

What could LIFestyle mean to you?

- Life Choices
- Independence
- Freedom
- Empowerment
- Safety
- Companionship
- Your say
- Laughter
- Enthusiasm for life
- Support

Should you require any more information for yourself or a loved one, or would like to book a home appointment, please contact:

0191 514 1131

enquiries@ageuksunderland.org.uk

Age UK Sunderland

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Registered Charity No. 1086995

Limited Company No. 4199449



LIFestyle Service

Are you in need of some help in your daily life and around the home?

If so, Age UK Sunderland's LIFestyle service is for you. We have a fully trained team covering the whole of the city who can help with your housework, shopping, or a visit for companionship.



Help to maintain your independence

As a local charity Age UK Sunderland aims to support people across the city to **love later life.**

LIFestyle offers help with:

- **Light Housework** - including ironing, changing your bed, vacuuming or dusting
- **Shopping Support** - either on your behalf, or accompanying you
- **Companionship & Outings** - for those times you may be a little lonely or need some support to get out and about

What to expect from LIFestyle:

- Informal home appointment to discuss your needs and how the service works & pricing schedule
- Regular visits from the same person, on the same day and time each week
- Clear and accommodating cancellation policy
- A LIFestyle Worker who is fully DBS checked and trained in delivering a quality service
- Flexibility when you need to rearrange a visit, if we can help, we will

"We would like to thank the LIFestyle Worker for his sterling work helping out with my Mam"

*The service is only operational Monday to Friday
between the hours of 9.00 am and 5.00 pm.*



"My Lifestyle Worker is lovely and I am really pleased with the work she does for me"