



**All home helpers DBS checked**



**Tel: 0113 3237 767**  
**[www.extra-help.co.uk](http://www.extra-help.co.uk)**

# Could you do with a helping hand?

**Talk to Extra Help for the complete solution**

**We can help with:**

- Cleaning and tidying
- Laundry and ironing
- Companionship
- Assisting Clients to appointments
- Dog walking
- Household maintenance
- Shopping errands
- Meal preparation
- Basic gardening

**....and so much more!**

**From £14.99 per hour.**

