

***The following are some more examples of things our Wellbeing Assistants help people with:***

- Companionship- enjoying a cup of tea and a chat
- Accompanying you to appointments
- Letting you know your medication is due
- Planning meals
- Finding recipes
- Baking cakes / biscuits to have on hand for visitors
- Monitoring use by dates on food
- Cooking and freezing meals
- Opening mail
- Writing letters
- Paying bills
- Tending pot plants
- Supervising home maintenance
- Escorting you to church
- Escorting you to meetings & social gatherings
- Assisting you to select clothing
- Purchasing clothing on your behalf
- Grocery shopping
- Taking out rubbish
- Laundry & ironing
- Light household tasks
- Changing & washing linen
- Purchasing & sending birthday gifts on your behalf
- Reading aloud- novels, religious texts, magazines
- Assistance to visit friends and family
- Assistance with taking up a new hobby
- Help with old hobbies & favourite past-times
- Playing your favourite music
- Assisting with gentle movement to music
- Gentle massage of feet, head & hands for relaxation
- Playing mind stimulating games
- Assisting you with exercise
- Providing support with walking
- Cleaning cupboards & arranging contents
- Reminiscing about times past
- Discussing current events
- *The possibilities are endless...*