

Buy 5 sessions get  
the 6th free\*

Refer a friend and get  
a free 2hr session of  
your choice\*



### Home Care Services

- ✂ Preparation of meals
- ✂ General errands
- ✂ Housework
- ✂ Companionship
- ✂ Trips out
- ✂ Regular support
- ✂ Temporary care



Traditional Values Delivered the Modern Way



## Delivering Quality, Exceeding Expectations

- ✦ Preparation of meals
- ✦ General errands such as shopping and collecting prescriptions
- ✦ Housework including cleaning, washing and ironing
- ✦ Spending time chatting, going through photos and playing games
- ✦ Going for a stroll or out to lunch
- ✦ Attending doctor and hospital appointments
- ✦ Cover for family holidays
- ✦ Consistent and frequent support

The Helping Hands team provide in-home care, senior care, respite care and companion care services throughout Lancashire.

The team at Helping Hands love nothing better than making a difference to an individual's daily life and that of their family and close friends. Working with family members and the client we create a programme tailored to meet your specific needs.

Our service enables adults to continue to live independently in their own home and provides family members with the peace of mind that their loved one is receiving the care and support they require. We provide care on a continuous basis as part of the daily/weekly routine or can come in as and when you need us.

*Please do not hesitate to contact us. We'd be delighted to discuss your requirements and provide you with a no obligation quote.*



Suzanne Waring  
Founder & Managing Director



HelpingHandsLtd

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