



Saint Augustine's Saint Giles' Saint Luke's Castle St Methodist St John's Romanian Orthodox

If you are self-isolating or cannot go out easily we can offer practical help. Our churches have a group of volunteers who can fetch groceries, medication and other necessities for you, or simply chat on the phone.

If you need shopping please ring the Rector Philipa on **07967 196560** before 10.30am. She will take details of your order and tell you who will deliver your items, or who will be happy to chat. You can also send an email to [office@churchatcastle.org](mailto:office@churchatcastle.org)

Please do not feel alone or go out when you don't feel up to it. We are part of one another and the wider community.

There is also help available through the Cambridge City Council network with your worries about finance, mental and physical health, and social matters. Our churches lie in Arbury ward and Castle ward, so please contact either of those groups.

<https://www.cambridge.gov.uk/coronavirus-community-group-contact-details>