

SHOPPING, HOUSEWORK,
LAUNDRY, COOKING,
GETTING IN AND OUT
OF BED, BATHING,
DRESSING,
COMPANIONSHIP.

WE CAN HELP WITH
YOUR DAILY TASKS.

Bield At Home



Bield At Home

brings you a helping hand

What is Bield at Home?

The service provides help and support with daily tasks to people living in Bield's West Port and Brae Court housing developments.

The service is also offered to older people living in the local community, within half a mile of West Port or Brae Court.

What makes Bield at Home different?

We will agree an exact time slot with you and will always let you know if we're running a little late.

Your support plan will be reviewed regularly to ensure you are always receiving the help you need.

Who will help me?

We have a small team of trained workers and you will always know the staff member who comes to see you.

How do I go about getting help?

Bield at Home visits can be arranged privately or via the social work department.

What sort of things can I get help with?

- ✓ Shopping
- ✓ Household tasks
- ✓ Cooking
- ✓ Personal care
- ✓ Medication
- ✓ Extra support after illness
- ✓ Companionship

Time slots available daily between 7.30am and 9.30pm.



How can I find out more?

We'd be delighted to tell you more about Bield at Home.

Please call Emma Sowerby,
Service Co-ordinator on
01506 844899 or 07772 292500.

Where to find us

West Port Resource Centre
1 St Ninian's Road
Linlithgow
EH49 4BY

01506 844899

07772 292500
(Answer machine)



West Port



Brae Court

Bield provide a range of housing and support services
for older people throughout Scotland.

www.bield.co.uk

Bield Housing & Care

Registered Office · 79 Hopetoun Street · Edinburgh · EH7 4QF · Tel: 0131 273 4000 · Fax: 0131 557 6327
Email: info@bield.co.uk · Website: www.bield.co.uk · Scottish Charity No. SC006878

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