

Stay at home to stop Coronavirus spreading

Everyone must stay at home to help stop the spread of coronavirus.

This includes people of all ages – even if you do not have any symptoms or other health conditions.

You can only leave your home:

- **to shop for basic essentials** – only when you really need to
- **to do one form of exercise a day** – such as a run, walk or cycle, alone or with other people you live with
- **for any medical need** – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- **to travel to and from work** – but only where this is absolutely necessary

Further information

For latest Government information and advice

<https://www.gov.uk/coronavirus>

For medical information if you have symptoms

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 coronavirus service to find out what to do <https://111.nhs.uk/covid-19/>

Only call 111 if you cannot get help online.

This BBC link explains more about what the restrictions are and why they are needed

<https://www.bbc.co.uk/news/explainers-52010555>

South Cambs District Council – information on District services that are affected and support for residents

<https://www.scambs.gov.uk/coronavirus/>

Cambridgeshire County Council – effects on services

<https://www.cambridgeshire.gov.uk/residents/coronavirus/disruption-to-council-services>

Cottenham COVID-19 Support Team

IF YOU NEED HELP

We will put you in touch with a Cottenham volunteer who can provide support, or help you reach the right people. If you are alone or feel you may need assistance, such as deliveries, shopping or friendly calls please contact Councillor Neil Gough or Councillor Eileen Wilson

Call Neil or Eileen on:

Neil: 07919 990299

Eileen: 07825 770899

Email Neil or Eileen on:

Neil: neilgoughcrw@gmail.com

Eileen: eileenwilsoncrw@gmail.com

If you need urgent medical advice contact the NHS online service at 111.nhs.uk

Only call NHS 111 if you cannot get help online

IF YOU WISH TO HELP

Cottenham Parish Council, District Councillors, local churches and community groups and local volunteers are working together to ensure everyone in the community has a local point of contact and support if they are self-isolating or in need.

We are creating a network of volunteer neighbours who are willing to provide support.

As things progress, we will probably need more volunteers and if you wish to offer help as a point of support for your immediate neighbours, you can do one of the following:

Sign up at: www.bit.ly/cottenham-covid19

Email: cottenhamcovid19@gmail.com

Join: [Cottenham Neighbours Facebook](#) group and direct message Paul Louis

Call Paul: 07723 735831

For those suffering financial hardship

Universal Credit

People claiming Universal Credit do not need to go to Jobcentre Plus if they are advised to self-isolate. Jobcentre Plus staff are ready to support you if you are required to stay at home. Don't delay making a benefit claim, even if you think you may be affected by coronavirus.

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

Managing your money

If you need help with managing your money, or want to know what your rights are, then the following websites have useful advice:

- [Citizens Advice](#)
- [Money Advice Service](#)

Foodbank

Cottenham food bank Wed 13:30 - 14:30

Cottenham Baptist Church
156-158 High Street
Cottenham CB24 8RX

How to get help: If you call or email our foodbank we can talk through your situation and put you in touch with a relevant local agency <https://ely.foodbank.org.uk/contact-us/>
01353 468626 info@elyfoodbank.org.uk

Local Shops

Les Ward

01954 250351

Monday & Tuesday 8am-5.30pm.

Wednesday closed (existing orders only)

Thursday & Friday 8am-6pm

Saturday 8am-4pm.

We aim to restock approximately between 9am and 10.30am.(closed for this). We have to close as soon as the stuff arrives and will reopen as soon as we can. Some days we will have stock in the morning, other days we will have a few gaps until after the restock.

- We are now restricting access to one customer at a time.
- We will deliver to ONLY self-isolating customers that have no help with shopping.
- Orders can be placed and charged over the phone and collected from the shop. We will have to limit this service to the most needy
- As of 1st April, the shop will be closed on Wednesday's.

Not just baguettes

01954 206180

Currently open on Tuesdays, Thursdays, Fridays and Saturdays 9am until 1pm.

We will be serving our sourdough and other deli products. We will let you know which breads we are making the day before so you can order in advance if required. We will also be making our famous deli packs which will need to be pre ordered as usual. We are happy to deliver to anyone self-isolating in Cottenham. Please adopt the safe rule of one in the shop at any one time and adhere to the 2 metre rule.

Chemist

Opening hours 10am-6pm Monday -Friday (10am-1pm Saturdays) closed 12.30-2pm for restocking. External service available by the doorbell.

Cambridge Building Society

Now open in Cottenham ONLY on Tuesday and Thursday, normal hours. Histon and Ely branches still opening 6 days. Will send out Third Party withdrawal forms if required for those who cannot leave home.

Co-op

Will be closing at 8pm.

Curry Palace

Closed until further notice.

Shaun's News 01954 250398

Will continue to deliver papers around the village, and may be able to add other items to the housebound if asked.

Barkers Bakery open for business as usual.

We are open 7am - 14.30 Monday - Friday

Saturday 7.30 - 13.00

Any special request please call the shop directly - 01954 250785

Max three people in shop. The usual menu is available:

Bread and rolls

Filled rolls

Bacon rolls

Sausage rolls and pies

Quiche (whole one can be ore-ordered)

Cakes

Crisps and drinks

Gawthrop Butchers - Operating as usual.

Stir Bakery are offering free delivery to Cottenham, £10 minimum order. delivering every day, but orders need to be placed 3 days in advance <https://stircambridge.co.uk/bakery-shop>

Longhorn Farm Shop - all services suspended until further notice.

Supermarkets

For up to date information on restrictions, priority shopping, online orders and opening hours for all the major supermarkets visit the moneysavingexpert website

https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/?utm_content=1585041270&utm_medium=social&utm_source=twitter&fbclid=IwAR3d2mdGPjkWJXpSI21GR6rap9LOeMXGeLHel1ahiJHYb5RmyGpqAgA3RYg#supermarkets

Transport

Buses – changes to bus services https://www.stagecoachbus.com/promos-and-offers/east/east-covid19-service-changes?utm_medium=email&utm_source=govdelivery&fbclid=IwAR27nh_iWOOcSDP8f5S6kQzEc_GpL6avT6ZO0veMOwblGTzo7FN-CwNFYws

Bus passes can be used before 9.30am to access supermarket priority slots

Taxi's

Cam Taxi - 01223 704704

Offering Free journeys to NHS key workers and over 70's to Addenbrooke's and Royal Papworth Hospital. In light of the current crisis, we are dedicated to supporting our local community and valued customers. If you are 70 or over and in need of groceries then we are here to help! We will transfer your groceries from the supermarket to your doorstep. This service is free of charge during this difficult time. Give us a call and find out how we can help

Panther taxi - 01223 715715

We are still running and supporting essential journeys in and around Cambridge.

We are also offering delivery services in order to support local businesses and encouraging people to #StayHome more details to com, check <https://www.facebook.com/panthertaxis/> for updates

Alpha Cars - 01954 232300

Offering to collect click and collect from Bar Hill Tesco. Anyone that can't get out and needs this service we are offering a flat rate of £6.

If this is something you might like to use please call and supply:

order number

Collection time

Delivery address

Please make it clear to Tesco click and collect it's Alpha cars collecting.

Organisations which can help

Age UK Helpline 0300 666 9860

Lines are open 8am-7pm

Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals. Our team will give you information that is reliable and up to date and help you to access the advice you need.

Camms Meals on Wheels which is a not for profit, unsupported Charity based in Cambridge and we deliver throughout Cambridgeshire and as far as beyond Huntingdon and Ely. We offer a lunchtime hot meal delivery service throughout the week and we can deliver at weekends if required although our routes are smaller on Saturday and Sunday.

Our drivers are a cheery lot and are all DBS checked. When they deliver your meal they check that you are OK too-we call this our Watchful Eye Service. If the driver thinks it's necessary, he or she will contact our office and we will call a family member or a friend to let them know that you or your relative or friend, may need some additional assistance.

If you would like to find out more about our Service please call our office on :01223 314288 between 9am and 2pm or take a look at our website: cammsmealsonwheels.org

Cottenham Care Car provides social and medical journeys for anyone who has difficulty accessing public transport. The cost is 30p/mile with a minimum of £3 per journey, to anywhere in Cambridgeshire. 01954 251929

Cottenham Charities may be able to make one off grants depending on your situation. An application form can be found on www.cottenhamcharities.co.uk

Electrical emergencies

GDR Electrical has now ceased trading through the lockdown.

However to relive a little anxiety, I have decided to offer a FREE electrical emergency call out service to all residents of Histon, Impington, Cottenham, Girton, Milton and Waterbeach and the surrounding area during the lockdown period.

If you have lost your power supply or have had a dangerous electrical occurrence that needs making safe, disconnecting and isolating to restore power and ensure you remain safe in your homes during this time. Please give George a call on 01223 646686. We can form a plan over the phone for occupants to move into an area isolated and out side of the property or in a particular

room away from the area in question. I would be wearing full ppe and cleaning down every surface I come into contact with. On completion I can call you to let you it's safe to re-enter your home.

This is a FREE service for people in emergency during the lockdown period only.

Tel: 01223 646686

Mob: 07958207370 ask for George

Plumbing

Ian R Norman Heating and Plumbing 01954 250 649

I am a gas Safe Registered (186169) heating engineer and have lived in Victory Way for the past 14 years.

I am happy to offer my labour free of charge to any NHS worker resident in Cottenham who has a plumbing issue during the coming months.

Power loss - contact UK Power Networks (<https://www.ukpowernetworks.co.uk>, 0800 31 63 105) to report it and get it resolved. They were very helpful and provide regular updates during the problem.

Last updated 25/03/2020