



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.
- ☐ Now with a Free 4 weeks trial (whilst funding allows)

"We know if there is a concern the warden will alert us. We value her judgement and experience. "

"Since having a warden visit, I have felt much happier and less anxious."

Contact Us

Email: wardens@ageukcap.org.uk

Tel: **07944 181 307 | 07812 496 004**

What Can We Help With?

- ☐ 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

☐ Information and Advice

Household Support Fund (Administers)

☐ 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

Registered Charity No. 1165856