



Independent Living

For over 60's

What does this include?

- Domestic support around the house; vacuuming, hard to reach areas (under sofas, on top of cupboards subject to risk assessment) washing, drying, folding, light ironing and putting away.
- Shopping for clothes, personal items and gifts
- Accompanying you to hospital, dental and hairdressing appointments
- Preparing/cooking of light meals
- Assistance with utility bills or reading mail
- Safety calls, medication prompts
- Dog walking

Gardening services we provide include:

- General tidying
- Lawn mowing
- Weeding

All tasks will be carried out by volunteers, who are subject to a DBS check plus references.

Please note there is a £5 charge per 30 minutes.

For more information,
please contact Rhiannon on

01472 694055

Or email:

supportworker@friendshipathome.org.uk

