



# Seniors Helping Seniors

... A WAY TO GIVE AND TO RECEIVE

## DO YOU KNOW A SENIOR WHO NEEDS HELP?

Sevenoaks | Tonbridge | Malling

Companionship • Medical Appointments • Transportation  
Meal Times • Pet Care • Dementia Care • Respite Care  
Shopping • Housekeeping • Laundry • Gardening



★★★★★ 4.9 (295)

"Seniors Helping Seniors provided a carer for my elderly Mum. The carer was kind, patient and flexible, and went above and beyond to ensure my Mum was safe and happy."

**Get in Contact Today!**

☎ 01732 495665

✉ [enquiries@seniorshelpingseniors.co.uk](mailto:enquiries@seniorshelpingseniors.co.uk)

🔍 [www.seniorshelpingseniors.co.uk](http://www.seniorshelpingseniors.co.uk)

