



Essex County Council
Adult Social Care

The Community Micro-enterprise Project Directory

March 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

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

City on a Hill Care Ltd

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



Colchester Homecare LTD

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

£20 per hour



Ivy Grace Care LTD

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

£23.50 per hour



JCM CARE SERVICES

JCM Care Services LTD

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 Ltd

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

£18+ per hour



Paradise Care LTD

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

£20 per hour



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

**T-BOT Care
Dynamics Ltd**

Person centred care, end of life care, waking nights, sleep in and support work. Helping people using compression stockings to manage their swollen legs or arms.

Olayinka Balogun
01375 841821
info@tbotcaredynamics.co.uk

£17.00
per
hour



www.tbotcaredynamics.co.uk

**Ronti Care
Solutions**

Support and care for people of all ages and with a variety of eligible needs. We can support older people, cancer, diabetes, Parkinson's disease, stroke etc. Supports individuals with dementia, mental health difficulties, physical difficulties and younger people. Support with food & drink, gardening, general home care, medical, night care, social, companionship, technology, arts & crafts, keeping fit, cleaning, personal care, maintaining good physical health or shopping.

Gina Obayanju
01375318873
ronticare@yahoo.com

£17.00
per
hour



Wellspring Care

We provide quality care and support for clients 18+ in their own homes. Personal care and support
Associated domestic services
24 hours live-in care
Companionship
Home help
Post-hospital care services (reablement)

Yemi Adeeko
03301330450
info@wellspring-care.com

£18.00+
per
hour



www.wellspring-care.com



Ruby Care Services

Support and care for people 18 to elderly. Staff provide personal care, cleaning, shopping, and extras such as pickup prescriptions, arrange hairdresser etc.

Oladunni Adebogun
01268 214799
Ola.adebogun@rubycareservices.co.uk



Beaumont Home Care

We help clients in the community with needs ranging from dementia, mobility issues, stroke, companionship, and personal care need, also community outings, dog walking etc.

Tracy Barnabas
Office: 01277 725660
Mobile: 07812 165629
Tracy@beaumonthomecare.co.uk
Info@beaumonthomecare.co.uk



Aqua Robson Care

We support people with home care, domiciliary care, live-in care, respite care, companionship, complex care; mental health care; End of life care, housework, GP visits, medication collection, day care, dementia friend

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



BS Care Management Services

We offer domiciliary care and supported living for all age people with disabilities, also offering dementia care.

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

£18.50 per hour



Integrated Support Services

We support people at home with personal and domestic care.

Omosola Agbaje
07398914225
01268964605
agbaje.sola@integratedsupportservices.co.uk

£18.00
per
hour



Honourin Care

We offer personal support and companionship to older people and adults with a disability.

Jemimah Boateng
Tel: 07426016260
07414003264
info@honourincare.co.uk

£19+
per
hour



R&K

Provides domiciliary and live in care, supporting people with their mental health and wellbeing, people with learning disabilities, and end of life care.

Nqabutho Hanyana
Tel: 07961285283
nqabutho.hanyana@randkcare.services

£17+
per
hour



ME Crews Healthcare

We work with clients with dementia, learning disabilities, physical impairment, or spectrum disorder, sensory impairments, substance misuse also people detained under the Mental Capacity Act

Lilian Badu-Wilson
Tel: 07735546081
lilian@mecrewshealthcare.com

£18.70
per
hour



Dion Care Services

Offers personal care, companionship support.

Doyin Azeez
07391563381
Doyin.azeez@dioncareservices.co.uk

£21.60
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 a care worker and together with my team, will be able to support with your daily need to meet your desired outcomes. I have experience of the assessing needs and providing person centred care. I have worked in various roles with social work and know the importance of providing quality and flexible care. Home Care, Social & Companionship, Personal Care, Shopping

Ama Frempong
07450286366
klearecaresolutions@gmail.com

£19+
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



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



Rain or Shine

Offers support at home services, including cleaning and trips out in the community, cleaning. Experience working with people with brain injuries, and young offenders.

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



Lord Grace Delight

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
[k](#)



I'm At Your Service

Provides support for getting out in the community, shopping, personal care, medication.

Katie Denham
Tel: 07354 462049



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, house work, 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 for appointments, prescription drop in and pick up	Lilian Nwokocha 07556559835 liliannwokocha@talk.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	Offering companionship, befriending, support at home.	Iyabo Adedoyin Taiwo Tel: 07859143677 Dtaiwo2000@yahoo.com		



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 595 154
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

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
Danny@homefreedomltd.co.uk



Support from Health & Nutrition Services
SOUTH ESSEX

Nutrificient 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@nutrificientlife.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 have two meetings a week. One on a Wednesday from 2 - 4pm and Saturday's 9 - 11am which is followed by a Ramblers Health wellbeing walk at 11.30am.

Diana Hogben
07476663634
dianahogben58@yahoo.com

FREE



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



Autism Buddies

We are here for people affected with High Functioning Autism and we also support conditions aligned to Neurodiversity. We offer all forms of services but most of all online training events through to online catch up sessions through Teams and Facebook media.

Autism Buddies
autismbuddies@outlook.com
Facebook - [Autism Buddies UK](#)

FREE





Heads2minds

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.

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.

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

£60
online
£70
face-
to-face



African Families in The UK (AFiUK)

Rachel Walton
07539 455 974
afiukrachel@gmail.com

FREE



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

