



# **Cheshire East** **Support at Home**

We offer short term practical and emotional support to anyone over the age of 18 with escalating health or care needs.

Talk to a healthcare professional if you feel you would benefit from two weeks of support at home.

**The power  
of kindness**



## **After an initial safe and well check at home, our Support Workers can help with:**

- Practical, emotional and wellbeing support.
- Shopping or help to organise the delivery of shopping or meals.
- Collecting prescriptions or ensuring prescriptions can be delivered.
- Help to attend key medical appointments.
- Signposting and referring to other agencies for further support.

**Cheshire East Support at Home** is available **Mon-Sat, 9-5pm.**

Please speak to a healthcare professional to access the Support at Home service.

**Cheshire East Support at Home**  
**07725 206 722**  
**[cheshireeast@redcross.org.uk](mailto:cheshireeast@redcross.org.uk)**