

# Contact us

If you think we can help you, a family member or neighbour:

Call us on

**01952 380924** (office hours)

Email

**[helpathand@telford.gov.uk](mailto:helpathand@telford.gov.uk)**

Or write to us at

**Help at Hand**

**Wellington Civic & Leisure Centre**

**Larkin Way, Wellington**

**Telford TF1 1LX**

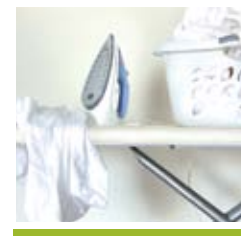
Let us help make your home life easier.

# Help at Hand



A service designed around you and your needs. We offer a range of household tasks to make your home life easier.

**01952 380924**



# Help at Hand

**We provide a range of services within your own home to make things easier for you.**

We do the jobs you find difficult to do, talk to us about:

- Food shopping - we can take you or we can do it for you!
- Picking up pensions and/or prescriptions
- General cleaning - including dusting, sweeping, vacuuming
- Washing and ironing
- Cleaning internal windows
- Making and changing beds

**Is there something else you need help with? Don't be afraid to ask!**



**Are you struggling with a mountain of ironing?  
Is it difficult getting out to pick up your pension  
or prescription? Then help is at hand!**

We are available for as long you need us - an hour a week, a few hours a month or simply as and when your ironing builds up. You choose!

Our services cost £12.50 per hour and all staff are police checked and insured. Every effort will be made to enable the same worker to come and see you every time unless they are on holiday or ill.

If we can help make your life easier or help a family member or neighbour then call us on 01952 380924.