

Feeling under the weather? Need some extra support?



If you are over 65 and need a little extra help, our  
**Support at Home**  
scheme can help.

We can provide **FREE** assistance with things like shopping, cleaning and laundry for a short period until you get back on your feet.

You do not need a doctor's referral to use the service.

If you live in the Ashford or Tenterden area please call us on 01580 762882 or email [daycentre@tenterdendaycentre.co.uk](mailto:daycentre@tenterdendaycentre.co.uk) to request an assessment visit.

*Support at Home—Helping older people to rebuild confidence and manage at home.*  
Scheme operates within the Ashford and Tenterden areas.

Scheme operated by **Tenterden and District Day Centre**  
Incorporating the Day Centre, Tenterden Disabled in Action and Helping Hands  
Registered charity No. 1122971

