



ASK RADISH



RADISH - Romsey and District Information and Support at Home

**Do you need help or support with small tasks?
We may be able to offer some of the following:**

- assistance in an emergency with minor household or garden tasks e.g. changing light bulbs, taking down curtains,
- clearing paths etc
- shopping with/for you because you have a sudden difficulty getting out and about
- helping with one off support due to family crisis
- reading or writing letters or helping with basic form filling
- collecting your pension, prescription, changing library books
- walking your dog in an emergency or for a short period
- helping you with transport to a non-medical social event

We can provide someone to befriend, visit and support you and signpost you to other services

Would you like to know more or request help?

Please contact us on: 01794 515126

Email: support@radishes.info

www.radishes.info

There is usually someone in the office weekdays 10.30 - 12.30, but please leave a message at any time and we will return your call. There is no charge for our service but donations towards our costs are welcome.



Part of the Good Neighbours Network

RADISH is part of the Good Neighbours Network. It is based at 9 Love Lane Romsey SO51 8DE and coordinated by Romsey and District Carers Forum
Registered Charity Number 1079112



VOLUNTEER WITH RADISH



RADISH - Romsey and District Information and Support at Home

**Do you have any time to spare?
Could you assist someone who needs help or support for a short time?**

This may include:

- assisting with minor household or garden tasks, e.g. taking down curtains, changing light bulbs, clearing paths etc.
- shopping with/for someone who has sudden difficulty in getting out and about
- helping with one off support due to family crisis
- reading or writing letters or helping with basic form filling
- collecting a pension, prescription or changing library books
- walking a dog in an emergency or for a short period
- helping with transport to a non-medical social event
- befriending, visiting or advocating for/with someone
- helping in the office of RADISH or with other admin tasks

**You can do as much or as little as you wish
If you are interested, please contact us on:**

01794 515126

Email: support@radishes.info

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