

## Community Advice and Support Scheme

Andover Community Centre  
Andover Estate, London N7 7RY  
020 7686 0049

[cassadvice@aol.com](mailto:cassadvice@aol.com) [www.cassadvice.org.uk](http://www.cassadvice.org.uk)

*Practical Assistance for the disabled,  
elderly and those with long term illness.*

### SUPPORT WITH THE FOLLOWING:

**Shopping**  
**Gardening**  
**Painting and decorating**  
**Moving furniture**  
**Fixtures and Fittings e.g. putting up curtains or  
shelves etc.)**

**Free of charge**

**Community Advice and Support Scheme is a registered  
charity: Number 1098224**

**Supported by: Volunteers**

**Funded by: Big Lottery**

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