



"BRIDGING THE GAP FOR OLDER PEOPLE"

Are you or a relative or friend having difficulties through physical or mobility problems or with dementia?

We can help

- **Day Service** for older people giving families' piece of mind their loved one is in safe hands, receiving a nutritious meal and enjoying meaningful daily activities. You can come one, two or three days a week.
- **Sitting Service** giving the carer some time to themselves on a regular basis; weekly, fortnightly or monthly.
- **Assisted Shopping Service** maybe something you need to help you shop? We run a fortnightly service to a local supermarket where we help you to shop, pack your bags and deliver your shopping straight into your kitchen.
- **Internet Shopping Service** If you are housebound and find shopping difficult we can come to you and help you to shop online with our own laptop and have your groceries delivered to your home on a day and time that suits you.

IF YOU WOULD LIKE TO FIND OUT MORE PLEASE CONTACT US:

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