

CAN YOU HELP YOUR COMMUNITY?

We offer rewarding and flexible volunteering opportunities. For more information email volunteering@care-network.org.uk

If you would like to make a donation to help us continue our work, please use the QR code below, visit our website, or phone us on 01954 211919.



* Fundraising, payments and donations will be processed and administered by the National Funding Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org

Thank you to all our funding partners.

Registered with



FUNDRAISING
REGULATOR



OUR SERVICES

- Help At Home
- Community Navigators
- Wellbeing
- Community Development (including the Healthy Fenland Project)

COMPLIMENTS • COMMENTS • COMPLAINTS

We welcome your feedback.

18 Broadway House
149-151 St Neots Road
Hardwick, Cambridgeshire
CB23 7QJ

Email: admin@care-network.org.uk

Phone: 01954 211919

Website: www.care-network.org.uk



Registered Charity Number: 1120693



HELP AT HOME

A helping hand
when you need it

www.care-network.org.uk

We offer a **free** Help at Home service for up to six weeks of practical and emotional support, for any adult who:

- has come out of hospital
- needs short-term help to stay independent at home

We can visit you at home or hospital to discuss your individual needs and how we might help. All our staff and volunteers undertake training and enhanced DBS (police) checks.

“ I haven't got anyone to help me at home and you have made such a difference. ”



HOW WE CAN HELP

Anyone over the age of 18 can access our service. We take time to understand your needs and help to put support in place, including:

- Checking your home is ready for your return from hospital
- Volunteer home visits and phone calls to check you're ok
- Shopping and collecting prescriptions
- Light housework and practical tasks
- Help to get a key safe or Personal Alarm installed
- Signposting to longer-term support

“ I will always be grateful for your kindness. I didn't even have the strength to do my own shopping. ”



CONTACT YOUR LOCAL HELP AT HOME COORDINATOR:

**Cambridge, South & East
Cambridgeshire**

01223 714433

Huntingdonshire & Fenland

01354 694413

Peterborough

01954 774800

Or email us at
helpathome@care-network.org.uk

We cannot help with any personal care, medication management or transport.

Although our service is offered short-term, we will work with you to consider longer-term options to help support your recovery and independence.