

# home help service as you need, 8 years experience in care business, cooking, cleaning



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-459528-z>



I provide help in your own home. Live healthy with home cook meal and exercise as you can , activities as you need . I can prepare breakfast, lunch dinner and Medication. I help with house work including help with your animal. Take you to see your frinds , see doctor, going out for shopping or even afternoon tea . CRB checked .;



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