



Cambridge City Warden Scheme

Service Overview

- Flexible Assistance to meet individual needs to remain living independently at home. Providing reassuring daily contact (Mon-Fri) either in person or by telephone call.
- Support with small practical tasks to ensure a sense of security and wellbeing.
- Free 2 weeks trial.

“ **How did I cope before? Bits of shopping, sorting my post, watering plants, filling my bird feeder and bringing me a cup of tea...wonderful.** ”

Contact Us

Email: wardens@ageukcap.org.uk

Tel: **07970 168 046** or **07970 168 045**

What Can We Help With?

- Listening to concerns and linking the person to helpful information and guidance.
- Advice on other local community services
- Small items of shopping
- Collecting prescriptions
- Reading post
- Making phone calls on the person's behalf, if requested

Our Services

- Information and Advice**

Finances, Health, Social Care, and much more

- Practical Support**

Community Wardens

Hospital Discharge and Admission Avoidance

Cambridgeshire Handyman

- Social Opportunities**

Day Services and Friendship Clubs

Sharing Time

- Get Involved**

Volunteering

Fundraising

Visit our website

www.ageukcap.org.uk