



There are so many things I want to do



# At Gentle Hands Home Support, we'll help you continue to do the things you love – with gentle hands.

- ✓ Companionship & conversation
- ✓ Meal preparation & hydration
- ✓ Mobility support
- ✓ Medication reminders
- ✓ Shopping & errands
- ✓ Transport to appointments
- ✓ Respite & short break support
- ✓ Support with routines
- ✓ Cleaning & light gardening
- ✓ Light housekeeping
- ✓ Laundry
- ✓ Emotional wellbeing
- ✓ Family updates & reassurance
- ✓ Tailored support that's just right

## Support you can trust

We take the time to listen, understand and provide support that respects your choices and supports your independence. Our friendly team offers support with **compassion, patience and dignity** – every step of the way.

## Here for you, every day

Whether you need a little extra help at home or more regular support in the community, we'll provide support that's **kind, respectful and reliable**. We're here to make life a little easier – so you can focus on the things you love.

Email: [hello@gentlehandshomesupport.co.uk](mailto:hello@gentlehandshomesupport.co.uk) Visit [www.gentlehandshomesupport.co.uk](http://www.gentlehandshomesupport.co.uk)

