Essex and Southend-on-Sea
Care Services Directory 2020

The essential guide to choosing and paying for care and support

In association with
carechoices.co.uk
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 one hundred and two 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 Doyle, 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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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.

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

Visit 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 their 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. This is discussed on page 25 for those paying for care at home and 58 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 12 and a list of local home care providers begins on page 27.

If you are unable to remain at home, you may want to consider a housing with care scheme (see page 49) or residential care. Comprehensive lists of care homes and care homes with nursing in the area start on page 64.

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.

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**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

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Alzheimer’s Society Essex – Kathy Cohen
Essex Care Association
South Essex Care and Health Association

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Search for care in your area

www.carechoices.co.uk

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
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

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, 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 ‘Recite Me’ function. Visit www.carechoices.co.uk

Essex Care Association
Supporting social care providers across Essex, Southend and Thurrock

Essex Care Association (ECA) is an independent, voluntary and 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 with commercial partners. This includes insurance, legal advice and Utilities Brokerage. 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 roundup; 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 workforce training, provider forums and service development.

**Links to local networks**
Invitation to links with local and national statutory and regulatory bodies, 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@essexcare.org.uk
Web: www.essexcare.org.uk

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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 can found at [www.secha.org.uk](http://www.secha.org.uk). The register is updated daily on the website and sent to local authorities, clinical commissioning groups (CCGs) and other placement agencies once a week. Alternatively, contact the administrator who will

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

To find your local day care facilities, visit www.ageuk.org.uk/essex/community-projects/clubs-and-groups

Meals on wheels

Some services can 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.livingwellnesssex.org (search for ‘meals on wheels’).

**Transport**

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

**Chelmsford Community Transport**  
Tel: 01245 477789  
Web: www.chelmsfordct.org

**Community 360**  
Email: ct@community360.org.uk  
Web: www.community360.org.uk

**Harwich Community Transport**  
Tel: 01255 552010  
Web: www.harwichconnexions.co.uk

**Southend-on-Sea Dial-a-Ride**  
Tel: 01702 212212  
Web: www.southend.gov.uk/info/200340/travel_information/39/dial-a-ride

**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**  
Tel: 01268 753513 / 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.

**Disabled Living Foundation (DLF)**
The DLF provides a factsheet about planning and funding home adaptations.
Web: [www.dlf.org.uk/factsheets/adapting-the-home-planning-funding](http://www.dlf.org.uk/factsheets/adapting-the-home-planning-funding)

**Find My HIA**
Search an online directory to find your local HIA.
Web: [www.findmyhia.org.uk](http://www.findmyhia.org.uk)

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**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 pages 12 to 13. 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**
Essex Sight provides information, advice and demonstration of equipment to help with daily living.
Colchester Sight Centre, 40 Osborne Street, Colchester CO2 7DB
Tel: 01206 548196
Web: [www.essexsight.org.uk](http://www.essexsight.org.uk)

**Hearing Help Essex**
Aims to prevent vulnerable, older and hard of hearing people from becoming depressed, isolated and excluded by providing equipment such as amplified telephones and flashing doorbells.
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 In Sight**
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@southendinsight.org.uk
Web: [www.southendinsight.org.uk](http://www.southendinsight.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.
Email: info@support4sight.org.uk
Web: [www.support4sight.org.uk](http://www.support4sight.org.uk)
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), your local council may be able to provide it for you.

Call your local Adult Social Care department for more information.

**Essex**
Tel: 0345 603 7630

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

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**Chelmsford**
17 Cottage Place CM1 1NL
Tel: 01245 933572

**Saffron Walden**
2-4 George Street CB10 1EQ
Tel: 01799 523700

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The lifestyle site for parents and carers of children with additional needs and those who support them.

**www.myfamilyourneeds.co.uk**

Email: hello@myfamilyourneeds.co.uk • Twitter: @WeAreMFON

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

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?

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?

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 several 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 understands 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 25 if you are receiving home care and page 58 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 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 organisation below may be useful if you decide to employ a personal assistant to help you.

Purple

For people who decide to manage their own Personal Budget, and wish to employ a personal assistant, Purple 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 59 for more information.

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 carer’s assessment will show if the carer qualifies for support from Adult Social 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 carer’s 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 carer’s 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 £66.15 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, including carers’ 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
Resource for those supporting disabled children

My Family, Our Needs is an online resource providing impartial information for parents, carers and practitioners supporting children from birth to 25 years with additional needs. As well as guidance, policy and signposting, there is a lifestyle section for parents covering topics such as health and wellbeing, work, family and relationships. Visit www.myfamilyourneeds.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 recover. 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 27.

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 ‘Recite Me’ 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.

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 and advice.

**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 99.

**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 99 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 56.
**Glenavon Care**, a realistic alternative to a nursing or care home.

Sometimes in life, circumstances can arise where the simple things we often take for granted become too difficult or unsafe for us to do on our own.

**Glenavon Care**, devoted providers of care in the home, help maintain the lifestyles we cherish, protecting our independence with safety, dignity and compassion.

If you would like to find out more on the benefits of in-home care, visit glenavoncare.com or contact us via email at info@glenavoncare.com or call 01245 224 054.

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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.
Home care agency checklist

Agency 1

Agency 2

Agency 3

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

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.

Visit www.carechoices.co.uk for further assistance with your search for care
Tell us what you think

☑ What have you found useful?

☑ What could we do better?

Share your feedback
Take our five minute survey

www.carechoices.co.uk/reader-survey
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 Money Advice Service
A free and impartial money advice service set up by the Government.
Tel: 0800 138 1677
Web: www.moneyadviseservice.org.uk

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

Further information on paying for care can be found beginning on page 58.
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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Fully managed high quality affordable live-in care
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Search for care at www.carechoices.co.uk to find support in your area
### Essex home care providers

<table>
<thead>
<tr>
<th>Provider Name</th>
<th>Location</th>
<th>Contact Details</th>
<th>Service User Bands</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Stop Rec Ltd</td>
<td>Colchester</td>
<td>Tel: 01206 616171</td>
<td>OP D PD LDA SI YA</td>
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<tr>
<td>267 Avon Road</td>
<td>Chelmsford</td>
<td>Tel: 07940 373598</td>
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<td>3HA Care Services</td>
<td>Braintree</td>
<td>Tel: 01376 440002</td>
<td>OP PD LDA</td>
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<tr>
<td>A Pl+us Caring Service</td>
<td>Witham</td>
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<td>Tel: 01279 909775</td>
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<td>A1 Home Care</td>
<td>Chelmsford</td>
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<td>Abbey Care Solutions Ltd</td>
<td>Waltham Abbey</td>
<td>Tel: 01992 713011</td>
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<tr>
<td>ABK Caring Service Ltd</td>
<td>Southminster</td>
<td>Tel: 01621 397878</td>
<td>OP PD LDA MH SI</td>
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<td>Abundant Care</td>
<td>Harlow</td>
<td>Tel: 07810 442552</td>
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<td>Access Dignity Care Ltd</td>
<td>Walton-on-the-Naze</td>
<td>Tel: 01255 852882</td>
<td>OP D PD LDA MH SI</td>
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<td>Ace 24 Consultancy Ltd</td>
<td>Colchester</td>
<td>Tel: 01206 580362</td>
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<td>Adjuvo Care Essex Ltd</td>
<td>Colchester</td>
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<td>Advinia Homecare</td>
<td>Brentwood</td>
<td>Tel: 01277 204453</td>
<td>OP D PD MH SI</td>
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<td>Age UK Essex</td>
<td>Chelmsford</td>
<td>Tel: 01245 423334</td>
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<td>Agincare Essex Ltd</td>
<td>Chelmsford</td>
<td>Tel: 08000 121 247</td>
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<tr>
<td>Aldanat Care Ltd</td>
<td>Manningtree</td>
<td>Tel: 01255 870281</td>
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<td>Aldanat Care Ltd</td>
<td>Frinton-on-Sea</td>
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<td>Alexandra Court</td>
<td>Dovercourt</td>
<td>Tel: 01255 503340</td>
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<td>All About U Care Services Ltd</td>
<td>Chelmsford</td>
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<td>Alliance Care and Support Ltd</td>
<td>Clacton-on-Sea</td>
<td>Tel: 01255 256020</td>
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<td>Allied Health-Services Colchester</td>
<td>Colchester</td>
<td>Tel: 01206 710748</td>
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<tr>
<td>Allied Health-Services Maldon</td>
<td>Basildon</td>
<td>Tel: 01268 581170</td>
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<tr>
<td>Alpha Care Solutions Ltd</td>
<td>Basildon</td>
<td>Tel: 01268 449112</td>
<td>OP D PD LDA MH SI YA</td>
</tr>
</tbody>
</table>

**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
Achievers Care Solutions Values:
• Offering individualized care on a day-to-day basis
• Good listening and communication skills
• Care service provided in a positive and friendly manner
• Top quality services with great value for money
• Promote choice and independence among our clients
• Our high standards are met by employing the services of efficient, professional and qualified workers
• Rigorous recruitment checks to ensure that all staff have the right to work in UK.

Our services include:
• Recruitment of Health care workers
• Health Care Training (in-house or at our centre)
• Mandatory including medication, care planning, SOVA, MCA and Mental Health
• Standard Induction
• NVQ/Diploma and L&M – Level 1, 2, 3, 4 and 5
• Functional skills
• CV Support Services and consultancy services
• Troubleshooting

Client Services:
• Residential Support services
• Live in support
• Respite unit
• Home Care
• Mental Health
• Monitoring well-being and supporting with health appointments
• Family support and contact supervision

Candidates Services:
• All candidates are fully trained and all DBS checked
• Reference checked and monitored
• Over 10 years of work records
• Support and full skills for care induction
• Highly experienced and fully trained staff
• Our staff are fully supported in the work environment
• Office at the heart of East London
• Free functional skills training (English, Maths and ICT)
• Reward system in place for staff with us for over 6 months
• Fully funded Level 2 Health and Social Care
• All staff training includes care planning, Mental Capacity, Dementia Mental Health, Medication and Risk assessment
• Skills For Care membership
• Competitive & Negotiable rate

Achievers Care Solutions Uniqueness:
• We are approachable, open and honest
• We provide effective care in a positive and friendly manner
• Dedicated and committed, compassionate and caring
• Packages tailored to cater for all client needs
• Quality assured (ISO 90001-2015 and ISO 45001-2018)
• Excellent and negotiable rates
• CQC Regulated and inspected
• Registered manager & team with over 25 years experience in health and social care

Who do we cater for:
We offer our range of care and support services to any individual over the age of 18 with:
• Mental Health, Learning difficulties, Dementia, Autism, Complex Needs
• Dual Diagnoses
• Physical Disabilities
• Personal Care

T: 0208 059 4774 M: 0757 665 1376
E: admin@latcuk.com W: www.latcuk.com
64 Broadway, 3 Boardman House, Stratford, London E15 1NT.
Essex home care providers continued

Angels Souls Care Ltd  
Colchester  
Tel: 07850 196392  
OP D PD LDA MH SI YA

Anglian Care Ltd – Rankin House  
Benfleet  
Tel: 01268 795800  
OP D PD MH SI YA

Annis Homecare Services Ltd  
Mayland  
Tel: 01621 773672  
OP D PD MH SI YA

AQS Homecare Essex  
Billericay  
Tel: 01277 654444  
OP D PD LDA MH SI YA AD

Ashdon Road, 268  
Rochford  
Tel: 07897 331229  
OP D PD LDA SI YA

Aspirations Southeast Adults  
Wickford  
Tel: 01277 634144  
OP PD LDA MH SI YA

Astar Homecare Ltd  
Colchester  
Tel: 07894 438875  
OP D PD LDA MH SI YA

B Pro Nursing Agency  
Canvey Island  
Tel: 07940 226332  
OP D PD LDA MH SI YA

Bakers’ Villas  
Epping  
Tel: 01992 575951  
OP

Balkerne Gardens Trust Care at Home  
Colchester  
Tel: 01206 543517  
OP

Bamburgh Supported Living  
Braintree  
Tel: 01206 252491  
LDA MH YA

Barnes Court  
Ongar  
Tel: 01277 365684  
OP D PD LDA SI YA

Belvoir Maison  
Billericay  
Tel: 0330 133 0450  
OP D PD LDA MH SI YA

Better Healthcare Services (Colchester)  
Colchester  
Tel: 01206 561999  
OP D PD LDA MH SI YA

Bloomcare Ltd  
Braintree  
Tel: 07496 328262  
OP D PD LDA

Bloombsury Home care  
Thorpe-le-Soken  
Tel: 0845 508 4512  
OP D PD LDA MH SI YA

BlowingPoint Care  
Waltham Abbey  
Tel: 01992 667680  
OP D PD YA

Blue River Home Care Waltham Abbey  
Waltham Abbey  
Tel: 01992 283173  
OP D PD MH SI YA

Bluebell Homecare  
Wickford  
Tel: 07789 433956  
OP D PD SI YA

Bluebird Care  
Braintree and Uttlesford  
Tel: 01376 314090  
OP D PD LDA MH SI YA

Bluebird Care (Thurrock & Castle Point)  
Benfleet  
Tel: 01375 800111  
OP D PD LDA MH YA

Bocking Alms Houses  
Braintree  
Tel: 01376 345865  
OP D LDA MH SI

Braintree Healthcare Ltd  
Braintree  
Tel: 01376 550432  
LDA

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Visit www.carechoices.co.uk for further assistance with your search for care 29
### Essex home care providers continued

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<td>Broadway Chambers, 3</td>
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<td>Brook Drive</td>
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<td>Brooks Care and Nursing Services Ltd SECHA</td>
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<td>Brunctfield House</td>
<td>Clacton-on-Sea</td>
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<td>Calvern Care Ltd</td>
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<td>Cannons, The</td>
<td>Colchester</td>
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<td>Care at Hand Ltd</td>
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<td>Care at Home UK Ltd</td>
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<td>Tel: 01799 541400</td>
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<td>Care Givers Ltd</td>
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<td>Care Just 4U</td>
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<td>Careros Care Ltd</td>
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<td>Carers Choices</td>
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<td>Carewatch (Southend)</td>
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<td>SI Sensory impairment</td>
<td>YA Younger adults</td>
<td>AD People who misuse alcohol or drugs</td>
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Essex home care providers continued

Chesterford Homecare
Saffron Walden
Tel: 01799 530780

Creative Support Thistley Green Intensive Support Service
Braintree
Tel: 01612 360829

Christchurch Cares
Braintree
Tel: 01376 343223

CREWS Homecare Ltd
Brentwood
Tel: 01277 263308

Christocare Support Services
Basildon
Tel: 01268 963493

CRG Homecare Clacton-on-Sea
Clacton-on-Sea
Tel: 01255 258794

Civicare East Ltd
Chelmsford
Tel: 01245 409250

Crosspath Care Ltd
Colchester
Tel: 01787 827570

Clacton Family Trust
Clacton-on-Sea
Tel: 01255 475026

Crossroads Braintree and Chelmsford
Braintree
Tel: 01376 529985

Class (UK) Ltd
Chelmsford
Tel: 01245 494012

Crossroads Care Tendring and Colchester
Thorpe-le-Soken
Tel: 01255 860960

Clearwater Care
Epping
Tel: 0844 915 0033

Crown Medical Services Ltd
Chigwell
Tel: 07889 541117

Closer Than Close Home Care Ltd
Epping
Tel: 01992 560099

DAC Essex
Chelmsford
Tel: 01245 410560

Clover Support Group
Harlow
Tel: 01279 293033

Daisy Chain Home Support
Manningtree
Tel: 01206 394545

Comitis L11 Ltd T/A Home Instead Senior Care
Blackmore
Tel: 01277 822858

Damo Care
Chelmsford
Tel: 07440 037219

Constable Care Ltd
Colchester
Tel: 01206 808505

Dear Life Care Ltd
Chelmsford
Tel: 07399 957502

Corner House
Clacton-on-Sea
Tel: 01255 432415

Dengie Care Providers
Chelmsford
Tel: 01621 828141

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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

Advertisers are highlighted

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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

“Joyce’s scones were legendary but she struggled to make them like she used to. Having once been very sociable and independent she hadn’t been able to do as much in recent years.

With that little bit of extra help Joyce is leading a fulfilling life and maintaining her level of independence.

Care designed to find your smile

For more information contact the Care & Support team on 01702 361405, careandsupport@ensgroup.co.uk or download our brochure at www.ens-care.co.uk

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With care visits available from 30 minutes all the way up to full-time live-in care, we provide personalised home care packages to support you in Essex.

With over 30 years’ experience, we’ll support you with anything you need to live independently in the home you know and love, including:

✓ Personal care ✓ Getting out and about
✓ Housekeeping ✓ Short-term care

Looking for care? 0808 274 2935

For more information www.helpinghands.co.uk

Search for care in your area

www.carechoices.co.uk

With so many providers to choose from, where do you start?
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<td>ECare Community</td>
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<td>Essex Cares North</td>
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Visit www.carechoices.co.uk for further assistance with your search for care
Youb4me Care is a family run service operating in the Essex area, with a team which boasts a combined 40 years experience in the healthcare sector. Our clients and their families have experienced the difference in our service, this has been confirmed by the recent CQC Report in which we were given a Good rating. We are proud of this rating because it confirms that we are doing what we set out to do, to provide great care.

Youb4me Care provides domiciliary care services to people of all ages with physical and/or cognitive conditions who would like to remain living at home, yet require assistance with certain daily or weekly activities to maintain their independence. We endeavour to work closely with clients and their families to provide personalised assistance in their own homes, either on short or long-term periods.

Youb4me Care Manager, Zoe Zawayira says:

“Our goal is to assist every client with improving their quality of life, encourage independence and allow them to be comfortable with excellent care in their own homes, by providing first-class, professional care with respect, dignity and compassion.”

"They have made me feel like I’m a part of the family, I always look forward to their calls..." - Client

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For more details contact Youb4me’s manager, Zoe Zawayira:

T: 01376 518727 M: 07833 226078
E: info@youb4me.co.uk
W: www.youb4me.co.uk
### Essex Home Care Providers (continued)

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<td><strong>Golden Hands Home Care Ltd – Office</strong></td>
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<td><strong>Guardian Homecare (Basildon)</strong></td>
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<td><strong>Hockley Care Limited</strong></td>
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**Service Provider Details**

- **Excellence Care SECHA**
  - Basildon
  - Tel: 01268 988500
- **Executive Care Personnel Ltd**
  - Brentwood
  - Tel: 01277 725053
- **Faiths Care**
  - Colchester
  - Tel: 01206 573424
- **Fambridge Care Ltd**
  - Chelmsford
  - Tel: 01245 356592
- **Family Homecare Ltd**
  - Chelmsford
  - Tel: 01245 473438
- **First Class Care Agency**
  - Harlow
  - Tel: 01279 418013
- **First Point 24**
  - Wickford
  - Tel: 01268 971739
- **First Stop Recruitment Services Ltd**
  - Chelmsford
  - Tel: 01245 477042
- **Fitzpatrick Total Home Care Ltd**
  - Colchester
  - Tel: 01787 221622
- **Five Stars Care Services Ltd**
  - Colchester
  - Tel: 01376 572171
- **Flamelilly Care Office**
  - Witham
  - Tel: 01376 518727
- **Forest Homecare Ltd**
  - Halstead
  - Tel: 01787 463222
- **Forest Homecare Mid and West Essex**
  - Chelmsford
  - Tel: 01245 442071

**Contact Information**

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

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 believe in providing the best care, treating people as we would want to be treated, with dignity and respect.

Seeking care for a loved one can be a daunting task. At Mercury Healthcare we provide domiciliary care when you need it, anywhere from one hour, up to 24 hour care. We not only deliver the best physical care, but also the most efficient care to meet your needs and choices.

We understand that you want to live as independently as possible and we are here to help you do that, in a flexible way, caring for you with warmth and respect.

We thoughtfully match our carers to our clients, taking personality, interests and hobbies into account.

For more information on how we can help you continue to live your life to the full, please don’t hesitate to get in touch.

07951408299 / 01206 266898
info@mercuryhealthcare.org • www.mercuryhealthcare.org
Essex home care providers continued

Hales Group Ltd – Wickford
Wickford
Tel: 01268 744449

Hamelin Trust Community Support Service
Billericay
Tel: 01277 653889

HarmonyMedcare Ltd
Harwich
Tel: 01206 867225

Helping Hands Basildon
Wickford
Tel: 0808 274 2935

Helping Hands Chelmsford
Chelmsford
Tel: 0808 274 2935

Helping Hands Chigwell
Loughton
Tel: 0808 274 2935

Helping Hands Colchester
Colchester
Tel: 0808 274 2935

Here to Care – Saffron Walden
Saffron Walden
Tel: 01799 218190

Heritage Healthcare Chelmsford
Brentwood
Tel: 01277 725319

Heritage Staffing Services
Harlow
Tel: 01279 944392

Herts and Essex Independence at Home Ltd Office
Saffron Walden
Tel: 07515 378404

HighTower Care Services Ltd – Essex
Harlow
Tel: 07538 869011

Hijinix Healthcare
Waltham Abbey
Tel: 01992 265870

Holistic Recruiters Ltd
Colchester
Tel: 01206 616120

Home Instead Senior Care
Chelmsford
Tel: 01245 200780

Hospice at Home
Basildon
Tel: 01268 273226

I & S Care
Colchester
Tel: 01621 815182

IECC Care
Colchester
Tel: 01206 793630

Impact Healthcare Services Ltd
Basildon
Tel: 01268 962425

Increase My Independence
Colchester
Tel: 01268 266984

Independent People Homecare Services Ltd
Chelmsford
Tel: 01245 768630

Interserve Healthcare
– Suffolk and Essex
Colchester
Tel: 01206 228333

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

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<th>Service User Bands</th>
<th>OP Older people (65+)</th>
<th>D Dementia</th>
<th>PD Physical disability</th>
<th>LDA Learning disability, autism</th>
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<th>SI Sensory impairment</th>
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<td>Jean Allen Care Services Ltd</td>
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<td>Living Ambitions Ltd – Essex</td>
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<td>London and South East Domiciliary Care Branch – Heritage Care Ltd</td>
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**Adverters are highlighted**
## Essex home care providers continued

### Manorcourt Homecare
Clacton-on-Sea
Tel: 01255 440744

OP D PD MH SI YA

### Manorcourt Homecare
Harlow
Tel: 01279 798040

OP D PD LDA MH SI YA

### Manorcourt Homecare (Sumners Farm Close)
Harlow
Tel: 01279 213995

OP D PD LDA MH SI YA

### Mansion House Residential Home
Althorne
Tel: 01621 742269

OP D PD SI YA

### Mashdel Services Ltd – Weston Business Centre
Colchester
Tel: 07540 433019

OP D PD LDA MH SI YA

### Mayfair Care Services Ltd
Canvey Island
Tel: 01268 696055

OP D PD LDA MH SI YA

### MD Care Ltd T/A Kare Plus Basildon
Wickford
Tel: 01268 560246

OP PD YA

### Meadows
Braintree
Tel: 01376 340714

PD LDA MH SI YA

### Mears Care – Laindon
Laindon
Tel: 01268 888420

OP D PD LDA MH SI YA AD

### Medcom Personnel Ltd
Harlow
Tel: 0203 884 0409

OP PD YA

### Medical Partnerships
Rayleigh
Tel: 01268 775254

OP D PD LDA SI YA

### Mercury Healthcare Ltd
Colchester
Tel: 01206 266898

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OP D PD LDA MH YA

### Michael Rgis Care Ltd
Colchester
Tel: 01206 266919

OP D PD LDA MH SI YA

### Mike Riglin Nursing
Maldon
Tel: 01621 843485

OP D PD LDA MH SI YA

### Montbazon Court
Brentwood
Tel: 01277 211201

OP D PD LDA MH SI YA AD

### Montécare Solutions Ltd
Clacton-on-Sea
Tel: 01255 424245

Advert page 40

### Multi-Care Community Services Witham Ltd
Witham
Tel: 01376 513316

OP D PD MH SI YA

### My Life Choice
Colchester
Tel: 07399 261815

OP D PD LDA MH SI YA

### National Quality Care Solutions Ltd
Basildon
Tel: 07577 130203

OP D LDA MH SI YA

### New Partnerships Care
Colchester
Tel: 01206 213888

LDA YA

### New Partnerships Lynray and Peach Cottage
Braintree
Tel: 01376 329437

OP MH LDA

### Nexus Support Ltd
Wickford
Tel: 0345 519 6088

PD LDA SI YA

### Nightowls Home Care
Colchester
Tel: 01206 521008

OP D PD MH SI

### North London Homecare & Support Ltd
Harlow
Tel: 01279 452105

OP D PD LDA MH SI YA AD

### Novus Care Ltd – Canvey Island
Canvey Island
Tel: 01268 698660

OP D PD LDA MH SI YA AD

### Outlook Care
Billerica
Tel: 01277 633163

OP LDA MH YA

### Service User Bands

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<td>AD</td>
<td>People who misuse alcohol or drugs</td>
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Adverters are highlighted

Visit www.carechoices.co.uk for further assistance with your search for care
National Quality Care Solutions
Setting exemplary standards

• Bespoke care packages tailored for your unique requirements
• Providing a quality service and home care you can rely on
• Regulated by the Care Quality Commission
• Full Training and ongoing training and support for all our carers

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:
07577 130203
info@nqcs.co.uk
www.nqcs.co.uk

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

Putting People First
• Respite and sit-ins for friends & relatives
• Long & short term care
• Personal & domestic care, medication, breakfasts, lunches, evening meals and bed support
• Shopping & collection service
• Hospital discharge
• Palliative care
• Elderly & dementia care
• Physical disability support
• Learning disability support
• Mental health support

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

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

PEACE OF MIND HOME SUPPORT
Your Care, Your Way
Services include assistance with:
• All aspects of personal care
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• 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: information@peaceofmindcare.co.uk
Web: www.peaceofmindcare.co.uk
Essex home care providers continued

Palmerstone Homecare
Harlow
Tel: 01279 437923

PALS Ltd
Silver End
Tel: 01245 392125

Passion Tree Care Services 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
Clacton-on-Sea
Tel: 01255 479411

Pegall Ltd
Basildon
Tel: 01268 931060

Personal Choice Carers at Home Ltd
Hockley
Tel: 07817 968727

Pinnacle Care and Support Services Ltd
Chelmsford
Tel: 07882 525173

Positive Care Services Ltd
Basildon
Tel: 01268 906006

Potton Services
Basildon
Tel: 07876 712814

Premier Care
Benfleet
Tel: 01702 557007

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 693 3825

Proxy Care Personnel Ltd – Brentwood
Brentwood
Tel: 01277 725053

QCM Healthcare
Colchester
Tel: 01206 913222

Quality Care Time
Harlow
Tel: 07946 456657

Quinn Domiciliary Agency Ltd
Maldon
Tel: 07814 328096

Rainbow Trust Children’s Charity 7
Pitsea
Tel: 01372 220081

Ready Care Services Ltd
Harlow
Tel: 0333 577 4445

Real People Ltd
Benfleet
Tel: 01702 551622

Reed Care Services Ltd
Colchester
Tel: 01206 848445

Relatives Relief Ltd
Clacton-on-Sea
Tel: 01255 225381

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Advertisers are highlighted

Service
User Bands
SECHA South Essex Care and Health Association – see page 7
Our Passion Tree Care Services community support workers in the Chelmsford area are ready to give extra support for those day to day tasks that are becoming difficult for you or a family member.

DO YOU REQUIRE HELP?

OUR SERVICES
- Personal care
- Help with getting about the community
- Respite care
- Companionship

BENEFITS
- Tailored career development
- Free training and uniforms
- NVQ / QCS up to level 3, 5
- 4 weeks holidays
- Regular supervision
- Employee recognition
- Competitive salary

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TO APPLY, CONTACT:

- 01375 06042
- recruitment@passiontreecareservices.co.uk
- www.passiontreecareservices.co.uk
- Passion Tree Care Services Ltd
  Unit 3, Carlton Farm
  Beehive Lane,
  Chelmsford CM2 8RL
Essex home care providers continued

Right at Home Billericay, Brentwood & Havering
West Horndon
Tel: 01277 911105  OP D PD SI YA

Right at Home Bishop’s Stortford & Braintree
Dunmow
Tel: 07980 009640  OP D PD LDA SI YA

Right at Home Colchester and District
Colchester
Tel: 01206 932792  OP D PD

Right Care (Domiciliary Care Agency) Ltd
Colchester
Tel: 01206 369900  OP D PD LDA SI

Robin Personnel Ltd
Brentwood
Tel: 01277 725018  OP D PD LDA SI

Rose Belle
Witham
Tel: 01376 512438  OP PD LDA MH SI YA

Ross Nursing Services Ltd
Saffron Walden
Tel: 01799 551046  OP D PD LDA MH SI YA

Rowan House
Colchester
Tel: 01206 773000  LDA

Ruby Care Services Ltd
Colchester
Tel: 07729 425199  OP D PD MH SI YA

Rumax Ltd
Basildon
Tel: 0333 011 5030  OP D PD LDA MH SI YA AD

Saffron Support
Saffron Walden
Tel: 07711 967344  OP D PD MH SI YA

Sanctuary Home Care Ltd – Basildon
Basildon
Tel: 01268 727364  OP D PD LDA MH SI AD

Seccare+
Basildon
Tel: 0330 113 1767  OP PD LDA MH SI YA

Seven Rivers – Care Home with Nursing Physical Disabilities
Colchester
Tel: 01206 230345  OP PD LDA SI YA

South Essex Domiciliary Care
Basildon
Tel: 01268 498500  LDA SI

Southways Group Ltd
Benfleet
Tel: 01702 553750  OP LDA MH YA

Sparkling Healthcare Ltd
Braintree
Tel: 01617 452839  OP PD LDA MH YA

Spencer & Arlington
Loughton
Tel: 0208 523 9090  LDA YA

St Clare Hospice
Harlow
Tel: 01279 773700  OP YA

St Georges Ltd
Witham
Tel: 01376 500052  OP D PD LDA MH SI YA

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

Supreme Hill Care Ltd
Basildon
Tel: 0203 719 5940  OP D PD LDA MH SI YA

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

Swan Care and Support – Colchester
Colchester
Tel: 01277 844777  OP D PD LDA MH SI YA

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Service  OP Older people (65+)
User Bands  MH Mental health
SECHA South Essex Care and Health Association – see page 7

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Essex home care providers continued

Sycamore Care Services
Epping
Tel: 07539 839799

Target Care Ltd
Waltham Abbey
Tel: 0208 350 3037

TCG Medix UK Ltd
Witham
Tel: 01376 503568

Tehy Care Group Ltd
Chelmsford
Tel: 01245 697300

Tekhnicon House
Braintree
Tel: 0300 303 2642

Tending Care
Clacton-on-Sea
Tel: 01255 317071

TLS Care Ltd
Harlow
Tel: 07441 304833

Together Care
Basildon
Tel: 07398 852072

Tranquillity Care Solutions UK Ltd
Chelmsford
Tel: 01206 822410

Treasure Vince
Basildon
Tel: 01268 418095

Victoria House
Chelmsford
Tel: 01245 707464

Violet Care Agency Ltd
Harlow
Tel: 01279 434444

Vivo Support Ltd
Billericay
Tel: 0845 683 8809

Voyage (DCA) Essex
Clacton-on-Sea
Tel: 01255 224680

Wecare Ltd
Saffron Walden
Tel: 01799 520655

Weighbridge Court
Chipping Ongar
Tel: 01277 366741

Westminster Homecare Ltd (Chelmsford)
Chelmsford
Tel: 01245 224818

Westminster Homecare Ltd (Colchester)
Colchester
Tel: 01206 869789

Wick Farm Road, 39
Southminster
Tel: 01621 778874

You & I Care Ltd
Brentwood
Tel: 01277 725113

Your Life Care Solutions
Colchester
Tel: 01206 273717

Yourlife (Chelmsford)
Chelmsford
Tel: 01245 262882

Zero Three Domiciliary Care
Colchester
Tel: 01376 574900

Search for care at www.carechoices.co.uk to find support in your area
Southend-on-Sea home care providers

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

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

Angel Solutions Community Care
Southend-on-Sea
Tel: 01702 864966

Anytime Care Solutions
Westcliff-on-Sea
Tel: 01702 669674

Ashley Care
Southend-on-Sea
Tel: 01702 343789

Bluebird Care (Southend & Rochford)
Westcliff-on-Sea
Tel: 01702 474274

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

Care Connected Ltd
Leigh-on-Sea
Tel: 01702 780011

Caring Carers Ltd
Southend-on-Sea
Tel: 01702 213955

CC Health Care Ltd
Westcliff-on-Sea
Tel: 07898 653323

Choices Healthcare Ltd
Southend-on-Sea
Tel: 01702 344355

Complex Intervention Service
Southend-on-Sea
Tel: 01702 534940

Concept Care Solutions
Southend-on-Sea
Tel: 01702 567430

Creative Care Services Ltd
Southend-on-Sea
Tel: 01702 462479

CRG Homecare Southend on Sea
Southend-on-Sea
Tel: 01702 746816

De Vere Care Partnership – Southend-on-Sea
Southend-on-Sea
Tel: 01702 789780

Doris Jones Ltd
Westcliff-on-Sea
Tel: 01702 472954

ECC Care
Southend-on-Sea
Tel: 01702 597793

ENS Recruitment Ltd
Westcliff-on-Sea
Tel: 01702 361400

Essex Care at Home Ltd
Leigh-on-Sea
Tel: 01702 780001

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

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

Golden Keys Care Agency Ltd
Southend-on-Sea
Tel: 01702 617766

Home Instead Senior Care
Southend-on-Sea
Tel: 01702 535308

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 for further assistance with your search for care
### Southend-on-Sea Home Care Providers

#### Home Sweet Home Reablement Services
Leigh-on-Sea  
Tel: 07531 652250  
**OP D PD MH**

#### Homecare Professionals (Essex) Ltd
Southend-on-Sea  
Tel: 01702 467515  
**OP D PD SI YA**

#### Intrigue Homecare Ltd
Westcliff-on-sea  
Tel: 01268 553578  
**OP D LDA MH PD SI YA**

#### JM Carehomes Ltd
Westcliff-on-Sea  
Tel: 01702 213277  
**OP D PD LDA MH YA AD**

#### Kolours Healthcare SECHA
Southend-on-Sea  
Tel: 01702 826710  
**OP YA**

#### Livability Dolphin Court
Thorpe Bay  
Tel: 01702 584088  
**OP D PD LDA YA**

#### Livability Southend
Westcliff-on-Sea  
Tel: 01702 348171  
**LDA YA**

#### Magnolia Care Disability Services Ltd
Southend-on-Sea  
Tel: 07737 941957  
**PD LDA SI YA**

#### Mencap Domiciliary Care Southend
Southend-on-Sea  
Tel: 07432 594236  
**LDA YA**

#### Naidcare
Southend-on-Sea  
Tel: 01375 808192  
**OP D PD LDA SI YA**

#### Newday Healthcare Professionals Ltd
Leigh-on-Sea  
Tel: 01702 780003  
**OP PD**

#### Palm 2 Palm Reablement Services
Westcliff-on-Sea  
Tel: 01702 900420  
**OP D PD MH SI YA**

#### Puccura
Leigh-on-Sea  
Tel: 01702 808601  
**OP D PD LDA MH SI YA AD**

#### Phoenix House
Westcliff-on-sea  
Tel: 01702 337057  
**OP LDA PD SI YA**

#### PTsmart Care
Westcliff-on-sea  
Tel: 01702 623461  
**OP D LDA MH PD SI**

#### Redspot Care Ltd
Westcliff-on-Sea  
Tel: 01702 338865  
**OP D PD LDA MH SI YA AD**

#### Royale Carers Ltd
Westcliff-on-Sea  
Tel: 01702 353547  
**OP D PD SI YA**

#### SAS Support and Solutions Ltd
Southend-on-Sea  
Tel: 01702 291321  
**OP D PD LDA MH SI YA AD**

#### Shaf Lodge
Southend-on-Sea  
Tel: 01702 873958  
**OP LDA MH YA AD**

#### Sister Dorothy Healthcare
Southend-on-Sea  
Tel: 07447 455450  
**OP D PD MH**

#### SPDNS Nurse Care Community Interest Company (CIC)
Westcliff-on-Sea  
Tel: 01702 431300  
**OP D PD LDA MH SI YA**

#### Summercare – Head Office
Westcliff-on-Sea  
Tel: 01702 343062  
**OP D PD LDA MH SI YA**

#### Superhealthcare
Westcliff-on-sea  
Tel: 0333 987 4042  
**OP D LDA MH PD SI YA**

#### Surecare (Southend)
Westcliff-on-Sea  
Tel: 01702 330065  
**OP YA**

#### Trends Healthcare Westcliffe
Westcliff-on-Sea  
Tel: 01702 826090  
**OP D PD LDA MH SI YA AD**

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

Advertisers are highlighted
Thurrock home care providers

<table>
<thead>
<tr>
<th>Service User Bands</th>
<th>Advert page</th>
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<td>LDA MH YA AD</td>
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<td>OP D PD YA</td>
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<tr>
<td>PD Physical disability</td>
<td>OP D PD YA</td>
</tr>
<tr>
<td>LDA Learning disability, autism</td>
<td>OP D PD YA</td>
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<tr>
<td>MH Mental health</td>
<td>OP D PD YA</td>
</tr>
<tr>
<td>SI Sensory impairment</td>
<td>LDA MH YA</td>
</tr>
<tr>
<td>YA Younger adults</td>
<td>OP D PD YA</td>
</tr>
<tr>
<td>AD People who misuse alcohol or drugs</td>
<td>OP D PD YA</td>
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</tbody>
</table>

**A K Supported Housing Outreach Service**  
Grays  
Tel: 01375 461991  
LDA MH YA AD

**Achievers Care Solutions Ltd**  
South Ockendon  
Tel: 0208 059 4774  
Advert page 28  
OP D PD YA AD

**Affable Care Head Office**  
Grays  
Tel: 0333 344 5959  
OP LDA YA

**Akaba Social UK Ltd SECHA**  
Grays  
Tel: 01375 462626  
OP LDA MH YA

**Ambar Care Ltd**  
Grays  
Tel: 01708 608586  
Advert page 48  
OP D PD LDA MH SI YA

**Aveley House (Arcany Road)**  
South Ockendon  
Tel: 01708 856444  
Advert page 22  
OP D PD LDA MH SI

**Aveley House (Park Lane)**  
South Ockendon  
Tel: 01708 863289  
Advert page 22  
LDA

**Beeches, The, 45**  
Tilbury  
Tel: 07950 940778  
OP D PD LDA MH SI YA

**Clarity Homecare Essex**  
Grays  
Tel: 01375 806129  
OP D PD LDA MH SI YA

**Commonwealth House, 4**  
Tilbury  
Tel: 01375 767963  
OP D PD LDA MH

**CRG Homecare Thurrock**  
Grays  
Tel: 01375 511205  
OP D LDA MH PD SI YA AD

**Dayspring Essex**  
Tilbury  
Tel: 07852 190221  
OP D LDA MH PD SI YA

**DF Care Services**  
Grays  
Tel: 07897 423965  
OP D PD LDA MH SI YA

**Edward Cecil House**  
Grays  
Tel: 07946 352269  
OP D PD YA

**Fresh Tree Care**  
Grays  
Tel: 01375 767977  
OP D PD YA

**Gims Care Solution Ltd**  
Grays  
Tel: 01375 430037  
OP D PD LDA MH YA

**He Reigns Healthcare Services Ltd**  
Grays  
Tel: 01375 486317  
OP D LDA MH PD SI YA

**Homecare Reablement Team**  
Grays  
Tel: 01375 390000  
OP D PD LDA MH SI YA

**Inclusive Care Services**  
South Ockendon  
Tel: 01708 401716  
OP D PD LDA MH SI YA

**Jamadia**  
Grays  
Tel: 07581 398669  
OP D LDA MH PD YA AD

**John Stanley Thurrock**  
Grays  
Tel: 01375 485440  
OP D PD MH YA

**Jusrade Care Ltd – Head Office**  
Grays  
Tel: 01375 767524  
OP D PD LDA MH SI YA

**Kranmore House**  
Tilbury  
Tel: 01375 809802  
D PD LDA MH SI

**Mountaincare Ltd**  
Stanford-le-Hope  
Tel: 01375 767535  
OP D PD LDA YA

**Ontrack Head Office**  
Grays  
Tel: 07539 275165  
OP LDA MH PD SI YA

**Pineapple Care Services Ltd – Thurrock Branch**  
Grays  
Tel: 01375 808303  
OP D PD LDA MH YA

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

<table>
<thead>
<tr>
<th>Service</th>
<th>User Bands</th>
<th>Contact Details</th>
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<tbody>
<tr>
<td><strong>Professional Care Services</strong></td>
<td>PD LDA MH SI</td>
<td>Tel: 01375 372812</td>
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<td><strong>Prosper</strong></td>
<td>OP D LDA MH PD SI YA</td>
<td>Tel: 01375 489790</td>
<td>Tilbury</td>
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<td><strong>Regents Care Services</strong></td>
<td>PD LDA MH SI</td>
<td>Tel: 01375 846865</td>
<td>Tilbury</td>
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<tr>
<td><strong>Romis Care Services Ltd</strong></td>
<td>OP LDA PD YA</td>
<td>Tel: 07984 118595</td>
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<tr>
<td><strong>Ronti Care Solutions Ltd</strong></td>
<td>OP D LDA MH PD SI YA</td>
<td>Tel: 07717 363053</td>
<td>Grays</td>
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<tr>
<td><strong>Rossycare Ltd</strong></td>
<td>D PD</td>
<td>Tel: 01375 486315</td>
<td>Grays</td>
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<tr>
<td><strong>Sachfield Drive, 74</strong></td>
<td>OP D PD LDA MH YA</td>
<td>Tel: 07484 760535</td>
<td>Grays</td>
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<tr>
<td><strong>Staff Line Home Care Ltd</strong></td>
<td>OP D PD LDA MH SI YA</td>
<td>Tel: 01708 859493</td>
<td>South Ockendon</td>
</tr>
<tr>
<td><strong>Standela Healthcare Group Ltd</strong></td>
<td>OP D LDA MH PD SI YA AD</td>
<td>Tel: 020 7859 4919</td>
<td>Grays</td>
</tr>
<tr>
<td><strong>Starbrooke Care Services Ltd</strong></td>
<td>OP YA</td>
<td>Tel: 01708 606262</td>
<td>South Ockendon</td>
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<tr>
<td><strong>T-Bot Care Dynamics Ltd</strong></td>
<td>OP D PD LDA MH SI YA</td>
<td>Tel: 07940 595719</td>
<td>Tilbury</td>
</tr>
<tr>
<td><strong>Take 4 Care Ltd</strong></td>
<td>OP LDA</td>
<td>Tel: 01375 391337</td>
<td>Grays</td>
</tr>
<tr>
<td><strong>Thurrock Care at Home</strong></td>
<td>OP D PD LDA MH SI YA AD</td>
<td>Tel: 01375 672984</td>
<td>Stanford-le-Hope</td>
</tr>
<tr>
<td><strong>Thurrock Essex Rebecca Care Ltd</strong></td>
<td>OP D PD YA</td>
<td>Tel: 01375 480084</td>
<td>Grays</td>
</tr>
<tr>
<td><strong>Thurrock Lifestyle Solutions</strong></td>
<td>OP D PD LDA MH SI YA</td>
<td>Tel: 01375 370460</td>
<td>Grays</td>
</tr>
<tr>
<td><strong>Time2Time Service Ltd</strong></td>
<td>OP</td>
<td>Tel: 0203 981241</td>
<td>Tilbury</td>
</tr>
</tbody>
</table>

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**AmbarCare**

- Personal care
- Hygiene care
- Medication assistance
- Domestic tasks
- Accompanying you to medical appointments and social outings
- Companionship
- Dementia Care

At Ambar Care, we offer highly personalised home care to our clients, enabling them to continue to live an independent life in their own homes with the support of an expert home carer when they need it.

We provide a consistent, compassionate home care service on either a permanent or respite basis, whatever level of support you need we are here to help.

**For information on home care and how it could help you, see page 19.**

**Use the home care agency checklist on page 23 for ideas of questions to ask providers.**

---

**Service** | **User Bands** | **Contact Details** | **Address**
<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>OP Older people (65+)</td>
<td>D Dementia</td>
<td>Tel: 01708 608586</td>
<td>South Ockendon</td>
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<tr>
<td>MH Mental health</td>
<td>SI Sensory impairment</td>
<td><a href="mailto:info@ambarcare.co.uk">info@ambarcare.co.uk</a></td>
<td>Grays</td>
</tr>
<tr>
<td>YA Younger adults</td>
<td>AD People who misuse alcohol or drugs</td>
<td><a href="http://www.ambarcare.co.uk">www.ambarcare.co.uk</a></td>
<td>Grays</td>
</tr>
</tbody>
</table>

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

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**Tell us what you think**

Share your feedback

Take our five minute survey

What have you found useful?

What could we do better?
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 11).

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.

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 information on extra care housing in your region, contact your local Adult Social Care department.
**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 living independently 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 49.

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.

#### Guideposts

Listens to and supports adults with learning difficulties to access community activities and lead fuller, more independent lives.

Tel: **01993 893560**

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

#### Mencap

Supporting people with learning disabilities to feel valued equally, listened to and included.

Tel: **0808 808 1111**

Email: helpline@mencap.org.uk

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

#### Scope

Offers free, impartial and expert information, advice and support to disabled people and their families.

Tel: **0808 800 3333** • Web: [www.scope.org.uk](http://www.scope.org.uk)

Email: helpline@scope.org.uk

---

### 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**

37 East Walk SS14 1HA

Tel: **01268 284130**

Email: info@basmind.org

**Great Dunmow**

Mind in West Essex,
45 Stortford Road CM6 1DQ

Tel: **01371 876641**

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

**Harlow**

The Wellbeing Centre,
10-11 Corner House,
Bushfair CM18 6NZ

Email: talking@mindinwestessex.org.uk

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

**Samaritans**

Tel: **116 123**
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 independently.

There are also services available to support someone who may be your carer.

Sensory services

Essex Cares Ltd (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.
Newport House, Hollycroft, Molrams Lane, Sandon, Chelmsford CM2 7TL
Tel: 0333 013 3262 • Textphone: 01245 261715
Text: 07921 397547
Email: sensoryservices@essecares.org
Web: www.eclsensoryservice.org

You can also contact Essex County Council 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
Web: www.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@southessexadvocacy.org
Web: www.southessexadvocacy.org

Southend Mencap
Advocacy for people with learning disabilities,
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 102 for details of organisations that may be able to help you plan for the end of your life or your funeral.
Care homes

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 £165.56 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.
Celebrating Life

Our homes are more than care homes. They’re family homes. Friendly homes. Homes that provide tailored care, beautiful environments and choice in every meal or activity. Places that celebrate the little things that mean everything – morning, noon and night.

Visit us anytime for friendly advice and to look around.
You can also find helpful information at www.barchester.com

Ashlar House
Epping, CM16 6TY
01992 721 089

Leonard Lodge
Brentwood, CM13 1AQ
01277 508 450

Paternoster House
Waltham Abbey, EN9 3JY
01992 721 087

Woodland View
Colchester, CO4 5JR
01206 932 332

Residential care • Nursing care • Dementia care • Respite breaks • Delicious meals
En-suite bedrooms • Tailored daily activities • Landscaped gardens • Wi-fi

Search for care in your area

www.carechoices.co.uk

With so many providers to choose from, where do you start?

CareChoices

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

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

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

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

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](http://www.carechoices.co.uk/checklists)

### Staff

<table>
<thead>
<tr>
<th>Question</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the minimum number of staff that are available at any time?</td>
<td></td>
</tr>
<tr>
<td>Are staff respectful, friendly and polite?</td>
<td></td>
</tr>
<tr>
<td>Do staff have formal training?</td>
<td></td>
</tr>
<tr>
<td>Are the staff engaging with residents?</td>
<td></td>
</tr>
</tbody>
</table>

### Activities

<table>
<thead>
<tr>
<th>Question</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can you get involved in activities you enjoy?</td>
<td></td>
</tr>
<tr>
<td>Is there an activities co-ordinator?</td>
<td></td>
</tr>
<tr>
<td>Does the home organise any outings?</td>
<td></td>
</tr>
<tr>
<td>Are residents escorted to appointments?</td>
<td></td>
</tr>
<tr>
<td>Do the residents seem entertained?</td>
<td></td>
</tr>
<tr>
<td>Does the home have a varied activities schedule?</td>
<td></td>
</tr>
</tbody>
</table>

### Life in the home

<table>
<thead>
<tr>
<th>Question</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the home adapted to suit your needs?</td>
<td></td>
</tr>
<tr>
<td>Can you bring your own furniture?</td>
<td></td>
</tr>
<tr>
<td>Are there enough plug sockets in the rooms?</td>
<td></td>
</tr>
<tr>
<td>Are there restrictions on going out?</td>
<td></td>
</tr>
<tr>
<td>Is there public transport nearby?</td>
<td></td>
</tr>
<tr>
<td>Does the home provide any transport?</td>
<td></td>
</tr>
<tr>
<td>Can you make/receive calls privately?</td>
<td></td>
</tr>
<tr>
<td>Can you decide when to get up and go to bed?</td>
<td></td>
</tr>
<tr>
<td>Does the home allow pets?</td>
<td></td>
</tr>
<tr>
<td>Does the home use Digital Care Planning accessible to families?</td>
<td></td>
</tr>
</tbody>
</table>

### Personal preferences

<table>
<thead>
<tr>
<th>Question</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the home too hot/cold? Can you control the heating in your room?</td>
<td></td>
</tr>
<tr>
<td>Is the décor to your tastes?</td>
<td></td>
</tr>
<tr>
<td>Are there restricted visiting hours?</td>
<td></td>
</tr>
<tr>
<td>Is there somewhere you can go to be alone?</td>
<td></td>
</tr>
<tr>
<td>Does the home feel welcoming?</td>
<td></td>
</tr>
</tbody>
</table>

### Catering

<table>
<thead>
<tr>
<th>Question</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can the home cater for any dietary requirements you may have?</td>
<td></td>
</tr>
<tr>
<td>Does the menu change regularly?</td>
<td></td>
</tr>
<tr>
<td>Can you eat when you like, even at night?</td>
<td></td>
</tr>
<tr>
<td>Can you have food in your room?</td>
<td></td>
</tr>
<tr>
<td>Is there a choice of food at mealtimes?</td>
<td></td>
</tr>
<tr>
<td>Is alcohol available/allowed if you want it?</td>
<td></td>
</tr>
<tr>
<td>Can visitors join you for meals?</td>
<td></td>
</tr>
</tbody>
</table>

### Fees

<table>
<thead>
<tr>
<th>Question</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do your fees cover all of the services and activities?</td>
<td></td>
</tr>
<tr>
<td>Are fees likely to change regularly?</td>
<td></td>
</tr>
<tr>
<td>Is the notice period for cancellation of the contract reasonable?</td>
<td></td>
</tr>
<tr>
<td>Could you have a trial period?</td>
<td></td>
</tr>
<tr>
<td>Can you keep your room if you go into hospital?</td>
<td></td>
</tr>
<tr>
<td>Can you handle your own money?</td>
<td></td>
</tr>
</tbody>
</table>

*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 last two topics, see pages 61 and 52 respectively.

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 57.

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.
Residential dementia care checklist

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

Design
Are there clear signs throughout the home? [ ] [ ] [ ]
Has the home been designed or adapted for people with dementia? [ ] [ ] [ ]
Are the home and grounds secure? [ ] [ ] [ ]
Are there prompts outside the residents' rooms to help people identify their own? [ ] [ ] [ ]
Is the décor familiar to your loved one? [ ] [ ] [ ]

Choices
Do residents get choice in terms of what they wear each day? [ ] [ ] [ ]
Are residents encouraged to be independent? [ ] [ ] [ ]
Can residents decide what to do each day? [ ] [ ] [ ]
Can residents have a say in the décor of their room? [ ] [ ] [ ]

Activities
Are residents able to join in with household tasks like folding washing? [ ] [ ] [ ]
Are there activities on each day? [ ] [ ] [ ]
Can residents walk around outside on their own? [ ] [ ] [ ]
Are residents sitting in front of the TV or are they active and engaged? [ ] [ ] [ ]
Are there rummage boxes around? [ ] [ ] [ ]

Health
Can residents get help with eating and drinking? [ ] [ ] [ ]
How often does the home review residents' medication? [ ] [ ] [ ]
Does the home offer help if a resident needs assistance taking medication? [ ] [ ] [ ]
Do GPs visit the home regularly? [ ] [ ] [ ]

Staff
Are staff trained to identify when a resident might be unwell? [ ] [ ] [ ]
Are staff trained to spot when someone needs to go to the toilet? [ ] [ ] [ ]
Do the staff have any dementia specific training/experience? [ ] [ ] [ ]
Will your loved one have a member of staff specifically responsible for their care? [ ] [ ] [ ]

Approach to care
Does the home follow a specific approach to dementia therapy, for example, validation therapy? [ ] [ ] [ ]
Will the home keep you informed about changes to your loved one's care? [ ] [ ] [ ]
Does the home have a specific approach to end of life care? [ ] [ ] [ ]
Does the home keep up to date with best practice in dementia care? [ ] [ ] [ ]

*See page 6.
Paying for care

When a local authority provides or arranges your care services, 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 59.

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 59).

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 59 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 60 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 60 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 12 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.

Visit www.carechoices.co.uk for further assistance with your search for care
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](http://www.societyoflaterlifeadvisers.co.uk) or you can call [0333 202 0454](tel:0333%20202%200454).

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](tel:0800%20055%206112)  
Web: [www.ageuk.org.uk/moneymatters](http://www.ageuk.org.uk/moneymatters)

**Citizens Advice**  
Web: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Money Advice Service**  
Tel: [0800 138 1677](tel:0800%20138%201677)  
Web: [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

### 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 ‘Recite Me’ function. Visit [www.carechoices.co.uk](http://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.

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 Adult Social Care department. In Southend-on-Sea, call 01702 215008 or email council@southend.gov.uk or, in Essex, fill in the online form available at www.essex.gov.uk/complaints

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 and 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 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 Safeguarding Adults Board**
Tel: 01702 215008 (option one).
Out of hours: 0845 606 1212

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 provide support.

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 currently 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.

---

**my family our needs**

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[www.myfamilyourneeds.co.uk](http://www.myfamilyourneeds.co.uk)

- Birth to adulthood
- Real life blogs
- Directory
- Ask the experts
- Monthly columnist

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Residential care in Essex and Southend-on-Sea

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

Home care providers can be found beginning on page 27.

Tell us what you think

😊 What have you found useful?
😊 What could we do better?

Share your feedback – take our five minute survey

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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: 01277 655394

**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**  
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

<table>
<thead>
<tr>
<th>Service User Bands</th>
<th>OP Older people (65+)</th>
<th>D Dementia</th>
<th>PD Physical disability</th>
<th>LDA Learning disability, autism</th>
<th>MH Mental health</th>
<th>SI Sensory impairment</th>
<th>YA Younger adults</th>
<th>AD People who misuse alcohol or drugs</th>
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<tr>
<td><strong>SECHA</strong></td>
<td>South Essex Care and Health Association – see page 7</td>
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Visit [www.carechoices.co.uk](http://www.carechoices.co.uk) for further assistance with your search for care
What have you found useful?
What could we do better?
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Basildon care homes continued

Mundy House
Church Road, Basildon SS14 2EY
Tel: 01268 520607

Oakes, The
55 Railway Approach,
Laindon SS15 6JX
Tel: 01268 441096

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

Silvanna Court
84 Runwell Road, Wickford SS11 7HR
Tel: 01268 767384

Third Avenue, 7-9
Wickford SS11 8RF
Tel: 01702 462246

Westacres
65-67 Somerset Road, Basildon SS16 6PP
Tel: 01268 540734

Woodbury Court
Tavistock Road, Laindon SS15 5QQ
Tel: 01268 564230

Basildon care homes with nursing

Anisha Grange
Outwood Common Road,
Billericay CM11 2LE
Tel: 01277 658529

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

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

Gifford House Care Home
London Road, Bowers Gifford,
Basildon SS13 2EY
Tel: 01268 554330

Mountnessing Road, 230a
Billericay CM12 0EH
Tel: 01702 462246

Tell us what you think

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What could we do better?
Share your feedback – take our five minute survey

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Service        OP  Older people (65+)
User Bands     MH  Mental health
PD  Physical disability
LDA  Learning disability, autism
DA  Disability, autism
SECHA  South Essex Care and Health Association – see page 7

Advertisers are highlighted
Braintree care homes

**Acorn Lodge Care Home**
Bovington Road, Bezley End, Braintree CM7 5JH
Tel: 01371 851172
**OP D LDA**

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

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

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

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

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

**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

**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 **Advert page 76**

**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, Halsted CO9 1SL
Tel: 01787 476892

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

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

Advertisers are highlighted

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

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

Kilkee Lodge Residential Home
Coggeshall Road, Braintree CM7 9ED
Tel: 01376 342455
OP

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

Meadows
Fairy Hall Lane, Rayne, Braintree CM7 6SZ
Tel: 01376 340714
PD LDA MH SI YA

Millard House
Church Street, Bocking, Braintree CM7 5LL
Tel: 07748 903235
OP D PD

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

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

New Partnerships Lynray and Peach Cottage
Lynray, The Gore, Rayne, Braintree CM7 6RL
Tel: 01376 329437
OP LDA MH

Nightingale Close, 2-4
Witham CM8 1AP
Tel: 01376 511057
OP D PD LDA SI YA

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

Park View
Kings Chase, Witham CM8 1AX
Tel: 01376 512443
OP D PD SI

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

Prince Edward Duke of Kent Court
Stisted Hall, Kings Lane, Stisted, Braintree CM7 8AG
Tel: 01376 345534 Advert page 70
OP D

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

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

Riverdale Care Home
65 Duggers Lane, Braintree CM7 1BA
Tel: 01376 349643
Advert outside back cover
OP D

Rose Belle
37 Cross Road, Witham CM8 2NA
Tel: 01376 512438
OP PD LDA MH SI YA

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

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

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

Tidings, The
9 Brewery Drive, Halstead CO9 1BS
Tel: 01787 479244
LDA

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

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

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<td>Learning disability, autism</td>
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<td>People who misuse alcohol or drugs</td>
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Advertisers are highlighted

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

SECHA South Essex Care and Health Association – see page 7
### Braintree care homes with nursing

<table>
<thead>
<tr>
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<th>Address</th>
<th>Tel:</th>
<th>Service</th>
<th>User Bands</th>
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<tbody>
<tr>
<td>Aspen Grange Care Home</td>
<td>Coldnailhurst Avenue, Braintree CM7 5PY</td>
<td>01376 550764</td>
<td>OP, D</td>
<td>D PD MH SI AD</td>
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<tr>
<td>Braintree Nursing Home</td>
<td>11 Coggeshall Road, Braintree CM7 9DB</td>
<td>01376 345966</td>
<td>OP, D PD MH SI AD</td>
<td>D PD YA</td>
</tr>
<tr>
<td>Colne View</td>
<td>Dame Mary Walk, Halstead CO9 2FF</td>
<td>01787 478473</td>
<td>Advert page 74</td>
<td>OP D</td>
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</table>

<table>
<thead>
<tr>
<th>Care Home</th>
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<th>Tel:</th>
<th>Service</th>
<th>User Bands</th>
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<tr>
<td>Longmead Court Nursing Home</td>
<td>247 London Road, Black Notley, Braintree CM7 8QQ</td>
<td>01376 344440</td>
<td>OP, D MH YA</td>
<td>D PD YA</td>
</tr>
<tr>
<td>St George’s Witham Nursing Home</td>
<td>18-20 Avenue Road, Witham CM8 2DT</td>
<td>01376 512258</td>
<td>OP, PD YA</td>
<td>D PD YA</td>
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<tr>
<td>St Mary’s Court</td>
<td>Deanery Hill, Bocking, Braintree CM7 5SR</td>
<td>01376 328600</td>
<td>OP, D YA</td>
<td>D PD YA</td>
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### Brentwood care homes

<table>
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<tr>
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<tbody>
<tr>
<td>Ardtully Retirement Residence</td>
<td>Station Lane, Ingatestone CM4 0BL</td>
<td>01277 353888</td>
<td>OP, D PD SI</td>
<td>D PD SI</td>
</tr>
<tr>
<td>Dudbrook Hall</td>
<td>Dudbrook Road, Kelvedon Common, Brentwood CM14 5TQ</td>
<td>01277 372095</td>
<td>OP, D PD SI</td>
<td>D PD SI</td>
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<tr>
<td>Heron Court</td>
<td>198 Brentwood Road, Herongate, Brentwood CM13 3PN</td>
<td>01277 810236</td>
<td>OP, D PD SI</td>
<td>D PD SI</td>
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<tr>
<td>Howard Lodge Care Centre</td>
<td>Beacon Hill Road, Kelvedon Common, Brentwood CM14 5FQ</td>
<td>01277 373603</td>
<td>OP, D PD SI</td>
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<th>Address</th>
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<th>Service</th>
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<tbody>
<tr>
<td>Quiet Waters</td>
<td>8 Thorndon Avenue, West Horndon, Brentwood CM13 3TT</td>
<td>01277 812466</td>
<td>LDA, YA</td>
<td>LDA, YA</td>
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<tr>
<td>Rowan House</td>
<td>Church Lane, Doddinghurst, Brentwood CM15 0NJ</td>
<td>01277 823853</td>
<td>LDA, YA</td>
<td>LDA, YA</td>
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<tr>
<td>Seton Care Home</td>
<td>The Marillac, Eagle Way, Warley, Brentwood CM13 3BL</td>
<td>01277 220276</td>
<td>OP</td>
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<tr>
<td>Tower Bridge Homes Care Ltd – Sycamore</td>
<td>Magpie Lane, Little Warley, Brentwood CM13 3DT</td>
<td>01277 261680</td>
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<td>OP</td>
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<tr>
<td>Winifred Dell Care Home</td>
<td>Essex Way, Great Warley, Brentwood CM13 3AX</td>
<td>01277 220897</td>
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### Brentwood care homes with nursing

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<tr>
<td>Brentwood Care Centre</td>
<td>Larchwood Gardens, Pilgrims Hatch, Brentwood CM15 9NG</td>
<td>01277 375316</td>
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<td>D PD YA</td>
</tr>
<tr>
<td>Hutton Village Bupa Care Home</td>
<td>Hutton Village, Brentwood CM13 1RX</td>
<td>01277 887309</td>
<td>Advert page 80</td>
<td>Advert page 80</td>
</tr>
<tr>
<td>Leonard Lodge</td>
<td>Roxwell Gardens, Hutton, Brentwood CM13 1AQ</td>
<td>01277 508 450</td>
<td>Advert page 54</td>
<td>Advert page 54</td>
</tr>
<tr>
<td>Marillac Neurological Care Centre, The</td>
<td>Eagle Way, Warley, Brentwood CM13 3BL</td>
<td>01277 220276</td>
<td>OP, PD SI YA</td>
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**Service User Bands**
- OP Older people (65+)
- D Dementia
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- 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
Prince Edward Duke of Kent Court
Stisted, Braintree
At RMBI Care Co. Home Prince Edward Duke of Kent Court, we provide residential and dementia care for up to 50 residents.

Vera Smith, 87, moved to the Home to live close to her son Norman. She previously worked at Marks & Spencer in Coventry and following her retirement, she took on small jobs in gardening, cleaning and helping older people.

Vera has led an active life, having jumped out of a plane for charity and completing a 200 mile walk. Today, she enjoys many of the activities offered at the Home including gardening, dancing and cooking. Vera says: “I feel comfortable at the Home and less lonely. I like that I can be closer to my son.”

Caring is our way of life
www.rmbi.org.uk  facebook.com/thermbi  twitter.com/thermbi

For more info, contact:
Prince Edward Duke of Kent Court
T: 01376 345 534
E: stistedhall@rmbi.org.uk
Stisted Hall, Kings Lane, Stisted, Braintree
Essex, CM77 8AG
Registered Charity No: 1163245 Company No: 1293566

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www.carechoices.co.uk

With so many providers to choose from, where do you start?

- Find care providers quickly and easily
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- Information on care quality
- Links to inspection reports
- Additional information, photos and web links
- Brochure requests

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Brentwood care homes with nursing continued

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

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

---

**Castle Point care homes**

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

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

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

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

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

**Stafford Court**
Venables Close, Canvey Island SS8 7SB
Tel: 01268 681709  OP D PD SI YA

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

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

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

**Vibrance – 1 Parkstone Avenue**
Benfleet SS7 1SP
Tel: 01702 558571  PD LDA

**Longview**
Little Gypps Road, Canvey Island SS8 9HG
Tel: 01268 682906  OP D PD SI

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

---

**Castle Point care homes with nursing**

**Ambika Lodge Care Home**
28 Edith Road, Canvey Island SS8 0LP
Tel: 01268 696955  OP D PD SI YA

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

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

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

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**Chelmsford care homes**

**Ayletts House**
Main Road, Broomfield, Chelmsford CM1 7LE
Tel: 01245 441854 Advert page 72  OP

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

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<td><strong>MH</strong></td>
<td>Mental health</td>
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<td><strong>SI</strong></td>
<td>Sensory impairment</td>
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<tr>
<td><strong>YA</strong></td>
<td>Younger adults</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
Ayletts
A charming Georgian manor house, set in an attractive garden with views across the Chelmer valley. Ayletts provides 25 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

Tell us what you think
✅ What have you found useful?
What could we do better?
Share your feedback – take our five minute survey
www.carechoices.co.uk/reader-survey

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, Chelmsford Essex CM2 7TL
☎ 020 8821 5400  info@baycroft.co.uk  baycroft.co.uk

64 beds
Residential care
Nursing care
Dementia care

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

<table>
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<tr>
<th>Bridgemarsh Residential Home</th>
<th>Madelayne Court</th>
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<tr>
<td>184 Main Road, Broomfield, Chelmsford CM1 7AJ</td>
<td>School Lane, Chelmsford CM1 7DR</td>
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<tr>
<td>Tel: 01245 440858</td>
<td>Tel: 01245 443986</td>
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<td>Wickham Bishops Road, Hatfield Peverel CM3 2JL</td>
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<td>Tel: 01245 284538</td>
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<td>Tel: 01245 451254</td>
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<tr>
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<tr>
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Chelmsford care homes with nursing

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<td>Tel: 01245 266567</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

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Visit [www.carechoices.co.uk](http://www.carechoices.co.uk) for further assistance with your search for care
Discover the best of care in Essex

Residents at Care UK’s care homes across Essex enjoy the very best lifestyle, thanks to modern facilities, a wide range of activities and the very best care.

Peace of mind
At Care UK, we support older people to live happier, healthier and more fulfilling lives. We’re known for our standards of care, but a fundamental part of the ethos of our care homes is helping people to enjoy meaningful lifestyles. As an established, award-winning care provider we know that independence is not about where you live, but how you live, and our 120-plus care homes are enabling more than 7,000 people to continue living active and fulfilling lives in supportive, safe and comfortable surroundings.

We understand how difficult it can be to make the decision to move into a care home, and we’ve been helping and supporting families for over 30 years in making that transition easier. Our compassionate and experienced care teams will be there for you every step of the way, ensuring that you or your loved one receives the warmest welcome and an entirely personalised care plan, tailored to your individual needs and wishes.

The best of care in Essex
Our care homes across Essex are no exception; you’ll find all the comfort of home, dedicated nurses and carers providing all-round care and support, and a family atmosphere from the moment you step inside. Each home features a range of comfortable and modern furnishings and facilities, some of which are specially designed to ensure residents can make the most of every day. What’s more, the variety of activities organised by our lifestyle teams will give you the chance to reconnect with old hobbies or find new interests, all while making new friends.

To find out more about living at a Care UK care home in Colchester, Chelmsford, Clacton-on-Sea, Halstead, Holland-on-Sea or Thorrington, visit careuk.com/essex

Care services and facilities
- Residential care
- Nursing care
- Dementia care
- Respite care
- En-suite bedrooms
- Range of comfortable lounges
- Regular trips out and activities
Colchester care homes

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

**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: 01206 321150

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

**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: 07717 745627

**Eight Ash Court Ltd**
Halstead Road, Eight Ash Green, Colchester CO6 3QJ
Tel: 01206 710366

**Eleni House**
Boxted Road, Colchester CO4 5HF
Tel: 01206 848005

**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

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

**Essex Care Consortium Ltd – Fordham**
The Conifers, Wormingford, 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

---

<table>
<thead>
<tr>
<th>Service</th>
<th>OP Older people (65+)</th>
<th>D Dementia</th>
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<td>SI Sensory impairment</td>
<td>YA Younger adults</td>
<td>AD People who misuse alcohol or drugs</td>
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(continued)
Helping a loved one choose a residential home can be a difficult decision, but for those looking for a warm and caring environment, expert staff and excellent facilities, Sohal Healthcare group of care homes are well worth a visit. Our care homes in Essex are:

- **Chalkney House**
  - White Colne, Colchester

- **Milton Lodge**
  - Colchester

- **Haven Residential Home**
  - Colchester

- **Weald Hall**
  - Epping

- **Firstlings**
  - Maldon

Our homes are all specifically designed for elderly care, with:

- **large garden areas** – many incorporating a shop, tea room, games rooms, hairdressing facilities, sensory areas, libraries and much more, all of which can be used all year round.

- **all single occupancy rooms** beautifully furnished, with en-suites.

- **meals prepared on-site** by our chefs, following discussions with residents and families about menus and choices.

- **activities co-ordinators** to help stimulate the residents, as well as highly trained staff, providing a good variety of things for the residents to do.

We at Sohal Healthcare have worked hard to ensure that the **quality of care** we provide is always our top priority, in each one of our care homes. To achieve this we ensure we always have our **resident’s best interests at heart**, and continually improve, update and invest in the home, the services and facilities provided and more importantly our staff.

We are fortunate enough to have established a **friendly, caring atmosphere** with happy residents in all our care homes. We hope that you will come to see us to find out if we have the right ingredients for you. You are welcome at any time, to come and discuss your needs, ask questions and be shown around.
Helping a loved one choose a residential home can be a difficult decision, but for those looking for a warm and caring environment, expert staff and excellent facilities, Sohal Healthcare group of care homes are well worth a visit.

Our care homes in Essex are:

- Haven, The
  84 Harwich Road, Colchester CO4 3BS
  Tel: 01206 867143
  [Advert page 76]
  - OP D

- Henderson and Harvard
  Kelvedon Road, Tiptree, Colchester CO5 0LJ
  Tel: 01621 819354
  - OP PD LDA SI YA

- Hill House
  183 Lexden Road, Lexden, Colchester CO3 3TE
  Tel: 01206 761309
  [Advert page 72]
  - OP

- Hilton House
  175 Shrub End Road, Colchester CO3 4RG
  Tel: 01206 763361
  - OP LDA MH YA

- Jameson House
  19a Chapel Street, Rowhedge, Colchester CO5 7JS
  Tel: 07717 745627
  - OP LDA SI YA

- Jamesons RCH Wormingford Road
  Fordham, Colchester CO6 3NS
  Tel: 01206 242282
  - LDA YA

- Kacee Lodge
  Ivy Lodge Road, Great Horkesley, Colchester CO6 4EN
  Tel: 01206 272108
  - PD LDA

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

- Loganberry Lodge
  79-81 New Farm Road, Stanway, Colchester CO3 0PG
  Tel: 01206 563791
  - OP D PD SI

- Lychgate House
  145 Shrub End Road, Colchester CO3 4RE
  Tel: 01206 500074
  - D MH

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

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

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

- Maple Manor
  3 Amber Court, Berechurch Hall Road, Colchester CO2 9GE
  Tel: 01206 768671
  - LDA

- Maple View
  4 Amber Court, Berechurch Hall Road, Colchester CO2 9GE
  Tel: 01206 549401
  - LDA SI YA

- Marsh House
  4 Villa Road, Stanway, Colchester CO3 0RH
  Tel: 01206 762885
  - LDA MH YA

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

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

- Milton Lodge Retirement Home
  288-290 Ipswich Road, Colchester CO4 0ES
  Tel: 01206 841215
  [Advert page 76]
  - OP D

- Morley Road, 43a & 43b
  Tiptree, Colchester CO5 0AA
  Tel: 01621 819070
  - OP PD LDA SI YA

- Myland House
  81 Mile End Road, Colchester CO4 5BU
  Tel: 01206 853604
  - OP PD YA

- Nationwide Community Care Ltd
  – 3 Cracknell Close
  Wivenhoe, Colchester CO7 9PY
  Tel: 01206 825508
  - PD LDA MH YA

Visit www.carechoices.co.uk for further assistance with your search for care
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<th>Service</th>
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<td>London Road, Copford, Colchester CO6 1YR</td>
<td>01206 210397</td>
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<td>Newlands</td>
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<td>578 Ipswich Road, Colchester CO4 9HB</td>
<td>01206 844906</td>
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<td>Parkdale</td>
<td></td>
<td>13 Park Road, Colchester CO3 3UL</td>
<td>01206 769500</td>
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<td>Pathways</td>
<td></td>
<td>56a Baden Powell Drive, Colchester CO3 4SR</td>
<td>01206 761680</td>
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<tr>
<td>Peldon Campus</td>
<td></td>
<td>Church Road, Peldon, Colchester CO5 7PT</td>
<td>01206 735206</td>
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<td>Penny Meadow</td>
<td></td>
<td>67 London Road, Marks Tey, Colchester CO6 1EB</td>
<td>01206 616164</td>
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<td>Pinewood &amp; Hollywood</td>
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<td>Smithfield, Colchester CO1 2HP</td>
<td>01206 795971</td>
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<td>Priory Lodge</td>
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<td>62 Priory Street, Colchester CO1 2QE</td>
<td>01206 797243</td>
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<tr>
<td>Rawlings House</td>
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<td>45 Rawlings Crescent, Highwoods, Colchester CO4 9FB</td>
<td>01206 842550</td>
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<td>52 Spring Lane, Fordham Heath, Colchester CO3 9TG</td>
<td>01206 241041</td>
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<td>01206 382800</td>
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<td>01206 575996</td>
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<td>184 St Andrews Avenue, Colchester CO4 3AG</td>
<td>01206 797737</td>
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<td>Stanway Green, Stanway, Colchester CO3 ORA</td>
<td>01206 330780</td>
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<td>Stanway Villa</td>
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<td>9 Nursery Close, Stanway, Colchester CO3 0RL</td>
<td>01206 769400</td>
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<td>Sunny Lodge</td>
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<td>132 The Commons, Colchester CO3 4NR</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

SECHA South Essex Care and Health Association – see page 7

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

Tudor House  
47a London Road, Stanway, Colchester CO3 0NR  
Tel: 01206 562790  D PD LDA SI

Valmark House  
90 Mill Road, Mile End, Colchester CO4 5LJ  
Tel: 01206 853539  LDA

Whiteheather  
Clacton Road, Weeley CO16 9DN  
Tel: 01255 830502  LDA

Willow Health Ltd  
82a The Willows, Colchester CO2 8PX  
Tel: 01206 769713  PD LDA

Woodlands Residential Home for Ladies  
76 Lexden Road, Colchester CO3 3SP  
Tel: 01206 571200  OP

Yarra Respite  
67 Collingwood Road, Colchester CO3 9AY  
Tel: 01206 579348  LDA YA

Colchester care homes with nursing

Abberton Manor Nursing Home  
Layer Road, Colchester CO5 7NL  
Tel: 01206 735590  OP PD

Alderwood Care Home  
39 Essex Hall Road, Colchester CO1 1ZP  
Tel: 0208 879 6550  OP

Cheviot Nursing Home  
11 Park Road, Colchester CO3 3UL  
Tel: 01206 763648  OP PD YA

Colonia Court Bupa Care Home  
St Andrews Avenue, Colchester CO4 3AN  
Tel: 01206 809782 Advert page 80  OP D PD MH

Foxburrow Grange  
Ypres Road, Colchester CO2 7NL  
Tel: 01206 586900  OP D PD MH SI YA

Livability Treetops  
94 Victoria Gardens, Highwoods, Colchester CO4 9YE  
Tel: 01206 844121  OP PD LDA YA

Oaks Care Home, The  
15-25 Oaks Drive, Lexden, Colchester CO3 3PR  
Tel: 01206 764469  OP PD

Silversprings  
Tenpenny Hill, Thorrington, Colchester CO7 8JG  
Tel: 01206 251962 Advert page 74  OP D

Springfields Nursing Home  
Rectory Road, Copford Green, Colchester CO6 1DH  
Tel: 01206 211065  OP

St Fillans Care Home  
St Fillans Road, Colchester CO4 0PT  
Tel: 01206 855407  OP D YA

Tall Trees  
Oaks Place, Mile End Road, Colchester CO4 5XR  
Tel: 01206 844425 Advert page 74 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 932 332 Advert page 54 OP D PD YA

Visit www.carechoices.co.uk for further assistance with your search for care
Search for care at www.carechoices.co.uk to find support in your area

For care homes. For Living

Your local Bupa care homes 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 long and short-term care options in Essex could be something for you to think about, whether you’ve got our insurance or not.

Call us for advice or to arrange a visit

0808 159 7917

Lines are open 8am to 6.30pm Monday to Friday, 9am to 12.30pm Saturday. Closed Sunday and bank holidays. We may record or monitor our calls.

What have you found useful?
What could we do better?

Share your feedback – take our five minute survey
www.carechoices.co.uk/reader-survey

Tell us what you think

Luxury living with the highest quality care

Brand new purpose-built care home offering bespoke residential, nursing, memory and respite care in the heart of Chigwell

Offering the highest quality, personalised care, with luxury living facilities and the freedom to explore and enjoy a range of hobbies, Lambwood Heights will give residents the independence and support to continue living life to the fullest together.

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Email: sales.lh@oaklandcare.com
www.oaklandcare.com/lambwood-heights
Lambwood Heights, 244 Lambourne Road, Chigwell, IG7 6HX

For Living

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CareChoices

Tell us what you think

CareChoices
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 82  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

Lambwood Heights
244 Lambourne Road, Chigwell IG7 6HX
Tel: 020 3973 5566 Advert page 80  OP D PD SI

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

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 Advert page 76  OP D

Wensley House Residential Home
Bell Common, Epping CM16 4DL
Tel: 01992 573117  OP D MH

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

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 721 089 Advert page 54  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 721 087 Advert page 54  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

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
SI Sensory impairment
YA Younger adults
AD People who misuse alcohol or drugs
Advertisers are highlighted

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

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www.carechoices.co.uk

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Little Wakering House specialises in providing a caring and supportive environment for adults, aged 18 to 65 years and 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.

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T: (01702) 217535  E: info@littlewakeringhouse.care  W: www.littlewakeringhouse.care

Search for care at www.carechoices.co.uk to find support in your area
### Epping Forest care homes with nursing continued

<table>
<thead>
<tr>
<th>Address</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sewardstone Close, 1</td>
<td>Sewardstone Road E4 7RG&lt;br&gt;Tel: 0208 498 5620&lt;br&gt;OP YA</td>
</tr>
<tr>
<td>Sherrell House Care Home</td>
<td>414 Fencepiece Road, Chigwell IG7 5DP&lt;br&gt;Tel: 0208 501 3389&lt;br&gt;OP D</td>
</tr>
<tr>
<td>Woodland Grove</td>
<td>Rectory Lane, Loughton IG10 3RU&lt;br&gt;Tel: 0208 508 9220&lt;br&gt;OP D PD SI YA</td>
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</table>

If you are considering a care home with nursing, see the checklist on page 55.

### Harlow care homes

<table>
<thead>
<tr>
<th>Address</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Ashlyn Care Home</td>
<td>Vicarage Wood, Harlow CM20 3HD&lt;br&gt;OP D</td>
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<tr>
<td>Livability Keefield</td>
<td>Keefield Close, Keefield, Harlow CM19 5SW&lt;br&gt;Tel: 01279 635933&lt;br&gt;LDA YA</td>
</tr>
<tr>
<td>Livability Nettleswell Rectory</td>
<td>Manston Road, Harlow CM20 3PA&lt;br&gt;Tel: 01279 444000&lt;br&gt;LDA YA</td>
</tr>
<tr>
<td>Livingstone House</td>
<td>11 Potter Street, Harlow CM17 9AE&lt;br&gt;OP</td>
</tr>
<tr>
<td>Tye Green Lodge</td>
<td>Tye Green Village, Yorkes, Harlow CM18 6QY&lt;br&gt;Tel: 01279 770500&lt;br&gt;OP D PD LDA YA</td>
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For information on different types of care homes, see page 53.

### Harlow care homes with nursing

<table>
<thead>
<tr>
<th>Address</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Abbot Care Home</td>
<td>Partridge Road, Harlow CM18 6TD&lt;br&gt;OP D PD</td>
</tr>
<tr>
<td>Alexandra House – Harlow</td>
<td>Hamstel Road, Harlow CM20 1BU&lt;br&gt;OP D PD SI YA</td>
</tr>
<tr>
<td>Maldon care homes</td>
<td></td>
</tr>
<tr>
<td>Boucherne Ltd</td>
<td>30 Holloway Road, Heybridge, Maldon CM9 4SQ&lt;br&gt;OP</td>
</tr>
<tr>
<td>Brewster House</td>
<td>Oak Road, Heybridge, Maldon CM9 4AX&lt;br&gt;OP D PD SI</td>
</tr>
<tr>
<td>Deansbrook Farm</td>
<td>Southminster Road, Asheldham, Southminster CM0 7DZ&lt;br&gt;Tel: 01621 775820&lt;br&gt;LDA YA</td>
</tr>
<tr>
<td>Down Hall Residential Home SECHA</td>
<td>Downhall Road, Bradwell-on-Sea, Southminster CM0 7QP&lt;br&gt;OP D PD MH SI YA</td>
</tr>
<tr>
<td>Estoril</td>
<td>Wonston Road, Southminster CM0 7FE&lt;br&gt;Tel: 01621 774776&lt;br&gt;LDA YA</td>
</tr>
<tr>
<td>Firstlings</td>
<td>7 The Street, Heybridge, Maldon CM9 4NB&lt;br&gt;Tel: 01621 853747&lt;br&gt;Advert page 76&lt;br&gt;OP D</td>
</tr>
</tbody>
</table>

#### Service User Bands
- **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

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

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 Home for the Elderly
Broad Street, Green Road, Great Totham, Maldon CM9 8NU
Tel: 01621 891209

Villeneuve House
Winston Road, Southminster CM0 7FE
Tel: 01621 772610

Windle Court
The Witherwinkle, Celeborn Street, South Woodham Ferrers CM3 7BR
Tel: 01245 425980

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: 0333 4343070

Rochford care homes

Ashingdon Hall
Church Road, Ashingdon, Rochford SS4 3HZ
Tel: 01702 545832

Barling Lodge
399 Little Wakering Road, Little Wakering SS3 0GA
Tel: 01702 216132

Broadoaks
2 Southend Road, Rochford SS4 1HE
Tel: 01702 545888 Advert page 72

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

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

Advert page 72

SECHA South Essex Care and Health Association – see page 7

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

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

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

Southend-on-Sea care homes

Aarandale Lodge SECHA
2-4 St Vincent’s Road, Westcliff-on-Sea SS0 7PR
Tel: 01702 352096

Abbeyfield – St George’s House SECHA
Park Terrace, Westcliff-on-Sea SS0 7PH
Tel: 01702 331512

Abbottswood Lodge Residential Care Home SECHA
226 Southchurch Road, Southend-on-Sea SS1 2LS
Tel: 01702 462541

Adalah Residential Rest Home Ltd SECHA
20 Cliff Road, Leigh-on-Sea SS9 1HJ
Tel: 01702 711162

Advert page B2

Adalia Residential Care Home
64–66 Genesta Road, Westcliff-on-Sea SS0 8DB
Tel: 01702 346473

Ailsa House Residential Care Home
64–66 Genesta Road, Westcliff-on-Sea SS0 8DB
Tel: 01702 346473

Alyson House
11 Cobham Road, Westcliff-on-Sea SS0 8EG
Tel: 01702 345566

Avonbroke Residential Home SECHA
33-35 Ailsa Road, Westcliff-on-Sea SS0 8BJ
Tel: 01702 345409

Avondale Rest Home SECHA
38 Avondale Drive, Leigh-on-Sea SS9 4HN
Tel: 01702 711934

Bali Hai Care Home SECHA
14-16 Southbourne Grove, Westcliff-on-Sea SS0 9UR
Tel: 01702 479867

Visit www.carechoices.co.uk for further assistance with your search for care
Brambles and Adalah care homes are situated in a quiet residential part of Leigh within walking distance of the station, beach and local shops.

All rooms are comfortably furnished with sea views from most.

- All rooms en-suite • Lift & Stair lifts • Nurse call & fire alarm systems • Hairdressing • Activities
- Daily Laundry services • Chiropody treatment • Balcony views of estuary • Fully trained staff

Brambles Care Home
22 Cliff Road, Leigh-on-Sea, Essex SS9 1HJ
Tel: 01702 472 417
www.bramblescarehome.co.uk

Adalah Care Home
20 Cliff Road, Leigh-on-Sea, Essex SS9 1HJ
Tel: 01702 711162
www.adalahcarehome.co.uk

Elkington House Care Home
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.

Search for care in your area
www.carechoices.co.uk

- 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

With so many providers to choose from, where do you start?

Search for care at www.carechoices.co.uk to find support in your area
Southend-on-Sea care homes continued

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

Biffins Care Home SECHA
18 Thorpedene Gardens, Shoeburyness,
Southend-on-Sea SS3 9JB
Tel: 01702 292120  LDA

Blakeney House
33-35 Park Road, Westcliff-on-Sea SS0 7PQ
Tel: 01702 335724  LDA YA

Bliss Care Home
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
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  Advert page 86  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 Blenheim Chase, Leigh-on-Sea SS9 3BZ
Tel: 01702 480660  OP D

Cherrycroft
59 Crowstone Road, Westcliff-on-Sea SS0 8BG
Tel: 01702 343654  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

Cumberland Lodge
22 Cumberland Avenue, Southend-on-Sea SS2 4LF
Tel: 01702 602361  MH

Delaware House SECHA
Maplin Way North, Shoeburyness,
Southend-on-Sea SS3 9PS
Tel: 01702 588501  OP D PD MH YA

Elgin Rest Home SECHA
12-14 Manor Road, Westcliff-on-Sea SS0 7SS
Tel: 01702 340172  OP D PD SI

Elkington House Care Home SECHA
9 Imperial Avenue, Westcliff-on-Sea SS0 8NE
Tel: 01702 348200  Advert page 86  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 ONY
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

Visit www.carechoices.co.uk for further assistance with your search for care
### Southend-on-Sea care homes continued

<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>Learning disability, autism</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>
</table>

#### Havengore House Residential Care Home SECHA
27 Fairfield Road, Eastwood, Leigh-on-Sea SS9 5RZ
Tel: 01702 529243

#### Health and Home Ltd – North Road
14-150 North Road, Westcliff-on-Sea SS0 7AG
Tel: 01702 346465

#### Hollies, The
70 Canewdon Road, Westcliff-on-Sea SS0 7NE
Tel: 01702 354744

#### Kathryn Court
84 Ness Road, Shoeburyness SS3 9DH
Tel: 01702 292800

#### Kimbley Grace Care Home SECHA
15-17 Grosvenor Road, Westcliff-on-Sea SS0 8EP
Tel: 01702 347386

#### Kingston House
43 Woodfield Park Drive, Leigh-on-Sea SS9 1LN
Tel: 01702 712022

#### Knoll, The
115 Southchurch Boulevard, Thorpe Bay, Southend-on-Sea SS2 4UR
Tel: 01702 586684

#### Legra Residential Care Home
54 Salisbury Road, Leigh-on-Sea SS9 2JY
Tel: 01702 712222

#### Lifstan Way Care Home
74 Lifstan Way, Southend-on-Sea SS1 2XE
Tel: 01702 612549

#### Lighthouse
403-407 Westborough Road, Westcliff-on-Sea SS0 9TW
Tel: 01702 307370

#### Lilacs Residential Home, The SECHA
121 Chalkwell Avenue, Westcliff-on-Sea SS0 8NL
Tel: 01702 712457

#### Livability Dolphin Court
179-182 Eastern Esplanade, Thorpe Bay SS1 3AA
Tel: 01702 584088

#### Manor Rest Home SECHA
35 Manor Road, Westcliff-on-Sea SS0 7SR
Tel: 01702 343590

#### Maplin House
117-119 Church Road, Shoeburyness, Southend-on-Sea SS3 9EY
Tel: 01702 297494

#### Marigold Respite Centre
62 Avenue Road, Westcliff-on-Sea SS0 7P
Tel: 01702 840699

#### Mellor House
80 Station Road, Westcliff-on-Sea SS0 7RQ
Tel: 01702 437350

#### Melrose House SECHA
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 7P
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

#### Ossis Lodge
83 Hobleythick Lane, Westcliff-on-Sea SS0 0RN
Tel: 01702 307370
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
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
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

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

West House
11 St. Vincents Road, Westcliff-on-Sea SS0 7PP
Tel: 01702 339883

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

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

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
Southend-on-Sea care homes with nursing

Admiral Court
Manchester Drive, Leigh-on-Sea SS9 3HP
Tel: 01702 472288  OP D MH SI YA

Alexander House Private Nursing Home
25-27 First Avenue, Westcliff-on-Sea SS0 8HS
Tel: 01702 346465  OP D PD LDA MH SI YA AD

Boscombe Lodge Nursing Home
65 Boscombe Road, Southend-on-Sea SS2 5JD
Tel: 01702 603444  OP D

Britannia Lodge
1 Ailsa Road, Westcliff-on-Sea, Southend-on-Sea SS0 8BJ
Tel: 01702 432927 MH

Brooklands Nursing Home SECHA
25 Lambeth Road, Eastwood, Leigh-on-Sea SS9 5XR
Tel: 01702 525375  OP D PD

Cedars Care Home
14 Sweyne Avenue, Southend-on-Sea SS2 6FQ
Tel: 01702 236090 OP D

Clifton Lodge
Balmoral Road, Westcliff-on-Sea SS0 7DB
Tel: 01702 238240  OP D MH YA

Fernbrook House
37-47 Fernbrook Avenue, Southend-on-Sea SS1 2QW
Tel: 01702 460364 OP D

Joseph House Nursing Home
51-53 Elm Road, Shoeburyness, Southend-on-Sea SS3 9PD
Tel: 01702 297217  OP D PD MH

Langley Lodge Nursing Home
39 Imperial Avenue, Westcliff-on-Sea SS0 8NQ
Tel: 01702 340186 OP D PD SI AD YA

Livability Kenway Court SECHA
5 Kenway, Southend-on-Sea SS2 5DX
Tel: 01702 440750 PD LDA YA

Maranatha Residential Home
211 York Road, Southend-on-Sea SS1 2RU
Tel: 01702 467675 OP

Mountdale Nursing Home SECHA
59 Mountdale Gardens, Leigh-on-Sea SS9 4AP
Tel: 01702 421019  OP D PD LDA YA AD

Nazareth House – Southend SECHA
111 London Road, Southend-on-Sea SS1 1PP
Tel: 01702 345627 OP

Norton Place
162 Ness Road, Shoeburyness SS3 9DL
Tel: 01702 291221  OP D PD LDA YA

Uplands SECHA
27-31 Cobham Road, Westcliff-on-Sea SS0 8EG
Tel: 01702 352752 OP YA

Tendring care homes

Abbey Care Home
28 North Road, Clacton-on-Sea CO15 4DA
Tel: 01255 420600  OP D PD LDA MH

Acorn Village
Mistley Hall, Clacton Road, Mistley, Manningtree CO11 2NJ
Tel: 01206 394124 LDA YA

Adjuvo Care Essex Ltd – Brightlingsea
162 Church Road, Brightlingsea, Colchester CO7 0QY
Tel: 01206 305835 PD LDA

Alexandra House – Harwich
Marine Parade, Dovercourt, Harwich CO12 3JY
Tel: 01255 503340 OP D

<table>
<thead>
<tr>
<th>Service</th>
<th>User Bands</th>
</tr>
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<tbody>
<tr>
<td>Older people (65+)</td>
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<tr>
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<tr>
<td>Learning disability, autism</td>
<td>SI</td>
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<tr>
<td>Younger adults</td>
<td>YA</td>
</tr>
<tr>
<td>People who misuse alcohol or drugs</td>
<td>AD</td>
</tr>
</tbody>
</table>

SECHA South Essex Care and Health Association – see page 7

Search for care at www.carechoices.co.uk to find support in your area
## Anchor Lodge Retirement Home
Cliff Parade, Walton-on-the-Naze CO14 8HB
Tel: 01255 850710  OP D PD LDA YA

## Arundel House – Frinton-on-Sea
34 Harold Road, Frinton-on-Sea CO13 9BE
Tel: 01255 852046  LDA

## Asher House
Third Avenue, Walton-on-the-Naze CO14 8jU
Tel: 01255 676100  OP

## Bamburgh House
Clacton Road, Thorrington CO7 8JN
Tel: 01206 252491  OP YA

## Belamacanda
172-174 The Street, Little Clacton, Clacton-on-Sea CO16 9LX
Tel: 01255 862238  OP PD YA

## Blenheim Care Home
39-41 Kirby Road, Walton-on-the-Naze CO14 8QT
Tel: 0800 012 1247  OP D PD SI

## Brain Injury Rehabilitation Trust – Cook Close (Dover Court)
14 Cook Close, Dover Court, Harwich CO12 3UE
Tel: 01255 240095  PD YA

## Brandon House
15-19 Jackson Road, Clacton-on-Sea CO15 1JP
Tel: 01255 426024  MH

## Brenlawood Care Home
Hall Lane, Walton-on-the-Naze CO14 8HN
Tel: 01255 675632  OP D PD SI

## Brooklyn House
22-24 Nelson Road, Clacton-on-Sea CO15 1LU
Tel: 01255 430324  OP D YA

## Bruntsfield House
68-70 Wellesley Road, Clacton-on-Sea CO15 3PL
Tel: 01255 317191  D LDA SI YA

## Bungalow, The
Plains Farm Close, Ardleigh, Colchester CO7 7QU
Tel: 01206 843661  OP PD LDA SI YA

## Butterfly’s Care Home
23 Percival Road, Walton-on-the-Naze CO14 8HH
Tel: 01255 674902  PD LDA MH YA

## Cavendish Care Homes Ltd
26 Kings Road, Clacton-on-Sea CO15 1AZ
Tel: 01255 423861  OP D

## Cavendish House
27 Carnarvon Road, Clacton-on-Sea CO15 6QF
Tel: 01255 426842  D PD LDA MH SI YA

## Cedars, The
6 Russell Road, Clacton-on-Sea CO15 6BE
Tel: 01255 433619  OP D MH

## Cherry Leas Care Home SECHA
7 Third Avenue, Clacton-on-Sea CO15 5AP
Tel: 01255 221726  OP

## Chrislyn House
14 Rosemary Road, Clacton-on-Sea CO15 1NX
Tel: 01255 428301  OP D PD LDA MH SI YA

## Clacton Family Trust
107-111 Pier Avenue, Clacton-on-Sea CO15 1Nj
Tel: 01255 475026  PD LDA SI YA

## Corner House
67-69 Wash Lane, Clacton-on-Sea CO15 1DB
Tel: 01255 432415  OP PD LDA MH

## Corner Lodge Ltd
185-193 Meadow Way, Jaywick, Clacton-on-Sea CO15 2HP
Tel: 01255 220228  OP D SI

## Cottage Residential Care Home, The
51 High Street, Brightlingsea, Colchester CO7 0AQ
Tel: 01206 303676  D PD LDA MH

### Service User Bands
<table>
<thead>
<tr>
<th>OP</th>
<th>D</th>
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<th>SI</th>
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<td>Learning disability, autism</td>
<td>Sensory impairment</td>
<td>Younger adults</td>
<td>People who misuse alcohol or drugs</td>
</tr>
</tbody>
</table>

SECHA South Essex Care and Health Association – see page 7
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
<table>
<thead>
<tr>
<th>Service</th>
<th>User Bands</th>
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<td>OP D</td>
<td>Danbury</td>
<td>Tel: 01255 319880</td>
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<td>Delamer House</td>
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<td>OP D</td>
<td>D</td>
<td>Don Thomson House Residential Care Home</td>
<td>Tel: 01255 240978</td>
<td>OP D PD SI</td>
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<tr>
<td>OP D</td>
<td>D</td>
<td>Dovercourt House Residential Care Home</td>
<td>Tel: 01255 506010</td>
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<tr>
<td>OP D</td>
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<td>Ducks Halt</td>
<td>Tel: 01255 853930</td>
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<tr>
<td>OP D</td>
<td>D</td>
<td>Elm Tree</td>
<td>Tel: 01255 677747</td>
<td>OP D YA</td>
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<tr>
<td>OP D</td>
<td>D</td>
<td>Ernest Luff Homes</td>
<td>Tel: 0300 303 1495</td>
<td>Advert page 92</td>
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<tr>
<td>OP D</td>
<td>D</td>
<td>Fairview</td>
<td>Tel: 0845 880 2526</td>
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<tr>
<td>OP D</td>
<td>D</td>
<td>Firs, The</td>
<td>Tel: 01255 862617</td>
<td>OP PD LDA YA</td>
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<tr>
<td>OP</td>
<td>PD</td>
<td>Four Winds</td>
<td>Tel: 01206 308176</td>
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<td>OP</td>
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<td>D PD LDA MH SI</td>
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</tbody>
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Visit www.carechoices.co.uk for further assistance with your search for care
Lodge Care Home
82 Kirby Road, Walton-on-the-Naze CO14 8RJ
Tel: 01255 850809  
OP D

Magdalen Close Hostel
1-5 Magdalen Close, Clacton-on-Sea CO15 3LS
Tel: 01255 432951  D PD LDA SI

Maitland House
33 Church Road, Clacton-on-Sea CO15 6AX
Tel: 01255 421415  OP

Marmora Care Home
4-6 Penfold Road, Clacton-on-Sea CO15 1JN
Tel: 01255 422719  OP D

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 391488  OP D PD LDA YA

Oaklands Care Home
34a-34b Church Road, Brightlingsea, Colchester CO7 0JF
Tel: 01206 305622  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 593594  OP D MH

Ramsay Manor
Ramsey Road, Ramsey, Harwich CO12 5EP
Tel: 01255 880308  OP D

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

Rowland House
7 Rowlands Yard, Main Road, Harwich CO12 4ND
Tel: 01255 880281  PD LDA YA

<table>
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<th>Service</th>
<th>OP</th>
<th>Older people (65+)</th>
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<th>Learning disability, autism</th>
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<td>Younger adults</td>
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<td>People who misuse alcohol or drugs</td>
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SECHA South Essex Care and Health Association – see page 7

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Contact Details</th>
<th>Special Needs</th>
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</thead>
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<tr>
<td><strong>Saresta and Serenade</strong></td>
<td>Bromley Road, Elmstead Market, Colchester CO7 7BX</td>
<td>Tel: 01206 827034</td>
<td>PD LDA SI YA</td>
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<tr>
<td><strong>Spring Lodge</strong></td>
<td>23 Vicarage Gardens, Clacton-on-Sea CO15 1BU</td>
<td>Tel: 01255 420045</td>
<td>OP</td>
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<tr>
<td><strong>St Albans House</strong></td>
<td>2 St Albans Road, Clacton-on-Sea CO15 6BA</td>
<td>Tel: 01255 221698</td>
<td>PD LDA MH YA</td>
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<tr>
<td><strong>St Marks Residential Care Home</strong></td>
<td>38-40 Wellesley Road, Clacton-on-Sea CO15 3PW</td>
<td>Tel: 01255 421750</td>
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<tr>
<td><strong>St Michael’s Care Home</strong></td>
<td>93 Marine Parade East, Clacton-on-Sea CO15 6JW</td>
<td>Tel: 01255 423688</td>
<td>OP D PD SI</td>
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<tr>
<td><strong>Stronvar Rest Home</strong></td>
<td>Church Road, Brightlingsea, Colchester CO7 0QT</td>
<td>Tel: 01206 304007</td>
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<tr>
<td><strong>Tamarind, The</strong></td>
<td>112 Ramsey Road, Dovercourt, Harwich CO12 4RN</td>
<td>Tel: 01255 507283</td>
<td>LDA</td>
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<td><strong>Tang Hall Residential Home</strong></td>
<td>18 Cottage Grove, Bockings Elm, Clacton-on-Sea CO16 8DH</td>
<td>Tel: 01255 421304</td>
<td>OP D</td>
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<tr>
<td><strong>Tendring Meadows</strong></td>
<td>The Heath, Tendring, Clacton-on-Sea CO16 0BZ</td>
<td>Tel: 01255 870900</td>
<td>D PD LDA MH SI</td>
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<tr>
<td><strong>Trinity House</strong></td>
<td>47 High Street, Manningtree CO11 1AH</td>
<td>Tel: 01206 394550</td>
<td>LDA YA</td>
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<tr>
<td><strong>Victoria Road, 21a</strong></td>
<td>Clacton-on-Sea CO15 6BH</td>
<td>Tel: 07920 005309</td>
<td>PD LDA YA</td>
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<tr>
<td><strong>Waters View Residential Home</strong></td>
<td>85 Harwich Road, Little Oakley, Harwich CO12 5JA</td>
<td>Tel: 01255 880516</td>
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<tr>
<td><strong>Well House</strong></td>
<td>Chestnut Way, Brightlingsea, Colchester CO7 0UH</td>
<td>Tel: 01206 303311</td>
<td>OP D</td>
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<tr>
<td><strong>Wellwick House</strong></td>
<td>100 Colchester Road, St Osyth, Clacton-on-Sea CO16 8HB</td>
<td>Tel: 01255 823547</td>
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<tr>
<td><strong>Winchester House</strong></td>
<td>90 Frinton Road, Frinton-on-Sea CO13 0HJ</td>
<td>Tel: 01255 678813</td>
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<tr>
<td><strong>Winsford House</strong></td>
<td>43 St Pauls Road, Clacton-on-Sea CO15 6AU</td>
<td>Tel: 01255 424044</td>
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<tr>
<td><strong>Woodboro Residential Care Home</strong></td>
<td>29-31 Skelmersdale Road, Clacton-on-Sea CO15 6BZ</td>
<td>Tel: 01255 434543</td>
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<tr>
<td><strong>York House and Aldersmore</strong></td>
<td>19 York Road, Holland-on-Sea CO15 5NS</td>
<td>Tel: 01255 814333</td>
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</table>

### Tendring care homes with nursing

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<tr>
<th>Name</th>
<th>Address</th>
<th>Contact Details</th>
<th>Special Needs</th>
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<tbody>
<tr>
<td><strong>Beach Hut, The</strong></td>
<td>9 Huntingdon Way, Clacton-on-Sea CO15 4EZ</td>
<td>Tel: 01255 223146</td>
<td>PD LDA SI YA</td>
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<tr>
<td><strong>Beaumont Manor</strong></td>
<td>Kirby Road, Great Holland, Frinton-on-Sea CO13 0FB</td>
<td>Tel: 01255 388500</td>
<td>OP D PD MH SI</td>
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<tr>
<td><strong>Edensor Care Centre</strong></td>
<td>3-9 Orwell Road, Clacton-on-Sea CO15 1PR</td>
<td>Tel: 01255 423317</td>
<td>OP D PD MH SI</td>
</tr>
<tr>
<td><strong>Five Stacks Residential Care Centre</strong></td>
<td>209 Point Clear Road, St Osyth, Clacton-on-Sea CO16 8JD</td>
<td>Tel: 01255 820417</td>
<td>OP D PD LDA MH YA</td>
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<th>Special Needs</th>
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<td>OP</td>
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<td>D</td>
<td>Dementia</td>
</tr>
<tr>
<td>PD</td>
<td>PD</td>
<td>Physical disability</td>
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<td>LDA</td>
<td>LDA</td>
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<tr>
<td>YA</td>
<td>YA</td>
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<td>AD</td>
<td>People who misuse alcohol or drugs</td>
</tr>
</tbody>
</table>

SECHA South Essex Care and Health Association – see page 7

Visit www.carechoices.co.uk for further assistance with your search for care
Tendring care homes with nursing continued

**Haven Lodge**
Reckitts Close, Holland Road, Clacton-on-Sea CO15 6PG
Tel: 01255 435777  
**Older people (65+) Dementia Physical disability Learning disability, autism Mental health**

**Little Holland Hall**
Frinton Road, Holland-on-Sea CO15 5SS
Tel: 01255 813402  
**Older people (65+) Dementia Physical disability Learning disability, autism Mental health**

**Seaview House Nursing Home**
14-16 Colne Road, Clacton-on-Sea CO15 1PY
Tel: 01255 421480  
**Mental health**

**Seven Rivers – Care Home with Nursing Physical Disabilities**
Hall Road, Great Bromley, Colchester CO7 7TR
Tel: 01206 230345  
**Older people (65+) Dementia Physical disability Learning disability, autism Mental health Younger adults**

For information on different types of care homes, see page 53.

See the checklist on page 55 for questions to ask when looking at care homes.

**Thurrock care homes**

**A M Care Home Ltd**
56-58 Lodge Lane, Grays RM16 2YH
Tel: 01375 379134  
**Learning disability, autism Mental health Younger adults**

**Allensmead**
13 Grangewick Road, Grays RM16 2DW
Tel: 01375 374003  

**Avalon**
Longhouse Road, Chadwell St Mary, Grays RM16 4QP
Tel: 01375 841402  
**Physical disability Learning disability, autism Younger adults**

**Aveley House**
6 Park Lane, Aveley, South Ockendon RM15 4UD
Tel: 01708 863289  

**Barn and Coach, The**
High Road, North Stifford, Grays RM16 5UE
Tel: 01375 383543  
**Older people (65+) Dementia**

**Belmaine Avenue, 18**
Corringham, Stanford-le-Hope SS17 7TB
Tel: 01375 360788  
**Physical disability Learning disability, autism Younger adults**

**Bennett Lodge**
Waterson Road, Chadwell St Mary RM16 4LD
Tel: 01375 842724  
**Older people (65+) Dementia**

**Breakaway**
23 Park Lane, Aveley, South Ockendon RM15 4UB
Tel: 01708 861520  
**Older people (65+) Dementia Physical disability Learning disability, autism Younger adults People who misuse alcohol or drugs**

**Cedar House**
249-251 Southend Road, Stanford-le-Hope SS17 7AB
Tel: 01375 768505  

**Collins House**
Springhouse Road, Corringham SS17 7LE
Tel: 01375 652987  

**Dexter Close**
44 Dexter Close, Grays RM17 5AU
Tel: 01375 396497  

**Gallimore Lodge**
Meesons Lane, Grays RM17 5HR
Tel: 01375 498500  
**Physical disability Learning disability, autism Younger adults**

**Hollyrose House**
116 Lodge Lane, Grays RM16 2UL
Tel: 01375 371940  
**Mental health Younger adults**

**Hollywood Rest Home**
34 Cresthill Avenue, Grays RM17 5UJ
Tel: 01375 382200  
**Older people (65+) Mental health Younger adults People who misuse alcohol or drugs**

**Homesteads, The**
216 Southend Road, Stanford-le-Hope SS17 7AQ
Tel: 01375 402444  

**Larwood**
Fullbrook Lane, South Ockendon RM15 5JY
Tel: 01708 857354  

---

**Service**  
**User Bands**  
**OP Older people (65+) D Dementia 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 care homes continued

Leatherland Lodge
Darenth Lane, South Ockendon RM15 5LS
Tel: 01708 853059  OP D PD SI YA

Long Lane
130 Long Lane, Grays RM16 2PR
Tel: 01375 394649  LDA

Meesons Lodge (Care Management Group)
Henry De Grey Close, Meesons Lane,
Grays RM17 5GH
Tel: 01375 383267  LDA

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

Woolifers Avenue, 38a
Corringham, Stanford-le-Hope SS17 9AU
Tel: 01375 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
South Ockenden 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

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

Bings Hall
Chelmsford Road, Felsted,
Great Dunmow CM6 3EP
Tel: 01371 820544  Advert page 92  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

Fiorano
Walden Road, Thaxted CM6 2RE
Tel: 01279 831856  LDA YA

Glendale Residential Care Home
14 Station Road, Felsted CM6 3HB
Tel: 01371 820453  OP D PD SI YA

Hargrave House
103 Cambridge Road, Stansted CM24 8BY
Tel: 01279 817272  OP D YA

Hatfield Haven
Hatfield Heath, Stortford Road,
Bishop’s Stortford CM22 7DL
Tel: 01279 730043  OP

HF Trust – Pound Lane
Bradbury Resource Centre, Pound Lane, Ugley,
Bishop’s Stortford CM22 6HP
Tel: 01279 816165  OP LDA YA

Humfrey Lodge
Rochelle Close,
Thaxted CM6 2PX
Tel: 01371 830878

Maranello
Walden Road, Thaxted CM6 2RE
Tel: 01376 574900  LDA

Mountfitchet House
Coltsfield, Stansted CM24 8LH
Tel: 0333 321 1932  OP D PD MH

Redbond Lodge
Chequers Lane, Dunmow CM6 1EQ
Tel: 01371 873232  OP D PD SI

Uttlesford care homes with nursing

Croft House Bupa Care Home
Braintree Road, Great Dunmow CM6 1HR
Tel: 01371 868142  Advert page 80  OP PD

Hatherley Care Home Ltd
Chaters Hill, Saffron Walden CB10 2AB
Tel: 01799 508080  OP D PD MH SI

Highfield Care Home
9-11 Mandeville Road,
Saffron Walden CB11 4AQ
Tel: 01799 524936  OP D PD SI YA

Moat House, The
Great Easton, Great Dunmow,
Dunmow CM6 2DL
Tel: 01371 870192  OP D

Mountfitchet House
Coltsfield, Stansted CM24 8LH
Tel: 0333 321 1932  OP D PD MH

Stanley Wilson Lodge Care Home
Four Acres, Saffron Walden CB11 3JD
Tel: 01799 529189  OP D

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Service  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

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

**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

**Castlepoint and Rochford**
Royce House, 630-634 London Road, Westcliff-on-Sea SS0 9HW
Tel: 07710 085419
Email: basildon-brentwood@alzheimers.org.uk

**Colchester and District**
43 Shrub End Road 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 RM17 6SL
Tel: 01375 413756
Email: grays-thurrock@alzheimers.org.uk

**Harlow**
Latton Bush Centre, Southern Way CM18 7BL
Tel: 01279 418331
Email: harlow@alzheimers.org.uk

**Mid Essex**
Widford Business Centre, 33 Robjohns Road, Chelmsford CM1 3AG
Tel: 01245 260911
Email: essex@alzheimers.org.uk

**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, Kiln Road, Benfleet SS7 1BU
Tel: 01268 881130
Web: www.caoffrerschoices.org

**Citizens Advice Essex**
Free, independent and confidential advice.
Tel: 0344 477 0808
Web: www.essexcab.org.uk

**Basildon, Wickford and Billericay**
Tel: 0300 330 2101
Web: www.citizensadvice.org.uk/local/south-essex

**Braintree, Halstead and Witham**
Tel: 0344 499 4719
Web: www.citizensadvice.org.uk/local/south-essex

**Colchester**
Tel: 0300 330 2104
Web: www.citizensadvice.org.uk/local/colchester

**Epping Forest**
Tel: 0344 477 0808
Web: www.citizensadviceefd.org.uk
Search for care at www.carechoices.co.uk to find support in your area

Harlow
Tel: 0344 477 0808
Web: www.citizensadvice.org.uk/harlow

Maldon and District
Tel: 01621 875774
Web: www.citizensadvice.org.uk/local/maldon-district

Rochford and Rayleigh
Tel: 0300 330 2101
Web: www.citizensadvice Rochford.org.uk

Southend-on-Sea
Tel: 0344 477 0808
Web: www.citizensadvicesouthend.org.uk

Tendring
Tel: 0344 411 1444
Web: www.citizensadvice.org.uk/tendring

Thurrock Citizens Advice
Tel: 0300 330 2101
Web: www.citizensadvice.org.uk/local/south-essex

Uttlesford
Tel: 01799 618840
Web: www.ut.tlesfordcab.org.uk

Dementia Intensive/Crisis Support Team (North East London NHS Foundation Trust)
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); and 07957 643140 (Saturday, Sunday and Bank Holidays).

Essence Dementia Care
Supports people with dementia to live active and fulfilling lives.
Tel: 01245 363789
Email: info@essexdementiacare.org.uk
Web: www.essexdementiacare.org.uk

Essex Mencap
A countywide charity working with local groups and other organisations to support people with learning disabilities and their families and carers.
Tel: 07874 805515
Email: essexmencap@outlook.com
Web: www.essexmencap.org

Livewell Southend
Southend-on-Sea Borough Council’s online directory of health and wellbeing information.
Web: www.livewellsouthend.com

South Essex Care and Health Association (SECHA) and Essex Bed Register
Promotes first class care for those who are cared for by its 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 (general support) or 01702 334514 (advocacy service).
Email: marc.mcowens@southendmencap.co.uk (general support) or southendmencap.advocacy@hotmail.co.uk (advocacy service).
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.
Tel: 0208 477 1800 • Email: info@vibrance.org.uk
Web: www.vibrance.org.uk

Email: office@essexcare.org.uk
Web: www.essexcare.org.uk

Essex Care Association (ECA)
Represents the interests of independent social care providers locally, regionally and nationally.
Tel: 01268 565551
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 Essex 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

Befriending – through a weekly visit or phone call, this befriending service provides friendship and support for anyone over 60 to help combat loneliness and social isolation.
Tel: 01268 525353

Home help service – offers a range of services from housework, shopping and prescription collection to a food preparation service, an outdoor activities service and sitting service that offers valuable respite for carers across the county.
Tel: 01245 423333

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 Essex has a number of volunteering opportunities from general administration roles to befriending and fundraising volunteers.
Tel: 01245 207011

Age UK Essex
Widford Hall,
Widford Hall Lane,
Off Tattersall Way,
Chelmsford CM2 8TD
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

Al-Anon Family Groups
Worried about someone’s drinking? Help and hope for families and friends of alcoholics.
Helpline: 0800 008 6811 (10.00am to 10.00pm).
Email: enquiries@al-anonuk.org.uk
Web: www.al-anonuk.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; and
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

Care Choices
Free, independent assistance with finding care providers. Searchable website.
Web: www.carechoices.co.uk

Visit www.carechoices.co.uk for further assistance with your search for care
**Care Quality Commission**  
Independent regulator of care services in England.  
Tel: 03000 616161  
Email: enquiries@cqc.org.uk  
Web: www.cqc.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, older, disabled or has mental health or addiction issues.  
Tel: 0300 772 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: 0344 411 1444  
Web: www.citizensadvice.org.uk

**Dementia Adventure**  
Provides supported holidays for people with dementia as an alternative to traditional respite where partners, family, friends or carers can enjoy an outdoor break together. Holidays are usually five days long, can be bespoke, are subsidised and are available to anyone across the UK.  
Tel: 01245 237548  
Email: info@dementiaadventure.co.uk  
Web: www.dementiaadventure.co.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

**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: info@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

Royal Voluntary Service
Helps older people maintain their independence and stay involved in their local communities.
Tel: 0330 555 0310
Web: www.royalvoluntaryservice.org.uk

SANE
SANEnline: 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

Veterans’ Gateway
The first point of contact for Armed Forces personnel, veterans and their families seeking information about employability, finances, personal relationships, befriending and more.
Tel: 0808 802 1212 • Web: veteransgateway.org.uk

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Essex home care providers

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Visit www.carechoices.co.uk for further assistance with your search for care
Brentwood and Districts
Crossroads Care Attendant
Scheme
Broadway Chambers, 3
Brook Drive
Brooks Care and Nursing
Services Ltd
Bruntfield House

Clacton Family Trust
Class (UK) Ltd
Clearwater Care
Closer Than Close Home Care Ltd
Cloud 9 Care Ltd
Clover Support Group
Comitis L11 Ltd T/A Home Instead Senior Care
Constable Care Ltd
Corner House
Creative Support Thistley Green
Intensive Support Service
CREWS Homecare Ltd
CRG Homecare Clacton-on-Sea
Crocus Community Care
Crosspath Care Ltd
Crossroads Braintree and
Chelmsford
Crossroads Care Tendring and
Colchester
Crown Medical Services Ltd

D
DAC Essex
Daisy Chain Home Support
Damorcare
Dear Life Care Ltd
Dengie Care Providers
Dimensions Unique Care Ltd
Dimensions Colchester
Domiciliary Care Office
Divine Care Group Ltd
Divine Care Provider Ltd
Dobson House
Dom Care Services
Domiciliary Care Agency – Autism Anglia
Donylands Lodge
Driftwood Lodge
Drury Healthcare Ltd

E
E & K Care Ltd
E2K Care
Ebony Healthcare Services Ltd
ECare Community
Eden Brook Home Care
Elizabeth House
Emanuel Care Ltd
Essex and Suffolk Quality Care Ltd
Essex Cares Mid
Essex Cares North
Essex Cares South East
Essex Cares South West
Essex Cares West
Essex Community Support & Enabling Service
Essex Dementia care
Ewer House
Excellence Care
Executive Care Personnel Ltd

Faiths Care
Fambridge Care Ltd
Family Homecare Ltd
First Class Care Agency
First Point 24
First Stop Recruitment Services Ltd
Fitzpatrick Total Home Care Ltd
Five Stars Care Services Ltd
Flamelilly Care Office
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Forest Homecare Mid and West Essex
Forget Me Not Caring Ltd
Fuchsia Homecare Colchester
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Published by: Care Choices Limited, Valley Court, Lower Road, Croydon, Nr Royston, Hertfordshire SG8 0HF. Tel: 01223 207770.

Publisher: Robert Chamberlain.
Director of Sales: David Werthmann.
Editor: Angharad Burnham. Content Editor: Emma Cooper.
Junior Editor: Henry Thornton.
Regional Team Manager: Russell Marsh.
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