



Helping you to live  
independently

Do you need a companion to chat with over  
a cup of tea or coffee?

Would you like someone to take you shopping,  
to medical appointments or other social events?

## “Supporting Companions”

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Here to help you live independently

For many years I have worked as a Civil Servant while supporting my elderly mother.

I regularly take her to hospital/doctors' appointments, shopping, visiting friends and places of interest to reduce her social isolation.

I have also been a life line to a lady who had a stroke and became housebound. I take her small amounts of shopping and sit with her having a cuppa and a chat.

When my job ended I decided I wanted to do more of this type of work and so my business was born.

For an informal chat call Lisa **07866 923725** or  
find **“Supporting Companions”** on Facebook. Email: **[lisajaynesc@gmail.com](mailto:lisajaynesc@gmail.com)**