Essex and Southend-on-Sea Care Services Directory 2019

The essential guide to choosing and paying for care and support

In association with
We think of ourselves as a “Second family” for all our Residents as we share a common interest in providing the special attention and care that only a family can give.

We are there to share our Residents’ joys and accomplishments and to offer that extra encouragement during difficult times. We know the importance of a kind word, a gentle touch and the warmth of a smile. We match the love and concern with our skills and compassion.

Gifford House is a home for sixty one older people. It is set off the main road amid landscaped gardens.

If you would like more information about the services we provide, would like to arrange a visit to the home or just want advice about your individual circumstances please contact Susan Hutchison, the Home Director, on 01268 554330 or our head office on 020 8861 6000 or by email at: sue@amscare.co.uk or info@amscare.co.uk

Website: www.ams-care.co.uk
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### Essential checklists

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- Care homes: 50
- Residential dementia care: 53

To obtain extra copies of this Directory, free of charge, call Care Choices on 01223 207770.

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Essex County Council, Southend-on-Sea Borough Council and Thurrock Council’s distribution of this publication does not constitute their support or recommendation of any of the products or services advertised or listed within. All the listings in this publication of care homes, care homes with nursing and home care providers are supplied by the Care Quality Commission (CQC) and Care Choices Ltd cannot be held liable for any errors or omissions.

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Alternative formats

This Directory is available electronically at [www.carechoices.co.uk](http://www.carechoices.co.uk). There is also a Browsealoud option for those requiring the information in the spoken word.

Visit [www.carechoices.co.uk](http://www.carechoices.co.uk) for further assistance with your search for care.
Welcome to this edition of the independent Essex and Southend-on-Sea Care Services Directory, which contains information for adults looking for care or support within the county, whether they are paying for it themselves or receiving support from the council.

Staying as independent as possible is important to everybody. This Directory contains information about the care and support services available to enable you to do this when remaining at home, moving into a housing with care scheme, or within a care home or care home with nursing.

If you feel you need support to remain independent, first look to your community. There’s a host of organisations and voluntary services that could help you.

If you think you need more formal care and support, arrange an assessment with your local Adult Social Care department to establish your specific needs. This is free, irrespective of your income and available to all those who appear to need care and support. More details are provided on page 15. The assessment will determine whether you are eligible for financial support via a Personal Budget, which may allow you to buy in your own support and take control of your situation.

Alternatively, your circumstances may mean you are classed as a ‘self-funder’, with the means to pay for your care yourself. This is discussed on page 24 for those paying for care at home and page 54 for those paying for residential care.

Support or care to remain living in your own home may be the option that best suits your circumstances. Ideas to make life easier at home start on page 9 and a list of local home care providers begins on page 25.

If you are unable to remain at home, you may want to consider a housing with care scheme (see page 44) or residential care. Comprehensive lists of care homes and care homes with nursing in the area start on page 60.

There’s also important information about care decisions, including finding care in another county, making a comment or complaint about a service and how solicitors can help you.

Essex County Council
Adult Social Care
Tel: 0345 603 7630
Email: contact@essex.gov.uk
Web: www.essex.gov.uk

Southend-on-Sea Borough Council
Adult Social Care
Tel: 01702 215008
Email: council@southend.gov.uk
Web: www.southend.gov.uk

Advisers and Contributors
Age UK Essex – Beth Rawlinson
Alzheimer’s Society Essex – Kathy Cohen
Essex Care Association
South Essex Care and Health Association

SEARCH FOR CARE IN YOUR AREA
With so many providers to choose from, where do you start?
• Find care providers quickly and easily • Search by location and care need
• Information on care quality • Links to inspection reports
• Additional information, photos and web links • Brochure requests

www.carechoices.co.uk
Designed with the care and comfort of the elderly in mind, Nightingale House offers residents the best facilities and a standard of luxury normally expected from a high class hotel. Our establishment is a registered, 30 bed, residential care home for the elderly and elderly residents with dementia. The Home has the 24 hour services of fully qualified staff whose friendly yet professional, skilled yet understanding, and above all empathetic, caring and gentle manner is reflected in the quality of care, which is of the highest possible standard. All staff have a common goal in maintaining and improving the self respect, health, independence and motivation of residents.

- Situated a very short distance from the seafront and local amenities.
- Luxurious single and shared rooms, all with ensuites and TV/video entertainment facilities.
- Attractive day rooms, beautiful balconies and an elegant Victorian style conservatory overlooking a serene landscaped garden.
- Long or short stay, and residents requiring full state support are all welcome.
- All residents are constantly encouraged to keep their individuality, always maintaining close contacts with family and friends.
- Various activities and excursions arranged to keep residents occupied and stimulated.

With the responsibility of caring for your loved ones falling to us, family and friends can concentrate on their affairs and can rest, confidently knowing that the interests of their loved one has taken priority with the highly dedicated team of staff and management of the home.

No amount of words can give a full picture of Nightingale House and there is no substitute for a visit. So why not give us a call!!
Inspecting and regulating care services

Health and social care services must be registered to show that they meet a set of standards.

The Care Quality Commission (CQC) is the independent regulator of health and social care in England. It registers care providers and inspects and rates services. When things go wrong, the CQC can also take action to protect people who use services.

After an inspection of a care home or home care agency, the CQC publishes a report of what it found. The report looks at how well the service meets the CQC’s five key questions: Is the service safe? Effective? Caring? Responsive to people’s needs? Well-led?

Each care home and home care agency will get an overall rating of outstanding, good, requires improvement or inadequate. It will also get ratings for each key question. The ratings mean you can easily see where a service is performing well, and where it needs to improve.

It’s always a good idea to check inspection reports and ratings when choosing a care service. You can find reports and ratings on the CQC’s website (www.cqc.org.uk). Care providers must also display their latest rating at their premises and on their website.

You can also tell the CQC about your experiences of care – good or bad. It can use your information to see where it should inspect next, and what to look out for when it does. If you want to share your experience of care, visit www.cqc.org.uk/share

Tel: 03000 616161
Email: enquiries@cqc.org.uk
Web: www.cqc.org.uk
Write to: The Care Quality Commission, Citygate, Gallowgate, Newcastle upon Tyne NE1 4PA

Essex Care Association

Supporting social care providers across Essex, Southend and Thurrock

Essex Care Association (ECA) is an independent, voluntary, not-for-profit organisation which represents the interests of social care providers from Essex, Southend-on-Sea and Thurrock.

Members include care homes, care homes with nursing, supported living and home care providers. Members provide a wide range of services working with older people, those with learning disabilities, and people with physical disabilities.

The Association offers members a range of services to help them support their service users including members discounts on DBS processing, human resources, training, etc with commercial partners. Services also include:

Funding

- distributing Workforce Development Funding (WDF) on behalf of Skills for Care;
- distributing Southend Care Providers Fund which supports first aid training; and
- free support and guidance on how to access funding.

Website

- a one stop shop for information on issues within the sector;
- regular E-News Round Ups; and
- an archive of useful information and key papers.
Information, advice and guidance
ECA supports the delivery of excellence in health and social care by offering FREE impartial information and advice on topics and issues such as compliance, workforce development, recruitment and performance.

Regular seminars are held on topics of interest, such as Employment Law and GDPR.

Representation and influencing
ECA maintains strong links with all three local authorities and represents members’ interests across a wide range of topics. Over the last 12 months, committee members have been working closely with Essex County Council on a number of key initiatives and projects, including commissioning, skills development, recruitment, selection and retention as well as funding.

Links to local networks
Invitation to links with local and national statutory and regulatory bodies and networking and sharing of best practice with other providers of care.

Any questions about ECA membership – please contact us.

Essex Care Association
Tel: 01268 565551
Email: office@eica.org.uk
Web: www.eica.org.uk

South Essex Care and Health Association

Choosing a care home or a care service for a relative or a friend is not an easy task. Quite often there is never enough time and trying to interpret someone else’s wishes is difficult. Equally getting to grips with the costs of care and sources of finance can appear to be a minefield.

SECHA members are residential or nursing care home providers covering most of Essex and domiciliary care providers who are dedicated to providing the highest standards of care and value for money.

The Association is active, involved and dedicated. It provides regular face-to-face training and development programmes for staff, offers e-learning for care staff with over 130 courses to choose from at discounted rates for members and is a Disclosure and Barring Service registered umbrella body enabling DBS checks on all members’ staff as required. SECHA strives constantly to keep its members fully up-to-date with latest care practices and changes in the law as it affects care homes and have found that members benefit enormously from the ‘Buddy’ system operated. This helps members with one-to-one consultation and assistance as required with problems encountered.

SECHA administers a bed register of its member homes, which can be found at www.secha.org.uk/
The register is updated daily on the website and sent to local authorities, CCGs and other placement agencies once a week. Alternatively, contact the administrator who will forward a copy to you.

Please note that all members are marked within the listings with SECHA.

For further information please contact:

The Administrator
South Essex Care and Health Association
Tel: 01268 784501
Email: philroseman@secha.org.uk
Web: www.secha.org.uk

The Essex Bed Register
A service for all those seeking to find a place in a home in Essex or Southend-on-Sea. The register is updated daily on the website and sent to local authorities, CCGs and other placement agencies once a week by SECHA.

Copies are available by telephoning the administrator on 01268 784501. Alternatively, see the register on the website at www.secha.org.uk

Visit www.carechoices.co.uk for further assistance with your search for care
Helping you to stay independent

Services developed in partnership with the voluntary sector

Adult Social Care works with voluntary and community organisations to supply preventative care services. These are a vital form of support and help to maintain independence and social inclusion, and delay or avoid the need for more statutory interventions.

Examples include:
- day services, lunch clubs and social groups;
- befriending, visiting and telephone contact services;
- support schemes to help people being discharged from hospital;
- support for carers; and
- handyperson schemes.

Day care centres

Many people can feel lonely or isolated without an opportunity to fill their days with meaningful activities. Research has shown that one way to alleviate loneliness and promote wellbeing and independence is to provide regular social contact and a focus for activities.

Day care centres give people the chance to change their routine, meet new people, take up an activity or receive specialist services such as chiropody or hairdressing. There is a wide variety around the county, catering for older people, people with mental health conditions, learning disabilities and dementia.

Centres can be as important for carers as those attending as they allow for a regular break from caring.

Finding care in your area

Looking for care in your area? Want to know the quality rating of providers you’re considering? Care Choices, publisher of this Directory, has a website providing comprehensive details of care providers as well as essential information.

You can search by postcode, county or region for care homes, care homes with nursing and home care providers that meet your needs across the country.

Your search can be refined by the type of care you are looking for and the results can be sent to you by email. They can also be saved and emailed to others.

The website includes detailed information for each care provider, including the address, phone number and the service’s latest CQC inspection report and rating (see page 6), indicating the quality of care provided.

You can also view an electronic version of this Directory on the site and have it read to you by using the 'Browsealoud' function. Visit www.carechoices.co.uk

To find your local day care facilities visit www.ageuk.org.uk/essex/community-projects/clubs-and-groups
Making life easier at home

If you’re having difficulties with everyday tasks at home, these simple solutions could make life easier and keep you independent. These are a starting point; other solutions are available which might better suit your needs.

Finding it difficult to get in and out of chairs? Try putting a piece of hard board under the seat base. Alternatively, buy chair raisers, a higher chair or an electric riser chair. Also try taking regular gentle exercise.

If you can’t reach your windows, could you move furniture out of the way? Ask someone to help if you need to move heavy furniture. There are also tools for opening and closing windows.

Struggling to keep warm/cool? Consider a fan or heater. Is your house insulated? Are there any draughts? You may also be eligible for the winter fuel payment from the Government. Visit www.gov.uk/winter-fuel-payment

If you have trouble using light switches, think about replacing your switches for ones that are easier to use. Consider handi-plugs or light switch toggles, or there’s even technology available so that you can turn your lights on and off using speech.

Use subtitles if you can’t hear the TV, or buy wireless headphones. Do you need a hearing aid? Request an assessment from your council.

Do you forget to take your tablets? Try making a note of when you’ve taken them, or buy an automatic pill dispenser or pill box. If you struggle to open your medicine, you can ask your pharmacist for advice on alternative packaging that could make it easier for you.

Can you reach everything in your cupboards? If not, try a handi-reacher or rearrange your kitchen so the things you use most are within easy reach.

If you are having problems with preparing food, consider buying ready-chopped options or try a chopping board with spikes. There are also long-handled pans, teapot tippers and lid grippers that could help. Palm-held vegetable peelers or a food processor might be a solution and meal delivery services are also available.

Is eating and drinking becoming difficult? Large handled cutlery could help, or non-slip mats for the table. Lightweight cups and mugs with two handles could also be a solution.

Using taps can be made easier by fitting tap turners. You could also consider changing to lever-style taps which might be easier for you to use.
If moving whilst in bed is a problem, have you thought about using an over-bed pole? You might also want to buy a pillow raiser or change your bedding so it’s lighter.

Is it becoming difficult to get dressed? If so, specially adapted clothing is available, or you could buy a long-handled shoe horn, a dressing stick or a button hook. If you are having a lot of difficulty, consider home support, see page 19.

Clocks are available with large numbers or lights if you can’t read the time in bed. You can also buy clocks that speak the time.

If you are finding it harder to read in bed, consider an e-reader that allows you to change the font size. Some also have integrated lights. Look for bedside lamps with a step-on or button switch if yours are difficult to use.

Do you struggle to get in and out of bed? You could learn new ways of moving around, purchase a leg lifter or a hoist or install grab rails for support. Seek advice about these options. If the bed is the issue, you could buy an electric adjustable bed or raise the bed to the right height.

If it’s hard to hold your toothbrush, try a toothbrush gripper. You might also benefit from having an electric toothbrush or sitting on a stool while brushing your teeth.

You might like to buy a raised toilet seat, or a seat with a built in support frame if it’s hard to use your toilet. Flush lever extensions are also available.

Has it become more difficult to wash? Items are available, like long-handled sponges and flannel straps. You could also consider a slip resistant bath mat, grab rails, a half step to help you get in and out of the bath or a bath or shower seat. Tap turners can also be used in the bathroom.

For more information on technology that could make your life easier, contact your council for an assessment. They might refer you to an occupational therapist (OT) or you could contact an OT privately. Search online for OTs near you.

**Essex County Council – Adult Social Care**
Tel: 0345 603 7630

**Southend-on-Sea Borough Council – Adult Social Care**
Tel: 01702 215008
Meals on wheels

Some services are able to deliver frozen or freshly cooked meals to your home. Frozen meals can be delivered in bulk and kept in your freezer until required, while hot meals should be eaten immediately.

You may find a service by word of mouth or using the internet – your local library may be able to help here – or you can contact your local council for help with finding an appropriate provider.

Meals on wheels listings are available at www.livingwellessex.org (search for ‘meals on wheels’). Being commercial companies, they may also deliver to Southend-on-Sea, or you can search ‘meals on wheels’ at www.southendinfopoint.org

Transport

Community transport is a scheme to help you get around if you can’t use existing transport.

**Southend-on-Sea Dial-a-Ride**
Tel: 01702 212212
Web: www.southend.gov.uk

**Tendring Community Transport**
Tel: 01255 436962
Web: www.dial-a-ride.org

**Uttlesford Community Travel**
Tel: 01371 875787
Web: www.uttlesfordcommunitytravel.org

**Wyvern Community Transport**
Rochford
Tel: 01268 753513
Castle Point
Tel: 01268 754936 • Web: www.wyvernct.org

Adapting your home

To remain in your own home for as long as you would like, you should ensure that it is safe, secure and warm. Some forward planning to ensure that the garden doesn’t become a burden is also sensible. If you are not planning to move, think about adaptations that would make life easier now and later on.

Home Improvement Agencies (HIAs)

HIAs are local organisations funded and supported by local and central government. They work professionally and sensitively with older and disabled homeowners, providing advice, support and assistance to help them repair, improve, maintain or adapt their homes to meet their changing needs.

Most HIAs provide three main services, including: information and advice on repairs or adaptations you may be considering – this usually entails a visit to your home and is often free; a handyperson service for small jobs and repairs – typically, the HIA will employ its own handypersons and charge you an hourly rate for their services; and a home adaptations service for more major works.

The HIA will work with you to specify the
adaptations needed, and they will normally offer to get estimates from one or more of their regular contractors. Subject to your acceptance, the HIA will then offer to manage the works contract for you for an agreed fee.

HIAs may also be helpful if you are not sure whether you can afford the home repairs or adaptations you need. They can advise on your eligibility for any grants and, if necessary, put you in touch with an independent financial adviser.

**Specialist equipment**

There is a range of equipment available to make life easier and to improve safety and independence in the home, such as stair rails, raised toilet seats and shower stools. These items are often referred to as ‘simple aids for daily living’.

The Disabled Living Foundation (DLF) provides a quick and easy to use online guided advice service called AskSARA, which can help anyone who finds that they have difficulties with everyday tasks.

Visit [www.asksara.org.uk](http://www.asksara.org.uk) to learn more about possible solutions or see page 9. Once you have identified equipment that might help with your support needs, use the checklist on page 14 to make sure it’s right for you.

**British Red Cross**

Offers a volunteer-led medical equipment service that provides wheelchair hire and short-term loans of equipment. Search its website for your nearest service.

Web: [www.redcross.org.uk](http://www.redcross.org.uk)

**Disability Equipment Service**

The Disability Equipment Service is a not-for-profit organisation providing a service to buy and sell items of used disability equipment. It is an information provider and gives no guarantee as to the suitability or quality of the equipment.

Web: [www.disabilityequipmentservice.co.uk](http://www.disabilityequipmentservice.co.uk)

**Essex Sight**

Provides information, advice and demonstration of equipment to help with daily living.

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**Papworth Trust Home Solutions**

Tel: 0800 952 5000
Email: info@papworthtrust.org.uk
Web: [www.papworthtrust.org.uk](http://www.papworthtrust.org.uk)

**Swan Care and Repair**

Pilgrim House, High Street, Billericay CM12 9XY
Tel: 0300 303 2500
Email: information@swan.org.uk
Web: [www.swan.org.uk](http://www.swan.org.uk)

**Read House, 23 The Esplanade,**

Frinton-on-Sea CO13 9AU
Tel: 01206 548196
Web: [www.essexsight.org.uk](http://www.essexsight.org.uk)

**Hearing Help Essex**

Aims to prevent vulnerable, elderly, hard of hearing people from becoming depressed, isolated and excluded. Also provides equipment such as amplified telephones and flashing doorbells. Day care centres are also run in mid-Essex.

Suite 2, 158 Moulsham Street,
Chelmsford CM2 0LD
Tel: 01245 496347
Text: 07950 406173
Email: info@hearinghelpessex.org.uk
Web: [www.hearinghelpessex.org.uk](http://www.hearinghelpessex.org.uk)

**Living Made Easy**

Living Made Easy offers help and advice on daily living as well as details of equipment that is on the market that could help you. It is run by the Disabled Living Foundation and works in conjunction with AskSARA.

Web: [www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)

**Southend-on-Sea Blind Welfare Organisation**

For blindness/visual problems, helps with independent living issues – provides information and equipment.

117 Hamlet Court Road, Westcliff-on-Sea SS0 7ES
Tel: 01702 342131
Email: info@sbw.org.uk
Web: [www.southendblindwelfare.org.uk](http://www.southendblindwelfare.org.uk)
**Support 4 Sight**
A registered charity delivering services for blind and partially-sighted people of all ages in Essex; including information and assistance with visual aids, a telephone careline, a social drop-in session, touch-typing computer training, and a children’s tactile toy library.
2-4 George Street, Saffron Walden CB10 1EQ
Tel: 01799 523700
Email: info@support4sight.org.uk
Web: www.support4sight.org.uk

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**Telecare**

Telecare is equipment that can detect falls, inactivity, smoke, flooding, gas or extreme temperatures in the home. Sensors, when activated, will connect to a response centre where trained operators will contact the individual through their home unit. They will take the most appropriate action, such as contacting a nominated responder, family member, carer, neighbour, doctor or the emergency services.

Telecare can allow users to regain confidence in their homes and remain independent. Relatives and carers are also reassured, safe in the knowledge that should an incident occur, they will know about it. Some devices can also help monitor particular health conditions and reduce the need for hospital admission.

You can buy telecare and assistive technology from private companies and organisations or, if you’re eligible through an assessment (see page 15), the council may be able to provide it for you.

Call your local **Adult Social Care** team for more information.

**Essex**
Tel: 0345 603 7630

**Southend-on-Sea**
Tel: 01702 215008

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**Tell us what you think**

Complete our short questionnaire

[www.carechoices.co.uk/reader-survey](http://www.carechoices.co.uk/reader-survey)

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Visit [www.carechoices.co.uk](http://www.carechoices.co.uk) for further assistance with your search for care
Assistive technology checklist

We suggest you consider the following questions before buying any assistive technology. If you are in any doubt about what technology might help meet your needs, you can contact your council or visit www.asksara.org.uk.

You can download and print this checklist at www.carechoices.co.uk/checklists

### Suitability

- Does the equipment support your specific needs?
- Are you willing to use it?
- Will it fit into your everyday life and routine?
- Have you tried a demo of the equipment?
- Do you understand what the equipment is for?
- Do you need to take it with you when you leave the house? Is it transportable?
- Does the equipment have any limitations that would make it unsuitable for you?
- Will it work alongside any assistive technology you already have?

### Will it need to be installed by a professional? ✓

### Can the retailer provide you with training in using the equipment? ✓

### Reliability

- Will it work if you have pets or live with other people, e.g. could someone else set off a sensor alarm by accident?
- Have you read reviews of the particular piece of equipment you are looking at? Consider these before making your purchase.
- Can you speak to someone who already uses it?
- Does it require batteries? Find out how often they will need changing and whether the equipment will remind you to do this.
- Is it durable? If you might drop it, is it likely to break?

### Usability

- Is a simpler piece of equipment available, e.g. a pill case rather than an automated pill dispenser?
- Does the equipment need a plug socket, and will its wire cause a trip hazard?
- Is it easy to use? Can you read/hear it clearly and are any buttons big enough for you?
- Are you able to use it? Are there any aspects you don’t understand?
- Is it portable?

### Cost

- Do you know how much it costs?
- Will you need to pay a monthly charge?
- Are there alternative solutions that might be free?
- Is there a cost associated with servicing the equipment?

### Notes

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Support from the council

The way councils provide services to eligible adults and their carers is called personalisation. This term is used to describe a number of ways in which eligible adults can receive a mixture of local authority and government money to pay for the care services they need without direct council involvement.

If you approach the council for social care support, your needs and finances will be assessed. If you have a carer, they can be involved and have their needs assessed too.

Your assessment

If you appear to have care or support needs, you have the legal right to an assessment of your care needs and finances. Councils are statutorily obliged to provide this to you, regardless of whether you access their services. The assessment (which is free) will consider:

- how you can best be supported to live as independently as possible;
- your home and how you are coping in it;
- your emotional wellbeing;
- your diet; and
- any health and medical treatments you need.

You will need to contact Adult Social Care to arrange an assessment. In Essex, call 0345 603 7630 or in Southend-on-Sea, call 01702 215008.

Once Adult Social Care has an understanding of your care and financial needs, the next stage is to determine what services you may be eligible for and who will pay for them. The council will give you more information on eligibility and the national eligibility criteria it uses at the time of your assessment.

Information on paying for care can be found on page 24 if you are receiving home care and page 54 if you are moving into a care home.

Personal Budgets

If you are eligible for support from the council, you may be given a Personal Budget.

A Personal Budget is the amount of money that the council calculates it will cost to meet the support needs of eligible people. If you are eligible for a Personal Budget, the actual amount you receive will depend on your eligible needs and your finances. The money should be spent in line with a care and support plan that has been agreed by both you and the council and can be either a full or a partial contribution to such costs. You may also choose to pay for additional support on top of the budget. Any eventual contractual agreement for services is between you and your care provider, not the council.

If you are eligible, a Personal Budget may be taken:

- in the form of a Direct (cash) Payment, held directly by you or, where you lack capacity, by a ‘suitable person’;
- by way of an account held and managed by the council in line with your wishes; or
- as a mixture of the above.

Direct Payments can only be used to pay for the care and support agreed in your care and support plan.

Managing a Personal Budget

If you are eligible for a Personal Budget and you take it as a Direct Payment, there are organisations that can help you to manage this. The organisations listed below may be useful if you decide to employ a personal assistant to help you.

ecdp solutions

For people who decide to manage their own Personal Budget, and wish to employ a personal assistant, ecdp provides a personalised payroll...
Assessments from hospital

If you have been admitted to hospital and you might need care on discharge, you may be referred to the discharge team for an assessment, which will take place on the ward. The team may be made up of social workers, carers’ officers, mental health workers and housing officers.

Whatever services you need on discharge, Adult Social Care will work with you, your family and carers to either restart services already in place prior to admission or to provide the appropriate services if you are eligible.

Sometimes interim care packages are set up to facilitate your discharge and you will be reassessed by a community social worker within four to six weeks.

Reablement

Reablement is an intensive short-term service that helps people regain skills and confidence, for example, after a fall or hospital stay. You may need to have an assessment of your care needs to decide whether you are eligible. If you are eligible, a reablement worker will support you for a limited period, usually up to six weeks.

Reablement helps people to learn or re-learn daily living skills. It is not about doing things for you, it’s about giving you the skills and confidence to do things for yourself. It can also mean that you do not start to depend on support that could cost you money. For example, a reablement worker could help you regain your confidence following a fall, or provide support that enables you to prepare a meal if there has been a change in circumstances that means you need to cook. They may also identify pieces of equipment that could support you to regain or maintain your independence for as long as you can.

Speak to your GP, hospital staff or care manager if you think you might benefit from reablement. They can put you in touch with the right services if they feel that reablement will help you.

Intermediate care

This aims to give recovery and rehabilitation support to help people regain their independence when they come out of hospital or, just as importantly, prevent them going unnecessarily into hospital.

Intermediate care can be provided in your own home or in a care home, depending on local policy and your specific needs. It can be provided by care staff, occupational therapy and physiotherapy, with additional support provided by the local GP surgery, social workers and community nurses. This combined resource helps people to regain their independence and feel confident in their ability to manage for themselves with any necessary additional support.

Intermediate care, including any care home fees where relevant, is provided by the NHS and is free. It is usually limited to a maximum of six weeks. If, after this, you have ongoing care or support needs, the council will conduct an assessment and may help you to arrange any services you might need. There may be a charge for these services.
NHS Continuing Healthcare

NHS Continuing Healthcare is a package of continuing care that is arranged and funded solely by the NHS. This is free of charge, wherever it is delivered. NHS Continuing Healthcare support may be provided in a care home or care home with nursing or in a person’s own home.

People eligible for NHS Continuing Healthcare will have been assessed to have a ‘primary health need’ and are likely to have complex medical needs and substantial or intense ongoing care needs. See page 55 for more information about NHS Continuing Healthcare.

Personal health budgets

A personal health budget is an amount of money to support a person’s identified health needs. It is planned and agreed between the person and their local NHS team.

The aim is to enable people with long-term conditions and disabilities to have greater choice, flexibility and control over the healthcare and support they receive.

Services for carers

Who is a carer?

Carers regularly look after, help or support someone who wouldn’t be able to manage everyday life without their help. A carer doesn’t have to be living with the person they care for, and the help they give doesn’t have to be physical. The carer may be caring for a partner, another relative, a friend or a neighbour. For example, it may be someone who:

- is over 60;
- is living with dementia;
- has a physical or learning disability or a mental health condition;
- has sight, hearing or communication difficulties;
- has a long-term health condition; or
- misuses drugs or alcohol.

The carer may be helping with:

- personal care, such as washing and dressing;
- going to the toilet or dealing with incontinence;
- eating or taking medicines;
- getting about at home or outside;
- practical help at home and keeping someone company; or
- emotional support or communicating.

Having a carers’ assessment

Anyone who provides, or intends to provide, regular unpaid support to someone who could not manage without their support has the right to have their own needs assessed, even if the person they care for has refused support services or an assessment of their own needs.

A carers’ assessment is an opportunity for people to tell the council what they need as a carer, and to find out what support might be available. The assessment is an essential first step for carers to get the support they may need. It looks at:

- the care the carer provides and how this affects their life;
- any support they are getting now and what else would help; and
- what they would like their support to achieve.

The assessment can also give lots of information about other services that might help, and other ideas for support. The carers’ assessment will show if the carer qualifies for support from Adult Social Care.

Visit www.carechoices.co.uk for further assistance with your search for care
Carers’ Personal Budgets

The carers’ Personal Budget is a single payment that can be used towards the cost of something specific that will support carers in their caring role. For example, it could be used for leisure activities, education or training, or just to take a short break from caring.

When Adult Social Care considers a carers’ Personal Budget, it gives priority to situations where there is a significant risk of the carer not being able to continue to provide care if they do not get some support. The amount a carer could get depends on their needs identified by their carers’ assessment. The money is not taxed and it will not affect any benefits.

Respite at home

Home-based respite services give carers a break from their caring responsibilities. A care worker can come in to look after the person being cared for, so the carer can have some time to themselves. The breaks could be regular or just when needed.

Respite at home is considered to be a service for the person who is being cared for. If they have a Personal Budget for their own needs (see page 15) they could use that money to pay for it.

A financial assessment of the person being cared for will confirm whether they need to pay towards the cost of this service.

Benefits

Carers may want to explore whether they are entitled to Carer’s Allowance – currently £64.60 per week but this may change over the lifetime of this Directory.

Carers may also qualify for Carer’s Premium or Carer’s Credit depending on their eligibility. The Government’s website, www.gov.uk has more information on benefits. Alternatively, contact a local carers’ organisation which may be able to help undertake a benefit check.

Carers Trust
A charity designed to improve support, services and recognition for people caring, unpaid, for a family member or friend. On its website, you can find support in your area.
Tel: 0300 772 9600 • Email: info@carers.org
Web: www.carers.org

Essex Carers Support
An independent organisation, supporting informal, unpaid and family carers in Essex. It provides information, advice and guidance to carers in Colchester, Tendring, Rochford and Castle Point districts.
Tel: 01255 474410
Email: admin@essexcarerssupport.org.uk
Web: www.essexcarerssupport.org.uk

Southend Carers’ Forum
Aims to support, inform and represent the needs of all carers living within the borough of Southend-on-Sea.
Tel: 01702 393933
Web: www.southendcarers.co.uk
Care in your own home

Carefully chosen home care with a good quality provider is an excellent way to retain your freedom and independence, whilst getting the help you need to stay happy and safe. It can offer the opportunity to stay at home, in your own familiar surroundings, and to retain a quality of life you might have feared lost.

Why choose home care?

Reasons for choosing home care can vary. Sometimes after a stay in hospital, someone might find they need some help whilst they recuperate. Others can find that a long-term condition or disability means they can no longer cope and they need a bit of help.

After a stay in hospital someone may carry out an assessment of your situation to see if home care will benefit you. You and your family will be fully involved in looking at what will suit you best if you’d like them to be.

Alternatively, you or those close to you might notice changes in your ability to manage the day-to-day things you normally cope with easily, like preparing meals or looking after yourself. If this happens, contacting Adult Social Care is a good first step towards finding help.

How home care can help you

The level of home care provided can be tailored to meet your needs – from a visit once a day to a much greater amount of support.

Even those with quite significant and debilitating medical conditions can get skilled personal care that can enable them to stay in their own homes. Some agencies will provide live-in care, where a care worker will stay with you at home to support you throughout the day and night.

A list of all home care agencies operating in the area starts on page 25.

Finding care in your area

Looking for care in your area? Want to know the quality rating of providers you’re considering? Care Choices, publisher of this Directory, has a website providing comprehensive details of care providers as well as essential information.

You can search by postcode, county or region for care homes, care homes with nursing and home care providers that meet your needs across the country.

Your search can be refined by the type of care you are looking for and the results can be sent to you by email. They can also be saved and emailed to others.

The website includes detailed information for each care provider, including the address, phone number and the service’s latest CQC inspection report and rating (see page 6), indicating the quality of care provided. You can also view an electronic version of this Directory on the site and have it read to you by using the ‘Browsealoud’ function. Visit www.carechoices.co.uk

The Care Quality Commission (www.cqc.org.uk) is responsible for checking that any care provided meets essential standards of quality and safety. Further information is on page 6.
I ALWAYS FEEL SAFE WITH MY CARER AND REALLY LOOK FORWARD TO SEEING HER.

BLUEBIRD CARE: WE ARE MORE THAN JUST HOME CARE

Our service is built around you. We offer a high quality service that provides you with everything you could need including personal care, clinical equipment, support, shopping, cleaning and social visits. Being local means we know the community and the area to give you the support you need, when you need it.

Live in care is an affordable alternative to residential care, allowing you to remain where you want to be. We will help you stay independent, safe and happy in your own home, and can even offer support following a stay in hospital, to assist you in taking a holiday or to give your friends and family or regular carer a break or support.

Contact one of our lovely staff today to find out more:

**Essex West**
- T 01277 230763
- E essexwest@bluebirdcare.co.uk

**Colchester**
- T 01206 827605
- E colchester@bluebirdcare.co.uk

**Mid Essex**
- T 01245 263962
- E midessex@bluebirdcare.co.uk

**Tendring**
- T 01255 427113
- E tendring@bluebirdcare.co.uk

**Southend and Rochford**
- T 01702 474274
- E southendandrochford@bluebirdcare.co.uk

**Braintree and Uttlesford**
- T 01376 314090
- E braintreeanduttlesford@bluebirdcare.co.uk

www.bluebirdcare.co.uk
The United Kingdom Homecare Association (UKHCA) requires its members to comply with a code of practice. This code includes a commitment to treat customers with dignity and respect and operate at a level above the legal minimum required in legislation.

Social care regulations do not apply to cleaners, handymen or gardeners. However, some home care agencies are increasingly providing staff who can help meet these needs too.

The benefits of using a regulated agency include:
• assessing your care needs and tailoring a plan to meet those needs;
• advertising, interviewing and screening suitability of workers;
• arranging necessary insurance cover;
• providing training and development for care workers;
• managing workers’ pay, including compliance with the National Minimum Wage;
• managing employment relationships, including sickness, absence and disciplinary matters; and
• managing health and safety issues.

Living with dementia at home

If you are concerned about persistent forgetfulness or memory difficulties, it is important to consult a GP. They can undertake an initial examination and refer you to a memory clinic for further investigation if necessary.

The various types of support available to you and your carer are likely to involve NHS services, Adult Social Care and voluntary agencies. Some examples of services and support to help people living with dementia include:
• specialist day centres;
• respite care or short breaks;
• assistive technology and community alarms;
• home care;
• meals at home;
• community equipment;
• extra care sheltered housing; and
• carers’ support groups.

Family support

If you know someone who is worried about their memory, encourage them to visit their GP. The more support you can give someone, the better life with dementia can be, especially in the early years. Focus on what the person can do, not what they cannot do, help with little errands or with cooking, listen to the person with dementia, and find out more about the condition.

When someone is living with dementia, they need:
• support to live their life;
• reassurance that they are still valued and that their feelings matter;
• freedom from as much external stress as possible; and
• appropriate activities and stimulation to help them to remain alert and motivated for as long as possible.

Dementia Friends

People with dementia sometimes need a helping hand to go about their daily lives and feel included in their local community. Dementia Friends is giving people an understanding of dementia and the small things they can do that can make a difference to people living with dementia – from helping someone find the right bus to spreading the word about dementia. See www.dementiafriends.org.uk for further information.
Respite care

Spouses, partners and relatives who care for a person with dementia may require a break from their caring responsibilities. This is known as ‘respite care’ and may be a regular break of a few hours a week or a period of a few weeks. It may be planned or be required in an emergency and can involve the person with dementia attending a day centre or a care worker visiting the person’s home to enable the carer to have a break. Contact the council to see if you are eligible for support with arranging these services, see page 15 for information on assessments.

Care at home

It can often be best for a person with dementia to stay living in their own home for as long as possible. This may mean that they require some support services at home.

The person living with dementia will respond best to the same care staff who know them well. Continuity of care can be provided by either care agencies or carers employed directly by the person or his or her family.

Specialist dementia day centres

A good day care service will be able to offer a range of activities and support that will enable the person with dementia to retain skills and remain part of their local community.

Specialist day centres for people with dementia should be organised and run with their needs in mind, aiming to build on their strengths and abilities. Activities may include outings, entertainment, personal care, meals, hairdressing and support for carers.

Attendance at day centres can be offered from just a few hours a week to a number of days. Contact the council or your local Alzheimer’s Society office for more details, see page 93.
Home care agency checklist

<table>
<thead>
<tr>
<th>Agency 1</th>
<th>Agency 2</th>
<th>Agency 3</th>
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</thead>
</table>

### Fees per week
- £
- £
- £

### Quality rating

We suggest that you have paper with you when speaking with home care agencies so you can make notes. You can download and print this checklist at [www.carechoices.co.uk/checklists](http://www.carechoices.co.uk/checklists).

### About the agency

- **How long has the agency been operating?**
- **How long are staff allocated per visit?**
- **Can you contact the agency in an emergency or outside office hours?**
- **Does the agency have experience with your specific needs?**

### Staff

- **Are you likely to be visited by different staff each day?**
- **Are all staff checked with the Disclosure and Barring Service?**
- **Will you be notified in advance if your care worker is on holiday or sick?**
- **Are staff matched to you specifically, based on your needs and preferences?**
- **Can you meet your care worker(s) before they start?**
- **Does the agency have both male and female staff?**

### Accommodating your needs

- **Can the agency accommodate your needs if they increase?** Ask about the process for this.
- **Does the agency have a training scheme in place?**
- **Are all staff trained to a certain level?**
- **Are staff able to help with administering medication if required?**
- **Is there a way for staff to communicate with each other about the support they provide when they visit you?** How?

### Regulation

- **Will your support plan be reviewed at regular intervals?**
- **Can you see the agency's contract terms?**
- **Can you lodge a complaint easily?**
- **Are complaints dealt with quickly?**
- **Can you see a copy of the agency's CQC registration certificate and quality rating?**

### Notes

*See page 6.*
Alzheimer’s Society

Alzheimer’s Society is committed to creating a world without dementia.

If you have concerns about any form of dementia, please contact your local office for information and support and access to local services. See page 93 for contact details.

Alzheimer’s Society’s National Dementia Helpline is available on 0300 222 1122 and can provide information, support, guidance and signposting to other appropriate organisations. The Helpline is open Monday to Wednesday, 9.00am to 8.00pm; Thursday to Friday, 9.00am to 5.00pm; and Saturday to Sunday, 10.00am to 4.00pm.

For more information on care homes for people with dementia, see page 51.

Paying for care in your home

Councils provide upfront information on how much people can expect to pay for home care and how charges are worked out. This information must be made available when a needs assessment is carried out. Written confirmation of how the charge has been calculated must be provided after a financial assessment.

If you have more than £23,250 in savings or capital, you will have to pay the full cost of your care. The value of your home is not counted when working out charges for non-residential care. If you have more than £23,250, you should tell Adult Social Care when your savings are likely to fall below this amount.

The council calculates charges in accordance with national eligibility criteria set by the Government. This ensures people are only required to pay what they can afford, taking into account capital, income and expenditure.

Your assessment looks at how much money you have coming in, gives an allowance (set by the Government) for everyday living expenses and makes allowance for disability-related expenditure. This is the extra amount you spend as a result of your disability or illness. Adult Social Care can help you to identify these costs. They will also carry out a full benefit check and, if you want them to, assist you with claiming your full entitlement.

Figures mentioned here may change over the lifetime of this Directory.

Non-means-tested care and support
Care provided by the NHS is free; for example, services provided by a community or district nurse. Some people do not have to pay towards care services. For example, aftercare services provided under section 117 of the Mental Health Act are free of charge.

If you need care or support you may be eligible to claim Attendance Allowance (AA), or Personal Independence Payments (PIP). AA and PIP are non-means tested benefits. Provided you are eligible, you can receive AA or PIP regardless of how much income or capital you have. AA is payable to people over the age of 65 and PIP to those aged 16 to 64. There are different rates that can be awarded, dependent on the level and type of help you need. These can be found at www.gov.uk

Other ways to fund your care and support
It is important to seek independent financial advice if you are paying for your own care and support. There are independent financial advisers that focus specifically on care funding advice, often referred to as specialist care fees advisers. They are regulated by the Financial Conduct Authority (FCA) and must stick to a code of conduct and ethics and
take shared responsibility for the suitability of any product they recommend.

**The Society of Later Life Advisers (SOLLA)**  
Aims to assist consumers and their families in finding trusted, accredited financial advisers who understand financial needs in later life.  
Web: www.societyoflaterlifeadvisers.co.uk

**The Money Advice Service**  
A free and impartial money advice service set up by the Government.  
Tel: 0800 138 7777  
Web: www.moneyadviceservice.org.uk

Further information on paying for care can be found beginning on page 54.

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### Home care providers

**Essex home care providers**

1 Stop Rec Ltd  
Colchester  
Tel: 01206 616171

3HA Care Services  
Braintree  
Tel: 01376 440002

A.M.D Care  
Ongar  
Tel: 01279 909775

A PI+us Caring Service  
Witham  
Tel: 01376 515686

A1 Home Care  
Chelmsford  
Tel: 01245 354774

Abbey Care Solutions Ltd  
Waltham Abbey  
Tel: 01992 713011

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### A1 Home Care

**Our commitment to you is second to none**

Here at A1 Home Care we do our utmost to provide the best quality care and support possible to all our service users. Working with you and your family you will be truly amazed at the level of help and support we can offer.

A1 care passionately about our service users and their families, we have a “no rush” approach, every care package put in place is tailored by us with your help to fit your specific needs and likes and to help maintain your independence.

All our staff are fully trained and have undergone a DBS check. Our staff do really go that extra mile to ensure Service Users are treated with the Dignity and respect they truly deserve.

**CHELMSFORD**  
Tel: 01245 354774  
Email: enquiries@a1homecareltd.co.uk  
Web: www.a1homecareltd.co.uk

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Supporting your independence to enable you to remain in your own home

Visit www.carechoices.co.uk for further assistance with your search for care
A 24 hour live-in Care Service as an alternative to residential care

At Able Care we believe that people are happiest in the familiar surroundings of their own home. We can support you in maintaining your independence by providing a valuable alternative to residential care, whilst easing the reliance upon family, friends and neighbours.

Able Care can provide

✓ Carers that you prefer returning to you on a weekly or fortnightly basis
✓ Carers that can assist with personal care
✓ Carers to help you with your household needs
✓ Carers that can provide support from companionship through to palliative care

Call Able Care on 01603 624135
e: enquiries@ablecareagency.co.uk w: www.ablecareagency.co.uk
Sackville Place, 44/48 Magdalan Street, Norwich NR3 1JU
### Essex home care providers continued

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Location</th>
<th>Contact Details</th>
<th>Dementia</th>
<th>Mental Health</th>
<th>Physical Disability</th>
<th>Learning disability, autism</th>
<th>Younger adults</th>
<th>People who misuse alcohol or drugs</th>
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<td>Alpha Care Solutions Ltd</td>
<td>Basildon</td>
<td>Tel: 01268 449112</td>
<td>OP PD</td>
<td>PD</td>
<td>LDA MH SI YA</td>
<td>AD</td>
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<td>Anglian Care Ltd – Rankin House</td>
<td>Benfleet</td>
<td>Tel: 01268 795800</td>
<td>OP PD</td>
<td>MH</td>
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<td>Annies Homecare Services Ltd</td>
<td>Mayland</td>
<td>Tel: 01621 773672</td>
<td>OP PD</td>
<td>MH</td>
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<td>AQS Homecare Essex</td>
<td>Billericay</td>
<td>Tel: 01277 654444</td>
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<td>LDA MH SI</td>
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<td>Ashingdon Road, 268</td>
<td>Rochford</td>
<td>Tel: 07897 331229</td>
<td>OP PD</td>
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<td>Aspirations Southeast Adults</td>
<td>Wickford</td>
<td>Tel: 01277 634144</td>
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<td>Astar Homecare Ltd</td>
<td>Colchester</td>
<td>Tel: 07894 438875</td>
<td>OP PD</td>
<td>LDA MH</td>
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<td>B Pro Nursing Agency</td>
<td>Canvey Island</td>
<td>Tel: 07940 226332</td>
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<td>Bakers’ Villas</td>
<td>Epping</td>
<td>Tel: 01992 575951</td>
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<td>Balkerne Gardens Trust Care at Home</td>
<td>Colchester</td>
<td>Tel: 01206 543517</td>
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<td>Bamburgh Supported Living</td>
<td>Braintree</td>
<td>Tel: 01206 252491</td>
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<tr>
<td>BC Care Ltd T/A Heritage Healthcare – Epping Forest</td>
<td>Loughton</td>
<td>Tel: 0208 508 5500</td>
<td>OP PD</td>
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<tr>
<td>Better Healthcare Services (Colchester)</td>
<td>Colchester</td>
<td>Tel: 01206 561999</td>
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<td>Bloomsbury Home care</td>
<td>Thorpe-le-Soken</td>
<td>Tel: 0845 508 4512</td>
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<td>Blossom HCG</td>
<td>Waltham Abbey</td>
<td>Tel: 07506 296518</td>
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<td>Blue River Home Care Waltham Abbey</td>
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<td>Bluebird Care</td>
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Visit [www.carechoices.co.uk](http://www.carechoices.co.uk) for further assistance with your search for care
At Care Givers Direct, we offer a 24 hour, person-centred approach to keep seniors safe and sound at home.

Our services include:
- Flexible home care from hourly to daily
- Hospital to Home care
- Respite Home care
- Hourly to Daily home care
- We also offer the following specialist care: Alzheimer’s & Dementia care, Parkinson’s care, Post-Stroke care, Special needs care, Cancer care and Hospice care

01206 890904 07440168852 (24hr line)  www.caregiversdirect.co.uk  info@caregiversltd.co.uk

Damorcare is a 24 hour live in and community care organisation. We aim to provide the best care where possible.

Damorcare care services: We provide 24hr care, live in care, end of life care. Care in the community. If you need assistance in your home or in the community, shopping, companionship or just a helping hand then we can help.

T: 07440037219 | E: damorltd@gmail.com  www.damorcare.co.uk

Care Givers Direct
Changing the way the world ages

Changing the way the world ages
At Care Givers Direct, we offer a 24 hour, person-centred approach to keep seniors safe and sound at home.

Our services include:
- Flexible home care from hourly to daily
- Hospital to Home care
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01206 890904 07440168852 (24hr line)  www.caregiversdirect.co.uk  info@caregiversltd.co.uk

DAMOR CARE

DAMOR CARE

Fully managed high quality affordable live-in care from £795 per week

T: 07440037219 | E: damorltd@gmail.com  www.damorcare.co.uk

The Home Instead Senior Care Network is proud to announce we have been awarded the Queens Award for Enterprise in recognition of our commitment to quality care.

Your local office in Frinton can assist with:
- Personal Care
- Companionship
- Medication reminders
- Meal Preparation
- Light Housekeeping

Our Caregivers focus on maintaining your independence and helping you maintain the lifestyle you cherish in your own home. We are very well informed about all the services in our area and our goal is to help achieve your best quality of life.

Informal enquiries are very welcome, please contact us on:

01255 672269  www.homeinstead.co.uk

If you are interested in becoming a Caregiver and feel you have the qualities needed we would like to hear from you. You are required to be a car driver and willing to work some evenings and weekends.

BELIEVE IN GOOD CARE

BELIEVE IN GOOD CARE

Do you need a helping hand?

If you are looking for an alternative to residential care or extra support for those everyday tasks that are becoming difficult for you or a loved one – then we’re here to help in Essex from 30 minutes per week to full-time live-in care.

Our care teams have been providing award-winning quality home care since 1989 and can help with: personal care, housekeeping, help getting around or even to provide a break to an existing family member or care-giver.

Looking for care? 0808 274 2935  For more information www.helpinghands.co.uk

Search for care at www.carechoices.co.uk to find support in your area
### Essex home care providers continued

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<td>Basildon</td>
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*Service User Bands:
- **OP** Older people (65+)
- **D** Dementia
- **PD** Physical disability
- **LDA** Learning disability, autism
- **MH** Mental health
- **SI** Sensory impairment
- **YA** Younger adults
- **AD** People who misuse alcohol or drugs

*SECHA* South Essex Care and Health Association – see page 7

Visit [www.carechoices.co.uk](http://www.carechoices.co.uk) for further assistance with your search for care 29
At Independent People Homecare, our Carers ensure everything revolves around you or your loved one's happiness, safety and independence. Whether you’re needing help around the house, shopping, companionship, personal care or even Live-in care, our Carers are here to help.

To find out more, please call our care team on 01245 768 630 or visit: www.iphomecare.co.uk

We have over 40 years of experience.
Providing care & support to service users aged 18 years + across the Tendring area.
All service users are given independence & choice!
For more information contact our offices or simply drop by for a cup of tea and a chat:

Ground Floor
Mayfield Chambers
93 Station Road
Clacton On Sea
Essex CO15 1TW

Tel: 01255 424245 or 01255 476107
Email: info.montecare@btconnect.com

Licensed to provide services by the
Care Quality Commission
- Provider ID 101656571

Preferred Provider with Social Services

Core Care Solutions
Setting exemplary standards

Companionship is key to a trusted relationship with our carers. We not only strive to help you with everyday tasks but want to develop a caring relationship with you.

Feel better in the comfort of your own home. We specialise in care and daily living assistance to an array of individuals. Whether you need daily or weekly assistance due to ageing, illness, recovery, or rehabilitation, our carers will provide an individualised service that you can trust.

For more information on how we can help, contact us today on: 07956 439 338

Purely Care is a specialist provider of live-in care services. We are passionate about enabling our clients to retain their independence by remaining safely and securely in their own homes.

Muriel’s Story
Muriel had always been independent and loved to go to the shops every day. Her daughter knew she was a little forgetful, but became concerned when a neighbour told her that Muriel had been brought home several times by strangers because she seemed to have lost her way. A live-in carer from Purely Care has allowed Muriel to retain her independence and remain safe. Muriel can still decide where she goes and when, the carer helps her choose an appropriate outfit and makes sure she gets to her appointments on time and finds her way back home safely. Muriel loves having someone to chat to and remind her when to put the TV on to watch her favourite black and white films. When her daughter visits she can now spend quality time with her Mum rather than having to deal with problems.

If one of our carers could help you, please call us.
01603 407707 • info@purelycare.co.uk

Search for care at www.carechoices.co.uk to find support in your area
Essex home care providers continued

Civicare East Ltd
Chelmsford
Tel: 01245 409250
OP PD LDA MH SI YA

Crossroads Braintree and Chelmsford
Braintree
Tel: 01376 529985
OP PD LDA MH SI YA

Clacton Family Trust
Clacton-on-Sea
Tel: 01255 475026
PD LDA SI YA

Crossroads Care Tending and Colchester
Thorpe-le-Soken
Tel: 01255 860960
OP PD LDA MH SI YA AD

Class (UK) Ltd
Chelmsford
Tel: 01245 494012
LDA YA

DAC Essex
Chelmsford
Tel: 01245 410560
OP D PD LDA MH SI YA

Clearwater Care
Epping
Tel: 0844 915 0033
OP LDA YA

Daisy Chain Home Support
Manningtree
Tel: 01206 394545
OP D PD YA

Closer Than Close Home Care Ltd
Epping
Tel: 01992 560099
OP D PD MH SI

Damorcare
Chelmsford
Tel: 07440 037219
Advert page 28 OP LDA MH YA

Cloud 9 Care Ltd
Colchester
Tel: 01206 862368
OP D PD MH SI YA

Dengie Care Providers
Chelmsford
Tel: 01621 828141
LDA

Comfortcare
Chelmsford
Tel: 01245 690100
OP D PD LDA MH SI YA

Destiny 24/7 Care Services Ltd
Basildon
Tel: 01268 546688
OP D PD LDA MH YA

Comitis L11 Ltd T/A Home Instead Senior Care
Blackmore
Tel: 01277 822858
OP D PD LDA SI YA

Diamond Unique Care Ltd
Harlow
Tel: 01279 303419
OP D PD YA

Constable Care Ltd
Colchester
Tel: 01206 808505
OP D PD LDA MH YA

Dimensions Colchester Domiciliary Care Office
Colchester
Tel: 0300 303 9004
OP PD LDA YA

Corner House
Clacton-on-Sea
Tel: 01255 432415
OP PD LDA MH

Divine Care Provider Ltd
Colchester
Tel: 01376 572222
OP D PD MH SI YA

CRG Homecare Clacton-on-Sea
Clacton-on-Sea
Tel: 01255 258794
OP D PD LDA MH SI YA AD

DLCS Wickford
Wickford
Tel: 07985 138926
OP D PD LDA MH SI Ya AD

Crocus Community Care
Saffron Walden
Tel: 01799 508248
OP D PD LDA MH SI YA AD

Dobson House
Rayleigh
Tel: 01268 776867
OP D PD LDA MH

Crosspath Care Ltd
Colchester
Tel: 07830 130036
OP D LDA MH YA

Dom Care Services
Chelmsford
Tel: 07459 392518
OP D PD LDA MH SI YA AD

Service User Bands
OP Older people (65+)
D Dementia
PD Physical disability
LDA Learning disability, autism
MH Mental health
SI Sensory impairment
YA Younger adults
AD People who misuse alcohol or drugs

SECHA South Essex Care and Health Association – see page 7

Advert page 28

Visit www.carechoices.co.uk for further assistance with your search for care
You're not in this alone

Providing specialised private support at home

- Personalised support
- Respite
- Live-In
- Dementia Care
- Household help
- Companionship
- Palliative

Peace of mind of a CQC registered service rated outstanding in the category "SAFE"

For more information please contact our friendly team:
T: 01702 361405 | E: careandsupport@ensgroup.co.uk

PEACE OF MIND HOME SUPPORT

Your Care, Your Way

Services include assistance with:
- All aspects of personal care
- Administering and collecting medication
- Domestic chores such as laundry, housework and cooking
- Making and attending appointments
- Collecting benefits and pensions
- Shopping and access to the community
- End of life care

Tel: 01255 479411
Email: peaceofmindhomecare2010@live.co.uk
Web: www.peaceofmindhomesupport.co.uk

SEARCH FOR CARE IN YOUR AREA

With so many providers to choose from, where do you start?
- Find care providers quickly and easily
- Search by location and care need
- Information on care quality
- Links to inspection reports
- Additional information, photos and web links
- Brochure requests

www.carechoices.co.uk

Catering for private clients wishing for outstanding care

Personal care - Catheter care
Stoma care - Peg feed assistance

Additional services include:
- Monitoring clients and providing feedback to GP or relevant professionals
- Leg maintenance care - wash, cream and gentle massage
- Monitoring blood pressure, heart rate, respiration, oxygen saturation and blood sugar
- Assistance with medication

Contact us today for more information

exclusivencare-nursingassistance@aol.com
01375 651153

Business Hours:
8:00 - 20:00

First Class Care Agency

- CQC registered
- All staff are CRB checked
- Personal care
- Shopping
- Meal preparation
- Sitting services
- Laundry-ironing
- Light housework
- Local authority & personal budgets welcome
- Independent agency

Call for a free consultation Tel: 01279 418013 / 07980 354112
Harris House, The Pinnacles, Harlow CM19 5AN

Positive Care Services Ltd

Positive Care Services is your Person Centred Care Provider in Essex

Positive Care Services provides domiciliary (Home Care) Services in Essex.
We provide Personal Care, Dementia Care, Learning Disabilities Care,
Physical Disabilities Care, Supported Living, Independent Living Support,
Respite Care, Sitting in support, and Live-in Care.

Our aim is to ensure that all our Service Users’ receive excellent person
centred care tailored to meet their individual needs and best interests.
Our team is skilled and trained to ensure that all of our clients experience
high quality excellent service provision. We work in partnership with our
clients, families, advocates and professionals to ensure that our clients
enjoy the best whilst in our care.

Cornwallis House, Howard Chase, Basildon, Essex, SS14 3BB
Tel: 01268906006 www.positivecareservices.org

For more information please contact our friendly team:
T: 01279 418013 / 07980 354112
E: careandsupport@ensgroup.co.uk

Peace of mind of a CQC registered service rated outstanding in the category "SAFE"
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Service User Bands
- OP Older people (65+)
- D Dementia
- PD Physical disability
- LDA Learning disability, autism
- MH Mental health
- SI Sensory impairment
- YA Younger adults
- AD People who misuse alcohol or drugs

SECHA South Essex Care and Health Association – see page 7

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### Essex home care providers continued

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### Service and User Bands

- **Service**
  - OP: Older people (65+)
  - D: Dementia
  - PD: Physical disability
  - LDA: Learning disability, autism
  - YA: Younger adults
  - AD: People who misuse alcohol or drugs

- **User Bands**
  - MH: Mental health
  - SI: Sensory impairment

---

Search for care at [www.carechoices.co.uk](http://www.carechoices.co.uk) to find support in your area.
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Visit www.carechoices.co.uk for further assistance with your search for care
## Essex home care providers continued

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**Service**
- OP Older people (65+)
- D Dementia
- PD Physical disability
- LDA Learning disability, autism
- SI Sensory impairment
- YA Younger adults
- AD People who misuse alcohol or drugs

**SECHA** South Essex Care and Health Association – see page 7
Essex home care providers continued

Mike Riglin Nursing
Maldon
Tel: 01621 843485

Montbazon Court
Brentwood
Tel: 01277 211201

Montecare Solutions Ltd – Harwich
Clacton-on-Sea
Tel: 01255 424245

My Life Choice
Colchester
Tel: 07399 261815

National Quality Care Solutions Ltd – Benfleet Office
Benfleet
Tel: 01268 753756

New Partnerships Care
Colchester
Tel: 01206 213888

New Partnerships Lynray and Peach Cottage
Braintree
Tel: 01376 329437

Nexus Support Ltd
Wickford
Tel: 0845 519 6088

Nightowls Home Care
Colchester
Tel: 01206 521008

North London Homecare & Support Ltd
Harlow
Tel: 0208 443 3380

Novus Care Canvey Island
Canvey Island
Tel: 01268 698660

Nurseplus UK – Colchester
Colchester
Tel: 01206 845069

Outlook Care
Billerica
Tel: 01277 633163

Palmerstone Homecare
Harlow
Tel: 01279 437923

PALS Ltd
Silver End
Tel: 01245 392125

Passion Tree Care Service Ltd
Chelmsford
Tel: 01375 506042

Pathways Care Centre
Colchester
Tel: 01206 367650

Patmark Gentle Care Ltd
Colchester
Tel: 01206 561000

PCM Homecare Ltd
Maldon
Tel: 01621 453400

Peace of Mind Home Support Ltd
Advert page 30
Clacton-on-Sea
Tel: 01255 479411

Pegail Care
Basildon
Tel: 01268 931060

Personal Choice Carers at Home Ltd
Hockley
Tel: 07817 968727

Positive Care Services Ltd
Advert page 32
Basildon
Tel: 01268 906006

Premier Children and Young Peoples Care and Protection Services Ltd
Benfleet
Tel: 01702 389555

Prime Nursing and Care
Dunmow
Tel: 01371 821445

Proactive Medicare
Benfleet
Tel: 0203 593 3825

Visit www.carechoices.co.uk for further assistance with your search for care
### Essex home care providers continued

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| Service          | OP | Older people (65+) | D | Dementia | PD | Physical disability | LDA | Learning disability, autism |
| User Bands       | MH | Mental health       | SI | Sensory impairment | YA | Younger adults | AD | People who misuse alcohol or drugs |

SECHA South Essex Care and Health Association – see page 7
Essex home care providers continued

St Lukes Place
Rochford
Tel: 07740 022415
OP PD LDA MH SI

Sugarman Health and Wellbeing Ltd – Chelmsford
Chelmsford
Tel: 01245 860318
OP PD LDA MH SI YA

Surecare Redbridge & Epping Forest
Loughton
Tel: 0203 196 0897
OP PD LDA MH SI YA

Swan Housing Association
Billericay
Tel: 0300 303 2500
OP LDA

Sycamore Care Services
Epping
Tel: 07539 839799
OP YA

Tehy Care Group Ltd
Chelmsford
Tel: 01245 697300
OP PD LDA MH YA

Tendring Care
Clacton-on-Sea
Tel: 01255 317071
OP YA

Together Care
Basildon
Tel: 07398 852072
OP PD LDA MH SI YA

Tranquility Care Solutions UK Ltd
Colchester
Tel: 01206 822410
OP PD SI

U. First Care Head Office
Harlow
Tel: 07990 812296
LDA

Victoria House
Chelmsford
Tel: 01245 707464
OP PD LDA MH YA

Violet Care Agency Ltd
Harlow
Tel: 01279 434444
OP PD SI

Vivo Support Ltd
Billericay
Tel: 0845 683 8809
OP PD LDA MH SI YA

Voyage (DCA) Essex
Clacton-on-Sea
Tel: 01255 224680
OP PD LDA MH SI YA

Wecare Ltd
Saffron Walden
Tel: 01799 520655
OP YA

Weighbridge Court
Chipping Ongar
Tel: 01823 438150
OP SI

Westminister Homecare Ltd (Chelmsford)
Chelmsford
Tel: 01245 224818
OP D PD LDA SI YA

Westminister Homecare Ltd (Colchester)
Colchester
Tel: 01206 869789
OP D PD LDA MH SI YA AD

Wick Farm Road, 39
Southminster
Tel: 01621 778874
OP D PD LDA

You & I Care Services Ltd
Brentwood
Tel: 01277 725113
OP D PD LDA MH SI YA

Your Life Care Solutions
Colchester
Tel: 01206 273717
LDA YA

Visit www.carechoices.co.uk for further assistance with your search for care
Southend-on-Sea home care providers

Adonai Supported Housing Ltd
Southend-on-Sea
Tel: 07983 957160
LDA YA AD

Affinity Trust – Domiciliary Care Agency – Southend and Essex
Westcliff-on-Sea
Tel: 01702 335980
LDA

Allied Care and Nursing Ltd
Westcliff-on-Sea
Tel: 01702 680980
D

Angel Solutions Community Care
Southend-on-Sea
Tel: 01702 864966
OP D PD LDA MH SI YA

Anytime Care Solutions
Westcliff-on-Sea
Tel: 01702 669674
OP D PD LDA MH SI YA

Ashley Care
Southend-on-Sea
Tel: 01702 343789
OP D PD LDA MH SI YA AD

Bluebird Care (Southend & Rochford)
Westcliff-on-Sea
Tel: 01702 474274
Advert page 20
OP D PD LDA MH SI YA

Care Company, The
Leigh-on-Sea
Tel: 01702 780028
OP

Care Connected Ltd
Leigh-on-Sea
Tel: 01702 780011
OP D PD LDA MH SI YA AD

Caring Carers Ltd
Southend-on-Sea
Tel: 01702 213955
OP PD LDA YA

CC Health Care Ltd
Westcliff-on-Sea
Tel: 07898 653323
OP D PD SI YA

Choices Healthcare Ltd
Southend-on-Sea
Tel: 01702 344355
OP D PD LDA MH SI YA AD

Concept Care Solutions
Southend
Tel: 01702 567430
OP D PD MH

Creative Care Services Ltd
Southend-on-Sea
Tel: 01702 462479
OP PD LDA MH SI YA

CRG Homecare Southend on Sea
Westcliff-on-Sea
Tel: 01702 746816
OP D PD LDA MH SI YA AD

De Vere Care – Southend-on-Sea
Southend-on-Sea
Tel: 01702 613105
D PD MH YA

Doris Jones Ltd
Westcliff-on-Sea
Tel: 01702 472954
D PD LDA MH SI YA

ECC Care
Southend-on-Sea
Tel: 01702 597793
OP D PD LDA MH SI YA

ENS Recruitment Ltd
Westcliff-on-Sea
Tel: 01702 361400
OP D PD LDA MH SI YA AD

Essex Care at Home Ltd
Leigh-on-Sea
Tel: 01702 780001
OP D PD SI YA

Estuary Community Support and Supported Living Services
Southend-on-Sea
Tel: 01702 462246
LDA YA

Field Lane Domiciliary Agency, The
Southend-on-Sea
Tel: 01702 344615
LDA

Golden Keys Care Agency Ltd
Southend-on-Sea
Tel: 01702 617766
OP D PD LDA MH SI YA AD

Home Instead Senior Care
Southend-on-Sea
Tel: 01702 535308
OP PD LDA MH SI YA

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Service
OP Older people (65+)
D Dementia
PD Physical disability
LDA Learning disability, autism
MH Mental health
SI Sensory impairment
YA Younger adults
AD People who misuse alcohol or drugs

SECHA South Essex Care and Health Association – see page 7

Advertisers are highlighted
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<th>JM Carehomes Ltd</th>
<th>Kolours Healthcare SECHA</th>
<th>Livability Dolphin Court</th>
<th>Livability Southend</th>
<th>Magnolia Care Disability Services Ltd</th>
<th>Mencap Domiciliary Care Southend</th>
<th>Naidcare</th>
<th>Newday Healthcare Professionals Ltd</th>
<th>Palm 2 Palm Reablement Services</th>
<th>Percurra</th>
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<td>OP D</td>
<td>Leigh-on-Sea</td>
<td>East Beach House Care</td>
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<td>OP D PD SI YA</td>
<td>Westcliff-on-Sea</td>
<td>Tel: 01702 291321</td>
<td>OP D PD LDA MH YA AD</td>
<td>Southend-on-Sea</td>
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<td>OP YA</td>
<td>Southend-on-Sea</td>
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<td>OP D PD LDA MH YA AD</td>
<td>Redspot Care Ltd</td>
<td>Westcliff-on-Sea</td>
<td>Tel: 01702 338865</td>
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<td>Royale Carers Ltd</td>
<td>Westcliff-on-Sea</td>
<td>Tel: 01702 353547</td>
<td>OP D PD SI YA</td>
<td>SAS Support and Solutions Ltd</td>
<td>Southend-on-Sea</td>
<td>Tel: 01702 291321</td>
<td>OP D PD LDA MH SI YA AD</td>
</tr>
<tr>
<td>OP D PD LDA MH SI YA AD</td>
<td>Southend Therapy and Recovery Team (Start)</td>
<td>Southend-on-Sea</td>
<td>Tel: 01702 606911</td>
<td>OP D PD LDA MH SI YA AD</td>
<td>SPDNS Nurse Care Community Interest Company (CIC)</td>
<td>Westcliff-on-Sea</td>
<td>Tel: 01702 431300</td>
<td>OP D PD LDA MH SI YA</td>
<td>Summercare – Head Office</td>
<td>Westcliff-on-Sea</td>
<td>Tel: 01702 343062</td>
<td>OP D PD LDA MH SI YA</td>
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<td>OP D PD LDA MH YA AD</td>
<td>SPDNS Nurse Care Community Interest Company (CIC)</td>
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<td>Summercare – Head Office</td>
<td>Westcliff-on-Sea</td>
<td>Tel: 01702 343062</td>
<td>OP D PD LDA MH SI YA</td>
<td>Surecare (Southend)</td>
<td>Westcliff-on-Sea</td>
<td>Tel: 01702 330065</td>
<td>OP YA</td>
</tr>
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</table>

Visit www.carechoices.co.uk for further assistance with your search for care

Service User Bands | OP Old people (65+) | D Dementia | PD Physical disability | LDA Learning disability, autism | MH Mental health | SI Sensory impairment | YA Younger adults | AD People who misuse alcohol or drugs

SECHA South Essex Care and Health Association – see page 7
### Thurrock home care providers

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<td>Affable Care Head Office</td>
<td>OP LDA YA</td>
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<tr>
<td>Akaba Social UK Ltd SECHA</td>
<td>OP LDA MH YA</td>
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<tr>
<td>Ambar Care Ltd</td>
<td>OP D PD LDA MH SI YA</td>
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<tr>
<td>Aveley House (Arcany Road)</td>
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<tr>
<td>Aveley House (Park Lane)</td>
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<td>Beeches, The, 45</td>
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<td>Clarity Homecare Essex</td>
<td>OP D PD LDA MH SI YA</td>
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<tr>
<td>Commonwealth House, 4</td>
<td>OP D PD LDA YA</td>
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<tr>
<td>Denise Quality Care Services Ltd</td>
<td>D PD LDA MH SI</td>
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<td>DF Care Services</td>
<td>OP D PD LDA MH SI YA</td>
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<tr>
<td>Gims Care Solution Ltd</td>
<td>OP D PD LDA MH SI YA</td>
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<td>Homecare Reablement Team</td>
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<tr>
<td>Inclusive Care Services</td>
<td>OP D PD LDA MH SI YA</td>
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<td>John Stanley Thurrock</td>
<td>OP D PD MH YA</td>
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<td>Jusrade Care Ltd – Head Office</td>
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<td>Lindsay Court</td>
<td>OP YA</td>
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<tr>
<td>Mountaincare Ltd</td>
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<tr>
<td>Pineapple Care Services Ltd – Thurrock Branch</td>
<td>OP D PD LDA MH SI YA</td>
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<td>Professional Care Services</td>
<td>PD LDA MH SI</td>
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<td>Regents Care Services</td>
<td>PD LDA MH SI</td>
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<td>Rossycare Ltd</td>
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<td>Sachfield Drive, 74</td>
<td>OP D PD LDA MH YA</td>
</tr>
<tr>
<td>Staff Line Home Care Ltd</td>
<td>OP D PD LDA MH SI YA</td>
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**Service**
- OP: Older people (65+)
- D: Dementia
- PD: Physical disability
- LDA: Learning disability, autism
- MH: Mental health
- SI: Sensory impairment
- YA: Younger adults
- AD: People who misuse alcohol or drugs

**User Bands**
- SECHA: South Essex Care and Health Association – see page 7

Advertisements are highlighted

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Search for care at [www.carechoices.co.uk](http://www.carechoices.co.uk) to find support in your area
Thurrock home care providers continued

**Starbrooke Care Services Ltd**
South Ockendon
Tel: 01708 606262

**T-Bot Care Dynamics Ltd**
Tilbury
Tel: 07940 595719

**Take 4 Care Ltd**
Grays
Tel: 01375 391337

**Thurrock Care at Home**
Stanford-le-Hope
Tel: 01375 672984

**Thurrock Essex Rebecca Care Ltd**
Grays
Tel: 01375 480084

**Thurrock Lifestyle Solutions**
Grays
Tel: 01375 370460

**UPSO Healthcare**
South Ockendon
Tel: 07810 401006

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**SESNHA CARE**
Basildon Benfleet Thurrock Harlow Epping
Brentwood Billericay Canvey Island Rayleigh
Rochford & Surrounding Areas

*A Quality Life in the Community*
- at a price to suit your needs

Our aim is to provide quality care by sensitive and skilled staff, in service users’ own homes at a level appropriate to each person’s needs - thus enabling people to remain in their own home or with family or other loved ones in familiar surroundings.

*24hr Manned Telephone Lines accessible to all our clients*
We offer a wealth of experience in providing care to special needs groups such as the elderly, people with learning difficulties or with mental health problems, and the physically disabled. Services include full personal care and bathing, including toileting, plus medication - meal preparation - home from hospital support - care of your own pet - daily checking calls - sitting services - shopping - and the flexibility to increase or change services as required (e.g. ill health or family on holiday).

Contact us Today on **01708 856444** (office hours)
We are happy to visit you (without any obligation) to discuss your requirements and devise a package of care that balances your needs and finances.

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**Service**
OP Older people (65+)
D Dementia
PD Physical disability
LDA Learning disability, autism

**User Bands**
MH Mental health
SI Sensory impairment
YA Younger adults
AD People who misuse alcohol or drugs

**SECHA** South Essex Care and Health Association – see page 7

Visit [www.carechoices.co.uk](http://www.carechoices.co.uk) for further assistance with your search for care
Housing with care

Housing with care combines independent living in a home with security of tenure, along with care services arranged according to need. Schemes may be run by housing associations, the local authority, voluntary organisations or private companies. Properties may be available for rent, mixed tenure or to purchase.

Supported Living

Supported Living is a term generally used to describe situations in which people (often adults with a learning disability or mental health condition) rent their home, and their personal care or support is arranged separately. This means they can change their support without having to move, or move and take the same support with them. People have greater security of tenure, and can claim a wider range of welfare benefits than in residential care.

Supported Living can be delivered in a range of settings, including individual flats or houses, clusters of self-contained flats on the same site, shared accommodation, and extra care housing. The individual, a private landlord, a housing association, a local authority or a charity may own the property.

Supported Living refers to the way in which accommodation and support are organised, rather than the amount of support. This will be tailored to individual need and can include access to support 24-hours a day if assessed as necessary, although many people do not require this – particularly with the use of assistive technology (discussed on page 12).

Contact your local council for more information.

Essex County Council
Tel: 0345 603 7630
Southend-on-Sea Borough Council
Tel: 01702 215008

Shared Lives

Shared Lives is a care service for adults with learning or physical disabilities and for older people. It is family-based care provided by individuals and families. Shared Lives carers are local people recruited and trained to make sure they have the right qualities to provide care and support.

Shared Lives refers to the way in which accommodation and support are organised, rather than the amount of support. This will be tailored to individual need and can include access to support 24-hours a day if assessed as necessary, although many people do not require this – particularly with the use of assistive technology (discussed on page 12).

Contact your local council for more information.

Essex County Council – Guideposts
Tel: 01245 407520
Southend-on-Sea Borough Council – Adult Social Care
Tel: 01702 215008

Sheltered housing

Sheltered (or retirement) housing is provided by local authority housing departments and housing associations for older people who would like to remain independent but prefer the added security and reassurance of a scheme manager and an alarm call service. A scheme manager is either based at the site or visits regularly. Many sheltered housing schemes also have communal lounges, laundry facilities, lifts, door entry systems and specially-adapted facilities.

Extra care housing

Extra care housing is similar to sheltered schemes, with self-contained accommodation together with some communal facilities. In an extra care scheme, instead of low-level support traditionally provided by wardens in sheltered schemes, higher levels of care and support are provided on site by a designated team of care workers, who can be available 24-hours a day.
Extra care allows you to retain your own tenancy and have care services delivered, ensuring that you can live safely in your own self-contained accommodation. For more information about extra care housing in your region, contact Adult Social Care.

### Specialist services

#### Learning disability

If you are living with a learning disability in Essex or Southend-on-Sea, you should contact your local council for support. They might be able to signpost you to local services and assess your needs in case they can help you.

The council aims to keep people independent in their own homes wherever possible, but if you need to move somewhere with care and support, you might like to consider a housing with care scheme, see page 44.

If your needs are such that you require support in a care home, this Directory contains a list of all care homes in Essex and Southend-on-Sea. Any learning disability providers are denoted with LDA.

You may also find the organisations listed here useful.

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Address</th>
<th>Tel</th>
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<td>Scope</td>
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#### Mental health

If you are worried about your mental health, it’s important to remember that you aren’t alone. Lots of people have issues with their mental health and there’s help and advice available in Essex and Southend-on-Sea to support you. Your GP should be your first point of contact if you want confidential advice or services, or you can contact one of the organisations listed here for free help and support.

**MIND**

MIND provides support, advice and information to individuals in Essex and Southend-on-Sea who have mental health conditions. The organisation has a team of professional staff and volunteers who provide services from various localities.

- **Basildon**
  - 25 East Walk, Basildon SS14 1HA
  - Tel: 01268 289700

- **Harlow**
  - The Wellbeing Centre, 10-11 Corner House, Bushfair, Harlow CM18 6NZ
  - Tel: 01371 876641
  - Email: talking@mindinwestessex.org.uk
  - Web: www.mindinwestessex.org.uk

- **Southend-on-Sea**
  - 112a Southchurch Road SS1 2LX
  - Tel: 01702 601123
  - Email: office@seandcessexmind.org.uk
  - Web: www.seandcessexmind.org.uk

- **Samaritans**
  - Tel: 01245 357357

Visit [www.carechoices.co.uk](http://www.carechoices.co.uk) for further assistance with your search for care.
Physical disability

If you have a physical disability or a long-term illness, Adult Social Care and other organisations in the independent and not-for-profit sectors may be able to signpost you to, or provide you with, a range of services to help you live as independently as possible. There are also services available to support someone who may be your carer. For more information about services for carers, see page 17.

Sensory services

ECL is commissioned by Essex County Council to support people with sensory impairments and assess their needs.

It also offers other services, including:

- rehabilitation to help you develop daily living skills;
- daily living equipment, including demonstration and advice;
- mobility training to help you travel independently;
- advice and information; and
- support with developing communication skills.

For more information, contact the **ECL Sensory Service Essex**.
Newport House, Hollycroft, Molrams Lane, Sandon, Chelmsford CM2 7TL
Tel: 0333 013 3262 • Textphone: 01245 261715
Text: 07921 397547
Email: sensoryservices@essexcares.org
Web: www.eclsensoryservice.org

You can also contact **Adult Social Care**.
Tel: 0345 603 7630

In Southend-on-Sea, you will need to contact **Adult Social Care**.
Tel: 01702 215008

Advocacy

Advocates can give advice, support and information to people of any age. They help you to voice your concerns and guide you through difficult or challenging times. You should consider using the services of an advocate if you feel unsure or concerned when you are faced with making an important decision about your care.

Advocates are not there to tell you what to do or to make decisions for you, but to help you express your views and make your own decisions. Councils have a legal obligation to provide an advocate to you if you need one at any stage of your care and support planning with them.

**POhWER**
Mental health, mental capacity and community advocacy.
Tel: 0300 456 2370
Minicom: 0300 456 2364
Text: send the word ‘pohwer’ with your name and number to 81025
Email: pohwer@pohwer.net

**Support, Empower, Advocate, Promote (SEAP)**
SEAP provides an advocacy service for adults with a mental health condition.
Tel: 0330 440 9000 • Email: info@seap.org.uk
Text: send the word ‘SEAP’ to 80800
Web: www.seap.org.uk

**South East Essex Advocacy for Older People**
Advocates on behalf of people aged 60 and over who experience financial and/or social difficulties in their lives.
Tel: 01702 340566
Email: advocacy@seeafop.org
Web: www.seeafop.org

**Southend Mencap**
Advocacy for people with learning disabilities including a transitional advocate for school-leavers.
Tel: 01702 334514
Email: southendmencap.advocacy@hotmail.co.uk
Web: www.southendmencap.org.uk
Planning for end of life

Although the subject of dying is often painful to contemplate, planning for the end of life can be a good way to share your wishes and help your family to know what you would like. Good planning for all your needs should mean that you can convey your wishes, including where you would like to die if you choose. You may wish to remain in your own home or care home in your last days and not be admitted to hospital.

When choosing a service, you should consider its end of life care philosophy and policies. Enabling people to die in comfort and with dignity is a core part of providing care. The way care professionals approach the process will be incredibly important for you, your family and carers.

The service should have an open approach to end of life care. It should initiate conversation with you and your family and work with your GP to ensure your needs and wishes are discussed and planned for. An end of life care plan should also be drawn up, as it is vital to establish your preferences and choices.

You could use the Preferred Priorities for Care (PPC) document to help with outlining your wishes. The PPC document is designed to help you prepare for the future and gives you an opportunity to think about, talk about and write down your preferences and priorities for care at the end of life.

It is also important to know that all health and social care staff must be trained in communication regarding end of life care and will be trained in assessing the needs of individuals and carers.

It is worth asking care providers whether they are working towards The Gold Standards Framework. This can be used in various settings, for example hospitals, primary care and care homes, to improve the co-ordination and communication between different organisations involved in providing care for someone near the end of their life.

Planning for your funeral

While you are thinking about the future, you may want to consider writing down your wishes for your funeral. This can help to alleviate pressures on your family. They may appreciate knowing your wishes and that they can make sure they are considered at your funeral. By detailing your wishes, your family can be comforted by the fact that they don’t need to make all the decisions about what you would have liked or wonder whether they are making the right choices.

Things to consider are included in ‘My Funeral Wishes’, a form produced by Dying Matters and the National Association of Funeral Directors. Visit www.dyingmatters.org/page/my-funeral-wishes

You do not have to instruct a funeral director, but if you do, ensure that the director you choose is a member of either the National Association of Funeral Directors or The National Society of Allied and Independent Funeral Directors. These associations have strict guidelines that members must adhere to.

See page 96 for details of organisations that may be able to help you plan for the end of your life or your funeral.
Riverdale Care Home
Duggers Lane, Braintree
Now Open!
Call us on: 01376 349 643

Pop in and visit our new location in the heart of Essex
Riverdale Care Home
Duggers Lane
Braintree
Essex
CM7 1BA

Come and join our family
Email enquiries@westgatehc.co.uk
or call our group enquiry line on 0800 994 9041
www.westgatehealthcare.co.uk
We can't wait to get to know you
All care homes and agencies providing care at home in England must be registered with the independent regulator, the Care Quality Commission (CQC).

The CQC inspects every care home and home care agency, publishing a report along with a rating. CQC quality ratings must be displayed at the operator’s premises and on its website.

You can also find inspection reports and ratings for all services on the CQC’s website (www.cqc.org.uk).

Types of care home

**Care homes (personal care only)**

If you need someone to look after you 24-hours a day, but don’t need nursing care, a care home offering only personal care may be the best option. Personal care includes bathing, feeding, dressing and help with moving. It is a good idea to have a needs assessment before you choose a care home to ensure it is the best way to meet your needs, see page 15 for more on assessments.

**Care homes with nursing**

A care home with nursing provides the same care and support as a care home offering personal care, but with 24-hour nursing staff on hand. If you think you may need nursing care in a home, you will need to be visited by a social worker or a care manager to work out what care you will need. This visit might be in your own home, or in hospital if you’ve been ill, or in a care home. You will be fully involved in planning for your care needs.

If, after a needs assessment, a care home providing nursing care is the best solution for you, a social worker will give you information to help you find a home which meets your care requirements. The cost of the nursing care part of your fees may be paid by the NHS to the home directly: the current amount is £158.16 per week. This figure may change over the lifetime of this Directory, check with Adult Social Care.

For help with finding care homes and care homes with nursing in your area, visit www.carechoices.co.uk

Activities in care homes

The word ‘activity’ can imply many different things but, in the context of a care home, it should mean everything a resident does from when they open their eyes in the morning until they go to sleep at night. Activities should stimulate residents emotionally, physically and mentally and, in a good care home, should encompass all aspects of daily life. They can range from choosing what to wear, to helping with tasks around the home or garden, to listening to the radio or joining in with an art or exercise class.

Above all, activities provide a point of interest, fun and challenge to each day. They should enable people to participate in daily life, be engaged and maintain hobbies or activities they have enjoyed throughout their life, as well as offering the opportunity to try something new, if they wish.

Lots of care homes now employ a dedicated activity co-ordinator. What they do and how they do it varies from one home to another. Increasingly, they are fully integrated into the staff team, play a key part in developing care plans and ensure that all staff appreciate the part they play in delivering high-quality activity provision.

Ensure you speak to any potential providers about the activities they provide in their care home.

Visit www.carechoices.co.uk for further assistance with your search for care
Care homes checklist

We suggest that you take paper with you when visiting care homes so that you can make notes. You can download and print this checklist at www.carechoices.co.uk/checklists

<table>
<thead>
<tr>
<th>Home 1</th>
<th>Home 2</th>
<th>Home 3</th>
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<tbody>
<tr>
<td>Fees per week</td>
<td>Quality rating*</td>
<td></td>
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<tr>
<td>£</td>
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<tr>
<td>£</td>
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</tbody>
</table>

Staff
What is the minimum number of staff that are available at any time?
Are staff respectful, friendly and polite?
Do staff have formal training?
Are the staff engaging with residents?

Activities
Can you get involved in activities you enjoy?
Is there an activities co-ordinator?
Does the home organise any outings?
Are residents escorted to appointments?
Do the residents seem entertained?
Does the home have a varied activities schedule?

Life in the home
Is the home adapted to suit your needs?
Can you bring your own furniture?
Are there enough plug sockets in the rooms?
Are there restrictions on going out?
Is there public transport nearby?
Does the home provide any transport?
Can you make/receive calls privately?
Can you decide when to get up and go to bed?
Does the home allow pets?

Personal preferences
Is the home too hot/cold? Can you control the heating in your room?
Is the décor to your tastes?
Are there restricted visiting hours?
Is there somewhere you can go to be alone?
Does the home feel welcoming?

Catering
Can the home cater for any dietary requirements you may have?
Does the menu change regularly?
Can you eat when you like, even at night?
Can you have food in your room?
Is there a choice of food at mealtimes?
Is alcohol available/allowed if you want it?
Can visitors join you for meals?

Fees
Do your fees cover all of the services and activities?
Are fees likely to change regularly?
Is the notice period for cancellation of the contract reasonable?
Could you have a trial period?
Can you keep your room if you go into hospital?
Can you handle your own money?

*See page 6.
Care homes and dementia

A good care home will follow the concept of a person-centred approach to care for people with dementia. This means that the unique qualities and interests of each individual will be identified, understood and accounted for in any care planning.

The person with dementia will have an assessment and an ongoing personalised care plan, agreed across health and social care. This should identify a named care co-ordinator and addresses their individual needs.

They must also have the opportunity to discuss and make decisions, together with their carers, about the use of advance statements, advance decisions to refuse treatment, Lasting Powers of Attorney and Preferred Priorities for Care. For more information on these, see pages 57 and 47.

It is important that care and support options are tailored to the needs of the individual. Make sure staff know the person you care for by providing life story books, telling staff about their likes and dislikes and providing belongings that bring comfort and have meaning for them.

Within the home, much is down to the attitude and skills of the manager and the staff. Do they provide an environment that enables a person with dementia to exercise choice and personal preferences even in the later stages of the condition? Who is the person in charge of championing dementia care best practice in the home? Further questions to consider are included in the residential dementia care checklist on page 53.

Design and technology

The design of a care home specialising in dementia needs to be based on small group living, preferably with accommodation on one level and with opportunities to go in and out of the building within a safe environment.

 Plenty of natural light and an easy way of finding one’s way around the building and grounds are essential for minimising disorientation.

Staff training

Dementia-specific training is essential to ensure that care home staff understand how best to support and care for people with dementia. Ask to speak with the Dementia Champion and question the placement if the home does not have a specific Dementia Lead.
NOW OPENING, First Class Dementia Care Wing

Scimitar Care Hotels is dedicated to providing a superior lifestyle of comfort, happiness and independence that redefines the perception of residential care for the elderly. Our quality and standard of service really do make a difference to our residents’ lives.

- En-Suite Facilities
- Private Telephone & Television
- Nurse Call Facilities
- 24 Hour Care
- Fully Licensed Bar
- Passenger Lifts
- All Meals Freshly Prepared
- Short or Long Term or Day Care
- Single Occupancy Rooms
- Personal Laundry Service

Scimitar Care Hotels provides long and short-term care and day care so that carers can take a break.

SCIMITAR CARE HOTELS PLC
Hargrave House | 103 Cambridge Road |
Stansted Mountfitchet | CM24 8BY | 01279 817272 |
HargraveHouse@ScimitarCare.co.uk
Residential dementia care checklist

<table>
<thead>
<tr>
<th>Design</th>
<th>Health</th>
<th>Staff</th>
<th>Approach to care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there clear signs throughout the home?</td>
<td>Can residents get help with eating and drinking?</td>
<td>Are staff trained to identify when a resident might be unwell?</td>
<td>Does the home follow a specific approach to dementia therapy, for example, validation therapy?</td>
</tr>
<tr>
<td>Has the home been designed or adapted for people with dementia?</td>
<td>How often does the home review residents' medication?</td>
<td>Are staff trained to spot when someone needs to go to the toilet?</td>
<td>Will the home keep you informed about changes to your loved one’s care?</td>
</tr>
<tr>
<td>Are the home and grounds secure?</td>
<td>Does the home offer help if a resident needs assistance taking medication?</td>
<td>Do the staff have any dementia specific training/experience?</td>
<td>Does the home have a specific approach to end of life care?</td>
</tr>
<tr>
<td>Are there prompts outside the residents' rooms to help people identify their own?</td>
<td>Do GPs visit the home regularly?</td>
<td>Will your loved one have a member of staff specifically responsible for their care?</td>
<td>Does the home keep up to date with best practice in dementia care?</td>
</tr>
<tr>
<td>Is the décor familiar to your loved one?</td>
<td><em>See page 6.</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

We suggest that you take paper with you when visiting care homes so that you can make notes. Please use this checklist in conjunction with the care homes checklist on page 50. You can download and print this checklist at [www.carechoices.co.uk/checklists](http://www.carechoices.co.uk/checklists).

Visit [www.carechoices.co.uk](http://www.carechoices.co.uk) for further assistance with your search for care.
Paying for care

When a local authority provides or arranges services for you, you may be asked to contribute towards the cost of care at home or in a care home, depending on your personal circumstances.

Financial assessment

To determine whether or not you will need to contribute towards the cost of your support, the council will conduct a financial assessment. This will look at your capital, savings and income. Most people are likely to have to contribute something towards the cost of their care. The value of your home is included as part of your capital in this assessment if you are moving into residential care, except in limited circumstances. It is not included if you are receiving care in your own home. If you choose not to have a financial assessment, you will be responsible for paying the full cost of your care and support.

If you have capital and savings of less than £14,250, you may be asked to contribute part of your income and the local authority may meet the shortfall.

If you have capital and savings between £14,250 and £23,250, you are likely to have to contribute towards the cost of your care. You may need to contribute part of your income, and a sliding scale operates whereby you contribute £1 for each £250 you have in capital and savings above the lower figure.

If your capital and savings amount to more than £23,250, you will likely have to pay the full cost of your care yourself. However, you are still entitled to an assessment of your needs by the council and you may be able to get some support with funding your care, see page 55.

These figures may change during the lifetime of this Directory.

If you are eligible for support from the council and you are moving into a care home or care home with nursing, you will be given a choice of homes that charge the amount the council would usually pay for someone with your needs. If the home you choose charges a fee in excess of the local authority’s funding limit, you will need to find someone else to meet the additional amount. This is often referred to as a ‘third party payment’ or ‘top-up’ (explained further on page 55).

Running out of money

If your capital and savings are likely to reduce to £23,250 through payment of care home fees, you must let the council know well in advance. It must undertake an assessment of your circumstances before deciding if it will make a contribution.

If you become eligible for the council’s support with funding your care, and the home you are living in charges more than the council’s fee levels, you must find someone to help pay the difference. This is known as a ‘top-up’ or ‘third party payment’, see page 55 for more information. If funds for a top-up are not available, you will need to find accommodation which can meet your needs at the local authority fee level.

Understanding your rights before moving into care is essential. There are a number of financial products and specialist companies that may be able to help. It is important to seek independent financial and legal advice before committing yourself to anything. See page 56 for more information.
Non-means-tested support

Some support may be available to you without the council needing to look into your finances.

**Benefits**

Attendance Allowance and Personal Independence Payments are non-means-tested, non-taxable benefits from the Department for Work and Pensions. There are different rates depending on the level of your needs. Everyone who needs care should consider claiming these benefits, however, they will not be paid if you are, or become, a permanent resident in a care home.

If you are entitled to the mobility component of Personal Independence Payment, this payment will not stop once you are in a care home and is not included in your financial assessment.

You may also want to consider applying for Universal Credit (if you are under pension age) or Pension Credit (if you are over pension age).

**NHS Continuing Healthcare**

NHS Continuing Healthcare is fully-funded care and support, provided and paid for by the NHS. To be eligible, your needs must be primarily health-related and are likely to be severe. If you are eligible for NHS Continuing Healthcare, you can receive the services in any setting, including your own home or in a care home. The NHS will pay if you need healthcare from a community nurse or a therapist as well as personal care to help you at home.

Self-funding your care

Paying for care can be an expensive and long-term commitment, so the council strongly recommends that you seek specialist information and advice before entering into any arrangements. It is important that you seek specialist advice from appropriately qualified and regulated financial advisers, see page 56 for suggested contacts.

**Twelve-week property disregard**

If your former home is included in your financial assessment but your other capital and savings are less than £23,250, and your income is not enough to meet your care home fees, the council may share the cost of the first twelve weeks of permanent care, provided it agrees that care is needed.

**Deferred Payment Agreement**

After the twelve-week property disregard period, you may be offered a Deferred Payment Agreement.

This allows you to delay selling your former home during your lifetime. Any fees paid by the council will be charged against the value of your home, and must be repaid once the house is sold or from your estate. Interest is payable throughout the period of the loan and there is also a one-off fee to join the scheme which covers all legal and administrative costs for the lifetime of the loan.

The council may limit the amount of the loan, depending on the equity in your property.

**NHS Nursing Care Contribution**

Whether you are a temporary or permanent resident, if you live in a care home that provides nursing care, you may be entitled to a non-means-tested Registered Nursing Care Contribution (sometimes referred to as Funded Nursing Care) towards the cost of your nursing care. This is paid directly to the home.

Third party payments

If you are eligible for the council’s support, you will be offered a choice of homes that meet the local authority’s funding rates. If you decide to live in a more expensive home and someone is able to make an additional payment for you, they will have to pay the local authority the difference between the its rate and the amount the home charges. This additional payment is called a ‘top-up’ or ‘third party payment’.

You are not allowed to make this additional payment yourself, except in limited circumstances, so the responsibility usually falls to a family member, friend or charity.
Before anyone agrees to pay your top-up, they should be aware that the amount may increase, usually once a year, and they need to be confident that they can sustain the payments for as long as they are required. They will need to sign a contract with the council to confirm that they are able to do this.

If the additional payments stop being paid for any reason, then you should seek help and advice from your council. You may have to move to a cheaper home within the local authority’s funding levels.

If you are already resident in a care home, and no top-up was required at the time you became a resident, the home may seek to introduce one at a later date, which would need to be agreed first with the local authority. This may happen if a change to your arrangements is made at your request or with your agreement, for example you move to a nicer room.

It is important to note that councils have a duty to offer you a place at a home that accepts their funding rates. If no such place is available, a top-up should not be charged.

Seeking financial advice

Planning for your future care and support needs can be complicated and funding care can be expensive. Professional advice may be helpful in enabling you (and your family) to identify the most suitable and cost-effective solution.

Everyone is encouraged to seek unbiased, expert advice from independent financial advisers to help work out how to pay for long-term care. Independent financial advisers are regulated by the Financial Conduct Authority (FCA) and must take shared responsibility for the suitability of any product they recommend.

Unlike advisers who are tied to particular providers, specialist care-fees advisers can offer advice on products from across the whole market.

A list of independent financial advisers who are accredited by the Society of Later Life Advisers can be found at www.societyoflaterlifeadvisers.co.uk or you can call 0333 202 0454.

There is also a number of organisations that will provide free advice about funding care and support. These are a good place to start if you are looking for information and want to see what sort of options are available.

**Age UK**
Tel: 0800 055 6112
Web: www.ageuk.org.uk/moneymatters

**Citizens Advice**
Web: www.citizensadvice.org.uk

**Money Advice Service**
Tel: 0800 138 7777
Web: www.moneyadviceservice.org.uk

Tell us what you think

What have you found useful and what could we do better? Let us know.

www.carechoices.co.uk/reader-survey
Important information

Finding care in your area

Looking for care in your area? Want to know the quality rating of providers you’re considering? Care Choices, publisher of this Directory, has a website providing comprehensive details of care providers as well as essential information.

You can search by postcode, county or region for care homes, care homes with nursing and home care providers that meet your needs across the country.

Your search can be refined by the type of care you are looking for and the results can be sent to you by email. They can also be saved and emailed to others.

The website includes detailed information for each care provider, including the address, phone number and the service’s latest CQC inspection report and rating (see page 6), indicating the quality of care provided.

You can also view an electronic version of this Directory on the site and have it read to you by using the ‘Browsealoud’ function. Visit www.carechoices.co.uk

How solicitors can help

A solicitor can give you impartial advice about wills, gifts, estate planning and powers of attorney. Some can also offer guidance on immediate and long-term care plans, ensuring (if applicable) the NHS has made the correct contribution to your fees.

Lasting Powers of Attorney (LPAs) allow you to appoint someone you trust to make decisions about your personal welfare, including healthcare and consent to medical treatment, and/or your property and financial affairs. An LPA is only valid once registered with the Office of the Public Guardian. It allows a person of your choice to make decisions on your behalf at a time when you may be unable.

The Court of Protection can issue Orders directing the management of a person’s property and financial affairs if they are incapable of managing their own affairs and should they not have an LPA. The Court procedure is presently very slow and the fees are quite expensive so preparing an LPA is always advisable, providing you have somebody sufficiently trustworthy to appoint as your attorney. An ‘advance directive’ allows you to communicate your wishes in respect of future medical treatment but it is not legally binding. You may instead wish to make a living will, properly known as an ‘advance decision’, setting out treatment that you do not want to receive in specified circumstances, which would legally have to be followed, even if you die as a result.

Any proposed gift out of your estate needs careful consideration of the benefits, risks and implications, particularly on any future liability for care costs or tax liability.

If you don’t have your own solicitor, ask family or friends for their recommendations. Contact several firms, explain your situation and ask for an estimate of cost and an idea of timescales involved. Many firms will make home visits if necessary and will adapt their communications to meet your needs. It’s important to find a solicitor who specialises in this area of the law. Citizens Advice offers an advice service and will be able to recommend solicitors in your area.

Visit www.carechoices.co.uk for further assistance with your search for care
Comments, compliments and complaints

You should feel able to complain about any aspect of your support which affects your happiness or comfort. This might be anything from the way you are treated by staff to the quality of the food you are served. You should also feel free to make comments and suggestions about possible improvements to your surroundings and the services provided.

Making a complaint should not be made difficult for you and should not affect the standard of care that you receive whether in your own home or in a care home or care home with nursing. Care services are required under national essential standards of quality and safety to have a simple and easy to use complaints procedure.

If you are concerned about the care that you, a friend or a relative are receiving, it makes sense to speak to the manager of the service about your concerns before you take any further action. The problem may be resolved quite easily once they are made aware of it. However, if you need to make a formal complaint, you should initially contact the registered owners of the service. They have a duty to respond to any complaints made.

If you have a complaint about a breach of regulations, contact your local office of the Care Quality Commission (see page 6 for more information about the CQC).

If your local authority has arranged and funded a place for you in a care home or has contributed to a home care service, another option is to speak to your social care department. In Southend-on-Sea, call 01702 215008 or email council@southend.gov.uk or, in Essex, fill in the form at www.essex.gov.uk/Pages/Contact-us.aspx

If you have been unable to resolve your complaint, you can contact the Local Government and Social Care Ombudsman on 0300 061 0614 and ask them to assist you. The Local Government and Social Care Ombudsman looks at complaints about councils and some other authorities and organisations, including adult social care providers (such as care homes and home care providers). It is a free service. Its job is to investigate complaints in a fair and independent way.

Out-of-county care

You can choose a care home outside your home county. You may want to be closer to friends or family members or you may want to relocate to another part of the country.

If your care home place is state-funded, speak to the local authority about who is responsible for your care fees, especially if you choose a care home in another region. Any home you choose must be suitable for your assessed needs and comply with the paying authority’s terms and conditions.

You should seek further advice before making your decision.

For help finding care providers in Essex and other regions, visit www.carechoices.co.uk with details of your requirements.

Protecting vulnerable adults

Vulnerable adults may experience abuse, neglect and worse. A vulnerable adult is a person aged 18 years or over who may be unable to take care of themselves or protect themselves from harm or from being exploited.

What is adult abuse?
Abuse is mistreatment that violates a person’s human and civil rights. The abuse can vary from treating someone with disrespect in a way which significantly affects the person’s quality of life, to causing actual physical suffering.

It can happen anywhere – at home, in a care home or a care home with nursing, a hospital, in the workplace, at a day centre or educational
establishment, in supported housing or in the street.

Forms of abuse could be physical, sexual, psychological, emotional or financial. It could also cover the issues of modern slavery, self-neglect and institutional abuse – where the abuse affects more than one person within an organisation and is not addressed by the service’s management.

**Who might be causing the abuse?**
The person who is responsible for the abuse may be known to the person abused and could be:

- a paid care worker or volunteer;
- a health worker, social care or other worker;
- a relative, friend or neighbour;
- another resident or service user;
- an occasional visitor or someone who is providing a service; or
- someone who deliberately exploits vulnerable people.

If you think someone is being abused, use the contact details below to tell someone. Your concerns will be taken seriously and will receive prompt attention, advice and support.

**Essex County Council**
Tel: **0345 603 7630**
Out of hours: **0345 606 1212**

**Southend-on-Sea Borough Council**
Tel: **01702 215008**
Out of hours: **01702 215000**

If the abuse is also a crime such as assault, racial harassment, rape or theft you should involve the police to prevent someone else from being abused. If the police are involved Adult Social Care will work with them and with you to support you.

If you are worried about contacting the police you can contact Adult Social Care to talk things over first. If immediate action is needed dial 999.

You can also:

- contact the Care Quality Commission (CQC) on **03000 616161** if the vulnerable adult is living in a registered care home, care home with nursing or receiving home care services; or
- let a public service professional, such as a social worker, community nurse, GP, probation officer or district nurse know your concerns. They have responsibilities under the county’s adult protection procedure and can advise you about what to do next.

**The Disclosure and Barring Service (DBS)**
There is a barring system for all those intending to work or working with children and vulnerable adults.

This service combines the criminal records checking and barring functions. For disclosure information and services, visit [www.gov.uk/dbs](http://www.gov.uk/dbs)

Care home owners, home care agencies and employment agencies that supply care workers are required to request checks as part of a range of pre-employment checks, including disclosures from the DBS.

Care providers and suppliers of care workers are also required to refer workers to the DBS where, in their view, the individual has been guilty of misconduct that harmed or placed at risk of harm, a vulnerable adult. People who know they are confirmed on the list but seek employment in care positions will face criminal charges including possible imprisonment. It is also an offence for an employer or voluntary organisation to knowingly employ a barred person in a regulated activity role.
Residential care providers in Essex and Southend-on-Sea

This Directory is divided into geographical areas listed on this map.

Home care providers can be found on page 25.

Key to care home listings

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Aspen Grange Care Home is a purpose built specialist Dementia care home.

- Homely atmosphere
- Private rooms all with en-suite wet rooms
- Highly skilled team
- Exciting activities programme
- Sensory garden
- Home cooked traditional food
- Friendly dedicated staff

T: 01376 550764
E: aspengrangemanager@care-centre.co.uk
Coldnallhurst Ave, Braintree, Essex CM7 5PY

Kilkee Lodge
Residential Home

“We respect the needs of the individuals, with the focus on ability and freedom of choice, rather than disability and rigid routine.”

- 24 Hour Residential Care
- Individualised bedrooms
- 4 spacious lounges and 2 conservatories
- Our catering department can help with your dietary requirements
- Regular trips and in house activities
- Wheelchair access throughout the home

01376 342455
Coggeshall Road, Braintree, Essex, CM7 9ED
www.kilkeelodge.co.uk

Search for care at www.carechoices.co.uk to find support in your area
Basildon care homes

Acorn House – Laindon
28 Somerset Road, Laindon SS15 6PE
Tel: 01268 453216

Ashview
River View High Road, Vange, Basildon SS16 4TR
Tel: 01268 583043

Beech House – Basildon
Brownlow Bend, Basildon SS14 1QD
Tel: 01268 286863

Berrys Carehome, The
43 Gardenia Court, Basildon SS15 5PG
Tel: 01268 420763

Bungalow, The
306 Southend Road, Shotgate, Wickford SS11 8QW
Tel: 01268 570702

Cameron House
Plumleys, Pitsea, Basildon SS13 1NQ
Tel: 01268 556060

CC The Laurels Ltd
130-134 Church End Lane, Runwell, Wickford SS11 7DP
Tel: 01268 764105

Cedar House
London Road, Pitsea SS13 2BY
Tel: 01268 458266

Central Avenue, 2
Billericay CM12 0QZ
Tel: 01702 462246

Chaplin Lodge
Nevendon Road, Wickford SS12 0QH
Tel: 01268 733699

Clayburn Lodge SECHA
15 Clayburn Circle, Basildon SS14 1PZ
Tel: 01268 988500

Estuary Housing Association Ltd
– 16 Vista Road SECHA
Wickford SS11 8EJ
Tel: 01702 462246

Evelyn May House
Florence Way, Langdon Hills, Basildon SS16 6AJ
Tel: 01268 418683

Fremnells, The, 71
Basildon SS14 2QZ
Tel: 01268 526692

Glenroyd House
26 High Road North, Laindon, Basildon SS15 4DP
Tel: 01707 601800

Grange, The
69 Southend Road, Wickford SS11 8DX
Tel: 01268 766466

Grovelands lodge
21 Grovelands Road, Wickford SS12 9DG
Tel: 01268 459941

Herondale
2 Herondale, Basildon SS14 1RR
Tel: 01268 523399

Heywood Lodge
43 Western Road, Billericay CM12 9DX
Tel: 01277 659343

Hollymede Cottage SECHA
61-63 Church End Lane, Runwell, Wickford SS11 7DP
Tel: 01268 450908

Livability Anvil House
199 Perry Street, Billericay CM12 0NX
Tel: 01277 633950

London Road, 86
Wickford SS12 0AR
Tel: 01702 462246

Longcroft Residential Care Home
34 Swan Lane, Wickford SS11 7DD
Tel: 01268 572066

Longwood Place
110 High Road, Langdon Hill SS16 6HY
Tel: 01268 411414

Service
User Bands
MH Mental health
SI Sensory impairment
OP Older people (65+)
PD Physical disability
LDA Learning disability, autism
EA Younger adults
AD People who misuse alcohol or drugs

Visit www.carechoices.co.uk for further assistance with your search for care
### Basildon care homes continued

**Mundy House**  
Church Road, Basildon SS14 2EY  
Tel: 01268 520607  
**OP D YA**

**Oakes, The**  
55 Railway Approach, Laindon SS16 6JX  
Tel: 01268 441096  
**LDA YA**

**Oaklands (Essex)**  
Forest Glade, Dunton Hills, Laindon SS16 6SX  
Tel: 01268 491491

**Primecare**  
62 Downs Grove, Vange, Basildon SS16 4QL  
Tel: 01268 553222

**Rectory Lodge**  
87 Rectory Road, Pitsea SS13 2AF  
Tel: 01268 583634  
**LDA MH**

**Silvanna Court**  
84 Runwell Road, Wickford SS11 7HR  
Tel: 01268 767384  
**OP D PD SI**

**Third Avenue, 7-9**  
Wickford SS11 8RF  
Tel: 01702 462246  
**OP PD LDA YA**

**Westacres**  
65-67 Somerset Road, Basildon SS15 6PP  
Tel: 01268 540734  
**PD LDA MH**

**Woodbury Court**  
Tavistock Road, Laindon SS15 5QQ  
Tel: 01268 564230  
**OP D PD SI**

### Basildon care homes with nursing

**Anisha Grange**  
Outwood Common Road, Billericay CM11 2LE  
Tel: 01277 658529  
**OP D PD SI**

**Fremnells, The, 71**  
Basildon SS14 2QZ  
Tel: 01268 526692

**Ghyll Grove Care Home**  
Ghyll Grove, Basildon SS14 2LA  
Tel: 01268 273173  
**OP D**

**Gifford House Care Home**  
London Road, Bowers Gifford, Basildon SS13 2EY  
Tel: 01268 554330  
**Advert inside front cover**

**Mountnessing Road, 230a**  
Billericay CM12 0EH  
Tel: 01702 462246  
**OP PD LDA SI YA**

For information on different types of care homes, see page 49.

### Braintree care homes

**Acorn Lodge Care Home**  
Bovington Road, Bezley End, Braintree CM7 5JH  
Tel: 01371 850402  
**OP D LDA**

**Adjuvo Care Essex Ltd – Halstead**  
Colchester Road, Halsted CO9 2ET  
Tel: 01787 479729  
**PD LDA YA**

**Aspen Grange Care Home**  
Coldnailhurst Avenue, Braintree CM7 5PY  
Tel: 01376 550764  
**Advert page 60**  
**OP D**

**Bethany House**  
32 Brewery Drive, Halstead CO9 1EF  
Tel: 07985 746132  
**LDA YA**

**Bethel Place**  
9 St James Close, Halstead CO9 1GX  
Tel: 07572 626452  
**LDA SI YA**

**Blackthorns**  
21-29 Dooley Road, Halstead CO9 1JW  
Tel: 01787 472170  
**OP D PD SI**

---

**Service**  
**OP** Older people (65+), **D** Dementia, **PD** Physical disability, **LDA** Learning disability, autism, **YA** Younger adults, **AD** People who misuse alcohol or drugs

**User Bands**  
**MH** Mental health, **SI** Sensory impairment

**SECHA** South Essex Care and Health Association – see page 7

Advertisers are highlighted

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Search for care at [www.carechoices.co.uk](http://www.carechoices.co.uk) to find support in your area
Braintree care homes continued

**Blamsters Farm**
Mount Hill, Halstead CO9 1LR
Tel: 01787 479491

**Blamsters link**
Howe Chase, Halstead CO9 2QJ
Tel: 01787 479343

**Boars Tye Farm Residential Home**
20 Boars Tye Road, Silver End, Witham CM8 3QA
Tel: 01376 584515

**Bradbury House**
New Street, Braintree CM7 1ES
Tel: 01376 348181 Advert page 51

**Brewery House**
28 Brewery Drive, Halstead CO9 1EF
Tel: 01787 472046

**Cedars Care Home, The**
Sudbury Road, Halstead CO9 2BB
Tel: 01787 472418

**Chalkney House**
47 Colchester Road, White Colne, Colchester CO6 2PW
Tel: 01787 222377

**Colne House**
Station Road, Earls Colne, Colchester CO6 2LT
Tel: 01787 222227

**Colne Place Residential Care Home**
97 High Street, Earls Colne, Colchester CO6 2RB
Tel: 01787 222314

**Conifers – Residential Care Home for People with Learning Disabilities**
Harriet’s Farm Bungalow, Church Street, Bocking, Braintree CM7 5LH
Tel: 01376 550779

**Drummonds**
The Street, Feering, Colchester CO5 9QJ
Tel: 01376 570711

**Fern Lodge**
108 Broad Road, Bocking, Braintree CM7 9RX
Tel: 01376 550432

**Forest Home**
58 Swan Street, Sible Hedingham, Halstead CO9 3HT
Tel: 01787 460361

**Franciscan Convent Residential Home – Braintree**
2 Broad Road, Braintree CM7 9RS
Tel: 01376 345503

**Grammar School House**
York Road, Earls Colne, Colchester CO6 2RN
Tel: 01787 222412

**Halstead Hall Care Home**
Mount Hill, Braintree Road, Halstead CO9 1SL
Tel: 01787 476892

**Imola**
Lanham Green, Cressing, Braintree CM7 7DT
Tel: 01376 584352

**Joseph Gardens**
7 Joseph Gardens, Silver End CM8 3SN
Tel: 01376 574900

**Kilkee Lodge Residential Home**
Coggeshall Road, Braintree CM7 9ED
Tel: 01376 342455 Advert page 60

**Larchwood Care Home**
108 Broad Road, Bocking, Braintree CM7 9RX
Tel: 01376 347777

**Meadows**
Fairy Hall Lane, Rayne, Braintree CM7 6SZ
Tel: 01376 340714

**Millard House**
Church Street, Bocking, Braintree CM7 5LL
Tel: 07748 903235

**Mirabeau**
Sheepcotes Lane, Silver End, Witham CM8 3PJ
Tel: 01376 585599

**New Deanery Care Home, The**
Deanery Hill, Bocking, Braintree CM7 5SR
Tel: 01376 558555

---

**Service User Bands**

<table>
<thead>
<tr>
<th>Service</th>
<th>User Bands</th>
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<tbody>
<tr>
<td>OP</td>
<td>Older people (65+)</td>
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<tr>
<td>D</td>
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<tr>
<td>YA</td>
<td>Younger adults</td>
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<tr>
<td>AD</td>
<td>People who misuse alcohol or drugs</td>
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**SECHA** South Essex Care and Health Association – see page 7

Advertisers are highlighted

Visit www.carechoices.co.uk for further assistance with your search for care
Adverters are highlighted

SECHA
South Essex Care and Health Association – see page 7

Older people (65+)
Dementia
Physical disability
Learning disability, autism
Mental health
Sensory impairment
Younger adults
People who misuse alcohol or drugs

Search for care at www.carechoices.co.uk to find support in your area

New Partnerships Lynray and Peach Cottage
Lynray, The Gore, Rayne, Braintree CM77 6RL
Tel: 01376 329437

Nightingale Close, 2-4
Witham CM8 1AP
Tel: 01376 511057

Ogilvie Court
America Road, Earls Colne, Colchester CO6 2LB
Tel: 01787 222355

Park View
Kings Chase, Witham CM8 1AX
Tel: 01376 512443

Prince Edward Duke Of Kent Court
Stisted Hall, Kings Lane, Stisted, Braintree CM77 8AG
Tel: 01376 345534

Priory House
2 Kestrel Rise, Halstead CO9 2TU
Tel: 01787 479172

Rascasse
Sheepcotes Lane, Silver End, Witham CM8 3PJ
Tel: 01376 574900

Riverdale Care Home
65 Duggers Lane, Braintree CM7 1BA
Tel: 01376 349643

Rose Belle
37 Cross Road, Witham CM8 2NA
Tel: 01376 512438

Royal Mencap Society – Churchfields
Avenue Road, Witham CM8 2DT
Tel: 01376 521553

St Dominics Residential Home
London Road, Kelvedon, Colchester CO5 9AP
Tel: 01376 570359

Stonecroft
5 Leywood Close, Braintree CM7 3NP
Tel: 01376 347389

Tidings, The
9 Brewery Drive, Halstead CO9 1BS
Tel: 01376 479244

Valentine House
Broadway, Silver End, Witham CM8 3RF
Tel: 01376 585965

Willowmead Care Home
Wickham, Bishops Road, Hatfield Peverel, Chelmsford CM3 2JL
Tel: 01245 381787

Braintree care homes with nursing

Aspen Grange Care Home
Coldnailhurst Avenue, Braintree CM7 5PY
Tel: 01376 550764

Braintree Nursing Home
11 Coggeshall Road, Braintree CM7 9DB
Tel: 01376 345966

Colne View
Dame Mary Walk, Halstead CO9 2FF
Tel: 01787 478473

Longmead Court Nursing Home
247 London Road, Black Notley, Braintree CM77 8QQ
Tel: 01376 344440

Poplars
Clockhouse Way, Braintree CM7 3RD
Tel: 01376 342772

St George’s Witham Nursing Home
18-20 Avenue Road, Witham CM8 2DT
Tel: 01376 512258

St Mary’s Court
Deanery Hill, Bocking, Braintree CM7 5SR
Tel: 01376 328600

See page 54 for more information on paying for care homes in Essex.
# Brentwood care homes

**Ardtullry Retirement Residence**  
3 Station Lane, Ingatestone CM4 0BL  
Tel: 01277 353888  
**OP D PD MH SI**

**Brookes House**  
79-81 Western Road, Brentwood CM14 4ST  
Tel: 01277 212709

**Dudbrook Hall**  
Dudbrook Road, Kelvedon Common, Brentwood CM14 5TQ  
Tel: 01277 372095

**Heron Court**  
198 Brentwood Road, Herongate, Brentwood CM13 3PN  
Tel: 01277 810236

**Howard Lodge Care Centre**  
Beacon Hill Road, Kelvedon Common, Brentwood CM14 5FQ  
Tel: 01277 373603

**Quiet Waters**  
8 Thorndon Avenue, West Horndon, Brentwood CM13 3TT  
Tel: 01277 812466  
**LDA YA**

**Rowan house**  
Church Lane, Doddinghurst, Brentwood CM15 0NJ  
Tel: 01277 823853  
**LDA YA**

**Seton Care Home**  
The Marillac, Eagle Way, Warley, Brentwood CM13 3BL  
Tel: 01277 220276

**Tower Bridge Homes Care Ltd – Sycamore**  
Magpie Lane, Little Warley, Brentwood CM13 3DT  
Tel: 01277 261680

**Winifred Dell Care Centre**  
Essex Way, Great Warley, Brentwood CM13 3AX  
Tel: 01277 220897

---

**Brentwood care homes with nursing**

**Brentwood Care Centre**  
Larchwood Gardens, Pilgrims Hatch, Brentwood CM15 9NG  
Tel: 01277 375316  
**OP D PD YA**

**Hutton Village Care Home**  
Hutton Village, Brentwood CM13 1RX  
Tel: 01277 886531  
**OP PD**

**Leonard Lodge**  
Roxwell Gardens, Hutton, Brentwood CM13 1AQ  
Tel: 01277 508 450  
**OP D MH**

**Marillac Care**  
Eagle Way, Warley, Brentwood CM13 3BL  
Tel: 01277 220276  
**OP PD SI YA**

**Old Shenfield Place**  
2 Hall Lane, Shenfield CM15 9AB  
Tel: 01277 220636  
**OP D PD MH SI**

**Outlook Care – Hedgerows**  
Hawthorn Bungalow, Regent Way, Brentwood CM14 4TY  
Tel: 01277 202270  
**OP D PD LDA SI YA**

**Seven Arches Nursing Home**  
Lea Rigg, Cornsland, Brentwood CM14 4JN  
Tel: 01277 263076

**Signature at The Beeches**  
The Beeches, London Road, Brentwood CM14 4NA  
Tel: 0845 680 4048  
**OP YA**

---

**Service User Bands**  
**OP** Older people (65+)  
**D** Dementia  
**PD** Physical disability  
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**SECHA** South Essex Care and Health Association – see page 7

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Visit [www.carechoices.co.uk](http://www.carechoices.co.uk) for further assistance with your search for care
Ayletts
A charming Georgian manor house, set in an attractive garden with views across the Chelmer valley. Ayletts provides 26 spacious rooms, two of which are registered as double rooms, and all with private ensuite facilities.
Main Road, Broomfield, Chelmsford. Essex CM1 7LE
Tel: 01245 441854

Broadoaks
Broadoaks has just undergone extensive refurbishment to provide 39 ensuite rooms, which includes a specialist 8 bed dementia wing. Residents can relax and tend to the plants in our new wheelchair friendly garden.
2 Southend Road, Rochford Essex SS4 1HE
Tel: 01702 545888

Hill House
Is a gracious Georgian manor house, set in two-thirds of an acre, a short distance from the centre of the historic Roman town of Colchester.
183 Lexden Road, Colchester Essex CO3 3TE
Tel: 01206 761309

SEARCH FOR CARE IN YOUR AREA
With so many providers to choose from, where do you start?
• Find care providers quickly and easily
• Search by location and care need
• Information on care quality
• Links to inspection reports
• Additional information, photos and web links
• Brochure requests

LUXURY CARE IN CHELMSFORD
Baycroft Great Baddow is our second luxury care home, providing expert 24-hour residential, nursing and dementia care.
We are creating homes that feel like home, where you can truly feel at ease. As much thought has been invested into the dining experience, the engaging social activities, the innovative technologies and the high quality facilities as the exemplary standards of care.
These elements combined create the comfortable and fulfilling lifestyle you deserve.
We are dedicated to making a better every day for you and aligning our care to your individual needs.

MOLRAMS LANE, GREAT BADDOW, ESSEX CM2 7TL
020 8821 2018   info@baycroft.co.uk   baycroft.co.uk
Castle point care homes

**Beeches, The**  
28 Shell Beach Road, Canvey Island SS8 7NU  
Tel: 01268 455104

**Eco Nights**  
1a Limetree Avenue, Benfleet SS7 5AA  
Tel: 01268 931491

**Elizabeth House**  
42-56 Benfleet Road,  
Hadleigh SS7 1QB  
Tel: 01702 555786

**Goldenley**  
11-13 Richmond Avenue,  
South Benfleet SS7 5HE  
Tel: 01268 758487

**Hopes Green**  
16 Brook Road, South Benfleet SS7 5JA  
Tel: 01268 752327

**Longview**  
Little Gypps Road, Canvey Island SS8 9HG  
Tel: 01268 682906

**Oakdale SECHA**  
123 Kiln Road, Benfleet SS7 1TG  
Tel: 01702 553734

**Silverpoint Court Residential Care Home**  
Silverpoint Marine, Canvey Island SS8 7TN  
Tel: 01268 515564

**Stafford Court**  
Venables Close, Canvey Island SS8 7SB  
Tel: 01268 681709

**Stafford Hall**  
138 Thundersley Park Road,  
South Benfleet SS7 1EN  
Tel: 01268 792727

**Vibrance – 1 Parkstone Avenue**  
Benfleet SS7 1SP  
Tel: 01268 558571

**Willow Bay**  
11 Marine Approach,  
Canvey Island SS8 0AL  
Tel: 01268 455104

Castle point care homes with nursing

**Ambika Lodge Care Home**  
28 Edith Road, Canvey Island SS8 0LP  
Tel: 01268 696955

**Godden Lodge Care home**  
57 Hart Road,  
Benfleet SS7 3GL  
Tel: 01268 792227

**Moorings Nursing Home**  
167 Thorney Bay Road, Canvey Island SS8 0HN  
Tel: 01268 514474

**Parklands Nursing Home SECHA**  
21-27 Thundersley Park Road,  
Benfleet SS7 1EG  
Tel: 01268 882700

Chelmsford care homes

**Ayletts House**  
Main Road, Broomfield, Chelmsford CM1 7LE  
Tel: 01245 441854  
Advert page 66

**Belfry Residential Home, The**  
Dowsetts Lane, Ramsden Heath, Billericay CM11 1HX  
Tel: 01268 710116

**Bridgemarsh Residential Home**  
184 Main Road, Broomfield, Chelmsford CM1 7AJ  
Tel: 01245 440858

**Chignal House**  
107 Chignal Road, Chelmsford CM1 2JA  
Tel: 01245 284538

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<tr>
<th>Service</th>
<th>User Bands</th>
<th>Advertisers are highlighted</th>
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<tr>
<td>OP</td>
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<tr>
<td>SECHA</td>
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<td>Learning disability, autism</td>
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Visit www.carechoices.co.uk for further assistance with your search for care
Chelmsford care homes continued

**Eastham**
Main Road, Woodham Ferrers CM3 8RF
Tel: 01245 320240

**Faith Global Links Ventures Ltd**
158 Galleywood Road, Great Baddow, Chelmsford CM2 8YT
Tel: 01245 478797

**Fenham Lodge**
The Street, Hatfield Peverel, Chelmsford CM3 2EQ
Tel: 01245 381550

**Lyons Court Residential Care Home**
Canvey Walk, North Springfield, Chelmsford CM1 6LB
Tel: 01245 451254

**Madelayne Court**
School Lane, Chelmsford CM1 7DR
Tel: 01245 443986

**Massenet**
Wickham Bishops Road, Hatfield Peverel CM3 2JL
Tel: 01245 380773

**Moulsham Home**
116-117 Moulsham Street, Chelmsford CM2 0JN
Tel: 01245 350750

**Newholme House**
440 Baddow Road, Great Baddow, Chelmsford CM2 9RB
Tel: 01245 476691

**Okeley Care Home**
Corporation Road, Chelmsford CM1 2AR
Tel: 01245 287500

**Paradise Lodge**
28 Paradise Road, Writtle, Chelmsford CM1 3HP
Tel: 01245 422901

**Southborough Care Home**
9-11 Southborough Road, Chelmsford CM2 0AG
Tel: 01245 357748

**Vibrance – 24a Corporation Road**
Chelmsford CM1 2AR
Tel: 01245 495010

**Willow Tree Lodge**
133 Chignal Road, Chelmsford CM1 2JD
Tel: 01245 355434

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**Chelmsford care homes with nursing**

**Admirals Reach Care Home**
Ridgewell Avenue, Chelmsford CM1 2GA
Tel: 01245 266567

**Baycroft Great Baddow**
Molrams Lane, Great Baddow, Chelmsford CM2 7FJ
Tel: 0208 821 2018

**Chelmer Valley Care Home**
Broomfield Grange, Broomfield Hospital Site, Court Road, Chelmsford CM1 7ET
Tel: 01245 443680

**Cherry Wood Grange Care Home**
196 New London Road, Chelmsford CM2 0AR
Tel: 01245 293800

**Guide at Sandon**
Chelmsford Nursing Home, East Hanningfield Road, Howe Green, Chelmsford CM2 7TP
Tel: 01245 478189

**Hatfield Peverel Care home**
Crabbs Hill, Hatfield Peverel, Chelmsford CM3 2NZ
Tel: 01245 809870

**Lawns Care Home, The**
Lawn Lane, Springfield, Chelmsford CM1 7JB
Tel: 01245 809896

**Manor Lodge**
Manor Road, Chelmsford CM2 0EP
Tel: 01245 496028

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**Service**
- **OP** Older people (65+)
- **D** Dementia
- **PD** Physical disability
- **LDA** Learning disability, autism
- **SI** Sensory impairment
- **YA** Younger adults
- **AD** People who misuse alcohol or drugs

**User Bands**
- **MH** Mental health
- **SECHA** South Essex Care and Health Association – see page 7

Advertisers are highlighted

Search for care at [www.carechoices.co.uk](http://www.carechoices.co.uk) to find support in your area
### Colchester care homes

**Aldeburgh House**  
66 Seaview Avenue, West Mersea, Colchester CO5 8BX  
Tel: 01206 384392

**Alexandra House and The Lodge**  
Main Road, Alresford, Colchester CO7 8AP  
Tel: 01206 826009

**Ashpark House**  
Peldon Road, Abberton, Colchester CO5 7PB  
Tel: 01206 735567

**Avalon**  
Spring Lane, Wivenhoe, Colchester CO7 9QD  
Tel: 01206 616893

**Aveley Lodge**  
Abberton Road, Fingringhoe, Colchester CO5 7AS  
Tel: 01206 729304

**Blackbrook House**  
Gun Hill, Dedham, Colchester CO7 6HP  
Tel: 01787 283240

**Blossomwood**  
Colchester Road, Elmstead Market, Colchester CO7 7AZ  
Tel: 01206 825510

**Bourne House**  
119 Mersea Road, Colchester CO2 7RL  
Tel: 01206 573336

**Butterfly’s Care Home**  
1-3 Bromley Road, Colchester CO4 3JE  
Tel: 01206 861482

**Butterfly’s Care Home**  
186 Wivenhoe Road, Alresford, Colchester CO7 8AH  
Tel: 01206 826872

**Cleaveland Lodge**  
151 Rowhedge Road, Old Heath, Colchester CO2 8EJ  
Tel: 01206 728801

**Coldwell Villa**  
71 Mersea Road, Colchester CO2 7QR  
Tel: 01206 547588

**Crouched Friars residential home**  
103-107 Crouch Street, Colchester CO3 3HA  
Tel: 01206 572647

**Dugard Avenue, 26**  
Colchester CO3 9EH  
Tel: 01206 710366

**Eight Ash Court Ltd**  
Halstead Road, Eight Ash Green, Colchester CO6 3QJ  
Tel: 01206 848005

**Eleni House**  
Boxted Road, Colchester CO4 5HF  
Tel: 01206 822794

**Elm Cottage**  
7 Lucerne Road, Elmstead Market, Colchester CO7 7YB  
Tel: 01206 822794

**Elm House**  
192 Wivenhoe Road, Alresford, Colchester CO7 8AH  
Tel: 01206 824443

**Essex Care Consortium – Colchester**  
Maldon Road, Birch, Colchester CO2 0NU  
Tel: 01206 330308

**Essex Care Consortium – Marks Tey**  
Laurels, Station Road, Marks Tey, Colchester CO6 1EE  
Tel: 01206 211825

---

**Service User Bands**  
| OP | Older people (65+) | D | Dementia | PD | Physical disability | LDA | Learning disability, autism | MH | Mental health | SI | Sensory impairment | YA | Younger adults | AD | People who misuse alcohol or drugs |

**SECHA** South Essex Care and Health Association – see page 7

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Colchester care homes continued

**Essex Care Consortium – Plume Avenue**  
5a Plume Avenue, Prettygate, Colchester CO3 4PG  
Tel: 01206 563149

**Essex Care Consortium Ltd – Fordham**  
The Conifers, Wymonding, Colchester CO6 3NS  
Tel: 01206 241366

**Ewer Court**  
1 Fairfax Road, Colchester CO2 7ED  
Tel: 01206 562511

**Freda Gunton Lodge Residential Home**  
Balkerne Gardens, Colchester CO1 1PR  
Tel: 01206 574786

**Gables**  
262 Ipswich Road, Colchester CO4 0ER  
Tel: 01206 841515

**Great Horkesley Manor**  
Nayland Road, Great Horkesley,  
Colchester CO6 4ET  
Tel: 01206 271394

**Haven, The**  
84 Harwich Road, Colchester CO4 3BS  
Tel: 01206 867143

**Henderson and Harvard**  
Kelvedon Road, Tiptree, Colchester CO5 0LJ  
Tel: 01621 819354

**Hill House**  
183 Lexden Road, Lexden, Colchester CO3 3TE  
Tel: 01206 761309 [Advert page 66]  

**Hilton House**  
175 Shrub End Road, Colchester CO3 4RG  
Tel: 01206 763361

**Jameson House**  
19a Chapel Street, Rowhedge, Colchester CO5 7JS  
Tel: 07717 745627

**Jamesons Residential Care Home Ltd**  
Wymondingford Road, Fordham, Colchester CO6 3NS  
Tel: 01206 242282

**Kacee Lodge**  
Ivy Lodge Road, Great Horkesley,  
Colchester CO6 4EN  
Tel: 01206 272108

**Little Millfields**  
21 Mill Lane, Weeley Heath CO16 9BB  
Tel: 01255 830425

**Loganberry Lodge**  
79-81 New Farm Road, Stanway,  
Colchester CO3 0PG  
Tel: 01206 563791

**Lychgate House**  
145 Shrub End Road, Colchester CO3 4RE  
Tel: 01206 500074

**Maple Cottage**  
5 Amber Court, Berechurch Hall Road,  
Colchester CO2 9GE  
Tel: 01206 767117

**Maple House**  
1 Amber Court, Berechurch Hall Road,  
Colchester CO2 9GE  
Tel: 01206 766654

**Maple Lodge**  
2 Amber Court, Berechurch Hall Road,  
Colchester CO2 9GE  
Tel: 01206 766653

**Maple Manor**  
3 Amber Court, Berechurch Hall Road,  
Colchester CO2 9GE  
Tel: 01206 767117

**Maple View**  
4 Amber Court, Berechurch Hall Road,  
Colchester CO2 9GE  
Tel: 01206 549401

**Marsh House**  
4 Villa Road, Stanway,  
Colchester CO3 0RH  
Tel: 01206 762885

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<th>Description</th>
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<tr>
<td>People who misuse alcohol or drugs</td>
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</table>

SECHA South Essex Care and Health Association – see page 7

Advertisers are highlighted

Search for care at www.carechoices.co.uk to find support in your area
Colchester care homes continued

Mercers
14 Serpentine Walk, Colchester CO1 1XR
Tel: 01206 570226

Mill House
102 Mill Road, Mile End, Colchester CO4 5LJ
Tel: 01206 845378

Milton Lodge Retirement Home
288-290 Ipswich Road, Colchester CO4 0ES
Tel: 01206 841215

Morley Road, 43a & 43b
Tiptree, Colchester CO5 0AA
Tel: 01621 819070

Myland House
81 Mile End Road, Colchester CO4 5BU
Tel: 01206 853604

Nationwide Community Care Ltd
– 3 Cracknell Close
Wivenhoe, Colchester CO7 9PY
Tel: 01206 825508

Nationwide Community Care Ltd
– 35 Meade Way
Wivenhoe, Colchester CO7 9HW
Tel: 01206 828011

Nayland Lodge
44-46 Nayland Road, Mile End, Colchester CO4 5EN
Tel: 01206 853070

New Copford Place Residential Care Home
London Road, Copford, Colchester CO6 1YR
Tel: 01206 210397

Newlands
578 Ipswich Road, Colchester CO4 9HB
Tel: 01206 844906

Parkdale
13 Park Road, Colchester CO3 3UL
Tel: 01206 769500

Pathways
56a Baden Powell Drive, Colchester CO3 4SR
Tel: 01206 761680

Peldon Campus
Church Road, Peldon, Colchester CO5 7PT
Tel: 01206 735206

Penny Meadow
67 London Road, Marks Tey,
Colchester CO6 1EB
Tel: 01206 616164

Pinewood & Hollywood
Smithfield, Colchester CO1 2HP
Tel: 01206 795971

Priory Lodge
62 Priory Street, Colchester CO1 2QE
Tel: 01206 797243

Progressive Mews
Halstead Road, Eight Ash Green,
Colchester CO6 3QH
Tel: 01206 587070

Rawlings House
45 Rawlings Crescent, Highwoods,
Colchester CO4 9FB
Tel: 01206 842550

Ridings, The
52 Spring Lane, Fordham Heath,
Colchester CO3 9TG
Tel: 01206 241041

Rowans
50 Newbridge Road, Tiptree CO5 0HX
Tel: 01621 819850

Scarletts
Recreation Road, Colchester CO1 2HJ
Tel: 01206 792429

Seaview
44 Seaview Avenue, West Mersea,
Colchester CO5 8BY
Tel: 01206 382800

Shrub End Lodge
119 Shrub End Road, Colchester CO3 4RB
Tel: 01206 575996

Visit www.carechoices.co.uk for further assistance with your search for care

<table>
<thead>
<tr>
<th>Service</th>
<th>User Bands</th>
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<tr>
<td>people</td>
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<tr>
<td>Dementia</td>
<td>Learning</td>
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<td>Mental</td>
<td>autism</td>
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<tr>
<td>SI</td>
<td>Younger</td>
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<tr>
<td>Sensory</td>
<td>adults</td>
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<td>drugs</td>
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SECHA South Essex Care and Health Association – see page 7
## Colchester care homes continued

<table>
<thead>
<tr>
<th><strong>Springfields Residential Home</strong></th>
<th><strong>Tudor House</strong></th>
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<tbody>
<tr>
<td>Rectory Road, Copford Green, Colchester CO6 1DH</td>
<td>47a London Road, Stanway, Colchester CO3 6NR</td>
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<tr>
<td>Tel: 01206 211065</td>
<td>Tel: 01206 562790</td>
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<tr>
<th><strong>St Andrews Lodge</strong></th>
<th><strong>Valmark House</strong></th>
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<tr>
<td>184 St Andrews Avenue, Colchester CO4 3AG</td>
<td>90 Mill Road, Mile End, Colchester CO4 5LJ</td>
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<tr>
<td>Tel: 01206 797737</td>
<td>Tel: 01206 853539</td>
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<tr>
<th><strong>Stanway Green Lodge</strong></th>
<th><strong>Whiteheather</strong></th>
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<tbody>
<tr>
<td>Stanway Green, Stanway, Colchester CO3 0RA</td>
<td>Clacton Road, Weeley CO16 9DN</td>
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<tr>
<td>Tel: 01206 330780</td>
<td>Tel: 01255 830502</td>
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<tr>
<th><strong>Stanway Villa</strong></th>
<th><strong>Willow Health Ltd</strong></th>
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<tr>
<td>9 Nursery Close, Stanway, Colchester CO3 0RL</td>
<td>82a The Willows, Colchester CO2 8PX</td>
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<tr>
<td>Tel: 01206 769400</td>
<td>Tel: 01206 769713</td>
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<th><strong>Sunny Lodge</strong></th>
<th><strong>Woodlands Residential Home for Ladies</strong></th>
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<tr>
<td>132 The Commons, Colchester CO3 4NR</td>
<td>76 Lexden Road, Colchester CO3 3SP</td>
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<td>Tel: 01206 571200</td>
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<th><strong>Tripper</strong></th>
<th><strong>Yarra Family Resource</strong></th>
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<tr>
<td>22 Blackthorn Avenue, Colchester CO4 3PU</td>
<td>67 Collingwood Road, Colchester CO3 9AY</td>
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<tr>
<td>Tel: 01206 860537</td>
<td>Tel: 01206 579348</td>
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## Colchester care homes with nursing

<table>
<thead>
<tr>
<th><strong>Abberton Manor Nursing Home</strong></th>
<th><strong>Livability Treetops</strong></th>
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<tbody>
<tr>
<td>Layer Road, Colchester CO5 7NL</td>
<td>94 Victoria Gardens, Highwoods, Colchester CO4 9YE</td>
</tr>
<tr>
<td>Tel: 01206 735590</td>
<td>Tel: 01206 844121</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Alderwood Care Home</strong></th>
<th><strong>Oaks Care Home, The</strong></th>
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<tbody>
<tr>
<td>39 Essex Hall Road, Colchester CO1 1ZP</td>
<td>15-25 Oaks Drive, Lexden, Colchester CO3 3PR</td>
</tr>
<tr>
<td>Tel: 0208 879 6550</td>
<td>Tel: 01206 764469</td>
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<table>
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<tr>
<th><strong>Cheviot Nursing Home</strong></th>
<th><strong>Silversprings</strong></th>
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<tbody>
<tr>
<td>11 Park Road, Colchester CO3 3UL</td>
<td>Tenpenny Hill, Thorington, Colchester CO7 8JG</td>
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<tr>
<td>Tel: 01206 763648</td>
<td>Tel: 01206 251962</td>
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<tr>
<th><strong>Colonia Court Care Home</strong></th>
<th><strong>Springfields Nursing Home</strong></th>
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<tbody>
<tr>
<td>St Andrews Avenue, Colchester CO4 3AN</td>
<td>Rectory Road, Copford Green, Colchester CO6 1DH</td>
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<tr>
<td>Tel: 01206 809782 Advert page 78</td>
<td>Tel: 01206 211065</td>
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<tr>
<th><strong>Foxburrow Grange</strong></th>
<th><strong>St Fillans Care Centre</strong></th>
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<tr>
<td>Ypres Road, Colchester CO2 7NL</td>
<td>St Fillans Road, Colchester CO4 OPT</td>
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<tr>
<td>Tel: 01206 586900</td>
<td>Tel: 01206 855407</td>
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---

### Service Codes
- **OP**: Older people (65+)
- **D**: Dementia
- **PD**: Physical disability
- **LDA**: Learning disability, autism
- **SI**: Sensory impairment
- **YA**: Younger adults
- **AD**: People who misuse alcohol or drugs

**SECHA** South Essex Care and Health Association – see page 7

**Advertisers are highlighted**
Colchester care homes with nursing  continued

Tall Trees
Oaks Place, Mile End Road, Colchester CO4 5XR
Tel: 01206 844425  OP D PD LDA MH

Welshwood Manor
37 Welshwood Park Road, Colchester CO4 3HZ
Tel: 01206 868483  OP PD

Woodland View
216 Turner Road, Colchester CO4 5JR
Tel: 01206 932332 Advert page 74  OP D PD YA

For information on different types of care homes, see page 49.

Epping Forest care homes

Alder House Care Home Physical Disabilities
Lambourne Road, Chigwell IG7 6HH
Tel: 0208 500 8491  OP PD YA

Beechlands
42 Alderton Hill, Loughton IG10 3JB
Tel: 0208 508 5808  OP

Belmont Lodge Care Centre
392-396 Fencepiece Road, Chigwell IG7 5DY
Tel: 0208 500 5222 Advert page 74  OP D

Cunningham House
Pike Way, North Weald, Epping CM16 6BL
Tel: 01992 524160  OP D YA

Frank Foster House
Loughton Lane, Theydon Bois CM16 7LD
Tel: 01992 812525  OP D PD SI YA

Honey Lane Care Home
Honey Lane, Waltham Abbey EN9 3BA
Tel: 0208 879 6550  OP D

Loughton Hall
Rectory Lane, Loughton IG10 3RU
Tel: 0208 502 0772  D

Lugano Residence for the Elderly
3 Powell Road, Buckhurst Hill IG9 5RD
Tel: 0208 505 2695  OP D

Marcris House SECHA
Coopersale Lane, Theydon Bois, Epping CM16 7NS
Tel: 01992 814276  OP D

Mellows, The
38 Station Road, Loughton IG10 4NX
Tel: 0208 508 6017  OP D

Shernbroke Hostel
1-6 Shernbroke Road, Waltham Abbey EN9 3JF
Tel: 01992 700545  D PD LDA SI

Tallis House
Neal Court, Waltham Abbey EN9 3EH
Tel: 01992 713336  OP D PD SI

Vibrance – 138-138A Mason Way
Waltham Abbey EN9 3EJ
Tel: 01992 769113  LDA

Weald Hall Residential Home
Weald Hall Lane, Thornwood, Epping CM16 6ND
Tel: 01992 572427  OP D MH

Wensley House Residential Home
Bell Common, Epping CM16 4DL
Tel: 01992 573117  OP D

Willow Court
23a Highbridge Street, Waltham Abbey EN9 1BZ
Tel: 01992 763815  PD LDA MH SI YA AD

Willowcroft
Sewardstone Road, Chingford E4 7RF
Tel: 0208 523 8680  MH

Visit www.carechoices.co.uk for further assistance with your search for care
BELMONT LODGE CARE CENTRE
CHIGWELL, ESSEX

Quality 24-hour Residential Care for elderly persons aged 65 to 100 years and over, long-term, respite & postoperative care. Experts in Dementia care. Crisis intervention, non planned & emergency admission a speciality.

Here in a friendly atmosphere and with the help of our dedicated staff, we provide a caring environment that makes all our residents feel not just special but very much at home. Visitors are always welcome and contact with families, friends and the local community is encouraged.

Our primary objective is to improve the quality of life of our clients and their families and we seek to promote independence, choice and dignity of the individual. We believe that clients must be safe and secure at all times, whilst providing a relaxed and stimulating environment that motivates them to live a full and happy life.

Please visit us to see just why our clients and their families are so happy to be cared for by us.

BELMONT LODGE CARE CENTRE
392-396 Fencepiece Road, Chigwell, Essex IG7 5DY
Call 020 8500 5222 or email belmontlodge@foresthc.com
www.foresthc.com
Calls charged at a maximum of 4p per minute from UK land lines. Mobile charges vary.

SEARCH FOR CARE IN YOUR AREA

With so many providers to choose from, where do you start?
• Find care providers quickly and easily
• Search by location and care need
• Information on care quality
• Links to inspection reports
• Additional information, photos and web links
• Brochure requests

www.carechoices.co.uk

Amazing people...deserve amazing care

Our care homes are wonderful places – filled with amazing residents, not to mention our dedicated staff and inspiring volunteers. We’re told our care and support is second to none, but it’s the fantastic food, stimulating environments and unique social activities that make Barchester the best choice for the people and families we support.

Nursing Care • Residential Care • Dementia Care • Respite Breaks • Care for Under-65s

Thousands of families trust Barchester to care for their loved ones. To find out about our amazing people, visit www.barchester.com or call us anytime to benefit from over 24 years’ experience.
Epping Forest care homes with nursing

Ashbrook Court Care Home  
Sewardstone Road, Waltham Abbey E4 7RG  
Tel: 0208 524 5530  
OP D

Ashlar House  
The Plain, Epping CM16 6TY  
Tel: 01992 721089 Advert page 74  
OP D

Forest Place Nursing Home  
Roebuck Lane, Buckhurst Hill IG9 5QL  
Tel: 0208 505 2063  
OP D

Paternoster House  
Paternoster Hill, Waltham Abbey EN9 3JY  
Tel: 01992 721087 Advert page 74  
OP D PD MH YA

Queens Court Nursing Home  
52-74 Lower Queens Road,  
Buckhurst Hill IG9 6DS  
Tel: 0208 559 0620  
OP D PD YA

Revitalise Jubilee Lodge  
Grange Farm, High Road,  
Chigwell IG7 6DP  
Tel: 0208 501 2331  
OP D PD SI YA

Sewardstone Close, 1  
Sewardstone Road E4 7RG  
Tel: 0208 498 5620  
YA

Sherrell House  
414 Fencepiece Road, Chigwell IG7 5DP  
Tel: 0208 501 3389  
OP D

Woodland Grove  
Rectory Lane, Loughton IG10 3RU  
Tel: 0208 508 9220  
OP D PD SI YA

See page 54 for more information on paying for care homes in Essex.

Harlow care homes

Ashlyn Care Home  
Vicarage Wood, Harlow CM20 3HD  
Tel: 01279 868330  
OP D

Livability Keefield  
Keefield Close, Keefield,  
Harlow CM19 5SW  
Tel: 01279 635933  
LDA YA

Livability Nettleswell Rectory  
Manston Road, Harlow CM20 3PA  
Tel: 01279 444000  
LDA YA

Livingstone House  
11 Potter Street, Harlow CM17 9AE  
Tel: 01279 641112  
LDA

Tye Green Lodge  
Tye Green Village, Yorkes,  
Harlow CM18 6QY  
Tel: 01279 770500  
OP D PD LDA

See the checklist on page 50 for questions to ask when looking at care homes.

Harlow care homes with nursing

Abbot Care Home  
Partridge Road,  
Harlow CM18 6TD  
Tel: 01279 452990  
OP D PD

Alexandra House – Harlow  
Hamstel Road, Harlow CM20 1BU  
Tel: 01279 454521  
OP D PD SI YA

Visit www.carechoices.co.uk for further assistance with your search for care
Maldon care homes

**Boucherne Ltd**
30 Holloway Road, Heybridge, Maldon CM9 4SQ
Tel: 01621 855429

**Brewster House**
Oak Road, Heybridge, Maldon CM9 4AX
Tel: 01621 853960

**Deansbrook Farm**
Southminster Road, Asheldham, Southminster CM0 7DZ
Tel: 01621 775820

**Down Hall Residential Home**
Down Hall Road, Bradwell-on-Sea, Southminster CM0 7QP
Tel: 01621 776509

**Estoril**
Wonston Road, Southminster CM0 7FE
Tel: 01621 774776

**Firstlings**
7 The Street, Heybridge, Maldon CM9 4NB
Tel: 01621 853747

**Hailey House SECHA**
Highlands Drive, Maldon CM9 6HY
Tel: 0208 319 4860

**Little Oaks**
Braxted Road, Little Braxted, Witham CM8 3JY
Tel: 01621 891974

**Lodge, The**
Lodge Road, Dykes Chase, Maldon CM9 6HW
Tel: 01621 858286

**Longfield Care Home**
Fambridge Close, Maldon CM9 6DJ
Tel: 01621 857147

**Mandalay**
13 Bridge Street, Witham CM8 1BU
Tel: 01376 520280

**Mansion House Residential Home**
Burnham Road, Althorne, Chelmsford CM3 6DR
Tel: 01621 742269

**Schumey’s Corner**
11a Queen Street, Southminster CM0 7BB
Tel: 01621 774315

**Southminster Residential Home**
Station Road, Southminster CM0 7EW
Tel: 01621 773462

**Squeaks House Residential Care Home**
Steeple Road, Southminster CM0 7BD
Tel: 01621 772385

**Swan Care Residential Home**
29 North Street, Tillingham CM0 7TR
Tel: 01621 779171

**Totham Lodge Residential Home for the Elderly**
Broad Street, Green Road, Great Totham, Maldon CM9 8NU
Tel: 01621 891209

**Villeneuve House**
Wonston Road, Southminster CM0 7FE
Tel: 01621 772610

**Windle Court**
The Withywindle, Celeborn Street, South Woodham Ferrers CM3 7BR
Tel: 01245 425980

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**Maldon care homes with nursing**

**Elmcroft Care Home**
Brickhouse Road, Tolleshunt Major, Maldon CM9 8JX
Tel: 01621 893098

**St Peters Court**
Spital Road, Maldon CM9 6LF
Tel: 01621 840466

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<thead>
<tr>
<th>Service</th>
<th>User Bands</th>
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<td>SI</td>
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<td>PD</td>
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<td>Physical disability</td>
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<td>Learning disability, autism</td>
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<tr>
<td>YA</td>
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<td>Younger adults</td>
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<tr>
<td>AD</td>
<td></td>
<td>People who misuse alcohol or drugs</td>
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SECHA South Essex Care and Health Association – see page 7
Rochford care homes

**Ashingdon Hall**
Church Road, Ashingdon, 
Rochford SS4 3HZ
Tel: 01702 545832

**Barling Lodge**
399 Little Wakering Road, 
Little Wakering SS3 OGA
Tel: 01702 216132

**Broadoaks**
2 Southend Road, Rochford SS4 1HE
Tel: 01702 545888 Advert page 66

**Brook Care Home SECHA**
17 Brook Close, Rochford SS4 1HN
Tel: 01702 549499

**Broomhills**
Stambridge Road, Rochford SS4 2AQ
Tel: 01702 542630

**Dorset Lodge Ltd**
5-7 Dorset Gardens, Rochford SS4 3AH
Tel: 01702 545907

**Gowlands**
Sutton Bridge Farm, Sutton Road, Rochford SS4 1XS
Tel: 01702 541761

**Hainault Avenue, 3**
Rochford SS4 1UH
Tel: 01702 545753

**Little Wakering House**
367-369 Little Wakering Road, Little Wakering, 
Southend-on-Sea SS3 0LB
Tel: 01702 217535 Advert page 78

**Stambridge Meadows**
Stambridge Road, Great Stambridge, 
Rochford SS4 2AR
Tel: 01702 258525

**Sweyne Court Care Home**
Hockley Road, Rayleigh SS6 8EB
Tel: 01268 774530

**Timber Grove**
London Road, Rayleigh SS6 9DT
Tel: 01268 780233

**Rochford care homes with nursing**

**Badgers**
53 Rayleigh Avenue, Eastwood, 
Leigh-on-Sea SS9 5DN
Tel: 01702 526027

**Great Wheatley Nursing Home**
3a Great Wheatley Road, Rayleigh SS6 7AL
Tel: 01268 777281

**Rawreth Court**
Rawreth Lane, Rayleigh SS6 9RN
Tel: 0300 123 0808

**Rosedale Court**
6 Homestead Close, 
Rayleigh SS6 8FE
Tel: 01268 773180

Tell us what you think
What have you found useful and what could we do better? Let us know.

[www.carechoices.co.uk/reader-survey](http://www.carechoices.co.uk/reader-survey)

Service User Bands OP Older people (65+) D Dementia PD Physical disability LDA Learning disability, autism SECHA South Essex Care and Health Association – see page 7 Advertisers are highlighted
Little Wakering House specialises in providing a caring and supportive environment for adults, aged 18 to 65 years, who have learning difficulties and/or mental health issues.

Our qualified and caring staff treat all residents with dignity, respect and great encouragement.

We take pride in creating a safe and homely environment, where the unique needs of each person are acknowledged and fulfilled.

We care, you flourish

Call Sarah on 01702 348200
www.elkingtonhouse.org.uk
9 Imperial Avenue, Westcliff-on-Sea
Essex SS0 8NE

Our aim is to provide a safe, homely and caring environment with a warm, friendly atmosphere. We offer a high level of personal care, and have a good level of staffing to help care for and be sensitive to the needs of all our residents. Elkington House Care Home is registered for 25 residents.

Bupa care homes

For a choice of elderly care options in Essex

If you're considering care for an elderly loved one, a warm, welcoming place close to family and friends means a lot. That's why our choice of care homes in Essex could be something for you to think about. And, you don't need to be a Bupa customer to stay with us.

To find out more, call our Customer Care Team on 0808 159 7917

Lines are open 8am to 6.30pm Monday to Friday, 9am to 12.30pm Saturday. Closed Sundays and bank holidays. We may record or monitor our calls.

For elderly care. For Living

Search for care at www.carechoices.co.uk to find support in your area
Southend-on-Sea care homes

Aarandale Lodge SECHA
2-4 St Vincent’s Road, Westcliff-on-Sea SS0 7PR
Tel: 01702 352096
OP D

Abbeyfield – St George’s House SECHA
Park Terrace, Westcliff-on-Sea SS0 7PH
Tel: 01702 331512
OP

Abbottswood Lodge Residential Care Home SECHA
226 Southchurch Road,
Southend-on-Sea SS1 2LS
Tel: 01704 462541
OP D MH

Adalah Residential Rest Home Ltd SECHA
20 Cliff Road, Leigh-on-Sea SS1 1HJ
Tel: 01702 711162
OP D

Admiral Court
Manchester Drive, Leigh-on-Sea SS9 3HP
Tel: 01702 472288
OP D MH SI YA

Ailsa House Residential Care Home
64-66 Genesta Road, Westcliff-on-Sea SS0 8DB
Tel: 01702 346473
OP D PD MH SI YA

Alyson House SECHA
11 Cobham Road, Westcliff-on-Sea SS0 8EG
Tel: 01702 345566
OP D LDA SI YA

Astral Lodge Residential Home SECHA
33-35 Ailsa Road, Westcliff-on-Sea SS0 8Bj
Tel: 01702 345409
OP D

Avondale Rest Home SECHA
38 Avondale Drive, Leigh-on-Sea SS9 4HN
Tel: 01702 711934
OP D PD

Bali Hai Care Home SECHA
14-16 Southbourne Grove, Westcliff-on-Sea SS0 9UR
Tel: 01702 479867
MH

Beacon House
18 Albion Road, Westcliff-on-Sea SS0 7DR
Tel: 07496 294128
PD LDA MH SI YA

Beaufort Lodge SECHA
10-12 St Vincent’s Road,
Westcliff-on-Sea SS0 7PR
Tel: 01702 353640
OP D

Biffins Care Home SECHA
18 Thorpedene Gardens, Shoeburyness,
Southend-on-Sea SS3 9JB
Tel: 01702 292120
OP

Blakeney House
33-35 Park Road, Westcliff-on-Sea SS0 7PQ
Tel: 01702 335724
LDA YA

Bliss Care Home SECHA
23 Cobham Road, Westcliff SS0 8EG
Tel: 01702 351267
OP D PD MH

Boulevard Lodge
163 Southchurch Boulevard,
Southend-on-Sea SS2 4UT
Tel: 01702 808814
OP D LDA MH YA

Bradbury Home SECHA
2 Roots Hall Drive, Southend-on-Sea SS2 6DA
Tel: 01702 435838
OP D

Braemar Lodge Residential Care Home
481 Victoria Avenue, Southend-on-Sea SS2 6NL
Tel: 01702 302914
OP D

Brambles Care Home SECHA
22 Cliff Road, Leigh-on-Sea SS9 1HJ
Tel: 01702 472417
OP D

Catherine Miller House SECHA
13-17 Old Leigh Road, Leigh-on-Sea SS9 1LB
Tel: 01702 713113
OP D

Cavell Lodge SECHA
5 Blenham Avenue, Leigh-on-Sea SS9 3BZ
Tel: 01702 480660
OP D

Cherriycroft
59 Crowstone Road, Westcliff-on-Sea SS0 8BG
Tel: 0800 840 0313
LDA

Crowstone House
Crowstone Avenue, Westcliff-on-Sea SS0 8HT
Tel: 01702 436611
OP D PD SI

Crowstone Manor SECHA
38 Crowstone Road, Westcliff-on-Sea SS0 8BA
Tel: 01702 333594
OP

Service
User Bands
OP Older people (65+)
MH Mental health
D Dementia
SI Sensory impairment
PD Physical disability
LDA Learning disability, autism
YA Younger adults
AD People who misuse alcohol or drugs

Visit www.carechoices.co.uk for further assistance with your search for care
Cumberland Lodge
22 Cumberland Avenue, Southend-on-Sea SS2 4LF
Tel: 01702 602361
MH

Delaware House
Maplin Way North, Shoeburyness, Southend-on-Sea SS3 9PS
Tel: 01702 588501
OP D PD MH

Elgin Rest Home SECHA
12-14 Manor Road, Westcliff-on-Sea SS0 7SS
Tel: 01702 340172
OP D PD SI

Elkington House – Southend Blind Welfare Organisation SECHA
9 Imperial Avenue, Westcliff-on-Sea SS0 8NE
Tel: 01702 348200 Advert page 78
OP D SI

Fairmead
45 Fairmead Avenue, Westcliff-on-Sea SS0 9RY
Tel: 01702 308197
LDA MH SI YA

Fairview House
14 Fairview Drive, Westcliff-on-Sea SS0 0NY
Tel: 01702 437555
OP D

Grandville Lodge Ltd SECHA
17-19 Grand Drive, Leigh-on-Sea SS9 1BG
Tel: 01702 470976
OP D

Grange, The
122 Crowstone Road, Westcliff-on-Sea SS0 8LQ
Tel: 01702 432064
MH

Hart House SECHA
91 Hamstel Road, Southend-on-Sea SS2 4NF
Tel: 01702 619611
OP MH YA

Hart View SECHA
4 Valkyrie Road, Westcliff-on-Sea SS0 8BU
Tel: 01702 433330
OP MH YA

Havengore House Residential Care Home SECHA
27 Fairfield Road, Eastwood, Leigh-on-Sea SS9 5RZ
Tel: 01702 529243
OP D PD MH YA

Health and Home Ltd – North Road
148-150 North Road, Westcliff-on-Sea SS0 7AG
Tel: 01702 346465
OP D PD LDA MH SI YA AD

Hollies, The
70 Canewdon Road, Westcliff-on-Sea SS0 7NE
Tel: 01702 354744
OP D LDA YA

Kathryn Court
84 Ness Road, Shoeburyness SS3 9DH
Tel: 01702 292800
OP D PD SI YA

Kimberley Grace Care Home SECHA
15-17 Grosvenor Road, Westcliff-on-Sea SS0 8EP
Tel: 01702 480502
OP D

Kingston House
43 Woodfield Park Drive, Leigh-on-Sea SS9 1LN
Tel: 01702 712022
LDA YA

Knoll, The
115 Southchurch Boulevard, Thorpe Bay, Southend-on-Sea SS2 4UR
Tel: 01702 586684
PD LDA MH

Legra Residential Care Home
54 Salisbury Road, Leigh-on-Sea SS9 2Y
Tel: 01702 712222
OP D

Lifstan Way Care Home
74 Lifstan Way, Southend-on-Sea SS1 2XE
Tel: 01702 612549
MH YA

Lighthouse
403-407 Westborough Road, Westcliff-on-Sea SS0 9TW
Tel: 01702 307370
LDA MH SI YA

Lilacs Residential Home, The SECHA
121 Chalkwell Avenue, Westcliff-on-Sea SS0 8NL
Tel: 01702 712457
OP D

Livability Dolphin Court
179-182 Eastern Esplanade, Thorpe Bay SS1 3AA
Tel: 01702 584088
OP D PD LDA YA

Manor Rest Home SECHA
35 Manor Road, Westcliff-on-Sea SS0 7SR
Tel: 01702 343590
OP D MH

Maplin House
117-119 Church Road, Shoeburyness, Southend-on-Sea SS3 9EY
Tel: 01702 297494
OP D PD LDA MH SI YA

Service
OP Older people (65+)
D Dementia
PD Physical disability
LDA Learning disability, autism

User Bands
MH Mental health
SI Sensory impairment
YA Younger adults
AD People who misuse alcohol or drugs

SECHA South Essex Care and Health Association – see page 7

Adverters are highlighted
Southend-on-Sea care homes continued

Mellor House
80 Station Road, Westcliff-on-Sea SS0 7RQ
Tel: 01702 437350

Melrose House
95 Alexandra Road, Southend-on-Sea SS1 1HD
Tel: 01702 340682

Memory House
6-9 Marine Parade, Leigh-on-Sea SS9 2NA
Tel: 01702 478245

Meteor Rest Home SECHA
34-36 Meteor Road, Westcliff-on-Sea SS0 8DG
Tel: 01702 340518

Meyrin House
35 Hobleythick Lane, Westcliff-on-Sea SS0 0RP
Tel: 01702 437111

Milton House
58 Avenue Road, Westcliff-on-Sea SS0 7PJ
Tel: 01702 437222

Newbrae Care Home SECHA
41 Crowstone Road, Westcliff-on-Sea SS0 8BG
Tel: 01702 430431

Nightingale House SECHA
69-71 Crowstone Road, Westcliff-on-Sea SS0 8BG
Tel: 01702 338552 Advert page 5

Palmerston House Care Home SECHA
21 Palmerston Road, Westcliff-on-Sea SS0 7TA
Tel: 01702 213553

Phoenix House
124 Crowstone Road,
Westcliff-on-Sea SS0 8LQ
Tel: 01702 337057

Poppy Lodge Care Home SECHA
4 Drake Road, Westcliff-on-Sea SS0 8LP
Tel: 01702 342793

Priory House
Prittlewell Chase, Westcliff-on-Sea SS0 0SR
Tel: 01702 344145

Ravensmere Rest Home
13-15 Manor Road, Westcliff-on-Sea SS0 7SR
Tel: 01702 330347

Rose Martha Court
64 Leigh Road, Leigh-on-Sea SS9 1LS
Tel: 01702 482252

Sandringham SECHA
5-7 Westcliff Avenue,
Westcliff-on-Sea SS0 7QR
Tel: 01702 352911

Sands Lodge
15 Kings Road, Westcliff-on-Sea SS0 8LL
Tel: 01702 340501

Silversea Lodge SECHA
46 Silversea Drive, Westcliff-on-Sea SS0 9XE
Tel: 01702 480502

Southwold House
16-18 Cliff Road, Leigh-on-Sea SS9 1HJ
Tel: 01702 715240

St Edith’s Court
18 Hillside Crescent, Leigh-on-Sea SS9 1EN
Tel: 01702 480688

St Martins Residential Home SECHA
59 Imperial Avenue, Westcliff-on-Sea SS0 8NQ
Tel: 01702 475891

Summerhill
211 Manchester Drive, Leigh-on-Sea SS9 3ET
Tel: 01702 343062

SummerLodge
20 Grosvenor Road, Westcliff-on-Sea SS0 8EN
Tel: 01702 343139

Summerview
35 Pembury Road, Westcliff-on-Sea SS0 8DU
Tel: 01702 343062

Sunflowers
37 Pembury Road, Westcliff-on-Sea SS0 8DU
Tel: 01702 343062

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Service:
- OP: Older people (65+)
- D: Dementia
- PD: Physical disability
- LDA: Learning disability, autism
- MH: Mental health
- SI: Sensory impairment
- YA: Younger adults
- AD: People who misuse alcohol or drugs

SECHA: South Essex Care and Health Association – see page 7

Advert page 5

Visit www.carechoices.co.uk for further assistance with your search for care
Southend-on-Sea care homes continued

Valkyrie Lodge
27 Valkyrie Road, Westcliff-on-Sea SS0 8BY
Tel: 01702 302642

Victoria Court Private Rest Home SECHA
127-129 York Road, Southend-on-Sea SS1 2DX
Tel: 01702 465574

Westborough Road
388-390 Westborough Road, Westcliff-on-Sea SS0 9TN
Tel: 01702 349193

Westcliff Lodge Ltd SECHA
118-120 Crowstone Road, Westcliff-on-Sea SS0 8LQ
Tel: 01702 354718

Westerley Residential Care Home for the Elderly – Westcliffe-on-Sea
1 Winton Avenue, Westcliff-on-Sea SS0 7QU
Tel: 01702 349209

Westminster House Residential Care Ltd SECHA
41 Westminster Drive, Westcliff-on-Sea SS0 9SJ
Tel: 01702 333034

Whittingham House
Whittingham Avenue, Southend-on-Sea SS2 4RH
Tel: 01702 614999

Windermere Rest Home SECHA
23-25 Windermere Road, Southend-on-Sea SS1 2RF
Tel: 01702 303647

Southend-on-Sea care homes with nursing

Admiral Court
Manchester Drive, Leigh-on-sea SS9 3HP
Tel: 01702 472288

Alexander House Private Nursing Home
25-27 First Avenue, Westcliff-on-Sea SS0 8HS
Tel: 01702 346465

Boscombe Lodge Nursing Home
65 Boscombe Road, Southend-on-Sea SS2 5JD
Tel: 01702 603444

Britannia Lodge SECHA
1 Ailsa Road, Westcliff-on-sea, Southend-on-sea SS0 8BJ
Tel: 01702 432927

Brooklands Nursing Home
25 Lambeth Road, Eastwood, Leigh-on-sea SS9 5XR
Tel: 01702 525375

Cedars Care Home
14 Swayne Avenue, Southend-on-sea SS2 6FQ
Tel: 01702 236090

Clifton Lodge
Balmoral Road, Westcliff-on-sea SS0 7DB
Tel: 0300 123 0808

Clifton Lodge
Balmoral Road, Westcliff-on-sea SS0 7DB
Tel: 0300 123 0808

Fernbrook House
37-47 Fernbrook Avenue, Southend-on-sea SS1 2QW
Tel: 01702 460364

Fernbrook House
37-47 Fernbrook Avenue, Southend-on-sea SS1 2QW
Tel: 01702 460364

Joseph House Nursing Home
51-53 Elm Road, Shoeburyness, Southend-on-sea SS3 9PD
Tel: 01702 297217

Langley Lodge Nursing Home SECHA
39 Imperial Avenue, Westcliff-on-sea SS0 8NQ
Tel: 01702 340186

Livability Kenway Court
5 Kenway, Southend-on-sea SS2 5DX
Tel: 01702 440750

Maranatha Residential Home
211 York Road, Southend-on-sea SS1 2RU
Tel: 01702 467675

Mountdale Nursing Home SECHA
59 Mountdale Gardens, Leigh-on-sea SS9 4AP
Tel: 01702 421019

Nazareth House – Southend SECHA
111 London Road, Southend-on-sea SS1 1PP
Tel: 01702 345627

Search for care at www.carechoices.co.uk to find support in your area
Southend-on-Sea care homes with nursing continued

Norton Place
162 Ness Road, Shoeburyness SS3 9DL
Tel: 01702 291221

Uplands SECHA
27-31 Cobham Road, Westcliff-on-Sea SS0 8EG
Tel: 01702 352752

West House
11 St Vincents Road, Westcliff-on-Sea SS0 7PP
Tel: 01702 339883

For information on different types of care homes, see page 49.

Tendring care homes

Abbey Care Home
28 North Road, Clacton-on-Sea CO15 4DA
Tel: 01255 420660

Acorn Village
Mistley Hall, Clacton Road, Mistley, Manningtree CO11 2NJ
Tel: 01206 394124

Adjuvo Care Essex Ltd – Brightlingsea
162 Church Road, Brightlingsea, Colchester CO7 0QU
Tel: 01206 305835

Alexandra House – Harwich
Marine Parade, Dovercourt, Harwich CO12 3JY
Tel: 01255 503340

Anchor Lodge Retirement Home
Cliff Parade, Walton-on-the-Naze CO14 8HB
Tel: 01255 850710

Arundel House – Frinton-on-Sea
34 Harold Road, Frinton-on-Sea CO13 9BE
Tel: 01255 852046

Asher House
Third Avenue, Walton-on-the-Naze CO14 8JU
Tel: 01255 676100

Bamburgh House
Clacton Road, Thorrington CO7 8JN
Tel: 01206 252491

Belamacanda
172-174 The Street, Little Clacton, Clacton-on-Sea CO16 9LX
Tel: 01255 862238

Blenheim Care Home
39-41 Kirby Road, Walton-on-the-Naze CO14 8QT
Tel: 01255 675548

Brain Injury Rehabilitation Trust – Cook Close (Dover Court)
14 Cook Close, Dover Court, Harwich CO12 3UE
Tel: 01255 240095

Brandon House
15-19 Jackson Road, Clacton-on-Sea CO15 1JP
Tel: 01255 426024

Brenalwood Care Home
Hall Lane, Walton-on-the-Naze CO14 8HN
Tel: 01255 675632

Brooklyn House
22-24 Nelson Road, Clacton-on-Sea CO15 1LU
Tel: 01255 430324

Bruntsfield House
68-70 Wellesley Road, Clacton-on-Sea CO15 3PL
Tel: 01255 317191

Bungalow, The
Plains Farm Close, Ardleigh, Colchester CO7 7QU
Tel: 01206 843661

Butterfly’s Care Home
23 Percival Road, Walton-on-the-Naze CO14 8HH
Tel: 01255 674902

Cavendish Care Homes Ltd
26 Kings Road, Clacton-on-Sea CO15 1AZ
Tel: 01255 423861

Visit www.carechoices.co.uk for further assistance with your search for care
Cavendish House  
27 Carnarvon Road,  
Clacton-on-Sea CO15 6QF  
Tel: 01255 426842

Cedars, The  
6 Russell Road, Clacton-on-Sea CO15 6BE  
Tel: 01255 433619

Cherry Leas Care Home  
7 Third Avenue, Clacton-on-Sea CO15 5AP  
Tel: 01255 221726

Chrislyn House  
14 Rosemary Road, Clacton-on-Sea CO15 1NX  
Tel: 01255 428301

Clacton Family Trust  
107-111 Pier Avenue,  
Clacton-on-Sea CO15 1NJ  
Tel: 01255 475026

Connemara Lodge  
106 Walton Road, Kirby-le-Soken,  
Frinton-on-Sea CO13 0DB  
Tel: 01255 851896

Corner Lodge Ltd  
185-193 Meadow Way, Jaywick,  
Clacton-on-Sea CO15 2HP  
Tel: 01255 220228

Cottage Residential Care Home, The  
51 High Street, Brightlingsea,  
Colchester CO7 0AQ  
Tel: 01206 303676

Cottage Walk, 4  
Clacton-on-Sea CO16 8DG  
Tel: 07920 005309

Croft, The  
Thorrington Road, Great Bentley,  
Colchester CO7 8PR  
Tel: 01206 251904

Danbury  
75 Wash Lane, Clacton-on-Sea CO15 1DB  
Tel: 01255 426388

Delamer House  
41 Naze Park Road, Walton-on-the-Naze CO14 8JR  
Tel: 01255 852366

Don Thomson House Residential Care Home  
Low Road, Dovercourt, Harwich CO12 3TS  
Tel: 01255 240978
<table>
<thead>
<tr>
<th>Service User Bands</th>
<th>OP</th>
<th>D</th>
<th>MH</th>
<th>PD</th>
<th>LDA</th>
<th>SI</th>
<th>YA</th>
<th>AD</th>
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<tbody>
<tr>
<td>Older people (65+)</td>
<td>Dementia</td>
<td>Mental health</td>
<td>Sensory impairment</td>
<td>Younger adults</td>
<td>People who misuse alcohol or drugs</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Visit www.carechoices.co.uk for further assistance with your search for care
Tending care homes continued

Meadow View  
178 Meadow Way, Jaywick, Clacton-on-Sea CO15 2SF  
Tel: 01255 431301  
MH

Meadowcroft Residential Care Home  
Steam Mill Road, Bradfield, Manningtree CO11 2QY  
Tel: 01206 393879  
OP D PD LDA SI YA

Mid Meadows  
72-74 Elm Tree Avenue, Frinton-on-Sea CO13 0AS  
Tel: 01255 675085  
OP PD LDA YA

Mistley Manor  
2 Long Road, Mistley, Manningtree CO11 2HN  
Tel: 01206 233331  
OP D PD SI YA

Oaklands Care Home  
34a-34b Church Road, Brightlingsea, Colchester CO7 0JF  
Tel: 07713 019573  
OP

Oakley House  
11 Oakley Road, Harwich CO12 4QZ  
Tel: 01255 880281  
LDA MH

Oaks Residential Care Home, The  
14 St Mary’s Road, Aingers Green, Great Bentley, Colchester CO7 8NN  
Tel: 01206 250415  
OP D MH SI

Orchards, The  
Station Road, Thorrington, Colchester CO7 8JA  
Tel: 01206 250676  
LDA MH SI YA

Penfold Lodge  
8-10 Penfold Road, Clacton-on-Sea CO15 1JN  
Tel: 01255 223311  
MH

Penny Pot Care Home  
8-16 Alton Road, Clacton-on-Sea CO15 1LB  
Tel: 01255 424077  
OP D

Peterhouse  
Sneating Hall Lane, Kirby-le-Soken, Frinton-on-Sea CO13 0EW  
Tel: 01255 861241  
OP PD LDA MH SI YA

Point Clear Road, 165  
St Osyth, Clacton-on-Sea CO16 8JB  
Tel: 01255 823172  
LDA

Poplars  
63 Naze Park Road, Walton-on-the-Naze CO14 8LA  
Tel: 01255 675557  
OP D

Quenby Rest Home  
Brightlingsea Road, Thorrington, Colchester CO7 8JH  
Tel: 01206 250370  
OP D MH

Ramsay Manor  
Ramsey Road, Ramsey, Harwich CO12 5EP  
Tel: 01255 880308  
OP

Read House  
23 The Esplanade, Frinton-on-Sea CO13 9AU  
Tel: 01255 673654  
OP PD SI

Regent House  
28-30 Wellesley Road, Clacton-on-Sea CO15 3PP  
Tel: 01255 421122  
MH

Retreat, The  
64 Hall Lane, Walton-on-the-Naze CO14 8HD  
Tel: 01255 675948  
LDA

Ridgewell House  
95 Dulwich Road, Holland-on-Sea, Clacton-on-Sea CO15 5LZ  
Tel: 01255 815633  
OP D

Rosier Home  
22-24 Harold Road, Clacton-on-Sea CO15 6AJ  
Tel: 01255 427604  
OP D MH

Rowland House  
7 Rowlands Yard, Main Road, Harwich CO12 4ND  
Tel: 01255 880281  
PD LDA YA

Saresta and Serenade  
Bromley Road, Elmstead Market, Colchester CO7 7BX  
Tel: 01206 827034  
PD LDA SI YA

Spring Lodge  
23 Vicarage Gardens, Clacton-on-Sea CO15 1BU  
Tel: 01255 420045  
OP

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Service  OP Older people (65+)  D Dementia  PD Physical disability  LDA Learning disability, autism  
User Bands  MH Mental health  SI Sensory impairment  YA Younger adults  AD People who misuse alcohol or drugs

SECHA South Essex Care and Health Association – see page 7
<table>
<thead>
<tr>
<th>St Albans House</th>
<th>Victoria Road, 21a</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 St Albans Road, Clacton-on-Sea CO15 6BA</td>
<td>Clacton-on-Sea CO15 6BH</td>
</tr>
<tr>
<td>Tel: 01255 221698</td>
<td>Tel: 07920 005309</td>
</tr>
<tr>
<td><strong>PD LDA MH</strong></td>
<td><strong>PD LDA MH SI YA</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>St Marks Residential Care Home</th>
<th>Waters View Residential Home</th>
</tr>
</thead>
<tbody>
<tr>
<td>38-40 Wellesley Road, Clacton-on-Sea CO15 3PW</td>
<td>85 Harwich Road, Little Oakley, Harwich CO12 5JA</td>
</tr>
<tr>
<td>Tel: 01255 421750</td>
<td>Tel: 01255 880516</td>
</tr>
<tr>
<td><strong>OP</strong></td>
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<thead>
<tr>
<th>St Michael’s care Home</th>
<th>Well House</th>
</tr>
</thead>
<tbody>
<tr>
<td>93 Marine Parade East, Clacton-on-Sea CO15 6JW</td>
<td>Chestnut Way, Brightlingsea, Colchester CO7 0UH</td>
</tr>
<tr>
<td>Tel: 01255 423688</td>
<td>Tel: 01206 303311</td>
</tr>
<tr>
<td><strong>OP D PD SI</strong></td>
<td><strong>OP D</strong></td>
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</tbody>
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<thead>
<tr>
<th>Stronvar Rest Home</th>
<th>Tendring Meadows</th>
</tr>
</thead>
<tbody>
<tr>
<td>Church Road, Brightlingsea, Colchester CO7 0QT</td>
<td>The Heath, Tendring, Clacton-on-Sea CO16 0BZ</td>
</tr>
<tr>
<td>Tel: 01206 304007</td>
<td>Tel: 01255 870900</td>
</tr>
<tr>
<td><strong>OP D PD SI</strong></td>
<td><strong>D PD LDA MH SI</strong></td>
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<table>
<thead>
<tr>
<th>Tamarind, The</th>
<th>Well Hall Residential Care Home</th>
</tr>
</thead>
<tbody>
<tr>
<td>112 Ramsey Road, Dovercourt, Harwich CO12 4RN</td>
<td>100 Colchester Road, St Osyth, Clacton-on-Sea CO16 8HB</td>
</tr>
<tr>
<td>Tel: 01255 507283</td>
<td>Tel: 01255 823547</td>
</tr>
<tr>
<td><strong>LDA</strong></td>
<td><strong>LDA</strong></td>
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<table>
<thead>
<tr>
<th>Tang Hall Residential Home</th>
<th>Winchester House</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 Cottage Grove, Bockings Elm, Clacton-on-Sea CO16 8DH</td>
<td>90 Frinton Road, Frinton-on-Sea CO13 0HJ</td>
</tr>
<tr>
<td>Tel: 01255 421304</td>
<td>Tel: 01255 678813</td>
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<td><strong>OP D</strong></td>
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<tr>
<th>Tendring Meadows</th>
<th>Winsford House</th>
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<tbody>
<tr>
<td>The Heath, Tendring, Clacton-on-Sea CO16 0BZ</td>
<td>43 St Pauls Road, Clacton-on-Sea CO15 6AU</td>
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<tr>
<td>Tel: 01255 870900</td>
<td>Tel: 01255 424044</td>
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<td><strong>D PD LDA MH SI</strong></td>
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<thead>
<tr>
<th>Trinity House</th>
<th>Woodboro Residential Care Home</th>
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<tbody>
<tr>
<td>47 High Street, Manningtree CO11 1AH</td>
<td>29-31 Skelmersdale Road, Clacton-on-Sea CO15 6BZ</td>
</tr>
<tr>
<td>Tel: 01206 394550</td>
<td>Tel: 01255 434543</td>
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<tr>
<td><strong>LDA YA</strong></td>
<td><strong>OP D PD MH YA</strong></td>
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<table>
<thead>
<tr>
<th>York House and Aldersmore</th>
<th>Five Stacks Residential Care Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 York Road, Holland-on-Sea CO15 5NS</td>
<td>209 Point Clear Road, St Osyth, Clacton-on-Sea CO16 8JD</td>
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<tr>
<td>Tel: 01255 814333</td>
<td>Tel: 01255 820417</td>
</tr>
<tr>
<td><strong>PD LDA YA</strong></td>
<td><strong>Advert page 88</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Beach Hut, The</th>
<th>Haven Lodge</th>
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<tbody>
<tr>
<td>9 Huntingdon Way, Clacton-on-Sea CO15 4EZ</td>
<td>Reckitts Close, Holland Road, Clacton-on-Sea CO15 6PG</td>
</tr>
<tr>
<td>Tel: 01255 223146</td>
<td>Tel: 01255 435777</td>
</tr>
<tr>
<td><strong>PD LDA SI YA</strong></td>
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<thead>
<tr>
<th>Beaumont Manor</th>
<th>Little Holland Hall</th>
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<tbody>
<tr>
<td>Kirby Road, Great Holland, Frinton-on-Sea CO13 0FB</td>
<td>Frinton Road, Holland-on-Sea CO15 5SS</td>
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<tr>
<td>Tel: 01255 388500</td>
<td>Tel: 01255 813402</td>
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<tr>
<td><strong>OP D PD MH SI</strong></td>
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<thead>
<tr>
<th>Edensor Nursing and Residential Home</th>
<th>Five Stacks Residential Care Centre</th>
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</thead>
<tbody>
<tr>
<td>3-9 Orwell Road, Clacton-on-Sea CO15 1PR</td>
<td>209 Point Clear Road, St Osyth, Clacton-on-Sea CO16 8JD</td>
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<tr>
<td>Tel: 01255 423317</td>
<td>Tel: 01255 820417</td>
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<tr>
<td><strong>OP D PD MH SI</strong></td>
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</table>

<table>
<thead>
<tr>
<th>Service</th>
<th>User Bands</th>
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<tr>
<td>OP</td>
<td>Older people (65+)</td>
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<td>D</td>
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<td>PD</td>
<td>Physical disability</td>
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<td>LDA</td>
<td>Learning disability, autism</td>
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<tr>
<td>SI</td>
<td>Sensory impairment</td>
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<tr>
<td>YA</td>
<td>Younger adults</td>
</tr>
<tr>
<td>AD</td>
<td>People who misuse alcohol or drugs</td>
</tr>
</tbody>
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SECHA South Essex Care and Health Association – see page 7

Visit www.carechoices.co.uk for further assistance with your search for care
Five Stacks Residential Home Ltd.

Specialised in providing Respite/Residential and Day Care for the Elderly & Dementia Care & Adults over 18 with Learning/Physical Difficulties.

Five Stacks Residential Home is a family run and owned Home, providing the highest quality residential care services for 18 years in elegant surroundings, respecting dignity and providing choice, independence, fulfilment and privacy for their residents.

With all the comforts of home, luxurious lounge areas with satellite television, comfortable and spacious dining areas and many quiet areas, including a conservatory room and sensory area, a community room and shop. The bedrooms are all equipped with furniture and television and offer extreme comfort; all have wash facilities and most have en-suite. Also offering both bath and shower rooms and wet room to accommodate all service users’ needs.

Five Stacks pride themselves on the highest quality of care and daily living, including daily activities and fresh home cooking, providing a standard of care that would be good enough for their own family member.

To visit or book a taster day please call us on the number below.

Tel: 01255 820417 • Email: info@fivestacks.com • Web: www.fivestacks.com

209 Point Clear Road, St Osyth, Essex CO16 8JD

Tell us what you think

What have you found useful and what could we do better? Let us know.

www.carechoices.co.uk/reader-survey

We care for and provide assistance for the elderly and people with Dementia, Motor Neuron Disease and Cancer, as well as End of Life care.

• Beautiful historical village location
• Newly refurbished home • Lovely garden & grounds
• Long serving employees trained to the highest levels
  • Permanent & short stay, respite & day care
  • Visiting hairdressers, chiropodists & health professionals
• Daily activities and regular visiting entertainers
• Great chefs using local suppliers & making beautiful homecooked meals, cakes & pastries
• Residents may bring their own furniture

Please call us on: 01371 820544

Chelmsford Road, Felsted, Great Dunmow, CM6 3EP
Seaview House Nursing Home
14-16 Colne Road,
Clacton-on-Sea CO15 1PY
Tel: 01255 421480

Seven Rivers – Care Home with Nursing Physical Disabilities
Hall Road, Great Bromley, Colchester CO7 7TR
Tel: 01206 230345

Seaview House Nursing Home
14-16 Colne Road,
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Thurrock care homes

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<tr>
<th>Service</th>
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</table>

Visit www.carechoices.co.uk for further assistance with your search for care
Thurrock care homes continued

**Merrie Loots Farm Residential Home** **SECHA**  
East Tilbury Road, Linford SS17 0QS  
Tel: 01375 673178  
**OP D YA**

**Mollands Lane, 117-119**  
South Ockendon RM15 6DJ  
Tel: 01708 851963  
**OP LDA YA**

**Oak House**  
103 Corringham Road, Stanford-le-Hope SS17 0BA  
Tel: 01375 673104  
**OP D**

**Orchid**  
51 Mollands Lane, South Ockendon RM15 6DH  
Tel: 01708 851189  
**LDA YA**

**Satash Community Care Project Ltd**  
109-111 Mollands Lane, South Ockendon RM15 6DJ  
Tel: 01708 856592  
**LDA YA**

**Sunnyside House Ltd**  
130 High Street, Aveley, South Ockendon RM15 4BX  
Tel: 01708 861201  
**LDA**

**Whitecroft, The**  
Stanford Road, Orsett, Grays RM16 3JL  
Tel: 01375 892850  
**OP D**

**Whitehall House**  
40 Whitehall Lane, Grays RM17 6SS  
Tel: 01708 407054  
**LDA MH**

**Woolifers Avenue, 38a**  
Corringham, Stanford-le-Hope SS17 9AU  
Tel: 01708 640292  
**PD LDA SI YA**

Thurrock care homes with nursing

**Bluebell Nursing and Residential Home**  
Stanley Road, Thurrock, Grays RM17 6QY  
Tel: 01375 369318  
**OP D SI**

**Carolyne House**  
Waterson Road, Chadwell St Mary RM16 4LD  
Tel: 01375 843756  
**OP D**

**Coach House, The**  
10 Woodward Heights, Grays RM17 5RR  
Tel: 01375 396041  
**OP PD SI YA**

**Estuary Housing Association Ltd**  
– 1 Bradd Close **SECHA**  
South Ockendon RM15 6SA  
Tel: 01708 670568  
**OP PD LDA YA**

**Grays Court**  
Church Street, Grays RM17 6EG  
Tel: 01375 376667  
**OP D**

**Willows Lodge Care Home**  
82-84 Calcutta Road, Tilbury RM18 7QJ  
Tel: 01375 852020  
**OP D MH SI YA**

Uttlesford care homes

**Bings Hall**  
Chelmsford Road, Felsted, Great Dunmow CM6 3EP  
Tel: 01371 820544  
*Advert page 88*  
**OP D**

**Broome End**  
Pines Hill, Stansted Mountfitchet CM24 8EX  
Tel: 01279 816455  
**OP D YA**

**Falcon House Residential Home**  
George Green, Little Hallingbury, Bishop’s Stortford CM22 7PP  
Tel: 01279 658393  
**OP**

**Fiorano**  
Walden Road, Thaxted CM6 2RE  
Tel: 01376 831856  
**LDA YA**

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Advertisers are highlighted

Search for care at [www.carechoices.co.uk](http://www.carechoices.co.uk) to find support in your area
Uttlesford care homes continued

Glendale Residential Care Home
14 Station Road, Felsted CM6 3HB
Tel: 01371 820453

Hargrave House
103 Cambridge Road, Stansted CM24 8BY
Tel: 01279 817272 Advert page 52

Hatfield Haven SECHA
Hatfield Heath, Stortford Road, Bishop's Stortford CM22 7DL
Tel: 01279 730043

HF Trust – Pound Lane
Bradbury Resource Centre, Pound Lane, Ugley, Bishop's Stortford CM22 6HP
Tel: 01279 816165

Humfrey Lodge
Rochelle Close, Thaxted CM6 2PX
Tel: 01371 830878

Maranello
Walden Road, Thaxted CM6 2RE
Tel: 01376 574900

Mountfitchet House
Coltsfield, Stansted CM24 8LH
Tel: 0333 321 1932

Redbond Lodge
Chequers Lane, Dunmow CM6 1EQ
Tel: 01371 873232

Uttlesford care homes with nursing

Croft House Care Home
Braintree Road, Great Dunmow CM6 1HR
Tel: 01371 868142 Advert page 78

Hatherley Care Home Ltd
Chaters Hill, Saffron Walden CB10 2AB
Tel: 01799 508080

Highfield Care Home
9-11 Mandeville Road, Saffron Walden CB11 4AQ
Tel: 01799 524936

Moat House, The
Great Easton, Great Dunmow, Dunmow CM6 2DL
Tel: 01371 870192

Mountfitchet House
Coltsfield, Stansted CM24 8LH
Tel: 0333 321 1932

Stanley Wilson Lodge Care Home
Four Acres, Saffron Walden CB11 3JD
Tel: 01799 529189

SEARCH FOR CARE IN YOUR AREA

With so many providers to choose from, where do you start?
- Find care providers quickly and easily
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Tell us what you think

What have you found useful and what could we do better? Let us know.

www.carechoices.co.uk/reader-survey
Useful local contacts

Age UK Essex
Celebrates, supports and champions older people without prejudice or discrimination. Offers advocacy, befriending, advice and support. Services cover all Essex, Southend-on-Sea and Thurrock. 112 Springfield Road, Chelmsford CM2 6LF
Tel: 01245 346106
Email: info@ageukessex.org.uk
Web: www.ageuk.org.uk/essex

Alzheimer’s Society
Aims to transform the landscape of dementia. In the New Deal on Dementia, Alzheimer’s Society makes a commitment to be available to every person who receives a diagnosis. It wants everyone affected by dementia to know that they can turn to Alzheimer’s Society for support, help and advice. Until a cure is found, Alzheimer’s Society will strive to create a society where those affected by dementia are supported, accepted and able to live in their community without fear or prejudice.
Tel: 01245 260911
Email: essex@alzheimers.org.uk
Web: www.alzheimers.org.uk

Basildon and Brentwood
Royce House, 630-634 London Road, Westcliff-on-Sea SS0 9HW
Tel: 01245 260911
Email: basildon-brentwood@alzheimers.org.uk

Colchester
43 Shrub End Road, Colchester CO3 3UE
Tel: 01206 573708
Email: colchester@alzheimers.org.uk

Epping Forest
Latton Bush Centre, Southern Way, Harlow CM18 7BL
Tel: 01279 427522
Email: eppingforest@alzheimers.org.uk

Grays and Thurrock
Civic Offices, New Road, Grays RM17 6SL
Tel: 01375 413756
Email: grays-thurrock@alzheimers.org.uk

Harlow
Latton Bush Centre, Southern Way, Harlow CM18 7BL
Tel: 01279 418331
Email: harlow@alzheimers.org.uk

Mid Essex & Uttlesford
Widford Business Centre, 33 Robjohns Road, Chelmsford CM1 3AG
Tel: 01245 260911
Email: essex@alzheimers.org.uk

Carers Choices
Services to support the carer and the person they care for.
The White House, rear of Council Offices, Kiln Road, Benfleet SS7 1TF
Tel: 01268 881130
Web: www.carerschoices.org

Citizens Advice
Free independent and confidential advice.

Essex Citizens Advice
Tel: 0344 477 0808
Web: www.essexcab.org.uk

Thurrock Citizens Advice
Tel: 0344 477 0808
Web: www.thurrockcab.org.uk

Southend-on-Sea
Tel: 0344 477 0808
Web: www.citizensadvicesouthend.org.uk

Dementia Crisis Support Team
Based at Brentwood Community Hospital for people in Basildon, Brentwood and Thurrock. Provides support during a period of crisis and avoids admission to hospital where possible. Brentwood Community Hospital, Crescent Drive CM15 8DR
Tel: 01277 695110 (Monday to Friday); 07957 643140 (Saturday, Sunday and Bank Holidays).

Essex Dementia Care
Supports people with dementia to live active and fulfilling lives.
Essex Care Association (ECA)
Represents the interests of independent social care providers locally, regionally and nationally.
Tel: 01268 565551
Email: office@eica.org.uk
Web: www.eica.org.uk

Essex Mencap
Tel: 07486 316467
Email: essemencap@outlook.com
Web: www.essemencap.org

Royal Voluntary Service Essex
Helps older people maintain their independence and stay involved in the local community.
Tel: 01708 854246
Email: essexhub@royalvoluntaryservice.org.uk
Web: www.royalvoluntaryservice.org.uk

Southend-on-Sea's Health and Wellbeing Information Point (SHIP)
Southend-on-Sea’s online directory of health and wellbeing information.
Web: www.southendinfopoint.org

South Essex Care and Health Association (SECHA) and Essex Bed Register
Promotes first class care for the people who are cared for by members - residential or nursing care home providers and others who provide professional care services.
Tel: 01268 784501
Email: philroseman@secha.org.uk
Web: www.secha.org.uk

Southend Mencap
Supports people with learning disabilities in Essex.
Tel: 01702 341250
Email: marc.mcowens@southendmencap.co.uk or southendmencap.advocacy@hotmail.co.uk
Web: www.southendmencap.org.uk

Vibrance
Aims to enable people with a range of disabilities to have a greater voice and presence within their communities.

Age UK Essex
Information and Advice Service – a free and confidential advice service for anyone aged 50 or over, their friends, family, professionals and carers. Through a team of professional advisers, Age UK provides up-to-date information and advice on a range of topics, including welfare benefits, care homes, housing options, social care, bereavement support and local services.
Tel: 01245 346106

Advocacy – This service is designed to support those who are most vulnerable, or who find themselves at a particularly vulnerable point in their life. It supports individuals who cannot self-advocate and who do not have the right support around them and therefore need support of a professional advocate to help them make informed choices and articulate their needs.
Tel: 0300 343 5736

Telephone Befriending – through a weekly telephone call this telephone befriending service provides friendship and support for anyone over 60 who feels lonely or socially isolated.
Tel: 01268 525353

Home Help Service – offers a range of services from housework, shopping and a prescription collection to a food preparation service and sitting service that offers valuable respite for carers across the county.
Tel: 01245 207029

Toenail Cutting Service – works across the county helping people in later life to look after their toenails. The qualified team has been trained by the NHS Podiatry Service to help those living with diabetes and/or prescribed blood thinning medication. It also offers a home visiting service in various towns and villages across the county.
Tel: 01245 423333
Volunteering – Age UK has a number of volunteering opportunities from general administration roles to befriending and fundraising volunteers.
Tel: 01245 207011

Age UK Essex
112 Springfield Road, Chelmsford CM2 6LF
Tel: 01245 346106
Email: info@ageukessex.org.uk
Web: www.ageukessex.org.uk

Useful national contacts

Action on Elder Abuse (AEA)
Works to protect, and prevent the abuse of, vulnerable older adults.
Helpline: 0808 808 8141
Email: enquiries@elderabuse.org.uk
Web: www.elderabuse.org.uk

Age UK
Tel: 0800 055 6112 • Web: www.ageuk.org.uk

Alzheimer’s Society
National Helpline: 0300 222 1122
Monday to Wednesday, 9.00am to 8.00pm;
Thursday and Friday, 9.00am to 5.00pm; Saturday
and Sunday, 10.00am to 4.00pm.
Web: www.alzheimers.org.uk

Association of Charity Officers
A national umbrella body for benevolent charities.
Tel: 0207 255 4480
Email: info@aco.uk.net
Web: www.aco.uk.net

British Institute of Learning Disabilities (BILD)
Committed to improving the quality of life for people with a learning disability.
Tel: 0121 415 6960
Email: enquiries@bild.org.uk
Web: www.bild.org.uk

Carers Trust
Works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction issues.
Tel: 0300 722 9600
Email: info@carers.org
Web: www.carers.org

Carers UK
The voice of carers.
Tel: 0808 808 7777
Email: info@carersuk.org
Web: www.carersuk.org

Citizens Advice
Practical, reliable, up-to-date information on a wide range of topics.
Tel: 03444 111444
Web: www.citizensadvice.org.uk

Elderly Accommodation Counsel
Help older people make informed choices about meeting their housing and care needs.
Web: www.housingcare.org

Friends of the Elderly
A charity that supports older people who have a range of practical needs.
Tel: 0207 730 8263
Email: enquiries@fote.org.uk
Web: www.fote.org.uk

Independent Age
Produce a wide range of guides and factsheets for older people, their families and carers.
Tel: 0800 319 6789
Email: advice@independentage.org
Web: www.independentage.org

Visit www.carechoices.co.uk for further assistance with your search for care
My Family, Our Needs
The lifestyle site for families, carers and practitioners supporting children and young adults with additional needs.
Web: www.myfamilyourneeds.co.uk

National Association for Providers of Activities for Older People (NAPA)
Promotes the importance of activities for older persons.
Tel: 0207 078 9375
Email: info@napa-activities.co.uk
Web: www.napa-activities.co.uk

National Association of Funeral Directors
Web: www.nafd.org.uk

National Society of Allied and Independent Funeral Directors
Web: www.saif.org.uk

NHS 111
You should call NHS 111 if you:
• need medical help fast, but it is not a 999 emergency;
• do not know who to call for medical help or you do not have a GP to call; or
• require health information or reassurance about what to do next.

For less urgent health needs, you should still contact your GP in the usual way. The 111 service is also available via ‘Typetalk’ 18001 111.

Registered Nursing Home Association (RNHA)
Campaigns for high standards in nursing home care.
Tel: 0121 451 1088 • Email: frankursell@rnha.co.uk
Web: www.rnha.co.uk

Relatives and Residents Association, The
Exists for older people needing, or living in, residential care and the families and friends left behind.
Tel: 0207 359 8136
Email: info@relres.org
Web: www.relres.org

SANE
SANElime: for advice on mental health issues.
Tel: 0300 304 7000, every day between 4.30pm and 10.30pm.
Web: www.sane.org.uk

Silver Line, The
A 24-hour telephone befriending and advice line.
Tel: 0800 470 8090
Web: www.thesilverline.org.uk

United Kingdom Home Care Association (UKHCA)
Professional association of home care providers from the independent, voluntary, not-for-profit and statutory sectors.
Tel: 0208 661 8188
Email: helpline@ukhca.co.uk
Web: www.ukhca.co.uk

The lifestyle site for parents and carers of children with additional needs and those who support them.
www.myfamilyourneeds.co.uk

Birth to Adulthood • Directory • Guidance • Real Life • Ask the Experts

To join the family call 01223 207770 or email hello@myfamilyourneeds.co.uk

@WeAreMFON
SEARCH FOR CARE IN YOUR AREA

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