

Our services are free, but anyone can make a donation to help our work, please send a cheque to the address below.

### **Want to become a Volunteer?**

Do you have time to spare? Then volunteer with Care in Strathnairn, we are always looking for people to help deliver a range of services in the community.

### **Need to contact us?**

Paul Davies  
Co-ordinator, Care in Strathnairn  
c/o Broomhill House, Farr IV2 6XF  
t. 01808 521446 / 0793 6738930  
[careinstrathnairn@btinternet.com](mailto:careinstrathnairn@btinternet.com)

We are financially supported by the Strathnairn Community Benefit Fund and the Lintel Trust.

## Care in Strathnairn

Registered Scottish Charity SC038826



Need help around  
the home or  
garden?

Need someone to  
speak to?

We provide a free assistance service to vulnerable members of the Strathnairn Community.

If you think you need some help, call us now for further information on 01808 521446 or 0793 6738930.

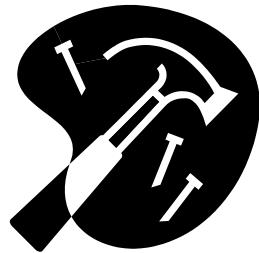
## What we can do....

We can do a range of everyday tasks to fix things that make life difficult.

Volunteers carry out our work; we are not an alternative to skilled tradespersons or carers.

The sort of things we can do include: moving light furniture, cleaning windows, changing light bulbs, changing curtains, shopping and painting. Outside we can do weeding tasks, grass cutting, hedge trimming, pruning, clearing up etc.

We cannot do landscaping or maintain gardens on a regular basis.



## Our Volunteers..

All our Volunteers have identification badges to display during their visit/work, and have been police checked.

Each Volunteer will bring any equipment if you cannot supply it, for example hand tools, paintbrushes, etc.

If you wish to use the service, it's best if you ask one of these to send us your requirements:

District Nurse

GP

Social Worker

Occupational Therapist

Family member

other agency worker

otherwise, just contact us yourself