



## Sometimes all you need is a helping hand

### Our services include:

- Meal preparation
- Shopping & errands
- Ironing
- Escorts (Bingo, hospital etc)
- Regular or one-off services
- Dog walking
- Senior sitting

**From £10 per hour**



If you're looking for help to deal with the stresses and strains of everyday life, Extra Help is the ideal solution. Our friendly, professional and reliable carers are always happy to help, whether you need someone to help you prepare your meals, take you shopping, walk your dog or even accompany you to appointments and social events.

We'll never let you down, so give us a call now and let us provide you with the helping hand you need.

**Tel 0845 618 2904**  
[www.extrahelp.co.uk](http://www.extrahelp.co.uk)



**EXTRA HELP**  
a helping hand