

Community
Agents Essex



Supporting independent living

Community Agents Essex

We all need a little extra help and support as we get older



Help and support with things such as:

- Getting out and about
- In your home
- Filling in forms
- Meeting people
- Healthy Living
- Caring for someone

Community Agents offer a free visit to help with all of these and more...

For more information visit: www.communityagentsessex.org.uk

To arrange a free visit call: **08009 775858** or **01376 574341**

Alternatively you can email: enquiries@caessex.org.uk