



Essex County Council
Adult Social Care

The Community Micro-enterprise Project Directory

August 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

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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.

**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.



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
03301330450
info@wellspring-care.com

www.wellspring-care.com

£18+ per hour.



Ruby Care Services

We are a team of friendly homecare givers based in Basildon 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
01268 214799
Ola.adebogun@rubycare.com

£23 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

Sue Mundicha
0756 542 6819
0800 689 0825
office@aquarobsoncare.co.uk

£19.50 per hour.



impairments, mental health conditions and people who misuse drugs or alcohol.



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 Adebuso
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.

Omosola Agbaje
07398914225
01268964605
agbaje.sola@integratedsupportservicesltd.com

**£20
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
07961285283
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 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
07391563381
Doyin.azeez@dioncareservices.co.uk

**£16+
per
hour.**



**Klear 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. I have experience of assessing needs and providing person centred care. I know the importance of providing quality and flexible care. We can help with home care, social & companionship, personal care, shopping, etc.

**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.



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.

Mutiati Adebawale
01702382312
07375775545
office@yowsuncare.co.uk

£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 313087
referrals@major-domicile.com

£20+ per hour



BRINGING OUT THE BEST



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

Christiana Agu
07984145953
favourcareltd@gmail.com

£17 per hour



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.

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

£19
per
hour



ade.ojedele@caringlocals.co.uk



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@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@y
ahoo.co.uk**

**£18.
50
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.co
m](mailto: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.



NEW
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 care and end of life and palliative services.

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

£17+ per hour.



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



**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
westgatecareinitiat@gmail.com

£18
day time
and sleep
ins

£20
waking
nights



**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



**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



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

SOUTH ESSEX

**Bliss
Independent
Support**

Provide a wide range of services which can meet the eligible needs of a variety of at home care and support services, including customers with learning disabilities, physical difficulties and dementia.

Ebi Ere
07429 624191
enquiry@blissidsupport.com



**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
07903326335
wardjoanne@hotmail.co.uk



**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		
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@lordgraceltd.co.uk	£20 per hour	
KB Solutionz	Provides support for people with their mental health and wellbeing, assessment and management, medicines management, staff support and supervision, carers' support.	Kudzi Mukundi 07715524168 kudzi@kbsgrp.co.uk		

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



T&K Helping Hands Housework, personal care, shopping, doctor's appointments and any support that makes life easier

Tina Stearne
07714350045
Tinas_helping_hands@yahoo.com

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



Zumcare

Zumcare Ltd home services provides a range of high-quality home care services to people living in the community such as companionship, shopping support, help with meal preparations, domestic tasks such as cleaning, laundry and ironing, support to attend appointments and leisure activities.

Agnes Zumbika
07737284173
info@zumcare.co.uk



Fairevents

Offer a mixture of support including companionship, respite sitting cover, sitting service, home help service, shopping, escorts to GP appointments, medication prompting, meals preparation, cleaning services, transport support to appointments, prescription drop in and pick up

Lilian Nwokocha
07556559835
liliannwokocha@talktalk.net
www.faireventsltd.co.uk

**£18.93
per
hour**



**Gemini
Support**

Provides services such as household chores, such as cleaning, ironing, tidying up, laundry and more. Shopping, cooking, light gardening such as mowing the lawn, sweeping leaves, weeding, planting bulbs. Julie can play a game with you, read to you or sit and have a chat and cup of tea.

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





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

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
[Tribe - Christina Harding](#)

£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.



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 to go out shopping, to the

Brenda McLoughlin
01206 688109
brenda@bindependent-support.co.uk

£20 per hour.



gym/sports, managing daily living tasks like cooking, cleaning, laundry, and managing finances, housing tenancies and bills.



NEW
**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.**



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



**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+**



Support from Trade Services

(cleaning, dog walking, errand runners, gardening, handy people etc)

SOUTH ESSEX

Home Freedom

Deep Clean, decluttering for hoarders, house clearance, key safe supply & fit
Furniture move/removal

Ellie Gatehouse
07528373994
07595419420
Ellie@homefreedomltd.co.uk



Helping Handz Services

Gardening, cleaning & outings, and entertainment

Lily Thorbourne
07535 131467
info.helpandz@gmail.com

£15+
per
hour



Debbie's Sitting Service

Reflexology & companionship

Debbie Brindle
07770 954492
debbie.brindle@btopenworld.com



***NEW* 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+



Support from Health & Nutrition Services
SOUTH ESSEX

**Nutrient
Life**

Personal nutrition plans and coaching, support with physical health, tailored to meet the needs of those with medical conditions including diabetes.

**Harman Bajwa
Mohal**
07504991916
harman@nutrientlife.com



**Feeding The
Family**

Provides a home cooked meal service.

**Keeley
Scarborough**
keeley@feedingthefamily.co.uk
01268 207009
07896 334646



**Pleasantly
Pilates**

Group mat work Pilates or one to one Pilates tailored to individual need such as bone health for older adults.

Julie Sparling
Tel: 07547433392
pleasantlypilates@gmail.com

**£5
online
£10
face-
to-face**



**Real Health
Fitness &
Wellbeing
Studio**

Operates a wellbeing and fitness studio and provides yoga personal training and other fitness classes

Robin Hart
07977928952
info@realhealthfitness.co.uk



Support from Health & Nutrition Services
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
hoo.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)

**One-to-one
session
£45
(online
and in
person)**

**Classes
£10**



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
c.w.l.business21@gmail.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**



DIAL

People with a physical, sensory, learning difficulties, mental health issues, their families, friends, carers and professionals like GP, Hospital staff through information, advice and advocacy on any disability related subject.

Janet Stevens
0333 366 1045
07786 088538
enquiries@dialsouthessex.co.uk

FREE



Community Sound

Music and instrument tuition

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



NEW
**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](#).

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

*Visit website for info re packages

