

## Individual List Shopping



### ***Are you losing the fight with those supermarket trolleys?***

*Are you having difficulty doing your regular shopping due to extended illness, accident or simply need a bit more help nowadays?*

Let us do your shopping at no cost to you.

Our support worker will do your shopping fortnightly or weekly and have it home delivered to your door by the friendly team at Woolworths in Double Bay (\$8.80 charge).

Take advantage of this personal and caring service by our experienced support workers.

***Call Holdsworth Aged Services Team on 9302 3600***

**Proudly sponsored by:**

