

A Little Bit of Help

A helping hand with everyday tasks so you can stay independent for longer



Practical help where you need it

Flexible service tailored to suit your needs

Trained staff to make sure you are well looked after and safe

Regular support at home and out and about



If you'd like 'A Little Bit of Help' call us on 01709 786 955

There is a charge for this service, as we do not receive any funding to provide it. By buying this service you are helping us to continue to support older people in Rotherham.

A Little Bit of Help includes:



Help to get you out and about or accompany you to appointments.



Cleaning and laundry tasks such as ironing.



Going shopping with you or doing your shopping for you.



Planning and preparing meals with you.



Providing companionship to help you do the things you like to do such as hobbies, crafts, reading or outings. Or, we can keep someone company for a few hours whilst a carer has a break.



Why choose Age UK Rotherham?



- We are a local charity with more than 30 years experience of working with and for older people in Rotherham.
- Our staff are DBS checked, trained and treat older people according to Age UK values.
- We pride ourselves on providing high quality services and support that older people and their families can trust.

Age UK Rotherham, Galax Business Centre, Eastwood Trading Estate, Fitzwilliam Road, Rotherham S65 1SL

Visit www.ageuk.org.uk/rotherham,

call **01709 786 955** or email csssupport@ageukrotherham.org

Age UK Rotherham is an independent local charity that works with and for older people in Rotherham. Registered charity number 1039771. Leaflet: ALBH 24 August 2017