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# Home Support 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



01733 557 353



homes@ageukcap.org.uk



www.ageukcap.org.uk



@AgeUKCAP



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“I trust Age UK  
to send me someone  
**that I can rely on**  
and trust.”



## Household tasks



Are you or anyone you know struggling with household tasks? Our team of reliable and experienced Home Support Workers can help:

### What can we help you with?

- **General housework** to include: vacuuming, dusting, laundry & ironing, changing bed sheets, cleaning kitchens, bathrooms and interior windows.
- **Shopping**
- **Link** you with other services.

We supply a flexible and reliable service which is tailored to your requirements.



There is a charge for our Home Support Service and an initial one off assessment fee.



## What our service users say

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“ My Home Support Worker has been with me for years and was a great help following the death of my husband.”



“ I hope when you’re as old as me that you get someone as nice as my Home Support Worker to help you.”

“ I don’t know how I’d manage without her.”

“ It’s comforting to know some-one is coming and can help me with the things I can’t quite manage anymore.”

“ I really value all that you do for me.”



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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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