



Service Overview

- Flexible Assistance to meet individual needs to remain living independently at home. Providing reassuring daily contact (Mon-Fri) either in person or by telephone call.
- Support with small practical tasks to ensure a sense of security and wellbeing.
- Free 2 weeks trial.

Service Information

For Who: Over 60's

Where: Various villages/wards/towns please check website for locations

Cost: Chargeable Service

Contact Us

Email: wardens@ageukcap.org.uk

Tel: **07944 181 307 | 07812 496 004**

What Can We Help With?

- Listening to concerns and linking the person to helpful information and guidance.
- Advice on other local community services
- Small items of shopping
- Collecting prescriptions
- Reading post
- Making phone calls on the person's behalf, if requested
- Ensuring the person's safety and wellbeing

Our Services

Information and Advice

Finances, Health, Social Care, and much more

Practical Support

Community Wardens

Hospital Discharge and Admission Avoidance

Cambridgeshire Handyperson

Social Opportunities

Day Services and Friendship Clubs

Sharing Time

Get Involved

Volunteering

Fundraising

Visit our website

www.ageukcap.org.uk

Registered Charity No. 1165856