

# Help at Home

Our Help at Home service is suitable for anyone who needs a little extra support around the home. Our specially selected and well-motivated home helpers are trained to take on the tasks you can't or don't want to do yourself. From cleaning to shopping or preparing a light lunch to sharing an interest, our Help at Home service is there for you.



Our service is available Monday to Friday, in minimum one hour appointments. Following a free assessment of the service you require, we undertake to send the same Home Help to you for each appointment (whenever possible) to enable you to build up rapport with your helper.

To find out more about this service, please call us today on **01625 612958** or email us at **[enquiries@ageukce.org](mailto:enquiries@ageukce.org)**