

How Much Does it Cost?

The Helping Hands Service costs £15 per hour, or £12 if you are in receipt of benefits.

If you require a full garden or house clearance please contact us for a quote

Shopping Service

There are times when doing the weekly shop is very difficult, such as if you are unwell, or recently discharged from hospital.

Helping Hands can:

Do small weekly or one-off food shopping

Help put the shopping away

Help with internet food shopping



What we can't do:

Helping Hands is not able to assist with work that requires a qualified tradesperson such as electrical wiring or gas work.

We can't pay for any materials required to provide the service but we can help you buy them with our shopping service.

To find out more or to book a Helping Hand please call

020 8613 7113

Or email

helpinghands@volunteercentrelewisham.org.uk

Or visit

www.volunteercentrelewisham.org.uk

charity No: 1089900 Reg. Co. No: 4194910

Helping Hands

Volunteer Centre Lewisham
2nd Floor Showroom
307-313 Lewisham High Street
SE13 6NW

Open Monday—Friday
10am-4pm

Funded by London Borough of Lewisham



Helping Hands



DIY/Handy Person



Gardening



IT

Shopping



What is Helping Hands?

Helping Hands is a Social Enterprise set up and run by Volunteer Centre Lewisham and funded by Lewisham Council. Any profits made will be put back into the project and used to help Lewisham residents increase their employment skills.

Handy Person / DIY

If you need help with repairs in your home, call Helping Hands!

Replacing tap washers & light bulbs

Assembling flat-pack furniture

Packing for removals

Moving furniture

Putting up shelves

Decorating



General Information

- All volunteers are security checked by Volunteer Centre Lewisham
- All volunteers have photo ID cards
- Quotes are provided before we come to your property
- We are not an emergency service, but priority is given to urgent cases

IT Service

Technology is fast moving Helping Hands can help you:

With on-line shopping

Surfing the Internet

Using Facebook, Twitter or Skype

Learning how to create and send emails

Setting up routers/printers

Booking appointments with the hospital and Doctor



Who can Access This Service?

The Helping Hands Service is open to everyone living in and around Lewisham.

Social Care and Health Service professionals may purchase services on behalf of clients

Gardening

Is the garden just too much? Do you need a little help? Helping Hands can:

Mow the lawn

Do some weeding

Do the pruning

Clear leaves

General garden maintenance

