



Whatever you need to keep you independent in your own home, we are here for you.

Help at Home offers a unique and flexible

service putting you in control, enabling you to choose a service that is bespoke and tailored to your needs on every visit.

**Why choose us?**

Our friendly and reliable team are fully trained, insured and police checked.

We have built our reputation by delivering quality support & enabling at an affordable price and are a Devon County Council approved supplier.

TTVS Help at Home was formed in 2008 to provide a range of services and activities to support those aged 50+ and adults with disabilities in Torridge. We are part of TTVS, a local charity founded over 35 years ago.



**Let's get started**

**Call us for a chat to see how we can help you.**

**01237 420148**  
**helpathome@ttvs.org.uk**

**TTVS**  
**Help at Home**  
**14 Bridgeland Street**  
**Bideford,**  
**EX39 2QE**

**www.torridgecvs.org.uk**

Registered Charity No 1125142



**Help at Home**  
*Your life, your way*



**We offer practical support and enabling services tailored to suit your individual needs to:**

- Help you stay independent
- Support your well-being
- Enable you to participate and be socially included





### Cleaning, laundry, ironing, changing bed linen

We can undertake any household chores to maintain a comfortable and safe home. We can also help with de-cluttering and deep cleans if things are a little overwhelming.



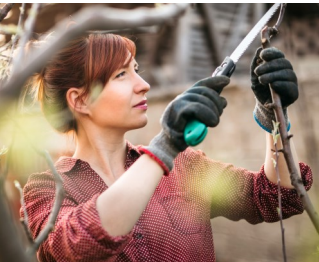
### Shopping /errands (with or for you)

We are able to take you to a supermarket of your choice or do all the shopping and unpacking for you and complete any errands you may require.



### Meal preparation

We will prepare and cook snacks and meals to suit your taste and any dietary requirements ready to batch freeze.



### Light gardening & dog walking

We can do a range of gardening such as weeding, mowing and trimming plus walk the dog for or with you.



### Assistance with paperwork & appointments

We assist with paying bills, setting up standing orders, filing, making and taking you to appointments - in fact whatever you need to help keep your affairs in order.



### Arranging other services required

Whether you need a handyman, someone to fix the boiler, washing machine or any other support we can help you find and organise reliable local tradespeople.



### Signposting to other organisations

We work in partnership with other local organisations so if you need general or specialist help we can put you in touch with them. This could, for example, be fire safety checks, benefit entitlements via our Financial Inclusion project, energy savings, referrals and assessments via Adult Social Care and NHS teams and finding activities you may wish to participate in such as our memory café's, art & reminiscence or Tai Chi classes.



### Respite for carers

We can provide companionship for the person being cared for so carers can take a much needed break to re-charge their batteries and have some "me time", reassured their loved one is safe. This can be a sitting service or indeed we can take the person out.



### Accompanied outings

As part of your Help at Home visits, we are able to accompany you on outings - be it a shopping trip, leisure activity or an appointment. The choice is yours!



### Befriending

It goes without saying that you will form a bond with your staff as we provide a consistent team. This builds a relationship based on trust and respect. They are there for you to provide whatever you need to help you live your life to full and the best of your ability.

*Your life, your way*