



What Does Home Help Actually Include?

A practical guide for families in Cardiff and the Vale of Glamorgan

If you're beginning to worry about an older parent, relative, or loved one, you're not alone. Many families across Cardiff, Barry, Cowbridge, Penarth, Llantwit Major and the wider Vale of Glamorgan start looking for support long before full-time care is needed.

But one of the most common questions people ask is:

“What exactly is home help?”

At Sweet Pea Home Help, we provide practical, compassionate support that helps people remain independent, comfortable, and connected in the place they know best — their own home.

Home help is often confused with traditional care services, but it's different. It focuses on everyday support, companionship, wellbeing, and helping life feel manageable again.

What Is Home Help?

Home help is non-medical support designed to make daily life easier and less overwhelming.

For some people, it's having someone pop in for a friendly chat and a cup of tea. For others, it's help with shopping, appointments, light household tasks, or simply having consistent support they can rely on.

The aim is simple:

- To reduce loneliness and isolation
- To help people stay independent for longer
- To provide reassurance for families
- To support wellbeing, confidence, and routine
- To make everyday life feel that little bit easier

Many families choose home help before more intensive support becomes necessary.

What Can Home Help Include?

Every person is different, so support can be tailored around individual routines, preferences, and needs.

Companionship & Emotional Support

Loneliness can have a huge impact on wellbeing, particularly for older adults living alone.

Companionship visits may include:

- Friendly conversation and company
- Sharing a cup of tea or lunch together
- Going for a walk
- Playing games or completing hobbies together
- Encouraging confidence and social interaction
- Gentle wellbeing check-ins

Sometimes the smallest visits make the biggest difference.

Help Around the Home

Keeping on top of everyday household tasks can become tiring or overwhelming.

We can help with:

- Light cleaning and tidying
 - Laundry and changing bedding
 - Washing up and kitchen resets
 - General household organisation
 - Keeping the home comfortable and safe
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Shopping & Errands

We can help with practical day-to-day tasks such as:

- Food shopping
- Collecting prescriptions
- Running small errands
- Posting letters
- Picking up essentials

Meal Preparation Support

Good nutrition becomes harder when someone loses confidence, motivation, or energy.

Support may include:

- Preparing light meals
- Encouraging regular eating and hydration
- Help with simple meal planning
- Making mealtimes feel more enjoyable and social

Appointments & Outings

Many people stop going out because they no longer feel confident doing things alone.

We can accompany clients to:

- GP or hospital appointments
- Hair appointments
- Cafés and garden centres
- Local community activities
- Gentle social outings

This kind of support can make a huge difference to confidence and quality of life.

Home Help vs Personal Care

This is an important distinction.

Sweet Pea Home Help is a **non-regulated home help and companionship service**.

We do **not** provide:

- Personal care
- Washing or bathing assistance
- Toileting support
- Medication administration
- Nursing or medical care

Instead, we focus on practical support, companionship, wellbeing, and helping people remain independent at home for as long as possible.

If someone's needs become more care-related, we are always honest and supportive in helping families explore the right next steps.

Who Is Home Help Suitable For?

Home help can benefit:

- Older adults living alone
- People feeling isolated or lonely
- Families supporting ageing parents
- Individuals recovering from illness or hospital stays
- Those needing a little extra support to remain independent

- People who would benefit from regular companionship and routine

Often, families contact us because they've noticed:

- The house becoming harder to manage
- Missed meals or reduced appetite
- Reduced confidence leaving the house
- Increased loneliness or withdrawal
- Memory concerns or forgetfulness
- Worry about a loved one coping alone

Why Families Choose Sweet Pea Home Help

We know inviting support into someone's home is a big decision.

Sweet Pea Home Help was created to offer a more personal, relationship-led alternative to rushed or impersonal services.

Families often value:

- Familiar, consistent support
- A warm and compassionate approach
- Flexible visits tailored to the individual
- Gentle support that never feels clinical
- The reassurance of trusted, reliable help

We believe support should feel comfortable, respectful, and genuinely personal.

Areas We Cover



We support families across:

- Cardiff
- Barry
- Cowbridge
- Penarth
- Llantwit Major
- Dinas Powys
- Rhoose
- Sully
- Wenvoe
- St Athan
- The wider Vale of Glamorgan

Need Advice or Support?

If you're exploring home help for a loved one and aren't sure where to start, we're always happy to have an informal conversation.

Sweet Pea Home Help supports older adults across Cardiff and the Vale of Glamorgan with companionship and practical home support designed to help people stay independent at home.

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