



Essex County Council
Adult Social Care

The Community Micro-enterprise Project Directory



July 2024 edition

The Community Micro-enterprise Project Directory

What is a Community Micro-enterprise?

A Community Micro-enterprise is a small, local business, that offers a service to support:

- **Older people**
- **People with a disability**
- **People that want to improve their mental health & wellbeing**

A Community Micro-enterprise gives you more choice about your care as it offers something different to traditional support services. They can offer a wide variety of support to help meet your needs:

- **Support at home - personal care, meals, cleaning, shopping, running errands**
- **Support you getting out and about in your community - activities, hobbies, therapies, learning new skills, day services, peer support.**

Community Micro-enterprises are flexible and personalised to help fit around what you want and need.

What to do if you would like to use a Community Micro-enterprise

As you are organising your own care and support independently, without us doing this for you, it is very important to:

- **know exactly what it is you want from the service you are paying for.**
- **know about the Community Micro-enterprise you would like to use.**

Our checklist can help you think about what to consider.

Checklist

Firstly, you need to have a clear idea of:

- **what support you need**
- **how you want it**
- **when you want it**

Secondly, you need to get to know the Community Micro-enterprise. Always make sure that your Community Micro-enterprise has the basics:

- **A Disclosure and Barring Service (DBS) Check**
- **Insurance**
- **Safeguarding Training**
- **Business Registration**

Other things to think about

Depending on what support service you need, here is a list of other things you may need to think about when looking into the Community Micro-enterprise you are interested in using.

- Specific training
- Policies & procedures
- Risk assessments
- Terms and conditions
- Invoicing information

Staying Safe

Contacting Adult Social Care

Telephone: 0345 603 7630

Textphone: 0345 758 5592

Monday to Thursday, 8:45am to 5pm

Friday, 8:45am to 4:30pm

Out of hours telephone: 0345 606 1212

Email: socialcaredirect@essex.gov.uk

We have a duty to make sure that people are safe. We encourage people to meet their needs in ways they choose.

If you have any safeguarding concerns contact Adult Social Care.

How to hear from us

Would you like to be added to our mailing list?

Email us on micro.enterprise@essex.gov.uk

Follow us on Facebook! www.facebook.com/communitymicroenterpriseproject

Webpage www.essex.gov.uk/personal-budgets-and-direct-payments/help-to-find-your-own-care-and-support

Community Micro-enterprise Provider List

The following list of care and support providers have gone through the Community Micro-enterprise programme with Essex County Council.

You can contact them using the details provided below, or find them on Tribe, the app that connects local people offering support to the local people that need it.



Essex County Council will not accept any responsibility or liability for the information provided by any provider on this list. The fact that a provider is included in this list is not an endorsement from the Council and you must carry out your own due diligence and make your independent enquiries. We cannot guarantee quality or satisfaction of the services of any provider on this list and we will not arbitrate or participate in resolving any dispute that you may have with any provider on this list.

If you know someone who would like to set up a small service or be included on the directory please contact the team

Micro.enterprise@essex.gov.uk

Index of Services

**(click on the titles below to jump to the relevant page)*

- [SERVICES IN NORTH ESSEX](#): Personal care, home help, independence, trades, health & nutrition services in North Essex
- [SERVICES IN MID ESSEX](#): Personal care, home help & independence services in Mid Essex
- [SERVICES IN WEST ESSEX](#): Personal care, home help & independence services in West Essex
- [SERVICES IN SOUTH ESSEX](#): Personal care, home help, independence, trades, health & nutrition services in South Essex
- [SERVICES IN THE WHOLE OF ESSEX/COUNTYWIDE](#): Support from Therapy, Mental Health & Wellbeing Services covering the whole of Essex.

NORTH ESSEX

Personal Care Providers Registered with the CQC (Care Quality Commission)
NORTH ESSEX



City on a Hill Care

We are a home care service that provides professional and empathetic care in the comfort of your home. Our services include personal care, 24- hour care, live-in care, night-time care, companionship, domestics, shopping, Personal Assistants holiday cover, respite, dementia and Alzheimer's Care.

Ehinomen Eliboh
07795084233
info@cityonahillcare.com

**£20
per
hour**



Colchester Homecare

Our aim is to provide a service that will offer you the peace of mind to remain feeling secure in your independence at home. We work with you to identify what's important to you, and when and how you want to receive your care. We support adults aged 65 and above and we can offer specialist dementia care and support with mental health and physical needs and end of life care.

Sharon Cutter
07368224486
admin@colchesterhomecare.com

**£23.5
per
hour**



Ivy Grace Care

With over 30 years of experience in the care sector we are very compassionate about what we do and dedicated to providing the best care possible. We provide introductions with our fully trained staff and offer a time slot that suits you. Help with personal care, medication needs, meal preparation, shopping, cleaning, companionship, appointments/outings, sit-in services, continence care, assisting with pets.

Naomi Stancombe
01255 441 155
info@ivygracehomecare.com

**£23.5
per
hour**



JCM CARE SERVICES

**JCM
Care
Services**

Home care agency dedicated to delivering high quality care that allows you to stay in the comfort of your own home, maintain your independence and continue to live an enjoyable life. We match carers with clients with the aim of building positive, long-lasting relationships. Services include live-in care, companionship, help with preparing meals, assistance socialising, dementia and palliative care.

Joy Emog
01206 615525
jcmcareservices@gmail.com

**£20
per
hour**



**Michael
Rgis Care**

We are a small group of highly experienced and trained carers that offer punctuality and guarantee that you will be supported by the same carer consistently. Ready to help with a wide range of support at home, personal care and accessing the community. Support when discharged from hospital, for older adults and people with physical disabilities, hearing or sight loss, learning disabilities, dementia care and children. We are CQC-registered to support both **children** and adults.

**Micheal
Ajibode**
07503 735 573
m.ajibode@michaelrgiscare.co.uk

**£19.8
per
hour**



**Paradise
Care**

With over 15 years' experience in the healthcare field, I am a qualified professional able to provide trustworthy care and support to older people with a variety of needs, adults and younger adults with physical disabilities, dementia, sensory impairments and eating disorders. Wide range of services from domestic support and meal preparation to 24-hour care and personal care.

**Nisha Soman
Nair**
07401 626 211
paradisecareltd@gmail.com

**£22+
per
hour**





Alpha Care Plus

I'm Ngozi, I run a CQC-registered enterprise offering help with personal care, to get washed and dressed, meal preparation and help to enjoy meals, shopping and errands, trips out, overnight stays, keeping the house clean and help with medication. I have more than ten years' experience and a degree in social care. I started my company because I wanted to do more to help others. I find it very rewarding knowing that I have helped even one person every day.

Ngozi Igwe
07442 620 245
07845 532 323
info@alphacareplus.co.uk

£22 per hour



Ruby Care Services

We are a team of friendly homecare givers based in Colchester specialised in domiciliary care. Whether you need daily or weekly assistance due to ageing, illness, recovery, or rehabilitation, we can provide an individualised service that you can trust. Our daily homecare services can include anything from meal preparation and hygiene to cleaning, going out, errands and supervision.

Oladunni Adebogun
0772 942 5199
Ola.adebogun@rubycare-services.co.uk

£23 per hour



B Independent Support

Our small team of trained and compassionate staff have a background in supporting older people, adults with learning disabilities and Autism, brain injury and mental health issues. We are passionate about preventing loneliness and social isolation and increasing independence through person-centred support. We can help you with personal care, to go out shopping, to the gym/sports, managing daily living tasks like cooking, cleaning, laundry, and managing finances, housing tenancies and bills. We are registered with the CQC.

Brenda McLoughlin
01206 688109
brenda@bindependentsupport.co.uk

£22 per hour for personal care

£20ph non personal care





Bright Idea Staffing

We provide quality, efficient and person-centred home care services that are tailored to your needs. We support adults with mental health needs, physical disabilities, dementia, learning difficulties, autism and sensory impairments. We can help with personal care, company on outings, support with household chores or simply someone to have a cup of tea and a chat with. We offer support with hospital discharges, night care, live-in, palliative care, respite. We cover Colchester, Tendring, Braintree and Southminster.

Paul Wersong
0120 668 8409
07961793284
info@brightidea staffing.co.uk

£20 per hour
Weekday

£23ph
weekend



Radfield Home Care

Our home care services empower people to lead the lives they want in the comfort and familiarity of their own homes. Only a few hours a week can give a great lift in confidence and support you to maintain your independence for longer. We can help you with personal care, medication, nutrition, domestic assistance, going out and companionship, hospital discharges, night care, respite, day care and live-in care. We cover Colchester, Frinton & Clacton. We are a non-for-profit organisation that re-invests any surpluses back into St Helena's Hospice, helping them continue serving our communities.

Sharnelle Wyatt
01206 646 252
07454 121 507
sharnelle.wyatt@radfieldhomecare.co.uk

£30 per hour



Integrated Support Services

At ISS we are not just another care agency, we provide older and vulnerable adults with top patient-centred care, essential domestic support and focus that helps them remain as independent and connected to the world as possible in the comfort of their homes. We offer support with personal grooming, light cleaning, meals,

Omosola Agbaje
07398914225
01268964605
agbaje.sola@integratedsupportserviceserviceltd.com

£22 per hour



errands, socialising, attending activities and appointments. We are registered with the CQC.



Divine Care Provider

We provide a personalised care service to support all your daily living needs, while promoting your independence. Our range of services support you with care within your own home. We know the importance of finding a carer who's right for you, who understands your exact needs and makes you feel comfortable and at ease, which is why we'll find someone who matches your profile. We can help with personal care, household tasks, shopping, medication, companionship and going out.

Diane Winestein
01376 572222
divinecareprovider@gmail.com

**£25
per
hour**



Personal Care Providers not registered with the CQC (Care Quality Commission)
NORTH ESSEX



**Wageway
Care
Services**

I'm Eunice and I'm a qualified Mental Health Nurse. Caring for others and helping them improve their quality of life is my true vocation. I'm very experienced supporting people with their mental health, older people, people with physical disabilities, learning disabilities and autism. I offer support with personal care, medication, meals, appointments, socialising, building independence, and I specialise in rehabilitation and recovery.

Eunice Olagunju
07555 460 290
dannycoojo@yahoo.co.uk

**£21
per
hour**



Care & Support Providers (that do not offer personal care) NORTH ESSEX



Private Support

I have worked as a senior in most areas of the care sector and my passion is to provide a first-class service to promote health, happiness and fulfilment so people can live their best lives. I support with general home help (no personal care), medication, meals, sit-ins, companionship and attending social outings. I can help adults with learning disabilities building life skills, daily routines, planners, budgeting and with advocacy. Available Monday – Friday, excluding bank holidays.

Christina Harding
07531 505 154
cddh8790@outlook.com

£20 per hour



Go Personnel

At GO Personnel we want to be more than just another agency. We are here to promote independence and meet all your social and wellbeing needs. Our highly experienced and trained staff can support you to become more independent and learning new skills. We can help you going out and about, shopping, attending hobbies and activities, providing 1-1 support at a day centre or with any other social needs and ambitions that you have.

Sarah Osborne
01206 430 455
sarah@gopersonnel.co.uk

£20 per hour



Care Ace

Care -Ace is a small team of experienced carers who genuinely enjoy working with people and helping them stay independent. We provide a quality service with reliability, punctuality, and continuity as our core values. We can support with cleaning, cooking, shopping, errands,

Ruth Olayiwola
07429 744 178
careaceinf@outlook.com

£18 per hour weekdays

£20 ph weekends



companionship, accessing the community and escorting to activities and appointments, paperwork, budgeting and finances, gaining skills and independence, and any other support you need, excluding personal care.

Support from Trade Services, Health & Nutrition
(cleaning, dog walking, errand runners, gardening, handy people, activities, etc)
NORTH ESSEX



Right Balance

We are a Community Weight Support Group based in Jaywick Sands that helps people to lose weight and lead a more healthy and active lifestyle. We meet on the first Wednesday of the month from 2 to 4pm and organise a Ramblers Health wellbeing walk every Wednesday from 12.15 to 2pm.

Diana Hogben
07476663634
dianahogben58@yahoo.com

FREE



Yoga For All

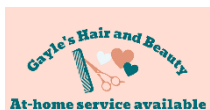
I'm a British Wheel of Yoga certified teacher. In my classes I offer the perfect combination of postures, breath work, meditation, mindfulness, astrology, philosophy, poetry, joy and peace. To help you feel at ease, balanced, stronger and more supple. All levels welcome. I offer regular weekly classes in person and via Zoom (see Tribe listing for full info) and one-to-one private lessons.

Kate Atkinson
07481 404 084
katkinson108@gmail.com
[facebook.com/kateatkinsonyoga](https://www.facebook.com/kateatkinsonyoga)

£45
Private lesson

£10
(online and in person)





Gayle's Hair and Beauty

I offer a mobile hair dressing service in your home or appointments at my studio in my home in Colchester. I offer cut & blow-dry, colour, extensions, hair treatments, braids, and dreadlocks. I have 14 years' experience working in London salons and I've also worked as a carer and I'm passionate about helping others. I'm very friendly, skilled and creative, and really enjoy doing hair!

Gayle Geneya
07939834924
gkashy@gmail.com

Service dependent



Top Flite Cleaning

Whether it's daily, weekly or monthly cleans you require, our team is on hand to help. We offer regular, one-off and deep cleaning services and will visit at the start of the service to discuss your individual needs. Contact us today for a free no-obligation quote.

Karen Reynolds
07535 509 988
info@topflitecleaning.co.uk

£20 per hour



CV Prime

CV Prime offers the full range of job search support to individuals at all stages of their career. This includes CV writing, cover letters, personal statements, LinkedIn profiles, job search support and interview coaching. We have a special interest in supporting people with disabilities and family carers into employment.

Tracy Salisbury
0747 231 2400
tracey@cvprime.co.uk

From £50+





**Frances
Langford
Foot Health**

Professional, friendly mobile foot care service providing home visits. Toenail cutting, ingrown toenails, corns, callus, dry skin, thickened nails, cracked heels, fungal infections, verruca advice. Assessment of diabetic feet. Do contact me for an informal chat to see if I can help you.

Frances Langford
07526 336516
info@franceslangford.co.uk

**£35 per
session**



MID ESSEX

All Care Providers in **MID ESSEX**

Providing Personal Care



Beaumont Home Care

My name is Tracey and I set up Beaumont Care, an independent family-owned provider of outstanding domiciliary and live-in care services. We offer support with personal care, companionship, home help services, palliative, respite and complex care. We are registered with the CQC. We cover **Chelmsford, Brentwood and Basildon**.

Tracy Barnabas
01277 725660
07812 165629
Tracy@beaumonthomecare.co.uk

£24
per
hour



Yowsun Care Maldon

We work with you to consider your desires, values and circumstances, ensuring that our services are flexible and respect what is important to you. Whether you need daily or weekly help due to ageing, physical disability, illness, or rehabilitation, we will provide an individualised service that you can trust. We can help with personal care, meals, medication, continence, cleaning, and supervision. We are registered with the CQC.

Mutiat Adebawale
01702382312
07375775545
office@yowsuncare.co.uk

£20 per
hour



Westgate Care

I have over 20 years' experience in a range of caring roles with people of all ages and disabilities. I have a level 7 NVQ in social work and supporting people is my passion. I can help with personal care, domestic support, trips out, respite, hospital discharge, support for adults with learning disabilities, palliative care, stroke after care, etc. I cover **Chelmsford** and surrounding areas.

Joseph Iwalewa
0757 877 8222
westgatecare@initiat@gmail.com

£18
day time
and sleep
ins

£20
waking
nights





Julia's Healthcare Solution

My name is Julia and I'm a trustworthy and hardworking young lady offering support with home help and housework. I'm a professional care worker with 8 years of experience and up-to-date DBS, training and insurance. I can help with personal care, laundry, cleaning, shopping, food preparation, exploring interests, going for a walk, chatting, and putting a smile on your face. All my services are pet friendly. I cover **Braintree, Uttlesford, Southwest Suffolk and Cambridge.**

Iulia Ciurdea
0744 302 677
elenaciurdea0126@yahoo.co.uk

**£20
per
hour**



Colchester Homecare

Our aim is to provide a service that will offer you the peace of mind to remain feeling secure in your independence at home. We work with you to identify what's important to you, and when and how you want to receive your care. We support adults aged 65 and above and we can offer specialist dementia care and support with mental health and physical needs and end of life care. We are based in Colchester but also cover the **Witham, Braintree and Aldham** areas. We are registered with the CQC.

Sharon Cutter
07368224486
admin@colchesterhomecare.com

**£23.5
per
hour**



Your Care Your Home

We offer high quality care to help you with your daily life, developing a caring relationship with you and offering one-on-one attention and care that cannot compare in other settings. We will take the time to get to know you and develop a care plan that fits your specific needs. We can help with personal care, domestic support and meal preparation, travelling and attending appointments, companionship and sitting services. We offer night care, live-in care and specialist dementia and palliative care. We cover **Saffron Walden and surrounding areas.** We are registered with the CQC.

Kayleigh Thorne
01799 541 259
kthorne@yourcareyourhometd.org

**£27
per
hour**





Compassionate Care

Do you need help getting to hospital appointments, or with shopping? Would you like a companion once a week or help with light housework? My name is Kobi and I offer a home care service to older people and people who need support to live at home independently, including those with dementia. I can help with personal care, companionship, light cleaning, meals, dog walking, transport to outings and appointments, respite and anything else you may need. I have 13 years' NHS experience and I'm fully insured with a clear DBS record. I cover **Maldon and Heybridge**.

Kobi Morris
07803 837 960
kmorris290@outlook.com

£20
per
hour



New **About Me** **Care Services**

We are a family-run business proudly serving the **Maldon** community and surrounding areas. We understand the importance of treating our clients like family and that the best care comes from building strong personal relationships. We take the time to get to know you, your preferences, and your needs and match you with your preferred carer. We are dedicated to offering services that enhance your quality of life, independence and well-being. We can support you with personal care, medication, housework, cooking and shopping, companionship and going out. We are registered with the CQC.

Michelle &
Simba Kanyowa,
07729935067
07368625128
07986244973
aboutmecareservices@outlook.com

£20
per
hour



Non-personal Care (MID ESSEX)



Lordam Support Services

We provide support at home to individuals and their families. Our mission is to encourage and promote independence, allowing individuals to build on their strengths and achieve their personal aspirations without overdependency on support. We offer affordable and reliable services including help managing the home, going out and engaging in the community, with administration and wellbeing. We cover **Chelmsford** and the surrounding areas.

Loretta Kayode,
07944359757
Lordamcareservices@gmail.com

**£25 per
hour**



Gemini Support

I'm Julie and I offer home help, companionship and transportation to older people in **Chelmsford** and surrounding areas. I can support you to keep your home the way you want it and to live your life as you want to. I offer help with getting out and about in the community, household chores such as cleaning, tidying up, laundry, shopping and cooking, light gardening or even sitting and playing a game. I find my work really rewarding and I love helping people, I'm a people person and I enjoy a good chat. I offer an hourly rate service which means I am flexible and happy to do a variety of jobs within that timeframe. I'm reliable, friendly, professional and compassionate.

Julie Dechamps
07901 138372
julie@gemini-support.co.uk

www.gemini-support.co.uk

**£20 per
hour**





Blue & Pink Care

We want to help SEN children and young adults develop their friendship groups, beyond the school/college walls, creating the foundations for lifelong friendship circles into adulthood. Our goal through our development coaches is to prepare you with social and life skills to be a confident and fulfilled member of your community. We offer 1:1 support and group sessions (2:1 or 3:1). We cover **Chelmsford** and surrounding areas.

Lewis Warrington
07586 174 814
director@blueandpinkltd.care

£19ph
(1:1)
£25-30
group
sessions



Support Matters

At Support Matters, **Chelmsford**, we take pride in delivering **personalised home support services**, tailored to your individual needs. Providing short or long-term home support services, including cleaning, organising, ironing, food preparation, light gardening, pet care, chaperoning, errand running, companionship and with over 25 years' experience in the **hairstressing** industry I can offer hair services in the comfort of your own home. We support families, individuals, elderly and the vulnerable in our community. We are here to lighten the load.

Lucy Hughes
07800 660 536
smessex.80@gmail.com

£20 per
hour



Support from Trade Services, Health & Nutrition
(cleaning, dog walking, errand runners, gardening, handy people, activities, etc)
MID ESSEX



Better Clean

We are a local company specializing in eco-friendly cleaning. Your health and well-being are important to us, and we understand that a clean house contributes to a better lifestyle, mental health, and enjoyment of your home. We cater to older individuals, those with physical and learning disabilities, special needs, and anyone requiring support to live independently. We offer house cleaning, spring cleaning, end of tenancy and decluttering services and wardrobe organizing. We cover **Chelmsford, Billericay, Brentwood, Ingatestone, Ongar**, and surrounding areas.

Tania Atson
07851 503 983
taniaatson@hotmail.com

From
£21 per
hour
depending
on service



WEST ESSEX

All Care Providers in **WEST ESSEX**

Providing Personal Care



First Choice Consultancy

First Choice is a domiciliary care company situated in Essex. We offer a high level of home care with a person-centred approach to meet individual needs and preferences. Our services include personal care: support getting in and out of bed, dressing, bathing; collecting prescriptions, cleaning, attending hospital appointments and support with outdoor activities. We can support with hospital discharge, dementia care, physical and learning disabilities, mental health support and live-in care for both older and younger adults. We are registered with the CQC. We cover **Epping** and surrounding areas.

Patience Obaseki

07863 289 561

02033 725 517

info@firstchoiceconsulting.com

£20 per hour
weekdays

£23 per hour
weekends



Trimarge Care & Cleaning

Trimarge Care is a family owned and run care agency. We specialise in home care for adults with learning and physical disabilities, dementia and mental health illness in the comfort of their own homes. We are regulated by the CQC. We can help with personal care, home care and domestic support, companionship, live-in care, respite, night care and hospital discharges. We cover **Epping, Harlow and Uttlesford**.

Patricia Nana
0208 559 9775
07385 258 775

info@trimargecareandclean.co.uk

£19+ per hour



SOUTH ESSEX

Personal Care Providers Registered with the CQC (Care Quality Commission)
SOUTH ESSEX



T-BOT Care Dynamics

We specialise in care in our client's homes, be it assisting with personal care or daily tasks like prescription collecting, general household duties, going out or joining activities. We also specialise in compression bandage management and can offer support in tissue viability. We can help with dementia, mental health, hospital discharges, palliative care and respite.

Olayinka Balogun
01375 841821
info@tbotcaredynamics.co.uk
www.tbotcaredynamics.co.uk

£17
per
hou
r.



Ronti Care Solutions

At Ronti Care we have over 25 years of experience amongst us. We offer tailored domiciliary care services to people of all ages and with a variety of needs. We can help with personal care, cleaning and gardening, companionship, shopping and meals, going out and community support, technology, arts & crafts, keeping fit, etc. We support with physical disabilities, dementia, learning disabilities, mental health, older and younger people.

Gina Obayanju
01375318873
ronticare@yahoo.com

£17
per
hour



Wellspring Care

Wellspring Care is an agency registered and regulated by the CQC. Our aim is to make a difference in people's lives so they can be as self-fulfilling as possible. We provide quality care and support for clients aged 18+ in their own homes. We offer support with personal care, domestic services and home help, going out, 24 hours live-in care, companionship, and post-hospital care.

Yemi Adeeko
0330 1330 450
info@wellspring-care.com
www.wellspring-care.com

£18
+
per
hour





Aqua Robson Care

We provide support at home for children and young people with learning disabilities, special needs and challenging behaviour, and respite care to give parents time to recharge their batteries. We also offer support for adults to live at home independently and who need help with personal care, housekeeping, meals, errands, companionship or going out. We work with older people, people with dementia, physical disabilities, sensory impairments, mental health conditions and people who misuse drugs or alcohol.

Sue Mundicha
0756 542 6819
01375 801440
office@aquaroatsoncare.co.uk

£19.50
per
hour.



BSCM Services

We are a highly experienced team delivering exceptional care to clients of all ages in the South of Essex. Our customers meet their support worker before they start, as we believe that building a good relationship is essential. We can help with personal care, medication, cleaning, shopping, meals, companionship, respite, going out, learning independent living skills, hospital discharges and palliative care. We are CQC-registered.

Josephine & Ola Adebuseye
01375508066
07877657592
info@bscaremanagement.co.uk

£20
per
hour



Integrated Support Services

At ISS we are not just another care agency, we provide older and vulnerable adults with top patient-centred care, essential domestic support and focus that helps them remain as independent and connected to the world as possible in the comfort of their homes. We offer support with personal grooming, light cleaning, meals, errands, socialising, attending activities and appointments. We are registered with the CQC.

Omosola Agbaje
07398914225
01268964605
agbaje.sola@integratedsupportservicesltd.com

£22
per
hour





R&K

At R&K we specialise in rehabilitation, helping people to build skills and becoming more independent, for example with cooking, cleaning, shopping, personal hygiene, medication, budgeting and finances, developing personal and social skills, going out to appointments, activities, work and education or using public transport. We offer 1:1 support worker sessions and 24 hours care.

Nqabutho Hanyana
07961 285 283
nqabutho.hanyana@randkcare.services

£17 + per hour.



ME Crews Healthcare

We are a team of registered nurses and support workers with over 16 years of experience in health and social care. We provide holistic care to people with dementia, learning and or physical disabilities, sensory impairments, substance misuse also people detained under the Mental Capacity Act as well as and those needing end of life care.

Lilian Badu-Wilson
07735546081
lilian@mecrewshealthcare.com

£18.7 per hour.



Dion Care Services

We are a small CQC-registered company providing support to people who live at home, helping them to make choices and feel valued and respected regardless of their circumstances or disability. We can assist with personal care, errands, light cleaning, meals and shopping, companionship, going out to appointments and activities. We also support with live in and palliative care, hospital discharges, respite and sleepovers.

Doyin Azeez
07391 563 381
Doyin.azeez@dioncareservices.co.uk

£18+ per hour.



Kleare Care Solutions

I have been a social worker for 17 years and now run a home care agency. I also have experience of working as a care worker and together with my team, will be able to support with your daily needs and to meet your desired outcomes. We offer true person-centred care and understand the importance of providing quality and flexible services. We can help with home care, personal care, meals and medication,

Ama Frempong
07450286366
klearecaresolutions@gmail.com

£19+ per hour.



cleaning and shopping, socialising & companionship, overnight and live-in care, going out and getting to appointments.



Paradise Care

With over 15 years' experience in the healthcare field, I am a qualified professional able to provide trustworthy care and support to older people with a variety of needs, adults and younger adults with physical disabilities, dementia, sensory impairments and eating disorders. Wide range of services from domestic support and meal preparation to 24-hour care and personal care.

Nisha Soman Nair
07401 626 211
paradisecareltd@gmail.com

£22+ per hour.



City on a Hill Care

We are a home care service that provides professional and empathetic care in the comfort of your home. Our services include personal care, 24- hour care, live-in care, night-time care, companionship, domestics, shopping, Personal Assistants holiday cover, respite, dementia and Alzheimer's Care.

Ehinomen Eliboh
07798084233
info@cityonahillcare.com

£20 per hour.



Major Domicile

We are a home help agency that supports the elderly, disabled, people recovering from falls or recently discharged from hospital and who need support to remain in their home, people with dementia, Alzheimer's, needing end-of-life care, companionship, etc. We also work with clients who have complex mental health and substance misuse issues. We can help with washing and dressing, prescriptions and medication, meal preparation, cleaning, laundry, attending appointments, shopping, walking, pet and plants care and sit-in or sleep in services.

Nontuthuka Dube
07878 313 087
referrals@major-domicile.com

£20+ per hour





Favour Care

Favour Care is an Essex based domiciliary care company offering high standards of home care. We offer a person-centred approach to meet individual needs and preferences. We can support you with a wide range of different daily household tasks like personal care that involves home bathing, getting dressed, putting you to bed, reminding you about your medication, cooking, laundry, cleaning, shopping, transport to and from hospital or doctor's appointments, etc.

Christiana Agu
07984 145 953
favourcareltd@gmail.com

**£17
per
hour**



3 LS Care

We support vulnerable adults to reach their potential by improving their day to day living, building independence, and ensuring they are included in their local communities. We provide true person-centred care, building trust and meaningful relationships with the people we support. We specialise in working with people with learning disabilities and autism, and have extensive experience supporting older adults, people with dementia and people with physical disabilities. We can help with personal care, domestic support, companionship and going out, attending activities and appointments, building independence, etc.

Stemben Chaya
07903427650
schaya963@yahoo.co.uk

**£22
per
hour**



Caring Locals

We are a CQC-registered home care company helping people to live a fulfilling life in their own homes. We aim to deliver care through kindness, compassion, and fair pricing. We can help with personal care, home help, nutrition, and going out to outings and appointments. All our care practitioners are trained dementia friends through the Alzheimer's society. We offer live-in services and help with hospital discharges.

Ade Ojedele
07842013352
01375800762
ade.ojedele@caringlocals.co.uk

**£19
per
hour**





Trimarge Care & Cleaning

Trimarge Care is a family owned and run care agency. We specialise in home care for adults with learning and physical disabilities, dementia and mental health illness in the comfort of their own homes. We are regulated by the CQC. We can help with personal care, home care and domestic support, companionship, live-in care, respite, night care and hospital discharges.

Patricia Nana
0208 559 9775
07385 258 775

**£19+
per
hour**

[info@trimarge
ecareandclea
n.co.uk](mailto:info@trimargecareandclean.co.uk)



Day & Night Global Care

My name is Gladys and I'm a registered nurse who has worked in Health and Social Care for over 30 years. I started Day & Night care to offer a caring and compassionate service to people who need support to live at home. Our experienced care staff can help with personal care, dressing and undressing, medication, domestics, companionship and going out, hobbies, correspondence /bills, night care and rehabilitation. We are CQC-registered.

**Gladys
Mupfudze**
**07720 880
035**
**gmupfudze@
yahoo.co.uk**

**£18.5
per
hour**



Presanne Care

We specialise in dementia care and deliver safe and personalised care to people to continue to live at home and enjoy community life and family. We match you with a carer that suits your personality and offer you continuity so that you can build a meaningful relationship with them. We can assist with personal care, mobilising, medication, household tasks, accompanying you on outings and appointments, companionship, night care and respite.

Anne Ofeke
07898 989 566
[anne.ofeke@p
resanne.co.uk](mailto:anne.ofeke@presanne.co.uk)

**£18
per
hour**





Pure Health Care

We deliver care and daily life help to people in their homes, where they flourish the most. We provide personal care to adults, the elderly, and people with physical or emotional problems. We can offer weekly visits, care 24 hours a day, short-term care while someone is getting better from an illness or surgery, and care at the end of life. We can help with personal care, domestics, socialising and companionship.

Sophie Chishaka
0743 670 6537
info@pure-healthcare.com

£19
per
hour



Anjel Direct

Anjel Direct is a small CQC-registered company that specialises in providing high-quality person-centred care services to people in their own homes in the South and West of Essex. We specialise in dementia care, complex needs and support with mental health, and can also support older adults and people with disabilities. We offer support with personal care, home help like cleaning, shopping and meals, going out to activities, appointments, night care and live-in care.

Kenneth Okpako
07983984547
02088521622
kenneth@anjelirect.com

£18.50
per
hour.



Divine Domiciliary Care

We provide quality home care and befriending services in the local community, to older people in their own homes, where they are most happy and comfortable. Our personal care services can help you with activities of daily living like mobilising, medication reminders, toileting and incontinence, bathing, oral hygiene, dressing and grooming, meals, etc. We can assist with household tasks, companionship and going out to appointments, social activities, walking, etc. We also offer post-hospital care, live-in and end of life and palliative services.

Joy Aikhomu
0137 546 8035
07448 154 724
DivineDomiciliaryCare@outlook.com

£17+
per
hour.





Niorgrey Healthcare

Niorgrey Homecare can provide personal care and support that will help you remain independent in your own home. We provide a broad range of services supporting older people, adults, children and families, including help with personal care, managing incontinence and medication, social support, light domestic, shopping and cooking, companionship etc. We also offer end of life care, specialist dementia care, support returning from hospital, live-in and night care.

Dorothy Nneka
07904 603 217
info@niorgreyhealthcare.co.uk

**£20
per
hour.**



Jolly Care

Jolly Care provides a range of support services, from assistance with day-to-day tasks to complex care. Our trained and attentive staff offer customised care, all from the comfort of your own home, from one hour per day to live-in care. We can help with personal care, mobility, shopping, housekeeping, companionship, leisure and activities, palliative care, live-in and specialist dementia care.

Esther Agbonlahor
01375 523 525
info@jollycare.co.uk

**£18.5
per
hour.**



KB Solutionz

KB Solutionz is a family-run business based in Hockley managed by Kudzi and Brian, two psychiatric nurses with over 20 years of experience. They provide high quality care and support services to adults with learning disabilities, autism and mental health conditions, to help them live independently and reaching their full potential. They specialise in helping people to build confidence and independence, avoiding isolation and setting their own personal goals and outcomes. That includes support with personal hygiene, cleaning, cooking and shopping accessing work, education, activities, leisure, socialising, exercising, exploring new interests, etc.

Kudzi Mukandi
07715524168
Brian Back
07588557946
kudzi.mukandi2@nhs.net

**£20
per
hour.**





BK Social Care

We are an experienced team of caring and dedicated professionals. We enable the people that we support to live normal lives and do things they otherwise wouldn't be able to, and provide emotional, physical and social support. We support older people, adults with learning difficulties, physical disabilities, and young adults with a variety of health conditions. We tailor the care each person receives to their wishes, and can help with personal care and medication, domestic tasks, meal preparation, companionship and socialising, and also provide live-in care.

Bukonla Esan
07460 535 503
admin@bksocialcare.co.uk

£16
per
hour.



Super Healthcare

We aim to build strong relationships with the people we support and their families, by winning their trust and encouraging the people we support. We are focused on improving independence and to help our customers make the most out of their life. We can assist with personal care, bathing, domestic support, shopping and food preparation, companionship, going out and attending appointments. We also offer night care, live-in and palliative care. We support older adults, people with dementia, disabilities, mental health conditions and sensory impairments.

Kadija Ndlovu
01702 333120
info@superhealthcare.co.uk

£21
per
hour
Weekda
y

£23 ph
weeken
d



Solutions Embassy

We support vulnerable individuals, both **children and adults** who need help to live at home. We are passionate about promoting independence and helping people to live at home for as long as possible. We support people with dementia, learning disabilities, Autism, mental health needs and older adults. We provide care at home including help with personal care,

Christiana
Balogun
0208 3201 008
07555 713 820
info@solutionsembassy.co.uk

£17
per
hour



medication, household chores, shopping, access to the community, medical appointments, companionship, and sit-in services. We cover Southend and surrounding areas.



Vimcare Ltd

As a small local care company, we are deeply committed to making a positive impact in our community. We help our clients to maintain their independence while receiving the support they need in the comfort of their home. We carefully match the right carer who works with each client to help them maintain their ongoing needs. We can support with personal care, medication management, meal preparation, mobility support, cleaning, companionship, respite for carers, etc. We cover Basildon and surrounding areas.

Martins Osaghae
01268 438986
admin@vimcarelimited.com

£21
per
hour



Channel Homecare

Channel Home Care Ltd is a local domiciliary care company built on honesty, respect, trust, and support. We provide services for older adults and adults who have dementia, physical disabilities, and sensory impairments. We deliver services that promote independence and person-centred care. We can support with personal care, domestic support and light cleaning, medication administration, shopping and meal preparation, companionship and going out, hospital to home care and live in care.

Grace Ale-Dare
07428697038
Channel.homecareltd@gmail.com

£23
per
hour





Jusrade Care

At Jusrade Care we organise and provide tailored care services for people who live in their own homes. We specialise in person-centred planning and offering skilled care to enable our customers to achieve their optimum state of health and wellbeing. We provide support to older people, people with learning and physical disabilities, mental health needs and dementia. We can assist with personal care and medication, meals and shopping, companionship, going out and socialising, attending appointments, live- in care and support returning home from hospital.

Julianah Olla
07714345750
julianaholla@jusradecare.co.uk

£20.5
8 per
hour



Beaumont Home Care

My name is Tracey and I set up Beaumont Care, an independent family-owned provider of outstanding domiciliary and live-in care services. We offer support with personal care, companionship, home help services, palliative, respite and complex care. We are registered with the CQC. We cover **Chelmsford, Brentwood and Basildon.**

Tracy Barnabas
01277 725660
07812 165629
Tracy@beaumonthomecare.co.uk

£24
per
hour



Jireh Care

Jireh Care provides outstanding person-centred care services for older people and people with physical and learning disabilities and/or challenging behaviour. Ronke who established Jireh Care is a qualified nurse who has extensive experience supporting stroke patients with their recovery. We help with personal care, medication, meals, light housework & shopping, companionship, going out and attending appointments, night care and respite. We encourage independence as much as possible and guarantee that you will be supported by regular carers.

Ronke Dima-Okojie
01702 629918
07738458474
ronke@jcrservices.org

£23
per
hour





Homecare Essex

We are a local home care provider delivering personal care and support for you or your loved one when you need it most. We specialise in supporting those with complex healthcare needs but can support people with all abilities. We can assist with dementia care, getting in and out of bed, bathing and toileting, housework chores, medication, pet care, social hobbies and appointments, sensory impairments, etc. Our customers are involved in all the decision-making and introduced to their regular carers before the service starts.

Jane Stevens
01702 881277
07526 398587
jane@homecareessex.co.uk

£25
per
hour



Denise Quality Care Services

We understand the importance of being independent in your own home and receiving a service tailored to your personal choices. We specialise in wound care and supporting people who have dual special needs (mental health and learning disabilities), mental health needs and Autism. We offer support with personal care and medication; wound, catheter and drip management; nutrition, domestics and shopping, socialising, going out and attending appointments, administration and managing finances.

Doris Izegebune
07415777671
01375809802
info@dqc.org.uk

£19
per hour
£23
complex
care



Kind Care

We are a team of professionals with an experience of 10+ years in specialist person- centred care for the elderly and people living with different types of dementia. We adjust our services to meet the changing needs and preferences of our clients and our service is planned to provide the maximum degree of continuity. We can support with personal care needs, light domestic needs, health, social and inclusion needs, companionship and sitting services.

Lanie Mizona
01268 928 182
07838 912 221
manager@kindcareagencyltd.co.uk

£19
weekday
£20.50
weekend





We are a CQC-registered provider offering personal care and holistic homecare support. We will create a bespoke support package that fits around your needs, lifestyle, and helps you to live that independent and happy life within your own home that you deserve. We offer a companionship service and general support with personal care and around the home with daily tasks such as meal planning, administration, prescription collection, daily housekeeping, pet care, support with grocery shopping, and assisting with hobbies and social activities.

Hope Manjoro
info@pluscaregivers.co.uk
0330 133 5877
£20.50 to £23.50 per hour



Personal Care Providers not registered with the CQC (Care Quality Commission) SOUTH ESSEX

Bliss Independent Support

My name is Ebi, and I am a senior support worker/ carer with over 10 years' experience in the Social Care sector. I am passionate about my work and provide a home care service with compassion, patience and respect. I support people with learning disabilities, physical difficulties and dementia. I offer highly personalised and bespoke care to my customers, recognising their individual needs and uniqueness.

Ebi Ere
07429 624191
enquiry@blissidsupport.com
£20.58 per hour





Living Spring Care

Works in extensive care both children and adults, particularly with learning disabilities. Support with some personal care needs, food and drink, home care, night care, social support or companionship. Supports people engaging with their community, self-help and with transport needs.

Victoria Omisore
07539042047
livingspringcare@gmail.com



Honourin Care

My name is Jemimah, I'm a very caring, understanding, and hard-working individual. I have worked in the care industry for over 15 years, and I have an NVQ Level 3 in Health and Social Care. I offer support with personal care, shopping and light cleaning, companionship, going out and attending appointments.

Jemimah Boateng
07426016260
07414003264
info@honourincare.co.uk

£19+ per hour



Rain or Shine

My name is Lorraine, I am an experienced carer with many years working in this field. I offer a home help service which includes all personal care, all domestic help enabling you to stay in your much-loved home. We can cook you a meal from scratch, walk the dog, take you out in the community, do the ironing and cleaning, the list is endless. A sitting service is available for much needed respite for you and or your loved one.

Lorraine Giroud
07564364648
l.giroud@hotmail.co.uk

£19.50 per hour



Lord Grace Care

Personal Care, support with daily needs, companionship, support with meal preparation, shopping, medical appointment, medication administration, centre person services, assessment, and safeguarding of adult and young people in the community.

Adejoke Olubodun-Niyi
£20 per hour
info@lordgraceltd.co.uk





Tina's Helping Hands

Here at Tina's Helping Hands we have a multi-generational team who work together offering tailored support for families and individuals at home including dementia support/respite, mental health support, socialising and interaction in the community as well as help with domestic duties, meals, laundry, shopping, appointments/prescription collections, visiting places of interest, leisure and assistance with paperwork. We are happy to meet and discuss any needs and how to make life that bit easier for families.

Tina Stearne
07714350045
Tinas_helping_hands@yahoo.com

**£19 per
hour**

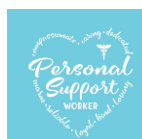


Soul 2 Care

My name is Samantha and I offer a truly person-centred service that enables people in the Brentwood area to live independently. I'm a very empathetic and friendly person, and really value building meaningful relationships with the people I support. Caring for others is my true passion and I guarantee consistency, reliability and flexibility. I offer support with personal care, meals and medication, companionship and going out, household chores, correspondence and organisation and any other things you need help with.

Samantha Thomson
07748 059 779
soul2care@hotmail.com

**£22 per
hour**



Jewels Care

My name is Julie and I provide personal care and support to the elderly in their own homes. I have been working in this field for over 5 years and I also have experience working with mental health, learning disabilities and physical disabilities. I offer a service that deals with all the differing and complexities of care. I have a friendly outgoing nature and my aim is to see clients happy, safe and assured knowing that

Julie Ellul
07745725486
Julieellul@yahoo.com

**£20 per
hour**



they are getting the very best care. I always put the best interests of my client first whilst ensuring all their needs are met.

Care & Support Providers (that do not offer personal care)

SOUTH ESSEX



Care to Remember

We provide person-centred support to the elderly and people living with mild to moderate dementia. Our companionship services prevent our clients from experiencing the isolation and loneliness that often accompany dementia and give their family a much-needed break. We engage our clients in mentally stimulating games and conversations to exercise memory functions, helping them to remain independent and active for as long as possible. We provide transportation to social and leisure activities and medical appointments. We can also help preparing nutritious light meals and with medication reminders.

Omolara Oredipe
0753 338 7272
caretoremember@outlook.com

£18.93
per
hour



Partner in Care

I have over 20 years' experience of managing care homes and supporting people with learning disabilities, Autism, mental health needs and the elderly. I provide care at home including help with medication, household chores, prescriptions shopping, access to the community, visits to hospital / GP appointments, companionship and sit-in services. I can help with care reviews and assessments

Iyabo Adedoyin Taiwo
07859143677
Dtaiwo2000@yahoo.com

£18+
per
hour



(especially for people from the BAME community) and culturally specific care.



Debbie's Sitting Service

I am a carer and professional sitter and I support clients in their own homes so that their carer can go out and have a few hours break or attend appointments. I can sit and chat, reminisce, do activities, read, provide companionship or purely just be present, give them food and drinks and keep them safe. I have ten years' experience in care, working with adults with learning disabilities and the elderly. I am well trained and experienced in working with clients with dementia. I cover South Woodham Ferrers and surrounding areas.

Debbie Brindle
07770 954492
debbie.brindle@btopenworld.com

£18
per
hour



Look to Brooke

You can look to us when you or a family member needs that extra help or reassurance at home. Whether that be household chores, shopping, walking the dog, appointments or for a good old chat over a cup of tea. We can support with housework, cooking light meals, dog walking, hospital and GP appointments, shopping, leisure activities, companionship, day trips & hobbies. Please get in touch for more details and we can come to see you for an informal discussion.

Brooke Hitchcock
07720 833 840
looktobrooke@gmail.com

£18.93
per
hour



Life Change Diverse Living

Our goal is to enable independent living through focusing on the individual needs and aspirations of our customers and creating a solution that meets them. We offer support with shopping, cleaning, laundry, meals,

Fatima Loum
07957279331
info@lcdluk.co.uk

£18.93
per
hour



appointments, companionship and any areas where a client may be struggling to cope with everyday tasks (except personal care). We will allocate a dedicated Support Worker who will develop a trusting, friendly relationship with you, and monitor your health and well-being. We provide a flexible service specifically tailored to the different needs of each individual.



Alpha Globe Ltd

My name is Valerie and I'm a Social Worker. I started Alpha Globe because of my passion for supporting vulnerable adults to remain independent in their own homes and to be included in their local communities. We support older adults, people with physical and learning disabilities and mental health support needs. We can help with domestics, deep cleaning and de-cluttering, meal preparation, shopping, going out to social activities, attending appointments, managing finances and benefits, and maintaining relationships with friends and family.

Valerie Okonya
07552 403 217

alphaglobeltd@hotmail.com

£18.50
per hour



Benedict Care

At Benedict Care Limited we offer a home help service for older people and people with disabilities living in their own homes. We can support you to maintain your independence and stay connected socially. We can assist with light cleaning and domestics, with meals and drinks, companionship, going out and socialising, attending appointments, managing paperwork and administration, etc. We offer respite care for families to rest and support for people to recover after hospital discharges.

Florence Sibanda
07883014259

benedictcareagency@gmail.com

£19
per hour





Kleroo Healthcare

Kleroo Healthcare is a small team of highly qualified carers, managed by a registered nurse. We provide quality person-centred care, and we have regular staff which means you will see a familiar face on visits. We offer support to older people and people with learning disabilities. We can help with sit calls (day or night), respite, shopping and errands, meal preparation, medical appointments, socialising and community outings, companionship, domestic chores like cleaning, gardening, laundry, ironing etc.

Sarah Maoko
01268 216 466
07788 277 230
info@kleroohelthcare.co.uk

£17-£19
per hour
*Depending
on needs



Claire Care

I'm Claire, a dedicated and compassionate home care provider with a genuine commitment to enhancing the lives of those in need. I'm very passionate about giving something back to my community and I bring a wealth of experience and empathy to every client I support. I support older people, people with disabilities and those returning home from hospital. I can help you maintaining the house, with light gardening, pet care, meals and cooking, shopping, companionship, going out to appointments and socialising and with paperwork.

Claire Woods
07366 160 048
Claire.woods2010@hotmail.com

£20 per
hour



Robethel Care Services

We provide user-led services where each client is treated as an individual and supported according to their specific needs. We support older people, people with learning difficulties, anxiety and depression across various age groups as well as any other form of disability. We can help with household tasks such as cleaning, laundry, ironing, cooking and shopping, booking and attending appointments, companionship, administrative tasks, etc. We love to look after people,

Sarah Roland
07827 133 183
07931 565 728
robethelcareservices@gmail.com

£20.61
per hour



make them feel valued and ensure they are happy with the services we provide. Nothing is too much!



New
Tama Care

We are Tamara and Tolu, and we help people to maintain their quality of life whilst living independently in their own homes. We aim to get to know the people we support really well, so we can help them to live a good life and achieve the things that matter to them. We support older people and people with disabilities and dementia with housework, meals, shopping, going out and attending appointments, socialising, companionship, paperwork, etc. We speak English, German and Yoruba and can offer support from a male carer. We have extensive experience in health & social care and Tamara is a qualified nurse.

Tamara Juttner
07448 962 141
Tamacare19@gmail.com

£18.50
per hour



Support from Trade Services, Health & Nutrition
(cleaning, dog walking, errand runners, gardening, handy people, activities, etc)
SOUTH ESSEX



Home Freedom

Clutter can easily accumulate in the home over time, even before you have consciously realised that it is happening. If you have a tendency to hoard items, we can visit to discuss with you which of these items should be discarded and which of them should be kept. We will make sure that any concerns you have about the clean – like, perhaps, the fear of losing everything – are addressed before the clean itself takes place. We offer decluttering services for hoarders' homes, deep cleans, key safe installation and furniture moves. We cover the **whole of Essex**.

Ellie Gatehouse
07528 373 994
07595419420
Ellie@homefreedomltd.co.uk
domltd.co.uk

* Price on
assessment
(Free
consultation)



Helping Handz Services

We are a locally based company offering professional domestic cleaning, gardening and home help. Our home support services include light meal preparation, support to attend appointments, support to attend leisure activities, laundry, shopping and ironing. We also offer regular and one-off domestic cleaning and help with de-cluttering, professional gardening services (regular and one-off) and light DIY and handyman services. We cover Grays, Thurrock and Basildon.

Lily Thorbourne
07535 131 467
info.helphandz@gmail.com

£17 per
hour
cleaning

£18 per
hour
home help





Cluttergone

Cluttergone is a local professional declutter and organise service. We specialise in 'Clutter Clearing' which is not only about creating systems and organising, but helping people with the clutter that is getting in the way of their life. Clutter doesn't turn up overnight, so for many people reaching a decision to have professional help with their clutter may also take a while. We appreciate that having someone come into your home may make you feel a little bit apprehensive, but we're on your side and here to help. We cover **all areas of Essex.**

Jo Kingston
07812 769911
01702 527821
joella0205@hotmail.com

**From
£150+**



Pleasantly Pilates

I teach a mixture of group mat work classes, chair-based classes and one to one sessions. All my classes are tailored to individual needs such as my popular Pilates for bone health class which is suitable for clients with Osteoporosis and Osteopenia. I also teach a half seated, half standing class, for older adults where we work on functional exercises to help with posture, strength, balance, and flexibility.

Julie Sparling
07547 433 392
pleasantlypilates@gmail.com

£7.50
online
£10
face-to-face.



Deliver Eat

We offer freshly cooked meals delivered and served daily to the elderly and vulnerable in Thurrock, Havering and Basildon. We are a family run business providing not just 'meals on wheels' as we care deeply about everyone we visit. We perform a FREE welfare check & report service, plate up and encourage customers to eat, if required, during delivery. We deliver 6 days per week between 12 and 2pm @£8.95 for main course and dessert per day. Please contact us to book a face-to-face visit to discuss.

Annette Carmody
07545 839 126
annettecarmody1@gmail.com

www.delivereat.uk

£8.95
per
day



ALL OF ESSEX / COUNTYWIDE

Support from Therapy, Mental Health & Wellbeing Services
COVERING ALL OF ESSEX



STEP

STEP is a skills development initiative that targets ethnic minority communities. It is aimed at raising awareness and recognising the lack of engagement by ethnic minority communities on apprentice schemes and provides activities and resources to unlock their career opportunities through apprenticeship, skills, and training work-based programmes.

Busiwa Madikazi
07748 757 121
busiswa.madikazi@stepcic.co.uk

FREE



Heads 2 Minds

We are helping create a world in which anyone experiencing mental health challenges feels safe, understood and respected. We offer a wide range of services like health and wellbeing coaching, mentoring and holistic therapies such as arts and colour therapy, animal assisted therapy and hypnotherapy. We also run workshops and events and offer training and activities.

Liz Rotherham
liz@heads2minds.co.uk

FREE



Connect Without Limits

We are a group of autistic young people dedicated to helping other young people with Autism and Autistic traits. Unlike other groups, we go at your speed and adapt around you. We run a mixture of Peer Support, Workshops and Social Groups. We are also dedicated to supporting the whole family and we aim to offer activities and social groups for family members as well.

Tina Bearman
0748 433 0948
tina@cwlcic.com

FREE





Blossome

Blossome helps those who have endured losing a loved one to alcoholism or addiction go from feeling alone, exhausted and guilty to supported, energised and joyful with the Pathway to Peace healing journey. Members enjoy access to the community, healing programme, weekly activities, podcasts and more.

Kim Moore
hello@blossome.support

£17 per month



Ace Music Therapy

Ace Music Therapy provides music therapy services across Essex, London and Hertfordshire. We work with education and healthcare settings as well as charities and individual clients to provide high quality, affordable music therapy provisions. We also run community music groups and continued professional development and training sessions for professionals.
Assessment and initial session £100.

Amelia Clapham
07957 225 109
amelia@acemusictherapy.co.uk

£60 online
£70 face-to-face



African Families in The UK (AFiUK)

AFiUK serves the interests of African and other ethnic minority families where the parents were born and educated overseas, while their children have been born in the UK, often creating a clash of cultural identities. We offer a wide range of support to families and individuals, events, workshops and activities as well as training for community ambassadors, professionals and organisations.

Rachel Walton
07539 455 974
afiukrachel@gmail.com

FREE





Care 4 Carers

The Care4Carers Club is an online support community run by family carers and can provide a voice and guidance for those going through the 'unpaid carer journey' as well as signposting to partner organisations who can offer dedicated support. Care4Carers Club is also the home of PA Place, a place where Personal Assistants can access guidance, support and networking opportunities.

Barbara Carr
07771938275
barbara@care4carersclub.co.uk

*** Different Membership Options**



Bex Harper Earth Coaching

Bex helps neurodivergent and chronically ill people conquer stress, burnout, overwhelm and disorganisation so that they can regain control of their lives, harnessing the power of nature to nurture clients back to thriving! Earth Coaching explores self-acceptance; self-discovery; and creative, therapeutic problem-solving to achieve real change. Bex offers specialised decluttering and organisation coaching. More information about 1:1 earth coaching packages on our [website](https://www.earthcoaching.net/).

Bex Harper
hello@bexharper.com
<https://www.earthcoaching.net/>

***Visit website for info re packages**



Roar Through Art

My name is Toyin and I'm a Certified NLP and Timeline Therapy Practitioner and a Trauma Informed Intervention Coach. I offer dynamic workshops and individual coaching for ages 11-16 and adults, using creative methods like journaling, expressive writing, short stories, and poetry. With extensive experience and various coaching techniques, we empower clients to drive their own growth and to reshape thought patterns, shed emotional burdens, and cultivate self-awareness, resilience, and creativity.

Toyin Okunuga
07920887036
toyinokunuga964@gmail.com

£55 per session





**Trusted
Money
Confidence**

Trusted is a 6-week peer to peer money confidence programme, designed to bring people together in a supportive environment to engage in open conversations about their unique approaches to managing their money and situations relating to their money. In the face of the cost-of-living crisis, Trusted offers a safe space for participants to build a strong community, share knowledge, and extend help and guidance, making the challenges more manageable. Contact us for an informal chat and enrol in one of our programmes. Contact us today to secure your place.

**Karen
Badenoch**
07532 253540
hello@trustedmoneyconfidence.com

FREE



New
**Rebreath
CIC**

Rebreath provides a nurturing community to support parents of African heritage and their journey of raising children with autism and special education needs. Join us in rewriting the narrative whilst fostering a culture of understanding and inclusion. We provide support and respite for carers, helping them to overcome barriers, build resilience, and improve their overall quality of life. We can offer cultural sensitivity training for staff and volunteers, workshops and awareness programmes, support groups, therapy and events.

Arit Akran
07902 623 553
info@rebreathcic.org

FREE

