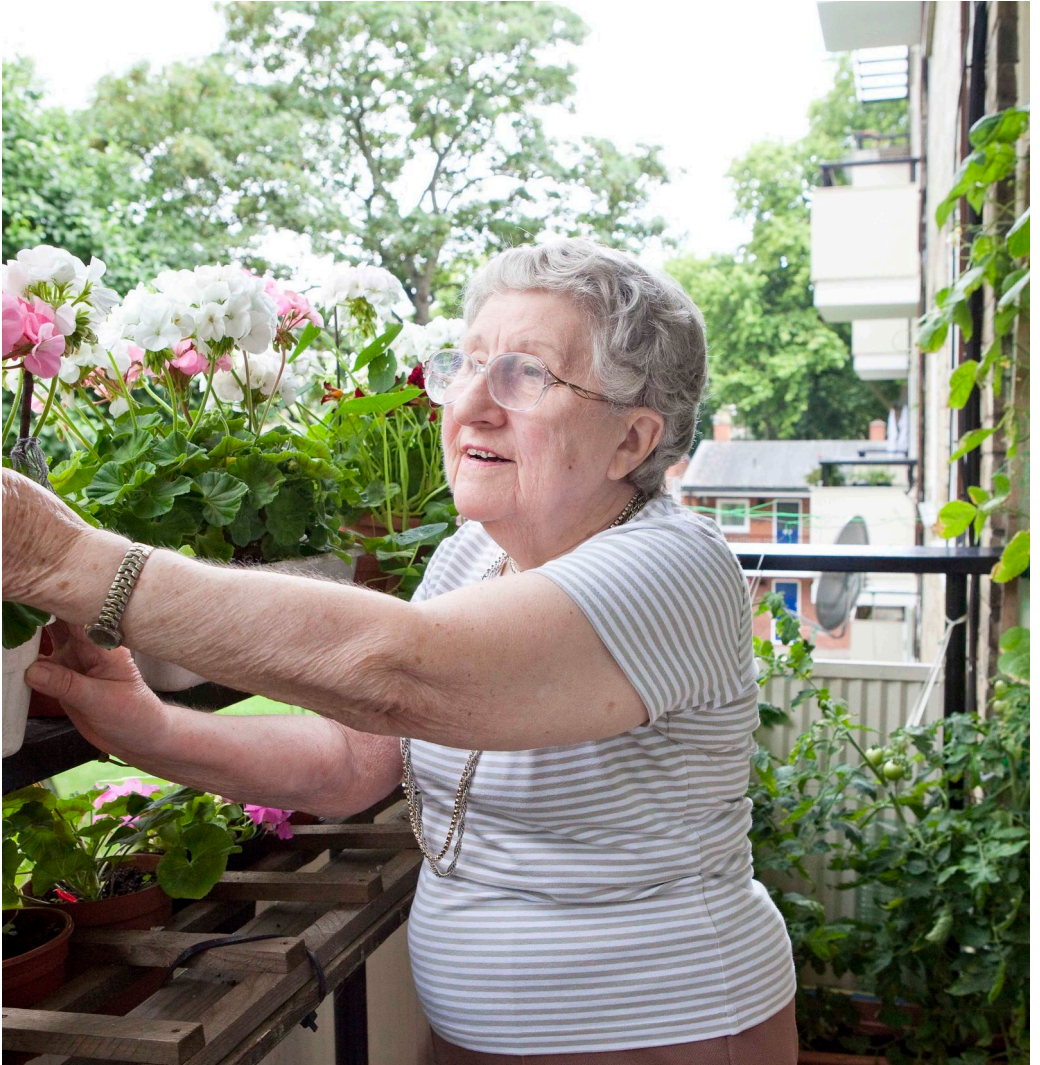


Home Support Services



Home Support Services

Most of us need a little bit of help from time to time. As we get older, there are some things we find harder to do for ourselves. A bit of support can help us to maintain our independence and quality of life as before. We offer:

- Domestic cleaning
- Laundry and ironing
- Shopping
- Accompanied shopping
- Accompanied medical appointments
- Bathing/showering care
- Support with exercise programmes
- Hairdressing at home
- Gardening

Whether it's doing your weekly shop, helping you shower safely, cleaning your home or doing laundry, talk to us about your needs. We will try to tailor-make our services to meet your requirements. If you need support with exercises given to you by a Physiotherapist or OT or need help in getting back on your feet after an operation, fall or illness, we can provide this.

Most of these services are provided by our own staff, but we also have contracts with local gardeners and a hairdresser.

Whatever your need, we will provide you with a quality service! Available to residents over 50 who live in Redbridge, Havering and Barking and Dagenham. **Charges apply.**

What people say about our services

- I know they are trained to a very high standard, and are friendly, kind and compassionate .
- The service has made a huge difference to Mum's life over the last 5 years. I have always been impressed by the support.
- I am no longer at risk trying to give myself a shower.

Contact us at:

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4th Floor, 103 Cranbrook Road
Ilford, Essex, IG1 4PU

e: admin@ageukrbh.org.uk

t: 020 8220 6000

**[www.ageuk.org.uk/
redbridgebarkinghavering](http://www.ageuk.org.uk/redbridgebarkinghavering)**

