



Essex County Council  
Adult Social Care

# The Community Micro-enterprise Project Directory



April 2024 edition

# The Community Micro-enterprise Project Directory

## What is a Community Micro-enterprise?

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

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

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

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

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

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

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

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

Our checklist can help you think about what to consider.

### **Checklist**

Firstly, you need to have a clear idea of:

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

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

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

### Other things to think about

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

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

### Staying Safe

Contacting Adult Social Care

Telephone: 0345 603 7630

Textphone: 0345 758 5592

Monday to Thursday, 8:45am to 5pm

Friday, 8:45am to 4:30pm

Out of hours telephone: 0345 606 1212

Email: [socialcaredirect@essex.gov.uk](mailto: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](mailto:micro.enterprise@essex.gov.uk)

Follow us on Facebook! [www.facebook.com/communitymicroenterpriseproject](https://www.facebook.com/communitymicroenterpriseproject)

Webpage [www.essex.gov.uk/personal-budgets-and-direct-payments/help-to-find-your-own-care-and-support](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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**  
[paradisecareit@gmail.com](mailto:paradisecareit@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](mailto: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@ubycare services.co.uk](mailto:Ola.adebogun@ubycare 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](mailto:brenda@bindependentsupport.co.uk)

**£22 per hour for personal care**



**£20ph non personal care**



### **Bright Idea Staffing**

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

**Paul Wersong**  
**0120 668 8409**  
**07961793284**  
[info@brightidea staffing.co.uk](mailto:info@brightidea staffing.co.uk)

**£20 per hour**  
Weekday  
**£23ph**  
weekend



### **Radfield Home Care**

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

**Sharnelle Wyatt**  
**01206 646 252**  
**07454 121 507**  
[sharnelle.wyatt@radfieldhomecare.co.uk](mailto:sharnelle.wyatt@radfieldhomecare.co.uk)

**£30 per hour**



### **Integrated Support Services**

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

**Omosola Agbaje**  
**07398914225**  
**01268964605**  
[agbaje.sola@integratedsupportserviceserviceltd.com](mailto:agbaje.sola@integratedsupportserviceserviceltd.com)

**£22 per hour**



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



**\*New\***  
**Divine Care  
Provider**

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

**Diane Winestein**  
**01376 572222**  
[divinecareprovider@gmail.com](mailto:divinecareprovider@gmail.com)

**£25  
per  
hour**



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



**Wageway  
Care  
Services**

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

**Eunice Olagunju**  
**07555 460 290**  
[dannycoojo@yahoo.co.uk](mailto: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](mailto: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](mailto:sarah@gopersonnel.co.uk)

**£20 per hour**



**Care Ace**

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

**Ruth Olayiwola**  
**07429 744 178**  
[careaceinf@outlook.com](mailto:careaceinf@outlook.com)

**£18 per hour weekdays**

**£20 ph weekends**



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

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



### **Right Balance**

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

**Diana Hogben**  
**07476663634**  
[dianahogben58@yahoo.com](mailto:dianahogben58@yahoo.com)  
[hoo.com](http://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](mailto:katkinson108@gmail.com)  
[il.com](http://il.com)  
[facebook.com/kateatkinsonyoga](https://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](mailto: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](mailto: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](mailto:tracey@cvprime.co.uk)

From £50+





**Frances  
Langford  
Foot Health**

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

**Frances Langford**  
**07526 336516**  
[info@franceslangford.co.uk](mailto:info@franceslangford.co.uk)

**£35 per  
session**



## MID ESSEX

All Care Providers in MID ESSEX

### Providing Personal Care



#### Beaumont Home Care

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

**Tracy Barnabas**  
**01277 725660**  
**07812 165629**  
[Tracy@beaumonthomecare.co.uk](mailto:Tracy@beaumonthomecare.co.uk)

**£30 per hour**



#### Yowsun Care Maldon

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

**Mutiati Adebowale**  
**01702382312**  
**07375775545**  
[office@yowsuncare.co.uk](mailto: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**  
[westgatecareinitiat@gmail.com](mailto:westgatecareinitiat@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.**

**Julia Ciurdea**  
**0744 302 677**  
[elenaciurdea0126@yahoo.com](mailto:elenaciurdea0126@yahoo.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. We are based in Colchester but also cover the **Witham, Braintree and Aldham** areas. We are registered with the CQC.

**Sharon Cutter**  
**07368224486**  
[admin@colchesterhomecare.com](mailto:admin@colchesterhomecare.com)

**£23.5**  
**per**  
**hour**



### Your Care Your Home

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

**Kayleigh Thorne**  
**01799 541 259**  
[kthorne@yourcareyourhome.co.uk](mailto:kthorne@yourcareyourhome.co.uk)

**£27**  
**per**  
**hour**



## Non-personal Care (MID ESSEX)



### Lordam Support Services

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

**Loretta Kayode,**  
**07944359757**  
[Lordamcareservices@gmail.com](mailto:Lordamcareservices@gmail.com)

£25 per hour



### Gemini Support

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

**Julie Dechamps**  
**07901 138372**  
[julie@gemini-support.co.uk](mailto:julie@gemini-support.co.uk)  
  
[www.gemini-support.co.uk](http://www.gemini-support.co.uk)

£20 per hour





**Blue & Pink  
Care**

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

**Lewis Warrington**  
**07586 174 814**  
[director@blueandpinkltd.care](mailto: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](mailto:info@tbotcaredynamics.co.uk)  
[www.tbotcaredynamics.co.uk](http://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](mailto: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](mailto:info@wellspring-care.com)  
[www.wellspring-care.com](http://www.wellspring-care.com)

**£18+ per hour.**





### **Aqua Robson Care**

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

**Sue Mundicha**  
**0756 542 6819**  
**01375 801440**  
[office@aquarobsoncare.co.uk](mailto: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](mailto: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@integratedsupportservicesltd.com](mailto:agbaje.sola@integratedsupportservicesltd.com)

**£22**  
**per**  
**hour.**





**R&K**

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

**Nqabutho Hanyana**  
**07961 285 283**  
[nqabutho.hanyana@randkcare.services](mailto: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](mailto:lilian@mecrewshealthcare.com)

**£18.7 per hour.**



**Dion Care Services**

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

**Doyin Azeez**  
**07391 563 381**  
[Doyin.azeez@dioncareservices.co.uk](mailto:Doyin.azeez@dioncareservices.co.uk)

**£18+ per hour.**



**Kleare Care Solutions**

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

**Ama Frempong**  
**07450286366**  
[klearecaresolutions@gmail.com](mailto:klearecaresolutions@gmail.com)

**£19+ per hour.**



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



### **Paradise Care**

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

**Nisha Soman Nair**  
**07401 626 211**  
[paradisecareltd@gmail.com](mailto: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](mailto:info@cityonahillcare.com)

**£20 per hour.**



### **Major Domicile**

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

**Nontuthuka Dube**  
**07878 313 087**  
[referrals@major-domicile.com](mailto: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](mailto:favourcareltd@gmail.com)

**£17**  
**per**  
**hour**



### **3 LS Care**

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

**Stemben Chaya**  
**07903427650**  
[schaya963@yahoo.co.uk](mailto:schaya963@yahoo.co.uk)

**£22**  
**per**  
**hour**



### **Caring Locals**

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

**Ade Ojedele**  
**07842013352**  
**01375800762**  
[ade.ojedele@caringlocals.co.uk](mailto:ade.ojedele@caringlocals.co.uk)

**£19**  
**per**  
**hour**







**Trimarge  
Care  
& Cleaning**

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

**Patricia Nana**  
**0208 559 9775**  
**07385 258 775**

**£19+**  
**per**  
**hour**

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



**Day & Night  
Global  
Care**

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

**Gladys  
Mupfudze**  
**07720 880  
035**

**£18.5**  
**per**  
**hour**

[gmupfudze@yahoo.co.uk](mailto:gmupfudze@yahoo.co.uk)



**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@presanne.co.uk](mailto:anne.ofeke@presanne.co.uk)

**£18**  
**per**  
**hour**





### **Pure Health Care**

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

**Sophie Chishaka**  
**0743 670 6537**  
[info@pure-healthcare.com](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](mailto:kenneth@anjelirect.com)

**£18.50**  
**per**  
**hour.**



### **Divine Domiciliary Care**

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

**Joy Aikhomu**  
**0137 546 8035**  
**07448 154 724**  
[DivineDomiciliaryCare@outlook.com](mailto:DivineDomiciliaryCare@outlook.com)

**£17+**  
**per**  
**hour.**





**Niorgrey  
Healthcare**

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

**Dorothy Nneka**  
**07904 603 217**  
[info@niorgreyhealthcare.co.uk](mailto: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](mailto:info@jollycare.co.uk)

**£18.5  
per  
hour.**



**KB Solutionz**

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

**Kudzi Mukandi**  
**07715524168**  
**Brian Back**  
**07588557946**  
[kudzi.mukandi2@nhs.net](mailto:kudzi.mukandi2@nhs.net)

**£20  
per  
hour.**





**BK Social  
Care**

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

**Bukonla Esan**  
**07460 535 503**  
[admin@bksoci  
alcare.co.uk](mailto:admin@bksocialcare.co.uk)

**£16  
per  
hour.**



**Super  
Healthcare**

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

**Kadija Ndlovu**  
**01702 333120**  
[info@superhe  
althcare.co.uk](mailto:info@superhealthcare.co.uk)

**£21 per  
hour  
Weekday**

**£23 ph  
weekend**





**Solutions Embassy**

We support vulnerable individuals, both **children and adults** who need help to live at home. We are passionate about promoting independence and helping people to live at home for as long as possible. We support people with dementia, learning disabilities, Autism, mental health needs and older adults. We provide care at home including help with personal care, medication, household chores, shopping, access to the community, medical appointments, companionship, and sit-in services. We cover Southend and surrounding areas.

**Christiana Balogun**  
**0208 3201 008**  
**07555 713 820**  
[info@solutionsembassy.co.uk](mailto:info@solutionsembassy.co.uk)

**£17 per hour**



**Vimcare Ltd**

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

**Martins Osaghae**  
**01268 438986**  
[admin@vimcarelimited.com](mailto:admin@vimcarelimited.com)

**£21 per hour**



**\*New\***  
**Channel Homecare**

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

**Grace Ale-Dare**  
**07428697038**  
[Channel.homecareltd@gmail.com](mailto:Channel.homecareltd@gmail.com)

**£23 per hour**



preparation, companionship and going out, hospital to home care and live in care.



**\*New\***  
**Jusrade Care**

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

**Julianah Olla**  
**07714345750**  
[julianaholla@jusradecare.co.uk](mailto:julianaholla@jusradecare.co.uk)

**£20.58**  
**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](mailto: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](mailto:livingspringcare@gmail.com)



**Honourin Care**

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

**Jemimah Boateng**  
**07426016260**  
**07414003264**  
[info@honourincare.co.uk](mailto: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](mailto: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@lordgraceltd.co.uk](mailto:info@lordgraceltd.co.uk)

**£20 per hour**





### **Tina's Helping Hands**

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

**Tina Stearne**  
**07714350045**  
[Tinas\\_helping\\_hands@yahoo.com](mailto:Tinas_helping_hands@yahoo.com)

**£19 per hour.**

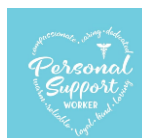


### **Soul 2 Care**

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

**Samantha Thomson**  
**07748 059 779**  
[soul2care@hotmail.com](mailto:soul2care@hotmail.com)

**£22 per hour**



### **Jewels Care**

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

**Julie Ellul**  
**07745725486**  
[Julieellul@yahoo.com](mailto:Julieellul@yahoo.com)

**£20 per hour**





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

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

### SOUTH ESSEX



#### Care to Remember

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

**Omolara  
Oredipe**  
**0753 338 7272**  
**caretoremember**  
**@outlook.com**

**£18.93**  
**per**  
**hour**



#### 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](mailto:liliannwokocha@talktalk.net)  
[@talktalk.net](mailto:liliannwokocha@talktalk.net)  
[www.fairevents](http://www.fairevents Ltd.co.uk)  
[ltd.co.uk](http://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](mailto:Dtaiwo2000@yahoo.com)

**£18+ per hour**



### **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](mailto:debbie.brindle@btopenworld.com)

**£18 per hour**



### **Look to Brooke**

You can look to us when you or a family member needs that extra help or reassurance at home. Whether that be household chores, shopping, walking the dog, appointments or for a good old chat over a cup of tea. We can support with housework, cooking light meals, dog walking, hospital and GP appointments, shopping, leisure activities,

**Brooke Hitchcock**  
**07720 833 840**  
[looktobrooke@gmail.com](mailto:looktobrooke@gmail.com)

**£18.93 per hour**



companionship, day trips & hobbies. Please get in touch for more details and we can come to see you for an informal discussion.



### **Life Change Diverse Living**

Our goal is to enable independent living through focusing on the individual needs and aspirations of our customers and creating a solution that meets them. We offer support with shopping, cleaning, laundry, meals, appointments, companionship and any areas where a client may be struggling to cope with everyday tasks (except personal care). We will allocate a dedicated Support Worker who will develop a trusting, friendly relationship with you, and monitor your health and well-being. We provide a flexible service specifically tailored to the different needs of each individual.

**Fatima Loum**  
**07957279331**  
[info@lcdluk.co.uk](mailto:info@lcdluk.co.uk)

**£18.93**  
per hour



### **Alpha Globe Ltd**

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

**Valerie  
Okonyia**  
**07552 403 217**

[alphaglobeltd  
@hotmail.com](mailto:alphaglobeltd@hotmail.com)

**£18.50**  
per hour





**\*New\***  
**Benedict**  
**Care**

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

**Florence**  
**Sibanda**  
**07883014259**

[benedictcareagency@gmail.com](mailto:benedictcareagency@gmail.com)

**£19**  
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@homefree](mailto:Ellie@homefree.com)  
[domltd.co.uk](http://domltd.co.uk)

\* Price on  
assessment  
(Free  
consultation)



**Helping Handz  
Services**

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

**Lily Thorbourne**  
**07535 131 467**  
[info.helphandz@](mailto:info.helphandz@gmail.com)  
[gmail.com](mailto:info.helphandz@gmail.com)

**£17** per  
hour  
cleaning

**£18** per  
hour  
home help





### **Cluttergone**

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

**Jo Kingston**  
**07812 769911**  
**01702 527821**  
[joella0205@hotmail.com](mailto:joella0205@hotmail.com)

**From**  
**£150+**



### **Pleasantly Pilates**

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

**Julie Sparling**  
**07547 433 392**  
[pleasantlypilates@gmail.com](mailto:pleasantlypilates@gmail.com)

**£7.50**  
online  
**£10**  
face-to-face.



### **Deliver Eat**

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

**Annette Carmody**  
**07545 839 126**  
[annettecarmody1@gmail.com](mailto:annettecarmody1@gmail.com)

**£8.95**  
per  
day

[www.delivereat.uk](http://www.delivereat.uk)



## ALL OF ESSEX / COUNTYWIDE

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



### STEP

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

**Busiwa Madikazi**  
**07748 757 121**  
[busiswa.madikazi@stepcic.co.uk](mailto:busiswa.madikazi@stepcic.co.uk)

**FREE**



### Heads 2 Minds

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

**Liz Rotherham**  
[liz@heads2minds.co.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:barbara@care4carersclub.co.uk)

**\* Different Membership Options**



### **Bex Harper Earth Coaching**

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

**Bex Harper**  
[hello@bexharper.com](mailto: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](mailto:toyinokunuga964@gmail.com)

**£55 per session**



Trusted

**Trusted  
Money  
Confidence**

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

**Karen  
Badenoch  
07532 253540  
[hello@trustedm  
oneyconfidence  
.com](mailto:hello@trustedmoneyconfidence.com)**

**FREE**

