



The package of services offered by Helping Hands is available to everybody in the community, offering domestic support and assistance within clients own homes to:

The Elderly

Disabled People

People convalescing following illness or operations

New mums requiring some extra support during the first few months following childbirth

Professional people out at work all day

Helping Hands
Domestic Care Ltd

Telephone: 01202 269372
Mobile: 07903 907872

email: wendy@helpinghandsltd.co.uk
www.helpinghandsltd.co.uk

Registered Office: 87 North Road, Poole, Dorset BH14 0LT
Registered in England. Company No: 06391831



Helping Hands
Domestic Care Ltd

*The Complete
Home Help Service*

Covering the Bournemouth, Poole and Christchurch Areas
(available weekly, fortnightly, monthly or for "one offs")

TEL: 01202 269372
MOBILE: 07903 907872

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Full public liability insurance

Carefully selected employees
(CRB checked and reference checked)



*“Experienced,
friendly and
caring staff
dedicated to
accommodate all
your domestic
requirements”*



Home Help Services

- General House Cleaning
- Dusting and vacuuming
- Make beds and change linen
- Help with washing and ironing
- Prepare shopping lists
- Help with general shopping
- Meal preparation and tidy away
- Assist with eating
- Clean out fridge
- Check food expiry dates
- Take out rubbish
- Assist with grooming
- Drop off and collect dry cleaning
- Supervise home maintenance
- Organise wardrobes and cupboards
- Answer the door
- Care for house plants
- Assist with pet care
- Collect prescriptions
- Change light bulbs



Companionship Services

- Offer companionship and conversation
- Assist with clothing selection
- Arrange appointments
- Escort to appointments
- Plan visits, outings and trips
- Visit neighbours and friends
- Assist with entertaining
- Attend club meetings and sporting events
- Accompany to lunch or dinner
- Attend plays or concerts
- Participate in hobbies or crafts
- Help with travel arrangements
- Rent and play films
- Buy magazines, papers and books
- Help with reading
- Monitor diet and eating
- Record family history
- Discuss current/historical events
- Reminisce about the past