.artsandminds.org.uk](http://www.artsandminds.org.uk)  
**01223 353053**

Arts and Minds delivers an experience of the creative arts and culture to people who experience mental ill health and their carers. Plans include using our mobile studio space to take workshop and training programmes out to the more rural and isolated parts of the region such as Fenland.

#### **Barton Group Riding for the Disabled**

13 The Paddock  
Harston  
CB23 7PR  
[jocowland@hotmail.com](mailto:jocowland@hotmail.com)  
**01223 871061**

The Barton Group Riding for the Disabled supervises riding lessons for children with special needs (from special schools.)

#### **Burwell Community Print Centre Ltd**

The Causeway  
Burwell  
Cambs  
CB25 0DU  
[sue.anderson@burwellprint.co.uk](mailto:sue.anderson@burwellprint.co.uk)  
**01638 613102**

Burwell Community Print is a social training enterprise working alongside people with learning disabilities. Our aim is to promote independence and increase self-esteem in a stimulating work environment, while providing quality community printing.

#### **CAM SIGHT**

167 Green End Road  
Cambridge  
CB4 1RW  
[anne@camsight.org.uk](mailto:anne@camsight.org.uk)  
**01223 420033**

Cam Sight is one of Cambridge's leading and oldest established local charities. For 90 years it has been helping people with sight problems living in Cambridge and the surrounding villages to lead a full, independent and dignified life.

#### **CAMBOCCIA**

10 The Green  
Chesterton  
Cambridge  
CB4 1RP  
[nicki.myers@ntlworld.com](mailto:nicki.myers@ntlworld.com)  
**01223 522869**

Camboccia is a local Boccia Club for people of all ages including people with disabilities.

#### **Cambridge Brokerage Network**

Edmund House  
9 Church Lane  
Fulbourn  
Cambridgeshire  
CB21 5EP  
[tony@realife.org.uk](mailto:tony@realife.org.uk)  
**01223 883149**

CBN gives advice and guidance to disabled people and family carers on all

aspects of independent living; social care; employment: leisure; education and social enterprise. The organisation provides brokerage services throughout Cambridgeshire and neighbouring areas.

#### **Cambridge & Coleridge Athletic Club**

University Sports Centre  
Wilberforce Road  
Cambridge  
CB3 0ED  
[info@cambridgeandcoleridge.org.uk](mailto:info@cambridgeandcoleridge.org.uk)  
**01223 524428**

Athletics, road running and cross-country running in Cambridge and South Cambs for anyone who is keen to join in. Standards range from slow and enthusiastic to international. We have groups for absolute beginners who begin by just walking quickly. We're open to everyone who wants to have a try.

#### **Cambridge & District Toy Library**

Box 107, Child Development Centre,  
Addenbrooke's  
Addenbrooke's Hospital  
Hills Road  
CB2 2QQ  
[gillian.spokes@cambridgeshirepct.nhs.uk](mailto:gillian.spokes@cambridgeshirepct.nhs.uk)  
**01223 216803**

This is a library for children with special needs who live in the Cambridge area. The library is open on Wednesdays from 9.30am to 3.30pm.

#### **Cambridge Cancer Help Centre**

120 Cambridge Road  
Great Shelford  
Cambridge  
[annieding@btinternet.com](mailto:annieding@btinternet.com)  
**01223 566151**

Cambridge Cancer Help Centre provides the following services: support group; drop-in-centre Tuesday and Wednesday 10am-1pm and first Thursday of each month 5.30-8.30pm; therapy sessions - trained therapists give their time free of charge.

#### **Cambridge Cruse Bereavement Care**

Llandaff Chambers  
2 Regent Street  
Cambridge

CB2 1AX  
[cambridge@cruse.org.uk](mailto:cambridge@cruse.org.uk)  
**01223 302670 (Admin) 01223 302662 (Helpline)**

Cambridge Cruse operates a helpline on 01223 302662 and provides other support for anyone who has been bereaved by death, including children and young people. Help is offered through one-to-one support and a number of support groups.

#### **Cambridge Gateway Club**

32 Golding Road  
Cambridge  
CB1 3RP  
[cambridge.gateway@ntlworld.com](mailto:cambridge.gateway@ntlworld.com)  
**01223 503789**

The Club is a recreational and leisure organisation for adults with learning difficulties. Our aim is to advance the personal development of people with learning disabilities through greater leisure opportunities which promote personal choice and independence.

#### **Cambridge Hard of Hearing Club**

[valerie.richardson1175@gmail.com](mailto:valerie.richardson1175@gmail.com)  
**01223 312107**

A friendly group which meets on the last Thursday of the month at Buchan Street Neighbourhood Centre Cambridge from 2-4pm. We have speakers on a wide variety of topics, outings and a Christmas Luncheon. There is a regular newsletter and we provide general help and support in an informal environment for people with hearing difficulties. There is a loop system at the meeting and a speech-to-text service is also used. The hard of hearing, as well as friends are all welcome. More information on our activities is available by ringing CAMTAD on 01233 416141. Dial-a-Ride service is available for members who live in the city.

#### **Cambridge Joint Playschemes**

Office 12  
Barnwell House  
Barnwell Drive  
Cambridge  
CB5 8UU  
**01223 412254**  
[camjointplay@themail.co.uk](mailto:camjointplay@themail.co.uk)

Providing holiday playschemes for children aged 3 to 19 years with learning disabilities, some of whom also have physical difficulties.

#### **Cambridge ME Support Group**

62 Green End  
Comberton  
Cambridge  
CB23 7DY  
[joandgeoffking@hotmail.co.uk](mailto:joandgeoffking@hotmail.co.uk)

A support group for people who have ME/CFS (Chronic Fatigue Syndrome), their families and friends. We mail bi-monthly newsletters and organise bi-monthly meetings at the Hill Top Carers Centre, in Primrose Street, with a mixture of socials and guest speakers.

#### **Cambridge Online**

Hester Adrian Centre  
Hawthorn Way  
Cambridge  
CB4 1AX  
[andrew@cambridgeonline.org.uk](mailto:andrew@cambridgeonline.org.uk)  
**01223 300407**

Cambridge OnLine - Computer Access for All. E-learning Centre - our main project based at the Hester Adrian Centre helps anybody with any kind of disability to use the computer and access the Internet, by providing accessibility assessments and ongoing training.

#### **Cambridge PHAB Club**

23 Sedgewick Street  
Cambridge  
CB1 3AJ  
**01223 240163**

PHAB (Physically Disabled and Able-bodied) creates opportunities in which both physically disabled and able-bodied people can get together and participate on equal terms. The Club meets on Tuesdays and Fridays. Contact Joyce Mitchell the PHAB leader.

#### **Cambridge Rethink Carers Group**

PO Box 50  
March  
Cambs  
PE15 8XE

[david-w-jordan@tinyworld.co.uk](mailto:david-w-jordan@tinyworld.co.uk)  
**01354 655786**

We operate a helpline for carers of people with severe mental illness and organise a mutual support group which meets usually on the last but one Wednesday of the month at 7.30pm.

#### **Cambridge Re-Use**

Unit H, The Paddocks  
347 Cherry Hinton Road  
Cambridge  
CB1 8DH  
[admin@cambridgereuse.org.uk](mailto:admin@cambridgereuse.org.uk)  
[www.cambridgereuse.org.uk](http://www.cambridgereuse.org.uk)  
**01223 576535**

Cambridge Re-Use passes unwanted household items on to local people who receive benefits or live on a low income, at as low a price as is practicable. We collect furniture, household items and electrical goods. Clients may refer themselves or may be referred by a caring agency. We also provide a range of voluntary opportunities to local people.

#### **Cambridge St Raphael Club**

4 St Eligius Street  
Cambridge  
CB2 1HX  
[pac23@hotmail.co.uk](mailto:pac23@hotmail.co.uk)  
**01223 350885**

Our aim is to provide a better quality of life for the physically disabled. We meet from 9.30 am to 4.30 pm at the Hester Adrian Centre every Wednesday. Activities include handicrafts, art classes, social activities and outings. We are a self-help, mutual support voluntary organisation. Referrals welcome from anyone. We run two ambulances to provide our own transport. One of the ambulances is shared with PHAB

#### **Cambridge Talking News**

Kingsway Clinic  
Carlton Way  
Cambridge  
CB4 2ES  
[Cambridgetalkingnews@googlemail.com](mailto:Cambridgetalkingnews@googlemail.com)  
**01223 361836**

Cambridge Talking News records and distributes a weekly audio cassette of local

news and magazine type articles to blind and partially sighted people in Cambridgeshire and the surrounding areas.

#### **Cambridgeshire Deaf Association**

8 Romsey Terrace  
Cambridge  
CB1 3NH  
[office@camsdeaf.org](mailto:office@camsdeaf.org)  
[www.camsdeaf.org](http://www.camsdeaf.org)  
**01223 246237**

Cambridgeshire Deaf Association acts as a focal point for the area's deaf community. It organises monthly drop-ins, a lunchtime club and a befriending scheme. It runs British Sign Language classes and offers information and advice by appointment.

#### **Cambridgeshire Prostate Cancer Support Association**

91 Barton Road  
Comberton  
Cambridge  
CB23 7BT  
**01223 262495**

The organisation provides support for patients and the families of men suffering from prostate cancer.

#### **Cambridgeshire User Led Organisation (Cams ULO)**

c/o Red2Green  
Harvey's Barn, Park End  
Swaffham Bulbeck  
Cams  
CB25 0NA  
[info@cambsulo.org.uk](mailto:info@cambsulo.org.uk)  
**01223 811664**

Cams ULO aims to support disabled people in Cambridgeshire with the decisions they need to make and to develop the services and support they need in order to live the life they choose. Cams ULO also aims to use grassroots action to build a stronger collective voice for disabled people.

#### **Cambridgeshire MENCAP**

9 Church Lane  
Fulbourn  
Cambridge

CB21 5EP  
[mick@cambridgeshiremencap.co.uk](mailto:mick@cambridgeshiremencap.co.uk)  
**01223 883137**

Cambridgeshire MENCAP provides a wide range of help and services to those with learning difficulties, their families and carers. This includes: information, a family visitor, residential care, grants and a sitting service. We also provide services for children and young people. We cover Cambridgeshire, Cambridge, March, St Ives and Peterborough.

#### **Cambs Independent Advocacy Service**

Box 322 Patient Resource Centre  
Fulbourn Hospital  
Cambridge  
CB21 5EF  
[cathy.noble@cias.org.uk](mailto:cathy.noble@cias.org.uk)  
**01223 218500**

Advocacy service for people with mental health issues, for help to find out rights, liaise with professionals, run groups, and help people to speak up and challenge services.

#### **CAM-MIND**

Barrere House  
100 Chesterton Road  
Cambridge  
CB4 1ER  
[admin@cam-mind.org.uk](mailto:admin@cam-mind.org.uk)  
**01223 311320**

Cam-mind offers a broad range of community projects and services to support mental health service users in Cambridgeshire. These services are designed to empower people to take the first steps back to an active life within their community.

#### **CAMREAD**

167 Green End Road  
Cambridge  
CB4 1RW  
[cam-read@btconnect.com](mailto:cam-read@btconnect.com)  
**01223 424220**

Camread provides a reading service for visually impaired people in Cambridgeshire. We organise volunteers to visit visually impaired people to read to them. Volunteers also record material on to tapes for individuals and for the Postal

Service in Cambridge Central Library.  
Cammag audio magazine is produced  
eight times a year.

**CAMTAD(Campaign for Tackling  
Acquired Deafness)**

8a Romsey Terrace  
Mill Road  
Cambridge  
CB1 3NH  
[francesd@camtadcamb.org.uk](mailto:francesd@camtadcamb.org.uk)  
**01223 416141**

CAMTAD volunteers work in Hearing Help  
Sessions maintaining hearing aids and  
giving advice to people with a hearing  
impairment. Volunteers provide home  
visits. We also offer a range of talks and  
training on hearing loss.

**CAMTRUST**

22 Cambridge Road  
Impington  
Cambridge  
CB24 9NU  
[len@camtrust.co.uk](mailto:len@camtrust.co.uk)  
**01223 236786**

CAMTRUST main aims: To provide  
further education and teach those with  
learning difficulties and physical disabilities  
to achieve their City & Guilds  
qualifications. Enabling them to gain their  
rightful place in the workplace.  
Commercial design and printing - set up to  
help fund the ongoing costs in financing  
the charity and as important give a  
commercial environment in which to teach.

**Child Brain Injury Trust (Cambs, Beds  
and Herts Support Group)**

c/o Taylor Vinters Solicitors  
Merlin Place  
Milton Road  
Cambridge  
CB4 0DP  
[angela.beric@taylorvinters.com](mailto:angela.beric@taylorvinters.com)  
**01223 394986/225255**

The Group offers support to families of  
children with acquired brain injury. We  
meet every four months to discuss issues  
surrounding children's brain injury and  
offer support and advice to families and  
professionals.

**Choices Counselling**

Alex Wood Hall  
Norfolk Street  
Cambridge  
CB1 2LD  
[choicescounselling@hotmail.co.uk](mailto:choicescounselling@hotmail.co.uk)  
**01223 358149**

Choices is a confidential counselling and  
support service for those whose lives have  
been affected by child sexual abuse. The  
service is provided by trained volunteer  
counsellors. Choices offers a  
comprehensive training programme to  
professionals both in the statutory services  
as well as the voluntary sector.

**Cystic Fibrosis Trust (Cambridgeshire  
Branch)**

58 Shelford Road  
Fulbourn  
Cambridge  
CB21 5HJ  
[deborah.sparkes@virgin.net](mailto:deborah.sparkes@virgin.net)  
**01223 880224**

The Cambridgeshire Branch of the Cystic  
Fibrosis Trust aims to provide a support  
and information service and provide a link  
between families involved with cystic  
fibrosis. Fund-raising activities are also  
organised and speakers can be provided.  
Anyone with an interest in cystic fibrosis is  
welcome to make contact.

**Crossroads Care Cambridgeshire**

4 The Meadow  
Meadow Lane  
St Ives  
Cambs  
PE27 4LG  
[su.waymont@crossroadscarecambridgeshire.org.uk](mailto:su.waymont@crossroadscarecambridgeshire.org.uk)  
[www.crossroads.org.uk](http://www.crossroads.org.uk)  
**0845 241 0954**

Crossroads Care Cambridgeshire is a  
local charity which provides much needed  
time off for carers. Trained staff provide  
practical and emotional support in the  
home or a group to enable carers to have  
a break. We provide support to people of  
all ages with a range of disabilities or  
illnesses.

Office B Dales Brewery

**Dialdruglink**

38A High St  
St Neots  
Cambridgeshire  
PE19 1JA

[helen@dialdruglink.com](mailto:helen@dialdruglink.com)

[www.dialdruglink.com](http://www.dialdruglink.com)

**01480 474974**

Dialdruglink offers one-to-one support and group work with young people at risk of substance misuse, sexual exploitation, truancy and exclusion from school. The organisation advocates for young people experiencing housing and benefit issues and exploitation by adults.

**Different Strokes**

The David Rayner building  
120 Cambridge Road  
Great Shelford  
Cambridge  
CB22 5JT

[anniecambbs@hotmail.com](mailto:anniecambbs@hotmail.com)

**01223 893166**

Different Strokes provides social activities for people who have had a stroke. Talking and socialising is a very important aspect of the group's work. Other events include speakers and various therapy sessions and an exercise group which meets on Thursdays at Chesterton School.

**Disability Cambridgeshire**

Pendrill Court  
Papworth Everard  
Cambridgeshire  
CB23 3UY

[info@disability-cambridgeshire.org.uk](mailto:info@disability-cambridgeshire.org.uk)

**01480 839192**

We give free, confidential, impartial information and advice on all disability issues. We serve people of all ages in South and East Cambridgeshire, Fenland and Cambridge City. We work in close partnership with Disability Huntingdonshire and Cambridgeshire User Led Organisation.

**Ely Diocesan Committee for Family & Social Welfare**

Diocesan Office  
Bishop Woodford House  
Barton Road  
Ely

Cambs  
CB7 4DX

[cfsw@ely.anglican.org](mailto:cfsw@ely.anglican.org)

**01353 652719**

The Counselling & Family Support Workers for the Ely Diocesan Committee for Family and Social Welfare consists of an independent team of one social worker and two counsellors. The charity offers free confidential expertise, support and advice to individuals and families.

**Fare Shares Café**

Emmanuel United Reform Church  
Trumpington Street  
Cambridge  
CB2 1RR

[emmanuelurc@btinternet.com](mailto:emmanuelurc@btinternet.com)

**01223 351174**

Fare Shares Café is a partnership between Cambridge Mencap and Emmanuel United Reformed Church. It is based within the church and operates with the help of volunteers including some with learning disabilities. All proceeds are applied to developing and maintaining the café and partnership. Volunteers serve customers and prepare food.

**Fledglings**

Wendens Court  
Station Approach  
Wendens Ambo  
Saffron Walden  
CB11 4LB

[enquiries@fledglings.org.uk](mailto:enquiries@fledglings.org.uk)

[www.fledglings.org.uk](http://www.fledglings.org.uk)

**0845 4581124**

Fledglings is a national charity which aims to assist parents and carers of disabled children, or those with additional needs of any kind, by identifying, sourcing and supplying practical, affordable products to address every day issues

**Forward Gamlingay!**

c/o Maypole House, Church Street  
Gamlingay  
Sandy  
Beds  
SG19 3JJ

[bridget@glockling.com](mailto:bridget@glockling.com)

**01767 650510**

Forward Gamlingay! is an initiative representing local clubs, groups and enterprises that benefit all ages. The vision of Forward Gamlingay! is to expand and develop Sport, Youth education and Leisure facilities for the community.

**Friends of Fulbourn Hospital & the Community**

11 Highfield Gate  
Fulbourn  
Cambridge  
CB21 5HA  
[acr-j@tiscali.co.uk](mailto:acr-j@tiscali.co.uk)  
**01223 881267**

The Friends offer support and help to all in-patients, carers and staff at the hospital, provide extra facilities and organise ward parties. In the community they offer support to former patients and others with a mental health problem as well as to carers. The monthly Forum Lunch Club is part of their community work for older people. A project is currently being developed to provide bereavement counselling and support. The Friends also work to increase awareness of mental illness, and the problems it presents.

**Friends of the Department of Medicine for the Elderly**

15 The Rookery  
Balsham  
Cambridge  
CB21 4EU  
[paulja15@hotmail.com](mailto:paulja15@hotmail.com)  
**01223 893032**

To raise funds to supplement the service provided for the health, welfare and comfort of the patients and to provide, or assist in the provision of amenities for the patients and staff in the department.

**Friends of the Rosie Maternity Hospital**

145 Gwydir Street  
Cambridge  
CB1 2LJ  
**01223 356615**  
[marysan@waitrose.com](mailto:marysan@waitrose.com)

The Friends of the Rosie have been in existence for the past 34 years, the first ten at Mill Road Maternity Hospital. We are a registered charity. Our aim is to raise money to buy comforts and

equipment that the NHS cannot provide for mothers and babies

**Fulbourn Carers Group**

12 Froment Close  
Fulbourn  
Cambridge  
CB21 5HS  
**01223 504292**

Speakers, craft, quizzes and two lunches out - during Carers Week and at Christmas. This club is for present and past carers and this gives them a short break.

**Group Therapy Centre**

St Columba Foundation  
3 Downing Place  
Cambridge  
CB2 3EL  
[info@grouptherapycambridge.org.uk](mailto:info@grouptherapycambridge.org.uk)  
[www.grouptherapycambridge.org.uk](http://www.grouptherapycambridge.org.uk)  
**01223-357221**

The Centre provides clinical assessments, and a wide range of daytime and evening psychotherapy and CBT groups. Group Therapy can be effective for a wide range of psychological and emotional disorders such as anxiety, depression, relationship problems, isolation and loneliness. Visit website for full details and appointment form.

**Headway Cambridgeshire**

Headway House, Brookfields  
Mill Road  
Cambridge  
CB1 3DF  
[info@headway-cambs.org.uk](mailto:info@headway-cambs.org.uk)  
**01223 376550**

Headway provides specialist services and support to people with an acquired brain injury, their family and carers across the whole of Cambridgeshire, including Huntingdon, Peterborough and Fenland. We also provide rehabilitation opportunities for people from surrounding counties where appropriate.

**Illuminate Community Group**

5 Acrefield Drive  
Cambridge  
CB4 1JW  
[sam@greenleyuk.com](mailto:sam@greenleyuk.com)

**01223 520124**

Illuminate provides subsidised life coaching to individuals and groups who are considered disadvantaged or vulnerable and who have little income or are unemployed. We help people to build the tools, experience and knowledge to sustainably help themselves both in the present and the future.

**Impington Opportunity Playgroup**

St Andrew's Church Hall  
High Street  
Histon  
Cambridge  
CB24 9JE  
[sally@bigfoot.com](mailto:sally@bigfoot.com)  
**01223 315024**

We provide play facilities for pre-school children with disabilities. The children and their siblings play with volunteer helpers whilst their parents and carers can have a break. It also provides a meeting place for parents where they talk and support one another.

**Inspire - Wellbeing Through Arts**

2a Cambridge Road  
Milton  
Cambridge  
CB24 6AW  
[jacqui@inspire.org.uk](mailto:jacqui@inspire.org.uk)  
[www.inspire.org.uk](http://www.inspire.org.uk)  
**01223 441106**

We organise arts projects led by professionals working with disadvantaged or disabled people of all ages and abilities. We also run integrated projects. We provide an arts and disabilities service for Cambridgeshire, including a newsletter 'Inspirations', which comes out three times a year.

**John Huntingdon's Charity**

John Huntingdon House  
Tannery Road  
Sawston  
Cambridge  
CB22 3UW  
[office@johnhuntingdon.org.uk](mailto:office@johnhuntingdon.org.uk)  
**01223 830599**

The charity serves the people of Sawston primarily and gives advice, emotional and

financial support where needed. The Charity provides 18 houses in Sawston for those with acute housing need. Other activities include providing grants for childcare, school uniform and essential household items.

**Kinship Carers of Cambridgeshire**

19 Keates Road  
Cherry Hinton  
Cambridge  
CB1 9ER  
[annabelroberts@btinternet.com](mailto:annabelroberts@btinternet.com)  
**01223 411923**

This group aims to provide support and information to kinship carers and their children.

**Libra Theatre Company**

14 Ditchfield  
Reach  
Cambs  
CB25 0JA  
[admin@libratheatre.org.uk](mailto:admin@libratheatre.org.uk)  
[www.libratheatre.org.uk](http://www.libratheatre.org.uk)  
**01638 742814**

We are a mixed ability theatre company working with adults with learning difficulties in Cambridge and surrounds. We try to perform annually in a public place. Volunteers assist in rehearsals and performance. No personal care is involved. Experience of drama or disability is helpful but not essential.

**Lifecraft**

The Bath House  
Gwydir Street  
Cambridge  
CB1 2LW  
[info@lifecraft.org.uk](mailto:info@lifecraft.org.uk)  
**01223 566957 (office)**

Lifecraft, a registered charity, is a self-help organisation for people who experience or have experienced mental distress. We run a relaxed informal social club for members at the Bath House, Monday - Friday 4pm - 7pm (not Wednesdays), with free tea and coffee.

**Living Sport, the Cambs & Peterborough Sports Partnership**

Unit 5, Fen Road  
Pidley  
Huntingdon  
Cambridgeshire  
PE28 3DF  
[claire.thorby@livingsport.co.uk](mailto:claire.thorby@livingsport.co.uk)  
**01487 841559**

Living Sport aims to promote the participation in sport and physical activity and to support organisations and the workforce to provide more sport more effectively.

**Lupus UK (Cambridgeshire Group)**

93 Brewery Road  
Pampisford  
Cambridge  
CB22 3EW  
[mail@cambridgehirelupus.org.uk](mailto:mail@cambridgehirelupus.org.uk)  
**01223 833013**

The local group of Lupus UK is involved in the following activities: - providing support to Lupus patients and their families, arranging meetings for local members, maintaining a library of Lupus information, producing a local newsletter and holding awareness raising events.

**Make Do and Mend**

74 Ditton Walk  
Cambridge  
CB5 8QE  
[malicejoy@yahoo.co.uk](mailto:malicejoy@yahoo.co.uk)  
[www.makedoandmendinfo.co.uk](http://www.makedoandmendinfo.co.uk)  
**01223 521634**

Make,Do and Mend has been set up to provide creative, strength-based skills workshops, peer support and information on mental health services in Cambridge for people who suffer from mental distress.

**Milton Day Centre**

42 Old School Lane  
Milton  
Cambridge  
CB24 6BS  
[margaretnunn@btinternet.com](mailto:margaretnunn@btinternet.com)  
**01223 860829**

We provide a hot lunch followed by speakers, entertainment, quizzes, games etc. We have interaction with local

primary school children. We organise an annual summer outing and have a stall at the village Summer Fayre.

**Mind Shop (The)**

38 Burleigh Street  
Cambridge  
CB1 1DG  
[mindcambridge@googlemail.com](mailto:mindcambridge@googlemail.com)  
**01223 302926**

Raising funds for the mental health charity, The Mind Shop has a paid manager and one part-time assistant. A volunteer workforce of approximately twenty help to run the shop, sort and prepare stock for sale.

**Multiple Sclerosis Society (Cambridge & District Branch)**

6 Pershore Road  
Hardwick  
Cambridge  
CB23 7XG  
[Christine-Phillips@freeola.com](mailto:Christine-Phillips@freeola.com)  
**01954 210684**

The Cambridge & District Branch of the MS Society organises monthly social meetings, welfare support for those with MS and their families and fund-raising events to support the work of the Society.

**Our Voice Advocacy Services**

The Grange  
Market Street  
Swavesey  
Cambs  
CB24 4QG  
[ourvoice@ntlbusiness.com](mailto:ourvoice@ntlbusiness.com)  
[www.our-voice.org](http://www.our-voice.org)

Our Voice is an independent and confidential advocacy service for people with disabilities, HIV, Aids and sensory impairment who live in the Cambridgeshire and Peterborough area.

**OWL Opportunities Without Limits**

Sawston Village College,  
New Road  
Sawston  
Cambridge  
CB22 3BP  
[cathysshortland@papworth.org.uk](mailto:cathysshortland@papworth.org.uk)  
**01223 835329**

OWL creates work, learning and leisure opportunities for disadvantaged and learning disabled people in the community. OWL offers accredited work-based training in catering, horticulture and bicycle skills. Other projects include recycling, DIY skills, art, sport, IT, weaving, retail and social skills training. There is also a Friday night social club.

#### **Prospects Trust**

Snakehall Farm  
50 Swaffham Road, Reach  
Cambridge  
CB25 0HZ  
[theprospectstrust@tiscali.co.uk](mailto:theprospectstrust@tiscali.co.uk)  
**01638 741551**

Prospects trust, based at Snakehall Farm in Reach, near Burwell, provides a range of work experience, training and supported work for people with learning disabilities, on a non-residential basis.

#### **Red 2 Green**

Harvey's Barn  
Park End  
Swaffham Bulbeck  
Cambridge  
CB25 0NA  
[deborah.clough@red2green.org](mailto:deborah.clough@red2green.org)  
[www.red2green.org](http://www.red2green.org)  
**01223-811662**

Red 2 Green works to increase opportunities in education, training, work and leisure for people with a wide range of disabilities in South and East Cambridgeshire.

#### **REMAP (Rehabilitation Engineering Movement Advisory Panel)**

4 Woodvale Lodge  
Midsummer Meadows  
Cambridge  
CB4 1HL  
[pippacousins@yahoo.co.uk](mailto:pippacousins@yahoo.co.uk)  
**01223 570860**

REMAP is a group of engineers and occupational therapists who meet to tackle problems of mobility or communication for disabled individuals of all ages. Projects are allocated to members who design and make devices or adapt existing aids to suit the client.

#### **Riding for the Disabled Association**

The Old Grange  
Ickleton  
Saffron Walden  
Essex  
CB10 1TA  
[phillyhamilton@mail.com](mailto:phillyhamilton@mail.com)  
[www.rda-east.fsnet.co.uk-index.html](http://www.rda-east.fsnet.co.uk-index.html)  
**01763 838249**

We offer the opportunity of horse riding to any disabled person who might benefit in their general health and well being. Freephone number: 0845 450 7069.

#### **Rowan Humberstone**

40 Humberstone Road  
Cambridge  
CB4 1JG  
[des@rowanhumberstone.co.uk](mailto:des@rowanhumberstone.co.uk)  
[www.rowanhumberstone.co.uk](http://www.rowanhumberstone.co.uk)  
**01223 566027**

Rowan Humberstone provides work experience and training to NVQ level for people with a learning disability. We run four arts based workshops doing wood carving, ceramics and painting.

#### **Royal British Legion Womens Section Cambridgeshire County**

24 Hagers Close  
Melbourn  
Royston  
Herts  
SG8 6HY  
**01763 260591**

The Women's Section of the Royal British Legion helps the ex-service community, dependants, ie: widows and families.

#### **St John's Companions Group**

23 Worts Causeway  
Cambridge  
CB1 8RJ  
[junehuntman@ntlworld.com](mailto:junehuntman@ntlworld.com)  
**01223 501712**

We support all those in special need in the Parish, whether they are Churchgoers or not. Those who are elderly, bereaved, housebound, disabled, blind, or sick. We visit on a regular basis in their own homes, in hospital or in care homes.

**Standing Start**

39 Gogmagog Way  
Stapleford  
Cambridge  
CB22 5BQ

[jane@standingstart.org](mailto:jane@standingstart.org)

[peter@standingstart.org](mailto:peter@standingstart.org)

**01223 839055**

We provide physio-based active rehabilitation for clients with spinal cord injuries.

**St George's Lunch Club**

St George's Church Hall  
Chesterfield Road  
Cambridge

[berkley1@waitrose.com](mailto:berkley1@waitrose.com)

**01223 423374**

The Club provides a home cooked and healthy two-course lunch in a social setting which enables members to meet and make friends and share time together

**Stars Children's Bereavement Support Services**

c/o CPDC Foster Road  
Trumpington  
Cambridge  
CB2 9NL

[info@talktostars.org.uk](mailto:info@talktostars.org.uk)

**01223 863511**

STARS provides a comprehensive bereavement support service to young people in Cambridgeshire (up to the age of 19) and advice to their families and carers and associated professionals.

**The Haven Cambridge**

Brickfields House  
15-16 Cheddars Lane  
Cambridge  
CB5 8LD

[info@havencam.org](mailto:info@havencam.org)

**01223 500118**

The Haven Cambridge is a pregnancy advice centre which offers non-directive counselling and support to women and their partners in crisis pregnancy situations and beyond. We also offer free post-abortion counselling.

**Yellow Rose Spiritual Centre**

2A Tavistock Road  
Cambridge  
CB4 3NB

**01223 359074**

The Spiritual Centre is non-denominational. Healing and clairvoyance meetings arranged monthly. Please telephone for our times and events on 01223 359074.

**The You Can Hub**

Edmund House  
9 Church Lane  
Fulbourn  
Cambridgeshire  
CB21 5EP

[ruth.brannan@hotmail.co.uk](mailto:ruth.brannan@hotmail.co.uk)

**01223 883149**

The You Can Hub is a Cambridgeshire based user-led organisation that is being developed by and for people experiencing disability and disadvantage.

## Older People groups

There are another 57 unlisted voluntary and community groups in this category

### Age UK Cambridgeshire

2 Victoria Street  
Chatteris  
Cambridgeshire  
PE16 6AP  
[office@accambs.org](mailto:office@accambs.org)  
[www.accambs.org](http://www.accambs.org)  
**01354 696650 (Admin) 01354  
696677(Info & Advice)**

Age UK Cambridgeshire aims to improve the lives of older people in Cambridgeshire. Services include: Volunteer Visiting Scheme, Home Help Service, Information Service, Day Centres, Mental Health Advocacy and Home Safety Projects. Age UK aims to inform and represent older people, giving a voice to their concerns and issues.

### Cambridge Pensioners' Fellowship

60 Old School Lane  
Milton  
Cambridge  
CB24 6BS  
[sheila.wall@ntlworld.com](mailto:sheila.wall@ntlworld.com)  
**01223 562498**

Meetings are held at Cherry Trees every Wednesday from 2pm. To start the meeting a short devotional talk is given, we then enjoy competitive quiz games, competitions and chair exercises. The first Wednesday of each month we welcome visiting speakers.

### Cambridge Pensioners' Voice

27 Earl Street  
Cambridge  
CB1 1JR  
**01223 314516**

Cambridge Pensioners' Voice is an independent non-political pensioners' group for local and rural senior citizens. We meet every second Monday of the month (except in August) at 2.30pm in the Unitarian Church Hall, Victoria Road (near Drummer Street).

### Care Network

5 Broadway House  
149-151 St Neots Road  
Hardwick  
Cams  
CB23 7QJ  
[admin@care-network.org.uk](mailto:admin@care-network.org.uk)  
**01954 211919**

Care Network supports independence for isolated, older and vulnerable residents. It helps local volunteers to start up and run 'good neighbour schemes' like community wardens, lunch clubs, visiting and community transport schemes. Also, its many volunteers offer Welcome Home From Hospital visits at residents' homes.

### Contact - The Student Visiting Service for Older & Housebound People in Cambridge

CUSU, The Old Exam Hall  
Free School Lane  
Cambridge  
CB2 3RF  
[contact@cusu.cam.ac.uk](mailto:contact@cusu.cam.ac.uk)  
**01223 761699**

Student volunteers from Cambridge and Anglia Ruskin Universities visit our older and housebound clients in their homes for an hour or so once a week during term time. Over time, clients and volunteers build up a friendly relationship. Contact also organises two annual social events, at Christmas and in the summer

### COPE (Cambridgeshire Older People's Enterprise)

40 Stretten Avenue  
Cambridge  
CB4 3EP  
[cambridgecope@hotmail.co.uk](mailto:cambridgecope@hotmail.co.uk)  
**01223 364303**

A group run by and for people aged 50 and over in Cambridge. A lobby group to cover the needs of older people. COPE holds quarterly forums and sends out monthly newsletters.

**Cottenham Mobile Warden Scheme**

34 Telegraph Street  
Cottenham  
Cambridge  
CB24 8QU  
[frankbird2@talktalk.net](mailto:frankbird2@talktalk.net)  
**01954 251182**

Cottenham Mobile Warden Scheme helps to support elderly and vulnerable people by contacting them regularly by telephone and by helping with practical tasks such as shopping and other household errands. The wardens also try to keep these elderly people in their own homes as long as it is safe for them.

**Dennis Wilson Court Social Club**

c/o 48 Dennis Wilson Court  
Cambridge  
CB2 8ES  
[jeanspet@msn.com](mailto:jeanspet@msn.com)  
**01223 502653**

The Club organises activities and special outings for its members. Summer seaside outing, Fish & chip evening, Christmas lunch, special birthday teas. Tea parties, annual charity tea party visits, out to lunch, garden centres.

**Fulbourn Day Care for the Elderly**

3 Stansfield Gardens  
Fulbourn  
Cambridge  
CB21 5HX  
[john.rickett@ntlworld.com](mailto:john.rickett@ntlworld.com)  
**07910 879858**

We provide day care for the elderly in Fulbourn and surrounding villages.

**Linton Initiative for the Elderly (LIFE)**

6 Essex Gardens  
Linton  
CB21 4NH  
**01223 892645**

LIFE organises a visiting scheme for less mobile older people in Linton which includes befriending and undertaking small practical tasks as required.. The Co-ordinator will also give assistance in accessing statutory services as necessary. The group also organises social and fundraising events.

**Over Day Centre**

1 Drings Close  
Over  
Cambs  
CB24 5NZ  
[care@overdaycentre.co.uk](mailto:care@overdaycentre.co.uk)  
**01954 231807**

Over Day Centre provides day care for the frail or elderly of Over and the surrounding villages. The Centre aims to promote and maintain the quality of life for elderly people through social contact, recreation and information activities and providing a resource through which appropriate medical and social services can be provided. It also provides relief for carers and a focus through which the people of Over can take an active part in care in the community.

**Papworth & District Day Centre**

c/o Dr Cronk  
Papworth Surgery  
Chequers Lane  
Papworth Everard  
Cambs  
CB23 3QQ  
[david.cronk@nhs.net](mailto:david.cronk@nhs.net)  
**01480 830375**

To provide a day each week when elderly, isolated people have social contact and a good lunch. To offer carers of these elderly people a regular day off each week.

**St Georges (Chesterton) Over 60's Club**

43 Chesterfield Road  
Cambridge  
CB4 1LN  
**01223 423367**

The Club meets the second and fourth Tuesday afternoons of the month to offer various speakers, entertainment, also outings during the year. A Christmas party is also offered.

**St Martin's Centre**

St Martin's Church  
Suez Road  
Cambridge  
CB1 3QD  
[centre@st-martins-cambridge.org.uk](http://centre@st-martins-cambridge.org.uk)  
**01223 508080**

The Centre provides a day facility for frail and more active older people, providing support, companionship, activities, and a mid-day meal. It also enables carers to have some time off. The facility is wheelchair accessible.

#### **Stapleford Chestnut Club**

c/o 2 St Andrews Close  
Stapleford  
Cambridge  
CB22 5DX  
[gandjs@waitrose.com](mailto:gandjs@waitrose.com)  
**01223-843414**

We are an over 60s club with 46 members from Stapleford and Great Shelford. We meet twice a month, mainly to socialise and listen to a speaker or local musical group. At least twice a year we arrange an outing to a local town or garden centre for shopping and lunch.

#### **Steeple Morden Over 60's Club**

Church View  
3 Hay Street  
Steeple Morden  
Royston  
SG8 0PD  
[annethorp35@yahoo.com](mailto:annethorp35@yahoo.com)  
**01763-852848**

Monthly meetings in the village hall on the first Thursday each month. Programme of speakers, trips arranged throughout the year, fundraising, and Christmas party.

#### **Trumpington Elderly Action group**

c/o 85 Bishop's Road  
Trumpington  
Cambridge  
CB2 9NQ  
[stephen.j.brown1@btinternet.com](mailto:stephen.j.brown1@btinternet.com)  
**01223-841559**

This group aims to create a forum where members can express their views and mention any worries or problems relating to the village. It also provides a congenial meeting place where members can meet their friends and organises interesting and enlightening talks. The group aims to have at least one outing each year.

#### **University of the Third Age**

The Old Warehouse  
33 Bridge Street  
Cambridge  
CB2 1UW  
[office@u3ac.org.uk](mailto:office@u3ac.org.uk)  
**01223 321587**

U3AC provides, for those who are no longer in full-time employment, a wide range of educational activities which take place in the mornings and afternoons. The tutors are themselves members. There is a series of weekly lectures by visiting speakers.

## Local Community Support groups & societies

There are another 615 unlisted voluntary and community groups in this category

### *Safer Communities*

#### **Cambridge Carbon Footprint Ltd**

Citylife Social  
Enterprise Centre  
182-190 Newmarket Road  
Cambridge  
CB5 8HE  
[mary.geddes@cambridgecarbonfootprint.org](mailto:mary.geddes@cambridgecarbonfootprint.org)  
[www.cambridgecarbonfootprint.org](http://www.cambridgecarbonfootprint.org)  
**01223 971353**

We are concerned with climate change. Our aim is to help people work together creatively to make real reductions in their CO2 emissions. We run 'Carbon Conversations' groups both nationally and locally, and with the help of volunteers, run workshops and talks in Cambridge.

#### **Cambridge Cycling Campaign**

PO Box 204  
Cambridge  
CB4 3FN  
[contact@camcycle.org.uk](mailto:contact@camcycle.org.uk)  
**01223 690718**

The Campaign works for better, safer and more cycling in and around Cambridge.

#### **Cambridge Cyrenians Ltd.**

4 Short Street  
Cambridge  
CB1 1LB  
[office@cambridgecyrenians.org.uk](mailto:office@cambridgecyrenians.org.uk)  
**01223 712501**

Cambridge Cyrenians was founded to serve single homeless men and women and make a positive difference to the quality of those people's lives. We currently provide accommodation and support in Cambridge for 68 residents on 10 sites, a Mental Health Service, support specifically for older homeless and various meaningful activities.

#### **Cambridge Dial-a-Ride**

Unit B Rene Court  
Coldhams Road

Cambridge  
CB1 3EW  
[camdar05@hotmail.co.uk](mailto:camdar05@hotmail.co.uk)  
[www.colc.co.uk/cambridge/Dialaride](http://www.colc.co.uk/cambridge/Dialaride)  
**01223 506335**

Cambridge Dial a Ride is a charitable organisation which provides transport for groups and individuals who otherwise have difficulty accessing public transport. It offers this service around the entire City of Cambridge, from most neighbouring villages.

#### **Cambridge Money Advice Centre**

Barnwell Baptist Church  
Howard Road  
Cambridge  
CB5 8QS  
[office.mac.cambridge@gmail.com](mailto:office.mac.cambridge@gmail.com)  
**01223 727455**

The Cambridge Money Advice Centre provides free debt advice. The organisation's services include: compiling financial statements; liaising with clients and creditors in order to agree repayment plans; helping people to learn to budget and providing financial literacy tools.

#### **Cambridge Past Present and Future**

Wandlebury Ring,  
Gog Magog Hills  
Babraham  
Cambridge  
CB22 3AE  
[thesec@cpswandlebury.org](mailto:thesec@cpswandlebury.org)  
**01223 243830**

Cambridge Past, Present and Future provides: wonderful amenity areas; works to secure protection of the City's green spaces and the countryside around Cambridge; restores and looks after historic buildings; promotes careful planning and urban design and provides a focus for those who care about the character and amenities of Cambridge.

### **Cambridge Poetry Group**

66 Alpha Road  
Cambridge  
CB4 3DG  
**01223 243409**

We write 11 poems a year on a theme decided by the poets; meet at St. Lukes Church first Thursday of each month, 7.30pm- 9.30pm. We publish the poems monthly for distribution to members. Annual fees are :- Correspondence members £17.00: Full Members £17.00: Overseas members £12.00

### **Cambridge Quranic Awareness Group**

79 Perne Road  
Cambridge  
CB1 3SB  
[cqcweb@hotmail.co.uk](mailto:cqcweb@hotmail.co.uk)

Our aim is coming together as community. Yearly party and sport. Islamic studies at GCSE level for girls. Yearly trip. Arabic language.

### **Cambridge Street Pastors**

c/o Barnwell Street  
Baptist Church  
Howard Road  
Cambridge  
CB5 8QS  
[cambridge@streetpastors.org.uk](mailto:cambridge@streetpastors.org.uk)  
**07588 560090**

The Street Pastors in Cambridge provide specially trained and equipped members of local churches to patrol the streets of Cambridge City centre between 10pm and 4am on Friday nights. Cambridge Street Pastors patrol in groups of 4 and will assist anyone who needs help as well as providing water, blankets, flipflops and other help as needed. They will liaise with other agencies concerned with public order and safety and will signpost people to other follow-up help as requested.

### **Cambridge Torch Fellowship Group**

8 Fendon Road  
Cambridge  
CB1 7RT  
[patheap@googlemail.com](mailto:patheap@googlemail.com)  
**01223 248509**

Monthly Saturday afternoon meeting for blind and visually impaired adults.

### **Cambridgeshire Campaign for Better Transport**

6 Hertford Street  
Cambridge  
CB4 3AG  
[simon@dpmms.cam.ac.uk](mailto:simon@dpmms.cam.ac.uk)  
**01223 569623**

Campaigning for people to use more sustainable transport (walking, cycling, buses, trains) rather than cars or aircraft, also for goods (rail or water rather than road). Campaigning for greater access to facilities for people who don't own or can't or do not want to drive cars.

### **CycleStreets Ltd**

80b York Street  
Cambridge  
CB1 2PY  
[info@cyclestreets.net](mailto:info@cyclestreets.net)  
**01223 701901**

CycleStreets provides a cycle journey planner and photomap website: <http://cambridge.cyclestreets.net/> for the purposes of promoting cycling. The Journey Planner enables people to plan a cycle journey from A\_B, giving both the quietest and fastest routes, as well as a third option which balances these two.

### **East of England Faiths Council**

Unit 37  
St John's Innovation Centre  
Cowley Road  
Cambridge  
CB4 0WS  
[eefc@cambcatalyst.co.uk](mailto:eefc@cambcatalyst.co.uk)  
**01223 421606**

To promote Inter-faith dialogue and support Faith groups and initiatives in the East of England

### **Emmaus (Cambridge)**

Green End  
Landbeach  
Cambridge  
CB25 9FD  
[info@emmauscambbridge.org](mailto:info@emmauscambbridge.org)  
**01223 863657**

The Emmaus Community at Landbeach offers home and work to previously homeless people and those wanting to live in a community environment. It collects

and sells second-hand household items at its shop including furniture, electrical, kitchen items, books, tools etc and reduces prices for those most in need.

### **Histon and Impington Community Minibus**

8 Dwyer Joyce Close  
Histon  
Cambridge  
CB24 9JZ  
[neilsdavies@yahoo.co.uk](mailto:neilsdavies@yahoo.co.uk)  
**01223 232514**

The fifteen seater minibus is used to provide transport for elderly and housebound people to local day centres and clubs. Regular weekly shopping services are also run. The minibus is also available for use by other local community and youth groups.

### **Ivy Leaf Tenants & Residents Association**

7 Morton Avenue  
March  
Cambs  
PE15 9EE  
**01354 652933**

This Association provides support to local tenants and residents.

### **Jimmy's Night Shelter**

Zion Baptist Church  
1 East Road  
Cambridge  
CB1 1BD  
[henry@jimmyscambridge.org.uk](mailto:henry@jimmyscambridge.org.uk)  
**01223 328898**

Jimmy's offers a warm, dry, clean and safe night shelter for men and women, aged 18 and over. Up to two dogs can also be accommodated in the same room as their owner. Staff and volunteers provide a practical, welcoming and non-judgemental service that is responsive and sensitive to the needs of individual guests.

### **Wildlife Trust BCNP Ltd**

Eco Innovation Centre  
Peters Court  
City Road  
Peterborough

PE1 1SA  
[lorna.parker@wildlifebcnp.org](mailto:lorna.parker@wildlifebcnp.org)  
**01954 13500**

The Wildlife Trust in Cambridgeshire exists to conserve and promote the natural environment for the benefit of wildlife, people and future generations. We work to save important areas of countryside and manage nature reserves, protect threatened species.

### **Wintercomfort for the Homeless**

Overstream House  
Victoria Avenue  
Cambridge  
CB4 1EG  
**01223 518140**

Wintercomfort supports those who are homeless or at risk of losing their homes by offering them basic amenities, opportunities for educational development and recreation, and a range of services designed to help them achieve greater autonomy.

### **Wisbech Charities**

Beechcroft  
124 Fridaybridge Road  
Elm  
Wisbech  
Cambs  
PE14 0AT  
[wisbchar@aol.com](mailto:wisbchar@aol.com)  
**01945 861312**

Management on voluntary basis of "King John House" King's Walk, Wisbech.

### **Woodside Community Care CIC**

32 South Road  
Gt Abington  
Cambridge  
CB21 6AU  
[woodside@fastmail.fm](mailto:woodside@fastmail.fm)  
**01223 894188**

Woodside Rural Care provides therapeutically beneficial services associated with animal husbandry, horticulture and the creative arts. These are available to all but focussed on those with special needs including mental health issues and/or physical disabilities.

## *Stronger Communities*

### **ABMEC CIC**

Compass House  
Vision Park, Chivers Way  
Histon  
Cambridge  
CB4 9AD  
[sylvialingwood@waitrose.com](mailto:sylvialingwood@waitrose.com)  
**01223 257700**

ABMEC (Action for BME Communities in Cambridgeshire) aims to improve the inclusion of Black and Minority Ethnic people who are in need or who are not currently involved in or supported by community organisations.

### **Arbury Community Association**

Arbury Community Centre  
Campkin Road  
Cambridge  
CB4 2LD  
[admin@arburycommunitycentre.org.uk](mailto:admin@arburycommunitycentre.org.uk)  
[www.arburycommunitycentre.org.uk](http://www.arburycommunitycentre.org.uk)  
**01223 712038**

Various voluntary groups use the community centre on a weekly and monthly basis. Activities include: carpet bowls, bingo, drop-in's, Tuesday Club, Crèche, ladies club, junior disco, family socials, dances, adult discos. The Centre has two halls available.

### **221 Coping with Divorce and Separation**

51 North Street  
Oundle  
Cambs  
PE8 4AL  
**01832 270154**

221 is a self help support group which runs a 'drop-in' centre in central Cambridge for people struggling to cope with divorce or separation. They provide ongoing support and also run courses to help participants regain their confidence and self esteem.

### **Berern Arts**

The Berern  
Comberton Road  
Toft  
CB23 7RY  
[tinch.minter@btinternet.com](mailto:tinch.minter@btinternet.com)

### **01223 263950**

Arts productions which integrate people with and without disabilities. Training in how to write for film and in the various processes of making films. We particularly enjoy working on films which address issues of exclusion and/or prejudice.

### **Bermuda Community Room**

Gibbons House  
off Histon Road  
Cambridge  
CB4 3LL  
[kaymic@fsmail.net](mailto:kaymic@fsmail.net)  
**01223 721282**

The Bermuda Community Room was built to improve facilities for the Bermuda Community and the Room opened on September 23rd 2006. The room can accommodate up to 35 people and is available for hire from 8am to 10pm 7 days a week. There is disabled access and facilities for light refreshments.

### **Boishakhi Cultural Association**

c/o 66A Fallowfield  
Cambridge  
CB4 1PE  
[mamun66a@yahoo.com](mailto:mamun66a@yahoo.com)  
**01223 420854**

The aim of the association is to promote Bangladeshi culture and organise social and cultural activities and trips for adults and children.

### **Cambourne Ladies International Club**

18 Swansley Lane  
Lower Cambourne  
Cambridgeshire  
CB23 6BT  
[cambourne.clc@gmail.com](mailto:cambourne.clc@gmail.com)  
**01954 710510**

The Club organises coffee mornings and family 'potluck dinners' and aids people on low incomes with food and helps to sponsor school uniforms.

### **Cambridge & County Folk Museum**

2-3 Castle Street  
Cambridge  
CB3 0AQ  
[info@folkmuseum.org.uk](mailto:info@folkmuseum.org.uk)

[www.folkmuseum.org.uk](http://www.folkmuseum.org.uk)  
**01223 355159**

The Cambridge & County Folk Museum aims to interpret the history and way of life of the people of Cambridge and Cambridgeshire through its collections and other resources for the education and delight of all.

**Cambridge & District Community Mediation Service**

Llandaff Chambers  
2 Regent Street  
Cambridge  
CB2 1AX  
[cdcms@btconnect.com](mailto:cdcms@btconnect.com)  
**01223 302514**

CMS is a mediation service for the communities of Cambridge and the surrounding districts, offering assistance to neighbours and others who are in dispute.

**Cambridge & District Volunteer Centre**

Llandaff Chambers  
2 Regent Street  
Cambridge  
CB2 1AX  
[info@cam-volunteer.org.uk](mailto:info@cam-volunteer.org.uk)  
[www.cam-volunteer.org.uk](http://www.cam-volunteer.org.uk)  
**01223 356549**

Provides information and advice to people wanting to volunteer with voluntary and not-for-profit organisations throughout Cambridge and South Cambs. We have a database of over 250 member organisations and their volunteering opportunities.

**Cambridge Afghan Community Association**

c/o 40 Kelsey Crescent  
Cambridge  
CB1 9UX  
[rahebg@hotmail.com](mailto:rahebg@hotmail.com)  
**07983 377165**

To arrange cultural activities and events for the Afghan Community in Cambridge and surrounding areas.

**Cambridge African Network**

36 Crowland Way  
Cambridge

CB4 2NA  
[info@cambridgeafricanetwork.org.uk](mailto:info@cambridgeafricanetwork.org.uk)  
[www.camnett.org](http://www.camnett.org)  
**07988 899881**

The Cambridge African Network organises monthly social meetings and other events as well as workshops, seminars etc. The group also organises the celebration of African countries' anniversary events.

**Cambridge Caribbean Association**

121 Hillcrest  
Bar Hill  
Cambridge  
CB3 8TH  
[cliffbell2001@yahoo.co.uk](mailto:cliffbell2001@yahoo.co.uk)  
**01954 782873**

The Cambridge Caribbean Association addresses health, social and cultural interests of older, retired and disabled people of West Indian and similar origins. Its activities include: social meetings from 1 to 4 pm normally on the second Saturday of each month at the Age Concern Cherry Trees Centre in St Matthew's Street.

**Cambridge Central Aid Society**

66 Devonshire Road  
Cambridge  
CB1 2BL  
[srawatkins@ntlworld.com](mailto:srawatkins@ntlworld.com)  
**01223 526157**

The Cambridge Central Aid Society gives financial help to people in need in Cambridge and its environs.

**Cambridge Chinese Welfare Project**

6 Station Road  
Histon  
Cambridge  
CB24 9LQ  
[tsehonki@hotmail.com](mailto:tsehonki@hotmail.com)  
**07765247916**

We run a weekly drop-in centre on Wednesdays at 82 Akeman Street providing support and welfare to all local Chinese people. We provide information and consultations on social welfare, benefits, health etc. There are programmes for learning to speak basic English.

### **Cambridge Citizens' Advice Bureau**

66 Devonshire Road

Cambridge

CB1 2BL

[cabadmin@cambridgecab.org.uk](mailto:cabadmin@cambridgecab.org.uk)

**01223 222660 - admin**

Cambridge CAB provides free confidential information and advice on many topic areas including, help with benefits, employment problems, debt and housing problems, including negotiation with creditors, bailiffs. The Bureau is open: Monday to Friday 9.30 am - 4 pm, Saturday 10 am - 12 noon. No appointment necessary. Translators or interpreters can be arranged where needed.

### **Cambridge City Credit Union**

82 Akeman Street

Cambridge

CB4 3HG

[info@cambridgecreditunion.org.uk](mailto:info@cambridgecreditunion.org.uk)

**01223 314664**

Cambridge City Credit Union is open to anyone who lives or works in Cambridge. It is a cooperative - owned and run by its members - that provides convenient ways of saving and fair, responsible loans.

### **Cambridge Community Church**

14 Alpha Terrace

Trumpington

Cambridge

CB2 9HT

[office@cthree.org](mailto:office@cthree.org)

[www.cthree.org](http://www.cthree.org)

**01223 844415**

Cambridge Community Church, C3, is passionate about projects that help the local community. Our 600 members are involved in initiatives such as Cambridge City Foodbank, Shine - self-esteem course for women, anti-sex trafficking campaigns and debt counselling. We meet every Sunday at St Bede's School, Birdwood Road; why not join us?

### **Cambridge Concert Orchestra**

[www.cco.org.uk](http://www.cco.org.uk)

We perform concerts in and around the community to raise money for charity and

to entertain those who rarely get the chance to hear live music.

### **Cambridge Council for Voluntary Service**

Llandaff Chambers

2 Regent Street

Cambridge

CB2 1AX

[enquiries@cambridge.cvs.org.uk](mailto:enquiries@cambridge.cvs.org.uk)

**01223-464696**

Cambridge CVS represents and supports voluntary organisations and community groups throughout Cambridge, South Cambridgeshire and Fenland. We work with groups to get funds and improve their policies and procedures. Regular networking events bring groups together. C CVS consults all the groups on its list on relevant issues throughout the year.

### **Cambridge Ethnic Community Forum**

62-64 Victoria Road

Cambridge

CB4 3DU

[cecfenquiries@cecf.co.uk](mailto:cecfenquiries@cecf.co.uk)

[www.cecf.co.uk](http://www.cecf.co.uk)

**01223 315877**

The Forum promotes racial harmony and equal opportunity by: raising concerns and issues relevant to the ethnic communities in Cambridge; providing support to victims of racial harassment and discrimination; challenging racism; offering use of the Forum's premises and equipment; supporting ethnic communities by recognising their different cultural needs. CRISP, an independent voluntary organisation which specialises in racial incident and harassment matters is also based at CECF. CRISP offers confidential help and advice on racial discrimination. CRISP also works within the community to increase awareness about racial incidents and harassment.

### **Cambridge Falun Dafa Association**

99 Beche Road

Cambridge

CB5 8HX

[miatraa@yahoo.com](mailto:miatraa@yahoo.com)

Every Saturday this group protests about Human Rights in China in front of St Mary's Church and do Falun Gong

exercises there. They also organise free exhibitions in the Guildhall and Central Library to introduce Chinese Culture to Cambridge people.

#### **Cambridge GET Group**

28 Priory Road  
Cambridge  
CB5 8HT  
[timc@getgroup.org.uk](mailto:timc@getgroup.org.uk)  
**01223 691111**

Cambridge GET Group is an infrastructure support group devoted to adult guidance, employment and training, hence GET. It offers support to member organisations by providing training, information sharing and dissemination, strategic representation.

#### **Cambridge Korean School**

St Augustine Church  
95 Richmond Road  
Cambridge  
CB4 3PS  
[jeongae.ahn@ntlworld.com](mailto:jeongae.ahn@ntlworld.com)  
**01223 515583**

Cambridge Korean School provides education and instruction in the Korean language and aims to promote the knowledge and appreciation of Korean culture and heritage to the wider Korean and host communities.

#### **Cambridge Lithuanian Society**

23 Ruston Close  
Huntingdon  
Cambridgeshire  
PE29 1AE  
[pavlovicius@yahoo.co.uk](mailto:pavlovicius@yahoo.co.uk)  
07727 650165

The Society organises Lithuanian cultural and social events.

#### **Cambridge Malayalee Association**

c/o 32 Hundon Place  
Haverhill  
CB9 0AP  
[lukose0@googlemail.com](mailto:lukose0@googlemail.com)  
**07886262747**

The Cambridge Malayalee Association provides cultural activities for the Malayalee Community.

#### **Cambridge Museum of Technology**

Old Pumping Station  
Cheddars Lane  
Cambridge  
CB5 8LD  
[info@museumoftechnology.com](mailto:info@museumoftechnology.com)  
**01223 368850**

This voluntary run museum consists of a Victorian Pumping Station, with steam, oil and gas engines, printing technology and locally made wireless and scientific equipment. We have a very wide range of volunteers and many volunteering opportunities, both skilled and unskilled. New volunteers are always welcome.

#### **Cambridge Muslim Trust**

PO Box 42  
CB5 8ZT  
[info@cambridgemuslimtrust.org](mailto:info@cambridgemuslimtrust.org)  
**0845 6123 353**

Cambridge Muslim Trust is a Muslim charitable organisation providing Islamic and community services, support and information to the Muslim community in Cambridge.

#### **Cambridge Pakistan Cultural Association**

185 The Sycamores  
Milton  
Cambridge  
CB24 6ZH  
[myb20@cam.ac.uk](mailto:myb20@cam.ac.uk)  
<http://www.pakcam.com/association>  
**07801556127**

Cambridge Pakistan Cultural Association (CPCA) is a non-political, non-sectarian, cultural and educational organisation of the local residents of Cambridge. We invite scholars, politicians, poets, artists and others to meet and share their arts, knowledge and experience with the local community. We aim to reduce social isolation and promote peace, harmony, tolerance, unity and community cohesion in a multicultural society.

#### **Cambridge Revelation 2000**

220 Cherry Hinton Road  
Cambridge  
CB1 7AW  
[cambridge.revelation2000@ntlworld.com](mailto:cambridge.revelation2000@ntlworld.com)  
**01223 571050**

Cambridge Revelation 2000 is a community based group formed to provide a support network for the activities of people, promoting, performing or creating reggae music. We aim to provide opportunities for people in the Cambridge area with an affinity and love of reggae music to become involved.

#### **Cambridge Russian Speaking Society**

24 Pershore Road  
Hardwick  
Cambs  
CB23 7XQ  
[info@camruss.com](mailto:info@camruss.com)  
[www.camruss.com](http://www.camruss.com)  
**01954 211841**

We meet about once a month, in Cambridge, for enthralling talks, refreshing walks in the woods, singing, dancing and poetry nights, elevating parties, discos, films and much more. Some of us are native Russians; for others Russian is the second language, but we all share an interest in Russian culture, language, history and art.

#### **Cambridge Rape Crisis Centre**

Box R  
12 Mill Road  
Cambridge  
CB1 2AD  
[crccdevofficer@gmail.com](mailto:crccdevofficer@gmail.com)  
[www.cambridgerapecrisis.org.uk](http://www.cambridgerapecrisis.org.uk)  
**01223 313551(office)**

A charity run by women for women and girls who have been raped or sexually abused. CRCC's main, core service is currently a telephone helpline offering support, information and signposting for women and girls of any age whose lives have been affected by sexual violence. Currently the helpline is open on Wednesday evenings from 7.30 - 9.30pm and on Saturday afternoons 3 - 5pm. Outside of these times we have a 24 hour answerphone and all calls are returned.

#### **Cambridge Szeged Society (The)**

163 Queen Ediths Way  
Cambridge  
CB1 8NJ  
[malcolm.milner@talktalk.net](mailto:malcolm.milner@talktalk.net)  
**01223 412862**

This organisation promotes and fosters friendships between the peoples of Szeged and Cambridge. Also promotes education and business links.

#### **Cambridge Sikh Society**

3 Rutherford Road  
Cambridge  
CB2 8HH  
[lssagoo@msn.com](mailto:lssagoo@msn.com)  
**01223 840074**

We aim to promote Sikh culture and religion. We hold regular congregations and organise educational activities for the Sikh community.

#### **Cambridge Storytellers**

4 Stretten Avenue  
CB4 3EP  
[marion\\_leeper@ntlworld.com](mailto:marion_leeper@ntlworld.com)  
**01223 510756**

Cambridge Storytellers organises storytelling events in the community. The group aims to encourage local tellers, to raise Cambridge awareness of storytelling and to bring visiting storytellers to Cambridge.

#### **Cambridge Super 8 Group**

61 York Street  
Cambridge  
CB1 2PZ  
[annelaure.cano@gmail.com](mailto:annelaure.cano@gmail.com)  
**01223 321705**

The Cambridge Super 8 Group is established to promote, maintain, improve and educate the public in the art of film through workshops, festival and screenings.

#### **Cambridge Time Traveller Group**

16 Orchard Road  
Histon  
Cambridge  
CB24 9HN  
[fonz.chamberlain@cambridgetimetraveller.com](mailto:fonz.chamberlain@cambridgetimetraveller.com)  
**01223 234720**

The Cambridge Time Traveller Group aims to provide people with information on the history of Cambridge and surrounding areas.

**Cambridge Women's Aid**  
PO Box 302  
Cambridge CB1 1EA  
[admin@cambridgewa.org.uk](mailto:admin@cambridgewa.org.uk)  
**01223 350764**

Cambridge Women's Aid offers information, advice and ongoing practical and emotional support to women experiencing domestic violence, in strictest confidence. CWA also offers emergency accommodation to women fleeing domestic violence in its refuges.

**Cambridge Women's Resources Centre**  
The Wharf  
Hooper Street  
Cambridge  
CB1 2NZ  
[nicky@cwrc.org.uk](mailto:nicky@cwrc.org.uk)  
[www.cwrc.org.uk](http://www.cwrc.org.uk)  
**01223 321148**

Cambridge Women's Resources Centre provides the resources, opportunities and space for women to change their lives for the better. With a proven track record, CWRC offers accredited training, emotional and practical support, networking and friendship to develop and empower women, and, through them, to strengthen their families and communities.

**Cambridgeshire ACRE**  
32 Main Street  
Littleport, Ely  
Cambs  
CB6 1PJ  
[enquiries@cambsacre.org.uk](mailto:enquiries@cambsacre.org.uk)  
[www.cambsacre.org.uk](http://www.cambsacre.org.uk)  
**01353 860850**

Cambridgeshire ACRE (Action with Communities in Rural England) is concerned with the social and economic welfare of rural communities throughout the county and the environment in which people live.

**Cambridgeshire Community Foundation**  
The Quorum  
Barnwell Road  
Cambridge  
CB5 8RE  
[info@cambscf.org.uk](mailto:info@cambscf.org.uk)  
**01223 410535**

[www.cambscf.org.uk](http://www.cambscf.org.uk)

CCF works with local people, families and businesses who wish to support local voluntary and community groups undertaking charitable projects. Through the donors we work with we offer grants under five core grant programmes which have identified themes and listed priorities listed on our website.

**Centre at St Paul's (The)**  
Hills Road  
Cambridge  
CB2 1JP  
[johnq@centrestpauls.org.uk](mailto:johnq@centrestpauls.org.uk)  
[www.centrestpauls.org.uk](http://www.centrestpauls.org.uk)

**01223 576899**

The Centre is a community facility that hires out rooms for groups and individuals and also runs its own programme of community related activities. These include a weekly toddler group and lunch every Thursday, Friday and Saturday. See website for details:  
[www.centrestpauls.org.uk](http://www.centrestpauls.org.uk)

**Chamber Musicians of Cambridge**  
33 Church Lane  
Fulbourn  
Cambridge  
CB21 5EP  
[secretary@chambermusicians.org.uk](mailto:secretary@chambermusicians.org.uk)

Activities that advance, for the public benefit, the education in, and appreciation and knowledge of the art of chamber music, particularly but not exclusively by the provision of concerts.

**The AM Challis Trust Ltd**  
54 High Street  
Sawston  
Cambridge  
CB22 3BG  
[mmaunder2@btinternet.com](mailto:mmaunder2@btinternet.com)  
**01223 832112**

Restoration of house and garden left to "the village of Sawston and its neighbourhood". The garden has been cleared, replanted and is being entered for a conservation award by SCDC opening for the National Garden Scheme. The house has been weatherproofed. The

inside is to be a tearoom and a museum of Sawston.

**Chatteris Community Centre Association**

King Edward Community Centre  
King Edwards Road  
Chatteris  
Cambs  
PE16 6NG  
[info@kingedwardcentre.org.uk](mailto:info@kingedwardcentre.org.uk)  
**01354 692658**

To promote use of the King Edward Centre for local people, for any educational, recreational or social activities.

**CAMVOL**

139 Bramley Ave  
Hardwick  
Cambs  
CB23 7XE  
[shiraz.vira@camvol.org](mailto:shiraz.vira@camvol.org)  
**01954 212095**

CAMVOL aims to organise placements for Cambridge undergraduate and graduate students to volunteer in India during their long vacations.

**Cherry Hinton Local History Society**

20 Chartfield Road  
Cherry Hinton  
Cambridge  
CB1 9JY  
[mo@peterchild.co.uk](mailto:mo@peterchild.co.uk)  
**01223 210724**

This Local History Society aims to promote and encourage the study of the local history of Cherry Hinton and preserve its heritage. Visitors and members are welcome to come to our monthly talks and the groups organises several outings over the year.

**Chesterton Community Association**

119 High Street  
Chesterton  
Cambridge  
CB4 1NL  
[enquiries@mycca.org.uk](mailto:enquiries@mycca.org.uk)  
**0300 365 1061**

Supporting community activity in Chesterton. Supporting maintenance and management of St Andrew's Hall, Chesterton. Any other charitable purpose of benefit to East and West Chesterton and adjacent neighbourhoods.

**Choices Counselling**

Alex Wood Hall  
75 Norfolk Street  
Cambridge  
CB1 2LD  
[choicesoffice@btconnect.com](mailto:choicesoffice@btconnect.com)  
**01223 358149**

Choices offer a confidential counselling service in Cambridge and surrounding areas for those whose lives are affected by child sexual abuse

**CHS Group**

Endurance House  
Chivers Way  
Histon  
Cambridge  
CB24 9ZR  
[andrew.church@chsgroup.org.uk](mailto:andrew.church@chsgroup.org.uk)  
[www.cambridgechs.com](http://www.cambridgechs.com)  
**01223 713555**

Cambridge Housing Society manages more than 1700 homes and provides care and support services for 350 people. In addition we run a community investment service tackling non housing issues which are important to our residents. We carry out a range of these services for other housing organisations and we work closely with a number of partners to ensure that between us we provide the most appropriate services.

**Christ the Redeemer Church**

Newmarket Road  
Cambridge  
CB5 8RS  
[redemercambridge@tiscali.co.uk](mailto:redemercambridge@tiscali.co.uk)  
**01223 412834**

Parish ministry with an emphasis on community work with local children.

**Churches Together in March**

c/o Orchard Lodge  
Scargells Lane  
March

PE25 9LR  
[regkemp@talktalk.net](mailto:regkemp@talktalk.net)  
**01354 657341**

Churches Together in March is a group of 10 churches who believe that the message of Christianity can be brought to the community much better by meeting and working together rather than remaining apart. Ministers and lay representatives from each of the member churches meet regularly to discuss and plan ecumenical activities and events.

**Cogwheel Trust**  
47 – 51 Norfolk Street  
Cambridge  
CB1 2LD  
[thecogwheeltrust@btconnect.com](mailto:thecogwheeltrust@btconnect.com)  
[www.cogwheel.org.uk](http://www.cogwheel.org.uk)  
**01223 464385**

The Cogwheel Trust is a Cambridge based counselling service for people experiencing marital, family, parental and relationship problems. The services we provide include: marital, couple and family therapy; individual counselling - including work with children; parenting issues; disability issues; separation, divorce and break-up support; marriage preparation and support; legal information (on family law).

**Coton Village Hall**  
56 High Street  
Coton  
Cambridge  
CB23 7PL  
[melmason333@btinternet.com](mailto:melmason333@btinternet.com)  
**01954 210280**

We provide village hall facilities, community fundraising and social activities.

**COVER (The Community & Voluntary Forum: Eastern Region)**  
Unit 2c Convent Drive  
Waterbeach,  
Cambridge  
CB25 9QT  
[office@cover-east.org](mailto:office@cover-east.org)  
**01223 861760**

Cover's mission is to develop, encourage and maximize the impact of voluntary

organisations and community groups on social, economic and environmental policies in the East of England.

**East of England Polish Community Organisation (EPCO)**  
Cambridge  
[kamila.lembrych@eepco.co.uk](mailto:kamila.lembrych@eepco.co.uk)  
[www.eepco.co.uk](http://www.eepco.co.uk)

The East of England Polish Community Organisation delivers services aimed at supporting the Polish Community in Cambridgeshire. We want to ensure, insofar as is possible, that new arrivals from Poland feel safe; have easy access to information that is relevant to them, and to service providers that work with migrants.

**Engineers Without Borders UK**  
c/o The Humanitarian Centre  
Fenner's  
Gresham Road  
Cambridge  
CB1 2ES  
[enquiries@ewb-uk.org](mailto:enquiries@ewb-uk.org)  
**01223 305888**

Engineers Without Borders UK (EWB-UK) is an international development organisation that removes barriers to development through engineering. Our programmes provide opportunities for young people in the UK to learn about technology's role in tackling poverty. Supported by the EWB-UK community, our members can work on projects around the globe.

**Fenland Visual Arts Collective**  
64 West Street  
Chatteris  
Cambs  
PE16 6HP  
[fistleacre@aol.com](mailto:fistleacre@aol.com)  
**01354 692467**

We are a not-for-profit organisation set up to support and promote the visual arts. Our aims are: To improve the quantity and quality of opportunities for visual artists. To improve access to the visual arts. To support voluntary and professional artists in all media.

### **Fitzwilliam Museum**

Trumpington Street  
Cambridge  
CB2 1RB  
[kc376@cam.ac.uk](mailto:kc376@cam.ac.uk)  
[www.fitzmuseum.cam.ac.uk](http://www.fitzmuseum.cam.ac.uk)  
**01223 332900**

Museum open Tuesday to Saturday 10 - 5, Sundays 12 - 5. Closed Mondays except Bank Holidays. Holds the art collection of the University of Cambridge. There are 500,000 objects displayed in over 30 galleries.

### **FLACK Cambridge**

182-190 Newmarket Road  
Cambridge  
CB5 8HE  
[kirsten@flackcambridge.co.uk](mailto:kirsten@flackcambridge.co.uk)

Involving homeless people in the production of a monthly 'What's On' magazine for Cambridge; providing skills mentoring and resources and providing opportunities for volunteers from the wider public.

### **Freedom Club Timebank**

c/o Sure Start Cambridge  
The Fields Children's Centre  
Galfrid Road  
Cambridge  
CB5 8ND  
[david@fctb.org.uk](mailto:david@fctb.org.uk)  
[www.fctb.org.uk](http://www.fctb.org.uk)  
**07757103149**

Community Timebank arranges various exchanges amongst the people of Cambridge. Such activities include: child care, DIY, painting, gardening Reiki, computer help/ dog walking, lifting, shopping, companionship, form filling, learning a language etc.

### **Friends of Cherry Hinton Hall**

204 Queen Edith's Way  
Cambridge  
CB1 8NL  
[sandra.day1@ntlworld.com](mailto:sandra.day1@ntlworld.com)  
**01223 247639**

The Friends of Cherry Hinton Hall is concerned about the usage, environment, welfare and future of the Cherry Hinton Hall grounds for the benefit of those who

use it.

### **Friends of Mill Road Cemetery**

c/o 2 Mill Road  
Cambridge  
CB1 2AP  
[carowilson12@googlemail.com](mailto:carowilson12@googlemail.com)  
**07720-445646**

The Friends liaise with the Trustees of Mill Road Cemetery and the City Council to protect and enhance the cemetery for the benefit of the public. They organise events and Open Days and have wildlife and history sub-committees as well as a thriving facebook group. See [www.millroadcemetery.org.uk](http://www.millroadcemetery.org.uk)

### **Friends of Whitworth House**

34a Cowslip Drive  
Little Thetford  
Ely  
Cambs  
CB6 3JD  
[sarahmartin@talk21.com](mailto:sarahmartin@talk21.com)  
**07908 570748**  
[www.friendsofwhitworthhouse.com](http://www.friendsofwhitworthhouse.com)

We give ongoing practical, social and educational support for the residents of Whitworth House, which provides supported housing for 13 vulnerable young women (aged 16-25) under the management of Orwell Housing Association. During 2011 we are also fundraising to raise £100,000 in support of Orwell's proposals for an extension.

### **Future Business Ltd**

Citylife House  
Sturton Street  
Cambridge  
CB1 2QF  
[martin@futurebusiness.co.uk](mailto:martin@futurebusiness.co.uk)  
[www.futurebusiness.co.uk](http://www.futurebusiness.co.uk)  
**01223 323481**

Our main activities include: providing premises for Third Sector organisations; supporting social enterprise and promoting charitable funding products (the Allia Charitable Bond).

### **Hammers and Thongs Productions Ltd**

67 Chalmers Road  
Cambridge  
CB1 3SZ  
[eddieshev@hotmail.com](mailto:eddieshev@hotmail.com)  
**01223 210349**

Hammers and Thongs Productions Ltd is a film and TV cooperative working with people with mental health problems, ex-offenders and people with problems of addiction. The company works in areas of high unemployment and social deprivation to encourage self-help initiatives through music, drama and dance.

### **Hawks and Campkin Residents**

Association  
90 Hawkins Road  
Cambridge  
CB4 2RD  
[kaymic@fsmail.net](mailto:kaymic@fsmail.net)  
**01223 728212**

The Association aims to help the residents in this area to improve the quality of housing and the local environment.

### **Hildersham Village Hall Charitable Trust**

5 Meadowlands  
Hildersham  
Cambridge  
CB21 4DE  
[a.westwoodbate@btinternet.com](mailto:a.westwoodbate@btinternet.com)  
[www.hilder4sham.org.uk](http://www.hilder4sham.org.uk)  
**01223 892430**

Hildersham Village Hall Charitable Trust manages Hildersham Village Hall, a community building serving the residents of Hildersham and the surrounding villages.

### **Hope Into Action**

12 Azelea Close  
Peterborough  
PE3 9QU  
[admin@hopeintoaction.org.uk](mailto:admin@hopeintoaction.org.uk)

Hope into Action works in partnership with local churches to provide housing and support for vulnerable people.

### **Humanitarian Centre (The)**

c/o Fenner's  
Gresham Road  
Cambridge  
CB1 2ES  
[Anna-joy.rickard@humanitariancentre.org](mailto:Anna-joy.rickard@humanitariancentre.org)  
**01223 760885**

The aims of the Humanitarian Centre are to support local voluntary groups/NGOs engaged in international development; to provide education and training to individuals seeking to learn more about international development issues; to provide volunteering opportunities.

### **Hunts Forum**

The Maple Centre  
6 Oak Drive  
Huntingdon  
PE29 7HN  
[info@huntsforum.org.uk](mailto:info@huntsforum.org.uk)  
[www.huntsforum.org.uk](http://www.huntsforum.org.uk)  
**01480 420601**

Advice and support for voluntary and community groups in Huntingdonshire.

### **Indian Cultural Society**

23 Greystoke Road  
Cambridge  
CB1 8DF  
[ddutta11@hotmail.com](mailto:ddutta11@hotmail.com)  
**01223 249094**

The Indian Cultural Society organises three cultural events per year.

### **Inner Space**

The Meditation Centre,  
6 Kings Parade  
Cambridge  
CB2 1SJ  
[info@cambridge.inner-space.org](mailto:info@cambridge.inner-space.org)  
[www.cambridge.inner-space.org](http://www.cambridge.inner-space.org)  
**01223 464616**

Inner Space is a haven of peace for thousands of visitors and local people. Inner Space offers a wide range of opportunities to develop personal skills and explore spiritual values. Courses on 'Meditation' and 'Overcoming Stress' are held regularly, free of charge. The shop is open every day. Inner Space is an initiative of the Brahma Kumaris.

### **Inspire - Wellbeing Through Arts**

2a Cambridge Road  
Milton  
Cambridge  
CB24 6AW  
[dianne@inspire.org.uk](mailto:dianne@inspire.org.uk)  
**01223 441106**

We organise arts projects led by professionals working with disadvantaged or disabled people of all ages and abilities. We also run integrated projects. We provide an arts and disabilities service for Cambridgeshire, including a newsletter 'Inspirations'.

### **Italian Cultural Centre La Dante in Cambridge**

15 Norfolk Street  
Cambridge  
CB1 2LD  
[ladanteincambridge@googlemail.com](mailto:ladanteincambridge@googlemail.com)  
**01954 24537**

The Italian Cultural Association will enthuse and inspire people to learn the Italian language and culture. It is an international, non-profit organisation (part of Dante Alighieri Society) and aims to promote the Italian culture abroad via language courses.

### **Kings Hedges Neighbourhood Partnership**

37 Lawrence Way  
Cambridge  
CB4 2PR  
[marie.khnp@virgin.net](mailto:marie.khnp@virgin.net)  
**01223 508197**

The Kings Hedges Partnership is an umbrella organisation bringing together all community groups and agencies operating in Kings Hedges. Our aims are to improve facilities, encourage self help and involvement, increase community spirit and act as a campaigning group for the whole area.

### **King Street Housing Society**

89 King Street  
Cambridge  
CB1 1LD  
[craig@kingstreeths.org.uk](mailto:craig@kingstreeths.org.uk)  
**01223 312294**

The King Street Housing Society provides social housing at affordable rent in the Cambridgeshire sub region. The Association runs schemes in partnership with several local authorities to aid in the homelessness duties and settled homes.

### **Lichfield & Neville Residents Action group**

152 Lichfield Road  
Cambridge  
CB1 3TR  
[t.sweeney4@ntlworld.com](mailto:t.sweeney4@ntlworld.com)  
**01223 474535**

To represent the tenants, leaseholders and residents of Lichfield and Neville Roads. To help maintain the standards of the estate and promote the welfare and well-being of all its residents.

### **Little Gransden Village Hall**

29 Primrose Hill  
Lt Gransden  
Sandy  
Beds  
SG19 3DP  
[l.judge@mailauth.co.uk](mailto:l.judge@mailauth.co.uk)  
**01767 677008**

### **March Area Regeneration and Development Trust**

Town Hall  
Market Place  
March  
PE15 9JF  
[mail@mardt.org.uk](mailto:mail@mardt.org.uk)

To develop the sustainable regeneration of March and the hinterland socially, environmentally and economically by initiating various projects and working with other groups and authorities.

### **March & District Table Tennis League**

17 St Johns Road  
March  
Cams  
PE15 8RJ  
**01354 652325**

March & District Table Tennis League run a table tennis club, Tuesday club at Neale-Wade Community Centre, district league competitions and social activity promoting county table tennis.

**Nihongo Club**

1 Thruffle Way  
Bar Hill  
Cambridge  
CB23 8TR  
[nihongoclubcambridge@yahoo.co.jp](mailto:nihongoclubcambridge@yahoo.co.jp)  
**01954 202979**

The Nihongo Club provides Japanese language lessons and Japanese cultural events every Saturday morning for Japanese speaking children in Cambridge and its vicinities. It organises other activities eg. a summer camp and Christmas concert for the children.

**Link House Trust**

17/19 Chesterton Road  
Cambridge  
CB4 3AL  
[wardens@linkhoustrust.com](mailto:wardens@linkhoustrust.com)  
**01223 561202**

The Trust provides accommodation and help in a friendly home-from-home environment for students from overseas studying for a post-graduate qualification. It has three houses in Cambridge and gives priority to students new to this country.

**Little Shelford Pantomime Group**

Fieldfare  
24 Haverhill Road  
Stapleford  
Cambridge  
CB22 5BX  
[j.coppendale@eggconnect.net](mailto:j.coppendale@eggconnect.net)  
**01223 842498**

The staging of an annual village pantomime in Little Shelford Memorial Hall with a cast of children aged between 9-16 years of age. Direction, choreography, music, administration all undertaken by volunteers. Sets painted by children under the direction of a local artist.

**Menelik Education**

The Humanitarian Centre  
Gresham Road  
CB1 2EJ  
[sally.nott@menelikpartnership.org](mailto:sally.nott@menelikpartnership.org)  
**01223 769300**

The organisation provides community support in terms of advice and advocacy

on issues such as immigration, housing and mediation particularly to minority ethnic groups. The organisation is also involved in a programme to develop schools in the Democratic Republic of Congo to bring education to children in deprived communities.

**MENTER (East of England Black and Minority Ethnic Network)**

62-64 Victoria Road  
Cambridge  
CB4 3DU  
[office@menter.org.uk](mailto:office@menter.org.uk)  
[www.menter.org.uk](http://www.menter.org.uk)  
**01223 355034**

The aims of the Black & Minority Ethnic Network are to: - tackle institutional racism, - tackle social exclusion experienced by black and minority ethnic communities, - unlock funds and gaining further funds from other grant giving bodies for the black and minority ethnic voluntary sector, - ensure that the needs of small isolated groups are listened to, - address key issues particularly relating to health, education and training, discrimination in employment and services.

**Michaelhouse Centre (The)**

Trinity Street  
Cambridge  
CB2 1SU  
[info@michaelhouse.org.uk](mailto:info@michaelhouse.org.uk)  
**01223 309167**

Michaelhouse is a unique, architecturally designed venue comprising of a café, Exhibition space, meeting rooms for hire and a medieval chapel. Further details available from the Manager.

**Mill Road Winter Fair Association**

c/o Al Amin  
100-102a Mill Road  
Cambridge  
CB1 2BD  
[secretary@millroadwinterfair.org](mailto:secretary@millroadwinterfair.org)

The Association organises and promotes an annual Winter Fair in Mill Road Cambridge to celebrate its rich diversity, to encourage participation from all local residents, businesses and community groups, to enable charities to raise money

and to foster friendship and cooperation between communities.

### **Oakington Methodist Church**

Coles Lane  
Oakington  
Cambridge  
CB24 3BA  
[liz@aprylhouse.vispa.com](mailto:liz@aprylhouse.vispa.com)  
**01223 232745**

Christian Worship Services. Community Room used by local groups, ie. Gardening Club, Over 60s Club, Drop-in Centre, local Women's group, etc. Community Room is available for hire by other groups. Easy access and parking. Reasonable rates.

### **RainbowUK.org**

[bongimbambo@hotmail.com](mailto:bongimbambo@hotmail.com)  
**01223-424189**

RainbowUK.Org organises social and educational events for members of Southern African countries in Cambridgeshire. They celebrate South African holidays and special events and offer support to residents from South Africa and other African countries across the county.

### **Petersfield Area Community Trust (PACT)**

c/o 3 Rexbury Court  
Sturton Street  
Cambridge  
CB1 2RU  
[PACTcambridge@bigfoot.com](mailto:PACTcambridge@bigfoot.com)  
[www.colc.co.uk/cambridge/forum/pact/](http://www.colc.co.uk/cambridge/forum/pact/)  
**01223 354079**

We are a group of trustees representing Petersfield's need to be a cohesive community. We campaign in areas such as planning, public open space, youth and community facilities, vandalism and transport, We hold public meetings and other events.

### **Punjabi Cultural Society Cambridge**

61 St Andrews Road  
Cambridge  
CB4 1DH  
**01223 462230**

The Society runs a MEL-MILAP (Get

Together ) group for older people which meets in Arbury Community Centre. The Society also celebrates festivals such as Diwali and other events of national importance and visits people in the community who are alone and isolated.

### **Relate Cambridge**

3 Brooklands Avenue  
Cambridge  
CB2 8BB  
[manager@relatecambridge.org.uk](mailto:manager@relatecambridge.org.uk)  
[www.relatecambridge.org.uk](http://www.relatecambridge.org.uk)  
**01223 357424**

Counselling is provided for couples or individuals who are experiencing relationship difficulties. Psychosexual Therapy and Family counselling services also provided. Counsellors work in Cambridge, Cambourne, Ely, Eaton Socon, Huntingdon, Milton and St Ives. Relate courses and workshops on relationship issues to voluntary, public and private sectors.

### **Romany Theatre Company**

c/o Llandaff Chambers  
2 Regent Street  
Cambridge  
CB2 1AX  
[info@romanytheatre.com](mailto:info@romanytheatre.com)  
**07747 705716**

The Romany Theatre celebrates Romany culture through Drama, Theatre and Radio. It seeks to help non-Romany people to understand the Romany way of life by running short accredited courses.

### **Redeemed Christian Church of God**

RCCG, City of David Cambridge  
Unit BC, The Paddocks  
347 Cherry Hinton Road  
Cambridge  
CB1 8DH  
[nkem\\_m@yahoo.com](mailto:nkem_m@yahoo.com)  
**01223 415417**

A church with lively Sunday celebrations led by the City of David's band. An epitome of love, friendship, trust and loyalty with a vibrant youth group. A dynamic environment with lots of midweek activities and teachings of timeless truths of God's wisdom. Annual international conference and lots of support for local

communities within Cambridgeshire,  
Norfolk and Suffolk.

**Saints Alive (Trust of St Francis and St Seraphim)**

12 Grange Road  
Cambridge  
CB3 9DU

[info@saintsalive.org.uk](mailto:info@saintsalive.org.uk)

Our purpose is to promote patterns of life, thought and prayer which reflect holiness and wholeness in relation to ourselves, each Cambridge other and the whole of creation of which we are part. Our activities include worship, research, education and publishing.

**Sawston Village History Society**

8 Brookfield Road  
Sawston  
CB22 3EH

[brucemilner@ntlworld.com](mailto:brucemilner@ntlworld.com)

[www.sawstonhistory.org.uk](http://www.sawstonhistory.org.uk)

**01223 570596**

1. Promotion, study and recording of all aspects of local history relating primarily to Sawston and to involve all sections of the community.
2. Building an archive of printed material and Cambridge artefacts relating to Sawston and environs

**SIN Cru**

Manor Community College  
Arbury Road  
Cambridge  
CB4 2JF

[sinstars@aol.com](mailto:sinstars@aol.com)

**01223-508742(ext246)**

SIN Cru (Strength in numbers) is a Hip Hop organisation based in Cambridge, representing all elements of Hip Hop culture, including music, dance and visual art forms. SIN Cru runs after school classes, dance courses and its touring company performs locally and nationally. Its youth group, the JNR Sinstars, has a national reputation for their high standard of ability.

**SexYOUality**

Office A, Dales Brewery  
Gwydir Street

Cambridge  
CB1 2LJ

[lara@syacambs.org](mailto:lara@syacambs.org)

[www.2byouth.co.uk](http://www.2byouth.co.uk)

**01223 369508**

SexYOUality is a registered charity which aims to improve the social, emotional and physical well being of young people under 25 within the Cambridgeshire area who are lesbian, gay, bisexual or unsure of their sexuality. Sexyouality runs youth services for LGB young people, and provides training and support for professionals around sexuality. The organisation provides young LGB people with the opportunity to meet like minded people, socialise and get information on issues which might be of concern.

**St Andrew's Hall**

St Andrews Road  
Chesterton  
Cambridge

CB4 1DH

[info@standrews-hall.co.uk](mailto:info@standrews-hall.co.uk)

**01223 306150**

St Andrew's Hall is a newly built community centre offering a large main hall and three meeting rooms available for hire by community groups, businesses and private individuals. Kitchen, piano and parking available too, with easy access to town, the river and nearby recreation ground and local nature reserve.

**St Philip's & St Stephen's Churches**

185 Mill Road  
Cambridge

CB1 3AN

[office@stphilipschurch.org.uk](mailto:office@stphilipschurch.org.uk)

**01223 414775**

Sunday worship at 10.30am at St Philip's Church with children's and young people's groups and crèche. Lively and friendly. All welcome. Wednesdays: Luncheon Club for retired people, at 12.30pm in St Stephen's Hall.

**Steeple Morden Village Hall Committee**

91 Hay Street  
Steeple Morden  
Near Royston  
Herts  
SG8 0PD

[mds@mds.eclipse.co.uk](mailto:mds@mds.eclipse.co.uk)

**01763 852134**

The Village Hall Committee is responsible for the management of the Village Hall as a facility for the benefit of the community and its residents.

**STEnG - Social Training Enterprise Group**

Darwin Nurseries  
5 Quy Water  
Newmarket Road  
Cambridge  
CB1 9AT  
[gillriley@hotmail.co.uk](mailto:gillriley@hotmail.co.uk)  
**07511 508864**

STEnG is a membership organisation for Cambridgeshire social training enterprises. It currently has 10 members. The office is based at Darwin Nurseries. All members provide a variety of work, learning and leisure activities, primarily for adults with learning disabilities, but also for people with m/health and other disabilities. Developing opportunities for people to progress into mainstream employment through social enterprise is a common aim.

**Student Community Action**

10 Pembroke Street  
Cambridge  
CB2 3QY  
[mail@cambridgesca.org.uk](mailto:mail@cambridgesca.org.uk)  
**01223 350365**

SCA is the major link between University students and the voluntary sector in the Cambridge area. For over 30 years SCA has been recruiting, placing and supporting student volunteers to work on one of our ten projects, to provide help to individuals.

**Talking in Tune**

32 Harvey Goodwin Avenue  
Cambridge  
CB4 3EU  
[talkingintune@ntlworld.com](mailto:talkingintune@ntlworld.com)  
**01223 573288**

Talking in Tune organises participative and inclusive singing events and projects. Current projects include Street voices – a music group for homeless people and the

Lifecraft Singers- a singing group for people who have experienced mental distress.

**Thriplow Village Shop Association Ltd**

2 Middle Street  
Thriplow  
Royston  
SG8 7RD  
**01763 208727**  
[ck.clarke@virgin.net](mailto:ck.clarke@virgin.net)

The purpose of the Association is to run the village shop with 1 fulltime, 3 part time staff and around 20 volunteers to meet the needs of the village and passing customers. The Association is an Industrial and Provident, not-for-profit organisation.

**Trumpington Residents' Association**

53 Shelford Road  
Trumpington  
Cambridge  
CB2 9LZ  
[andrewroberts53@hotmail.com](mailto:andrewroberts53@hotmail.com)  
**01223 841181**

Trumpington Residents Association aims to improve the quality of life in Trumpington and to engender a sense of community through the provision of community activities.

**Volunteer Centre Royston & District**

Royston Hospital  
London Road  
Royston  
SG8 9EN  
Volunteer Centre:  
[info@roystonvolunteer.org.uk](mailto:info@roystonvolunteer.org.uk)  
**01763 243020**

The Volunteer Centre Royston & District's purpose is to encourage, support, develop and promote voluntary activity amongst all sections of the community of Royston and the surrounds. We aspire to provide a quality service and ensure effective partnerships.

**Whittlesea Society**

3 Vintners Close  
West Parade  
Peterborough  
PE3 6BT  
NO E-MAIL ADDRESS

**01733 753894**

To promote interest in the history, character, architecture, wildlife and conservation of Whittlesea and the surrounding villages.

**Women 4 Integration**

185 The Sycamores  
Milton  
Cambridge  
CB24 6ZH  
[Samiatbaig@hotmail.com](mailto:Samiatbaig@hotmail.com)  
**07956 192119**

This is a new Pakistani Women's group which will look to involve other white and BME groups as well as the involvement of younger women.

**WRVS**

Addenbrookes Hospital  
Box 214  
Hills Road  
Cambridge  
CB2 2QQ  
[nikki.soyza@wrvs.org.uk](mailto:nikki.soyza@wrvs.org.uk)  
**01223 244749**

We deliver practical support through the power of volunteering so older people get more out of life. We provide support in hospital, at home, in social centres and in an emergency.