

# Help at home in PE3 Longthorpe Netherton areas



**Just ask Clare...**

Need help at home or assistance to go shopping, filling in forms, shopping online?











*Rest assured I am both police checked and formally trained in providing care to the disabled and elderly.*

No job too small!

**Just ask Clare... 07821 036999**

Location **East of England, Cambridgeshire**  
<https://www.freeadsz.co.uk/x-213720-z>

I am care trained and CRB / DRB checked and available to help you at home with tasks you can't manage or don't have time for. I am animal friendly so can also help out with pets. £10 per hour.;

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