

How we help run our home

Helping out is good, we all like to do jobs that make us feel important and learn new skills, we all have to eat and shopping is one of the most important jobs there is.



We love a good brunch on a weekend and we do like the buns from Greggs, knowing that a great meal follows gives you the incentive to go shopping. The people who work in the shop know us well and are always very cheerful.



Angus is the best butcher's in Seaham, great fresh meat and we get a good discount. I feel really important doing the big shop with Sue, and in Asda we have lots of choice and we get good value for money. I have also got to know lots of really nice people, they always recognise me and stop to say hello.



It is good to do important jobs, it makes us feel important, it makes us more independent, we are part of our community.

It's surprising what you can do with the right amount of help.

