



## Girton Warden Scheme

### Service Overview

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- 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.

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**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.**

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### Contact Us

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Email: [wardens@ageukcap.org.uk](mailto:wardens@ageukcap.org.uk)

Tel: **07979 333 963**

## How We Can Help

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- 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
- Ensuring the person's safety and wellbeing

## Our Services

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### Information and Advice

Finances, Health, Social Care, and much more

### Practical Support

Community Wardens

Hospital Discharge and Admission Avoidance

Cambridgeshire Handyperson

### Social Opportunities

Day Services and Friendship Clubs

Sharing Time

### Get Involved

Volunteering

Fundraising

**Visit our website**

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

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