

# Help at Home

Maintain your independence for longer



## We can help you with:

- ✓ General housework
- ✓ Shopping
- ✓ Companionship
- ✓ Meal Preparation
- ✓ Gardening
- ✓ Laundry & Ironing
- ✓ Transport to appointments

\*This is a chargeable service

Contact us to find out how our help at home service can help you or someone that you care for:

 0800 008 6077

 [referralhub@ageukhw.org.uk](mailto:referralhub@ageukhw.org.uk)



Herefordshire  
& Worcestershire  
**ageUK**  
[ageukhw.org.uk](http://ageukhw.org.uk)

Registered charity number 1080545