

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: **07812 496 002**



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Sommunity Warden

How We Can Help

	Our Services
	Ensuring the person's safety and wellbeing
	Making phone calls on the person's behalf, if requested
 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