

# AmbaCare Solutions CIC

## 'Here 4 U' Short Term Respite Services for Carers in Warwickshire

**Do you need a break to 'recharge your batteries' or would you simply love time to do the things you need or want to do for an hour or so?**



We can provide an experienced, enhanced DBS checked Care Buddy who will support your loved one, including activities to keep their mind active, to give you some time for yourself, knowing that they are being cared for safely

**It's free, until the end of September 2022 thanks to a Grant from WCAVA**

**To find out more about how you can access this service, have a chat with Ruth Chauhan Dementia/Health & Wellbeing Specialist on m.07974 727223 or email [ruth@amba-uk.org](mailto:ruth@amba-uk.org)**

