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# Community Support at Home Service

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# Supporting your wellbeing and independence

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Our objectives are to help older people to maintain their independence and health and wellbeing, by providing services that meet individual needs.

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## Contact Us



07966 282 723 or 07900 340 265



[communitysupport@ageukcap.org.uk](mailto:communitysupport@ageukcap.org.uk)



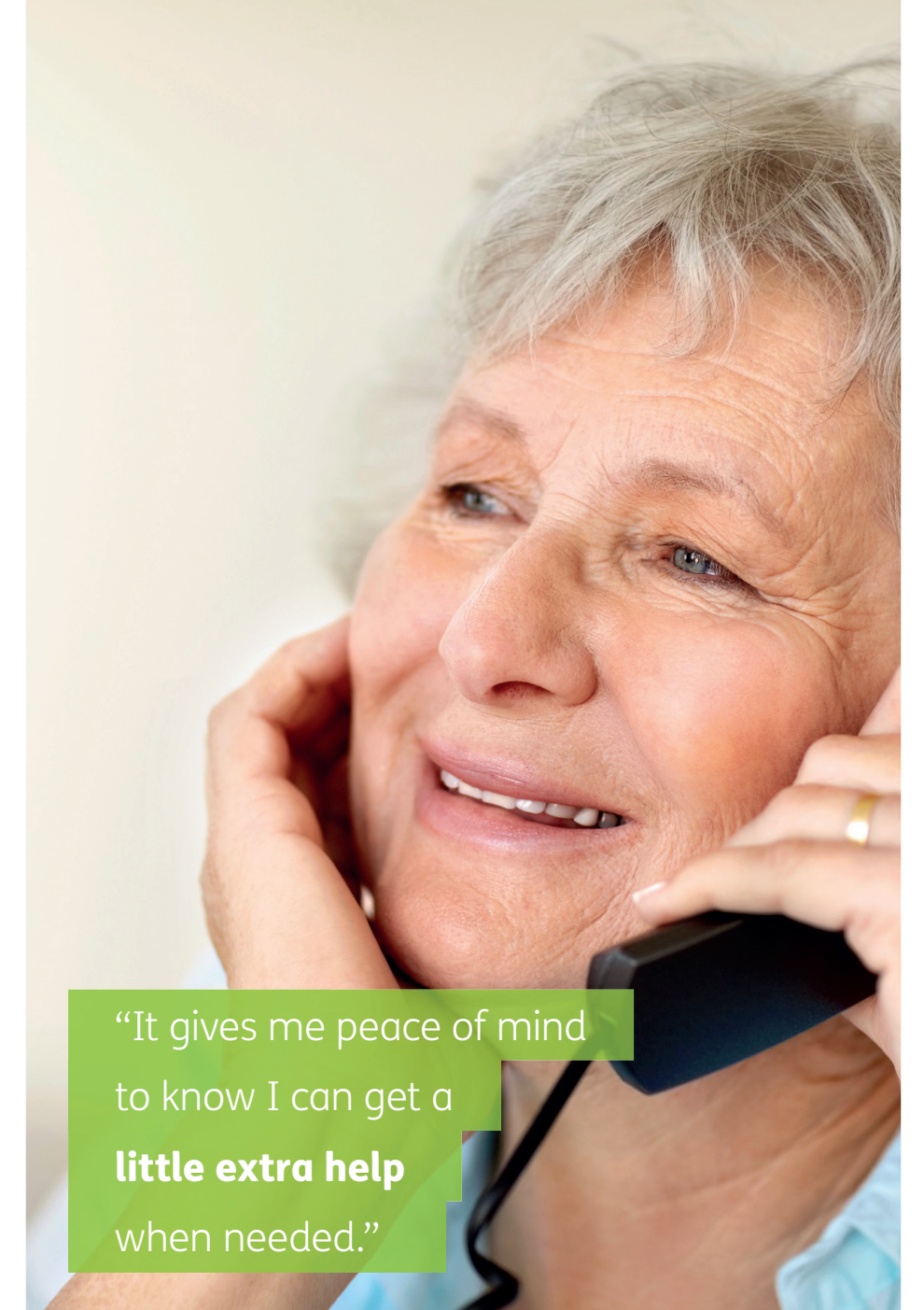
[www.ageukcap.org.uk](http://www.ageukcap.org.uk)



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“It gives me peace of mind  
to know I can get a  
**little extra help**  
when needed.”



## Community Support at Home



The service is free of charge and aims to support older people to continue to live independently at home by providing regular contact (Monday to Friday, 9:00am to 1:30pm), either by a personal visit or telephone call, to provide a sense of security and wellbeing.

### What can we help you with?

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



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The Community Support at Home service will provide you with daily contact, giving you peace of mind and support for independent living, this can be ongoing or short term support depending on your needs.

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It is important to note that this service is not for domestic home help or providing physical care.



The Community Home Support Worker is employed and paid by Age UK Cambridgeshire and Peterborough and must not undertake tasks for you on a privately arranged basis.

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## Our Services

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Age UK Cambridgeshire & Peterborough offers a variety of services for older people and their carers.

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### Information and Advice Services:

Including Visiting Support Service for Older People

### Practical Services:

- Community Wardens and Support at Home
- Home Support Service (Housework)
- Cambridgeshire Handyman Service

### Social Opportunities:

- Day Services & Friendship Clubs
- Sharing Time
- Volunteering

### We also:

- Campaign on issues that affect older people
- Offer **free** talks to clubs and professionals
- Host General Meeting events – providing information, entertainment and opportunities to gather public views and opinions
- Have meeting rooms available for hire in Cambridge and Peterborough



For more details about any of our services, please call us on: **0300 666 9860** or email **[infoandadvice@ageukcap.org.uk](mailto:infoandadvice@ageukcap.org.uk)**

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## Get Involved

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Why not get involved and help Age UK Cambridgeshire and Peterborough to continue providing high quality services to people in later life.

If you have some spare time, there are lots of things you can do, whether you want to give your time by volunteering, take part in a fundraising event, or help with our campaigns, your help would be much appreciated.

- Volunteering
- Fundraising
- Make a Donation
- Leave a legacy

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[www.ageuk.org.uk/  
cambridgeshireandpeterborough/get-involved/](http://www.ageuk.org.uk/cambridgeshireandpeterborough/get-involved/)

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#ProudtobeAgeUK

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## Age UK Cambridgeshire and Peterborough

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



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Supported by:



Age UK Cambridgeshire and Peterborough is a charitable incorporated organisation registered with the Charity Commission for England and Wales with registered charity no. 1165856  
Registered Office: 2 Victoria Street, Chatteris, Cambridgeshire, PE16 6AP.

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