



## Practical Support & Everyday Assistance

Our practical support service is designed to assist individuals with everyday tasks that help maintain independence, routine, and overall wellbeing.

### What We Can Help With:

- Help with shopping and errands
- Support attending appointments
- Assistance with light household tasks
- Organising daily routines
- Accompanied outings and activities
- General day-to-day support

### Why Practical Support Matters:

Practical support helps individuals stay independent, maintain structure, and feel confident managing daily life.

### For Families:

Our service provides reassurance that your loved one is receiving consistent, reliable support.

### Important:

Nostalgia Solutions Ltd provides non-regulated support services only. This service does not include personal care, medication, or medical support.

### Contact Us:

- 07348 576 071
- [admin@nostalgiasolutions.co.uk](mailto:admin@nostalgiasolutions.co.uk)