



Essex and Southend-on-Sea Care Services Directory **2023**

The essential guide to choosing and
paying for care and support

In association with

Gifford House

care home

Caring for our adults

London Road, Bowers Gifford, Basildon, Essex SS13 2EY



Gifford House is a luxury care home providing accommodation for adults requiring nursing care and support, including those with physical disabilities, complex needs and Dementia.

We are committed to achieving the highest standards of care for your loved ones, as we understand their needs for choice, dignity, independence and quality of life.



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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Essex County Council, Southend-on-Sea City 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**. Alternatively, visit **www.carechoices.co.uk/order-copies-of-a-directory** to order a copy online.

Alternative formats

This Directory is available electronically at **www.carechoices.co.uk/** The e-book is also Recite Me compatible for those requiring information in the spoken word.



Introduction

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 care 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 14. 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 22 for those paying for care at home and page 62 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 7 and a list of local home care providers begins on page 29.

If you are unable to remain at home, you may want to consider a housing with care scheme (see page 53) or residential care. Comprehensive lists of care homes and care homes with nursing in the area start on page 69.

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

Essex County Council Adult Social Care

Tel: **0345 603 7630**

Email: **socialcaredirect@essex.gov.uk**

Web: **www.essex.gov.uk/topic/adult-social-care-and-health**

Southend-on-Sea City Council Adult Social Care

Tel: **01702 215008**

Email: **council@southend.gov.uk**

Web: **www.southend.gov.uk/social-care**

Advisers and contributors

Alzheimer's Society Essex – Leanne Dovey and Kathy Cohen

Essex Care Association

South Essex Care and Health Association



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: **0300 061 6161**

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. Your results 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. →

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

→ 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**

South Essex Care and Health Association (SECHA)



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 up to date with latest care practices and changes in the law as it affects care homes and have found that members benefit enormously from the 'Buddy' system operated. This helps members with one-to-one consultation and assistance as required with problems encountered.

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

For further information, contact the Administrator.

South Essex Care and Health Association

Tel: **01268 784501**

Email: **philroseman@secha.org.uk**

Web: **www.secha.org.uk**

SECHA Members' Bed Register

A service for all those seeking to find a place in a home who are a member of the Association. The register is updated daily on the website and sent to local authorities, ICBs and other placement agencies once a week by the SECHA for its members. Copies are available by telephoning the Administrator on **01268 784501**.

Alternatively, see the register on the website at **www.secha.org.uk**



Helping you to stay independent

Services developed in partnership with the voluntary sector

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

Examples include:

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

Day care centres

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

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

mental health conditions, learning disabilities and dementia.

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

For details of local services, visit the **Age Well East** and **Live Well Southend** websites at **<https://agewelleast.org.uk/help-and-support/find-groups-and-events>** and **<https://livewellsouthend.com>** respectively.

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. However, 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.

Meal services in Essex are available at **www.essex.gov.uk/help-with-meals-and-shopping** or search 'meals on wheels' at **<https://livewellsouthend.com>** for services in Southend.

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

Tel: **01206 216600**

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** (search for 'dial-a-ride').

Tendring Community Transport

Tel: **01255 436962** • Web: **www.dial-a-ride.org**

Uttlesford Community Travel

Tel: **01371 875787** or **01799 519008**

Email: **info@uttlesfordcommunitytravel.org**

Web: **www.uttlesfordcommunitytravel.org**

Wyvern Community Transport

Tel: **01268 753513** or **01268 754936**

Email: **bookings@wyvernct.org.uk**

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. HIAs provide advice, along with support and assistance, to help people 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 handyman service for small jobs and repairs (usually 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 it will normally offer to get estimates from one or more of its regular contractors. Subject to your acceptance, the HIA will then offer to manage the works contract 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: **https://livingmadeeasy.org.uk/dlf-factsheets/adapting-your-home-planning-and-funding**

Find My HIA

Search an online directory to find your local HIA.

Web: **www.findmyhia.org.uk**



Specialist equipment

There is a range of equipment available to make life easier and to improve safety and independence in the home, for example, 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 they have difficulties with everyday tasks.

Visit <https://asksara.livingmadeeasy.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 11 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

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 to the suitability or quality of the equipment.

Web: <https://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**

Email: services@essexsight.org.uk

Web: www.essexsight.org.uk

Hearing Help Essex

Aims to prevent vulnerable and older people with hearing loss from becoming depressed, isolated and excluded by providing equipment such as amplified telephones and flashing doorbells.

Suite 1, 158 Moulsham Street, Chelmsford CM2 0LD

Tel: **01245 496347**

Text: **07950 406173**

Email: info@hearinghelpessex.org.uk

Web: 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: <https://livingmadeeasy.org.uk>

Southend In Sight

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

117 Hamlet Court Road, Westcliff-on-Sea SS0 7ES

Tel: **01702 342131**

Email: info@southendinsight.org.uk

Web: <https://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.

17 Cottage Place, Chelmsford CM1 1NL

Tel: **01245 933572**

Email: info@support4sight.org.uk

Web: 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, confident that should an incident occur, they will know about it. Some devices can also help to monitor particular health conditions and reduce the need for hospital admission.

You can buy telecare and assistive technology from private companies or, if you're eligible through an assessment (see page 14), the council may be able to provide this for you.

Call your local adult social care department for more information.

Essex County Council Adult Social Care

Tel: **0345 603 7630**

Southend-on-Sea City Council Adult Social Care

Tel: **01702 215008**



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

 **CareChoices**

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 <https://asksara.livingmadeeasy.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? ☐

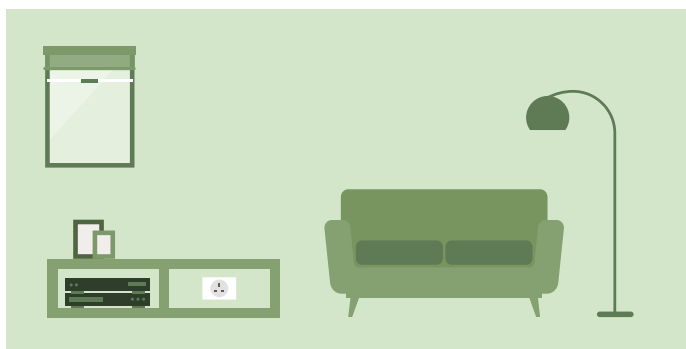
Are there alternative solutions that might be free? ☐

Is there a cost associated with servicing the equipment? ☐

Notes

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 to improve your mobility.

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

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

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



Handled plug



Chair raisers



Chopping board



Level indicator



Teapot tipper

More information on staying independent and ideas to help you live at home can be found online at www.carechoices.co.uk/staying-independent-at-home/ There is also information on making larger adaptations to your home.



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 City Council Adult Social Care

Tel: **01702 215008**



Grab handles



Bed table



Hand rail



Hand trolley



Tap turners

Support from your local council

The way councils provide services to eligible adults and their carers is called personalisation. This term is used to describe the several ways in which eligible adults can receive a combination 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 in the assessment 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 your local adult social care department 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 22 if you are receiving home care and page 62 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 eligibility for care 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 these options.

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 service, including liaising with HM Revenue and Customs and issuing payslips.

Tel: **01245 392300**

Email: **essex@wearepurple.org.uk**

Web: **www.wearepurple.org.uk**

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 your 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 from 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 63 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 a critical 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 carers' assessment. The money is not taxed, and it will not affect any benefits.

Respite at home

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

the person who is being cared for. If they have a Personal Budget for their own needs (see page 14), 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 – this is currently £69.70 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. If the person you're caring for receives the severe disability premium (or severe disability addition in Pension Credit), this may be lost if you claim Carer's Allowance and/or Carer's Premium. Seek specialist independent advice before claiming Carer's Allowance.

Carer's Premium is an extra payment of up to £38.85 per week that can sometimes be added to the calculation of other benefits you might get on top of Carer's Allowance. Carers who do not qualify for Carer's Allowance may qualify for Carer's Credit. 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 Choices

Aims to improve the lives of carers by giving them a break from their caring responsibilities and providing a reliable, tailored service for each carer and the person they care for.

Tel: **0300 302 1212**

Web: <https://carerschoices.org>

Carers First

Services to support unpaid carers.

Tel: **0300 303 1555**

Web: www.carersfirst.org.uk/Essex

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: <https://carers.org>

Carers UK

Offering carers expert advice, information and support.

Tel: **0808 808 7777**

Email: advice@carersuk.org

Web: www.carersuk.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 city of Southend-on-Sea.

Tel: **01702 393933** (Monday to Friday, 10.00am to 4.00pm).

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



www.carechoices.co.uk



Search for care in your area

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

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

Care in your own home

Carefully chosen home care with a good-quality provider is an excellent way to retain your freedom and independence, whilst getting the help you need

to stay happy and safe. It can offer the opportunity to stay at home, in your own familiar surroundings, and to retain a quality of life you might have feared lost.

Why choose home care?

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

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

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

good first step towards finding help.

How home care can help you

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

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

A list of all home care agencies operating in the area starts on page 29.

Live-in care

Live-in care is a viable alternative to residential care, where a fully trained care worker lives and works in your own home to support your individual needs and help you maintain your independence. The carer must be allowed breaks and have somewhere to sleep at night.

Support available from live-in carers can range from personal care and mobility assistance to more complex health requirements, as necessary.

The cost of live-in care varies depending on your circumstances, including the level, type and duration of care that you require.

Any organisation that employs live-in carers is required to register with the Care Quality Commission (CQC) and ensure that its employees follow the essential standards of quality and safety in their practices. For more information about the CQC, see page 5.

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 5), 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 5.

The Homecare Association 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, handypersons 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.



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

www.myfamilyourneeds.co.uk

✉ hello@myfamilyourneeds.co.uk  [@WeAreMFON](https://twitter.com/WeAreMFON)

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

Ask questions

Get involved

Join the family

Living with dementia at home

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

The various types of support available to you and your carer are likely to involve NHS services, adult social care and voluntary agencies. Some examples of services and support to help people living with dementia include:

- specialist day centres;
- respite care or short breaks;
- assistive technology and community alarms;
- home care;
- meals at home;
- community equipment;
- extra care sheltered housing; and
- carers' support groups.

Family support

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

When someone is living with dementia, they need:

- support to live their life;
- reassurance that they are still valued and that their feelings matter;
- freedom from as much external stress as possible; and
- appropriate activities and stimulation to help them to remain alert and motivated for as long as possible.

Dementia Friends

People with dementia sometimes need a helping hand to go about their daily lives and feel included in their local community.

Dementia Friends is giving people an understanding of dementia and the small things they can do

that can make a difference to people living with dementia – from helping someone find the right bus to spreading the word about dementia.

See **www.dementiafriends.org.uk** for further information.

Respite care

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

services – see page 14 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 your local council or Alzheimer's Society for more details – see 'Useful local contacts', beginning on page 98.

Alzheimer's Society

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

Dementia Connect, from Alzheimer's Society, is a new personalised support service for anyone with dementia, their carers, families and friends. Alzheimer's Society understands that dementia affects everyone differently.

You will be connected to a whole range of dementia support, by phone, online and face to face. It's free, easy to access and puts you in touch with dedicated dementia advisers. Whether it's advice on legal documents, help understanding dementia or someone to talk to when things get tough, you are not alone. Alzheimer's Society also knows it's never easy to tell your story, which is why you'll only ever need to tell it once.

If you have concerns about any form of dementia, please contact Alzheimer's Society for information and support and access to local services. See page 98 for contact details.

Alzheimer's Society's Dementia Connect support line is available on **0333 150 3456** and can provide information, support, guidance and signposting to other appropriate organisations. The support line 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 62.

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 cannot be claimed until State Pension age and PIP can be claimed from the age of 16 until State Pension age. Check your State Pension age at www.gov.uk/state-pension-age

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 who 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.

Money Helper

A free and impartial money advice service set up by the Government.

Tel: **0800 138 7777**

Web: www.moneyhelper.org.uk

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 62.



Tell us what you think ☒

 CareChoices

⦿ What have you found useful?

⦿ What could we do better?

Share your feedback – take our five minute survey

www.carechoices.co.uk/reader-survey



Keeping the life they love, while getting the care they need

People across Essex are choosing to stay in the comfort of their own homes with Elder live-in care. We work with both families and local authorities to find a skilled and vetted carer who can move in, and help transform later life.

- Provides personalised, one-to-one care
- Supports a range of needs from personal care to housekeeping
- Protects a person's way of life
- Provides a better continuity of care
- Can support recovery and health outcomes
- Helps older couples to stay together
- Affordable alternative to the care home
- Care can be arranged quickly
- Every carer is DBS checked, assessed, and referenced

At Elder we offer:

- Companionship
- On-going or short-term care
- Respite care
- Palliative care
- Dementia care

“Elder provides choice and matches carers to the specific needs of my patients and their families. The service is always responsive and in some cases the request for a carer has been arranged within 48 hours - I couldn't recommend Elder more highly.”

Dr Mashkur Khan, Consultant Geriatrician

Find out if live-in care is right for your situation - speak to a Senior Care Advisor today on
0330 134 2879 | partnerships@elder.org | elder.org

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

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*See page 5.

Bespoke home care

Supporting people to live **independently**

Whether it's a short daily visit or round-the-clock support, our dedicated care plans are centred around you or your loved one's individual needs and routines.

We have a variety of care packages available

tailored to you or your loved one's needs.

Whether you'd benefit from regular and reliable support with **visiting care**, you require a better alternative to a care home with round-the-clock **live-in care**, or perhaps, our **respite services** are just what you need for a break from your usual care set up.


Homecare Association
Founding member

Regulated by
 **Care Quality Commission**

For more information contact our customer care specialists

Call your local branch today!

Basildon
01268 919 567

Braintree
01376 748 133

Chelmsford
01245 962 858

Chigwell
02039 668 547

Colchester
01206 598 405

Enfield
02039 910 360

Harlow
01279 704 095

Maldon
01621 220 207

Southend on Sea
01702 884 374

- ✓ Rated 4.8 on ★ Trustpilot
- ✓ Regulated by the CQC and CIW
- ✓ Providing care for over 30 years



Regular and reliable
Visiting care



24-hour support
Live-in care

Who are Helping Hands?

Founded in 1989, Helping Hands have been supporting people to stay in the comfort of their own home for over 30 years. Dedicated home care from Helping Hands offers the extra support, reassurance, and companionship that may be needed for you or your loved one to continue living independently at home.

Why choose us?

Over 30 years of experience

We have been delivering care at home since 1989 and have supported over 60,000 families in the UK. After all, we believe life is better at home.

Person-centred care

Your care plan is fully tailored to your needs and requirements. They are also flexible. So, any changes that need to be made can be arranged.

Outstanding workforce

We have over 150 local branches, a team of clinical nurses, and 6000+ carers across England and Wales. All carers are fully trained and directly employed by us.

“ *The carers have almost become family and I cannot praise them enough. They have provided kind, dignified, respectful care and have never let us down.* ”

— Angela, customer —

Our bespoke service includes, but is not limited to:

- ♥ Companionship
- ☕ Respite care
- ✚ Condition-led care
- 👣 Mobility support
- 🛒 Grocery shopping
- 👐 Personal care
- 🧹 Housekeeping



for more details visit helpinghands.co.uk

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 you or your loved ones are treated with the dignity and respect truly deserved.



"Your Choice, Your Care"



CHELMSFORD

Tel: 01245 354774

Email: enquiries@a1homecareltd.co.uk

Web: www.a1homecareltd.co.uk

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



Feel better in the comfort of your own home

Whether you need daily or weekly assistance due to aging, illness, recovery, or rehabilitation, our care givers will provide an individualized service that you can trust. Our aim is to provide the best quality of care for those who require help in the comfort of their own home. We understand that not one care plan fits all.

Tel: **07594 730179**

Email: info@jandm-homecare.co.uk

www.jandm-homecare.co.uk

Contact us to find
out more!

PEACE OF MIND HOME SUPPORT

Your Care, Your Way

Services include assistance with:

- ♦ All aspects of personal care
- ♦ Dementia care
- ♦ End of life care
- ♦ Companionship
- ♦ Shopping and access to the community
- ♦ Administering and support with managing medication
- ♦ Domestic chores such as laundry, housework and cooking



Tel: 01255 479411

Email: information@peaceofmindcare.co.uk

Web: www.peaceofmindcare.co.uk



**Rated
Excellent**

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*Fully managed high quality
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Witham

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Colchester

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OP D PD LDA MH YA

Advantage Healthcare – Suffolk and Essex

Colchester

Tel: 01206 228333

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Allcare

Colchester

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Alliance Care and Support Ltd

Clacton-on-Sea

Tel: 01255 256020

OP D PD LDA SI

Allied Health-Services Colchester

Colchester

Tel: 01206 710748

OP D PD LDA MH SI YA AD

Service

OP Older people (65+)

D Dementia

PD Physical disability

LDA Learning disability, autism

User Bands

MH Mental health

SI Sensory impairment

YA Younger adults

AD People who misuse alcohol or drugs

YOUR CARE • YOUR HOME • OUR COMMITMENT

SeaShell is a local, family-run, premium domiciliary care company covering Epping Forest and Harlow.

We provide bespoke home care services to facilitate independent living whilst embracing a more socially conscious care model to give back to our carers and the community.

Our services include personal care, medication support, companionship, light housekeeping and more.

Contact us to discuss your needs or book an appointment via our website.
info@seashellcare.com
01992 874688
seashellcare.com

COVID-19 SAFE

eca

SEASHELL

HIGHTOWER
Care Services

Hightower Care Services Ltd is an organisation that has been established to provide the highest standard of personal care and support to people living in their own homes with respect, dignity and independence. We offer a variety of care and support packages to meet their specific requirements.

From companionship to full-time care, our high quality services are provided by extensively trained professionals.

We offer:
 live-in care • personal care • stroke care • respite care • post hospital care
 palliative care • dementia care • elderly care • companionship

Contact us:
 01376 428943
 info@hightowercare.com
 www.hightowercare.com

PERSONAL CARE WITH LOVE

Umbrella Health Care is a nationwide family run business with over 41 years' experience in domiciliary care, complex care, supported living, mental health, learning disability and extra care schemes.

Umbrella Health Care provides a professional, personal, and unique service that enables you to remain in the comfort of your own home whilst receiving the service that supports you and your loved ones.

OUR SERVICES INCLUDE:

- Live in Care
- Night Care
- Support
- Respite Care
- Domiciliary Care
- Mental Health
- Reablement Care
- Palliative Care
- Private Care

QCS Quality Compliance Systems

Umbrella
HEALTH CARE

Tel: 0203 824 2521
 Email: care@umbrellahealthcare.org

Home Instead
To us, it's personal

Live well, your way

Start your home care journey with Home Instead® today.

01268 733820
 www.homeinstead.co.uk/basildon/

Suite 31 Cornwallis House, Howard Chase, Basildon SS14 3BB

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ALL4U CARE

Award Winning, Family-Run Care

Havering, Frinton & surrounding areas

LET US SHARE THE CARE
 www.all4ucare.com | 0800 999 3447

HOME CARE
 If you or your loved one need a second pair of hands to help around the house, then get in touch.

COMPANIONSHIP CARE
 Think of us as part of the family. We understand the value of staying socially connected or just having someone to chat to.

SPECIALIST CARE
 We understand that no two people are the same, and can support people with complex care needs, long-term illness or disability.

REABLEMENT CARE
 We can work with you to coordinate care with other practitioners to help with health and fitness goals and regain as much independence as possible.

RESPITE CARE
 Caring for someone is a big responsibility and is sometimes a full-time job. We understand that continuity of care is important, so we provide flexible respite care.

Essex home care providers continued

Allied Health-Services Maldon

Basildon

Tel: 01268 581170 **OP D PD LDA MH SI YA AD**

Alpha Care Solutions Ltd

Basildon

Tel: 01268 449112 **OP D PD LDA MH SI YA AD**

Always There Domiciliary Care Ltd

Epping

Tel: 01992 560099 **OP D PD LDA MH SI YA**

Alyson Homecare

Rochford

Tel: 01702 345566 **OP D PD LDA MH SI YA**

Andrea Healthcare Ltd

Colchester

Tel: 01473 807707 **OP PD LDA MH YA**

Anglian Care – Chelmsford

Chelmsford

Tel: 01268 795800 **OP D PD LDA MH SI YA**

Anglian Care Ltd – Rankin House

Benfleet

Tel: 01268 795800 **OP D PD MH SI YA**

Annie's 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**

Ascent Care, Training and Supplies Ltd

Clacton-on-Sea

Tel: 01255 434347 **OP D PD MH SI YA**

Ashington Road, 268

Rochford

Tel: 01702 548028 **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**

Autism Anglia Supported Living

Colchester

Tel: 01206 577678 **LDA YA**

B Pro Nursing Agency

Canvey Island

Tel: 01268 952767 **OP D PD LDA MH 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**

BB Healthcare Services Ltd

Chelmsford

Tel: 01245 252622 **D PD LDA MH SI AD**

Beaumont Home Care

Billericay

Tel: 01277 725660 **OP D PD LDA MH SI YA**

Beaumont House

Walton-on-the-Naze

Tel: 0345 601 0030 **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**

Bloomsbury Home Care – Essex

Thorpe-le-Soken

Tel: 0845 508 4512 **OP D PD LDA MH SI YA**

Blossom Healthcare Solutions

Harlow

Tel: 01279 437923 **OP D PD LDA SI YA**

BlowingPoint Care

Waltham Abbey

Tel: 01992 667680 **OP D PD YA**

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

Essex home care providers continued

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

Colchester and Tendring

Tel: 01255 427113

OP D PD LDA MH SI YA

Essex West

Tel: 01277 230763

OP D PD MH SI YA

Mid Essex

Tel: 01245 263962

OP D PD LDA MH SI YA AD

Thurrock and Castle Point

Tel: 01268 753188

OP D PD LDA MH YA

Bocking Alms Houses

Braintree

Tel: 01376 345865

OP D LDA MH SI

Broadway Chambers, 3

Basildon

Tel: 01268 987806

OP D PD LDA MH SI YA

Brook Drive

Wickford

Tel: 07515 892450

LDA YA

Brooks Care and Nursing Services Ltd

Wickford

Tel: 01268 761459

OP YA

Bruntsfield House

Clacton-on-Sea

Tel: 01255 317191

D LDA SI YA

CA Case Management Ltd

Saffron Walden

Tel: 01799 540734

OP PD YA

Calm Futures

Witham

Tel: 07742 349081

OP PD LDA YA

Calvern Care Ltd

Chelmsford

Tel: 01245 356755

OP D PD MH SI

Cannons, The

Colchester

Tel: 01206 282819

OP D PD MH SI YA

Care at Hand Ltd

Harlow

Tel: 01279 626200

OP D PD LDA MH SI YA

Care Deluxe Ltd

Brentwood

Tel: 01277 725114

OP D PD MH SI YA

Care Givers Ltd

Colchester

Tel: 01206 890904

OP D PD YA

Care Just 4U

Harlow

Tel: 01279 311439

OP D PD LDA

Care Plus Essex Ltd, part of Manorcourt Care

Saffron Walden

Tel: 01799 529312

OP D PD MH SI YA

Careinmyhome West Essex

Epping

Tel: 01992 892894

OP D PD SI

Caremark (Brentwood & Basildon)

Brentwood

Tel: 01277 725205

OP D PD YA

Caremark (Chelmsford & Uttlesford)

Dunmow

Tel: 01371 872178

OP D PD LDA MH SI YA

Caremark (Colchester)

Colchester

Tel: 01206 585225

OP D PD LDA MH SI YA

Caremark (Harlow & Epping Forest)

Harlow

Tel: 01279 210123

OP D PD LDA MH SI YA AD

Caremark (Southend & Rochford)

Rochford

Tel: 01702 548104

OP D

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

Essex home care providers continued

Caremax Homecare Services Ltd

Brentwood

Tel: 01277 562162

OP D PD LDA MH SI YA AD

Carerose Cares Ltd

Harlow

Tel: 0345 257 2018

OP D PD LDA

Carers Choices

Benfleet

Tel: 01268 881130

OP D PD LDA MH SI YA AD

Caring Direct Ltd

Braintree

Tel: 01376 653162

OP D PD LDA MH SI YA

Caronne Care Essex Branch

Basildon

Tel: 01268 437613

OP D PD LDA MH SI YA AD

Central Care Recruitment Ltd

Harlow

Tel: 01279 897770

OP D PD LDA MH SI YA AD

Cera – Essex and Havering

Basildon

Tel: 01268 222484

OP D PD LDA MH SI YA AD

Cera Clacton on Sea

Clacton-on-Sea

Tel: 01255 258794

OP D PD LDA MH SI

Chandlers Homecare

Waltham Abbey

Tel: 01992 731476

OP D PD MH SI YA

Chennai Holistic Home Care Agency Ltd

Basildon

Tel: 01245 967217

OP D PD SI YA

Chesterford Homecare

Saffron Walden

Tel: 01799 530780

OP D PD MH SI YA

Christchurch Cares

Braintree

Tel: 01376 343223

OP D PD LDA SI YA

City On A Hill Care

Colchester

Tel: 07795 084233

OP D PD LDA MH SI YA

Civicare East Ltd

Chelmsford

Tel: 01245 409250

OP D PD LDA MH SI YA

CK2Care

Clacton-on-Sea

Tel: 07366 955656

OP D PD MH SI YA

Class (UK) Ltd

Chelmsford

Tel: 01245 600022

LDA YA

Closer Than Close Home Care Ltd

Epping

Tel: 01992 560099

OP D PD MH SI

Cloud 9 Care Ltd

Colchester

Tel: 01206 862368

OP D PD MH SI YA

Clover Support Group

Harlow

Tel: 01279 293033

OP D PD LDA MH SI YA

CO9 Senior Homehelp Ltd

Halstead

Tel: 01787 813127

OP D YA

Colchester Homecare Ltd North Essex Branch

Colchester

Tel: 07368 224486

OP D PD MH

Comitis L11 Ltd T/A Home Instead Senior Care

Blackmore

Tel: 01277 822858

OP D PD LDA SI YA

Concept Care Solutions

Basildon

Tel: 01702 567430

OP D PD LDA MH SI

Conserve Care Ltd

Chelmsford

Tel: 01708 912173

OP YA

Constable Care Ltd

Colchester

Tel: 01206 808505

OP D PD LDA MH YA

Cornell Court

Saffron Walden

Tel: 0300 456 9998

OP D PD SI YA

Service

OP Older people (65+)

D Dementia

PD Physical disability

LDA Learning disability, autism

User Bands

MH Mental health

SI Sensory impairment

YA Younger adults

AD People who misuse alcohol or drugs

There's nothing like the
comfort of your own home.



We can provide:

- Elderly support
- Companionship
- Emergency care
- 24-hour care
- Live-in care
- Respite care
- Mental health support
- Physical disability support
- Sensory impairment support
- Learning disability support
- Brain & spinal injury care

Our experience means that we understand everyone's care needs are different. Finding the right type of care begins with identifying what's important to you.

Whether you require weekly, daily or Live-in care, we can build a unique plan to suit your every need. Care at home offers a practical and affordable alternative to moving into a residential setting, helping you to keep your independence.

We will work closely with you to handpick your Dedicated Care Professionals, so you can genuinely connect with your team. Our skilled DCP's will make sure you're able to continue doing all things you love such as staying active, socialising or cooking.

The care my husband received was so amazing. His carers were just so kind and patient, despite very trying times. I can't praise or thank them enough!

Find more reviews from our clients on [homecare.co.uk](https://www.homecare.co.uk)

Speak to our friendly team on

08000 44 88 48

nursepluscareathome.com



Choose *home*

Personalised, private care in your home.

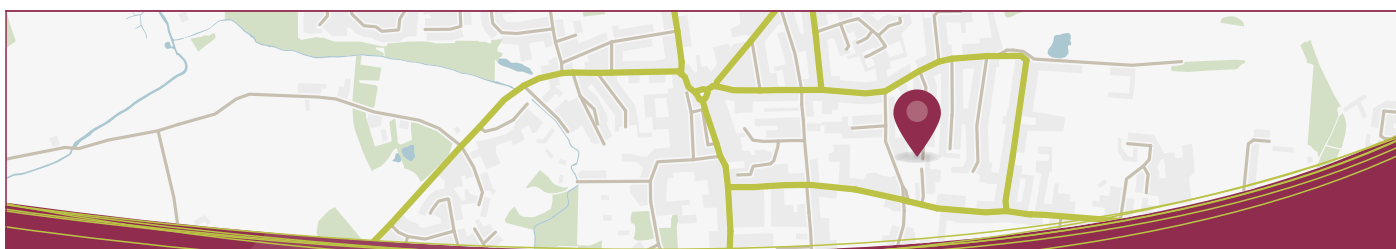
We can help with:

Personal care • Medication and transport
Household tasks • Companionship

Call: **03330 135 438**

Email: info@eclcaresolutions.co.uk

Visit: eclcaresolutions.co.uk



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



Cranfield Court

Chelmsford

Tel: 01245 429146

OP D PD LDA MH SI YA

Creative Support – Thistley Green

Braintree

Tel: 01612 360829

PD LDA MH SI

Crosspath Care Ltd

Colchester

Tel: 01787 827570

OP D LDA MH YA

Crossroads Braintree and Chelmsford

Braintree

Tel: 01376 529985

OP D PD LDA MH SI YA

Crossroads Care Tendring and Colchester

Thorpe-le-Soken

Tel: 01255 860960

OP D PD LDA MH SI YA AD

Crown Medical Services Ltd

Chigwell

Tel: 07889 541117

OP D PD LDA MH YA

Crystal Social Care

Brentwood

Tel: 07958 361217

OP D PD YA

Daisy Chain Home Support

Manningtree

Tel: 01206 394545

OP D PD YA

Damorcare

Chelmsford

Tel: 07440 037219

OP LDA MH YA

DCA Essex

Braintree

Tel: 01372 364000

PD LDA YA

De Vere Care Partnership – Chelmsford

Chelmsford

Tel: 0333 888 1310

OP D PD LDA SI YA

Dengie Care Providers

Chelmsford

Tel: 01621 828141

LDA

Derwent Court

Chelmsford

Tel: 07494 166657

OP D PD LDA YA

Diamond Unique Care Ltd

Harlow

Tel: 01279 303419

OP D PD YA

Dimensions Colchester Domiciliary Care Office

Colchester

Tel: 0300 303 9004

OP PD LDA YA

Divine Care Group Ltd

Benfleet

Tel: 07572 465261

OP D PD YA

Divine Care Provider Ltd

Colchester

Tel: 01376 572222

OP D PD MH SI YA

Domici Ltd

Chelmsford

Tel: 01245 808189

OP D PD MH SI YA

Drury Healthcare Ltd

Colchester

Tel: 01206 803441

OP D PD LDA YA

E&K Care Ltd

Wickford

Tel: 07763 647303

OP D PD YA

E2K Care

Tiptree

Tel: 01621 819529

OP YA

Ebony Healthcare Services Ltd

Brentwood

Tel: 01277 725029

OP LDA MH YA

ECare Community

Clacton-on-Sea

Tel: 01255 808180

OP D MH YA

ECare Wickford

Wickford

Tel: 01268 972269

OP D MH YA

ECHAD Services (ACH Healthcare)

Harlow

Tel: 01279 909157

OP D PD MH SI YA AD

ECL Care Solutions – Havering

Brentwood

Tel: 0333 013 5438

Advert page 34

OP D PD LDA YA

Service

OP Older people (65+)

D Dementia

PD Physical disability

LDA Learning disability, autism

User Bands

MH Mental health

SI Sensory impairment

YA Younger adults

AD People who misuse alcohol or drugs

Eden Brook Home Care

Chelmsford

Tel: 01245 363888

OP D PD LDA MH SI YA AD

Essex Cares North

Colchester

Tel: 01206 364876

OP D PD MH SI YA

Efficiency-For Care

Clacton-on-Sea

Tel: 07930 179151

OP D PD LDA MH SI YA

Essex Cares South East

Benfleet

Tel: 01268 638450

OP D PD MH SI YA

Emanuel Care Ltd

Colchester

Tel: 01206 656600

OP D PD LDA SI YA

Essex Cares South West

Basildon

Tel: 01268 272242

OP D LDA MH SI YA AD

Essex and Suffolk Quality Care Ltd

Clacton-on-Sea

Tel: 01255 831594

OP

Essex Cares West

Harlow

Tel: 0300 003 1624

OP D PD MH SI YA AD

Essex Care Group, The

Colchester

Tel: 01206 489542

OP D PD LDA MH SI YA

Essex Community Support & Enabling Service

Colchester

Tel: 07720 337923

OP PD LDA MH YA

Essex Cares Mid

Chelmsford

Tel: 0333 013 5438

OP D PD MH SI YA

Essex Dementia Care

Braintree

Tel: 01245 363789

OP D



Contact us on:

01206 266 758 and 03334 040 812

info@graceagecare.co.uk

www.graceagecare.co.uk

GRACEAGE CARE IS A PREMIER PROVIDER OF IN-HOME CARE SERVICES

We provide on-going recruitment opportunities for nurses, healthcare assistants and homecare workers to the NHS, private hospitals, Nursing and Care Homes.

Onboarding Services • Home Care Services • Transitional Support Services
Household & Domestic Care • Respite Care And Support
Well-Being Visits • Companionship

We provide first-class home care services that focus on individualised care, support and treatment that matter most to the service users with considerations for their family and carers without making assumptions, by engaging well-trained dedicated staff with responsive management skills and ongoing training within the industry.

We have set our goal to be an avenue to turn our client into friends and our staff to be partners in service delivery which is why we adopted the slogan: "Devoted to Care Delivery with Professionalism and Collaboration" as a means to achieve our vision of "striving towards addressing the shortage of healthcare professionals".

EVJ Healthcare Ltd

Clacton-on-Sea

Tel: 07984 988857

OP D PD MH YA

Exceedingfey Care Agency Ltd

Harlow

Tel: 07305 294584

OP D PD LDA MH YA

Excellence Care

Basildon

Tel: 01268 988500

OP LDA MH YA

Executive Care Personnel Ltd

Brentwood

Tel: 01277 725852

OP D PD MH SI YA

Faith Home Care Ltd

Chelmsford

Tel: 01245 901533

OP YA

Faiths Care

Colchester

Tel: 01206 266886

OP D PD YA

Family Homecare Ltd

Chelmsford

Tel: 01245 473438

OP D PD LDA MH SI YA

Filcare Ltd

Braintree

Tel: 01376 349332

OP D PD LDA MH SI YA

First Point 24

Wickford

Tel: 01268 971739

OP D PD LDA MH SI YA AD

First Stop Recruitment Services Ltd

Chelmsford

Tel: 01245 477042

OP D PD LDA MH SI YA

Fitzpatrick Total Home Care Ltd

Colchester

Tel: 01787 221622

OP D PD LDA MH SI YA

Five Stars Care Services Ltd

Colchester

Tel: 01376 572171

OP D YA

Forest Homecare Ltd

Halstead

Tel: 01787 463222

OP D PD LDA MH SI YA

Forest Homecare Mid and West Essex

Chelmsford

Tel: 01245 442071

OP D PD LDA MH SI YA

Forget Me Not Caring Ltd

Hockley

Tel: 01702 826200

OP D PD LDA MH SI YA

Fuchsia Homecare Chelmsford

Ingatstone

Tel: 01277 584730

OP D PD LDA MH SI YA

Fuchsia Homecare Colchester

Colchester

Tel: 01206 822491

OP D PD LDA MH SI YA

Gemstone Care Ltd

Loughton

Tel: 0208 502 5987

LDA

Glenavon Care Ltd

Chelmsford

Tel: 01245 224054

OP D PD LDA SI YA

Glenwood Healthcare Ltd

Harlow

Tel: 01279 495150

OP D PD LDA MH SI

Global Inspirations Ltd – Essex/London

Braintree

Tel: 07932 277322

OP D PD LDA SI

Golden Hands Home Care Ltd – Office

Colchester

Tel: 01206 580692

OP D PD LDA MH SI YA

Golden Link Care Services

Benfleet

Tel: 07715 547563

OP YA

Goldleaf Homecare

Waltham Abbey

Tel: 01992 677500

OP D PD SI YA

Good Life Care Ltd

Braintree

Tel: 07940 373598

OP D PD LDA SI YA

Graceage Care Ltd

Colchester

Tel: 01206 266758

Advert page 36

OP D PD LDA MH YA

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



Helping people gain independence
to live better lives at home

About Us

Providing care in a person centred way to deliver a person centred service. We are a privately-owned Domiciliary Care Company registered and regulated by the Care Quality Commission. Our management and staff have over 25 years practical experience of working in the homecare sector.



Opening times:

Office hours
Mon-Fri 8am to 5pm

Out of office hours
Mon-Fri 5pm to 8am
Sat, Sun & Bank holidays

01992 760 520
info@hopehomecare.co.uk

Our Services

There are a range of flexible packages we offer to support your needs, which include:

- Live-in Care
- Waking nights
- Sleep overs
- Domestic Help
- Shopping
- Dementia Care
- Meal Preparation
- Medication
- Out and About
- *plus much more...*



**HOPE TRANSPORTATION
SERVICES LIMITED**

PROMOTING INDEPENDENCE IN THE COMMUNITY IS WHAT WE DO

Non Emergency Patient Transport

We provide door-to-door patient transfer service with purpose built patient transport vehicles that are nationally registered with DSA on a PSV (Public Service Vehicle) operator's licence to assist individuals to attend non-emergency medical appointments and social outings if they have no other transport options.

We work with NHS Trusts, private healthcare providers and individuals with a range of disability and care needs who require regular and ad-hoc journeys with additional support.

01279 741 888

info@hopetransportation.co.uk



**HOPE
CLEANING SERVICES
LIMITED**

What we do

By providing more than just a standard clean, we combat unwanted germs and particularly viruses such as COVID-19.

Our Services

- Commercial and Corporate Cleaning
- Regular Domestic Cleaning
- Deep Cleans
- One-off Cleans
- End of Tenancy Cleaning
- Spring Cleaning



01992 760 520

info@hopecleaningservices.co.uk



Great Bradfords House

Braintree

Tel: 01376 326196

OP D PD LDA MH SI

Great Future Support

Benfleet

Tel: 01268 931919

OP D PD LDA MH SI YA

Green Care Contracts Ltd

Harlow

Tel: 01279 414411

OP

Guardian Homecare (Basildon)

Basildon

Tel: 01268 585820

OP D PD MH SI YA AD

Hales Group Ltd – Wickford

Wickford

Tel: 01268 744449

OP D PD MH SI

Hamelin Trust Community Support Service

Billericay

Tel: 01277 653889

PD LDA SI YA

Health Care Hut Ltd

Colchester

Tel: 07402 360606

OP PD YA

Helping Hands Basildon

Wickford

Tel: 01268 919749

Advert pages 26 & 27

OP D PD LDA MH SI YA

Helping Hands Braintree

Wickford

Tel: 01376 748422

Advert pages 26 & 27

OP D PD LDA MH SI YA

Helping Hands Chelmsford

Chelmsford

Tel: 01245 962176

Advert pages 26 & 27

OP D PD MH SI YA AD

Helping Hands Chelmsford Live In

Chelmsford

Tel: 01245 960211

Advert pages 26 & 27

OP D PD MH SI YA

Helping Hands Chigwell

Loughton

Tel: 02039 669281

Advert pages 26 & 27

OP D PD LDA MH SI YA

Helping Hands Colchester

Colchester

Tel: 01206 598172

Advert pages 26 & 27

OP D PD LDA MH SI YA

Helping Hands Enfield

Waltham Abbey

Tel: 02039 668520

Advert pages 26 & 27

OP D PD LDA MH SI YA

Helping Hands Harlow

Harlow

Tel: 01279 704358

Advert pages 26 & 27

OP D PD LDA MH SI YA

Helping Hands Maldon

Maldon

Tel: 01621 220135

Advert pages 26 & 27

OP D PD LDA MH SI YA

Here to Care – Saffron Walden

Saffron Walden

Tel: 01799 218190

OP D PD LDA MH SI

Heritage Staffing Services

Harlow

Tel: 01279 944392

OP D PD LDA MH SI YA AD

Herts and Essex Independence at Home Ltd Office

Saffron Walden

Tel: 07515 378404

LDA YA

Hightower Care Services Ltd

Harlow

Tel: 01376 428943

Advert page 30

OP D PD LDA MH SI YA

Hijinix Healthcare

Waltham Abbey

Tel: 01992 265870

OP YA

Home Care Essex

Canvey Island

Tel: 01702 881277

OP D PD SI YA

Home Instead East Hertfordshire and Uttlesford

Sawbridgeworth

Tel: 01279 721443

OP D PD LDA MH YA

Home Instead Senior Care

Basildon

Tel: 01268 733820

Advert page 30

OP D LDA YA

Braintree

Tel: 01376 319100

OP D PD MH SI YA

Chelmsford

Tel: 01245 200780

OP D PD SI YA

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

TRUSTED PROVIDER FOR YOUR HOME AND HEALTH CARE NEEDS

Ixceed Health is an independent domiciliary care company offering a variety of services to suit individual needs. Our core mission and purpose is to enrich lives and to improve the quality of life for those we serve. We strive to deliver optimum, personalised, affordable home care services with a patient-centred approach.

OUR SERVICES INCLUDE

reablement at home ✓ rapid response ✓ after surgery care ✓ outcome based service ✓ dementia care ✓ home care
respite care ✓ companionship ✓ palliative care ✓ complex care



IXCEED HEALTH CARE

We've combined providing exceptional service with personal compatibility with each one of our home health care staff.



OUR PRIORITISES

Our home care services are designed to enable clients to maintain dignity and independence in their privacy and comfort of their own home.



SKILLED STAFF

Ixceed Health UK Ltd employs a diverse group of care staff to meet the multicultural needs of the community.



DAILY SUPPORT

Our goal is to make sure that you and your loved one are comfortable and have the appropriate tailored care in place to ensure safety, happiness, and continued health.

RECRUITMENT

We are seeking professional health carers assistance / health care drivers with empathy and dignity. We are looking to recruit candidates that are passionate, have empathy and compassion to improve the lives of others, requires a number of Care Assistants to join our team. Our Care Assistant will be working with elderly patients who need assistance with bathing or administering medication at their home.

If you have the qualities and ambition to take on this role, then we would love to hear from you!

CONTACT US:

01277 560457 (Mon – Fri 9pm – 5pm)
07932 638201 (Emergency Hours)
Info@ixceedhealth.co.uk

OUR ADDRESS:

Leclarely Alexander Lane
Shenfield, Brentwood
Essex, CM15 8QE

Home Instead Senior Care

Colchester

Tel: 01206 848427

OP D

Epping

Tel: 01992 666777

OP D PD LDA MH SI YA

Home Instead South Woodham Ferrers

Wickford

Tel: 01245 979579

OP D LDA SI YA AD

Hope Homecare Services Ltd

Harlow

Tel: 01992 760520

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OP D MH YA

Hospice at Home

Basildon

Tel: 01268 273226

OP D PD LDA MH SI YA

I & S Care

Colchester

Tel: 01621 815182

OP LDA YA

IECC Care

Colchester

Tel: 01206 793630

OP D PD LDA MH SI YA AD

Impact Healthcare Services Ltd

Basildon

Tel: 01268 962425

OP D PD YA

In Home Care Chelmsford

Chelmsford

Tel: 01245 979520

OP D PD MH YA AD

Independent People Homecare

Chelmsford

Tel: 01245 860361

OP D PD LDA MH SI YA

Infinite Healthcare Services Head Office

Chelmsford

Tel: 01245 943725

OP D PD MH YA

Infinitelifegroup Head Office

Chelmsford

Tel: 0330 113 8884

OP D PD LDA MH SI YA

Integrated Support Services Ltd

Benfleet

Tel: 07398 914225

OP D PD MH

InVent Health Essex

Colchester

Tel: 01206 251029

OP D PD LDA MH SI YA AD

Ivy Grace Home Care Ltd – Thorpe-Le-Soken Branch

Clacton-on-Sea

Tel: 01255 441155

OP D PD MH SI YA

IXCEED Health UK Ltd

Brentwood

Tel: 01277 560457

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OP D

J. Nissi Health Care and Medical Rehabilitation Ltd

Brentwood

Tel: 01277 725000

OP PD YA

J.C.Michael Groups Ltd Basildon

Basildon

Tel: 0208 519 4089

OP D PD LDA MH SI YA

J&M Homecare

Harwich

Tel: 07594 730179

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OP D PD SI YA

Jadee's Nursing Agency

Colchester

Tel: 01206 899706

OP D PD LDA MH YA

JCM Care Services Ltd

Colchester

Tel: 01206 615525

OP D PD MH

**Jean Allen Care Services Ltd
T/A Home Instead Senior Care**

Frinton-on-Sea

Tel: 01255 672269

OP D PD LDA MH SI

K.T.M. Care Ltd

Colchester

Tel: 01376 571152

OP D PD LDA MH SI YA AD

KASE Care

Loughton

Tel: 0800 799 9057

OP D PD LDA MH SI YA

Kayoski Care Ltd

Chigwell

Tel: 0208 500 1971

OP YA

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

Essex home care providers continued

KB Solutionz Ltd

Basildon
Tel: 07715 524168

D PD LDA MH SI YA

Kelwel Care Ltd

Brentwood
Tel: 0800 888 6006

PD LDA MH SI

Kemfa Services Ltd

Basildon
Tel: 01268 952850

OP D PD LDA YA

Key Point Agency

Chelmsford
Tel: 07946 051013

OP D PD LDA SI YA

Kinect Services Ltd

Rayleigh
Tel: 01702 597995

OP LDA YA

Kingswood Care Services Ltd – Head Office

Basildon
Tel: 01268 419180

LDA YA

Lakes Innovation Centre

Braintree
Tel: 07488 314217

OP PD LDA MH YA

Lassad Care Services Ltd

Chelmsford
Tel: 07474 716086

OP D

Learning and Support Services Ltd

Dunmow
Tel: 01371 502018

PD LDA MH SI YA

Legacy Care Plus – Main Office

Maldon
Tel: 0800 755 5001

OP D PD YA

Lehope Care Ltd

Harlow
Tel: 07412 687840

OP D PD LDA MH YA

Linmar Care Ltd

Colchester
Tel: 01376 802011

OP D PD SI YA

Lion Care Essex

Chelmsford
Tel: 07484 866257

OP D PD LDA MH SI YA

Little Paddocks

Clacton-on-Sea
Tel: 07825 500550

OP PD LDA MH SI YA

Livability East Anglia

Ingatstone
Tel: 01277 355646

PD YA

Livability Netteswell Rectory

Harlow
Tel: 01279 444000

LDA YA

Living Ambitions Ltd – Essex

Colchester
Tel: 01206 849888

OP D PD LDA MH SI YA AD

London Care (Basildon)

Basildon
Tel: 01268 585800

OP D PD LDA MH SI YA AD

London Care (Harlow)

Harlow
Tel: 01279 620640

OP D PD MH SI YA

Magic Helping Hands

Chelmsford
Tel: 01245 930380

OP D PD LDA YA

Manorcourt Homecare

Clacton-on-Sea
Tel: 01255 440744

OP D PD LDA MH SI YA AD

Manorcourt Homecare

Harlow
Tel: 01279 798040

OP D PD LDA MH SI YA

Mansion House Residential Home

Chelmsford
Tel: 01621 742269

OP D PD SI YA

Maplewood Independent Living Ltd

Maplewood
Tel: 01371 877707

OP D PD LDA MH SI YA

Mayfair Care Services Ltd

Canvey Island
Tel: 01268 696055

OP D PD LDA MH SI YA

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

MD Care Ltd

Wickford

Tel: 01268 560246

OP PD YA

Nexus Support Ltd

Wickford

Tel: 0345 519 6088

PD LDA SI YA

Meadows

Braintree

Tel: 01376 340714

PD LDA MH SI YA

Nightowls Home Care

Colchester

Tel: 01206 521008

OP D PD MH SI

Medcom Personnel Ltd

Harlow

Tel: 0203 884 0409

OP PD YA

NIV Staffing Solutions

Waltham Abbey

Tel: 0333 577 0818

OP D PD YA

Medical Partnerships

Rayleigh

Tel: 01268 775254

OP D PD LDA SI YA

North London Homecare & Support Ltd

Harlow

Tel: 01279 452105

OP D PD LDA MH SI YA AD

Mercury Healthcare Ltd

Colchester

Tel: 01206 266898

OP D PD LDA MH YA

Novus Care Ltd – Canvey Island

Canvey Island

Tel: 01268 698660

OP D PD LDA MH SI YA AD

Michael Rgis Care Ltd

Colchester

Tel: 01206 266919

OP D PD LDA MH SI YA

Novus Care Ltd – Wickford

Wickford

Tel: 01268 222222

OP D PD LDA MH SI YA AD

Mike Riglin Nursing

Maldon

Tel: 01621 843485

OP D PD LDA MH SI YA

Nurseplus UK

Colchester

Tel: 08000 448848

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OP D PD LDA MH YA

Montbazon Court

Brentwood

Tel: 01277 211201

OP D PD LDA MH SI YA AD

Octagon, The

Colchester

Tel: 07747 568191

OP PD LDA SI YA

Mount Hill Care

Harlow

Tel: 01279 320634

OP D

OP LDA MH YA

Multi-Care Community Services Witham Ltd

Witham

Tel: 01376 513316

OP D PD MH SI YA

PALS Ltd

Chelmsford

Tel: 01245 392125

PD LDA MH SI YA

My Homecare Chelmsford

Chelmsford

Tel: 01206 228333

D PD

OP D PD LDA YA

My Life Choice

Colchester

Tel: 07399 261815

OP D PD LDA MH SI YA

Pathways Care Centre

Colchester

Tel: 01206 367650

OP PD LDA SI YA

Nema Home Care Ltd

Buckhurst Hill

Tel: 0207 952 1480

OP D PD MH SI YA

PCM Homecare Ltd

Maldon

Tel: 01621 453400

OP D PD LDA MH SI YA AD

Service

OP Older people (65+)

D Dementia

PD Physical disability

LDA Learning disability, autism

User Bands

MH Mental health

SI Sensory impairment

YA Younger adults

AD People who misuse alcohol or drugs

Peace of Mind Home Support Ltd

Clacton-on-Sea
Tel: 01255 479411

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OP D PD LDA

Pearl Residence Ltd

Benfleet
Tel: 07903 805852

OP D PD LDA YA

Percurra Chelmsford West and Brentwood

Chelmsford
Tel: 01245 890366

OP D PD SI YA

Personal Choice Carers at Home Ltd

Hockley
Tel: 07817 968727

OP D PD MH SI YA

Potton Services

Basildon
Tel: 01268 968541

OP PD LDA YA

Premald Care

Brentwood
Tel: 07456 921470

OP D PD LDA MH SI YA

Premier Care

Benfleet
Tel: 01702 557007

OP D PD LDA MH SI YA

Prime Care Domiciliary Essex

Colchester
Tel: 01206 417674

OP D PD LDA YA

Prime Nursing and Care

Dunmow
Tel: 01371 821445

OP YA

Proactive Medicare

Benfleet
Tel: 0203 693 3825

OP D PD LDA MH SI YA

QCM Healthcare

Colchester
Tel: 01206 913222

OP D PD LDA MH YA

Quality Care Resourcing Ltd

Brentwood
Tel: 07472 496904

OP D PD LDA YA

Quinn Domiciliary Agency Ltd

Maldon
Tel: 07857 444897

PD LDA MH SI YA

Radfield Home Care Colchester

Colchester
Tel: 01206 646252

OP D PD SI YA

Radfield Home Care Harlow, Epping & Ware

Harlow
Tel: 07929 204221

OP D PD SI YA

Rainbow Trust Children's Charity 7

Pitsea
Tel: 07825 601360

PD LDA SI

Ready Care Services Ltd

Harlow
Tel: 0333 577 4445

OP D PD LDA MH SI YA

Real People Ltd

Benfleet
Tel: 01702 551622

OP PD LDA MH SI YA



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

 CareChoices

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

Reed Care Services Ltd

Colchester

Tel: 01206 848445

OP D MH YA

Relatives Relief Ltd

Clacton-on-Sea

Tel: 01255 436571

OP D PD MH SI YA

Remaj Care

Basildon

Tel: 0333 123 2203

OP YA

Restcare Ltd

Harlow

Tel: 07979 555775

OP YA

Right at Home Billericay, Brentwood & Havering

West Horndon

Tel: 01277 811105

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 YA

Ros and Mos House Support Ltd

Basildon

Tel: 07492 116349

OP D PD SI YA

Rose Belle

Witham

Tel: 01376 512438

OP PD LDA MH SI YA

Rosebank Park

Harwich

Tel: 0345 601 0030

OP D PD LDA MH SI YA

Ross Nursing Services Ltd

Saffron Walden

Tel: 01799 551046

OP D PD LDA MH SI YA

Royal Mencap Society – Churchfields

Witham

Tel: 01376 518328

OP PD LDA YA

Ruby Care Services

Basildon

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

Sams Medicare

Colchester

Tel: 01206 978674

OP YA

Sanctuary Home Care Ltd – Basildon

Basildon

Tel: 01268 727364

OP D PD LDA MH SI AD

Santhem Care

Billericay

Tel: 01277 315835

OP D PD SI YA

Satellite Health Care Ltd

Basildon

Tel: 07944 698163

OP YA

Sawbridge Primecare Ltd

Harlow

Tel: 0330 010 0244

OP D PD MH SI YA

Seashell (Epping Forest & Harlow)

Loughton

Tel: 01992 874688

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OP D PD LDA YA

Seccare+

Basildon

Tel: 0330 113 1767

OP PD LDA MH SI YA

Servoca Complex Care – Chelmsford

Chelmsford

Tel: 01245 921222

OP D PD LDA MH SI YA AD

Shammah Care Service Ltd

Basildon

Tel: 01268 260773

OP D MH YA

South Essex Special Needs Housing Association Ltd (SESNSHA)

Basildon

Tel: 01708 856444

OP D PD LDA MH SI

Southways Group Ltd

Benfleet

Tel: 01702 553750

OP LDA MH YA AD

Service

OP Older people (65+)

D Dementia

PD Physical disability

LDA Learning disability, autism

User Bands

MH Mental health

SI Sensory impairment

YA Younger adults

AD People who misuse alcohol or drugs

Essex home care providers continued

Spencer & Arlington

Loughton

Tel: 0208 523 9090

LDA MH YA

SRP Healthcare

Colchester

Tel: 0333 344 7172

D PD LDA MH SI

St Georges Ltd

Witham

Tel: 01376 500052

OP D PD LDA MH SI YA

St Giles

Chelmsford

Tel: 01245 224595

OP D PD LDA MH SI YA

Stivic Care Services Ltd

Colchester

Tel: 01206 912088

OP D PD MH SI

Sumners Farm Close

Harlow

Tel: 01279 213995

OP D PD MH SI YA

Support Hands Domiciliary Care Ltd

Witham

Tel: 07403 297274

OP 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

Suzanne Farris Ltd Main Office

Chelmsford

Tel: 07946 530114

OP D PD LDA MH SI YA AD

Swan Care and Support – Colchester

Colchester

Tel: 01277 844777

OP D PD LDA MH SI YA

Swan Care and Support South

Rayleigh

Tel: 07860 407485

OP D PD LDA MH SI YA

Swift Care Solutions Ltd

Manningtree

Tel: 01728 590900

OP YA

Sycamore Care Services

Epping

Tel: 01992 364065

OP YA

Target Care Ltd

Waltham Abbey

Tel: 0208 806 3083

OP D PD LDA MH YA

Tehy Care Group Ltd

Chelmsford

Tel: 01245 697300

OP D PD LDA MH YA

Tekhnicon House

Braintree

Tel: 0300 303 2642

OP D PD LDA SI YA

Tendring Care

Clacton-on-Sea

Tel: 01255 317071

OP YA

Tetraco Ltd

Harlow

Tel: 07894 497090

OP D YA

TLS Care Ltd

Harlow

Tel: 07411 304833

OP D PD YA

Together Care

Basildon

Tel: 07398 852072

OP D PD LDA MH SI YA

Tranquillity Care Solutions UK Ltd

Colchester

Tel: 01206 822410

OP D PD SI

Treasure Vince

Basildon

Tel: 01268 418095

OP D PD LDA MH SI YA

Trix Medcare Ltd

Southend-on-Sea

Tel: 01702 837401

OP D PD LDA MH YA AD

Unit 1 Queens Head Chambers

Clacton-on-Sea

Tel: 0800 048 7238

OP D PD LDA MH SI YA

Universal Complex Care

Harlow

Tel: 01279 312184

OP D PD YA

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

Essex home care providers continued

Violet Care Agency Ltd

Harlow

Tel: 01279 434444

OP D PD SI YA

Voyage (DCA) Essex

Clacton-on-Sea

Tel: 01255 224680

OP D PD LDA MH SI YA

Waterside Home Care

Chelmsford

Tel: 07958 741638

OP D PD MH YA

WeCARE Ltd

Saffron Walden

Tel: 01799 520655

OP YA

Weighbridge Court

Chipping Ongar

Tel: 01277 366741

OP D PD SI

Wellspring Care

Billericay

Tel: 0330 133 0450

OP D PD LDA MH SI YA

Westminster Homecare Ltd (Chelmsford)

Braintree

Tel: 01376 440523

OP D PD LDA MH SI YA

Weston Business Centre

Colchester

Tel: 07540 433019

OP D PD LDA MH SI YA

Wick Farm Road, 39

Southminster

Tel: 01621 778874

OP D PD LDA

Willow Tree Lodge

Chelmsford

Tel: 01245 355434

LDA MH YA

Windsor Road, 1

Rochford

Tel: 0333 050 7352

OP D LDA YA

Writtle

Chelmsford

Tel: 01245 422520

OP D PD SI YA

You & I Care – Chelmsford

Chelmsford

Tel: 01245 707698

OP D PD LDA MH SI YA

You & I Care Ltd

Brentwood

Tel: 01277 725113

OP D PD LDA MH SI YA

You Before Me Care

Witham

Tel: 01376 518727

OP D PD YA

Your Life Care Solutions

Colchester

Tel: 01206 273717

LDA YA

Your Quality Care Services Ltd (Debden)

Saffron Walden

Tel: 07948 090462

OP D PD SI YA

Yourlife (Chelmsford)

Chelmsford

Tel: 01245 262882

OP PD SI

Yourlife (Colchester)

Colchester

Tel: 01202 574030

OP D PD SI

Yowsun Care Maldon Branch

Maldon

Tel: 01621 483375

OP D PD LDA SI YA

Zero Three Domiciliary Care

Colchester

Tel: 01376 574900

LDA YA



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

Alpha Health & Care Services Ltd

Southend-on-Sea
Tel: 01268 928787 **OP D PD LDA MH SI YA**

Amazing Friends Southend Ltd

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

Anytime Care Solutions

Westcliff-on-Sea
Tel: 01702 669674 **OP D PD LDA MH SI YA**

Ashley Care

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

Bluebird Care (Southend & Rochford)

Westcliff-on-Sea
Tel: 01702 474274 **OP D PD LDA SI YA**

Bright Horizons Care Recruitment Ltd

Southend-on-Sea
Tel: 07759 784451 **OP D PD LDA SI YA**

Care Company, The

Leigh-on-Sea
Tel: 01702 559384 **OP**

Care Connected Ltd

Leigh-on-Sea
Tel: 01702 780011 **OP D PD LDA MH SI YA**

Care-D/UK

Southend-on-Sea
Tel: 07578 346242 **OP D PD YA**

Carlton Court

Southend-on-Sea
Tel: 0208 214 1000 **OP D PD YA**

CC Health Care Ltd

Westcliff-on-Sea
Tel: 07898 653323 **OP D PD SI YA**

Cera Southend-on-Sea

Southend-on-Sea
Tel: 01702 746816 **OP D PD LDA MH SI**

Choices Healthcare Ltd

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

Circles Homecare

Southend-on-Sea
Tel: 01702 620059 **LDA YA**

Complex Intervention Service

Southend-on-Sea
Tel: 01702 534940 **OP D PD LDA MH SI YA AD**

De Vere Care Partnership – Southend-on-Sea

Southend-on-Sea
Tel: 01702 789780 **OP D PD LDA SI YA**

Doris Jones Ltd

Westcliff-on-Sea
Tel: 01702 472954 **OP D PD LDA MH SI YA**

ECC Care

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

Elgin Rest Home

Southend-on-Sea
Tel: 01702 340172 **OP D PD LDA SI YA**

ENS Care & Support

Westcliff-on-Sea
Tel: 01702 361405 **OP D PD LDA MH SI YA AD**

Estuary Community Support and Supported Living Services

Southend-on-Sea
Tel: 01702 462246 **LDA YA**

Field Lane Domiciliary Agency – Southend-on-Sea, The

Southend-on-Sea
Tel: 01702 344615 **LDA**

Golden Keys Care Agency Ltd

Southend-on-Sea
Tel: 01702 617766 **OP D PD LDA MH SI YA AD**

Helping Hands Southend on Sea

Southend-on-Sea
Tel: 01702 885877 **OP D PD MH SI YA**

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Home Instead

Southend-on-Sea
Tel: 01702 535308 **OP PD LDA MH SI YA**

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 PD LDA MH SI YA**

JK Caring Carers Ltd

Southend-on-Sea
Tel: 01702 213955 **OP D PD YA**

Southend-on-Sea home care providers continued

JM Carehomes Ltd

Westcliff-on-Sea
Tel: 01702 213277

OP D PD LDA MH YA AD

Kindered Hearts Ltd

Southend-on-Sea
Tel: 017846 214983

OP D PD LDA MH SI YA

Leighview Social Support Ltd

Southend-on-Sea
Tel: 07795 680023

OP D

Livability Dolphin Court

Thorpe Bay
Tel: 01702 584088

OP D PD 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: 01702 384053

LDA YA

Naidcare

Southend-on-Sea
Tel: 01375 808192

OP D PD LDA MH 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

Paradise Care Ltd

Southend-on-Sea
Tel: 07401 626211

OP D PD YA

Phoenix House

Westcliff-on-Sea
Tel: 01702 337057

OP PD LDA SI YA

PTsmart Care

Westcliff-on-Sea
Tel: 01702 623461

OP D PD LDA MH SI

Royale Carers Ltd

Westcliff-on-Sea
Tel: 01702 353547

OP D PD SI YA

SAS Support and Solutions Ltd

Southend-on-Sea
Tel: 01702 908202

OP D PD LDA MH SI YA AD

Shaf Lodge

Southend-on-Sea
Tel: 01702 748974

OP LDA MH YA AD

Sister Dorothy Healthcare

Southend-on-Sea
Tel: 07447 455450

OP D PD MH

Southern Community Care – Main Office

Southend-on-Sea
Tel: 07947 248054

OP D PD YA

SPDNS Nurse Care Community Interest Company (CIC)

Westcliff-on-Sea
Tel: 01702 431300

OP D PD LDA MH SI YA

Stanford Wellbeing Ltd

Leigh-on-Sea
Tel: 07988 038236

OP D PD MH SI YA

Summercure – 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 PD LDA MH SI YA

Surecare Southend

Westcliff-on-Sea
Tel: 01702 330065

OP PD SI YA

TMT Care Ltd

Southend-on-Sea
Tel: 07961 266145

OP D PD SI YA

Top Option Healthcare Ltd

Southend-on-Sea
Tel: 07765 170370

OP D PD YA

Trends Healthcare Westcliffe

Westcliff-on-Sea
Tel: 01702 826090

OP D PD LDA MH SI YA AD

Volsec Healthcare Ltd

Southend-on-Sea
Tel: 07944 659871

PD LDA MH YA

Yowsun Care

Southend-on-Sea
Tel: 01702 593065

OP D PD LDA SI YA

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

Thurrock home care providers

3D'S Healthcare Services Ltd

Grays

Tel: 07484 760535

OP D PD LDA MH YA

A K Supported Housing Outreach Service

Grays

Tel: 01375 461991

LDA MH YA AD

Access 24/7 Healthcare Ltd

Grays

Tel: 07377 566210

OP D LDA MH YA

Akaba Social UK Ltd

Grays

Tel: 01375 462626

OP LDA MH YA

Ambar Care Ltd

Grays

Tel: 01708 608586

OP D PD LDA MH SI YA

Aqua Robson Care Thurrock

Purfleet

Tel: 0800 689 0825

OP D YA

Aveley House (Park Lane)

South Ockendon

Tel: 01708 863289

LDA

Beeches, The, 25

Tilbury

Tel: 07961 111890

OP D PD LDA MH SI YA

Bethel Healthcare

South Ockendon

Tel: 0208 214 1312

OP D PD LDA SI YA

Blossom High

Grays

Tel: 07479 566611

OP D PD YA

Charismatic Care Ltd

Grays

Tel: 01375 271025

OP D PD LDA YA AD

Clarity Homecare Essex

Grays

Tel: 01375 806129

OP D PD LDA MH SI YA

Commonwealth House, 4

Tilbury

Tel: 01375 508066

OP D PD LDA YA

Cornhill Group Services Ltd, The

Purfleet

Tel: 07825 875424

OP D PD YA

Dayspring Care Ltd

Tilbury

Tel: 07852 190221

OP D PD LDA MH SI YA

DF Care Services

Grays

Tel: 07897 423965

OP D PD LDA MH SI YA

Divine Domiciliary Care

Grays

Tel: 07448 154724

OP D PD SI YA

ExcelCareTV

Grays

Tel: 01708 935359

OP D LDA MH SI YA AD

EZZE Healthcare Ltd

Tilbury

Tel: 07900 930949

OP D PD LDA MH SI YA

Fresh Tree Care

Grays

Tel: 07411 770470

OP D PD LDA MH SI YA

Genial Homes

Grays

Tel: 07951 564437

MH YA

Gims Care Solution Ltd

Grays

Tel: 01375 430037

OP D PD LDA MH SI YA

Grays Riverside

Grays

Tel: 07412 177589

YA

Homecare Reablement Team

Grays

Tel: 01375 652652

OP D PD LDA MH SI YA

Iconia Grays

Grays

Tel: 07780 356592

OP D PD LDA MH YA

Ignition Care Ltd

Tilbury

Tel: 07403 233141

OP D YA

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

Thurrock home care providers continued

Inclusive Care Services

South Ockendon

Tel: 01708 401716 **OP D PD LDA MH SI YA**

Integrated Kare Solutions Ltd

South Ockendon

Tel: 07874 980526 **OP D PD LDA MH SI YA**

John Stanley Thurrock

Grays

Tel: 01375 485440 **OP D PD MH YA**

Jusrade Care Ltd – Head Office

Grays

Tel: 01375 489494 **OP D PD LDA MH SI YA**

Kanmore House

Tilbury

Tel: 01375 809802 **OP D PD LDA MH SI YA**

Oak House

Stanford-Le-Hope

Tel: 07710 089858 **OP D PD LDA MH SI YA**

Ontrack Head Office

Grays

Tel: 07539 275165 **OP PD LDA MH SI YA**

Optimal Care Plus

Tilbury

Tel: 07399 155680 **OP D PD MH SI YA**

Optimist Care Ltd

Grays

Tel: 07861 786903 **OP D PD MH SI YA**

Pineapple Care Services Ltd – Thurrock Branch

Grays

Tel: 01375 808303 **OP D PD LDA MH SI YA**

Presanne Care Consultancy Ltd

Grays

Tel: 01375 809982 **OP D PD LDA SI YA**

Priority 24 Healthcare

South Ockendon

Tel: 07375 812582 **OP D PD MH SI YA**

Professional Care Services

Grays

Tel: 01375 372812 **PD LDA MH SI**

Prosper

Tilbury

Tel: 01375 489790 **OP D PD LDA MH SI YA**

Redeemed Care Agency Ltd

Grays

Tel: 01375 803600 **OP D PD MH SI YA**

Regents Care Services

Tilbury

Tel: 01375 846865 **PD LDA MH SI**

Romis Care Services Ltd

Grays

Tel: 07984 118595 **OP PD LDA MH YA**

Ronti Care Solutions Ltd

Grays

Tel: 07717 363053 **OP D PD LDA MH SI YA**

Rosscare Ltd

Grays

Tel: 01375 486315 **D PD**

Royne Care Ltd

South Ockendon

Tel: 07718 247661 **OP D PD LDA MH SI YA**

Seraphic Health and Social Care Group Ltd

Grays

Tel: 01375 430071 **OP D PD LDA MH SI YA**

Shalokayim Services Ltd

Grays

Tel: 01375 251025 **OP D MH SI YA**

Shelagh Care Services Ltd

Grays

Tel: 01375 267901 **OP D PD LDA MH YA**

Standela Healthcare Group Ltd

Grays

Tel: 0207 859 4919 **OP D PD LDA MH SI YA AD**

Sunnyside HomeCare

South Ockendon

Tel: 01708 252738 **OP D PD LDA MH YA**

Sylviancare Thurrock

Grays

Tel: 07449 483908 **OP D PD SI YA**

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

Thurrock home care providers continued

T-Bot Care Dynamics Ltd

Tilbury

Tel: 07940 595719

OP D PD LDA MH SI YA

Take 4 Care Ltd

Grays

Tel: 01375 391337

OP LDA

Thurrock Care at Home

Stanford-le-Hope

Tel: 01375 652997

OP D PD LDA MH SI YA AD

Thurrock Essex Rebecca Care Ltd

Grays

Tel: 01375 480084

OP D PD YA

Thurrock Lifestyle Solutions

Grays

Tel: 01375 370460

OP D PD LDA MH SI YA

Time2Time Service Ltd

Tilbury

Tel: 01375 400483

OP

Triumph Care Group Ltd

Grays

Tel: 07946 352269

OP D PD YA



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

www.myfamilyourneeds.co.uk

✉ hello@myfamilyourneeds.co.uk  @WeAreMFON

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

Ask questions

Get involved

Join the family

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

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 10).

Contact your local council for more information.

Essex County Council Adult Social Care

Tel: **0345 603 7630**

Southend-on-Sea City Council Adult Social Care

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 who 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.

comprising self-contained accommodation and 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 housing

Extra care housing is similar to sheltered schemes,

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.

Specific care and support needs

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.

Councils aim 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 53.

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 following organisations useful to refer to.

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**

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**

Scope

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

Tel: **0808 800 3333**

Email: **helpline@scope.org.uk**

Web: **www.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 difficulties with their mental health and there is 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 following organisations 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**

Web: **www.basmind.org**

South East and Central Essex

Covering Chelmsford, Castle Point, Rochford, South Woodham Ferrers and Southend.

112a Southchurch Road,
Southend-on-Sea SS1 2LX

Tel: **01702 601123**

Email: **hello@secemind.org.uk**

Web: **www.secemind.org.uk**

West Essex

Covering Great Dunmow, Harlow, Loughton and Saffron Walden.

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

Tel: **01371 876641** or **0800 755 5173** (freephone).

Email: **admin@mindinwestessex.org.uk**

Web: **www.mindinwestessex.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 as independently as possible.

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**.

Seax House, Victoria Road South,
Chelmsford CM1 1QH

Tel: **0333 013 3262** • SMS: **07921 397547**

Email: **sensoryservices@essexcares.org**

Web: **www.ecl.org/services/sensory-service**

You can also contact **Essex County Council Adult Social Care**.

Tel: **0345 603 7630**

Or **Southend-on-Sea City Council 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**

Rethink Essex All-Age Advocacy

Supporting people to have a say in important and often difficult decisions about their treatment and care.

Tel: **0300 790 0559**

Email: **essexadvocacy@rethink.org**

Web: **www.rethinkessexadvocacy.org**

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, including a transitional advocate for school-leavers.

Tel: **01702 334514**

Email: **alison.halton@southendmencap.co.uk**

Web: **www.southendmencap.org.uk**

Planning for end of life

Although the subject of dying is often painful to contemplate, planning for the end of life can be a good way to share your wishes and help your family to know what you would like. Good planning for all your needs should mean that you can convey your wishes, including where you would like to die. 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 begin the conversation with you and your family, and work with you and 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 outline your wishes. The PPC document is designed to help you prepare for the future and gives you an opportunity to think about, discuss 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. The aim of the framework is 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 these 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. Hospice UK outlines information to help make funeral arrangements easier at **www.hospiceuk.org** (search 'how to arrange a funeral').

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 101 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 14 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 £209.19 per week. This figure may change over the lifetime of this Directory – check with your local adult social care department.

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.





**Your care
matters**
with Barchester

**Everyone deserves
uncompromising care.
That's the passionate belief of
the experts in our care homes.**

That's why you'll find our people are well-trained in a variety of skills. They're dedicated people who want to celebrate life and improve well-being. And it's why support is given with kindness, respect and dignity.

**These are the things that mean the most.
And because they matter to you,
they matter to us.**



barchester.com/EX

Residential • Nursing • Dementia • Respite

Call to arrange a visit or to find out how we can help:

Ashlar House • 01992 721089
The Plain, Epping, CM16 6TY

Leonard Lodge • 01277 508450
Roxwell Gardens, CM13 1AQ

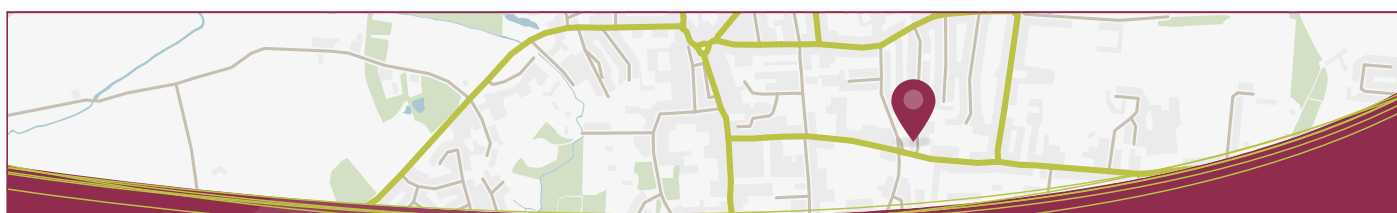
Park View • 020 8003 1886
Dagenham, RM10 9HW

Derham House • 01708 548307
Upminster, RM14 2YP

Paternoster House • 01992 721087
Waltham Abbey, EN9 3JY

Woodland View • 01206 932332
Colchester, CO4 5JR

Westgate House • 020 8003 1890
Forest Gate, E7 9HY



Search for care in your area

www.carechoices.co.uk



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

 **CareChoices**

- 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

Home 1

Home 2

Home 3

Fees per week	Quality rating*
£	
£	
£	

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

Staff

What is the minimum number of staff that are available at any time? ☐ ☐ ☐

Are staff respectful, friendly and polite? ☐ ☐ ☐

Do staff have formal training? ☐ ☐ ☐

Are the staff engaging with residents? ☐ ☐ ☐

Activities

Can you get involved in activities you enjoy? ☐ ☐ ☐

Is there an activities co-ordinator? ☐ ☐ ☐

Does the home organise any outings? ☐ ☐ ☐

Are residents escorted to appointments? ☐ ☐ ☐

Do the residents seem entertained? ☐ ☐ ☐

Does the home have a varied activities schedule? ☐ ☐ ☐

Life in the home

Is the home adapted to suit your needs? ☐ ☐ ☐

Can you bring your own furniture? ☐ ☐ ☐

Are there enough plug sockets in the rooms? ☐ ☐ ☐

Are there restrictions on going out? ☐ ☐ ☐

Is there public transport nearby? ☐ ☐ ☐

Does the home provide any transport? ☐ ☐ ☐

Can you make/receive calls privately? ☐ ☐ ☐

Can you decide when to get up and go to bed? ☐ ☐ ☐

Does the home allow pets? ☐ ☐ ☐

Does the home use Digital Care Planning accessible to families? ☐ ☐ ☐

Personal preferences

Is the home too hot/cold? Can you control the heating in your room? ☐ ☐ ☐

Is the décor to your taste? ☐ ☐ ☐

Are there restricted visiting hours? ☐ ☐ ☐

Is there somewhere you can go to be alone? ☐ ☐ ☐

Does the home feel welcoming? ☐ ☐ ☐

Catering

Can the home cater for any dietary requirements you may have? ☐ ☐ ☐

Does the menu change regularly? ☐ ☐ ☐

Can you eat when you like, even at night? ☐ ☐ ☐

Can you have food in your room? ☐ ☐ ☐

Is there a choice of food at mealtimes? ☐ ☐ ☐

Is alcohol available/allowed if you want it? ☐ ☐ ☐

Can visitors join you for meals? ☐ ☐ ☐

Fees

Do your fees cover all of the services and activities? ☐ ☐ ☐

Are fees likely to change regularly? ☐ ☐ ☐

Is the notice period for cancellation of the contract reasonable? ☐ ☐ ☐

Could you have a trial period? ☐ ☐ ☐

Can you keep your room if you go into hospital? ☐ ☐ ☐

Can you handle your own money? ☐ ☐ ☐

*See page 5.

9.8

Blackbrook house
Review score 2022
carehome.co.uk**

*T&C's apply. Please see website for details

**carehome.co.uk scores are based on independent reviews with a maximum score of 10. Rating correct as at 03/11/2022.



Read David's story

Inspected and rated

Good



TRUST US TO ARRANGE A DINNER DANCE FOR MARGARET AND MALCOLM

We know how much they love to Tango



Who Cares? We do, and we always will

3 weeks for the price of 2*

Blackbrook House care home, Gun Hill, Dedham, Colchester CO7 6HP

Call 01206 809798 Visit www.anchor.org.uk/BlackbrookHouse

Image does not represent face mask guidance followed in our locations

Home 1

Home 2

Home 3

Fees per week	Quality rating*
£	
£	
£	

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 59. 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 a 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 5.

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 65 and 56 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 61.

Design and technology

The design of a care home specialising in dementia should 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 your 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 about the Dementia Friends Ambassador and, if the home does not have a specific Dementia Lead, ask whether it has the necessary experience to support someone to live well with dementia.

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 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 of 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 64.. 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 64).

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 contribute.

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 64 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 several 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 64 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.

You cannot usually get Attendance Allowance if you live in a care home and your care is paid for by your local authority. You can still claim Attendance Allowance if you pay for all your care home costs yourself.

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 State Pension age) or Pension Credit (if you are over State 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 65 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, providing 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 its rate and the amount the home charges. This additional payment is called a 'top-up' or 'third party payment'.

You are not allowed to make this additional payment yourself, except in limited circumstances, so the responsibility usually falls to a family member, friend or charity.

Before anyone agrees to pay your top-up, they should be aware that the amount may increase, usually once a year, and they need to be confident that they can sustain the payments for as long as they are required. They will need to sign a contract with the council to

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

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

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

Seeking financial advice

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

cost-effective solution. Everyone is encouraged to seek unbiased, expert advice from independent financial advisers to help work out how to pay for long-term care.

Independent financial advisers are regulated by the Financial Conduct Authority (FCA) and must take shared responsibility for the suitability of any product they recommend.

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

A list of independent financial advisers who are accredited by the Society of Later Life Advisers can be found at **www.societyoflaterlifeadvisers.co.uk** or you can call **0333 202 0454**. There are also several organisations that provide free advice about funding care and support.

These are a good place to start if you are looking for information and want to see what sort of options are available.

Age UK

Tel: **0800 055 6112**

Web: **www.ageuk.org.uk/moneymatters**

Citizens Advice

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

Tel: **0800 144 8848**

Money Helper

Tel: **0800 138 7777**

Web: **www.moneyhelper.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 emailed to you.

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 5), 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**

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 to do so.

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. Therefore, preparing an LPA is always advisable, providing you have somebody sufficiently trustworthy to appoint as your attorney.

An 'advance directive' allows you to communicate your wishes in respect of future medical treatment,

but it is not legally binding. You may instead wish to make a living will, properly known as an ‘advance decision’, setting out treatment that you do not want to receive in specified circumstances, which would legally have to be followed, even if you die as a result.

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

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

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 5 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 local 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 into 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 must 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 here to tell someone. Your concerns will be taken seriously and will receive prompt attention, advice and support.

Essex County Council Adult Social Care

Tel: **0345 603 7630** (Monday to Thursday, 8.45am to 5.00pm; and Friday, 8.45am to 4.30pm).

Textphone: **0345 758 5592**

Out of hours: **0345 606 1212**

Email: **socialcaredirect@essex.gov.uk**

Southend-on-Sea City Council

Tel: **01702 215008**

Email: **council@southend.gov.uk**

Web: **www.southend.gov.uk/social-care/reporting-concern**

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 **0300 061 6161** 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/db**s

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.



We can never replace home, but that should never stop us from trying...



Maitland House Care Home

01255 421 415

The home provides care for elderly residents in the beachside location of **Clacton-On-Sea**.



Drummonds Care Home

01376 570 711

The home provides care for adults living with physical disabilities and learning difficulties in **Colchester**.



Belamacanda Care Home

01255 862 238

The home provides care for adults living with physical disabilities and learning difficulties in **Little Clacton**.



The Lodge Care Home

01255 850 809

The home provides care for elderly residents and those living with Dementia in the charming town of **Walton-On-The-Naze**.



Spring Lodge Care Home

01255 420 045

The home provides care for elderly residents in the popular seaside destination of **Clacton-On Sea**.



Mid Meadows Care Home

01255 675 085

The home provides care for adults living with physical disabilities and learning difficulties in **Frinton-On-Sea**.



Valentine House Care Home

01376 585 965

The home provides care for elderly residents in the charming village of **Silver End**.

Black Swan Care Group provides top quality care to residents throughout the East of England, with a total of 7 care homes throughout the Essex region.

These homes provide care for elderly residents aged 65 and over, where they can expect bespoke and tailored care packages, beautiful facilities, and the highest quality care possible.

We also have services specialising in providing care for those living with physical disabilities, learning difficulties, and Autism Spectrum Disorder. These homes provide care for adults aged 18 and over.

*All of our services in Essex are rated **GOOD** with the Care Quality Commission, with some achieving **OUTSTANDING** results within the CQC's Key Lines of Enquiry.*

Get in touch with us!

Looking for your next opportunity?



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Training provided.

Tel: **01603 507 596** head office

www.blackswan.co.uk

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 29.



Basildon	70	Chelmsford	79	Maldon	86	Thurrock	96
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Castle Point	76	Harlow	86	Tendring	92		



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

 CareChoices

Basildon care homes

Acorn House – Laindon

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

LDA YA

Ashview

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

PD LDA

Berrys Carehome, The

43 Gardenia Court, Basildon SS15 5PG
Tel: 01268 952152

OP LDA YA

Bungalow, The

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

PD LDA SI YA

Cameron House

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

OP YA

CC The Laurels Ltd

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

OP D YA

Cedar House

London Road, Pitsea SS13 2BY
Tel: 01268 458266

LDA YA

Central Avenue, 2

Billericay CM12 0QZ
Tel: 01277 655394

OP LDA YA

Clayburn Lodge

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

MH

Estuary Housing Association Ltd – 16 Vista Road

Wickford SS11 8EJ
Tel: 01268 767210

OP LDA YA

Eve Belle

Nevendon Road,
Wickford SS12 0QH
Tel: 01268 435118

OP D PD SI

Evelyn May House

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

OP D PD SI

Fremnells, The, 71

Basildon SS14 2QZ
Tel: 01268 526692

PD

Glenroyd House

26 High Road North, Laindon,
Basildon SS15 4DP
Tel: 01707 652053

LDA

Grange, The

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

OP D PD SI

Grovelands Lodge

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

MH YA

Herondale

2 Herondale, Basildon SS14 1RR
Tel: 01268 523399

MH

Heywood Lodge

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

OP



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

Basildon care homes continued

Hollymede Cottage

61-63 Church End Lane, Runwell, Wickford SS11 7DP
Tel: 01268 450908 **OP D**

Livability Anvil House

199 Perry Street, Billericay CM12 ONX
Tel: 01277 633950 **LDA YA**

London Road, 86

Wickford SS12 0AR
Tel: 01702 462246 **OP LDA YA**

Longcroft Residential Care Home

34 Swan Lane, Wickford SS11 7DD
Tel: 01268 572066 **MH YA AD**

Longwood Place

110 High Road, Langdon Hill SS16 6HY
Tel: 01268 411414 **D PD LDA SI**

Mundy House

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

Oakes, The

55 Railway Approach, Laindon SS15 6JX
Tel: 01268 441096 **LDA YA**

Oaklands (Essex)

Forest Glade, Dunton Hills, Laindon SS16 6SX
Tel: 01268 491491 **OP**

Primecare

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

Rectory Lodge

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

Silvanna Court

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

Third Avenue, 7-9

Wickford SS11 8RF
Tel: 01702 462246 **OP PD LDA YA**

Westacres

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

Woodbury Court

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

Basildon care homes with nursing

Advertisers are highlighted

Anisha Grange

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

Gifford House Care Home

London Road, Bowers Gifford,
Basildon SS13 2EY **Advert inside front cover**
Tel: 01268 554330 **OP D PD SI**

Braintree care homes

18 Acorn Avenue

18 Acorn Avenue, Halstead CO9 1LQ
Tel: 01787 479491 **LDA**

Acorn Lodge Care Home

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

Aspen Grange Care Home

Coldnailhurst Avenue, Braintree CM7 5PY
Tel: 01376 550764 **OP D**

Bethany House

32 Brewery Drive, Halstead CO9 1EF
Tel: 01787 472613 **LDA YA**

Bethel Place

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

Blackthorns

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

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

Blamsters Farm

Mount Hill, Halstead CO9 1LR

Tel: 01255 823547

LDA

Imola

Lanham Green, Cressing, Braintree CM77 8DT

Tel: 01376 584352

LDA YA

Blamsters Link

Howe Chase, Halstead CO9 2QJ

Tel: 01787 479346

LDA

Joseph Gardens

7 Joseph Gardens, Silver End CM8 3SN

Tel: 01376 574900

LDA YA

Boars Tye Farm Residential Home

20 Boars Tye Road, Silver End,

Witham CM8 3QA

Tel: 01376 584515

OP D PD MH SI

Kilkee Lodge Residential Home

Coggeshall Road, Braintree CM7 9ED

Tel: 01376 342455

OP

Bradbury House

New Street, Braintree CM7 1ES

Tel: 01376 348181

OP D

Larchwood Care Home

108 Broad Road, Bocking,

Braintree CM7 9RX

Tel: 01376 347777

OP D

Brewery House

28 Brewery Drive, Halstead CO9 1EF

Tel: 01787 472046

LDA

Meadows

Fairy Hall Lane, Rayne,

Braintree CM77 6SZ

Tel: 01376 340714

PD LDA MH SI YA

Colne House

Station Road, Earls Colne, Colchester CO6 2LT

Tel: 01787 222227

OP D MH YA

Millard House

Church Street, Bocking, Braintree CM7 5LL

Tel: 07748 903235

OP D PD

Crossfields Lodge

18 Crossfields, Halstead CO9 1UY

Tel: 01787 476679

OP LDA YA

Drummonds

The Street, Feering, Colchester CO5 9QJ

Tel: 01376 570711 **Advert page 68** OP PD LDA SI YA**Fern Lodge**

108 Broad Road, Bocking, Braintree CM7 9RX

Tel: 01376 550432

OP LDA YA

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

Forest Home

58 Swan Street, Sible Hedingham, Halstead CO9 3HT

Tel: 01787 460361

OP

New Partnerships Lynray and Peach Cottage

Lynray, The Gore, Rayne,

Braintree CM77 6RL

Tel: 01376 329437

PD LDA YA

Grammar School House

York Road, Earls Colne, Colchester CO6 2RN

Tel: 01787 222412

PD LDA YA

Nightingale Close, 2-4

Witham CM8 1AP

Tel: 01376 511057

OP D PD LDA SI YA

Halstead Hall Care Home

Mount Hill, Braintree Road, Halstead CO9 1SL

Tel: 01787 476892

OP D PD

Ogilvie Court

America Road, Earls Colne,

Colchester CO6 2LB

Tel: 01787 222355

LDA YA

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

Park View

Kings Chase, Witham CM8 1AX
Tel: 01376 512443

OP D PD SI

Poplars

Clockhouse Way, Braintree CM7 3RD
Tel: 01376 342772

OP PD LDA MH SI YA

Prince Edward Duke of Kent Court

Stisted Hall, Kings Lane, Stisted,
Braintree CM77 8AG
Tel: 01376 345534

Advert below
OP D YA

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

Rose Belle

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

OP PD LDA MH SI YA

St Dominics Residential Home

London Road, Kelvedon, Colchester CO5 9AP
Tel: 01376 570359

OP D SI

Tidings, The

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

LDA

Valentine House

Broadway, Silver End, Witham CM8 3RF
Tel: 01376 585965 **Advert page 68**

OP D YA

Willowmead Care Home

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

OP D



Prince Edward Duke of Kent Court

Stisted, Braintree

"The staff are always very attentive and whenever I phone there is always a kind person that puts my mind at ease." Carehome.co.uk review.

We provide residential care and residential dementia support.

For more information, please contact us:
T: 01376 345 534 | E: stistedhall@rmbi.org.uk
Stisted Hall, Kings Lane, Stisted, Braintree
Essex, CM77 8AG

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Registered Charity No: 1163245 Company No: 1293566



www.rmbi.org.uk

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

Life is to be loved.

Dementia Care | Nursing Care | Residential Care | Respite Care



Riverdale Care Home 01376 349 643

65 Duggers Lane, Braintree
Essex, CM7 1BA



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Riverdale Care Home is a luxurious and comfortable home, perfectly suited to provide the complete care package for residents.

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Daughter of resident, carehome.co.uk

Award-winning care.

To find out more, call us on **01376 349 643** or email
riverdale@westgatehc.co.uk

www.westgatehc.co.uk



Westgate
HEALTHCARE

Aspen Grange Care Home

Coldnailhurst Avenue, Braintree CM7 5PY
Tel: 01376 550764

OP D

Braintree Nursing Home

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

OP D PD MH SI AD

Cedars Place Care Home

Sudbury Road, Halstead CO9 2BB
Tel: 01787 472418

OP D PD SI

Colne View

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

OP D

Longmead Court Nursing Home

247 London Road, Black Notley, Braintree CM77 8QQ
Tel: 01376 344440

OP D MH YA

Riverdale Care Home

65 Duggers Lane, Braintree CM7 1BA
Tel: 01376 349643 **Advert page 74**

OP SI YA

St George's Witham Nursing Home

18-20 Avenue Road, Witham CM8 2DT
Tel: 01376 512258

OP D PD YA

St Mary's Court

Deanery Hill, Bocking, Braintree CM7 5SR
Tel: 01376 328600

OP D YA

Brentwood care homes

Ardtully Retirement Residence

Station Lane, Ingatestone CM4 OBL
Tel: 01277 353888

OP D PD SI

Dudbrook Hall

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

OP D YA

Hawthorn Bungalow

Regent Way,
Brentwood CM14 4TY
Tel: 01277 202270

OP D PD LDA SI YA

Heron Court

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

OP D PD SI

Howard Lodge Care Centre

Beacon Hill Road, Kelvedon Common,
Brentwood CM14 5FQ
Tel: 01277 373603

OP D PD SI

Hutton View Care Home

3 Rayleigh Close, Rayleigh Road, Hutton,
Brentwood CM13 1AR
Tel: 01277 201719

OP D PD SI YA

Old Shenfield Place

2 Hall Lane, Shenfield, Brentwood CM15 9AB
Tel: 01277 246004

OP D PD SI

Quiet Waters

8 Thorndon Avenue, West Horndon,
Brentwood CM13 3TT
Tel: 01277 812466

LDA YA

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CareChoices

☉ What have you found useful?

☉ What could we do better?

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www.carechoices.co.uk/reader-survey

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

Brentwood care homes continued

Rowan House

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

Seton Care Home

The Marillac, Eagle Way, Warley,
Brentwood CM13 3BL
Tel: 01277 220276 **OP**

Winifred Dell Care Home

Essex Way, Great Warley,
Brentwood CM13 3AX
Tel: 01277 220897 **OP D**

For information on different types of care home, see page 57.

Brentwood care homes with nursing

Advertisers are highlighted

Brentwood Care Centre

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

Seven Arches Nursing Home

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

Hutton Village Bupa Care Home

Hutton Village, Brentwood CM13 1RX
Tel: 01277 889674 **Advert page 78** **OP PD**

Signature at The Beeches

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

Leonard Lodge

Roxwell Gardens, Hutton,
Brentwood CM13 1AQ
Tel: 01277 508450 **Advert page 58** **OP D MH**

Signature at The Beeches

Hubert Road, Brentwood CM14 4NA
Tel: 01276 406600 **OP D YA**

Marillac Neurological Care Centre

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

If you are considering a care home with nursing, see the checklist on page 59.

Castle Point care homes

Beeches, The

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

Hopes Green

16 Brook Road, South Benfleet SS7 5JA
Tel: 01268 977679 **Advert page 77** **OP**

Eco Nights

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

Longview

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

Elizabeth House

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

Goldenley Care Home

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



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

Castle Point care homes continued

Oakdale

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

OP D

Silverpoint Court Residential Care Home

Silverpoint Marine,
Canvey Island SS8 7TN
Tel: 01268 515564

OP

Stafford Hall

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

OP D PD SI

Umika Lodge Care Home

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

OP D PD SI YA

Vibrance – 1 Parkstone Avenue

Benfleet SS7 1SP
Tel: 01702 558571

PD LDA

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

Parklands Nursing Home

21-27 Thundersley Park Road,
Benfleet SS7 1EG
Tel: 01268 882700

OP D

Godden Lodge Care home

57 Hart Road, Benfleet SS7 3GL
Tel: 01268 792227

OP D PD YA

See page 62 for more information on paying for care homes in Essex and Southend-on-Sea.

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***** Review on carehome.co.uk

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Hopes Green Care Home
16 Brook Road, South Benfleet,
Essex, SS7 5JA
www.fshc.co.uk/hopesgreen



Four Seasons Health Care

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

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Essex SS4 1HE

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Colchester



Croft House
Care Home
Great Dunmow



Hatfield Peverel
Care Home
Chelmsford



Hutton Village
Care Home
Brentwood



The Lawns
Care Home
Chelmsford

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Lines are open 8am to 6.30pm Monday to Friday, 9am to 12.30pm Saturday.
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Phone calls are free to 0808 numbers.

Look in
listings for
further
information



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Agility Care

28 Paradise Road, Writtle, Chelmsford CM1 3HP

Tel: 01245 422901

OP PD LDA YA

Ayletts House

Main Road, Broomfield, Chelmsford CM1 7LE

Tel: 01245 441854 **Advert page 78**

OP

Belfry Residential Home, The

Dowsetts Lane, Ramsden Heath, Billericay CM11 1HX

Tel: 01268 710116

OP

Bridgemarsh Residential Home

184 Main Road, Broomfield, Chelmsford CM1 7AJ

Tel: 01245 440858

D PD LDA SI

Chignal House

107 Chignal Road, Chelmsford CM1 2JA

Tel: 01245 284538

LDA

Eastham

Main Road, Woodham Ferrers CM3 8RF

Tel: 01245 320240

OP D PD SI

Faith Global Links Ventures Ltd

158 Galleywood Road, Great Baddow,

Chelmsford CM2 8YT

Tel: 01245 478797

OP D LDA MH YA

Fenham Lodge

The Street, Hatfield Peverel, Chelmsford CM3 2EQ

Tel: 01245 381550

LDA YA

Lyons Court Residential Care Home

Canvey Walk, North Springfield,

Chelmsford CM1 6LB

Tel: 01245 451254

OP PD SI

Madelayne Court

School Lane, Chelmsford CM1 7DR

Tel: 01245 443986

OP D PD SI

Massenet

Wickham Bishops Road, Hatfield Peverel CM3 2JL

Tel: 01245 380773

OP LDA YA

Moulsham Home

116-117 Moulsham Street, Chelmsford CM2 0JN

Tel: 01245 350750

OP D PD YA

Okeley Care Home

Corporation Road, Chelmsford CM1 2AR

Tel: 01245 287500

OP

Southborough Care Home

9-11 Southborough Road, Chelmsford CM2 0AG

Tel: 01245 357748

OP D LDA YA

Vibrance – 24a Corporation Road

Chelmsford CM1 2AR

Tel: 01245 495010

LDA

Willow Tree Lodge

133 Chignal Road, Chelmsford CM1 2JD

Tel: 01245 355434

LDA MH YA

Chelmsford care homes with nursing

Admirals Reach Care Home

Ridgewell Avenue, Chelmsford CM1 2GA

Tel: 01245 266567

OP D PD MH YA

Baycroft Great Baddow

Molrams Lane, Great Baddow, Chelmsford CM2 7TL

Tel: 0207 428 4190

OP D PD MH SI YA

Cherry Wood Grange Care Home

196 New London Road, Chelmsford CM2 0AR

Tel: 01245 293800

OP D PD SI YA

Hatfield Peverel Lodge Bupa Care Home

Crabbs Hill, Hatfield Peverel, Chelmsford CM3 2NZ

Tel: 01245 801523 **Advert page 78**

OP D PD

Lawns Bupa Care Home, The

Lawn Lane, Springfield, Chelmsford CM1 7JB

Tel: 01245 801535 **Advert page 78**

OP PD YA

Manor Lodge

Manor Road, Chelmsford CM2 0EP

Tel: 01245 496028

OP D PD LDA MH

St Joseph's Nursing Home

Manor House, Gay Bowers Road,

Danbury CM3 4JQ

Tel: 01245 223367

OP D PD

If you are considering a care home with nursing, see the checklist on page 59.

Service

OP Older people (65+)

D Dementia

PD Physical disability

LDA Learning disability, autism

User Bands

MH Mental health

SI Sensory impairment

YA Younger adults

AD People who misuse alcohol or drugs



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For all enquiries or further information, please contact us:

T: 01787 222 377

E: brookhouse@sohal.healthcare

www.sohal.healthcare

Address:

Brook House, 47 Colchester Road

White Colne, Colchester, Essex, CO6 2PW

Aldeburgh House

66 Seaview Avenue, West Mersea, Colchester CO5 8BX
Tel: 01206 384392 **LDA YA**

Avalon

Spring Lane, Wivenhoe, Colchester CO7 9QD
Tel: 01206 616893 **PD LDA SI YA**

Aveley Lodge

Abberton Road, Fingringhoe, Colchester CO5 7AS
Tel: 01206 729304 **OP D**

Blackbrook House

Gun Hill, Dedham, Colchester CO7 6HP
Tel: 01206 809798 **Advert page 60** **OP D**

Blossomwood

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

Brook House

47 Colchester Road, White Colne,
Colchester CO6 2PW
Tel: 01787 222377 **Advert page 80** **OP D**

Butterfly's Care Home

1-3 Bromley Road, Colchester CO4 3JE
Tel: 01206 861482 **OP PD LDA MH YA**

Butterfly's Care Home

186 Wivenhoe Road, Alresford, Colchester CO7 8AH
Tel: 01206 826872 **OP PD LDA MH YA**

Cleaveland Lodge

151 Rowhedge Road, Old Heath, Colchester CO2 8EJ
Tel: 01206 728801 **OP D**

Conifers, The

Wormingford, Colchester CO6 3NS
Tel: 01206 241366 **D LDA MH SI YA**

Crouched Friars Residential Home

103-107 Crouch Street, Colchester CO3 3HA
Tel: 01206 572647 **OP D YA**

Dugard Avenue, 26

Colchester CO3 9EH
Tel: 07717 745627 **LDA YA**

Eleni House

Boxted Road, Colchester CO4 5HF
Tel: 01206 848005 **OP D PD LDA MH SI YA AD**

Elm Cottage

7 Lucerne Road, Elmstead Market,
Colchester CO7 7YB
Tel: 01206 822794 **LDA MH**

Elm House

192 Wivenhoe Road, Alresford, Colchester CO7 8AH
Tel: 01206 824443 **LDA MH**

Essex Care Consortium – Colchester

Maldon Road, Birch, Colchester CO2 0NU
Tel: 01206 330308 **LDA YA**

Essex Care Consortium – Marks Tey

Laurels, Station Road, Marks Tey,
Colchester CO6 1EE
Tel: 01206 211825 **LDA YA**

Essex Care Consortium – Plume Avenue

5a Plume Avenue, Prettygate, Colchester CO3 4PG
Tel: 01206 563149 **LDA YA**

Ewer Court

1 Fairfax Road, Colchester CO2 7ED
Tel: 01206 562511 **OP PD LDA SI YA**

Freda Gunton Lodge Residential Home

Balkerne Gardens, Colchester CO1 1PR
Tel: 01206 574786 **OP**

Gables

262 Ipswich Road, Colchester CO4 0ER
Tel: 01206 841515 **D PD LDA MH SI AD**

Great Horkesley Manor

Nayland Road, Great Horkesley, Colchester CO6 4ET
Tel: 01206 271394 **OP D YA**

Haven, The

84 Harwich Road, Colchester CO4 3BS
Tel: 01206 867143 **OP D**

Henderson and Harvard

Kelvedon Road, Tiptree, Colchester CO5 0LJ
Tel: 01621 819354 **OP PD LDA SI YA**

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

Colchester care homes continued

Hill House

183 Lexden Road, Lexden, Colchester CO3 3TE
Tel: 01206 761309

OP

Hillside Lodge

12 Crossfields, Halstead CO9 1UY
Tel: 01787 476 679

OP LDA YA

Hilton House

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

OP LDA MH YA

Ipswich Road, 481

481 Ipswich Road, Colchester CO4 0HQ
Tel: 01206 547737

LDA 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

Loganberry Lodge

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

OP D PD SI YA

Lychgate House

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

OP MH YA

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 766654

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

OP 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

OP D

Morley Road, 43a & 43b

Tiptree, Colchester CO5 0AA
Tel: 01621 819070

OP PD LDA SI YA

Nationwide Community Care Ltd

– 3 Cracknell Close

Wivenhoe, Colchester CO7 9PY
Tel: 01206 825508

PD LDA MH YA

Nationwide Community Care Ltd – 35 Mede Way

Wivenhoe, Colchester CO7 9HW
Tel: 01206 828011

PD LDA MH SI YA

Nayland Lodge

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

OP D LDA MH SI YA

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

Colchester care homes continued

New Copford Place Residential Care Home

London Road, Copford, Colchester CO6 1YR
Tel: 01206 210397

OP D

Newlands

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

PD LDA

Pathways

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

PD LDA SI

Peldon Campus

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

LDA

Penny Meadow

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

LDA YA

Pinewood & Hollywood

Smithsfield, Colchester CO1 2HP
Tel: 01206 795971

LDA

Priory Lodge

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

MH YA

Rawlings House

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

PD LDA SI

Ridings, The

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

PD LDA

Rowans

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

PD LDA SI

Seaview

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

LDA

Shrub End Lodge

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

PD LDA MH

Springfields Residential Home

Rectory Road, Copford Green,
Colchester CO6 1DH
Tel: 01206 211065

OP

St Andrews Lodge

184 St Andrews Avenue,
Colchester CO4 3AG
Tel: 01206 797737

OP D LDA MH SI YA

Stanway Green Lodge

Stanway Green, Stanway,
Colchester CO3 0RA
Tel: 01206 330780

OP D PD MH SI

Stanway Villa

9 Nursery Close, Stanway,
Colchester CO3 0RL
Tel: 01206 769400

PD LDA SI

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: 07510 055378

LDA YA

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

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: 01206 574266

OP

Cheviot Nursing Home

11 Park Road, Colchester CO3 3UL

Tel: 01206 763648

OP PD YA

Colonia Court Bupa Care HomeSt Andrews Avenue,
Colchester CO4 3ANTel: 01206 803809 **Advert page 78**

OP D PD YA

Foxburrow Grange

Ypres Road, Colchester CO2 7NL

Tel: 01206 586900

OP D PD MH SI YA

Livability Treetops94 Victoria Gardens, Highwoods,
Colchester CO4 9YE

Tel: 01206 844121

OP PD LDA YA

Myland House

81 Mile End Road, Colchester CO4 5BU

Tel: 01206 853604

OP YA

Oaks Care Home, The

15-25 Oaks Drive, Lexden, Colchester CO3 3PR

Tel: 01206 988975 **Advert below**

OP D PD YA

Ramsey Step Down and Care Centre

Ramsey Road, Harwich CO12 5EP

Tel: 07794 985171

OP YA

Silversprings

Tenpenny Hill, Thorrington, Colchester CO7 8JG

Tel: 01206 251962

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 OPT

Tel: 01206 855407

OP D YA

Tall Trees

Oaks Place, Mile End Road, Colchester CO4 5XR

Tel: 01206 844425

OP D PD LDA MH

Welshwood Manor

37 Welshwood Park Road, Colchester CO4 3HZ

Tel: 01206 868483

OP PD

Woodland View

216 Turner Road, Colchester CO4 5JR

Tel: 01206 932332 **Advert page 58**

OP D PD LDA YA



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AUREM CARE

Epping Forest care homes

Alder House – Care Home Physical Disabilities

Lambourne Road, Chigwell IG7 6HH

Tel: 0208 500 8491

OP PD LDA 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

OP D

Cunningham House

Pike Way, North Weald, Epping CM16 6BL

Tel: 01992 524160

OP D YA

Frank Foster House

Loughton Lane, Theydon Bois CM16 7LD

Tel: 01992 812525

OP D PD SI YA

Honey Lane Care Home

Honey Lane, Waltham Abbey EN9 3BA

Tel: 0208 879 6550

OP D

Loughton Hall

Rectory Lane, Loughton IG10 3RU

Tel: 0208 508 4599

OP D YA

Lugano Residence for the Elderly

3 Powell Road, Buckhurst Hill IG9 5RD

Tel: 0208 505 2695

OP D

Marcris House

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 YA

Vibrance – 138-138A Mason Way

Waltham Abbey EN9 3EJ

Tel: 01992 769113

LDA

Weald Hall Residential Home

Weald Hall Lane, Thornwood, Epping CM16 6ND

Tel: 01992 572427

OP D

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

Advertisers are highlighted

Ashbrook Court Care Home

Sewardstone Road, Waltham Abbey E4 7RG

Tel: 0208 524 5530

OP D YA

Ashlar House

The Plain, Epping CM16 6TY

Tel: 01992 721089 **Advert page 58**

OP D

Forest Place Nursing Home

Roebuck Lane, Buckhurst Hill IG9 5QL

Tel: 0208 505 2063

OP D

Lambwood Heights Care Home

Woodview, 244 Lambourne Road, Chigwell IG7 6HX

Tel: 07889 211391

OP D PD SI YA

Paternoster House

Paternoster Hill, Waltham Abbey EN9 3JY

Tel: 01992 721087 **Advert page 58** OP D PD MH YA

Queens Court Care Home

52-74 Lower Queens Road, Buckhurst Hill IG9 6DS

Tel: 0208 559 0620

OP D PD YA

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

Epping Forest care homes with nursing continued

Revitalise Jubilee Lodge

Grange Farm, High Road, Chigwell IG7 6DP
Tel: 0208 501 2331

OP D PD SI YA

Sherrell House Care Home

414 Fencepiece Road, Chigwell IG7 5DP
Tel: 0208 501 3389

OP D

Sewardstone Close, 1

Sewardstone Road E4 7RG
Tel: 0208 498 5620

OP YA

Woodland Grove

Rectory Lane, Loughton IG10 3RU
Tel: 0208 508 9220

OP D PD SI YA

Harlow care homes

Ashlyn Care Home

Vicarage Wood, Harlow CM20 3HD
Tel: 01279 868330

OP D

Livingstone House

11 Potter Street, Harlow CM17 9AE
Tel: 01279 641112

LDA

Livability Keefield

Keefield Close, Keefield, Harlow CM19 5SW
Tel: 01279 635933

LDA YA

Tye Green Lodge

Tye Green Village, Yorkes, Harlow CM18 6QY
Tel: 01279 770500

OP D PD LDA YA

Livability Netteswell Rectory

Manston Road, Harlow CM20 3PA
Tel: 01279 444000

LDA YA

See the checklist on page 59 for questions to ask when looking at care homes.

Harlow care homes with nursing

Abbot Care Home

Partridge Road, Harlow CM18 6TD
Tel: 01279 452990

OP D PD YA

Alexandra House – Harlow

Hamstel Road, Harlow CM20 1BU
Tel: 01279 454521

OP D PD SI YA

Maldon care homes

Boucherne Ltd

30 Holloway Road, Heybridge, Maldon CM9 4SQ
Tel: 01621 855429

OP

Estoril

Wonston Road, Southminster CM0 7FE
Tel: 01621 774776

LDA YA

Brewster House

Oak Road, Heybridge, Maldon CM9 4AX
Tel: 01621 853960

OP D PD SI YA

Firstlings

7 The Street, Heybridge, Maldon CM9 4NB
Tel: 01621 853747

OP D

Deansbrook Farm

Southminster Road, Asheldham,
Southminster CM0 7DZ
Tel: 01621 775820

LDA YA

Hailey House

Highlands Drive, Maldon CM9 6HY
Tel: 01621 854132

OP

Down Hall Residential Home

Downhall Road, Bradwell-on-Sea,
Southminster CM0 7QP
Tel: 01621 776509

OP D PD MH SI YA

Little Oaks

Braxted Road, Little Braxted,
Witham CM8 3JY
Tel: 01621 891974

OP LDA MH YA

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

Maldon care homes continued

Lodge, The

Lodge Road, Dykes Chase, Maldon CM9 6HW
Tel: 01621 858286

OP D

Longfield Care Home

Fambridge Close, Maldon CM9 6DJ
Tel: 01621 857147

OP D

Mandalay

13 Bridge Street, Witham CM8 1BU
Tel: 01376 520280

LDA YA

Mansion House Residential Home

Burnham Road, Althorne, Chelmsford CM3 6DR
Tel: 01621 742269

OP D PD SI YA

Schumey's Corner

11a Queen Street, Southminster CM0 7BB
Tel: 01621 774315

LDA

Southminster Residential Home

Station Road, Southminster CM0 7EW
Tel: 01621 773462

OP D

Squeaks House Residential Care Home

Steeple Road, Southminster CM0 7BD
Tel: 01621 772385

OP D

Swan Care Residential Home

29 North Street, Tillingham CM0 7TR
Tel: 01621 779171

OP D

Totham Lodge Home for the Elderly

Broad Street, Green Road, Great Totham, Maldon CM9 8NU
Tel: 01621 891209

OP D PD

Villeneuve House

Wonston Road, Southminster CM0 7FE
Tel: 01621 772610

LDA YA

Windle Court

The Withywindle, Celeborn Street, South Woodham Ferrers CM3 7BR
Tel: 01245 425980

OP D PD SI YA

Maldon care homes with nursing

Elmcroft Care Home

Brickhouse Road, Tolleshunt Major, Maldon CM9 8JX
Tel: 01621 893098

OP D PD LDA YA

St Peters Court

Spital Road, Maldon CM9 6LF
Tel: 01621 840466

OP D PD MH YA

Rochford care homes

Advertisers are highlighted

Ashingdon Hall

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

OP MH

Barling Lodge

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

OP D PD LDA MH SI YA AD

Broadoaks

2 Southend Road, Rochford SS4 1HE
Tel: 01702 545888 **Advert page 78**

OP D

Brook Care Home

17 Brook Close, Rochford SS4 1HN
Tel: 01702 549499

OP D MH

Broomhills

Stambridge Road, Rochford SS4 2AQ
Tel: 01702 542630

OP D PD SI YA

Dorset Lodge Ltd

5-7 Dorset Gardens, Rochford SS4 3AH
Tel: 01702 545907

MH

Gowlands

Sutton Bridge Farm, Sutton Road, Rochford SS4 1XS
Tel: 01702 541761

PD LDA SI YA

Hainault Avenue, 3

Rochford SS4 1UH
Tel: 01702 545753

OP LDA YA

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

Rochford care homes continued

Little Waking House

367-369 Little Waking Road, Little Waking,
Southend-on-Sea SS3 0LB
Tel: 01702 217535

OP D LDA MH YA AD

Sweyne Court Care Home

Hockley Road, Rayleigh SS6 8EB
Tel: 01268 774530

OP D YA

Stambridge Meadows

Stambridge Road, Great Stambridge, Rochford SS4 2AR
Tel: 01702 258525

OP YA

Timber Grove

London Road, Rayleigh SS6 9DT
Tel: 01268 780233

PD LDA SI

Rochford care homes with nursing

Badgers Lodge

53 Rayleigh Avenue, Eastwood,
Leigh-on-Sea SS9 5DN
Tel: 01702 526027

OP LDA YA

Rawreth Court

Rawreth Lane, Rayleigh SS6 9RN
Tel: 0300 123 0808

OP D MH YA

Great Wheatley Nursing Home

3a Great Wheatley Road, Rayleigh SS6 7AL
Tel: 01268 777281

OP D YA

Rosedale Court

6 Homestead Close,
Rayleigh SS6 8FE
Tel: 01268 773180

OP D YA

Southend-on-Sea care homes

Aarandale Lodge

2-4 St Vincent's Road, Westcliff-on-Sea SS0 7PR
Tel: 01702 352096

OP D

Avondale Rest Home

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

OP D PD

Abbeyfield – St George's House

Park Terrace, Westcliff-on-Sea SS0 7PH
Tel: 01702 331512

OP

Bali Hai Care Home

14-16 Southbourne Grove, Westcliff-on-Sea SS0 9UR
Tel: 01702 479867

MH

Abbottswood Lodge Residential Care Home

226 Southchurch Road, Southend-on-Sea SS1 2LS
Tel: 01702 462541

OP D MH

Beacon House

18 Albion Road, Westcliff-on-Sea SS0 7DR
Tel: 07496 294128

OP PD LDA MH SI YA

Adalah Residential Rest Home Ltd

20 Cliff Road, Leigh-on-Sea SS9 1HJ
Tel: 01702 711162

OP D

Biffins Care Home

18 Thorpedene Gardens, Shoeburyness,
Southend-on-Sea SS3 9JB
Tel: 01702 292120

OP

Admiral Court

Manchester Drive, Leigh-on-Sea SS9 3HP
Tel: 01702 472288

OP D MH SI YA

Alyson House

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

OP D LDA MH SI YA

Blakeney House

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

LDA YA

Astral Lodge Residential Home

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

OP D

Bliss Care Home

23 Cobham Road, Westcliff SS0 8EG
Tel: 01702 351267

OP D PD MH

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

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 339728 **OP D**

Brambles Care Home

22 Cliff Road, Leigh-on-Sea SS9 1HJ
Tel: 01702 472417 **Advert below** **OP D**

Brook Meadows House

Burr Hill Chase, Southend-on-Sea SS2 6PE
Tel: 01702 212426 **OP D PD MH SI YA**

Butterfly House

314 Southbourne Grove, Westcliff-on-Sea SS0 0AF
Tel: 01702 841637 **LDA YA**

Catherine Miller House

13-17 Old Leigh Road, Leigh-on-Sea SS9 1LB
Tel: 01702 713113 **OP D**

Cavell Lodge

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 **PD LDA YA**

Crowstone House

Crowstone Avenue, Westcliff-on-Sea SS0 8HT
Tel: 01702 436611 **OP D PD SI YA**

Crowstone Manor

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**

Elgin Rest Home

12-14 Manor Road, Westcliff-on-Sea SS0 7SS
Tel: 01702 340172 **OP D PD LDA SI YA**

Fairmead

45 Fairmead Avenue, Westcliff-on-Sea SS0 9RY
Tel: 01702 308197 **LDA MH SI YA**

Grandville Lodge Ltd

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 **OP MH YA**

Happy Days

79 Hobleythick Lane, Westcliff-on-Sea SS0 ORN
Tel: 01702 307370 **OP PD LDA SI YA**

Havengore House Residential Care Home

27 Fairfield Road, Eastwood,
Leigh-on-Sea SS9 5RZ
Tel: 01702 529243 **OP D PD MH YA**

Health and Home Ltd – North Road

148-150 North Road, Westcliff-on-Sea SS0 7AG
Tel: 01702 346465 **OP D PD LDA MH SI YA AD**

Hollies, The

70 Canewdon Road, Westcliff-on-Sea SS0 7NE
Tel: 01702 354744 **OP D LDA YA**

Kathryn Court

84 Ness Road, Shoeburyness SS3 9DH
Tel: 01702 292800 **OP D PD SI YA**

Kimberley Grace Care Home

15-17 Grosvenor Road,
Westcliff-on-Sea SS0 8EP
Tel: 01702 347386 **OP D**



BRAMBLES

Brambles care home is 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

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

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

Southend-on-Sea care homes continued

Kingston House

43 Woodfield Park Drive, Leigh-on-Sea SS9 1LN

Tel: 01702 712022

LDA YA

Knoll, The

115 Southchurch Boulevard, Thorpe Bay,
Southend-on-Sea SS2 4UR

Tel: 01702 586684

PD LDA MH

Legra Residential Care Home

54 Salisbury Road, Leigh-on-Sea SS9 2JY

Tel: 01702 712222

OP D

Lifstan Way Care Home

74 Lifstan Way, Southend-on-Sea SS1 2XE

Tel: 01702 612549

MH YA

Lighthouse

403-407 Westborough Road,
Westcliff-on-Sea SS0 9TW

Tel: 01702 307370

LDA MH SI YA

Lilacs Residential Home, The

121 Chalkwell Avenue, Westcliff-on-Sea SS0 8NL

Tel: 01702 712457

OP D

Livability Dolphin Court

179-182 Eastern Esplanade, Thorpe Bay SS1 3AA

Tel: 01702 584088

OP D PD LDA YA

Manor Rest Home

35 Manor Road, Westcliff-on-Sea SS0 7SR

Tel: 01702 343590

OP D MH

Maplin House

117-119 Church Road, Shoeburyness,
Southend-on-Sea SS3 9EY

Tel: 01702 297494

OP D PD LDA MH SI YA

Marigold Respite Centre

62 Avenue Road, Westcliff-on-Sea SS0 7PJ

Tel: 01702 840699

PD LDA SI YA

Mellor House

80 Station Road, Westcliff-on-Sea SS0 7RQ

Tel: 01702 437350

LDA

Melrose House

95 Alexandra Road, Southend-on-Sea SS1 1HD

Tel: 01702 340682

OP D PD SI YA

Memory House

6-9 Marine Parade, Leigh-on-Sea SS9 2NA

Tel: 01702 780001

OP D YA

Meteor Rest Home

34-36 Meteor Road, Westcliff-on-Sea SS0 8DG

Tel: 01702 340518

OP D PD MH SI

Milton House

58 Avenue Road, Westcliff-on-Sea SS0 7PJ

Tel: 01702 437222

OP D YA

Newbrae Care Home Ltd

41 Crowstone Road, Westcliff-on-Sea SS0 8BG

Tel: 01702 430431

OP D PD SI

Old Leigh House

3 Old Leigh House, Leigh-on-Sea SS9 1LB

Tel: 01702 711111

LDA MH YA

Ossis Lodge

83 Hobleythick Lane, Westcliff-on-Sea SS0 0RN

Tel: 01702 307370

OP PD LDA SI YA

Palmerston House Care Home

21 Palmerston Road, Westcliff-on-Sea SS0 7TA

Tel: 01702 213553

OP D

Phoenix House

124 Crowstone Road, Westcliff-on-Sea SS0 8LQ

Tel: 01702 337057

OP PD LDA SI YA

Poppy Lodge Care Home

4 Drake Road, Westcliff-on-Sea SS0 8LP

Tel: 01702 342793

OP D

Ravensmere Rest Home

13-15 Manor Road, Westcliff-on-Sea SS0 7SR

Tel: 01702 330347

OP D PD LDA MH SI YA AD

Sands Lodge

15 Kings Road, Westcliff-on-Sea SS0 8LL

Tel: 01702 340501

LDA MH

Silversea Lodge

46 Silversea Drive, Westcliff-on-Sea SS0 9XE

Tel: 01702 480502

OP

Southwold House

16-18 Cliff Road, Leigh-on-Sea SS9 1HJ

Tel: 01702 715240

LDA YA

Service

OP

Older people (65+)

D

Dementia

PD

Physical disability

LDA

Learning disability, autism

User Bands

MH

Mental health

SI

Sensory impairment

YA

Younger adults

AD

People who misuse alcohol or drugs

Southend-on-Sea care homes continued

St Edith's Court

18 Hillside Crescent, Leigh-on-Sea SS9 1EN
Tel: 01702 480688

OP D

St Martins Residential Home

59 Imperial Avenue, Westcliff-on-Sea SS0 8NQ
Tel: 01702 475891

OP D PD MH SI

SummerHill

211 Manchester Drive, Leigh-on-Sea SS9 3ET
Tel: 01702 343062

OP D PD LDA MH SI YA

SummerLodge

20 Grosvenor Road, Westcliff-on-Sea SS0 8EN
Tel: 01702 343139

OP PD LDA MH SI YA

SummerView

35 Pembury Road, Westcliff-on-Sea SS0 8DU
Tel: 01702 348310

OP D LDA MH SI YA

SunFlowers

37 Pembury Road, Westcliff-on-Sea SS0 8DU
Tel: 01702 343062

OP D PD LDA MH SI YA

Valkyrie Lodge

27 Valkyrie Road, Westcliff-on-Sea SS0 8BY
Tel: 01702 302642

MH

Victoria Court Private Rest Home

127-129 York Road, Southend-on-Sea SS1 2DX
Tel: 01702 465574

OP D YA

Westcliff Lodge Ltd

118-120 Crowstone Road,
Westcliff-on-Sea SS0 8LQ
Tel: 01702 354718

OP D YA

Westerley Residential Care Home for the Elderly – Westcliffe-on-Sea

1 Winton Avenue,
Westcliff-on-Sea SS0 7QU
Tel: 01702 349209

OP

Westminster House Residential Care Ltd

41 Westminster Drive,
Westcliff-on-Sea SS0 9SJ
Tel: 01702 333034

OP MH AD

Whittingham House

Whittingham Avenue, Southend-on-Sea SS2 4RH
Tel: 01702 614999

OP D YA

Windermere Rest Home

23-25 Windermere Road, Southend-on-Sea SS1 2RF
Tel: 01702 303647

OP D

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

25 Lambeth Road, Eastwood,
Leigh-on-Sea SS9 5XR
Tel: 01702 525375

OP D PD YA

Cedars Care Home

14 Sweyne Avenue, Southend-on-Sea SS2 6FQ
Tel: 01702 236090

OP D PD SI YA

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

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

Southend-on-Sea care homes with nursing continued

Langley Lodge Nursing Home

39 Imperial Avenue,
Westcliff-on-Sea SS0 8NQ
Tel: 01702 340186

OP D PD SI YA AD

Mountdale Nursing Home

59 Mountdale Gardens,
Leigh-on-Sea SS9 4AP
Tel: 01702 421019

OP D PD LDA YA AD

Livability Kenway Court

5 Kenway, Southend-on-Sea SS2 5DX
Tel: 01702 440750

PD LDA YA

Uplands

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

OP YA

Maranatha Residential Home

211 York Road, Southend-on-Sea SS1 2RU
Tel: 01702 467675

OP

If you are considering a care home with nursing, see the checklist on page 59.

Tendring care homes

Advertisers are highlighted

21 Mill Lane

Weeley Heath, Clacton-on-Sea CO19 9BB
Tel: 07739 326957

OP LDA

Acorn Village

Mistley Hall, Clacton Road, Mistley,
Manningtree CO11 2NJ
Tel: 01206 394124

LDA YA

Alexandra House – Harwich

Marine Parade, Dovercourt,
Harwich CO12 3JY
Tel: 01255 503340

OP D

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

PD LDA YA

Asher House

Third Avenue, Walton-on-the-Naze CO14 8JU
Tel: 07810 618393

LDA YA

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 **Advert page 68**

OP PD YA

Blenheim Care Home

39-41 Kirby Road,
Walton-on-the-Naze CO14 8QT
Tel: 01255 675548

OP D PD SI

Brenalwood 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

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

Tendring care homes continued

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

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

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

Cottage Walk, 4

Clacton-on-Sea CO16 8DG

Tel: 01255 474010

PD LDA YA

Danbury

75 Wash Lane, Clacton-on-Sea CO15 1DB

Tel: 01255 319880

PD LDA YA

Delamer House

41 Naze Park Road, Walton-on-the-Naze CO14 8JR

Tel: 01255 852366

OP

Don Thomson House Residential Care Home

Low Road, Dovercourt, Harwich CO12 3TS

Tel: 01255 240978

OP D PD SI

Dovercourt House Residential Care Home

23-25 Fronks Road, Dovercourt, Harwich CO12 3RJ

Tel: 01255 506010

OP D MH

Ducks Halt

8 Walton Road, Kirby-le-Soken CO13 0DU

Tel: 01255 853930

OP PD LDA MH YA

Ernest Luff Homes

2-4 Luff Way, Garden Way,

Walton-on-the-Naze CO14 8SW

Tel: 0300 303 1495

OP D

Fairview

68 Freeland Road, Clacton-on-Sea CO15 1LX

Tel: 0845 880 2526

PD LDA MH

Firs, The

Thorpe Road, Kirby Cross, Frinton-on-Sea CO13 0NJ

Tel: 01255 862617

OP PD LDA YA

Four Winds

32a Church Road, Brightlingsea CO7 0JF

Tel: 01206 308176

LDA YA

Frintondene Care Home

4 Third Avenue, Frinton-on-Sea CO13 9EG

Tel: 01255 679635

OP

Gairloch Residential Care Home

11-15 Russell Road, Clacton-on-Sea CO15 6BE

Tel: 01255 422788

OP D

Glengariff Residential Home

45 Freeland Road, Clacton-on-Sea CO15 1LX

Tel: 01255 220397

OP D

Haven Lodge

14 Wellesley Road, Clacton-on-Sea CO15 3PP

Tel: 0845 880 2526

LDA MH

Haven Residential Care Home Ltd, The

27 Penfold Road, Clacton-on-Sea CO15 1JN

Tel: 01255 436403

MH YA

Holland Road

48 Holland Road, Clacton-on-Sea CO15 6EL

Tel: 01255 429499

LDA YA

Homeacre

28 Hayes Road, Clacton-on-Sea CO15 1TX

Tel: 01255 425365

OP D

Jenny's House

36 Old Road, Clacton-on-Sea CO15 1HX

Tel: 01255 220086

PD LDA

Lime Court Care Home

Lime Avenue, Dovercourt CO12 4DE

Tel: 01255 506340

OP D

Service

OP Older people (65+)

D Dementia

PD Physical disability

LDA Learning disability, autism

User Bands

MH Mental health

SI Sensory impairment

YA Younger adults

AD People who misuse alcohol or drugs

Lime Trees

Sparrows Corner, Harwich Road,
Great Oakley, Harwich CO12 5AD
Tel: 01255 880281

D PD MH SI**Little Paddocks**

The Street, Little Clacton, Clacton-on-Sea CO16 9LG
Tel: 01255 860309

PD LDA**Lodge Care Home**

82 Kirby Road, Walton-on-the-Naze CO14 8RJ
Tel: 01255 850809 **Advert page 68**

OP D YA**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 **Advert page 68**

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 **Advert page 68**

OP PD LDA YA**Mistley Manor**

2 Long Road, Mistley, Manningtree CO11 2HN
Tel: 01206 391488

OP D PD SI YA**Oaklands**

110 London Road, Clacton-on-Sea CO15 3SX
Tel: 07904 131305

PD LDA MH SI 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

OP 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**Peter House**

Sneating Hall Lane, Kirby-le-Soken,
Frinton-on-Sea CO13 0EW
Tel: 01255 861241

OP PD LDA MH YA**Point Clear Road, 165**

St Osyth, Clacton-on-Sea CO16 8JB
Tel: 01255 823547

OP LDA YA**Quenby Rest Home**

Brightlingsea Road, Thorrington, Colchester CO7 8JH
Tel: 01206 593594

OP D MH**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

OP PD LDA MH YA**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 551769

PD LDA YA

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

Saresta and Serenade

Bromley Road, Elmstead Market, Colchester CO7 7BX
Tel: 01206 827034 **PD LDA SI YA**

Spring Lodge

23 Vicarage Gardens, Clacton-on-Sea CO15 1BU
Tel: 01255 420045 **Advert page 68** **OP**

St Albans House

2 St Albans Road, Clacton-on-Sea CO15 6BA
Tel: 01255 221698 **PD LDA YA**

St Marks Residential Care Home

38-40 Wellesley Road, Clacton-on-Sea CO15 3PW
Tel: 01255 421750 **OP D**

St Michael's Care Home

93 Marine Parade East, Clacton-on-Sea CO15 6JW
Tel: 0207 723 2527 **OP D PD SI**

Stronvar Rest Home

Church Road, Brightlingsea, Colchester CO7 0QT
Tel: 01206 304007 **OP D**

Tamarind, The

112 Ramsey Road, Dovercourt, Harwich CO12 4RN
Tel: 01255 507283 **LDA**

Tang Hall Residential Home

18 Cottage Grove, Bockings Elm,
Clacton-on-Sea CO16 8DH
Tel: 01255 421304 **OP D MH YA**

Tendring Meadows

The Heath, Tendring, Clacton-on-Sea CO16 0BZ
Tel: 01255 870900 **D PD LDA MH SI**

Trinity House

47 High Street, Manningtree CO11 1AH
Tel: 01206 394550 **LDA YA**

Victoria Road, 21a

Clacton-on-Sea CO15 6BH
Tel: 01255 225420 **LDA YA**

Waters View Residential Home

85 Harwich Road, Little Oakley, Harwich CO12 5JA
Tel: 01255 880516 **OP D PD MH SI**

Wellwick House

100 Colchester Road, St Osyth,
Clacton-on-Sea CO16 8HB
Tel: 01255 823547 **OP LDA YA**

Winchester House

90 Frinton Road, Frinton-on-Sea CO13 0HJ
Tel: 01255 678813 **OP**

Winsford House

43 St Pauls Road, Clacton-on-Sea CO15 6AU
Tel: 01255 424044 **OP D**

Woodboro Residential Care Home

29-31 Skelmersdale Road, Clacton-on-Sea CO15 6BZ
Tel: 01255 434543 **OP D PD MH YA**

Tendring care homes with nursing**Beaumont Manor**

Kirby Road, Great Holland,
Frinton-on-Sea CO13 0FB
Tel: 01255 388500 **OP D PD MH SI**

Brain Injury Rehabilitation Trust – Cook Close (Dover Court)

14 Cook Close, Dover Court, Harwich CO12 3UE
Tel: 01255 240095 **OP YA**

Driftwood Lodge

17 Woodrows Lane, Clacton-on-Sea CO16 8DN
Tel: 01255 426463 **PD LDA SI YA**

Edensor Care Centre (Diagramma Healthcare)

3-9 Orwell Road, Clacton-on-Sea CO15 1PR
Tel: 01255 423317 **OP D PD MH SI YA**

Five Stacks Residential Care Centre

209 Point Clear Road, St Osyth,
Clacton-on-Sea CO16 8JD
Tel: 01255 820417 **OP D PD LDA MH YA**

Haven Lodge

Reckitts Close, Holland Road,
Clacton-on-Sea CO15 6PG
Tel: 01255 435777 **OP D PD LDA MH**

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

Tending care homes with nursing continued

Kingsgate Care Home

22-24 Carnarvon Road,
Clacton-on-Sea CO15 6QF
Tel: 01255 879140

OP D PD SI YA

Little Holland Hall

Frinton Road, Holland-on-Sea CO15 5SS
Tel: 01255 813402

OP D PD LDA MH

Seaview House Nursing Home

14-16 Colne Road, Clacton-on-Sea CO15 1PY
Tel: 01255 421480

MH

Seven Rivers – Care Home with Nursing Physical Disabilities

Hall Road, Great Bromley, Colchester CO7 7TR
Tel: 01206 230345

OP PD LDA SI YA

Thurrock care homes

A M Care Home Ltd

56-58 Lodge Lane, Grays RM16 2YH
Tel: 01375 379134

LDA MH YA

Allensmead

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

OP LDA YA

Avalon

Longhouse Road, Chadwell St Mary, Grays RM16 4QP
Tel: 01375 841402

PD LDA SI YA

Aveley House

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

LDA

Barn and Coach, The

High Road, North Stifford, Grays RM16 5UE
Tel: 01375 383543

OP D YA

Bennett Lodge

Waterson Road, Chadwell St Mary RM16 4LD
Tel: 01375 842724

OP D PD SI YA

Breakaway

23 Park Lane, Aveley, South Ockendon RM15 4UB
Tel: 01708 861520

OP PD LDA SI YA

Cedar House

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

OP D

Collins House

Springhouse Road, Corringham SS17 7LE
Tel: 01375 652987

OP D

Gallimore Lodge

Meesons Lane, Grays RM17 5HR
Tel: 01375 498500

PD LDA SI YA

Hollyrose House

116 Lodge Lane, Grays RM16 2UL
Tel: 01375 371940

D MH YA AD

Hollywood Rest Home

34 Cresthill Avenue, Grays RM17 5UJ
Tel: 01375 382200

OP D MH YA AD

Homesteads, The

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

LDA

Larwood

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

LDA

Leatherland Lodge

Darenth Lane, South Ockendon RM15 5LS
Tel: 01708 853059

OP D PD SI YA

Meesons Lodge

Henry De Grey Close, Meesons Lane,
Grays RM17 5GH
Tel: 01375 383267

LDA YA

Merrie Loots Farm Residential Home

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: 07795 127114

OP D PD

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

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 Ockenden RM15 4BX
Tel: 01708 861201

LDA
Whitecroft, The

Stanford Road, Orsett, Grays RM16 3JL
Tel: 01375 892850

OP D YA

Thurrock care homes with nursing

Bluebell Nursing and Residential Home

Stanley Road, Thurrock, Grays RM17 6QY
Tel: 01375 369318

OP D
Carolyne House

Waterson Road, Chadwell St Mary RM16 4LD
Tel: 01375 843756

OP D PD SI
Coach House, The

10 Woodward Heights, Grays RM17 5RR
Tel: 01375 396041

OP PD SI YA
Grays Court

Church Street, Grays RM17 6EG
Tel: 01375 376667

OP D MH SI YA
Willows Lodge Care Home

82-84 Calcutta Road, Tilbury RM18 7QJ
Tel: 01375 852020

OP D SI YA

See the checklist on page 59 for questions to ask when looking at care homes.

Uttlesford care homes

Advertisers are highlighted

Bings Hall

Chelmsford Road, Felsted, Great Dunmow CM6 3EP
Tel: 01371 820544

OP D
Broome End

Pines Hill, Stansted Mountfitchet CM24 8EX
Tel: 01279 816455

OP D YA
Falcon House Residential Home

George Green, Little Hallingbury,
Bishop's Stortford CM22 7PP
Tel: 01279 658393

OP
Fiorano

Walden Road, Thaxted CM6 2RE
Tel: 01371 831856

LDA YA
Glendale Residential Care Home

14 Station Road, Felsted CM6 3HB
Tel: 01371 820453

OP D PD SI YA
Grange, The

Fallow Drive, Newport, Saffron Walden CB11 3NZ
Tel: 01799 243 005 **Advert below**

OP D
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

The Grange Care Home

The Grange Care Home provides the highest standards of family-led residential care. Our home is luxurious and beautifully furnished, whilst retaining a warm family atmosphere that makes The Grange feel extra special.

To find out more about life at The Grange visit our website www.countrycourtcare.com, email thegrangecare@countrycourtcare.com or call 01799 243 005.


www.countrycourtcare.com


Fallow Drive, Off Bury Water Lane, Newport,
Saffron Walden, CB11 3NZ

Country Court



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

OP D PD SI YA
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 YA

**If you are considering a care home with nursing,
see the checklist on page 59.**

Uttlesford care homes with nursing

Advertisers are highlighted

Croft House Bupa Care Home

Braintree Road, Great Dunmow CM6 1HR
Tel: 01371 868950 **Advert page 78**

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 YA
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

Useful local contacts

Age Concern Southend

Age Concern Southend is a local, independent charity. It's located in the Haven Community Hub in Westcliff, which is a community space for everyone – old and young. The charity also has a day service 'Days at the Haven' where it cares for people with any neurological disorders. The service is open Monday to Friday and provides respite for carers, social interaction and care in a safe environment.

Tel: **01702 345373** • Email: **enquiry@acsos.co.uk**
Web: **www.acsos.co.uk**

Alzheimer's Society

Tel: **0333 150 3456**
Email: **dementia.connect@alzheimers.org.uk**
Web: **www.alzheimers.org.uk/dementiaconnect**

Phone support

Dementia advisers will listen and provide the support and advice you need, including help in your area and online information.

Dementia Connect offers regular calls. The support line is open from 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.

Online support

Dementia Connect online support is available round the clock through Alzheimer's Society's website. Answer a few simple questions about yourself, or someone you know, to get personalised and relevant information and advice. Online support includes Talking Point, an online community where you can chat to others in a similar situation, and a dementia directory for local services.

Face-to-face support

Local dementia advisers can meet you to offer further support, advice and information face to face, from someone who understands what you're going through. They will also connect you to other face-to-face services in your area, including local support groups.

Carers Choices

Services to support the carer and the person they care for.

The White House, Kiln Road, Benfleet SS7 1BU

Tel: **0300 302 1212**

Web: **<https://carerschoices.org>**

Carers First

A charity providing information, advice and support across Essex for people caring, unpaid, for a family member or friend. Find out how it can help you by calling the number or visiting the website below.

Tel: **0300 303 1555**

Email: **hello@carersfirst.org.uk**

Web: **www.carersfirst.org.uk/essex**

Citizens Advice Essex

Free, independent and confidential advice. Serving Essex, Southend and Thurrock. Navigate the website to find your local branch.

Web: **www.citizensadviceessex.org.uk**

City of Chelmsford Mencap

A charity working with local groups and other organisations to support people with learning disabilities and their families and carers.

Tel: **01245 268303**

Email: **info@cityofchelmsfordmencap.co.uk**

Web: **www.cityofchelmsfordmencap.org.uk**

Dementia Crisis Support Team (North East London NHS Foundation Trust)

Provides support during a period of crisis and avoids admission to hospital where possible for people in Basildon, Brentwood and Thurrock.

Tel: **0300 300 1509** (Monday to Friday, 9.00am to 7.00pm; and Saturday, Sunday and bank holidays, 9.00am to 5.00pm).

Email: **DCST@nelft.nhs.uk** (Monday to Friday, 9.00am to 5.00pm).

Essex County Council Adult Social Care

Tel: **0345 603 7630**

Email: **socialcaredirect@essex.gov.uk**

Web: **www.essex.gov.uk/topic/adult-social-care-and-health**

Essex 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 Care Association (ECA)

Represents the interests of independent social care providers locally, regionally and nationally.

Tel: **01268 565551** • Email: **office@essexcare.org.uk**

Web: **www.essexcare.org.uk**

Medequip – returning equipment

If your equipment is on loan to you, it must not be sold or disposed of. When you no longer require it, please contact Medequip to request free collection. Alternatively, you may return it to your local drop off point, visit the website below. If you purchased your equipment and are looking to dispose of it, visit the Equipment Recycling page via the website below.

Web: **www.medequip-uk.com/returning-equipment**

Southend-on-Sea City Council Adult Social Care

Tel: **01702 215008**

Email: **council@southend.gov.uk**

Web: **www.southend.gov.uk/social-care**

Live Well Southend

Southend-on-Sea's online directory of health and wellbeing information.

Web: **<https://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

alison.halton@southendmencap.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**

Useful national contacts

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: **helpline@al-anonuk.org.uk**

Web: **www.al-anonuk.org.uk**

Alzheimer's Society

Dementia Connect support line: **0333 150 3456**

(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 Charitable Organisations

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**

Care Quality Commission

Independent regulator of care services in England.

Tel: **0300 061 6161** • 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: **advice@carersuk.org**

Web: **www.carersuk.org**

Citizens Advice

Practical, reliable, up-to-date information on a wide range of topics.

Tel: **0800 144 8848**

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

Dementia Adventure

Dementia Adventure thinks differently about dementia. It believes that with the right support, everyone with dementia can get outdoors, experience the wellbeing benefits of nature and enjoy more active and fulfilled lives.

Dementia Adventure offers supported holidays and dementia training for family and friends, professionals and organisations.

Tel: **01245 237548**

Email: **info@dementiaadventure.co.uk**

Web: **<https://dementiaadventure.org>**

Elderly Accommodation Counsel

Helps older people to 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**

Homecare Association (formerly UKHCA)

Professional association of home care providers from the independent, voluntary, not-for-profit and statutory sectors.

Tel: **0208 661 8188**

Email: **helpline@homecareassociation.org.uk**

Web: **www.homecareassociation.org.uk**

Hourglass

Works to protect, and prevent the abuse of, vulnerable older adults.

Helpline: **0808 808 8141**

Web: **www.wearehourglass.org**

Independent Age

Produces 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: **01494 590421**

Email: **info@napa-activities.co.uk**

Web: **https://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**.

Playlist for Life

A music and dementia charity based in Glasgow and covering the whole of the United Kingdom. Its aim is to ensure everyone living with dementia has access to a personalised playlist and for everyone who meets them to be aware of it. The charity offers free advice and resources to anyone affected by dementia who could benefit from the power of music.

Tel: **0141 404 0683**

Email: **info@playlistforlife.org.uk**

Web: **www.playlistforlife.org.uk**

Registered Nursing Home Association (RNHA)

Campaigns for high standards in nursing home care.

Tel: **0121 451 1088**

Email: **info@rnha.co.uk**

Web: **http://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: **helpline@relres.org**

Web: **www.relres.org**

Royal Voluntary Service

Helps older people to maintain their independence and stay involved in their local communities.

Tel: **0330 555 0310**

Web: **www.royalvoluntaryservice.org.uk**

SANE

SANEline: for advice on mental health issues.

Tel: **0300 304 7000** (4.00pm to 10.00pm, 365 days a year).

Email: **support@sane.org.uk**

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**

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: **www.veteransgateway.org.uk**

Essex home care providers

Advertisers in **bold**

1 Stop Rec Ltd	29	Astar Homecare Ltd	31	Caremark	
3HA Care Services	29	Autism Anglia Supported Living	31	(Southend & Rochford)	32
A-E		B Pro Nursing Agency	31	Caremax Homecare	
A Medin Care Service	29	Bakers' Villas	31	Services Ltd	33
A Pl+us Caring Service	29	Balkerne Gardens Trust Care at		Carerose Cares Ltd	33
A.M.D Care	29	Home	31	Carers Choices	33
A1 Home Care	29	Bamburgh Supported Living	31	Caring Direct Ltd	33
Abbey Care Solutions Ltd	29	BB Healthcare Services Ltd	31	Caronne Care Essex Branch	33
Abbey Mortimer Care Services	29	Beaumont Home Care	31	Central Care Recruitment Ltd	33
Ablecross Ltd	29	Beaumont House	31	Cera – Essex and Havering	33
Abundant Care	29	Better Healthcare Services		Cera Clacton on Sea	33
Access Dignity Care Ltd	29	(Colchester)	31	Chandlers Homecare	33
Ace 24 Healthcare Ltd	29	Bloomcare Ltd	31	Chennai Holistic Home Care	
Advantage Healthcare		Bloomsbury Home Care – Essex	31	Agency Ltd	33
– Suffolk and Essex	29	Blossom Healthcare Solutions	31	Chesterford Homecare	33
Advinia Homecare	29	BlowingPoint Care	31	Christchurch Cares	33
Agincare UK Ltd	29	Blue River Home Care Waltham		City On A Hill Care	33
Aldanat Care Ltd	29	Abbey	32	Civicare East Ltd	33
Alina Homecare – Brentwood	29	Bluebell Homecare	32	CK2Care	33
Alina Homecare – Colchester	29	Bluebird Care	32	Class (UK) Ltd	33
Alina Homecare – Maldon &		Bocking Alms Houses	32	Closer Than Close Home	
Chelmsford	29	Broadway Chambers, 3	32	Care Ltd	33
All 4U Care Ltd	29	Brook Drive	32	Cloud 9 Care Ltd	33
All About U Care Services Ltd	29	Brooks Care and Nursing		Clover Support Group	33
Allcare	29	Services Ltd	32	CO9 Senior Homehelp Ltd	33
Alliance Care and Support Ltd	29	Bruntsfield House	32	Colchester Homecare Ltd	
Allied Health-Services		CA Case Management Ltd	32	North Essex Branch	33
Colchester	29	Calm Futures	32	Comitis L11 Ltd T/A Home	
Allied Health-Services Maldon	31	Calvern Care Ltd	32	Instead Senior Care	33
Alpha Care Solutions Ltd	31	Cannons, The	32	Concept Care Solutions	33
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