



You can't be there *as often* as you'd like.

Someone friendly can.

A cup of tea, a proper chat and a friendly face she gets to know, for your mum or dad.

You ring on Sunday.
She says she's fine.
She always says she's fine.

You put the phone down and wonder what she didn't say.
Whether she's been out this week. Whether anyone has called
round. Whether she's really eating properly.

Then comes the guilt. You should be there more. But work, the
children, the miles and the week itself get in the way. That
doesn't make you a bad son or daughter. It makes you someone
who cares, and who has a life too.

You can't be in two places.
*A friendly companion can be there for the
hour she'd otherwise spend alone.*

A friendly face she *gets to know*.

You choose a companion, and you can keep booking the same person. Not a different stranger each week. Over time, a visitor can become a friend: someone who knows how she takes her tea, what she used to do and what makes her laugh.

- A cup of tea and a proper chat

- A walk in the fresh air

- A trip to her favourite café

- A hand getting out and about

It's connection and kindness, not medical or personal care.

“

Katie is lovely, very easy to talk with and has a great sense of humour. I felt relaxed and safe with her. We went for a cuppa and just chatted about anything and everything.

REVIEW OF KATIE, JULY 2026

There is a *gentler step* before that.

Most families wait until something goes wrong: a fall, a bad week, a phone call that changes everything.

Regular company can help her stay active and independent for longer. It also means someone friendly sees her often enough to notice the small changes early.

Coping on her own

WHERE IT OFTEN
STARTS

A friendly companion

THE HELP BEFORE CARE

More care

IF AND WHEN IT'S
NEEDED

No contract

Pause or stop whenever
you like.

No minimum

Start with a single visit.

Once or every day

As much or as little as she
needs.

*The earlier the company, **the longer the independence.***

MEET LUCIE FIRST

You don't have to work it out *on your own.*



Lucie, our local lead, will visit you and your mum at home. She'll listen, find out what would feel right, explain how it all works and match your mum with a companion she'll get on with.

Lucie reads every message herself, and usually calls back the same working day.

Lucie

Our local lead

She listens

to what your mum enjoys
and what worries you

She explains

how it all works, with no
jargon

She matches

your mum with a companion
she'll get on with

No charge. No obligation.

You decide what happens next, after you've met.

07455 750006

lucie@aircarers.co.uk

Three simple steps, *no rush.*

1

Lucie meets you

At home or by phone, whichever you prefer. She'll talk it through at your pace.

2

You're matched

With a companion who suits your mum's interests and personality. Then you can keep booking the same person.

3

The first visit

Choose a time that suits. After every visit there's a short note, so you know how it went.

Prefer to do it yourself? Create a free account at aircarerscompanion.co.uk, tell us about your mum and book a visit, whenever it suits you.

Safe, so you can *breathe out*.

Peace of mind is the whole point. Every visit is built around keeping your mum safe and keeping you informed.



Enhanced DBS checked

Every companion.



ID and Right to Work verified

Identity and right to work confirmed.



Public liability insurance

Covered for every visit.



You can see they arrived

Check-in and check-out, so you know when your companion came and left.



A note after every visit

A short, clear record of how it went.



Concerns go straight to Lucie

If a companion is ever worried about anything, they tell Lucie, our designated safeguarding lead, and she gets in touch with you.

Trusted locally. Social prescribers in Hertfordshire have referred families to us.

WHAT IT COSTS, AND WHAT NEXT

Simple, and *kind on the wallet.*

VISITS FROM

£25

an hour

No contract and no minimum commitment. Use us once or every day, as your mum needs. For example, three one-hour visits a week cost £75 to £105, depending on the companion.

Cancel with 24 hours' notice or more and you pay nothing. Visits depend on your companion's availability.

Help with the cost

Depending on your circumstances, you may be able to get help through your local authority. It usually starts with a free needs assessment from adult social care. We're happy to point you in the right direction.

You don't have to do this on your own, and you don't have to feel guilty that you can't be there every week. *Someone friendly can.*

Ask Lucie to call you

No charge for her visit, and no obligation.

07455 750006

lucie@aircarers.co.uk

aircarerscompanion.co.uk

NOW IN WARE · HERTFORD · HODDESDON · BROXBOURNE · BISHOP'S STORTFORD · SAWBRIDGEWORTH