



Essex County Council
Adult Social Care

The Community Micro-enterprise Project Directory



Novemeber 2023 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 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**





NEW
**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
astaffing.co.uk](mailto:info@brightidea staffing.co.uk)

**£20 per
hour**
Weekday

£23ph
weekend



NEW
**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
@radfieldhomec
are.co.uk](mailto:sharnelle.wyatt@radfieldhomecare.co.uk)

**£30
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

£17 per hour
weekdays

£20 per hour
weekends



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, 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.

Ruth Olayiwola
07429 744 178
careaceinf@outlook.com

£18 per hour
weekdays

£20 ph
weekends



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



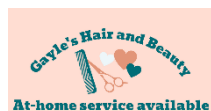
Yoga For All

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+**



MID ESSEX

All Care Providers in **MID ESSEX**

Providing Personal Care



**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
Adebowale**
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@nitiat@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.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
[Lordamcareservice
s@gmail.com](mailto:Lordamcareservices@gmail.com)

**£25 per
hour**



Gemini Support

I'm Julie and I offer home help to older and disabled 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 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](mailto:julie@gemini-support.co.uk)

[www.gemini-
support.co.uk](http://www.gemini-support.co.uk)

**£18.50
per
hour**





NEW
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 life long 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



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 hour.



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.





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.

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

**£30
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
0800 689 0825
office@aquarobsoncare.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
Adebusoye**
01375508066
07877657592
info@bscaremanagement.co.uk

**£18.50
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@integratedsupportservice.co.uk

£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.co.uk

£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.co.uk

£18.7 per hour.



Dion Care Services

We are a small CQC-registered company proving 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, cleaning and shopping, socialising & companionship, overnight and live-in care, going out and getting to appointments.

Ama Frempong
07450286366
klearecaresolutions@gmail.com

£19+ 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.



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.





BRINGING OUT THE BEST IN ' '

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

Offers home care and support specialising in people with dementia, learning disabilities and physical disabilities.

Stemben Chaya
schaya963@yahoo.co.uk

£20+ 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

info@trimargecareandclean.co.uk

£19+
per
hour



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

Anne Ofeke
07898 989 566
anne.ofeke@presanne.co.uk

£18
per
hour



tasks, accompanying you on outings and appointments, companionship, night care and respite.



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@anjel-direct.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

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

**£17+
per
hour.**



activities, walking, etc. We also offer post-hospital care, live-in and end of life and palliative services.



**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

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

**£20
per
hour.**



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.



**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.**

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



Attentive Home Care

Supports the elderly to help them feel safe and independent within their own home. Personal care, cooking, cleaning and just a bit of company sometimes. General help with daily tasks that clients might find a struggle.

Joanne Ward
07903 326 335
attentivehomecare@yahoo.com



Help at Home with Vicki

Days out, appointments, chaperone, arts and craft, preparation of meals, sleep-in, waking nights, light housekeeping, personal care, medication reminders

Victoria Williams
07516422874
victoria.williams001@outlook.com

£15+ per hour



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**
info@lordgraceld.co.uk

**£20 per
hour**



**I'm At
Your
Service**

Provides support for getting out in the community, shopping. Personal Care, medication.

Katie Denham
Tel: 07354 462049
imatyourservicecompany@gmail.com



**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.

Tina Stearne
07714350045
Tinas_helping_hands@yahoo.com

**£19 per
hour.**



We are happy to meet and discuss any needs and how to make life that bit easier for families.



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
07748059779
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 they are getting the very best care. I always put the best interests of my client first whilst ensuring all their needs are met.

Julie Ellul
07745725486
Julieellul@yahoo.com

£20 per hour



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

SOUTH ESSEX

Care To Remember

Works mainly with people with dementia.
Home sitting, companionship, transporting and accommodating clients to and from services, going for walks and other creative activities.

Omolara Oredipe
07533387272
Caretoremember@outlook.com



Derrick Nugent Healthcare

Offer support to adults including Food preparation & serving, cleaning service, companionship, domestic services, home help, sit in service, laundry service, shopping service, errands.

Kamesha Stevenson
Tel: 07771963529
k.stevenson@derricknugenthealthcare.co.uk



Kay and Kayleigh's Domestic Support

A range of support services including companionship, shopping, meal prep (making breakfasts, lunches and/or dinners), ironing, cleaning, housework, pet sitting or walking, grass cutting, accompanied to doctors' appointments.

Kay & Kayleigh Vernau
01268525377
07919142482
07843934285
thetwokays@hotmail.com





Fairevents

My name is Lilian and I run a small help at home service for older and disabled people. I have passion for supporting people and I love what I do. I treat people with respect and dignity. I can support you and your loved ones with household tasks, shopping, prescriptions, cooking, cleaning, companionship, going out and attending appointments and more. I am flexible to suit your needs. I am honest, trustworthy, sincere and have empathy for people and shows it through the work and services I provide.

Lilian Nwokocha
07556559835
liliannwokocha@talktalk.net
www.fairevents Ltd.co.uk

£20.50
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 (especially for people from the BAME community) and culturally specific care.

Iyabo Adedoyin Taiwo
07859143677
Dtaiwo2000@yahoo.com

£18+
per
hour.



Life Change Diverse Living

Offering home support services, companionship, housekeeping, transportation, laundry, shopping etc.

Fatima Loum
07957279331
fatima@lcdluk.co.uk



Debbie's Sitting Service

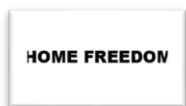
I am a carer and professional sitter and I support clients in their own homes so that their carer can go out and have a few hours break or attend appointments. I can sit and chat, reminisce, do activities, read, provide companionship or purely just be present, give them food and drinks and keep them 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.**



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

* 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 131467
info.helphandz@gmail.com

**£15+
per
hour.**



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
Tel: 07547433392
pleasantlypilates@gmail.com

£7.5
online
£10
face-
to-face.



Real Health Fitness & Wellbeing Studio

I have over 20 years' experience in personal training of clients with many different abilities and personal challenges. I can offer a full fitness experience for all abilities and also rehabilitation programmes. I aim to create an environment where exercise is flexible and fun! Each session will be design and created for each individual client using a variety of equipment and exercises. Sessions take place in our studio in Billericay which has free parking.

Robin Hart
07977928952
info@realhealthfitness.co.uk

Service
dependent



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@afiuk.org

FREE



Craig Tylor Trust

Support people living with or experiencing mental ill health and offer suicide prevention.

Karen Pullen
07745331925
thecraigtylertrust@gmail.com



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

Rachel Walton
07539 455 974
afiukrachel@gmail.com

FREE



training for community ambassadors, professionals and organisations.



**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



**Community
Sound**

Music and instrument tuition

Ola Adebuseye
07588 712842
Info@communitysound.co.uk
www.communitysound.co.uk



**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

