

Help at Home

Do you or a relative need help in your home?

We have a friendly professional team of Home Helpers who can assist with many practical tasks around the home.



Some of the services we can help with are:

- **Light housework and changing bed linen**
- **Light meal preparation**
- **Shopping and ironing**

Home assessment fee and hourly rate charges apply.

We are not able to provide personal care.

Contact us for more information

Volunteering in Health, Coastal Information Centre
Teignmouth Hospital, Mill Lane, Teignmouth TQ14 9BQ

01626 771695

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