



Domestic, Shopping, Gardening

Help at Home project provides support to enable independent living to residents of Amber Valley & Erewash

If you or a family member are struggling to carry out household tasks due to age or disability, then Help at Home can provide you with a local, trained and police checked worker to give you the assistance you need.



- **Domestic Support**
Ongoing cleaning including Kitchen and Bathroom, changing bedding, helping with laundry and ironing.
- **Shopping**
Either accompanied or unaccompanied. A Help at Home worker can take you to the shops and accompany you through the store, alternatively they can go and shop on your behalf.
- **Gardening**
Ongoing maintenance including mowing, strimming, weeding and fence painting.
- **Bespoke Befriending**
Providing companionship, access to local amenities such as hairdressers, garden centre and playing puzzles and games.

Help at home aims to give you the same worker at the same time on the same day, each week or fortnight, and offers a high quality, reliable service at a reasonable price.



01773 512076

To book a FREE assessment

Working closely with



Help at Home is not an agency. We are a non-profit making organisation, and are part of a registered charity of Amber Valley CVS. Reg Charity No.:1102412