

### **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: **07436 102 736** 





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# Community Warden

## **How We Can Help**

	Our Services
	Ensuring the person's safety and wellbeing
	Making phone calls on the person's behalf, if requested
<b></b> F	Reading post
	Collecting prescriptions
	Small items of shopping
	Advice on other local community services
	istening to concerns and linking the person to nelpful information and guidance.

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

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**Fundraising** 

**Community Warden**