Nottingham & Nottinghamshire age UK

Better Lives Locally

LIVING WELL AT HOME

Could a little extra help make everyday life easier?



- Help around the home
- Food & shopping
- Everyday matters
- Companionship & community
- Welfare & wellbeing checks

Talk to our friendly team today

0115 844 0011

www.ageuknotts.org.uk

Our support includes:



Help around the home

Cleaning, laundry, changing bedding and everyday household tasks.



Food & shopping

Friendly help to shop and prepare a meal.



Everyday matters

Help with letters, bills, collect prescriptions and accessing online services.



Companionship & community

Help engaging with your community and companionship at home.



Welfare & wellbeing checks

A friendly face to check you're safe and well. Giving loved ones peace of mind.

If day-to-day tasks are challenging, and you're aged 18 or over, we're here to support you with the things that matter most.

A trusted local Charity

Available in the Rushcliffe area

Reliable & professional

Want to find out more? Contact our friendly team today

0115 844 0011

www.ageuknotts.org.uk

SCAN HERE

Age UK Nottingham & Nottinghamshire is a registered charity (registered charity number 1067881) and a company limited by guarantee registered in England and Wales (registered company number 3455485). Registered office: The Sybil Levin Centre, 577a Nuthall Rd, Nottingham NG8 6AD. Oct 2026 ©Age UK Nottingham & Nottinghamshire