

## HOME HELP SERVICE

Companionship and tackling loneliness and isolation are all bonus features of using our Home Help service! We operate in Preston, Chorley, South Ribble and Fylde and Wyre but if you live nearby then give us a call and we'll try to fit you in!

### GENERAL CLEANING DUTIES\*

Cleaning, vacuuming, dusting and polishing



Tidying and other light household duties



Washing up



Laundry and ironing



### SHOPPING\*

Supporting you to prepare a shopping list

Shopping for you at an agreed supermarket

Unpacking and putting away shopping

Preparation of light snacks or ready meals



"I would not be able to stay in my home if I didn't have the help from Age Concern"

- Home Help Customer

Speak to a person about this service - 01772 552 879



Dementia care and support in Lancashire plus so much more...

www.ageisjustanumber.org.uk



# Here at Age Concern we're certainly busy bees as there's not a day, week or month goes by when we're not up to something in our quest to help people live well and age well.



## Dementia/Memory Concerns

Are you or someone you know living with dementia or memory concerns? We are renowned for delivering specialist dementia services that help people to remain independent and continue to enjoy life.

01772 620 876

## Befriending

Combating loneliness and isolation runs throughout everything we do at Age Concern. Our Befriending service supports the emotional, physical and social wellbeing of older people in Lancashire.

01772 552 880

## Home Help\*

Help around the home and we can even do your shopping! Rest assured Age Concern staff are here for you, we love to have a chat whilst we are carrying out your chores, we put you at the heart of everything we do

01772 552 879

## Access to Benefits\*

(People above state retirement age)

Benefits assessments completed in your home and support when completing application forms if required. We help with benefits such as Attendance Allowance, Carers Allowance and many more...

01772 552 875

## Nail Clipping\*

We deliver basic toe and finger nail clipping for people in their own homes. We have been rated as 'Good' with the Care Quality Commission meaning the service is safe and caring.

01772 552 886

## Retail

Whether you're donating or purchasing, our shops have something for everyone. They also provide a variety of weekly clinics including family estate planning services and more. Our shops can be found in Bamber Bridge, Buckshaw Village, Chorley, Cleveleys, Leyland, Lostock Hall, Preston Market Place

01772 552 850

## Family Estate Planning

Ask Age Concern about **free** Will services, Special price Lasting Powers of Attorney, family protection trusts, funeral plans, equity release, stairlifts and personal alarms.

01772 552 850

## Volunteering

Volunteering with Age Concern offers a sense of achievement and purpose, as well as a sense of reward that can only be experienced when helping others. It can also provide invaluable work experience that can open the door to paid employment.

01772 552 865

## Activity Centres\*

From zumba, pilates and tai chi through to line dancing, keep fit and art classes plus many other group activities on offer. Everything we do is fully inclusive for men and women and for people of all abilities.

01772 321 868

## Fundraising

Help us to help older people. From donations of money via our website and items into our shops through to fundraising challenges and legacies the possibilities are endless.

01772 552 869

\*Costs apply



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