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# Cambridge City Community Warden 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



07970 168 046 | 07970 168 045



wardens@ageukcap.org.uk



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



@AgeUKCAP



@AgeUKCAP



“You help me to cope  
and always cheer me up”



## Community Warden Services



The service assists older people to continue to live independently at home by providing daily contact (Monday to Friday) and support, either by a personal visit or telephone call, to ensure 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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## Funding

The service is funded by various local agreements.

## Free Trial

You will be entitled to a two week free trial, however after the trial period, we charge a small fee for our service which is payable to the warden.

A warden 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 upon what you need.

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It is important to note that the warden is not a domestic, home help or a carer providing physical care.



The Community Warden is employed and paid by Age UK Cambridgeshire and Peterborough and must not undertake tasks for you on a private 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.

### Information and Advice Services:

Including Visiting Support Service for Older People

### Practical Services:

- Community Wardens
- Home Support (Housework & Shopping)
- Cambridgeshire Handyperson Service
- Hospital Discharge and Hospital Admission Avoidance Support

### Social Opportunities:

- Day Services & Friendship Clubs
- Sharing Time & Telephone Befriending
- Volunteering

### We also:

- Campaign on issues that affect older people
- Offer **free** talks to clubs and professionals
- Hold fundraising events and activities



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

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



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



## **Age UK Cambridgeshire and Peterborough**

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