



華人身心健康  
CHINESE WELLBEING

# Personal Wellbeing Service

Are daily tasks becoming more difficult?

Do you have a busy life and sometimes think a little extra help would make life easier?

Our service offers bespoke care packages to support people to live independently. We provide assistance with a variety of everyday tasks, in addition to providing companionship and support to remain active within the community.

## What is included in this service?

- Companionship and conversation
- Accompanying on social visits, outings and appointments
- Help with reading
- General housework
- Shopping
- Meal preparation and tidy away
- Changing bed linen
- Supervise home maintenance
- Collect prescriptions
- Cleaning bathroom and kitchen appliances
- Heating control
- Washing, drying and storing of bedding, towels and clothes
- Reading, letter writing and phone calls
- Assistance with benefit claims



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- Chinese Wellbeing
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WWW.CHINESEWELLBEING.CO.UK  
ROOM F08 (TOXTETH TV),  
37-45 WINDSOR STREET, LIVERPOOL, L8 1XE



For further information call:  
0151 709 2643





華人身心健康  
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# 個人健康服務

應付每天的生活是否開始覺得很吃力?

您是否生活忙碌，有時覺得有點額外幫助會讓生活更輕鬆?

我們可為您提供定制的護理套餐，以支持您獨立生活。除了提供陪伴和支持在社區中保持活躍之外，還為各種日常任務提供幫助。

## 這項服務包括什麼?

- 陪伴與對話
- 陪同社交訪問、郊遊和約會
- 幫助閱讀
- 一般家務
- 購物
- 膳食準備和收拾
- 更換床單
- 監督家庭維護
- 幫取處方
- 清潔浴室和廚房用具
- 室溫控制
- 存放床上用品、毛巾和衣服的洗滌、乾燥
- 閱讀、寫信和打電話
- 福利索賠協助



掃描加入我們



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# Personal Wellbeing Service 個人健康服務

Where can I find a care provider who understands my cultural needs?  
我在哪裡可以找到了解我的文化需求的護理人員?

How to register for a GP?  
如何註冊家庭醫生?

Who can help me with applications for a driving Licence / new passport?  
誰可以幫助我申請駕駛執照 / 新護照?

Where can I find an interpreter and someone to translate important documents?  
我在哪裡可以找到專業的口譯和筆譯?

We can help!  
我們可以幫助您!

Do you need help in finding social housing?  
您需要申請政府屋的幫助嗎?

Am I eligible for income support / working tax credit / child benefit?  
我合格申請地收入津貼 / 工作補貼 / 兒童福利金嗎?

Am I eligible for a Disability allowance / Carer Allowance / Disabled badge?  
我合格申請殘疾津貼 / 照顧者津貼 / 殘疾徽章?

Preliminary assessment will be free of charge.  
初步評估是免費的

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Company Registration No.2446695