



Do you want
help at home?

Do you want
support getting
out and about?



Do you want more
control of your life?

Momentum Care can help

Our experienced and friendly staff can support you with:

- washing
- dressing
- meal preparation
- shopping
- housework
- attending appointments
- community activities
- visiting friends
- short breaks and holidays



For more information,
contact 0141 419 5299
glasgow@momentumcare.org.uk

Supporting your independence
Momentum Care

Investing in People, Changing Perspectives



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For more information,
contact 02476 667 962
coventry@momentumcare.org.uk

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For more information,
contact 01224 632 914
aberdeen@momentumcare.org.uk

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Scottish Charity No. SC029767. Momentum Care is regulated by the Care Inspectorate in Scotland and the Care Quality Commission in England.



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For more information,
contact 01670 353 787
blyth@momentumcare.org.uk

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For more information,
contact 01542 839 081
buckie@momentumcare.org.uk

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For more information,
contact 01292 262 002
ayr@momentumcare.org.uk

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