

Essex and Southend-on-Sea Care Services Directory



The independent guide to choosing and paying for care

Gifford House

care home

Caring for our elderly

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



Gifford House is a luxury care home providing accommodation for frail older people together with a specialist unit for older people with 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 sixty one older people. It is set off the main road amid landscaped gardens.

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

Website:
www.ams-care.co.uk



Contents

Welcome	4	Paying for residential care	58
How to use this Directory		Understanding the system	
Essex Independent Care Association	7	Important information	60
Represents social care providers in Essex, Southend-on-Sea and Thurrock		Further help and information	
South Essex Care and Health Association	8	Residential care providers	64
Represents care home and domiciliary care providers in Essex, Southend-on-Sea and Thurrock		A comprehensive list of local residential care and nursing homes	
Where do I start?	9	Useful local contacts	102
First steps and assessments		Useful national contacts	105
Helping you to stay independent	11	Index	106
Local services, information and support			
Services for carers	20		
Assessment, benefits and guidance			
Care in your own home	23		
How it can help			
Living with dementia at home	25		
Family support, respite and services			
Paying for care in your own home	28		
Understanding your options			
Home care providers	31		
A comprehensive list of local agencies			
Housing with care	48		
The different models available			
Specialist services	49		
Disability care, end of life care and advocacy			
Care homes	52		
Types of homes and activities explained			
Dementia in care homes	55		
Best practice care and support			



Essential checklists

Home care	27
Care homes	53
Residential dementia care	57

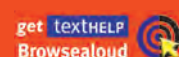
For further copies of this Directory, please call Care Choices on **01223 207770**.



The distribution of this publication by Essex County Council, Southend-on-Sea Borough Council and Thurrock Councils does not constitute their support or recommendation of any of the products or services advertised or listed within. All the listings in this publication are supplied by the Care Quality Commission (CQC) and Essex County Council, Southend-on-Sea Borough Council, Thurrock Council and Care Choices cannot be held responsible for any errors or omissions.

Alternative formats

This Directory is available electronically at www.carechoices.co.uk where there is a Browsealoud option for those requiring the information in spoken word.



Welcome

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 areas, whether they are paying for it themselves or receiving support from the council.

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

Your first step to accessing services is to arrange an assessment with Essex County Council or the Department for People in Southend-on-Sea Borough Council to establish your specific needs. This is free, irrespective of your income and available to all. More details are provided on page 9. The assessment will determine whether you are eligible for financial support via a Personal Budget, which allows you to buy in your own support and take control of your situation. Often called 'personalisation', this model of social care puts you at the centre of the process.

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 28 for those paying for care at home and 58 for those paying for residential care. You will find information on any benefits available to you on page 28.

Support or care to remain living in your own home may be the option that best suits your circumstances. Things you can do to make life easier at home, what is available and how you can access it are explained on pages 14 to 17. A list of local home care providers begins on page 31.

Useful checklists featuring questions to ask providers are also included in this edition. The home care checklist is on page 27, another addressing care homes is on page 53, while one covering residential dementia care is on page 57.

Comprehensive lists of care homes and care homes with nursing in Essex and Southend-on-Sea start on page 65.



There is also important information about care decisions, making a comment or complaint about a service and how solicitors can help you starting on page 60.

ESSEX COUNTY COUNCIL

Adult Social Care Department

Tel: **0845 603 7630**

Email: contact@essex.gov.uk

Web: www.essex.gov.uk

SOUTHEND-ON-SEA BOROUGH COUNCIL

Department for People

Tel: **01702 215008**

Email: council@southend.gov.uk

Web: www.southend.gov.uk

For ease of use, throughout this Directory, Essex and Southend-on-Sea's respective services are described as coming from 'Adult Services'.

ADVISERS AND CONTRIBUTORS

Age UK Essex

– *Michelle Martin*

Alzheimer's Society Essex

– *Tina Kiernan*

Essex Independent Care Association

– *Julie Ripper*

South Essex Care and Health Association

– *Phil Roseman*

Nightingale House

RESIDENTIAL CARE HOME
(FOR THE ELDERLY AND ELDERLY WITH DEMENTIA)
CARE AT ITS BEST



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

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



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

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



"...for the sake of caring"

Nightingale House

Residential Care Home

69/71 CROWSTONE ROAD, WESTCLIFF ON SEA, ESSEX SS0 8BG

TEL: 01702 338 552 OR 01702 330 133

FAX: 01702 331 788 MOB: 07956 345 745

EMAIL: nightingale-carehome@hotmail.co.uk



"...for the sake of caring"

Inspecting and regulating care services

If you are considering using a care and support service, it is important to know that all care providers must be registered under a system which brings adult social care, independent healthcare and the NHS under a single set of essential standards of quality and safety.

The Care Quality Commission (CQC) registers, inspects and reviews all adult social care and healthcare services in England in the public, private and voluntary sectors. This includes care homes, care homes with nursing, home care agencies and NHS services, amongst others.

Inspectors carry out a mixture of announced and unannounced inspections looking at the quality and safety of the care provided. They look at whether the service is: Safe, Effective, Caring, Responsive to people's needs, and Well-led.

Inspection teams are led by an experienced CQC manager and often include experts in their field. The team may also include professional or clinical staff; Experts by Experience; people who use services; and carers.

Following an inspection, each care home and home care agency is given a report of how it



rates against national essential standards of quality and safety. The CQC has also started rating services as: Outstanding, Good, Requires Improvement and Inadequate.

When considering a care service, it's always a good idea to check the CQC's comprehensive website **www.cqc.org.uk** which has useful information regarding the quality of the service, as well as its inspection report. Alternatively, ask the care provider you are considering for a copy of their latest inspection report.

For any enquiries or to register a concern or a complaint, phone the CQC on **03000 616161** or email **enquiries@cqc.org.uk**

The Care Quality Commission, Citygate,
Gallowgate, Newcastle upon Tyne NE1 4PA

This Directory's free helpline provides an independent information and help service encompassing care and accommodation. A personalised report can be generated for you providing details of all home care providers, care homes or care homes with nursing that meet your criteria.

One call to the freephone number 0800 389 2077 will enable the service to build a profile of exactly what type of care you're looking for, while taking into account your personal needs and interests.

The website **www.carechoices.co.uk** allows you to search by postcode or region for care homes, care homes with nursing

and home care providers that meet your requirements across the country. Your search can then be saved and emailed to others. You can also view an electronic version of this Directory on the site and have it read to you by using the 'Browsealoud' function.

Whatever your care needs, this Directory, the Care Choices helpline and the website will be able to point you in the best direction, however you would like care information presented.

 **CareChoices**
Publications

Essex Independent Care Association



Essex Independent Care Association (EICA) is an independent voluntary 'not-for-profit' organisation which

represents the interests of social care providers from Essex, Southend-on-Sea and Thurrock. Care provider members include residential care homes, nursing homes, supported living and home care providers. Provider members provide a wide range of services working with older people, those with learning disabilities, children and young people with disabilities and working age adults.

The Association offers members a range of services to meet their needs and a mutual support network. Services include:

- Disclosure and Barring Service for care providers to enable them to recruit their staff safely and with confidence.
- Members' briefings: regular information sessions for care providers on a wide range of topics to support good practice throughout the social care sector in Essex, Southend-on-Sea and Thurrock.
- A website to keep members abreast of new developments within the sector, whilst signposting them to sources of information which may be helpful to them in running their organisation.
- Information, advice and guidance on staff training and development, as well as funding to help care providers train their staff.

- Support for the My Home Life scheme, which promotes best practice by creating a positive culture in care homes based on a relationship-centred approach. It recognises that caring communities are created through good relationships, first with ourselves and then between work colleagues, residents, family, friends and the wider community. Training managers to create such an environment is essential in establishing such a culture.

Essex Independent Care Association

Tel: 01268 565551

Email: office@eica.org.uk

Web: www.eica.org.uk



WHAT ARE THE CARE OPTIONS?
HOW WILL I KNOW WHICH TO CHOOSE?

VISIT THE NEW CARE SELECT WEBSITE WWW.CARESELECT.CO.UK

CARE*select*

CALL CARE SELECT FOR MORE INFORMATION:

0800 389 2077

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

South Essex Care and Health Association



Choosing a care home or a care service for a relative or a friend is not an easy task. Quite often there is not 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 training and development programmes for staff and is a Disclosure and Barring Service registered umbrella body enabling DBS checks on all our members' staff as required. We strive constantly to keep our members fully up to date with latest care practices and changes in the law as it affects care homes. We have

found that our members benefit enormously from the 'Buddy' system we operate, which helps members with one-to-one consultation and assistance as required with problems encountered.

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

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

For further information, please contact:

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

THE ESSEX BED REGISTER

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

NEED HELP IN YOUR SEARCH FOR CARE?

www.carechoices.co.uk

developed by the publisher
of this Directory

With so many providers to choose from, where do you start? www.carechoices.co.uk can help.

- search care providers quickly and easily
- search by postcode/town and care type
- Information on standards of care
- links to the latest inspection reports
- extra information, photos and direct website links for hundreds of providers
- request a brochure
- checklists to take with you when you visit

Alternatively, call our friendly helpline team on **0800 389 2077** to talk to someone directly.

Where do I start?

The way councils provide services to eligible adults and their carers is called personalisation. This term is used to describe a number of ways in which eligible adults can receive a mixture of local authority and government money in order 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 by social workers or a member of the adult services team (see below for information on assessments), who can also involve and, if requested, assess the needs of carers.

Your assessment

You have a 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;
- any health and medical treatments you need; and
- your financial status and any benefits you may be claiming.

Adult Services is responsible for the assessment process, you will need to contact the Adult Social Care Department in Essex on **0845 603 7630** or Department for People in Southend-on-Sea on **01702 215008**.

Once the council has an understanding of your care and financial needs, the next stage is to determine what services you may be eligible for and who will pay for them.

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 allocates to eligible people to help fund their care and support. The amount you receive will depend on your eligible needs. The money should be spent in line with a support plan that has been agreed by both you and the council and can be either a full or a partial contribution towards 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.

Depending on the local authority's policies, a Personal Budget may be taken by an eligible person:

- in the form of a Direct (cash) Payment, held directly by you or, where you lack capacity, by a 'suitable person'; or
- by way of an account held and managed by the council in line with your wishes, or as an account placed with a third party (provider) and accessed by you in direct negotiation with the provider; or
- as a mixture of the above.

Personal Budgets cannot currently be used to pay for residential care.

Managing a Personal Budget

If you are eligible for a Personal Budget from Adult Services there are organisations that can help you to manage this.

ecdp solutions

ecdp solutions' aim is to enhance the lives of people by providing an independent support planning service to anyone in receipt of a Personal Budget. ecdp solutions will guide people through the development and completion of their support plan by ensuring that the right level of support is provided to enable people to live the lives they want with the support needs that meet their lifestyles. If you are funding your own care, ecdp solutions offers telephone support to assist with the creation of a support plan.

For people who decide to self-manage their Personal Budget and wish to employ a personal

assistant, 'ecdp pass' provides a personalised payroll service.

Tel: **01245 392300**

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

Web: **www.ecdp.org.uk**

Independent Living Advocacy (ILA) Ltd

ILA provides a range of services that supports people to employ a personal assistant. At every step along the way, from advertising through to the recruitment process, ILA will support people to whatever extent they require. In addition, it offers employer and personal assistant training modules, and manages an ongoing personal assistant register that holds details of people actively seeking employment as a personal assistant.

ILA also offers advocacy services for anyone requiring support with debt, discrimination, housing, complaints, safeguarding, welfare rights, Court of Protection and Deputyship as well as self-advocacy groups.

Independent Living Advocacy

Tel: **01376 534980**

Email: **enquiries@ilaessex.co.uk**

Web: **www.ilaessex.com**

Information on paying for care can be found on page 28 if you are receiving home care and page 58 if you are moving into a care home.

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 is likely to be made up of social workers, carers' officers, mental health workers and housing officers.

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

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.

Age UK Essex provides dedicated information and advice to support patients who have been discharged from hospital. For more information call **01245 346106** or see page 104 for more details.



Reablement

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

Reablement usually 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. Through reablement they may also identify pieces of equipment that could support you to regain or maintain your independence for as long as you can.

Intermediate care

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

Intermediate care can be provided in your own home or in a care home, depending on

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

Intermediate care is usually limited to a maximum of six weeks.

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 nursing or residential care home 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.

Personal health budgets

A personal health budget is an amount of money to support a person's identified health needs, 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 health care and support they receive.

The NHS Choices website can be a good source of general information on these subjects, visit www.nhs.uk



Helping you to stay independent

Services developed in partnership with the voluntary sector

Adult Services works with and funds voluntary and community organisations to supply preventative care services. These are a vital form of support and help to maintain independence, 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;
- respite care;
- advocacy, information and advice; and
- handyperson schemes.

Day care centres

Day care centres can help to alleviate loneliness and promote wellbeing and independence by providing regular social contact and a focus for activities.

Centres give people the chance to change their routine, meet new people, take up an activity or receive specialist services such as chiropody or hairdressing. There is a wide variety around the

county, catering for older people, people with mental health conditions, learning disabilities and dementia.

Day care centres can be as important for carers as those attending as they allow for a regular break from caring. Attendance may be free or it may be chargeable. Transport to and from centres may be arranged through Adult Services or Age UK Essex amongst others, see information on community transport on page 19.

To find your local day care facilities contact:

ECL

Tel: **0333 013 5438**

Web: **www.ecl.org**



Meals on Wheels

Meals on Wheels describes the delivery of ready meals to your home. There are services that provide delivery of frozen meals, or delivery of freshly-cooked hot meals. Frozen meals can be delivered in bulk and kept in your freezer until required, whereas hot meals should be eaten immediately. Councils may be able to arrange meals delivered to your door, though you would have to meet their eligibility criteria and it wouldn't necessarily be free.

National and local organisations can also provide meals delivered to your door at a charge. To find out about Meals on Wheels in your area, contact Essex's Adult Social Care Department on **0845 603 7630**, or Southend-on-Sea's Department for People on **01702 215008**.

A number of commercial companies can also provide this service. A Meals on Wheels listing is available at **www.essex.gov.uk** (search for 'Meals on Wheels'). Being commercial companies they may also deliver to Southend-on-Sea.

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 not-for-profit organisations funded and supported by local and central government. They pride themselves in working professionally and sensitively with older and disabled homeowners, providing advice, support and assistance to help them repair, improve, maintain or adapt their homes to meet their changing needs.

Most HIAs provide three main services:

- information and advice on repairs or adaptations you may be considering. This usually entails a visit to your home and is often free;
- a handyperson service for small jobs and repairs. Typically the HIA will employ its own handypersons, and charge you an hourly rate for their services; and
- a home adaptations service for more major works. The HIA will work with you to specify the adaptations needed, and they will normally offer to get estimates from one or more of their regular contractors. Subject to your acceptance, the HIA will then offer to manage the works contract for you for an agreed fee.

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

you in touch with an independent financial adviser.

For more information on HIAs, contact one of the following organisations:

Caring and Repairing in Epping Forest (CARE)

Private Sector Housing,
Civic Offices,
High Street,
Epping
CM16 4BZ

Tel: **01992 564086**

Email: pshgrantsandcare@eppingforestdc.gov.uk

Web: www.eppingforestdc.gov.uk

Papworth Trust Home Solutions

Email: info@papworthtrust.org.uk

Web: www.papworth.org.uk

Southend-on-Sea

Papworth Trust Home Solutions,
Lancaster House,
Aviation Way,
Southend-on-Sea
SS2 6UN
Tel: **01702 804112**

South West Essex

Papworth Trust Home Solutions,
Brentwood Office,
3rd Floor, nTown Hall,
Ingrave Road,
Brentwood,
Essex
CM15 8AY
Tel: **01277 503101**

West Essex and Hertfordshire

Papworth Trust Home Solutions,
Unit 41, Golds Nurseries Business Park,
Jenkins Drive,
Elsenham CM22 6JX
Tel: **01279 648408**

Swan Care and Repair Colchester

Pilgrim House,
High Street,
Billericay
CM12 9XY
Tel: **0300 303 2500**
Email: information@swan.org.uk
Web: www.swan.org.uk



**NEED HELP
IN YOUR SEARCH
FOR CARE?**

www.carechoices.co.uk

developed by the publisher of this Directory

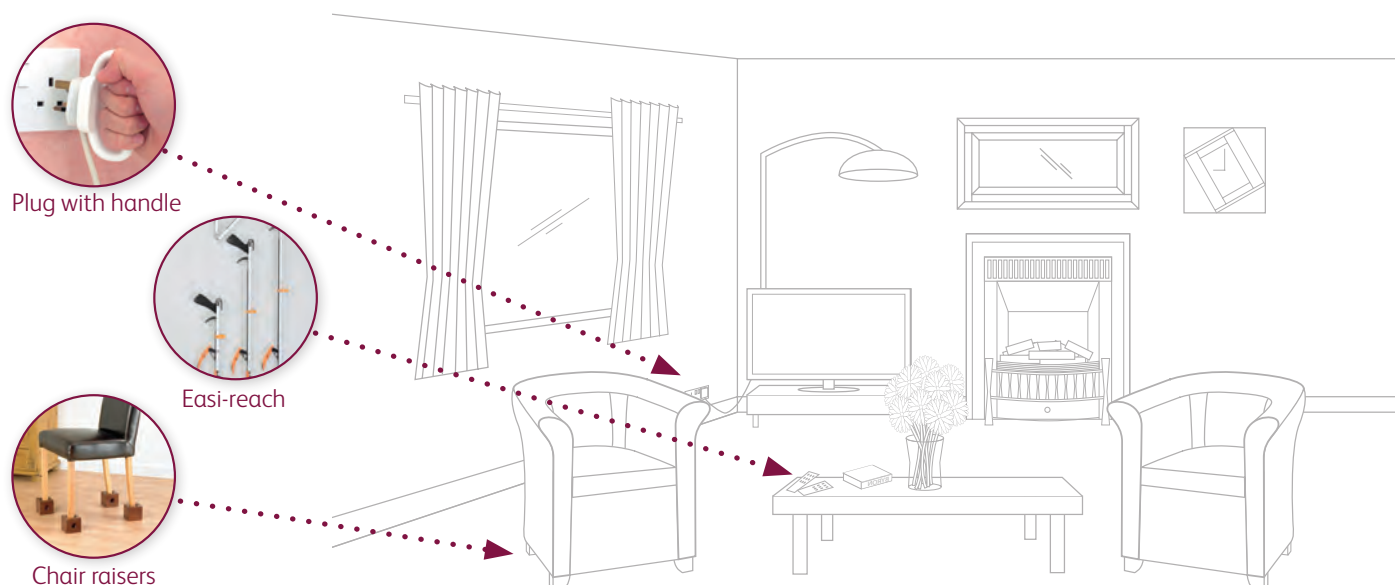
With so many providers to choose from, where do you start?
www.carechoices.co.uk can help.

- search care providers quickly and easily
- search by postcode/town and care type
- Information on standards of care
- links to the latest inspection reports
- extra information, photos and direct website links for hundreds of providers
- request a brochure
- checklists to take with you when you visit

Alternatively, call our friendly helpline team on **0800 389 2077** to talk to someone directly.

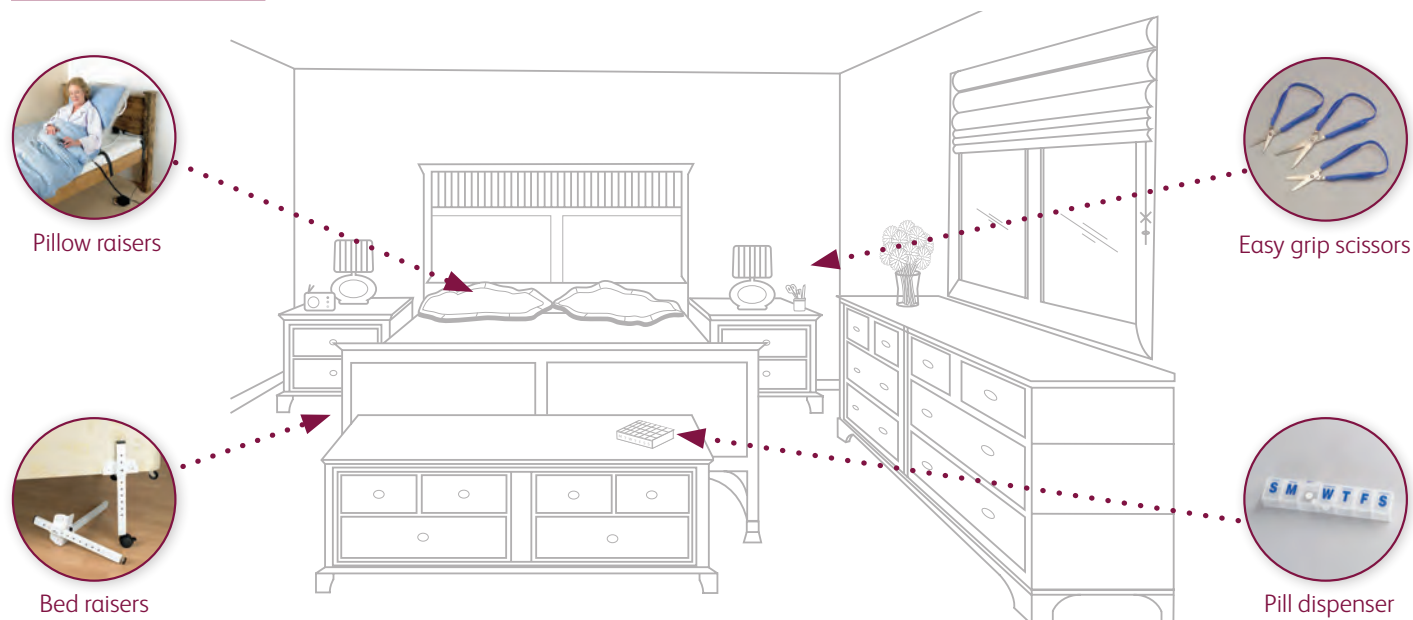
Making life easier in the home

In the living room



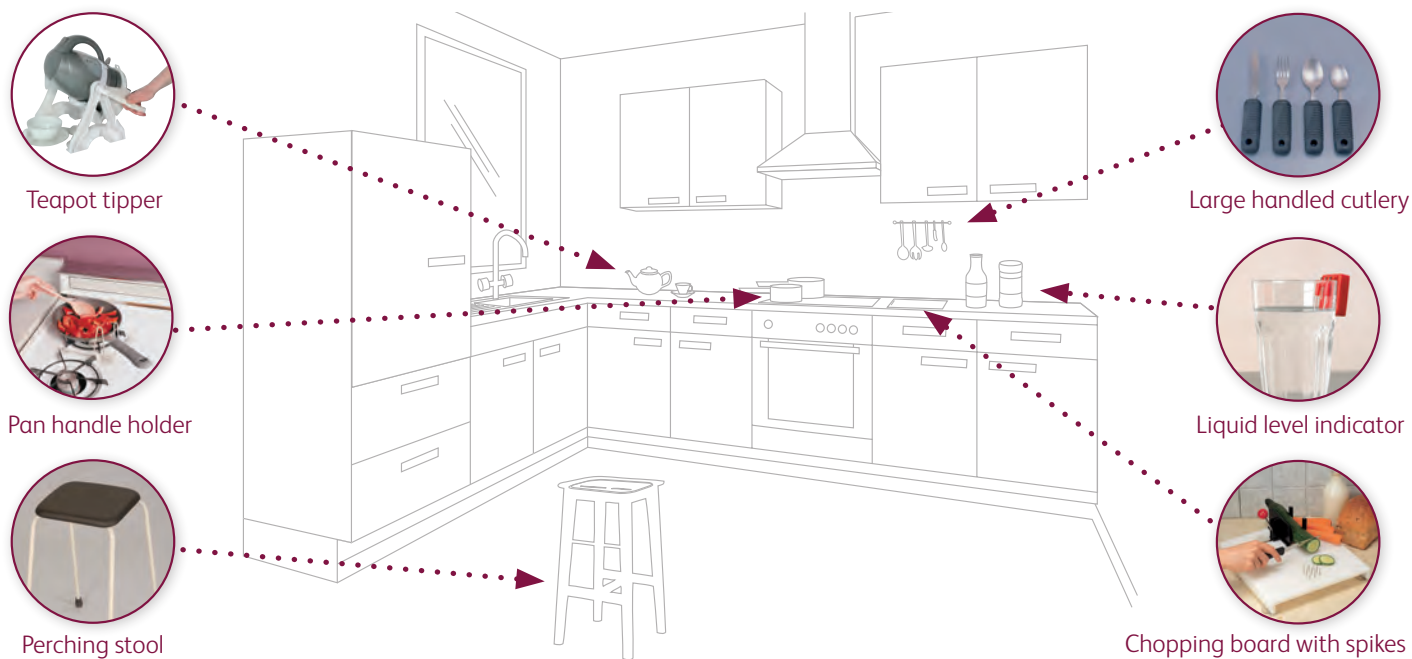
WHAT IS DIFFICULT FOR YOU?	SIMPLE SOLUTIONS	COMPLEX SOLUTIONS
GETTING IN AND OUT OF CHAIRS Standing up from sitting is difficult	<ul style="list-style-type: none"> • Block of foam in chair base • Buy ready-made chair raisers if your chair is too low • Buy a new chair – get professional help to make sure the height is right • Take regular, gentle exercise 	<ul style="list-style-type: none"> • Buy an electric riser chair
OPENING AND CLOSING WINDOWS Can't reach the windows Not secure to leave windows open	<ul style="list-style-type: none"> • Move any furniture out of the way • Install/purchase a fan • Purchase a gadget to open/close window 	<ul style="list-style-type: none"> • Remove the window opener • Install environmental controls or air-conditioning • Install new windows
CONTROLLING THE HEATING Can't reach the controls for the fire or heating	<ul style="list-style-type: none"> • Change the switches • Fit a timer switch • Purchase a standalone heater 	<ul style="list-style-type: none"> • Move the heating controls • Install new or additional heating system
SWITCHING LIGHTS ON AND OFF Can't reach the switch The switch is difficult to use	<ul style="list-style-type: none"> • Install a light switch toggle • Purchase a socket extension • Purchase handi-plugs 	<ul style="list-style-type: none"> • Move the light switches • Replace the light switches • Install environmental controls
KEEPING WARM Insulating your home Affording the fuel Carrying the fuel	<ul style="list-style-type: none"> • Replace the fire with a heater • Apply for the winter fuel payment • Use a trolley to safely transport the fuel 	<ul style="list-style-type: none"> • Get a grant to insulate your house • Change to a cheaper heating system • Change to an easier-to-use heating system
WATCHING TV Hearing the sound of the TV	<ul style="list-style-type: none"> • Use subtitles • Purchase wireless headphones 	<ul style="list-style-type: none"> • Request an assessment for a hearing aid • Install a room loop

In the bedroom



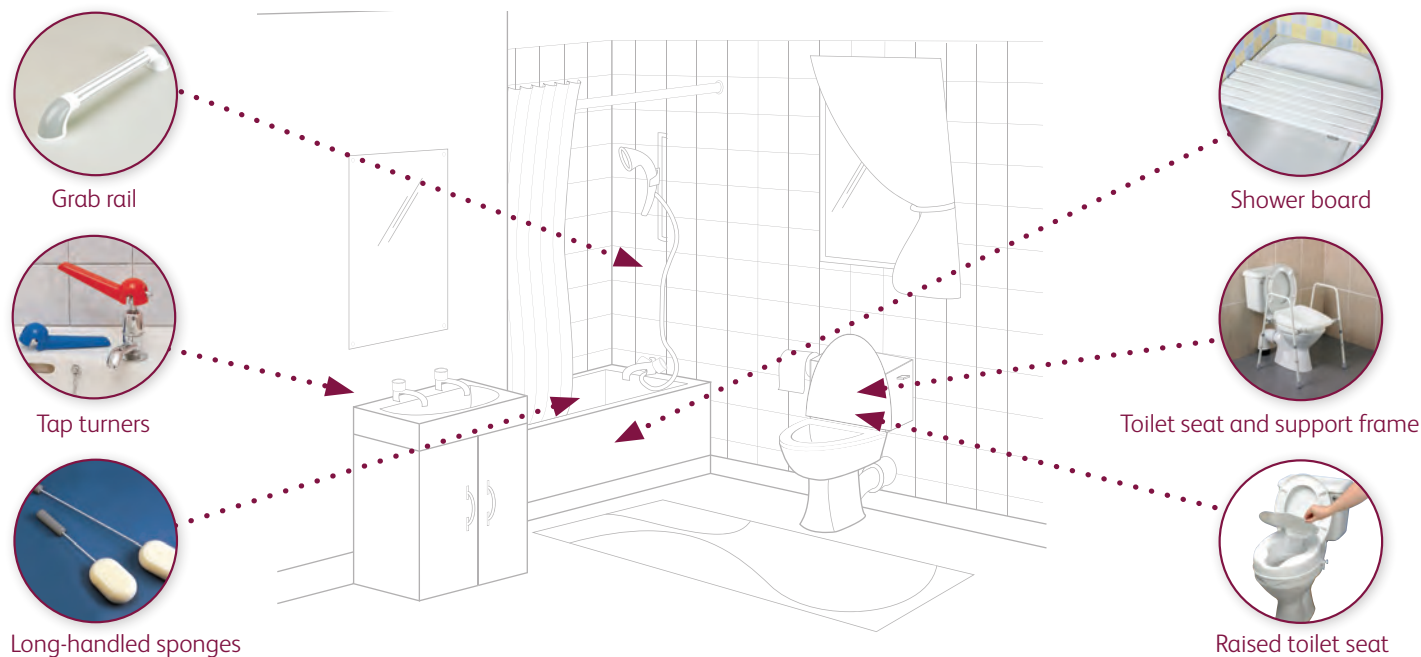
WHAT IS DIFFICULT FOR YOU?	SIMPLE SOLUTIONS	COMPLEX SOLUTIONS
GETTING IN AND OUT OF BED Standing up from sitting on the bed	<ul style="list-style-type: none"> • Learn new techniques for moving safely • Purchase a leg lifter • Raise the bed • Fit grab rails 	<ul style="list-style-type: none"> • Use a transfer board • Install a hospital bed • Buy an electric adjustable bed • Use a mobile hoist or a ceiling track hoist
SITTING UP IN BED, TURNING OR ROLLING OVER Bed is too soft Bedding is too heavy Nothing to lean on	<ul style="list-style-type: none"> • Change bedding • Learn new techniques for moving safely • Purchase a pillow raiser • Change the mattress 	<ul style="list-style-type: none"> • Buy a bed cradle/bed ladder • Use a bed lever • Buy a specialised mattress • Install a drop-down rail • Install an over-bed pole
KEEPING WARM IN BED Checking the safety of your electric blanket	<ul style="list-style-type: none"> • Buy a heavier duvet • Buy thermal clothing • Contact an electrician about any electrical blanket safety concerns 	
GETTING DRESSED Difficult to reach all of your body	<ul style="list-style-type: none"> • Learn new techniques for dressing • Buy simple gadgets: long-handled shoe horn; elastic shoe laces; dressing stick; button hook; stocking aids • Contact ■ (see key below) regarding an assessment of needs 	<ul style="list-style-type: none"> • Consider home support
CUTTING YOUR NAILS Can't reach your feet Hard to hold scissors	<ul style="list-style-type: none"> • Buy easy grip scissors 	<ul style="list-style-type: none"> • See a podiatrist
TAKING YOUR TABLETS Opening bottles Remembering to take tablets	<ul style="list-style-type: none"> • Ask your pharmacist for an easy to open bottle • Keep a note when you have taken a tablet 	<ul style="list-style-type: none"> • Get a pill dispenser with days and times on • Get an automatic pill dispenser • Ask someone to prompt you
READING THE TIME Seeing the clock to tell the time	<ul style="list-style-type: none"> • Buy a clock with larger numbers 	<ul style="list-style-type: none"> • Buy a clock that 'speaks'

In the kitchen



WHAT IS DIFFICULT FOR YOU?	SIMPLE SOLUTIONS	COMPLEX SOLUTIONS
REACHING CUPBOARDS Cupboards are too high or low Cupboards are too deep Cupboard doors are too heavy	<ul style="list-style-type: none"> • Re-arrange things in cupboards/on surfaces • Buy an Easi-Reacher or Handi-Reacher 	<ul style="list-style-type: none"> • Alter the spring in the door closers • Lower or raise the cupboards
USING TAPS AND SWITCHES Taps or switches are too awkward Can't reach taps or switches	<ul style="list-style-type: none"> • Fit tap turners • Purchase Handi-Plugs 	<ul style="list-style-type: none"> • Change switches • Raise or reposition taps • Fit lever taps or new taps • Alter the kitchen
CUTTING, CHOPPING, PREPARING AND COOKING FOOD Work surface too high or low Hard to grip packets or jars Hard to grip a knife Pans or kettles are too heavy to lift	<ul style="list-style-type: none"> • Sit at a table • Consider kitchen gadgets including: knife with a thick handle; chopping board with spikes; pan handle holder; teapot tipper; lid gripper 	<ul style="list-style-type: none"> • Use a food processor • Purchase a perching/high stool • Buy a trolley • Change the height of the work surface • Make space under the work surface for your knees when sitting
MOVING AROUND THE KITCHEN Not enough space	<ul style="list-style-type: none"> • Re-organise the furniture 	<ul style="list-style-type: none"> • Review mobility equipment used • Adapt the kitchen • Consider the suitability of the kitchen
EATING AND DRINKING Cutlery is hard to grip Food/plate keeps slipping Can't carry food to table Can't lift cup	<ul style="list-style-type: none"> • Use large handled cutlery • Use a non-slip mat • Use a lightweight insulated cup • Use a cup with two handles • Contact Essex County Council (see key below) regarding an assessment of needs 	<ul style="list-style-type: none"> • Buy a trolley • Consider home support for meal times
LAUNDRY AND IRONING Washing machine is too high or too low Putting up ironing board	<ul style="list-style-type: none"> • Install a wall-fixed ironing board 	<ul style="list-style-type: none"> • Raise/lower the washing machine • Change the washing machine or iron

In the bathroom



WHAT IS DIFFICULT FOR YOU?	SIMPLE SOLUTIONS	COMPLEX SOLUTIONS
WASHING HANDS, FACE AND BODY Turning the taps Standing at the basin Basin is too low or too high Can't reach all parts of the body	<ul style="list-style-type: none"> • Install tap turners • Purchase a long-handled sponge • Purchase a flannel strap • Contact ■ (see key below) regarding an assessment of needs 	<ul style="list-style-type: none"> • Install lever taps or new taps • Purchase a stool • Raise or lower basin • Consider home support
HAVING A BATH Turning the taps Stepping into the bath Risk of slipping in the bath Getting up out of the bath Washing your back	<ul style="list-style-type: none"> • Have a strip wash • Purchase a non-slip mat for the bath • Install tap turners • Buy a long-handled sponge • Use a half-step • Install grab rails • Use a bath board or bath seat 	<ul style="list-style-type: none"> • Install lever taps or new taps • Install a bath lift • Use a mobile hoist • Use a ceiling track hoist • Replace the bath with a shower • Convert the bathroom to a wet room • Consider home support
DRYING YOURSELF Floor is slippery Room is too cold Difficult to dry your body	<ul style="list-style-type: none"> • Heat the bathroom safely • Use a non-slip mat • Purchase a towelling gown 	<ul style="list-style-type: none"> • Change the floor covering • Purchase a hot air body dryer
USING THE TOILET Toilet is too high or too low Difficult to clean yourself Flush lever is awkward Toilet is hard to get to	<ul style="list-style-type: none"> • Install a raised toilet seat • Use a combined toilet seat and support frame • Install a flush lever extension • Contact ■ (see key below) for a needs assessment 	<ul style="list-style-type: none"> • Review mobility equipment used • Adaptation to bathroom • Consider home support
CLEANING TEETH Gripping the toothbrush Standing at the basin	<ul style="list-style-type: none"> • Purchase a toothbrush gripper • Purchase an electric toothbrush • Use a stool 	
HAVING A SHOWER Difficult to stand for long shower Shower too high Shower controls are awkward Shower is slippery	<ul style="list-style-type: none"> • Have a strip wash • Use non-slip mats • Purchase a half-step • Contact ■ (see key below) for a needs assessment 	<ul style="list-style-type: none"> • Use a shower board • Use a shower chair or stool • Replace shower controls • Consider home support

■ Essex County Council – Adult Social Care Department 0845 603 7630
 ■ Southend-on-Sea Borough Council – Department for People 01702 215008

Special equipment

There is a range of equipment available to make life easier and to improve safety and independence in the home, such as stair rails, raised toilet seats and shower stools. These items are often referred to as 'simple aids for daily living'. If you would like more information, please contact Adult Services.

Useful contacts

The 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

Living Made Easy

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

Web: www.livingmadeeasy.org.uk

AskSARA

Part of the Disabled Living Foundation, AskSARA is an easy-to-use, award-winning online self-help guide that is particularly useful if you are not sure what practical items might help you.

Web: www.asksara.dlf.org.uk

Disability Equipment Register

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

Web: www.disabreg.pwp.blueyonder.co.uk

Deafblind UK-Essex

Meeting the needs of deafblind people. Services include: holistic home assessment; advocacy and assistance with remaining independent; a social club; regular volunteer visitors; and support with accessing health appointments.

Tel: **01733 358100**

Email: info@deafblind.org.uk

Web: www.deafblind.org.uk

Disability Essex

Pioneers of the concepts of local support and self-help groups.

Centre for Disability Studies, 34 Rocheway,
Rochford, Essex SS4 1DQ

Tel: **0844 412 1770**

Email: info@disabilityessex.org

Web: www.disabilityessex.org

Essex Blind Charity

Essex Blind Charity's services include: permanent residential care and respite breaks for the elderly visually impaired, equipment centres demonstrating 'aids to daily living', and hospital eye clinic support groups.

Read House, 23 The Esplanade,
Frinton-on-Sea, Essex CO13 9AU

Tel: **0870 240 5418**

Email: info@essexblind.co.uk

Web: www.essexblind.co.uk

Essex Coalition of Disabled People

Aims to improve the quality of life for people with physical, sensory, learning or mental disabilities.

Ivan Peck House, 1 Russell Way,
Chelmsford, Essex CM1 3AA

Tel: **01245 392300**

Email: info@ecdp.org.uk

Web: www.ecdp.org.uk

Hearing Help-Essex

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

Sadlers House, 2 Legg Street,
Chelmsford CM1 1AH

Tel: **01245 496347**

Email: info@hearinghelpessex.org.uk

Web: www.hearinghelpessex.org.uk

RAD-Royal Association for Deaf People

The Royal Association for Deaf People (RAD) promotes the welfare and interests of deaf people (whose first or preferred language is sign language).

Century House South, Riverside Office Centre,
North Station Road, Colchester, Essex CO1 1RE
Tel: **0845 688 2525**
Email: info@royaldeaf.org.uk
Web: www.royaldeaf.org.uk

Southend-on-Sea Blind Welfare Organisation

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

117 Hamlet Court Road,
Westcliff-on-Sea,
Essex SS0 7LP
Tel: **01702 342131**
Email: info@sbw.org.uk
Web: www.southendblindwelfare.org.uk

Support 4 Sight

A registered charity delivering services for blind and partially-sighted people of all ages in Essex; including information and assistance with visual aids, a telephone careline, a social drop-in session, touch-typing computer training, and a children's tactile toy library.

2-4 George Street,
Saffron Walden,
Essex CB10 1EQ
Tel: **01799 523700**
Email: info@support4sight.org.uk
Web: www.support4sight.org.uk

Community transport

Community transport is a scheme to help you get around if you can't use existing transport. It is arranged by your local council. To find out more, contact one of the following:

Chelmsford Community Transport

Tel: **01245 477750**
Web: www.chelmsforddialaride.org.uk

Colchester Community Voluntary Services

Tel: **01206 505250**
Web: www.ccvs.org

Harwich Community Transport

Tel: **01255 552010**
Web: www.harwichconnexions.co.uk

Southend-on-Sea Community Transport

Tel: **01702 212212**
Web: www.southend.gov.uk

Tendring Community Transport

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

Uttlesford Community Travel

Tel: **01371 875787**
Web: www.uttlesfordcommunitytravel.org

Wyvern Community Transport

Rochford Tel: **01268 753513**
Castle Point Tel: **01268 754936**
Web: www.wyverncommunitytransport.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 Lifeline home unit. They will take the most appropriate action, such as contacting a nominated responder, family member, carer, neighbour, doctor or the emergency services.

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

Carelines (emergency alarm services)

Basildon, Castlepoint, Rochford Careline

Tel: **01268 465151**
Email: basildoncareline@basildon.gov.uk

Braintree and Maldon Carecall

Tel: **01376 551600**
Email: MECCG.carecall@nhs.net

Brentwood Community Alarms Service

Tel: **01277 848975**
Email: housing@brentwood.gov.uk

Chelmsford (Chelmer Housing Partnership)Tel: **0300 555 0500**Email: **enquiries@chp.org.uk****Colchester Helpline**Tel: **01206 769779****Epping Forest Careline**Tel: **0208 532 1065**Email: **careline@eppingforestdc.gov.uk****Harlow Careline**Tel: **01279 446655**Email: **contact@harlow.gov.uk****Southend-on-Sea Careline**Tel: **01702 332062**Email: **careline@seh.southend.gov.uk****Tendring Careline**Tel: **01255 222022**Email: **careline@tendringdc.gov.uk****Uttlesford District Lifeline**Tel: **01799 510630**Email: **housingadmin@uttlesford.gov.uk**

Services for carers

Who is a carer?

A carer regularly looks after, helps or supports someone who wouldn't be able to manage everyday life without their help. They don't have to be living with the person that they care for, and the help they give doesn't have to be physical. They may be caring for a partner, another relative, a friend or a neighbour. For example, it may be someone who:

- is an older person (over 60);
- is living with dementia;
- has a physical disability, 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 them 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, keeping them company; or
- emotional support or communicating.

Having a carer's assessment

Anyone who provides, or intends to provide, regular unpaid support to someone who could not manage without their support has a 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 carer's assessment is an opportunity for people to tell the council what they need as a carer, and to find out what support might be available. The assessment is an essential first step for carers to get the support they may need. It looks at:

- the care the carer provides and how their caring responsibilities affect 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 Services.

Carers' Personal Budgets

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

Respite at home

Home-based respite services give carers a break from their caring responsibilities. A care worker would come in to look after the person they care 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, so if they have a Personal Budget or Direct Payment for their own needs 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

Explore whether you are entitled to Carer's Allowance – currently £62.10 per week but this may change after April 2016.

You may also qualify for Carer's Premium or Carer's Credit depending on your eligibility. The Government website www.gov.uk has more information on benefits including carer benefits. Alternatively, contact a local carer organisation who may be able to help you undertake a benefit check.

Useful contacts

Carers Choices Essex

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: **01268 881130**

Web: www.carerschoices.org

Carers Direct

The Carers Direct national helpline can help unpaid carers by providing information, advice and support as well as practical guidance on how to access the services that carers may need.

Tel: **0300 123 1053**

Web: www.nhs.uk/carersdirect

Carers Trust

The Princess Royal Trust for Carers and Crossroads Care have merged to create 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: **0844 800 4361**

Email: info@carers.org and support@carers.org

Web: www.carers.org

Essex Carers' Support

Essex Carers' Support is an independent organisation, supporting informal, unpaid and family carers in Essex. It provides information, advice and guidance to carers in Colchester, Tendring and Castle Point districts. It also provides advocacy to carers in Braintree, Epping, Harlow, Basildon and Rochford.

Tel: **01255 474410**

Email: admin@essexcarerssupport.org.uk

Web: www.essexcarerssupport.org.uk

Southend Carers' Forum

Southend Carers' Forum aims to support, inform and represent the needs of all carers living within the borough of Southend-on-Sea.

Tel: **01702 393933**

Email: info@southendcarers.co.uk

Web: www.southendcarers.co.uk

CARE VISITS AT HOME

We care passionately



Our Services

We provide the highest quality of care to keep you safe and comfortable in your home or setting of your choice. We see you as unique, respecting your own individual lifestyle and needs. We offer everything from personal care to shopping, cleaning or social visits. The care we provide can be tailored to your requirements providing you with the care that you want when you need it most.

Our Bluebird Care office is local within your community; this ensures the management team are close at hand to give you on-going support and a dedicated team.

Live-in Care

Live-in care is a realistic and affordable alternative to residential care allowing you to remain independent, comfortable and secure within the setting of your own home. Live-in care can also be a short-term care solution following a stay in hospital, to assist you in taking a holiday or to give your friends and family or regular carer a break or support.



Call and talk to your local friendly professional team

Essex West

Tel: 01277 230763
essexwest@bluebirdcare.co.uk

Mid Essex

Tel: 01245 263962
midessex@bluebirdcare.co.uk

Southend and Rochford

Tel: 01702 474274
southendandrochford@bluebirdcare.co.uk

Colchester

Tel: 01206 827605
colchester@bluebirdcare.co.uk

Tendring

Tel: 01255 427113
tendring@bluebirdcare.co.uk

Braintree and Uttlesford

Tel: 01376 314090
braintreeanduttlesford@bluebirdcare.co.uk



Regulated by the Care Quality Commission and member of UKHCA

www.bluebirdcare.co.uk

Care in your own home

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

Why choose home care?

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

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

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

Finding the right support

As Publisher of this Directory, Care Choices' website www.carechoices.co.uk allows you to search by postcode or region for care homes, care homes with nursing and home care providers that meet your requirements across the country. Your search can then be saved and emailed to others.

Alternatively, this Directory's free helpline provides an independent information and help service encompassing care services and accommodation. A personalised report can be generated for callers providing details of all care homes that meet their criteria.

One call to the freephone number **0800 389 2077** will enable the service to build a profile of exactly what type of care you're looking for, while taking into account your personal needs and interests.

The Care Quality Commission (www.cqc.org.uk) is responsible for checking that any care provided meets essential standards of quality and safety. Further information is on page 6.

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

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

The benefits of using a regulated agency include:

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

For further information and help call this Directory's independent helpline on **0800 389 2077**. You can also use the checklist on page 27.

CARE *select*
THE HANDBOOK FOR RELATIVES

We understand how confusing and emotionally taxing arranging care services for a loved one can be. A Care Directory can only take you so far on this journey so we have published a further information guide, Care Select.

WWW.CARESELECT.CO.UK

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 Services 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 or 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 has dementia, they need:

- 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 9 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 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.

More information about care at home can be found on page 23.

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 the needs of people with dementia in mind, aiming to build on their strengths and abilities. Activities will vary but 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. For more information on non-specialist day care centres, see page 11. Contact the council or your

local Alzheimer's Society office for more details, see 'Useful local contacts' on page 102.

Alzheimer's Society

This leading charity works to improve the quality of life of people affected by dementia.

If you have concerns about any form of dementia please contact your local office for information and support and access to local services. See page 102 for contact details.

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

For more information on care homes for people with dementia, see page 55.



Do you need a Helping Hand?

If you are looking for an **alternative to residential care** or just **extra support** for you or a loved one - then we're here to help - **from 30 minutes per week to full-time Live-in Care**.

Our **Essex care team** has been providing award winning quality home care since 1989. We offer a home care service which enables you or a loved one to remain at home with compassion and dignity.

Our local Carers can assist with personal care, companionship, housekeeping or even to provide a break to an existing family member or care-giver.



To find out how we can help you,
call: **01277 508 146** or
visit: **www.helpinghands.co.uk**

These questions may be useful when considering using the services of a home care (domiciliary) provider to help you build up a picture of how your care needs will be met in your own home.

For care packages which have been arranged by Adult Services, contracts and care plans will have been

completed by your care manager and the agencies used will have been accredited to work for Adult Services.

People arranging and funding their own care either privately or through a direct payment or a personal budget are able to choose their own care worker or care agency.

Agency 1

Agency 2

Agency 3

£p/h

£p/h

£p/h

Agencies

What experience does the agency have in your particular field of need? Can they supply references for you to check?

1

2

3

Home care agencies providing personal care must be registered and inspected by the Care Quality Commission. Ask to see a copy of their registration certificate.

How long has the agency been operating?

1

2

3

How many care workers would the agency assign to care for you and would you see the same one every day? If not, how does the staff rota operate and what happens if your care worker goes on holiday or is sick, will you be notified in advance that a different carer will be attending?

1

2

3

How can you contact the agency in an emergency or outside office hours?

1

2

3

How hard or easy would it be to make a complaint and how are things then put right?

1

2

3

If this is a private contract ask for a copy of the agency's contract terms and read these carefully with someone you

trust. Get as much help as you can going over it and ask any questions you may have before signing anything. The Citizens Advice Bureau or Age UK could help with this.

Carers

You should expect your personal preferences, dignity and privacy to be respected. Discuss this with the agency and ask how the most suitable care workers for your particular care are chosen. Can you talk to them before deciding?

1

2

3

Care workers should be fully trained or be in ongoing training. Ask the agency about their policies on this.

You will have a care plan drawn up by the agency which the carers will work to. Ask how often this plan will be reviewed by the agency.

Carers must be checked with the Disclosure and Barring Service (DBS) and have a criminal records disclosure – make sure this is the case.

1

2

3

Paying

If your care needs do not meet Adult Services' eligibility criteria and have been arranged privately you should check carefully the fee rates charged and exactly what the payment you make covers.

Comments, compliments and complaints

If you would like to make a comment about the service you receive or are unhappy about any aspect of it, you can speak to your home care provider, the local authority or the Local Government Ombudsman. For more information, please see page 61.

Paying for care in your own home

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

Other ways to fund your care and support

If you do not qualify for a financial contribution from Adult Services there are various ways in which you could consider paying for care and support. It is important that you seek independent financial advice when considering other funding options. There are independent financial advisers that focus specifically on care funding advice, often referred to as specialist care fees advisers. They are regulated by the Financial Conduct Authority (FCA) and must stick to a code of conduct and ethics and take shared responsibility for the suitability of any product they recommend.

The Society of Later Life Advisers (SOLLA) aims to assist consumers and their families in finding trusted, accredited financial advisers who understand financial needs in later life. Search its website www.societyoflaterlifeadvisers.co.uk/find-an-adviser to find a SOLLA-accredited independent financial adviser.

The Money Advice Service is a free and impartial service set up by the Government. It offers free and unbiased advice.

Tel: **0300 500 5000**

Web: www.moneyadviceservice.org.uk

Further information on paying for care can be found beginning on page 58.

Home Care Services

Carewatch have supported people living independently in the comfort of their own home for over 17 years throughout all of South Essex

We pride ourselves on the quality home care and support services we provide to our customers.

We guarantee quality care due to our expert recruitment skills, and the comprehensive training we provide to our care staff

Our latest CQC inspection rated us as a "GOOD" provider meaning we have been recognised by our Government Inspector as offering services that are safe, effective, caring, responsive and well led.

We know continuity of care is very important to our customers, so when you choose Carewatch to support you, or a loved one at home, you will have peace of mind that a familiar carer will be there for each visit

Our services start from 30 minutes to 24 hour care.

From our latest CQC Report:

"I have every confidence in the staff, the care is excellent and I have no concerns" Mrs B

"I have a lot of respect for the people I visit, I treat them like they are my own parents" Sarah (carer)

Personal care

- ✓ Washing/bathing
- ✓ Dressing/undressing
- ✓ Personal appearance
- ✓ Managing continence
- ✓ Hair care
- ✓ Dental care
- ✓ Toe nail cutting

Other support we provide

- ✓ Assistance with medication
- ✓ Companionship
- ✓ Shopping

Types of Care we Provide

- ✓ Personal support
- ✓ Complex care
- ✓ Palliative care
- ✓ Respite care
- ✓ Home from hospital/Convalescence

For more information
please contact us on:



01702 557007



info@cw-southend.co.uk



Excellent care in your home

For us, excellence is not just a slogan, but a commitment. Care at Home can provide live-in care to you in your own home to enable you to live as freely and independently as possible. The care itself can involve anything from light support to advanced care as you require.

We have been caring for over 25 years so you can trust that you will be in safe hands. All our directors are former carers, so we know from experience what it takes to deliver great care.

The best way to find out more is to call us free on **0800 689 3725** or email **25years@careathome.org** – we would be happy to speak to you.

In pursuit of excellence

www.careathome.org

"We believe we are privileged to be allowed into your home to look after you and all your needs, enabling you to retain your independence for as long as you wish."

✱ Care packages to suit you – **24 hour live-in, hourly and night care**

- ✱ Continuity of carer
- ✱ Carers who arrive at the specified time
- ✱ Carers who stay for the allocated time
- ✱ Professional, friendly and fully trained staff
- ✱ A unique personal service centred around you
- ✱ Care delivered with dignity and respect
- ✱ Highest standards of care
- ✱ Respite and specialist care available including acquired brain injury, learning disabilities and dementia
- ✱ Regular reviews and re-assessments

To find out how we can assist you or someone you care about, to receive your **FREE** brochure or arrange a **FREE** no obligation assessment, please call our friendly staff on:

01376 311811

CQC
Registered

www.caring4u.co.uk Email: as@caring4u.co.uk

Star House, 38 Rayne Road, Braintree, Essex CM7 2QP



Live-in Care Specialist



Essex home care providers

1 STOP REC LTD

Colchester

Tel: 01206 616171

OP D PD LDA SI YA

A PL+US CARING SERVICE

Witham

Tel: 01376 515686

OP D PD SI YA

A1 HOME CARE LTD

Chelmsford

Tel: 01245 354774

Advert page 32
OP D PD LDA MH SI YA

AA DOMICILIARY CARE

Stock

Tel: 07957 628772

OP D PD LDA MH YA

ABBEY CARE SOLUTIONS LTD

Waltham Abbey

Tel: 01992 713011

OP D PD SI

ABK CARING SERVICE LTD

Burnham on Crouch

Tel: 01621 782527

OP PD MH SI

ACCESS DIGNITY CARE LTD

Walton-on-Naze

Tel: 01255 852882

OP D PD LDA MH SI

AGINCARE

Chelmsford

Tel: 01245 708986

Advert page 32
OP D PD LDA MH YA AD

ALDANAT CARE

Clacton-on-Sea

Tel: 01255 870281

OP PD LDA MH YA

ALEXANDRA COURT

Dovercourt

Tel: 01255 503340

OP D MH SI

ALL ABOUT U CARE SERVICES LTD

Chelmsford

Tel: 07795 891173

OP D YA

ALL CARE

Colchester

Tel: 01206 366361

OP D PD SI

ALLIANCE CARE AND SUPPORT LTD

Clacton-on-Sea

Tel: 01255 256020

Advert page 32
OP D PD LDA SI

ALLIED HEALTHCARE BASILDON

Pitsea

Tel: 01268 581170

OP D PD LDA MH YA

ALLIED HEALTHCARE COLCHESTER

Colchester

Tel: 01206 710748

OP LDA MH SI YA

ALPHA CARE SOLUTIONS LTD

Basildon

Tel: 01268 449112

OP D PD LDA MH SI YA AD

ANGLIAN CARE LTD – RANKIN HOUSE

Benfleet

Tel: 01268 795800

OP D PD MH SI YA

ANN MASON CARE

Colchester

Tel: 01206 233372

OP D PD SI YA

ANNIES HOMECARE SERVICES LTD

Mayland

Tel: 01621 773672

OP D PD MH SI YA

APPLE BLOSSOM CARE

Colchester

Tel: 01206 679757

OP PD SI YA

AQS HOMECARE ESSEX

Billericay

Tel: 01277 654444

OP D PD LDA MH SI YA AD

ASPIRATIONS SOUTHEAST ADULTS

Billericay

Tel: 01277 634144

PD LDA MH SI

AUDLEY HOMECARE

Saffron Walden

Tel: 01799 430780

OP D PD MH SI YA

B PRO NURSING AGENCY

Canvey Island

Tel: 07940 226332

OP D PD LDA MH SI YA

BAKERS' VILLAS

Epping

Tel: 01992 575951

OP

BALKERNE GARDENS TRUST CARE AT HOME

Colchester

Tel: 01206 543517

OP

BAMBURGH SUPPORTED LIVING SERVICES LTD

Braintree

Tel: 01206 252491

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

Advertisers are highlighted

Live-in Care

from £695 per week



The alternative to Care Home admission.

Live-in Care enables anyone with care needs to continue living in their own home with a round-the-clock care worker.

Agincare

Caring in Your Community

08000 121 247 | www.liveincare.info
Chelmsford - 01245 708 986

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 together with them and their family. We tailor a care package to support the needs of each and every unique individual.

A1 care passionately about their service users, we have a "no rush" approach and always ensure that our service users are safe, comfortable and that they have all they require before leaving them on each and every visit.

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



"Your Choice, Your Care"

We received "Outstanding" in our recent inspection with the Care Quality Commission ✓✓✓✓



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



We are a family run care company which has been established since 1998. We provide home care and support to those living in the Clacton on Sea, Frinton on Sea and Walton on the Naze areas. We ensure our staff are trained to the highest standard therefore ensuring we provide quality care with dignity, respect, compassion and professionalism.



We provide assistance with:

- Personal Care
- Assistance with Dressing
- Medication
- Meal Preparation
- Shopping
- Laundry
- Day to Day Activities
- Re-ablement
- Respite Care
- Light House Keeping
- Accessing the Community
- Attending Appointments
- Sitting Service
- Companionship
- Dog Therapy Visits

17 Faraday Close, Clacton on Sea, Essex CO15 4TR
Tel: 01255 256020 Email: Enquiries@alliancecare.org.uk
www.alliancecareandsupport.co.uk



Essex County Council
Preferred Provider
with Social Services

Licensed to provide services by the
Care Quality Commission
Provider ID 1-101696598

BC CARE LTD T/A HERITAGE HEALTHCARE
– EPPING FOREST

Loughton

Tel: 0208 508 5500

OP D PD SI
BESPOKE HOMECARE

Dunmow

Tel: 07445 230035

OP D MH YA
BETTER HEALTHCARE SERVICES (COLCHESTER)

Colchester

Tel: 01206 561999

OP D PD LDA MH SI YA
BLOOMSBURY HOME CARE

Thorpe-le-Soken

Tel: 0845 508 4512

OP D PD LDA MH SI YA
BLUEBIRD CARE

Advert page 22

Braintree and Uttlesford

Tel: 01376 314090

OP D PD LDA MH SI YA

Colchester

Tel: 01206 827605

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 YA

Tendring

Tel: 01255 427113

OP D PD LDA MH SI YA
BRAINTREE HEALTHCARE LTD

Braintree

Tel: 01376 550432

LDA
BRIDGEMARSH RESIDENTIAL HOME

Chelmsford

Tel: 01245 440858

D PD LDA SI
BROOK DRIVE

Wickford

Tel: 07501 006795

LDA YA
BROOK HOUSE

Harlow

Tel: 0800 001 6631

D LDA MH YA
BROOKS CARE AND NURSING SERVICES LTD

Wickford

Tel: 01702 526797

OP YA
BUNGALOW, THE

Colchester

Tel: 01206 852010

OP PD LDA SI YA
BUPA HOME HEALTHCARE (HARLOW)

Harlow

Tel: 01279 456947

OP PD YA
CALVERN CARE LTD

Chelmsford

Tel: 01245 356755

OP D PD MH SI
CARE AT HAND LTD

Harlow

Tel: 01279 626200

OP D PD LDA MH SI YA
CARE AT HOME UK LTD

Saffron Walden

Tel: 01799 541400

Advert page 30

OP D PD SI YA
CARE BY ANGELS LTD

Basildon

Tel: 07585 683819

OP D PD SI YA
CARE BY US

Bishops Stortford

Tel: 0333 700 8080

OP D PD LDA MH SI YA AD
CARE PLUS ESSEX LTD PART OF MANOR COURT
CARE

Great Chesterford

Tel: 01799 529312

OP D PD MH SI YA
CARE UK LEARNING DISABILITIES SERVICES ESSEX

Colchester

Tel: 0339 992 573

OP D PD LDA MH SI YA AD
CAREMARK (CHELMSFORD & UTTLESFORD)

Dunmow

Tel: 01371 872178

OP D PD LDA MH SI YA
CAREMARK (SOUTHEND & ROCHFORD)

Rochford

Tel: 01702 548104

OP D
CAREMAX HOMECARE SERVICES LTD

Brentwood

Tel: 01277 562162

OP YA
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
CAREWATCH (SOUTHEND)

Hadleigh

Tel: 01702 557007

Advert page 29

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

Advertisers are highlighted



Care in your own home at an affordable rate

Caring Direct Ltd is a domiciliary care agency providing personal care to suit your daily needs and requirements at an affordable rate. We offer a wide range of support and care packages and provide you with caring professionals. Our primary aim is to assist you in your daily routine, allowing you to remain in your own home, retain dignity, comfort and security.

- Domiciliary Care
- Waking Night Care
- Assistance with Medication
- Domestic Tasks
- Meal Preparation
- Bathing and Showering
- Catheter Care
- 24-hour 'Live-In' Care
- Community Care Calls

24-hour on call service available to all service users

01245 698183
www.caringdirect.com



Proud Sponsor of the Heart Radio
Carer of the Year Award

Chelmsford Community Transport

Chelmsford PHAB

CARING 4 U (UK) LTD

Braintree

Tel: 01376 311811

Advert page 30

OP D PD LDA MH SI YA

CARING COMPANIONS OF ESSEX

Brentwood

Tel: 01277 204453

OP PD LDA MH YA

CARING DIRECT LTD

Chelmsford

Tel: 01245 698183

Advert page 34

OP D PD LDA SI YA

CHRISTCHURCH CARE AGENCY

Braintree

Tel: 01376 343223

OP D PD LDA SI YA

CIVICARE EAST LTD

Chelmsford

Tel: 01245 409250

Advert page 38

OP D PD LDA MH SI YA

CLACTON FAMILY TRUST

Clacton-on-Sea

Tel: 01255 475026

PD LDA SI YA

CLASS (UK) LTD

Chelmsford

Tel: 01245 494012

LDA YA

CLOSER THAN CLOSE HOME CARE LTD

Epping

Tel: 01992 560099

OP D PD MH SI

CLOUD 9 CARE LTD

Colchester

Tel: 01206 793773

OP D PD MH SI YA

COLCHESTER COMMUNITY CARE SERVICES DCA

Colchester

Tel: 01206 752552

OP D PD LDA MH SI YA AD

COMFORTCARE

Chelmsford

Tel: 01245 690100

OP D

COMITIS L11 LTD T/A HOME INSTEAD SENIOR CARE

Blackmore

Tel: 01277 822858

OP D PD LDA SI YA

CONSTABLE CARE LTD

Walton-on-the-Naze

Tel: 01206 808505

OP D PD LDA MH SI YA

CORNER HOUSE

Clacton-on-Sea

Tel: 01255 432415

OP PD LDA MH

CORNERSTONE CARE SERVICES LTD

Brentwood

Tel: 01277 725 000

OP D PD LDA YA

COSIE CARE

Saffron Walden

Tel: 01799 500751

OP D PD LDA MH SI YA AD

CROCUS COMMUNITY CARE

Saffron Walden

Tel: 01799 508248

OP D PD LDA MH SI YA AD

CROSSROADS CARE BRAINTREE
DISTRICT AND CHELMSFORD

Braintree

Tel: 01376 529985

OP D PD LDA MH SI YA

CROSSROADS CARE BRENTWOOD
BASILDON AND DISTRICTS

Brentwood

Tel: 01277 201789

OP D PD LDA MH SI YA

CROSSROADS CARE TENDRING & COLCHESTER

Thorpe Le Soken

Tel: 01255 860960

OP D PD LDA MH SI YA AD

CROSSROADS CARE UTTLESFORD

Saffron Walden

Tel: 01799 513496

OP D PD LDA MH SI YA

CRYSTAL CARE ESSEX LTD

Canvey Island

Tel: 01268 698660

OP YA

DAMORCARE LTD

Chelmsford

Tel: 07440 037219 / 07717 779898

Advert page 38

OP D PD LDA MH YA

DANBURY CARE

Woodham Walter

Tel: 01621 859504

OP

DENGIE CARE PROVIDERS

Chelmsford

Tel: 01621 828141

LDA

DESTINY 24/7 CARE SERVICES LTD

Basildon

Tel: 01268 546688

OP D PD LDA MH YA

DIAL-A-CARER SERVICE

Billericay

Tel: 01268 711044

OP D PD LDA MH SI YA

DIAMOND UNIQUE CARE LTD

Harlow

Tel: 01279 302376

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

Advertisers are highlighted



STOUR VALLEY

COMMUNITY CARE



...providing
*independence
& support*
in your *own home*



STOUR VALLEY COMMUNITY CARE is part of the Stour Valley Care Group, – a family-run business, with over 80 years experience in the care sector, spanning four generations.

We are committed to providing support to individuals, enabling them to stay in their own homes, whilst maintaining a good quality of life and, most importantly, their independence.

All of our staff are D.B.S. checked. Services we offer include:

- Personal care
- Palliative care
- Domestic services
- Companionship
- Night care
- Outreach service
- Respite service
- Pet service
- Hospital reablement



PLEASE CONTACT US TO FIND OUT MORE

01206 394369 • 07720 635630

enquiries@svcgcc.com • www.svcgcc.com

DIVINE CARE PROVIDER LTD

Maldon

Tel: 01621 929158

OP D PD MH SI YA
DOMICILIARY CARE AGENCY

Colchester

Tel: 01206 577678

LDA
E2K CARE

Tiptree

Tel: 01621 819529

OP YA
EAST COUNTY CARE LTD

Harwich

Tel: 01255 507600

OP YA
ECARE COMMUNITY

Clacton-on-Sea

Tel: 01255 808180

OP D MH YA
EDEN BROOK HOME CARE

Chelmsford

Tel: 01245 363888

OP D PD LDA MH SI YA AD
EMERALD HOME CARE LTD

Basildon

Tel: 07947 378584

OP
ESSEX AND SUFFOLK QUALITY CARE LTD

Clacton-on-Sea

Tel: 01255 831594

OP
ESSEX CARES HOMESAFE MID

Brentwood

Tel: 01277 228254

OP D PD LDA MH SI YA AD
ESSEX CARES HOMESAFE SOUTH

Benfleet

Tel: 01245 434925

OP D PD LDA MH SI YA AD
ESSEX CARES HOMESAFE WEST

Harlow

Tel: 0300 003 1624

OP D PD LDA MH SI YA AD
ESSEX CARES MID

Chelmsford

Tel: 01245 357601

Advert inside back cover
OP D PD MH SI YA
ESSEX CARES NORTH

Colchester

Tel: 01206 364876

Advert inside back cover
OP D PD MH SI YA
ESSEX CARES SOUTH EAST

Benfleet

Tel: 01268 638450

Advert inside back cover
OP D PD MH SI YA
ESSEX CARES SOUTH WEST

Basildon

Tel: 01268 272242

Advert inside back cover
OP D LDA MH SI YA AD
ESSEX CARES WEST

Harlow

Tel: 0300 003 1624

Advert inside back cover
OP D PD MH SI YA AD
ESSEX DEMENTIA CARE

Braintree

Tel: 01245 363789

OP D
ESSEX/LONDON

Braintree

Tel: 07932 277322

OP D PD LDA SI
EWER HOUSE

Colchester

Tel: 07803 348799

OP D PD MH SI YA
EXCELLE HOME CARE

Romford

Tel: 01708 502734

Advert page 38
OP D PD LDA MH SI YA
EXCELLENCE CARE

Basildon

Tel: 07810 454172

MH YA
FAMILY HOMECARE LTD

Chelmsford

Tel: 01245 473438

OP D PD LDA MH SI YA
FAMILY MOSAIC DOMICILIARY CARE

Basildon

Tel: 01268 498500

OP D PD LDA MH SI YA
FIRST CLASS CARE AGENCY

Harlow

Tel: 01279 418013

Advert page 40
OP D PD SI
FITZPATRICK TOTAL HOME CARE LTD

Halstead

Tel: 01787 221622

OP D PD LDA MH SI YA
FIVE STARS CARE LTD

Braintree

Tel: 07535 541004

OP D YA
FOLEY CARE SERVICES LTD

Braintree

Tel: 01376 326652

D PD LDA MH SI
FOREST HOMECARE LTD

Sible Hedingham

Tel: 01787 463222

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

Advertisers are highlighted

Excele Home Care

'...by your side 24/7'

Excele Home Care is dedicated to providing high quality Live-In Carers, Home Carers and Personal Assistants.

We provide Specialist Care to the elderly, people with physical and learning disabilities and mental health problems and dementia.

Our team will deliver a complete service with friendliness, reliability and attention to detail.

The Range of Care

Personal Care

- Bathing/ Showering
- Toileting
- Continence Care
- Transfers

Support

- Shopping
- Errands
- Escort
- Sitting Service

Domestic Tasks

- Food Preparation
- Laundry
- Cleaning

Services include

- 24 Hour Live In,
- Up to 24 Hour Home Care,
- Respite at Home,

Groups Care Provided

- Elderly
- Dementia
- Learning Disabilities
- Physical Disabilities
- Mental Health
- Palliative Care at Home



Telephone: 01708 502734



Email: info@excele.co.uk Web: www.excele.co.uk
9b Elms House, Elms Industrial Estate, Church Road,
Harold Wood, Romford, Essex RM3 0JU

DAMORCARE

We care for you and your needs



Damorcare is a reliable friendly care service that offer support in your own home, enabling you to manage living in your home with the peace and security needed. We promote as much Independence as possible whilst assisting with care needs.

We believe in you as individuals, respecting you and your views. Initial assessments are done, which you participate in.

The care is about you...

New (07440037219) Or 07717779898
www.damorcare.co.uk



Astha Limited Care Services

Services Offered: • 24 Hour Home care • Adult Care (18+) • Personal & Domestic Care (on a contracted hour basis) • Respite Care • Live in Carer
• Personal Care Assessments • Risk Assessments in the Home

Pre-book a no obligation, FREE Care assessment appointment.

Tel: 0208 590 6694

Email: admin@astha.co.uk

London Office/Family Contact Centre:
Astha Limited, 217 Aldborough Road South,
Ilford, Essex, IG3 8HZ



NEED HELP IN YOUR SEARCH FOR CARE?

www.carechoices.co.uk

developed by the publisher
of this Directory

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

www.carechoices.co.uk can help

- search care providers quickly and easily
- search by postcode/town and care type
- Information on standards of care
- links to the latest inspection reports
- extra information, photos and direct website links for hundreds of providers
- request a brochure
- checklists to take with you when you visit

Alternatively, call our friendly helpline team
on **0800 389 2077** to talk to someone directly.

CIVICcare
a helping hand



Tailor Made Quality Care In Your Own Home

We offer Continuity and Companionship

- Shopping • Personal Care • Sit-In Service • Laundry
- Housework • Medication • Cooking • Palliative Care

1 hour to 24 hour / 7 days a week

Tel: 01245 409 250

FOREST HOMECARE MID ESSEX

Chelmsford

Tel: 01787 463222

OP D PD LDA SI YA
FOREST HOMECARE WEST ESSEX

Dunmow

Tel: 01787 463222

OP D PD LDA SI YA
FORGET ME NOT CARING LTD

Rochford

Tel: 01702 545111

Advert page 40

OP D PD LDA MH SI
GEMSTONE CARE LTD

Loughton

Tel: 0208 502 5987

LDA
GLENAVON CARE LTD

Danbury

Tel: 07946 353898

OP D PD LDA SI YA
GOLDLEAF HOMECARE

Waltham Abbey

Tel: 01992 677500

OP D PD SI YA
GRACE CARE/TRAINING LTD

Basildon

Tel: 01268 726368

OP D PD LDA YA
GREEN CARE CONTRACTS LTD

Harlow

Tel: 01279 411290

OP
GREEN ROSE CARE LTD

Sudbury

Tel: 07462 474092

OP LDA MH
GREENFIELD CARE LTD

Halstead

Tel: 01440 785222

OP D LDA SI
GUARDIAN HOMECARE (BASILDON)

Basildon

Tel: 01268 287801

OP D PD MH SI YA AD
**HAMELIN TRUST COMMUNITY
SUPPORT SERVICE**

Billericay

Tel: 01702 653889

PD LDA SI YA
HE TRUST – POUND LANE – HERTS AND ESSEX DCA

Bishops Stortford

Tel: 01279 816165

LDA
HELPING HANDS CHELMSFORD

Chelmsford

Tel: 01277 508146

Advert page 26

OP D PD MH SI YA AD
HERITAGE STAFFING SERVICES

Harlow

Tel: 01279 216382

OP D PD LDA MH YA
**HERTS AND ESSEX INDEPENDENCE AT HOME LTD
OFFICE**

Saffron Walden

Tel: 07515 378404

LDA YA
HOME INSTEAD SENIOR CARE

Chelmsford

Tel: 01245 200780

OP D PD SI YA

Colchester

Tel: 01206 848427

OP D

Epping

Tel: 01992 666777

OP D PD LDA MH SI YA

Sawbridgeworth

Tel: 01279 721443

OP D PD LDA MH YA

Southend-on-Sea

Tel: 01702 535308

OP PD LDA MH SI YA

Wickford

Tel: 01268 733820

OP D LDA YA
HONEY TREE COURT

Loughton

Tel: 0208 508 0920

OP D PD LDA MH SI YA AD
I & S CARE

Colchester

Tel: 01621 815182

OP LDA YA
IDEAL HOME CARE SOLUTIONS LTD

Maldon

Tel: 0845 040 5818

OP D PD SI YA
INDEPENDENT PEOPLE HOMECARE

Chelmsford

Tel: 01245 392299

OP YA
INTERSERVE HEALTHCARE – COLCHESTER

Colchester

Tel: 01206 228333

OP D PD LDA MH SI YA AD
J'S HOSPICE, THE

Chelmsford

Tel: 01245 351515

YA
JEAN ALLEN CARE SERVICES LTD T/A
HOME INSTEAD SENIOR CARE

Frinton-on-Sea

Tel: 01255 672269

OP D PD MH 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

Advertisers are highlighted

We offer many different services for adults with learning disabilities from Personal Assisting to Supported Living. Most importantly the support we provide is always tailor made for the individual and their family.



Key Services



01702 545111
care@forgetmenotcaring.co.uk
www.forgetmenotcaring.co.uk

Helping people  live their dreams

16 Riverside Industrial Estate, South Street Rochford, Essex SS4 1BS

First Class Care Agency

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



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

PEACE OF MIND HOME SUPPORT

Your Care, Your Way



Services include assistance with:

- ◆ All aspects of personal care
- ◆ Administering and collecting medication
- ◆ Domestic chores such as laundry, housework and cooking
- ◆ Making and attending appointments
- ◆ Collecting benefits and pensions
- ◆ Shopping and access to the community

Tel: 01255 479411

Email: peaceofmindhomecare2010@live.co.uk

Web: www.peaceofmindhomesupport.co.uk

Purely Care

call us now on
01603 407707



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

We specialise with the following client groups:

- Elderly people
- People with learning difficulties
- People with physical disabilities
- People with mental health problems
- People living with MS or other debilitating illnesses
- People with AIDS or HIV
- People living with Parkinson's or dementia
- Terminally ill people

info@purelycare.co.uk • www.purelycare.co.uk



Relatives Relief Limited

Relatives Relief Limited your local Domiciliary care agency providing care and support in your own home.

We provide respite care for your loved ones which could include social inclusion visits and escorted holidays.

Personal Care • Shopping • Medication • Respite Care • Activities

As a family run agency we pride ourselves on our person centred care and our staff are recruited and trained to reflect this.

Contact us on 01255 225 381 • mobile: 07918 907 541
email: relativesrelief@btconnect.com
www.relativesrelief.com

WHAT ARE THE CARE OPTIONS?
HOW WILL I KNOW WHICH TO CHOOSE?

VISIT THE NEW CARE SELECT WEBSITE
WWW.CARESELECT.CO.UK

CAREselect

CALL CARE SELECT FOR MORE INFORMATION:

0800 389 2077

JUNCTIONS CARE AGENCY LTD

Brentwood
Tel: 01277 211200

OP D PD MH SI

K.T.M. CARE LTD

Feering
Tel: 01376 571152

LDA

KINGSWOOD CARE SERVICES LTD
– HEAD OFFICE

Basildon
Tel: 01268 419180

LDA YA

KLEROO LTD

Basildon
Tel: 01268 551705

OP YA

LANGLEY SUPPORT SERVICES

Colchester
Tel: 07546 144976

PD LDA SI YA

LIVABILITY LIFESTYLE CHOICES EAST ANGLIA

Ingatstone
Tel: 01277 355646

PD YA

**LONDON AND SOUTH EAST DOMICILIARY CARE
BRANCH**

Loughton
Tel: 0208 502 3933

OP PD LDA MH SI YA

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

LONGFURROWS RESIDENTIAL CARE HOME

Manningtree
Tel: 01206 392634

OP D PD LDA SI YA

MANORCOURT HOMECARE

Clacton-on-Sea
Tel: 01255 440744

OP D PD MH SI YA

MANORCOURT HOMECARE

Harlow
Tel: 01279 798040

OP D PD MH SI YA

MANSION HOUSE RESIDENTIAL HOME

Althorne
Tel: 01621 742269

OP D PD SI

MAYFAIR CARE SERVICES LTD

Canvey Island
Tel: 01268 696055

OP D PD LDA MH SI YA

MD CARE LDT T/A KARE PLUS BASILDON

Wickford
Tel: 01268 560246

OP PD YA

MEADOWCROFT RESIDENTIAL CARE HOME

Bradfield
Tel: 01206 393879

OP D PD LDA SI YA

MEARS CARE – BASILDON

Basildon
Tel: 01268 525020

OP D PD LDA MH SI YA AD

MEARS CARE – LOUGHTON

Loughton
Tel: 0208 502 3140

OP D PD LDA MH SI YA AD

MEARS CARE – NEW FUTURES

Laindon
Tel: 01268 545631

OP D PD LDA MH SI YA AD

MEDIC2 UK LTD – BASILDON

Basildon
Tel: 01268 590695

OP D PD MH

MEDICAL PARTNERSHIPS LTD

Hockley
Tel: 01702 206173

OP D

MIHOMECARE – CLACTON-ON-SEA

Clacton-on-Sea
Tel: 0333 121 5901

OP D PD LDA MH SI YA AD

**MIKE RIGLIN NURSING
(DOMICILIARY CARE AGENCY)**

Maldon
Tel: 01621 843485

OP D PD LDA MH SI YA

MONTECARE SOLUTIONS LTD

Clacton-on-Sea
Tel: 01255 242789

Advert page 42

OP D PD LDA MH SI

**MONTECARE SOLUTIONS LTD
– HARWICH**

Harwich
Tel: 01255 242789

OP PD LDA MH SI YA AD

**NESTOR PRIMECARE SERVICES LTD T/A
GOLDSBOROUGH MALDON**

Maldon
Tel: 01621 850162

OP D PD LDA MH SI 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

Advertisers are highlighted



Mark Higginson Care Ltd delivers operational solutions to clients across a number of Healthcare and Social Care Sectors. Our staff have expertise that deliver on a number of skills and across a range of services: We deliver bespoke programs across the following areas:

- Care & Nursing Home / Service Management
- Care & Nursing Home / Service Turnaround
- Quality Assurance & Regulatory Compliance Testing
- Bespoke Projects
- KPI Reporting
- Bank & Insolvency Services

Email: enquiries@mhcareltd.co.uk Mobile: 07496218745
www.mhcareltd.co.uk



Putting People First

- Respite for friends & relatives
- Long & short term care
- Personal & domestic care with breakfasts, lunches & evening meals
- Shopping
- Collection service
- 24/7 care in your own home
- Palliative care
- Elderly care
- Physical disability support
- Learning disability support
- Mental health support



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

Preferred Provider
 with Social Services



**WE COVER THE WHOLE OF
 TENDRING AREA**

**We have over
 40 years of
 experience.**

All service users are given **independence & choice!**

Our latest inspection was rated as Excellent!

For more information contact our office or simply drop by for a cup of tea and a chat:

Montecare Solutions Limited
 298 Main Road,
 Dovercourt,
 Harwich,
 Essex CO12 3PJ

**Tel: 01255 242789
 01255 502049**

Email: montecare@btconnect.com



An experienced team of professionals

SESNHA CARE

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

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

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



Moving Safely

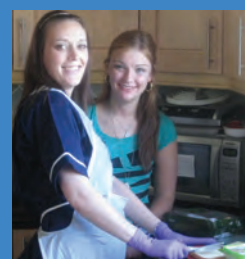


Continuity of care

24hr Manned Telephone Lines accessible to all our clients

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

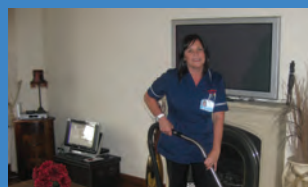
Contact us Today on **01708 856444** (office hours)
 We are happy to visit you (without any obligation) to discuss your requirements and devise a package of care that balances your needs and finances



Caring for younger people



A Trained Workforce



Spick & Span



Help with the paperwork



Not pressed for time

NETTESWELL RECTORY

Harlow
Tel: 01279 444000

LDA YA

NEW PARTNERSHIPS CARE

Braintree
Tel: 01376 329437

LDA YA

NEW PARTNERSHIPS

LYNRAY AND PEACH COTTAGE

Braintree
Tel: 01376 329437

LDA

NEWDAY HEALTHCARE PROFESSIONALS LTD

Canvey Island
Tel: 0854 094 2805

OP PD

NEXUS SUPPORT LTD

Wickford
Tel: 0845 519 6088

PD LDA SI YA

NIGHTINGALE HOME CARE DIRECT LTD

Braintree
Tel: 07429 514740

OP D PD LDA MH SI YA

NIGHTOWLS HOME CARE

Colchester
Tel: 01206 521008

OP D PD MH SI

NORTH LONDON HOMECARE & SUPPORT LTD

Harlow
Tel: 0208 4433380

OP D PD LDA MH SI YA AD

NURSE PLUS & CARER PLUS UK LTD COLCHESTER

Colchester
Tel: 01206 845069

OP D PD LDA MH SI YA AD

OFFICE – 1 (BEACON LODGE)

Colchester
Tel: 01206 793630

OP PD LDA MH YA

ORCHARD BROOKS HEALTHCARE

Colchester
Tel: 01206 861200

OP D PD LDA MH SI YA

OUTLOOK CARE

– UNIT 6 SHELDUCK HOUSE, BILLERICAY

Billericay
Tel: 01277 633163

OP LDA MH YA

PALMERSTONE HOMECARE

Harlow
Tel: 01279 456685

OP YA

PALS LTD – ADMINISTRATION OFFICE

Silver End
Tel: 0845 428 0790

PD LDA MH SI YA

PEACE OF MIND HOMECARE

Clacton-on-Sea
Tel: 01255 479411

Advert page 40

OP D PD LDA MH SI

PERSONAL CHOICE CARERS AT HOME LTD

Hockley
Tel: 07817 968727

OP D PD MH SI YA

**PREMIER CHILDREN AND YOUNG PEOPLES CARE
AND PROTECTION SERVICES LTD**

Hadleigh
Tel: 01702 389555

PD LDA SI YA

**PRESTIGE NURSING AND CARE
– CHELMSFORD**

Great Dunmow
Tel: 01371 879203

OP D PD LDA MH SI YA AD

PRIME NURSING AND CARE

Dunmow
Tel: 01371 821445

OP YA

PROVISION HOME CARE LTD

Loughton
Tel: 0800 678 5316

OP D PD LDA SI YA

QUINN DOMICILIARY AGENCY LTD

Maldon
Tel: 07814 328096

PD LDA MH SI YA

RADIANTLIFE CARE

Brentwood
Tel: 0203 318 0473

OP D PD LDA MH SI YA AD

REAL PEOPLE LTD

Hadleigh
Tel: 01702 551622

OP PD LDA MH SI YA

REED CARE SERVICES LTD

Colchester
Tel: 01206 848445

OP D MH YA

RELATIVES RELIEF LTD

Clacton-on-Sea
Tel: 01255 225381

Advert page 40

OP D PD MH SI YA

**RIGHT AT HOME BILLERICAY, BRENTWOOD &
HAVERING**

West Horndon
Tel: 01277 811105

OP D PD SI YA

RIGHT CARE (DOMICILIARY CARE AGENCY) LTD

Colchester
Tel: 01206 369900

OP D PD LDA 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

Advertisers are highlighted

ROSE BELLE

Witham

Tel: 01376 512438

OP PD LDA MH SI YA
ROSS NURSING SERVICES LTD

Saffron Walden

Tel: 01799 551046

OP D PD LDA MH SI YA
ROWAN HOUSE

Colchester

Tel: 01206 773000

LDA MH
RUMAX LTD

Basildon

Tel: 0333 011 5030

OP D PD LDA MH SI YA AD
SEASIDE COTTAGE

Clacton-on-Sea

Tel: 01255 223146

PD LDA SI YA
SEVEN RIVERS – CARE HOME WITH NURSING
PHYSICAL DISABILITIES

Colchester

Tel: 01206 230345

PD LDA SI YA
SHALOM HEALTH RECRUITMENT LTD

Basildon

Tel: 01268 906990

OP D PD LDA MH YA
SIMPLY TOGETHER LTD

Clacton-on-Sea

Tel: 01255 520002

OP D LDA MH
SPENCER & ARLINGTON

Loughton

Tel: 0208 523 9090

LDA MH YA
ST CATHRINES CARE LTD

Rochford

Tel: 07926 943347

OP YA
ST GEORGES LTD

Witham

Tel: 01376 500052

YA
ST LUKES PLACE

Rochford

Tel: 01702 531609

OP D PD LDA MH SI
STABLE HOUSE COLCHESTER

Colchester

Tel: 01206 224199

LDA YA
SUITE 215, ELIZABETH HOUSE

Chelmsford

Tel: 07825 662283

OP LDA MH YA
SWAN CARE DOMICILIARY

Chelmsford

Tel: 01621 779171

OP D
SWAN HOUSING ASSOCIATION

Billericay

Tel: 0300 303 2500

OP LDA
TENDRING CARE

Clacton-on-Sea

Tel: 01255 317071

OP YA
TRANQUILLITY CARE SOLUTIONS UK LTD

Colchester

Tel: 01206 822410

OP D PD SI
TREETOPS

Colchester

Tel: 01206 844121

OP PD LDA YA
U.FIRST CARE HEAD OFFICE

Harlow

Tel: 01279 276027

LDA
VIENNA WOODS

Manningtree

Tel: 01206 394545

OP D PD YA
VIVO SUPPORT LTD

Billericay

Tel: 0845 683 8809

OP D PD LDA MH SI YA
VOYAGE (DCA) CLACTON-ON-SEA

Clacton-on-Sea

Tel: 01255 224680

OP D PD LDA MH SI YA
WECARE LTD

Saffron Walden

Tel: 01799 520655

OP YA
WEIGHBRIDGE COURT

Chipping Ongar

Tel: 01823 438150

OP SI
**WESTMINSTER HOMECARE LTD
(CHELMSFORD)**

Sandon

Tel: 01245 224818

D PD LDA MH AD
**WESTMINSTER HOMECARE LIMITED
(COLCHESTER)**

Colchester

Tel: 01206 869789

OP D PD LDA MH SI YA AD
WICK FARM ROAD, 39

Southminster

Tel: 01621 778874

OP D PD LDA
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

WILLOWS SL

Braintree
Tel: 07802 586250

OP D LDA SI YA

YOUR LIFE CARE SOLUTIONS

Colchester
Tel: 01206 273717

LDA YA

WOODACRE

Tiptree
Tel: 01621 819769

OP LDA YA

Southend-on-Sea home care providers
1ST CARE NURSING LTD

Westcliff-on-Sea
Tel: 01702 437711

OP YA

CARING CARERS LTD

Southend-on-Sea
Tel: 01702 213955

OP PD LDA YA

ADONAI SUPPORTED HOUSING LTD

Southend-on-Sea
Tel: 07983 957160

LDA YA AD

CHOICES HEALTHCARE LTD

Westcliff-on-Sea
Tel: 01702 344355

OP D PD LDA MH SI YA AD

**AFFINITY TRUST DOMICILIARY CARE AGENCY –
SOUTHEND AND ESSEX**

Westcliff-on-Sea
Tel: 01702 335980

OP PD LDA YA

CONCEPT CARE SOLUTIONS

Southend
Tel: 01702 567430 Advert page 46

OP D PD MH

ALLIED CARE AND NURSING

Southend-on-Sea
Tel: 01702 680980

OP D PD LDA MH SI YA AD

CREATIVE CARE SERVICES LTD

Southend-on-Sea
Tel: 01702 462479

OP PD LDA MH SI YA

ASHLEY CARE LLP

Westcliff-on-Sea
Tel: 01702 348142

OP D PD MH SI YA AD

DE VERE CARE – SOUTHEND-ON-SEA

Southend-on-Sea
Tel: 01702 614871

D PD MH YA

BARNABAS HOUSE SECHA

Westcliff-on-Sea
Tel: 01702 348171

LDA YA

BLUEBIRD CARE (SOUTHEND & ROCHFORD)

Westcliff-on-Sea
Tel: 01702 474274

Advert page 22
OP D PD SI YA

DOLPHIN COURT

Thorpe Bay
Tel: 01702 584088

D PD YA

DORIS JONES LTD

Leigh-on-Sea
Tel: 01702 472954

D PD LDA MH SI YA

BRAEMAR CARE SERVICES

Southend-on-Sea
Tel: 01702 302914

OP D PD LDA MH SI

ENS RECRUITMENT LTD

Westcliff-on-Sea
Tel: 01702 361400

OP D PD LDA MH SI YA AD

CARE COMPANY, THE

Leigh-on-Sea
Tel: 01702 477888

OP

**ESTUARY COMMUNITY SUPPORT AND SUPPORTED
LIVING SERVICES**

Southend-on-Sea
Tel: 01702 462246

LDA YA

CARE CONNECTED LTD

Leigh-on-Sea
Tel: 01702 527468

OP D PD LDA MH SI YA AD

FIELD LANE DOMICILIARY AGENCY, THE

Southend-on-Sea
Tel: 01702 344615

LDA

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

SECHA - South Essex Care and Health Association - For more information see page 8

Advertisers are highlighted

HEALTH AND HOME DCA

Westcliff-on-Sea
Tel: 01702 346465

OP D PD LDA MH SI YA AD

HOME CARE PROFESSIONALS (ESSEX) LTD

Southend-on-Sea
Tel: 01702 467515

OP D PD LDA SI YA

HOME SWEET HOME REABLEMENT SERVICES

Leigh-on-Sea
Tel: 07531 652250

OP D

JM CAREHOMES LTD

Westcliff-on-Sea
Tel: 01702 213277

OP D PD LDA MH YA AD

KENNEDY LEIGH HOME CARE SERVICE (SOUTHEND)

Westcliff-on-Sea
Tel: 01702 334655

OP D YA

KOLOURS HEALTHCARE SECHA

Southend-on-Sea
Tel: 07771 963529

OP YA

MENCAP DOMICILIARY CARE SOUTHEND

Southend-on-Sea
Tel: 0808 808 1111

LDA YA

MIHOMECARE – SOUTHEND-ON-SEA

Westcliff-on-Sea
Tel: 0333 121 9201

OP D PD LDA MH SI YA

R. E. HOUSE LIMITED

Southend
Tel: 01702 338500

OP PD LDA MH SI YA

REDSPOT HOMECARE (ESSEX) LTD

Westcliff-on-Sea
Tel: 01702 338865

OP D PD LDA MH SI YA

ROYALE CARERS LTD

Southend-on-Sea
Tel: 01702 353547

OP D PD SI YA

SAS SUPPORT AND SOLUTIONS LTD

Southend-on-Sea
Tel: 01700 229132

OP D PD LDA MH SI YA AD

SHAF LODGE

Southend-on-Sea
Tel: 01702 873958

LDA MH YA AD

SOUTHEND LD CLUSTER

Southend-on-Sea
Tel: 01702 546407

LDA YA

SOUTHEND THERAPY AND RECOVERY TEAM (START)

Southend-on-Sea
Tel: 01702 606917

OP D PD LDA MH SI YA AD

SPDNS NURSE CARE COMMUNITY INTEREST COMPANY (CIC)

Westcliff-on-Sea
Tel: 01702 431300

OP D PD LDA MH SI YA

SUMMERCARE – HEAD OFFICE

Westcliff-on-Sea
Tel: 01702 343062

OP D PD LDA MH SI YA

SURECARE (SOUTHEND)

Westcliff-on-Sea
Tel: 01702 330065

OP YA

TRENDS HEALTHCARE

Westcliff-on-Sea
Tel: 07939 865365

OP D




Concept Cares because YOU matter

- Unique care for your unique needs • delivering care in the community for over 20 years • 30 minutes to 24 hour care
- Live-in care; sleep-in nights and respite • Quality Assurance • Staff trained to meet individual needs • 24 hour service and fully managed out of hour service

e: info@londonccs.com t: 01702 567 430
www.conceptcaresolutions.com

WHAT ARE THE CARE OPTIONS?
HOW WILL I KNOW WHICH TO CHOOSE?

VISIT THE NEW CARE SELECT WEBSITE
WWW.CARESELECT.CO.UK

CAREselect

CALL CARE SELECT FOR MORE INFORMATION:
0800 389 2077

Service	OP Older people (65+) D Dementia PD Physical disability LDA Learning disability, autism
User Bands	MH Mental health SI Sensory impairment YA Younger adults AD People who misuse alcohol or drugs
SECHA - South Essex Care and Health Association - For more information see page 8	

Thurrock home care providers

A K SUPPORTED HOUSING OUTREACH SERVICE

Grays

Tel: 01375 461991

LDA MH YA AD

AFFABLE CARE LTD

Grays

Tel: 01376 749146

OP LDA YA

AKABA SOCIAL UK LTD

South Ockendon

Tel: 01375 462626

OP LDA MH YA

ALWEN GROVE

South Ockendon

Tel: 0330 111 6800

OP PD LDA SI YA

AVELEY HOUSE (ARCANY ROAD)

South Ockendon

Tel: 01708 856444

OP D PD LDA MH SI

AVELEY HOUSE (PARK LANE)

South Ockendon

Tel: 01708 863289

LDA

BEECHES, 45 THE

Tilbury

Tel: 07950 940778

OP D PD LDA MH SI YA

CLEAR CRYSTAL HEALTHCARE LTD

Stanford-le-Hope

Tel: 07515 110561

OP D PD LDA SI YA AD

HOME INSTEAD SENIOR CARE THURROCK

East Tilbury

Tel: 01375 488898

OP D LDA YA

HOMECARE REABLEMENT TEAM

Grays

Tel: 01375 390000

OP D PD LDA MH SI YA

INGENIUM HEALTH & SOCIAL CARE

Tilbury

Tel: 01375 489715

OP D PD LDA MH SI YA AD

JOHN STANLEY THURROCK

Grays

Tel: 01375 485440

OP D PD MH YA

MCCH SOCIETY LTD

Chafford Hundred

Tel: 01375 483736

LDA MH

MOUNTAINCARE LTD

Stanford-le-Hope

Tel: 01375 767535

OP D PD LDA YA

NAIDCARE

Grays

Tel: 01375 808192

OP D PD LDA SI YA AD

PROFESSIONAL CARE SERVICES LTD

Grays

Tel: 01375 372812

PD LDA MH SI

REGENTS CARE SERVICES

Tilbury

Tel: 01375 846865

PD LDA MH SI

SANCTUARY HOME CARE LTD – THURROCK

Stanford-le-Hope

Tel: 01375 386678

OP D PD LDA MH SI

SESNHA CARE

South Ockdon

Tel: 01708 856444

Advert page 42

PD LDA MH

STARBROOKE CARE SERVICES LTD

South Ockendon

Tel: 01708 856216

OP YA

STONYROSE LTD

Tilbury

Tel: 01375 401269

OP D PD LDA MH SI YA

TAKE 4 PERSONNEL LTD

Grays

Tel: 01375 391337

OP LDA

TEMP EXCHANGE LTD

Grays

Tel: 01375 377985

OP YA

THURROCK LIFESTYLE SOLUTIONS

Grays

Tel: 01375 370460

OP D PD LDA MH SI YA

TRIANGLE COMMUNITY SERVICES

Grays

Tel: 01375 656010

OP D PD MH SI

UPSO HEALTHCARE

South Ockendon

Tel: 01708 860661

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

Advertisers are highlighted

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) usually 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 a residential care home.

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 needs 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 such as Telecare equipment (discussed further on page 19).

For further information speak to Adult Services on **0845 603 7630** (Essex), **01702 215008** (Southend-on-Sea) or contact your local team for further information.

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.

For Shared Lives in Essex, contact Guideposts on **01993 893560**. For Southend-on-Sea, contact the Department for People on **01702 215008**.

Sheltered housing

Sheltered (or retirement) housing is provided by local authority housing departments and housing associations for older people who would like to remain independent but prefer the added security and reassurance of a scheme manager and an alarm call service.

A scheme manager is either based at the site or visits regularly. Many sheltered housing schemes also have communal lounges, laundry facilities, lifts, door entry systems and specially adapted facilities.

Extra care housing

Extra care housing is similar to sheltered schemes, with self-contained accommodation together with some communal facilities. In an extra care scheme, instead of low-level support traditionally provided by wardens in sheltered schemes, higher levels of care and support are provided on site by a designated team of care workers, who can be available 24-hours a day.

Extra care allows you to retain your own tenancy and have care services delivered, ensuring that you are able to remain safely in your own self-contained accommodation.

Specialist services

Learning disability

The Government has indicated that services for people with disabilities should promote the following key principles:

- respect people's rights;
- actively promote people's independence;
- ensure that people have and are able to make choices in all areas of their lives; and
- create opportunities for people to be included rather than separated from society.

If you are assessed as needing support, the local authority can help you find the right support to meet your needs. Services can include help in the home (explained on page 18), adaptations and equipment (see page 14) and holidays.

For people looking to move out of their family home, there are a number of options that could be explored before considering residential care. You may want to have your own home with support arranged as necessary or you may want to look into a supported living scheme, explained on page 48. These options can give greater independence and choice.

A good-quality care home can also help to promote independence and can be a step towards more independent living for some people who may initially require more support.

Community Learning Disability Teams

Community Learning Disability Teams (CLDTs), work with adults aged 18 and over who have a learning disability and are not able to manage without the right kind of support. The teams are trained in many disciplines, including speech and language therapy, sensory services, behaviour therapy and physiotherapy. The services can be accessed by both inpatients and outpatients.

Basildon
Tel: **01268 739130**

Castle Point and Rochford
Tel: **01268 739134**

Southend-on-Sea
Tel: **01268 739133**

North East Essex
Tel: **01206 363255**

Mid Essex
Tel: **01376 308700**

West Essex
Tel: **01279 827110**

Non-council learning disability support

Guideposts Trust

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

Tel: **01993 893560**

Email: info@guideposts.org.uk

Web: www.guideposts.org.uk

Scope

Offers free, impartial and expert information, advice and support to disabled people and their families, 9am-5pm weekdays.

Freephone: **0808 800 3333**

Web: www.scope.org.uk

Mental health

Your local Community Mental Health Team (CMHT) should be your first point of contact if you have a mental health condition. CMHTs are community-based assessment and treatment services for people with mental health conditions aged between 18 and 65 years. You can ask your GP to refer you or ask someone who knows you to contact the CMHT on your behalf.

There is increased demand for home care for people with mental health conditions arising from greater use of supported living instead of care home placements. Like other specialist care services, this can be paid for (if you have been assessed as eligible) with a Personal Budget, discussed on page 9.

In Essex, the North Essex Partnership NHS Foundation Trust (NEPFT) and the South Essex Partnership University NHS Foundation Trust (SEPT) provide mental health services. Some

SEPT services also cover Southend-on-Sea. Southend-on-Sea has an online directory at www.southendinfopoint.org which covers all services, including mental health.

North Essex Partnership NHS Foundation Trust (NEPFT)

Tel: **01245 546400**

Web: www.nepft.nhs.uk

South Essex Partnership University NHS

Foundation Trust (SEPT)

Tel: **0300 123 0808**

Web: www.sept.nhs.uk

Southend-on-Sea Community Mental Health Team

Tel: **01702 456800**

Mental health helplines

North Essex Resource and Information Line for mental health (NERIL)

Voluntary helpline open to anyone in mental distress and their carers, open every day between 6.00pm and 2.00am.

Tel: **0845 090 0909**

Samaritans

Tel: **0845 790 9090**

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

440-442 Whitmore Way,
Basildon, Essex SS14 2EZ

Tel: **01268 284130**

Email: info@basmind.org

Web: www.basmind.org

Chelmsford

Sadlers House,
2 Legg Street,
Chelmsford CM1 1AH

Tel: **01245 345083**

Email: info@SEandCEssexMind.org.uk

Web: www.seandcessexmind.org.uk

Southend-on-Sea

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

Tel: **01702 601123**

Email: office@SEandCEssexMind.org.uk

Web: www.seandcessexmind.org.uk

Harlow

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

Tel: **01279 421308**

Web: www.mindinwestessex.org.uk

Mind in West Essex Counselling Service

45 Stortford Road, Great Dunmow CM6 1DQ
Tel: 01371 876641

Email: talking@mindinwestessex.org.uk

Web: www.mindinwestessex.org.uk

Physical disability and sensory impairment

If you have a physical disability, a long-term illness or sensory impairment, Adult Services 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.

As with all support from Adult Services, your needs must be assessed (see page 9) to determine whether you are eligible for assistance and to identify the best ways to support you, regardless of eligibility. You may wish to discuss your needs with your family doctor in the first instance.

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.

Advocates – useful contacts

POhWER

Delivers information, advice, support and advocacy services throughout England.

Tel: **0300 456 2370**

Email: pohwer@pohwer.net

Web: www.pohwer.net

Support, Empower, Advocate, Promote (SEAP)

SEAP provides an advocacy service for adults with a mental health condition.

Tel: **0300 343 5736**

Email: info@seap.org.uk

Web: www.seap.org.uk

South East Essex Advocacy for Older People

Advocates on behalf of people aged 60 and over who experience financial and/or social difficulties in their lives.

Unit 2, 225 West Road,

Westcliff-on-Sea, Essex SS0 9DE

Tel: **01702 340566**

Email: advocacy@seeafop.org

Web: www.seeafop.org

Southend Mencap

Advocacy for people with learning disabilities including a Transitional Advocate for school-leavers.

100 London Road,

Southend-on-Sea, Essex SS1 1PG

Tel: **01702 334514**

Email: southendmencap.advocacy@hotmail.co.uk

Web: www.southendmencap.org.uk

Together Advocacy Centre

Suite 2, Weston Chambers B,

Weston Road, Southend-on-Sea SS1 1AU

Tel: **01702 349191**

Email: pc-southendadvocacy@together-uk.org

Web: www.together-uk.org

End of life care

Although the subject of dying is often painful to contemplate, it is essential that you and your

relatives discuss your wishes as you near the end of your life. Good planning for all your needs should mean that you can (if you choose) remain in your home or care home in your last days and not have to 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 and the way care professionals approach the process will be incredibly important for you, your family and carers.

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

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

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

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

Useful websites

Compassionate Communities

Compassionate Communities aims to help people develop the skills to address issues raised by end of life and other losses. It also tries to be a helpful, empathic ear.

www.compassionatecommunities.org.uk

Dying Matters

Set up by the National Council for Palliative Care, the coalition aims to promote awareness of dying, death and bereavement. The website has a comprehensive support section.

www.dyingmatters.org

WidowNet

Established in 1995, the first online information and self-help resource for, and by, widows and widowers.

www.widownet.org

Care homes

Residential care

All care providers in the country must be registered with the Care Quality Commission (CQC). All services are inspected by the CQC, which reports on its findings and rates each home. These inspection reports and ratings are available at the home or from the CQC (www.cqc.org.uk). Before you decide whether to move into a residential home, you should contact the council for a needs assessment (see page 9).

There are two types of residential care home:

Care homes (personal care only)

If you are reasonably active, but would like greater security and care, a residential home offering only personal care may be the best option. Personal care includes bathing, feeding, dressing and help with moving but it must be paid for if your capital/savings exceed £23,250. This figure may change during the lifetime of this Directory. See page 58 for more information on paying for your care.

Care homes with nursing

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 home. You will be fully involved in planning 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 is paid by the NHS to the home directly; the current amount is £112.00 per week for the lower rate and £154.14 per week for the higher rate. These figures may change after April 2016, check with Adult Services after this date.

For further information on care homes and care homes with nursing, and how to find one to meet your needs, call this Directory's independent helpline on **0800 389 2077**.

Activities in care homes

The word 'activity' can imply many different things but in the context of a care home it should

continued on page 55

ROMFORD NURSING CARE CENTRE

www.ranccare.co.uk

107 Neave Crescent, Harold Hill, Romford, Essex, RM3 8HW

T: 01708-379022 F: 01708-370123 E: romford@ranccare.co.uk



Romford Nursing Care Centre is a purpose built care home with nursing providing 114 beds with the accommodation arranged over three floors in five care suites. All rooms are single en-suite, with a range of lounge and dining facilities offering choice to all residents. The home has been tastefully decorated and furnished throughout to afford an enhanced quality of life. There is a varied and stimulating social care programme as well as a resident physiotherapist. Cuisine is of a particularly high standard with a

choice of menu. Care is provided to the elderly who may require residential dementia care, dementia care with nursing, with intercal system designed for dementia residents, general nursing, palliative care, and for the young physically disabled in a dedicated unit on the ground floor. Our team of skilled, professional and dedicated staff deliver care and services in a professional, imaginative caring and sensitive way. To arrange a visit or for further information please do not hesitate to contact our general manager at any time.

Home 1

Fees per week: £

Home 2

Fees per week: £

Home 3

Fees per week: £

First impressions

1 2 3

- Were you met by someone when you first arrived at the care home? ☐ ☐ ☐
- Do staff seem warm, friendly and polite? ☐ ☐ ☐
- Do the residents seem happy, active and sociable? ☐ ☐ ☐
- Does the home feel homely and welcoming? ☐ ☐ ☐
- Is the home fresh, clean and comfortably furnished? ☐ ☐ ☐

Fees

1 2 3

- How much are the fees? (Insert fees above right.) ☐ ☐ ☐
- Do the fees cover all the services available? ☐ ☐ ☐
- Under what circumstances will the fees alter – eg annually or according to increasing needs? ☐ ☐ ☐
- Is the notice to terminate the contract reasonable? ☐ ☐ ☐

Transport

1 2 3

- Is the home easy to get to for relatives and friends? ☐ ☐ ☐
- Does the home provide its own transport? ☐ ☐ ☐
- Can you see what sort?

Accommodation

1 2 3

- Are bedrooms single or shared? Is there a choice? ☐ ☐ ☐
- Can you decorate and re-arrange your room to suit yourself? ☐ ☐ ☐
- Can you bring your own furniture and TV? ☐ ☐ ☐
- Is there a call system for emergencies? ☐ ☐ ☐
- Are there enough electric sockets in your room? ☐ ☐ ☐
- Can you control the heating in your room? ☐ ☐ ☐
- Can you lock your room and is there a secure place for valuables? ☐ ☐ ☐
- Is there a separate dining room? Bar? ☐ ☐ ☐
- Are there toilet facilities within easy reach of the communal facilities? ☐ ☐ ☐
- Are there both showers and baths? ☐ ☐ ☐
- Are bathrooms adapted to help people in and out of the bath? ☐ ☐ ☐

Accessibility

1 2 3

- Does the home have the right adaptations and equipment to meet your needs? ☐ ☐ ☐
- Are all areas accessible for wheelchair users? ☐ ☐ ☐
- Does the home have extra wheelchairs and walking aids? ☐ ☐ ☐
- Is there adequate provision for people with sight or hearing difficulties? ☐ ☐ ☐

Life within the home

1 2 3

- Are there any rules and restrictions (eg going out, time of return etc.)? ☐ ☐ ☐
- Can you choose when to get up and retire every day? ☐ ☐ ☐
- How are residents involved in decisions about life in the home? ☐ ☐ ☐
- Is there a telephone where you can make and take calls in private and comfort? ☐ ☐ ☐
- Is alcohol served or permitted? ☐ ☐ ☐
- Are there smoking and non-smoking areas? ☐ ☐ ☐
- What arrangements are there for religious observance? ☐ ☐ ☐
- Can you handle your own money? If not, what arrangements are in place? ☐ ☐ ☐

- Does a hairdresser/chiropractor visit? ☐ ☐ ☐
- Are residents accompanied on visits to the GP or hospital? ☐ ☐ ☐

Staff

1 2 3

- Do the staff appear clean, cheerful and respectful? ☐ ☐ ☐
- Observe how the staff talk to residents. Are people treated with dignity as well as being treated in a friendly manner? ☐ ☐ ☐
- Are the staff formally trained? ☐ ☐ ☐
- Is there an adequate number of staff on duty day and night? ☐ ☐ ☐
- Is there a Dignity Champion? ☐ ☐ ☐
- Is there a Dementia Champion/Lead? ☐ ☐ ☐

Visitors

1 2 3

- Are visitors welcome at all times? ☐ ☐ ☐
- Is there somewhere to see them in private? ☐ ☐ ☐
- May your visitors join you at meals? ☐ ☐ ☐
- Can your visitors stay overnight? ☐ ☐ ☐

Catering

1 2 3

- How much choice do you get about meals? ☐ ☐ ☐
- Is the food varied and interesting? ☐ ☐ ☐
- Can the home cater for your dietary needs? ☐ ☐ ☐
- Ask to see a current menu to answer these questions. ☐ ☐ ☐
- Can you have snacks or drinks any time of the day or night? ☐ ☐ ☐
- Can you eat in your room? ☐ ☐ ☐
- Does the home have a Nutrition Champion/Lead? ☐ ☐ ☐

Activities

1 2 3

- Can you continue to pursue your hobbies and interests? ☐ ☐ ☐
- Are there organised activities and entertainment? ☐ ☐ ☐
- Can you see a copy of the home's current activities diary? ☐ ☐ ☐
- Are outings and holidays arranged? How much do they cost? £ £ £ ☐ ☐ ☐
- Are escorts available if necessary? ☐ ☐ ☐
- Is a library service available? ☐ ☐ ☐
- Can you have your own flower bed or help in the garden? ☐ ☐ ☐
- Can you stay in your own room if you want to? ☐ ☐ ☐
- What does the home do about personal engagement? ☐ ☐ ☐

Gardens

1 2 3

- Are the grounds and gardens attractive? ☐ ☐ ☐
- Are all areas safe and accessible? ☐ ☐ ☐
- Is there somewhere to sit? ☐ ☐ ☐
- Are they quiet? ☐ ☐ ☐

Contract terms

1 2 3

- Can you retain your own room if away? ☐ ☐ ☐
- Can you have a short-stay or trial period? ☐ ☐ ☐
- Ask to be given a statement of terms and conditions used by the home. ☐ ☐ ☐
- Are all procedures, such as complaints, clearly spelt-out? ☐ ☐ ☐



Let's talk about better care.

Ashbrook Court is a residential, nursing and dementia care home dedicated to enhancing the quality of life of older people. We are dedicated to ensuring residents maintain as much independence as possible, whilst receiving tailored care and support.

Ashbrook Court is furnished to an exceptionally high standard providing much needed comfort and security in a homely setting.

We are here to help you and your family every step of the way, so come and visit Ashbrook Court today to experience for yourself what life is like.

Contact us today on: **0203 434 1632**

- Care focuses on an **individual's holistic needs** enhancing **wellbeing** and **quality of life**
- **Highly experienced** and trained nursing and care team
- An **uplifting, relaxing** and **homely** environment with a **high standard** of décor
- A **full** programme of lifestyle activities and events
- Much needed **support** and **reassurance** for **all** the family

@ AshbrookGM@carebase.org.uk
 ashbrookcourtcarehome.co.uk
 /ashbrookcourt
 @AshbrookCourt
 Ashbrook Court Care Home,
 Sewardstone Road, London E4 7RG



Ashbrook Court
 Care Home

mean everything a resident does from when they wake up in the morning until they go to sleep at night. Choosing what colour cardigan to wear can be an enjoyable activity to start the day. Watching your favourite TV programmes or listening to the birds sing might bring a smile. Attending an exercise class might make you feel better. These can all be defined as 'activities'. They can provide a point of interest, fun and challenge to each day.

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. In the best homes 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.

Review the 'Activities' section of the care homes checklist on page 53 for questions to consider asking potential providers.

Dementia in care homes

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 address 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 of Care. For more information on these see page 60.

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 the person you care for.

Within the home, much is down to the attitude and skills of the manager and the staff. Do they provide an environment that enables a person with dementia to exercise choice and personal preferences even in the later stages of the condition? Who is the person in charge of

championing dementia care best practice in the home? Further questions to consider are included in the residential dementia care checklist on page 57.

Design and technology

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

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

Staff training

Dementia-specific training is essential to ensure that care home staff have an understanding of how best to support and care for people with dementia. Ask to speak with the Dementia Champion and question the placement if the home does not have a specific Dementia Lead.

For help with finding specialist dementia care homes, call this Directory's free helpline on **0800 389 2077**, or visit **www.carechoices.co.uk** to search for care homes across the country.

Feel right at home

with Barchester care homes



At Barchester, we know finding the right care home can be a daunting decision, but we'll do everything we can to help.

We take individual choices very seriously at Barchester. Our carefully selected and well-trained staff take time to get to know the people we care for. We help them to feel at home, to maintain their interests, make new friendships and improve their quality of life. We're proud of the support we offer.

We have a range of services to suit all care needs, including:

Nursing care • Residential care • Dementia care • Respite care

If you'd like to take a look around – or just need a bit of friendly advice – your local Barchester care home will be happy to help.


BARCHESTER
Celebrating life
www.barchester.com

Ashlar House
St Margaret's Hospital,
The Plain, Epping, CM16 6TY
01992 721 089

Paternoster House
Paternoster Hill,
Waltham Abbey, EN9 3JY
01992 721 087

Derham House
Harwood Hall Lane,
Upminster, RM14 2YP
01708 548 759

Park View
Morland Road, Dagenham,
Essex, RM10 9HW
020 8003 1703

Leonard Lodge
Roxwell Gardens, Hutton,
Brentwood, CM13 1AQ
01277 508 450

Opening Autumn 2015
Woodland View
Colchester, CO4 5JR
01206 932 332

Things to look for in care homes specialising in dementia. Please use in conjunction with the care homes checklist on page 53.

When you visit, spend some time looking around, talking to the manager, staff and residents. Look at several care homes and visit at different times, for example at the

weekend and in the week. If possible go with the person you care for. First impressions count. Think about how you are greeted and the way staff relate to people with dementia.

Most importantly, do not be afraid to ask questions. This is always the best way to get information.

Home 1

Home 2

Home 3

£ p/w

£ p/w

£ p/w

Residents

The best indication of a good home is that the residents appear happy and responsive.

Are there rummage boxes around the home to stimulate residents?

1

2

3

Access

If the person with dementia needs or is likely to need equipment or adaptations you may want to check:

There is adequate signage and cues for different parts of the home such as dining room and bathroom.

1

2

3

The home's policy about locking external doors.

1

2

3

Bedrooms

You may want to find out whether the person with dementia can have a single room and whether:

Residents are encouraged to bring in some of their own furniture and possessions to increase familiarity.

1

2

3

Activities

Residents should be stimulated without feeling stressed.

Are reminiscence activities available?

1

2

3

Are residents able to compile memory boxes?

1

2

3

Do staff compile life story books including photographs and mementoes?

1

2

3

Staff

It is important to note whether staff seem friendly and caring towards residents and whether they treat residents with respect.

What training and experience in dementia care do they have?

1

2

3

Will the person with dementia have a member of staff particularly responsible for their care?

1

2

3

Is there a member of staff you can talk to about your own worries about the person with dementia?

1

2

3

Manager/head of home

A manager who is caring as well as efficient can make all the difference to a home.

Does the manager have knowledge of dementia and can they deal with difficulties that may arise in an understanding way?

1

2

3

Is there a full assessment at home before a resident is admitted?

1

2

3

Paying for residential care

Care funded by the council

Do I qualify for local authority financial assistance?

If you have been assessed as needing a care home place and your capital including savings is below £23,250 you may be entitled to financial support from your local authority. To find out more, contact Adult Services. Contact details are on page 4.

If eligible and you have capital and savings below £14,250 you may be entitled to maximum support, contributing your income less £24.90 per week, which is retained for personal expenses. If you have capital and savings between £14,250 and £23,250 you must pay a capital tariff of £1 per week for each £250 you have between these two figures. Capital includes the value of your former home unless it's occupied by your partner, or a relative who is aged over 60 years or incapacitated, or a child under 16 years who you maintain or a separated partner who is a lone parent.

Do I have a choice of care home if the council is paying?

Yes and it can even be in a different county. The home you choose must be suitable for your assessed needs, comply with any terms and conditions set by the local authority and not cost any more than they would usually pay for someone with your needs.

What if a home costs more than the local authority is prepared to pay?

The local authority will allow a third party to top-up your fees as long as they are able to do so over the long-term. For more information on third party payments see page 59.

My partner needs care, how does this affect me financially?

The local authority will take into account 50% of any joint savings. Therefore, to accelerate financial help, it is better to have separate single accounts with care costs being paid from the account of the person in the care home.

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

Paying for your own residential care

Self-funding

If you are self-funding your care because you are not eligible for local authority funding there are other forms of financial assistance you may be entitled to.

Will the local authority pay my fees whilst I am selling my former home?

If, apart from your property, your other capital including savings is below £23,250 the local authority may help with the costs during the first twelve weeks of permanent care. Beyond that period any financial help will be charged against the value of your former home and recovered from the eventual sale proceeds.

Do I have to sell my property?

The local authority may contribute towards the cost of your care and charge it against your property value. This means you should not have to sell your home during your lifetime to pay for your care. However, the local authority could limit how much they will pay and it could adversely affect your welfare benefit entitlements if your home is not seen to be on the market. The local authority will usually be repaid from the sale of the property at a later date or from your estate. There may be an arrangement fee for this and interest will also be charged. Speak to Adult Social Care in Essex on **0845 603 7630** or the Department for People in Southend-on-Sea on **01702 215008**.

Do I have to pay Council Tax on an empty property?

If you move into a care home and your property is left empty then you should receive full exemption from Council Tax until it's sold.

Is there any financial help that is not means tested?

Attendance Allowance is a non-means tested, non-taxable allowance paid at the lower rate of £55.10 for those needing care by day or night

and at a higher rate of £82.30 for those needing care by day and night.

Whether your stay is temporary or permanent, if you receive nursing care in a care home you may be entitled to a NHS Registered Nursing Care Contribution (RNCC), sometimes called Funded Nursing Care, towards the cost of your nursing care, paid directly to the home at £112.00 per week. If your needs are primarily healthcare related, you may be entitled to full funding from your local clinical commissioning group following an assessment under their Continuing Healthcare eligibility criteria. See 'NHS Continuing Healthcare' on page 11 for more information.

What happens if I move into a care home independently and run out of money?

If your capital is likely to reduce to £23,250 you should contact the local authority as soon as possible. It is better to make the council aware of the likelihood of this happening in advance of it occurring. If the home costs more than the local authority usually pays and won't reduce its fees you may need to find a source of top-up or seek less expensive accommodation. For more information on third party payments (top-ups) see opposite.

If there is a likelihood that you will run out of money it's important that you arrange an assessment of your care needs with Adult Services to ensure they are aware of your situation. Also check if the care home can continue to accommodate you at the local authority's funding rates or whether you will require a third party top-up.

What can I do to avoid this situation?

There are ways of meeting care costs for as long as you need care whilst using up only part of your capital.

The important thing is not to try to do it alone, always seek professional advice. You can contact the Money Advice Service at www.moneyadviceservice.org or call **0300 500 5000**, or, to find an independent financial adviser, contact the Society of Later Life



Advisers at www.societyoflaterlifeadvisers.org or call **0845 303 2909**.

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

Contracts

Before you sign any contract with a care home, the home should give you written details of all the charges it intends to make in its Statement of Purpose document. If there is anything that is not clear or which you do not understand, you should seek professional advice.

Third party payments

If you are eligible for local authority support and the home you choose costs more than the rate the local authority usually pays for someone with your needs, you will have the choice to ask someone else to make an additional payment.

If there is no-one available to make the extra payment, you can ask the local authority to find you another placement at the rate they would normally expect to pay. If, however, you do decide to live in the more expensive home and you have someone who is able to make an additional payment for you, they will have to pay the difference between your local authority rate and the amount the home charges. This additional payment is often referred to as a 'top-up' or 'third party contribution'.

The law says that you are not allowed to make this additional payment yourself, except in

limited circumstances. Therefore, in the main, the additional payment has to be made by someone else, for example, a family member or charity.

Before anyone agrees to make additional payments on your behalf they should be aware that the amount could change, usually increase, once a year and they need to be confident that they can sustain the payments for as long as they are required. If the additional payments stop being paid for any reason, then you should seek help and advice via Adult Services. Contact details are on page 4.

The person who will make the payment on your behalf must sign a contract with the local council before any contract with the home is signed. In doing so the person must confirm that they have the financial means to make the third party payments (including any future increases) for the

whole time you will live at the care home. If they are unable to maintain the payments and there is nobody else able to meet this cost, 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 third party agreement was required at the time you became a resident, the home may seek to introduce a third party payment at a later date. Also, if a change to your arrangements is made at your request or with your agreement, for example you move to a superior room, then an additional third party payment can become due.



Important information

This Directory's free helpline

This Directory's free helpline provides an independent information and help service encompassing care and accommodation. A personalised report can be generated for you, providing details of all home care providers, care homes or care homes with nursing that meet your criteria.

One call to the freephone number **0800 389 2077** will enable the service to build a profile of exactly what type of care you're looking for, while taking into account your personal needs and interests.

The website **www.carechoices.co.uk** allows you to search by postcode or region for care homes, care homes with nursing and home care providers that meet your requirements across the country. Your search can then be saved and emailed to others. You can also view an electronic version of this Directory on the site and have it read to you by using the 'Browsealoud' function.

Whatever your care needs, this Directory, the Care Choices helpline and website will be able to point you in the best direction, however you would like care information presented.

For further information and help with finding suitable care in your area, please call this Directory's free independent helpline on **0800 389 2077** or visit **www.carechoices.co.uk**

How solicitors can help

A solicitor can give you impartial advice about wills, making 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 (LPA) 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. A LPA is only valid

once registered with the Office of the Public Guardian. It allows for a person of your choice to make decisions on your behalf at a time when you may be unable to.

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 should they not have a LPA. The Court procedure is presently very slow and the fees are quite expensive so preparing a 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. The Citizen's Advice Bureau offers an advice service and will be able to recommend solicitors in your area.

Comments, compliments and complaints

If you use a home care agency or move into a care home you should feel able to complain about any aspect of your life 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 your complaint is about a breach of regulations, contact your local office of the Care Quality Commission (see page 6 for more information about the CQC).

If your local authority has arranged and funded a place for you in a care home or has contributed to a home care service, another option is to complain to your social worker/care manager or the department's designated complaints manager.



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

The Silver Line

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24-hours a day, every day of the year.

Launched by Dame Esther Rantzen, The Silver Line aims to combat loneliness in the over-65s by providing friendship, information and advice through calls to trained volunteers.

Specially trained helpline staff:

- offer information, friendship and advice;
- link callers to local groups and services;
- offer regular befriending calls; and
- protect and support those who are suffering abuse and neglect.

Tel: **0800 470 8090**

Web: **www.thesilverline.org.uk**



Out-of-county care

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

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

You must seek further advice before making your decision.

For information on care provision in Essex, Southend-on-Sea and other regions, contact this Directory's helpline on freephone **0800 389 2077** with details of your requirements.

Protecting vulnerable adults

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

What is adult abuse?

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

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

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

Who might be causing the abuse?

The person who is responsible for the abuse may be known to the person abused and could be:

- a paid carer 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 call Adult Services. Your concerns will be taken seriously and will receive prompt attention, advice and support.

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 Services will work with them and with you to support you.

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

You can also:

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

The Disclosure and Barring Service (DBS)

There is a barring system for all those intending to work, or working with children and vulnerable adults.

This service combines the criminal records checking and barring functions. For disclosure information and services, visit **www.gov.uk/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.

ST. ELIZABETH'S
CARE HOME WITH NURSING
Caring for people with epilepsy, autism and other complex needs since 1903.

Set in safe and spacious grounds, St. Elizabeth's offers residential care, respite services and day opportunities to adults 18+ who have epilepsy and related learning and physical disabilities. We offer:

- Robust person centred planning
- Intensive health, nursing and therapy support
- Full and varied day care programmes both on and off site comprising of over 30 activities
- Four innovative Social Enterprises, providing vocational experience in horticulture, art and ceramics, making and selling jewellery, and producing our own apple juice.

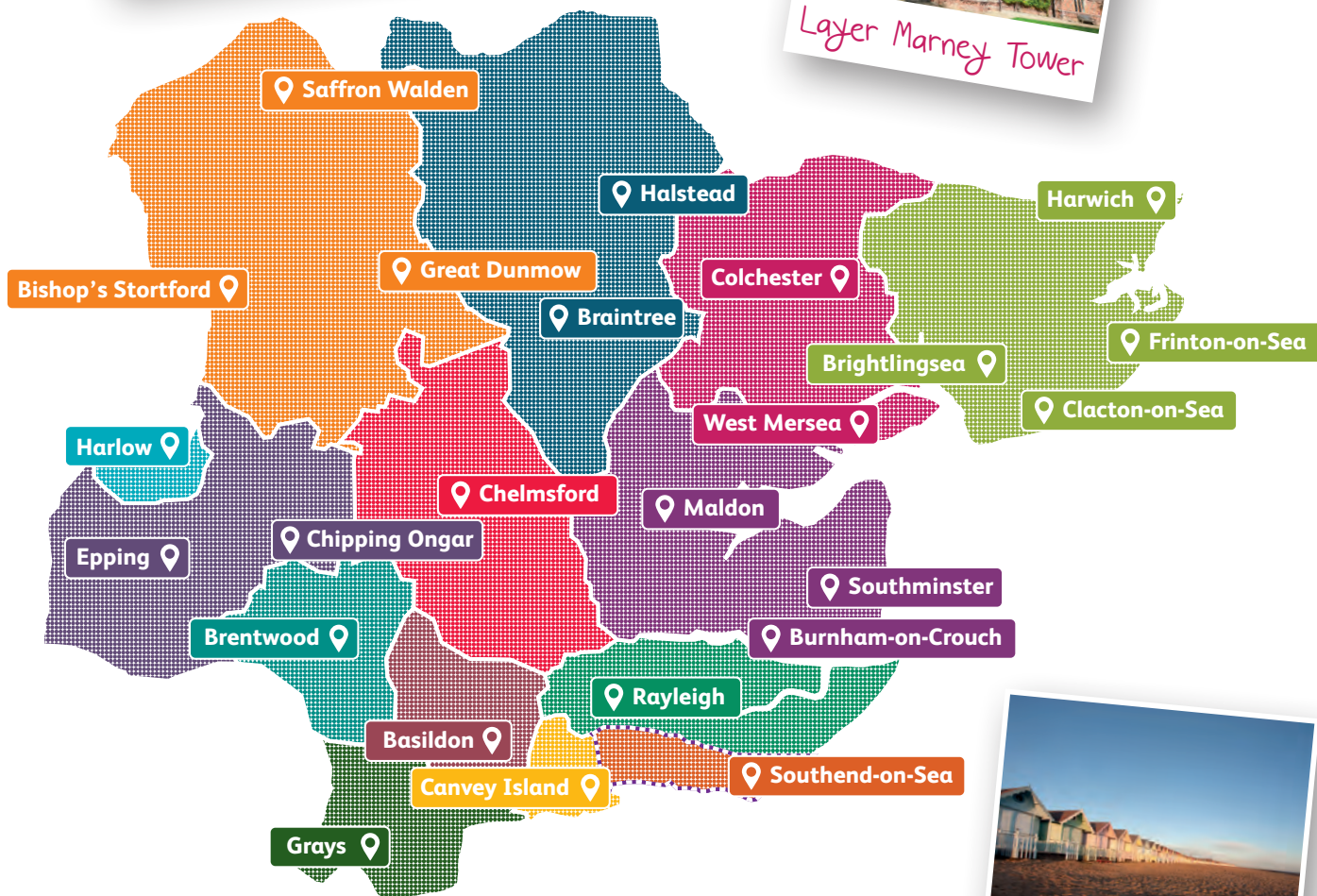
St Elizabeth's Centre, Perry Green, Much Hadham, Hertfordshire SG10 6EW

ST. ELIZABETH'S
ADULT CARE

Tel: 01279 843451
E: enquiries@stelizabeths.org.uk
www.stelizabeths.org.uk



Residential care providers in Essex and Southend-on-Sea



Key to care home listings

Basildon	65	Chelmsford	73	Maldon	85	Thurrock	99
Braintree	67	Colchester	76	Rochford	86	Uttlesford	101
Brentwood	71	Epping Forest	82	Southend-on-Sea	87		
Castle Point	73	Harlow	84	Tendring	91		

Basildon care homes

ACORN HOUSE – LAINDON

28 Somerset Road, Laindon SS15 6PE
Tel: 01268 455104

LDA YA

ANVIL HOUSE

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

LDA YA

ASHVIEW

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

PD LDA

BEECH HOUSE

Brownlow Bend, Basildon SS14 1QD
Tel: 01268 286863

OP D

BERRY'S CARE HOME, THE

119 Mellow Purgess, Basildon SS15 5XA
Tel: 01268 450517

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

CEDAR HOUSE

London Road, Pitsea SS13 2BY
Tel: 01268 458266

LDA YA

CENTRAL AVENUE, 2

Billericay CM12 0QZ
Tel: 01702 462246

OP LDA YA

CHAPLIN LODGE

Nevendon Road, Wickford SS12 0QH
Tel: 01268 733699

OP D YA

CLAYBURN LODGE SECHA

15 Clayburn Circle, Basildon SS14 1PZ
Tel: 01268 533203

MH

ESTUARY HOUSING ASSOCIATION LTD

– VISTA ROAD, 16

Wickford SS11 8EJ
Tel: 01702 462246

OP LDA YA

EVELYN MAY HOUSE

Florence Way, Langdon Hills, Basildon SS16 6AJ
Tel: 01268 418683 **Advert outside back cover** OP D PD SI

FAIRVIEW ROAD, 19

Vange, Basildon SS14 1PW
Tel: 01268 527840

LDA MH

FREMNELLS, 71, THE

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

PD

GLENROYD HOUSE

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

LDA

GRANGE, THE

69 Southend Road, Wickford SS11 8DX
Tel: 01268 766466 **Advert outside back cover** OP D PD SI

GROVELANDS LODGE

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

MH YA

HEYWOOD LODGE

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

OP

HOLLYMEDE COTTAGE

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

OP D

LAURELS LTD, THE

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

OP D

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

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

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

SECHA - South Essex Care and Health Association - For more information see page 8

Advertisers are highlighted

MCCH SOCIETY LTD – HERONDALE, 2

Basildon SS14 1RR
Tel: 01268 523399

MH

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

RECTORY LODGE

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

MH

SILVANNA COURT

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

THIRD AVENUE, 7-9

Wickford SS11 8RF
Tel: 01702 462246

OP PD LDA YA

WALSINGHAM SUPPORT – LUNCIES ROAD, 97

Walsingham, Basildon SS14 1SD
Tel: 01268 555488

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 **Advert outside back cover** **OP D PD SI**

Basildon care homes with nursing

ANISHA GRANGE

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

OP D PD SI

FREMNELLS, 71, THE

Basildon SS14 2QZ
Tel: 01268 526692

PD

Pleasant views and walks in well maintained & spacious gardens with summer house, pond and fountain, and ample parking. Under personal supervision of the owner. Members of Essex Independent Care Association.



CEDARS

Residential Care Home

Cedars is a 63 bedded residential home, half of which is a new purpose built block and the remainder being a recently refurbished Victorian house. Many of the bedrooms overlook open countryside. The home has a secure garden with paved paths for residents to safely walk, under supervision, weather permitting. The garden has some raised beds for residents to do some gardening.

The care at Cedars is provided by a dedicated and experienced team of staff who work to deliver care tailored to the needs and wishes of each resident. The home provides a range of activities and visitors are always welcome. The meals are cooked and prepared in our kitchen using fresh seasonal ingredients.

PROVIDERS OF SPECIALIST CARE FOR THOSE SUFFERING FROM ALZHEIMERS & SENILE DEMENTIA.

Tel: 01787 472418 Fax: 01787 474416

Email: cedarshalstead@hotmail.com

Sudbury Road, Halstead, Essex, CO9 2BB



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

Advertisers are highlighted

GHYLL GROVE RESIDENTIAL AND NURSING HOME

Ghyll Grove, Basildon SS14 2LA

Tel: 01268 859160 **Advert page 76**

OP D

GIFFORD HOUSE CARE HOME

London Road, Bowers Gifford,

Basildon SS13 2EY

Tel: 01268 554330 **Advert inside front cover** **OP D PD SI**

MOUNTNESSING ROAD, 230A

Billericay CM12 0EH

Tel: 01702 462246

OP PD LDA SI YA

PRIMECARE NURSING HOME

62 Downs Grove, Vange,

Basildon SS16 4QL

Tel: 01268 553222

OP

Braintree care homes

ACORN LODGE CARE HOME

Bovington Road, Bezley End,

Braintree CM7 5JH

Tel: 01371 850402

OP D LDA

ASPEN GRANGE CARE HOME

Coldnailhurst Avenue, Braintree CM7 5PY

Tel: 01376 550764 **Advert page 68**

OP D

BETHANY HOUSE

32 Brewery Drive, Halstead CO9 1EF

Tel: 01708 863289

LDA YA

BLACKTHORNS

21-29 Dooley Road, Halstead CO9 1JW

Tel: 01787 472170

OP D PD SI

BLAMSTERS FARM

Mount Hill, Halstead CO9 1LR

Tel: 01787 479491

LDA

BLAMSTERS LINK

Howe Chase, Halstead CO9 2QJ

Tel: 01787 479343

LDA

BOARS TYE FARM RESIDENTIAL HOME

20 Boars Tye Road, Silver End,

Witham CM8 3QA

Tel: 01376 584515

OP D PD MH SI

BRADBURY HOUSE

New Street, Braintree CM7 1ES

Tel: 01376 348181

OP

BREWERY HOUSE

28 Brewery Drive, Halstead CO9 1EF

Tel: 07708 863289

LDA

CEDARS RESIDENTIAL CARE HOME

Sudbury Road, Halstead CO9 2BB

Tel: 01787 472418

Advert page 66

OP D

CHALKNEY HOUSE

47 Colchester Road, White Colne,

Colchester CO6 2PW

Tel: 01787 222377

OP D

COLNE HOUSE

Station Road, Earls Colne,

Colchester CO6 2LT

Tel: 01787 222227

OP D MH YA

COLNE PLACE RESIDENTIAL CARE HOME

97 High Street, Earls Colne,

Colchester CO6 2RB

Tel: 01787 222314

OP

CONIFERS – RESIDENTIAL CARE HOME FOR PEOPLE WITH LEARNING DISABILITIES

Harriet's Farm Bungalow, Church Street,

Bocking, Braintree CM7 5LH

Tel: 01376 550779

D PD LDA MH SI YA

DRUMMONDS

The Street, Feering, Colchester CO5 9AG

Tel: 01376 570711

OP PD LDA SI YA

FENHAM LODGE

The Street, Hatfield Peverel,

Chelmsford CM3 2EQ

Tel: 01245 381550

LDA YA

FERN LODGE

108 Broad Road, Bocking, Braintree CM7 9RX

Tel: 01376 550432

D PD LDA SI

FOLEY HOUSE

115 High Garrett, Braintree CM7 5NU

Tel: 01376 326652

SI

FOREST HOME

58 Swan Street, Sible Hedingham, Halstead CO9 3HT

Tel: 01787 460361 **Advert page 68**

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

Advertisers are highlighted

FRANCISCAN CONVENT RESIDENTIAL HOME

– BRAINTREE

2 Broad Road, Braintree CM7 9RS

Tel: 01376 345503

FUTURES

Colchester Road, Halsted CO9 2ET

Tel: 01787 479729

GRAMMAR SCHOOL HOUSE

York Road, Earls Colne, Colchester CO6 2RB

Tel: 01787 222412

IMOLA

Lanham Green, Cressing, Braintree CM77 8DT

Tel: 01376 584352

JOSEPH GARDENS

7 Joseph Gardens, Silver End CM8 3SN

Tel: 01376 574900

KILKEE LODGE RESIDENTIAL HOME

Coggeshall Road, Braintree CM7 9ED

Tel: 01376 342455

LARCHWOOD CARE HOME

108 Broad Road, Bocking, Braintree CM7 9RX

Tel: 01376 347777

MEADOWS

Fairy Hall Lane, Rayne, Braintree CM77 6SZ

Tel: 01376 340714

PD LDA MH YA

OP D

MILLARD HOUSE

364 Church Street, Bocking, Braintree CM7 5LL

Tel: 01376 325002

OP D

PD LDA YA

MIRABEAU

Sheepcotes Lane, Silver End, Witham CM8 3PJ

Tel: 01376 585599

LDA YA

PD LDA YA

NEW DEANERY CARE HOME, THE

Deanery Hill, Bocking, Braintree CM7 5SR

Tel: 01376 328600

OP D PD

LDA YA

NEW PARTNERSHIPS LYNRAY

AND PEACH COTTAGE

Lynray, The Gore, Rayne, Braintree CM77 6RL

Tel: 01376 329437

LDA

LDA YA

NIGHTINGALE CLOSE, 2/3/4

Witham CM8 1AP

Tel: 01376 511057

OP D PD LDA SI YA

OP

OGILVIE COURT

America Road, Earls Colne, Colchester CO6 2LB

Tel: 01787 222355

LDA YA

OP D



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

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



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

WHAT ARE THE CARE OPTIONS?
HOW WILL I KNOW WHICH TO CHOOSE?

VISIT THE NEW CARE SELECT WEBSITE
WWW.CARESELECT.CO.UK

CAREselect

CALL CARE SELECT FOR MORE INFORMATION:
0800 389 2077

RESIDENTIAL CARE HOME FOR OLDER PEOPLE



58 Swan Street, Sible Hedingham,
Essex CO9 3HT

FOREST HOME

Our 24 hour caring facilities offer a wide range of comforts to ensure a relaxed and homely feel:

- Situated in beautiful garden surroundings with immediate access to all local amenities including the local GP • Visitors are welcome at any time
- Ensuite facilities • Good home cooked meals – special diets catered for
- Hairdresser, Chiropodist, Church service and entertainment events
- Respite Care and Qualified Staff

Call 01787 460361 • Email: foresthome58@btinternet.com • www.forestcarehome.com

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

PADDOCKS, THE – BRAINTREE

222 London Road, Great Notley, Braintree CM77 7QH
Tel: 01376 330901

OP D PD LDA SI YA

PARK VIEW

Kings Chase, Witham CM8 1AX

Tel: 01376 512443 **Advert outside back cover** OP D PD SI

PRINCE EDWARD DUKE OF KENT COURT

Stisted Hall, Kings Lane, Stisted, Braintree CM77 8AG

Tel: 01376 345534 OP D

PRIORY HOUSE

2 Kestrel Rise, Halstead CO9 2TU

Tel: 01787 479172 LDA YA

RASCASSE

Sheepcotes Lane, Silver End, Witham CM8 3PJ

Tel: 01376 574900 LDA YA

ROSE BELLE

37 Cross Road, Witham CM8 2NA

Tel: 01376 512438 OP PD LDA MH SI YA

ROYAL MENCAP SOCIETY – CHURCHFIELDS

Avenue Road, Witham CM8 2DT

Tel: 0808 808 1111 OP PD LDA YA

ST DOMINICS RESIDENTIAL HOME

London Road, Kelvedon, Colchester CO5 9AP

Tel: 01376 570359 OP D SI

STONECROFT

Leywood Close, Braintree CM7 3NP

Tel: 0300 303 1280 LDA

TIDINGS, THE

9 Brewery Drive, Halstead CO9 1BS

Tel: 01708 863289 LDA

VALENTINE HOUSE

Broadway, Silver End, Witham CM8 3RF

Tel: 01376 585965 OP D

WILLOWMEAD CARE HOME

Wickham, Bishops Road,

Hatfield Peverel CM3 2JL

Tel: 01245 381787 OP D

WILLOWS RESIDENTIAL CARE HOME FOR ADULTS WITH LEARNING DISABILITIES

30 Hunnable Road, Braintree CM7 2NU

Tel: 01376 550669 D PD LDA MH SI YA



Braintree care homes with nursing

ASPEN GRANGE CARE HOME

Coldnailhurst Avenue, Braintree CM7 5PY

Tel: 01376 550764 **Advert page 68** OP D

ATTWOOD'S MANOR CARE HOME

Mount Hill, Braintree Road, Halstead CO9 1SL

Tel: 01787 476892 OP D

BRAINTREE NURSING HOME

11 Coggeshall Road, Braintree CM7 9DB

Tel: 01376 345966 OP D PD MH SI AD

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

POPLARS

Clockhouse Way, Braintree CM7 3RD

Tel: 01376 342772 LDA

ST GEORGE'S WITHAM NURSING HOME

18-20 Avenue Road, Witham CM8 2DT

Tel: 01376 512258 OP PD YA

ST MARY'S COURT

Deanery Hill, Bocking, Braintree CM7 5SR

Tel: 01376 328600 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

Advertisers are highlighted

Oakdale provides the highest standard of quality Person Centred care and has been recognised for the outstanding care and support they provide.

- Excellent Facilities
- Happy Homely Atmosphere
- Well Trained caring Empathetic staff
- Fresh Home Cooked Food
- Large Attractive gardens
- Activities to suit everyone
- Respite & Day Care



Oakdale Residential Home
123 Kiln Road
Benfleet
Essex. SS7 1TG
01702 553734

Email: Oakdale@1stchoicecarehomes.com
www.1stchoicecarehomes.com



NEED HELP IN YOUR SEARCH FOR CARE?

www.carechoices.co.uk

developed by the publisher
of this Directory

With so many providers to choose from, where do you start?
www.carechoices.co.uk can help.

- search care providers quickly and easily
- search by postcode/town and care type
- Information on standards of care
- links to the latest inspection reports
- extra information, photos and direct website links for hundreds of providers
- request a brochure
- checklists to take with you when you visit

Alternatively, call our friendly helpline team on **0800 389 2077** to talk to someone directly.

BRENTWOOD CARE CENTRE

Larchwood Gardens, Pilgrims Hatch, Brentwood, Essex, CM15 9NG



General Manager: Pamela Mauchaza

T:01277-375316 F:01277-375473 E: brentwood@ranccare.co.uk

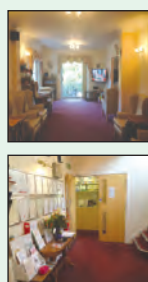


The Brentwood Care Centre is a purpose built care home with nursing providing 112 beds with the accommodation arranged over three floors in five care suites. All rooms are single en-suite. There are a range of lounge and dining facilities offering choice to all residents. The home has been tastefully decorated and furnished throughout to afford an enhanced quality of life. There is a varied and stimulating social care programme as well as a resident physiotherapist. Cuisine is of a particularly high standard with a choice of menu. Care

is provided to the elderly who may require, residential dementia care, dementia care with nursing, general nursing, palliative care, neurological rehabilitation or physical disability nursing. Our team of skilled, professional and dedicated staff deliver care and services in a professional, imaginative, caring and sensitive way. To arrange a visit or for further information please do not hesitate to contact our General Manager at any time. In addition Royal Court attached to the home provides 8 luxurious independent living apartments.

www.ranccare.co.uk

Seven Arches



Seven Arches offers nursing care to residents over the age of 55 years, residents who are terminally ill or residents who have a physical disability.

Seven Arches is also able to offer specialist continuing care.

Surrounded by 1.5 acres of lovely gardens, Seven Arches is a modern purpose-built Nursing Home built to a very high standard and specification in Cornsland, Brentwood, Essex CM14 4JN.

Tel. No. 01277-263076

Brentwood care homes

ARDTULLY RETIREMENT RESIDENCE

Station Lane, Ingatestone CM4 0BL
Tel: 01277 353888

OP

BROOKES HOUSE

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

OP

DUDBROOK HALL

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

OP D

HERON COURT

198 Brentwood Road, Herongate, Brentwood CM13 3PN
Tel: 01277 810236 **Advert outside back cover** OP D PD SI

HOWARD LODGE CARE CENTRE

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

OP D PD SI

OLD SHENFIELD PLACE

2 Hall Lane, Shenfield, Brentwood CM15 9AB
Tel: 01277 220636

OP D PD SI

QUIET WATERS

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

LDA YA

ROWAN HOUSE

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

LDA YA

SETON CARE HOME

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

OP

SQUIRRELS, THE

Warley Road, Great Warley,
Brentwood CM13 3HX
Tel: 01277 224308

OP D

TARA RESIDENTIAL HOME

5 Avenue Road, Warley,
Brentwood CM14 5EL
Tel: 01277 233679

OP

TOWER BRIDGE HOMES CARE LTD – SYCAMORE

Magpie Lane, Little Warley,
Nr. Brentwood CM13 3DT
Tel: 01277 261680

OP

WINIFRED DELL CARE CENTRE

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

OP D

Romford Nursing Care Centre

107 Neave Crescent, Harold Hill, Romford, Essex, RM3 8HW

See page 52 for
more information

Brentwood care homes with nursing

BRENTWOOD CARE CENTRE

Larchwood Gardens, Pilgrims Hatch,
Brentwood CM15 9NG
Tel: 01277 375316

Advert page 70

OP D PD YA

HUTTON VILLAGE NURSING HOME

Hutton Village, Brentwood CM13 1RX
Tel: 01277 887382 **Advert page 76**

OP PD

LEONARD LODGE

Roxwell Gardens, Hutton, Brentwood CM13 1AQ
Tel: 01277 508450 **Advert page 56**

OP D MH

MARILLAC, THE

Eagle Way, Warley, Brentwood CM13 3BL
Tel: 01277 220276

OP PD SI YA

OLD SHENFIELD PLACE

2 Hall Lane, Shenfield,
Brentwood CM15 9AB
Tel: 01277 220636

OP D PD SI

OUTLOOK CARE – HEDGEROWS

256a Ongar Road, Brentwood CM15 9EA
Tel: 01277 202270

OP D PD LDA SI YA

SEVEN ARCHES NURSING HOME

Lea Rigg, Cornsland, Brentwood CM14 4JN
Tel: 01277 263076 **Advert page 70**

OP D PD

SIGNATURE AT THE BEECHES

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

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

Advertisers are highlighted



Silverpoint Court

Residential Care Centre

Canvey Island, Essex

Care Homes
Nellsar

*"The managers
and carers at
Silverpoint, are
without exception,
truly magnificent.
The meals are
excellent and the
Housekeeping team
are truly helpful
and efficient"*

RESIDENT, 2014.

Call us today:
01268 515 564

Go to www.nellsar.com

Or send an email to silverpoint.court@nellsar.com

**Providing Specialist
Residential Care
for the Elderly**

Silverpoint Court Residential Care Centre in Canvey Island is a purpose-built Home especially for elderly people who need Residential Care. It offers a fabulous position and a serene location with sea views from lounges and some bedrooms. With varied activities programmes, spacious conservatory and beautifully landscaped gardens, this Home provides a **safe-haven for your loved ones**. We also offer Respite Breaks.

Castle Point care homes

BEECHES, THE

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

LDA YA

ECO NIGHTS

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

PD LDA SI YA

ELIZABETH HOUSE

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

GOLDENLEY

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

OP D

HOPES GREEN

16 Brook Road, South Benfleet SS7 5JA
Tel: 01268 752327 **Advert page 74** OP

LONGVIEW

Little Gypps Road, Canvey Island SS8 9HG
Tel: 01268 682906 **Advert outside back cover** OP D PD SI

OAKDALE SECHA

123 Kiln Road, Benfleet SS7 1TG
Tel: 01702 553734 **Advert page 70** OP D

SILVERPOINT COURT RESIDENTIAL CARE HOME

Silverpoint Marine, Canvey Island SS8 7TN
Tel: 01268 515564 **Advert page 72** OP

STAFFORD COURT

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

STAFFORD HALL

138 Thundersley Park Road, South Benfleet SS7 1EN
Tel: 01268 792727 **Advert outside back cover** OP D PD SI

SYDERVELT LODGE

2b Sydervelt Road, Canvey Island SS8 9EG
Tel: 01268 695821 OP LDA YA

VIBRANCE – PARKSTONE AVENUE, 1

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

GODDEN LODGE RESIDENTIAL AND NURSING HOME

57 Hart Road, Thundersley, Benfleet SS7 3GL
Tel: 01268 856185 **Advert page 76** OP D PD LDA MH SI YA AD

MOORINGS NURSING HOME

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

PARKLANDS NURSING HOME SECHA

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

VALENTINE LODGE

28 Edith Road, Canvey Island SS8 0LP
Tel: 01268 696955 OP

Chelmsford care homes

ASHLEY HOUSE

Upper Moulsham Street, Chelmsford CM2 9AQ
Tel: 01245 494674 OP

AYLETT'S HOUSE

Main Road, Broomfield, Chelmsford CM1 7LE
Tel: 01245 441854 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 **Advert outside back cover** 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

SECHA - South Essex Care and Health Association - For more information see page 8

Advertisers are highlighted



Residential care | Nursing care
Dementia care | Short-stay care
End of Life/Palliative Care

You care that your Mum feels at home.

We care and encouraged Alice to bring her favourite chair when she moved in.

We put the residents at the very heart of everything we do. The care in our homes is tailored to meet your specific needs.

Why not pop in to look around and meet us?

Hopes Green Essex 01268 752327

Ladyville Lodge Essex 01708 855982

Romford Grange Essex 01708 755185



Four Seasons
HEALTH CARE

www.fshc.co.uk



**NEED HELP
IN YOUR SEARCH
FOR CARE?**

www.carechoices.co.uk

developed by the publisher of this Directory

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

www.carechoices.co.uk can help.

- search care providers quickly and easily
- search by postcode/town and care type
- Information on standards of care
- links to the latest inspection reports
- extra information, photos and direct website links for hundreds of providers
- request a brochure
- checklists to take with you when you visit

Alternatively, call our friendly helpline team on **0800 389 2077** to talk to someone directly.

Chelmsford care homes continued

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

Canvey Walk, North Springfield, Chelmsford CM1 6LB
Tel: 01245 451254

OP PD SI

MADELAYNE COURT

School Lane, Chelmsford CM1 7DR
Tel: 01245 443986 **Advert outside back cover** OP D PD SI

MOULSHAM HOME

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

OP D PD

NEWHOLME HOUSE

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

OP D

OKELEY CARE CENTRE

Corporation Road, Chelmsford CM1 2AR
Tel: 01245 287500

OP

PARADISE LODGE

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

LDA

SOUTHBOROUGH CARE HOME

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

OP D LDA YA

VIBRANCE – CORPORATION ROAD, 24A

Chelmsford CM1 2AR
Tel: 01245 495010

LDA

WILLOW TREE LODGE

133 Chignal Road, Chelmsford CM1 2JD
Tel: 01245 355434

LDA MH YA

WILLOWMEAD CARE HOME

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

OP D

Chelmsford care homes with nursing

ADMIRALS REACH

RESIDENTIAL AND NURSING HOME

Ridgewell Avenue, Chelmsford CM1 2GA
Tel: 01245 808591 **Advert page 76**

OP D PD MH

BROOMFIELD GRANGE

Broomfield Hospital Site, Court Road,
Chelmsford CM1 7ET
Tel: 01245 443680

OP D PD

CHELMSFORD NURSING HOME

East Hanningfield Road, Howe Green,
Chelmsford CM2 7TP
Tel: 01245 472430

OP D PD

HATFIELD PEVEREL LODGE NURSING HOME

Crabbs Hill, Hatfield Peverel, Chelmsford CM3 2NZ
Tel: 01245 808790 **Advert page 76**

OP D PD

LAWNS NURSING HOME, THE

Lawn Lane, Springfield,
Chelmsford CM1 7JB
Tel: 01245 808767

Advert page 76

OP D PD LDA MH SI YA AD

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



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

Advertisers are highlighted

ALDEBURGH HOUSE

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

LDA YA

ALEXANDRA HOUSE AND THE LODGE

Main Road, Alresford, Colchester CO7 8AP
Tel: 01206 826009

LDA

ASHPARK HOUSE

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

OP PD LDA MH YA

AVALON

Spring Lane, Wivenhoe, Colchester CO7 9QD
Tel: 01206 852010

PD LDA SI YA

AVELEY LODGE

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

OP D

BLACKBERRY COURT

15a Blackberry Road, Stanway,
Colchester CO3 0RT
Tel: 01206 330016

LDA

BLACKBROOK HOUSE

Gun Hill, Dedham, Colchester CO7 6HP
Tel: 01206 321150

OP D

BLOSSOMWOOD

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

LDA

BOURNE HOUSE

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

LDA

BRAMBLES, THE

351 Ipswich Road,
Colchester CO4 0HN
Tel: 01206 841940

D PD LDA MH SI AD

BUTTERFLY'S CARE HOME

1-3 Bromley Road,
Colchester CO4 3JE
Tel: 01206 861482

PD LDA MH YA

BUTTERFLY'S CARE HOME

186 Wivenhoe Road, Alresford,
Colchester CO7 8AH
Tel: 01206 826872

PD LDA MH YA

Questions on elderly care in Essex? We can help

Getting to know our elderly care support line.

When you're considering care for your loved one, speaking to us can really help to put your mind at ease. Whether it's advice on choosing the right care, or understanding how to pay for care – our team of elderly care advisers are here to guide you through your options.

To talk to an elderly care adviser:

Call **0333 220 4922**†

† Calls are charged at no more than local rate and count towards any inclusive minutes from mobiles. Calls may be monitored and may be recorded.



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

CLEAVELAND LODGE

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

COLDWELL VILLA

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

CROUCHED FRIARS RESIDENTIAL HOME

103-107 Crouch Street, Colchester CO3 3HA
Tel: 01206 572647

DUGARD AVENUE, 26

26 Dugard Avenue, Colchester CO3 9EH
Tel: 07717 745627

EIGHT ASH COURT LTD

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

ELENI HOUSE

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

ELM COTTAGE

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

ELM HOUSE

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

ESSEX CARE CONSORTIUM – COLCHESTER

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

ESSEX CARE CONSORTIUM – MARKS TEY

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

ESSEX CARE CONSORTIUM – PLUME AVENUE

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

ESSEX CARE CONSORTIUM LTD – FORDHAM

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

EWER COURT

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, THE

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 CO5 0LJ
Tel: 01621 819354 **OP PD LDA SI YA**

HILL HOUSE

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

HILTON HOUSE

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

JAMESON HOUSE

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

JAMESONS RESIDENTIAL CARE HOME LTD

Wormingford Road, Fordham, Colchester CO6 3NS
Tel: 01206 242282 **LDA**

140 Mill Road, Colchester CO4 5LP
Tel: 01206 242282 **LDA**

189a Mill Road, Colchester CO4 5LP
Tel: 01206 242282 **LDA**

32 Turner Road, Colchester CO4 5LB
Tel: 01206 242282 **LDA**

39a Turner Road, Colchester CO4 5LB
Tel: 01206 242282 **LDA**

58a Nayland Road, Colchester CO4 5EW
Tel: 01206 242282 **LDA**

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

PROVIDING PERSON CENTRED CARE IN A HOME FROM HOME ENVIRONMENT.



As an established care provider you can be reassured that Regal Care Trading Ltd always strive to provide a high standard of care throughout our 17 homes across the UK.

With a strong sense of community our homes person centred Leisure and Lifestyle Services are resident led; with making new and happy memories a priority.

When you visit one of our homes and meet our warm, friendly staff you will find the home from home your loved one is looking for.



BLenheim HOUSE

39-41 Kirby Rd,

Walton-on-the-Naze,

Essex CO14 8QT

Telephone: **01255 675 548**

Email: manager.blenheim@regalcarehomes.com

BRENALWOOD

Hall Lane,

Walton-on-the-Naze,

Essex CO14 8HN

Telephone: **01255 675 632**

Email: manager.brenalwood@regalcarehomes.com



For more info please... Call: **0845 8731234**

30 Station Road, Orpington, Kent BR6 0SA

Email: info@regalcarehomes.com • Web: www.regalcarehomes.com

KACEE LODGE

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

PD LDA

LITTLE MILLFIELDS

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

LDA

LOGANBERRY LODGE

79-81 New Farm Road, Stanway, Colchester CO3 0PG
Tel: 01206 563791 **Advert outside back cover**

OP D PD SI

LYCHGATE HOUSE

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

MH

MALDON LODGE

123 Maldon Road, Colchester CO3 3AX
Tel: 01206 506059

LDA MH

MAPLE COTTAGE

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

LDA YA

MAPLE HOUSE

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

LDA

MAPLE LODGE

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

LDA

MAPLE MANOR

3 Amber Court, Berechurch Hall Road,
Colchester CO2 9GE
Tel: 01206 768671

LDA

MAPLE VIEW

4 Amber Court, Berechurch Hall Road, Colchester CO2 9GE
Tel: 01206 768671

LDA SI YA

MARSH HOUSE

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

LDA MH YA

MERCERS

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

LDA

MERCERS PLACE

Brickstables Barn, Halstead Road, Lexden Heath,
Colchester CO3 0JU
Tel: 01206 368605

D PD LDA SI

MILL HOUSE

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

LDA

MILLERS

270a Cowdray Avenue, Colchester CO1 1XZ
Tel: 01206 573959

LDA MH

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

MYLAND HOUSE

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

OP PD YA

NATIONWIDE COMMUNITY CARE LTD

37 Hamlet Drive, Greenstead,
Colchester CO4 3SR
Tel: 01206 868904

PD LDA MH

**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**

35 Mede Way, Wivenhoe, Colchester CO7 9HW
Tel: 01206 828011

PD LDA MH SI YA

NAYLAND LODGE

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

OP MH YA

NEW COPFORD PLACE RESIDENTIAL CARE HOME

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

OP

NEWLANDS

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

PD LDA

OLD RECTORY, THE

Spring Lane, Lexden, Colchester CO3 4AN
Tel: 01206 572871

OP D

PARKDALE

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

PD LDA

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

Advertisers are highlighted

PATHWAYS

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

PD LDA SI

PEACEHAVEN

43a Maldon Road, Tiptree CO5 0TS
Tel: 01621 818220

PD LDA

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

PROGRESSIVE MEWS

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

LDA YA

QUEENS LODGE

Queens Road, Colchester CO3 3NZ
Tel: 01206 575410

LDA

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

ROSEBANK

58 Bergholt Road, Colchester CO4 5AE
Tel: 01206 853091

OP LDA YA

ROWANS

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

PD LDA SI

SCARLETTS

Recreation Road, Colchester CO1 2HJ
Tel: 01206 792429

OP D

SEAVIEW

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

LDA

WELSHWOOD MANOR

NURSING & RESIDENTIAL HOME

"Welshwood Manor provides high standards of personal and nursing care. The environment is attractive and well maintained" CQC Report

Fully compliant with CQC Quality Standards.

With a maximum of just 34 Residents and long serving staff we ensure a personalised approach to caring.

We pride ourselves in providing proven quality care within a homely environment.

Our Residents are encouraged to make independent choices in their care, activities and running of the home.

For more information about your care requirements please call our friendly staff for advice or visit our website for more details.



37 Welshwood Park Road,
Colchester, Essex, CO4 3HZ.

Tel: 01206 868483 Fax: 01206 870615

Email: welshwoodmanor@btconnect.com

Website: www.welshwoodmanor.com

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

SHRUB END LODGE

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

PD LDA

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

MH

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

SUNNY LODGE

132 The Commons, Colchester CO3 4NR
Tel: 01206 571419

LDA

TRIPPIER

22 Blackthorn Avenue, Colchester CO4 3PU
Tel: 01206 860537

OP

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

WAKES HALL

Colchester Road, Wakes Colne, Colchester CO6 2DB
Tel: 01787 222044

OP PD LDA SI YA

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 FAMILY RESOURCE

67 Collingwood Road, Colchester CO3 9AY
Tel: 01206 579348

LDA YA

Colchester care homes with nursing

ABBERTON MANOR NURSING HOME

Layer Road, Colchester CO5 7NL
Tel: 01206 735590

OP PD

ALDERWOOD CARE HOME

39 Essex Hall Road, Colchester CO1 1ZP
Tel: 0208 879 6550 **Advert page 54**

OP

CHEVIOT NURSING HOME

11 Park Road, Colchester CO3 3UL
Tel: 01206 763648

OP PD

COLONIA COURT RESIDENTIAL & NURSING HOME

St Andrews Avenue, Colchester CO4 3AN
Tel: 01206 805745 **Advert page 76**

OP D PD MH

FOXBURROW GRANGE

Ypres Road, Colchester CO2 7NL
Tel: 01206 586900

OP D PD MH SI YA

OAKS CARE HOME, THE

15-25 Oaks Drive, Lexden, Colchester CO3 3PR
Tel: 01206 764469

OP PD

SILVERSPRINGS

Tenpenny Hill, Thorrington, Colchester CO7 8JG
Tel: 01206 931601

OP D

SPRINGFIELDS NURSING HOME

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

OP

ST FILLANS CARE CENTRE

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

TREETOPS

94 Victoria Gardens, Highwoods, Colchester CO4 9YE
Tel: 01206 844121

OP PD LDA YA

WELSHWOOD MANOR

37 Welshwood Park Road, Colchester CO4 3HZ
Tel: 01206 868483 **Advert page 80**

OP 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

Advertisers are highlighted

ALDER HOUSE CARE HOME PHYSICAL DISABILITIES

Lambourne Road, Chigwell IG7 6HH
Tel: 0208 500 8491

PD YA

BEECHLANDS

42 Alderton Hill, Loughton IG10 3JB
Tel: 0208 508 5808

OP

BELMONT LODGE CARE CENTRE

392-396 Fencepiece Road, Chigwell IG7 5DY
Tel: 0208 500 5222

OP D

BRAMBLE CLOSE HABILITATION UNIT

15 Bramble Close, Chigwell IG7 6DR
Tel: 0208 502 7679

D PD LDA SI

CUNNINGHAM HOUSE

Pike Way, North Weald, Epping CM16 6BL
Tel: 01992 524160

OP D

FRANK FOSTER HOUSE

Loughton Lane, Theydon Bois CM16 7LD
Tel: 01992 812525 **Advert outside back cover**

OP D PD SI

HONEY LANE CARE HOME

Honey Lane, Waltham Abbey EN9 3BA
Tel: 0208 879 6550 **Advert page 54**

OP D

LOUGHTON HALL

Rectory Lane, Loughton IG10 3RU
Tel: 0208 502 0772

D



**TREETOPS
CARE HOME**

23-25 Station Road, Epping, Essex,
CM16 4HH
Telephone: 01992 573322 -
01992 572452
Web: www.wix.com/treetops/carehome
Email: manager1treetopsepping@yahoo.co.uk

- ✓ 24 Hour Residential / Dementia Care
- ✓ Providing Compassionate Person Centered Care
- ✓ Ethos of 'Our Home is your Home'
- ✓ High Quality Care delivered by a Dedicated and experienced Care Team
- ✓ Single / Double shared room with en-suite facilities
- ✓ Close to local rail links and Town Centre
- ✓ Home cooked food, nutritional menu
- ✓ Dementia Friendly Environment

NEED HELP IN YOUR SEARCH FOR CARE?

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

www.carechoices.co.uk
can help you out.

- search care providers quickly and easily
- search by postcode/town and care type
- Information on standards of care
- links to the latest inspection reports
- extra information, photos and direct website links for hundreds of providers
- request a brochure
- checklists to take with you when you visit

www.carechoices.co.uk

QUEENS COURT NURSING HOME

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



T: 0208 559 0620 F: 0208 559 0315

E: queenscourt@ranccare.co.uk



Queens Court is a 90 bed purpose built care home with nursing for the elderly situated in the heart of the Buckhurst Hill Community with easy links to the Essex countryside and central London. The home provides care to the elderly frail requiring residential care, general nursing, palliative care and neurological rehabilitation. There is also a dedicated physically disabled unit for those residents over the age of 40 years. In



the main all rooms are single with en-suite facilities although there are some twin rooms for those who wish to share. The care and wide range of services are delivered in a caring and sensitive way by a team of skilled, professional and caring staff. For further information or to arrange a visit please contact the General Manager at any time who will be pleased to assist you at any time.

www.ranccare.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

Advertisers are highlighted

LUGANO RESIDENCE FOR THE ELDERLY

3 Powell Road, Buckhurst Hill IG9 5RD
Tel: 0208 505 2695

MARCRIS HOUSE

Coopersale Lane, Theydon Bois,
Epping CM16 7NS
Tel: 01992 814276

MELLOWS, THE

38 Station Road, Loughton IG10 4NX
Tel: 0208 508 6017

SHERNBROKE HOSTEL

1-6 Shernbroke Road, Waltham Abbey EN9 3JF
Tel: 01992 700545

TALLIS HOUSE

Neal Court, Waltham Abbey EN9 3EH
Tel: 01992 713336

TREETOPS CARE HOME

23-25 Station Road, Epping CM16 4HH
Tel: 01992 573322 **Advert page 82**

UPSHIRE RESIDENTIAL HOME

Woodredon House, Woodredon Farm Lane,
Upshire, Waltham Abbey EN9 3SX
Tel: 01992 763922

VIBRANCE

– MASON WAY, 138-138A

Waltham Abbey EN9 3EJ
Tel: 01992 769113

WEALD HALL RESIDENTIAL HOME

Weald Hall Lane, Thornwood,
Epping CM16 6ND
Tel: 01992 572427

WENSLEY HOUSE RESIDENTIAL HOME

Bell Common, Epping CM16 4DL
Tel: 01992 573117

WILLOW COURT

23a Highbridge Street,
Waltham Abbey EN9 1BZ
Tel: 01992 763815

WILLOWCROFT

Sewardstone Road,
Chingford E4 7RF
Tel: 0208 523 8680

WOODLAND GROVE

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

OP D

LDA

OP D

OP D

OP D

OP D MH

D PD LDA SI

OP D PD SI

PD LDA MH SI YA AD

OP

MH

LDA

OP D PD MH SI YA

Epping Forest care homes with nursing

ASHBROOK COURT CARE HOME

Sewardstone Road, Waltham Abbey E4 7RG
Tel: 0203 434 1632 **Advert page 54**

ASHLAR HOUSE

The Plain, Epping CM16 6TY
Tel: 01992 721089 **Advert page 56**

FOREST PLACE NURSING HOME

Roebuck Lane, Buckhurst Hill IG9 5QL
Tel: 0208 505 2063

PATERNOSTER HOUSE

Paternoster Hill, Waltham Abbey EN9 3JY
Tel: 01992 721087 **Advert page 56**

QUEENS COURT NURSING HOME

52-74 Lower Queens Road, Buckhurst Hill IG9 6DS
Tel: 0208 559 0620 **Advert page 82**

SEWARDSTONE CLOSE, 1

1 Sewardstone Close,
Sewardstone Road E4 7RG
Tel: 0208 498 5620

SHERRELL HOUSE

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

VITALISE JUBILEE LODGE

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

WOODLAND GROVE

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

OP D

YA

OP D

OP D

OP D

OP D PD SI YA

OP D PD YA

OP D PD 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

Advertisers are highlighted

Harlow care homes

ASHLYN

Vicarage Wood, Harlow CM20 3HD
Tel: 01279 868330

OP D

LIVINGSTONE HOUSE

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

LDA

JAMES COURT

Partridge Care Centre, Partridge Road, Harlow CM18 6TD
Tel: 01509 219605

OP D PD LDA MH SI YA

NETTESWELL RECTORY

Manston Road, Harlow CM20 3PA
Tel: 01279 444000

LDA YA

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 **Advert below**

OP D PD LDA

Harlow care homes with nursing

ALEXANDRA HOUSE – HARLOW

Hamstel Road, Harlow CM20 1BU
Tel: 01279 454521 **Advert outside back cover** OP D PD SI

PARTRIDGE CARE CENTRE

Partridge Road, Harlow CM18 6TD
Tel: 01279 452990

OP D PD SI YA

PASSMORES HOUSE

Third Avenue, Harlow CM18 6YL
Tel: 01279 634200

AD



What makes an ideal care home?

Find it, at Tye Green Lodge Care Home, Harlow

- Residential and Respite Care
- Accredited providers of Specialist Dementia Care
- Competitive fee rates, not for profit



Friendly, stimulating atmosphere



A convenient, central location



Well trained, caring staff

tye@quantumcare.co.uk
Tye Green village, Harlow. CM18 6QY
01279 770500

For information on any of our homes or our care services:
www.quantumcare.co.uk

 **Quantum Care Homes**
for care, not profit

WHAT ARE THE CARE OPTIONS?
HOW WILL I KNOW WHICH TO CHOOSE?

VISIT THE NEW CARE SELECT WEBSITE WWW.CARESELECT.CO.UK

CAREselect

CALL CARE SELECT FOR MORE INFORMATION:
0800 389 2077

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

Advertisers are highlighted

Maldon care homes

BOUCHERNE LTD

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

OP

BREWSTER HOUSE

Oak Road, Heybridge, Maldon CM9 4AX
Tel: 01621 853960 **Advert outside back cover** OP D PD SI

DEANSBROOK FARM

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

LDA YA

DOWN HALL RESIDENTIAL HOME

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

OP D

ESTORIL

Wonston Road, Southminster CM0 7FE
Tel: 01621 774776

LDA YA

FIRSTLINGS

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

OP D

HAILEY HOUSE RESIDENTIAL CARE HOME SECHA

Highlands Drive, Maldon CM9 6HY
Tel: 01621 854132

OP

LITTLE OAKS

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

OP

LODGE, THE

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

OP D

LONGFIELD

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 CM3 6DR
Tel: 01621 742269

OP D PD SI

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 RESIDENTIAL HOME FOR THE ELDERLY

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

OP D

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 **Advert outside back cover** OP D PD SI

WOODACRE

38 D'arcy Road, Tolleshunt Knights,
Tiptree CO5 0RR
Tel: 01621 819769

OP LDA 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 PETER'S COURT

Spital Road, Maldon CM9 6LF
Tel: 01621 840466

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

SECHA - South Essex Care and Health Association - For more information see page 8

Advertisers are highlighted

Rochford care homes

ASHINGDON HALL

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

OP MH

HAINAULT AVENUE, 3

Rochford SS4 1UH
Tel: 01702 462246

LDA YA

BARLING LODGE

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

OP D PD LDA MH SI YA AD

LITTLE WAKERING HOUSE

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

D LDA MH YA AD

BROADOAKS

2 Southend Road, Rochford SS4 1HE
Tel: 01702 545888

OP

BROOK CARE HOME SECHA

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

OP D MH

ROYAL MENCAP SOCIETY – ASHINGDON ROAD

296 Ashingdon Road,
Rochford SS4 1TR
Tel: 0808 808 1111

LDA

BROOMHILLS

Stambridge Road, Rochford SS4 2AQ
Tel: 01702 542630 **Advert outside back cover**

OP D PD SI

STAMBRIDGE MEADOWS

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

OP

DORSET LODGE LTD

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

MH

SWEYNE COURT

Hockley Road, Rayleigh SS6 8EB
Tel: 01268 774530

OP D

GOWLANDS

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

PD LDA SI YA

TIMBER GROVE

London Road, Rayleigh SS6 9DT
Tel: 01268 780233

PD LDA SI

Rochford care homes with nursing

BADGERS

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

LDA

ROSEDALE COURT

Hockley Road, Rayleigh SS6 8EP
Tel: 01268 773180 **Advert outside back cover**

OP D PD SI

GREAT WHEATLEY NURSING HOME

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

OP

**NEED HELP
IN YOUR SEARCH
FOR CARE?**

www.carechoices.co.uk

developed by the publisher
of this Directory

With so many providers to choose from, where do you start?
www.carechoices.co.uk can help.

- search care providers quickly and easily
- search by postcode/town and care type
- Information on standards of care
- links to the latest inspection reports
- extra information, photos and direct website links for hundreds of providers
- request a brochure
- checklists to take with you when you visit

Alternatively, call our friendly helpline team on **0800 389 2077** to talk to someone directly.

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

SECHA - South Essex Care and Health Association - For more information see page 8

Advertisers are highlighted

Southend-on-Sea care homes

AARANDALE LODGE **SECHA**

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

OP D

ABBEYFIELD – ST GEORGE'S HOUSE **SECHA**

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

OP

ABBOTTSWOOD LODGE

RESIDENTIAL CARE HOME **SECHA**

226 Southchurch Road,
Southend-on-Sea SS1 2LS
Tel: 01704 462541

OP D MH

ADALAH RESIDENTIAL REST HOME LTD **SECHA**

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

OP D

ADMIRAL COURT

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

OP D MH SI YA

AILSAL HOUSE RESIDENTIAL CARE HOME

64-66 Genesta Road,
Westcliff-on-Sea SS0 8DB
Tel: 01702 346473

OP D

ALYSON HOUSE **SECHA**

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

OP D PD LDA SI YA

ASTRAL LODGE RESIDENTIAL HOME

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

OP D

AVENUE LODGE

23 First Avenue, Westcliffe-on-Sea SS0 8HS
Tel: 01702 346465

OP D PD LDA MH SI YA

AVONDALE REST HOME **SECHA**

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

OP D

BALI HAI CARE HOME **SECHA**

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

MH

BEACON HOUSE

18 Albion Road, Westcliff-on-Sea SS0 7DR
Tel: 01702 308893

PD LDA MH SI YA

BEAUFORT LODGE

10-12 St Vincent's Road, Westcliff-on-Sea SS0 7PR
Tel: 01702 353640

OP D

BIFFINS CARE HOME **SECHA**

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

OP

BLAKENEY HOUSE

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

LDA YA

BLISS CARE HOME

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

OP D PD MH

BOULEVARD LODGE

163 Southchurch Boulevard, Southend-On-Sea SS2 4UT
Tel: 01702 808814

OP D LDA MH YA

BRADBURY HOME **SECHA**

2 Roots Hall Drive, Southend-on-Sea SS2 6DA
Tel: 01702 435838

OP D

BRAEMAR LODGE RESIDENTIAL CARE HOME

481 Victoria Avenue,
Southend-on-Sea SS2 6NL
Tel: 01702 302914

OP D

BRAMBLES CARE HOME **SECHA**

22 Cliff Road, Leigh-on-Sea SS9 1HJ
Tel: 01702 472417

OP D

CATHERINE MILLER HOUSE **SECHA**

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

OP D

CAVELL LODGE

5 Blenheim Chase, Leigh-on-Sea SS9 3BZ
Tel: 01702 480660

OP D

CEDAR LODGE **SECHA**

169 Westbury Road, Southend-on-Sea SS2 4DL
Tel: 01702 301652

LDA

CEDARS CARE HOME

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

OP D

CHERRYCROFT

59 Crowstone Road, Westcliff-on-Sea SS0 8BG
Tel: 0800 840 0313

LDA

Service **OP** Older people (65+) **D** Dementia **PD** Physical disability **LDA** Learning disability, autism
User Bands **MH** Mental health **SI** Sensory impairment **YA** Younger adults **AD** People who misuse alcohol or drugs
SECHA - South Essex Care and Health Association - For more information see page 8

CROWSTONE HOUSE

Crowstone Avenue, Westcliff-on-Sea SS0 8HT
Tel: 01702 436611 **Advert outside back cover** OP D PD SI

CROWSTONE MANOR SECHA

38 Crowstone Road, Westcliff-on-Sea SS0 8BA
Tel: 01702 333594 OP

CUMBERLAND LODGE

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

DELAWARE HOUSE

Maplin Way North, Shoeburyness SS3 9PS
Tel: 01702 588501 OP D

DOLPHIN COURT

179-182 Eastern Esplanade,
Thorpe Bay SS1 3AA
Tel: 01702 584088 D PD YA

ELGIN REST HOME

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

FAIRMEAD

45 Fairmead Avenue, Westcliff-on-Sea SS0 9RY
Tel: 01702 308893 LDA MH SI

FAIRVIEW HOUSE

14 Fairview Drive, Westcliff-on-Sea SS0 ONY
Tel: 01702 437555 OP D

GRANDVILLE LODGE LTD SECHA

17-19 Grand Drive, Leigh-on-Sea SS9 1BG
Tel: 01702 470976 OP D

GRANGE, THE

122 Crowstone Road, Westcliff-on-Sea SS0 8LQ
Tel: 01702 432064 MH

HART HOUSE SECHA

91 Hamstel Road, Southend-on-Sea SS2 4NF
Tel: 01702 619611 OP D MH YA AD

HART VIEW SECHA

4 Valkyrie Road, Westcliff-on-Sea SS0 8BU
Tel: 01702 433330 OP D MH YA AD

HAVENGORE HOUSE RESIDENTIAL CARE HOME

SECHA
27 Fairfield Road, Eastwood, Leigh-on-Sea SS9 5RZ
Tel: 01702 529243 **Advert below** 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 D LDA YA

KATHRYN COURT

84 Ness Road, Shoeburyness SS3 9DH
Tel: 01702 292800 **Advert outside back cover** OP D PD SI

KIMBERLEY GRACE CARE HOME SECHA

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

KINGSTON HOUSE

43 Woodfield Park Drive, Leigh-on-Sea SS9 1LN
Tel: 01702 712022 LDA YA

KNOLL, THE

115 Southchurch Boulevard, Thorpe Bay,
Southend-on-Sea SS2 4UR
Tel: 01702 586684 PD LDA MH

LABURNUMS SECHA

20 Chalkwell Avenue, Westcliff-on-Sea SS0 8NA
Tel: 01702 477898 OP PD LDA SI YA

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 340501 MH YA

LIGHTHOUSE

403-405 Westborough Road, Westcliff-on-Sea SS0 9TW
Tel: 01702 308893 LDA MH SI YA

Havengore House

(Dementia registered)

Havengore House is a country style house set in three-quarters of an acre of landscaped gardens, in a quiet suburban setting, close to amenities. Havengore is also registered for dementia care.



For further information or to arrange for a visit,
please contact us by telephone or e-mail
enquiries@havengorehouse.co.uk

27 Fairfield Road, Eastwood, Leigh on Sea, Essex, SS9 5RZ

Tel: 01702 529243

www.havengorehouse.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

SECHA - South Essex Care and Health Association - For more information see page 8

Advertisers are highlighted

LILACS RESIDENTIAL HOME, THE SECHA

121 Chalkwell Avenue, Westcliff-on-Sea SS0 8NL
Tel: 01702 712457

OP D

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

MELLOR HOUSE

80 Station Road, Westcliff-on-Sea SS0 7RQ
Tel: 0808 808 1111

LDA

MELROSE HOUSE

95 Alexandra Road, Southend-on-Sea SS1 1HD
Tel: 01702 340682

OP D PD SI

MEMORY HOUSE

6-9 Marine Parade, Leigh-on-Sea SS9 2NA
Tel: 01702 478245

OP D

METEOR REST HOME SECHA

34-36 Meteor Road, Westcliff-on-Sea SS0 8DG
Tel: 01702 340518

OP D

MEYRIN HOUSE

35 Hobleythick Lane, Westcliff-on-Sea SS0 ORP
Tel: 01702 437111

OP D

MILTON HOUSE

58 Avenue Road, Westcliff-on-Sea SS0 7PJ
Tel: 01702 437222

OP D

NEWBRAE CARE HOME

41 Crowstone Road, Westcliff-on-Sea SS0 8BG
Tel: 01702 430431

OP D

NEWHAVEN COMMUNITY CARE

– PHOENIX HOUSE

124 Crowstone Road,
Westcliff-on-Sea, Southend-on-Sea SS0 8LQ
Tel: 01702 337057

LDA YA

NIGHTINGALE HOUSE SECHA

69-71 Crowstone Road, Westcliff-on-Sea SS0 8BG
Tel: 01702 338552 **Advert page 5**

OP D

PALMERSTON HOUSE CARE HOME

21 Palmerston Road, Westcliff-on-Sea SS0 7TA
Tel: 01702 213553

OP D

POPPY LODGE CARE HOME

4 Drake Road, Westcliff-on-Sea SS0 8LP
Tel: 01702 342793

OP D

PRIORY HOUSE

Prittlewell Chase, Westcliff-on-Sea SS0 0SR
Tel: 01702 344145

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

RAYMOND HOUSE

7-9 Clifton Terrace, Southend-on-Sea SS1 1DT
Tel: 01702 352956

OP D PD SI YA

ROSE MARTHA COURT

64 Leigh Road, Leigh-on-Sea SS9 1LS
Tel: 01702 482252

OP D YA

SANDRINGHAM SECHA

5-7 Westcliff Avenue,
Westcliff-on-Sea SS0 7QR
Tel: 01702 352911

OP D PD MH SI YA

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 D PD SI

SOUTHEND BLIND WELFARE ORGANISATION SECHA

Elkington House, 9 Imperial Avenue,
Westcliff-on-Sea SS0 8NE
Tel: 01702 348200

OP D SI

SOUTHWOLD HOUSE

16-18 Cliff Road, Leigh-on-Sea SS9 1HJ
Tel: 01702 715240

LDA YA

ST EDITH'S COURT

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

OP D

ST MARTINS RESIDENTIAL HOME SECHA

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

Service	OP Older people (65+) D Dementia PD Physical disability LDA Learning disability, autism
User Bands	MH Mental health SI Sensory impairment YA Younger adults AD People who misuse alcohol or drugs
SECHA - South Essex Care and Health Association - For more information see page 8	
Advertisers are highlighted	

Southend-on-Sea care homes continued

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 343062

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 SECHA

127-129 York Road, Southend-on-Sea SS1 2DX

Tel: 01702 465574

OP D

WESTBOROUGH ROAD

388-390 Westborough Road, Westcliff-on-Sea SS0 9TN

Tel: 01702 349193

LDA

WESTBURY CARE HOME

161 Westbury Road, Southend-on-Sea SS2 4DL

Tel: 01702 617980

OP

WESTCLIFF LODGE LTD

118-120 Crowstone Road, Westcliff-on-Sea SS0 8LQ

Tel: 01702 354718

OP D

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 SECHA

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

WILLOWDALE LODGE

21 Cromer Road, Southend-on-Sea SS1 2DU

Tel: 01702 469547

OP D

WINDERMERE REST HOME SECHA

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 SECHA

1 Ailsa Road, Westcliff-on-Sea, Southend-on-Sea SS0 8BJ

Tel: 01702 432927

MH

BROOKLANDS NURSING HOME

25 Lambeth Road, Leigh-on-Sea SS9 5XR

Tel: 01702 525375

OP D PD

FERNBROOK HOUSE

37-47 Fernbrook Avenue, Southend-on-Sea SS1 2QW

Tel: 01702 460364

OP D

KENWAY COURT

Southend-on-Sea SS2 5DX

Tel: 01702 440750

PD LDA YA

LANGLEY LODGE NURSING HOME SECHA

39 Imperial Avenue, Westcliff-on-Sea SS0 8NQ

Tel: 01702 340186

OP PD SI AD

MARANATHA RESIDENTIAL HOME

211 York Road, Southend-on-Sea SS1 2RU

Tel: 01702 467675

OP

MOUNTDALE NURSING HOME SECHA

59 Mountdale Gardens, Leigh-on-Sea SS9 4AP

Tel: 01702 421019

OP D PD LDA YA AD

NAZARETH HOUSE – SOUTHEND

111 London Road, Southend-on-Sea SS1 1PP

Tel: 01702 345627

OP

NORMAN HOUSE NURSING HOME

51-53 Elm Road, Shoeburyness, Southend-on-Sea SS3 9PD

Tel: 01702 297217

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

SECHA - South Essex Care and Health Association - For more information see page 8

NORTON PLACE

162 Ness Road, Shoeburyness SS3 9DL
Tel: 01702 291221

OP D PD LDA YA

UPLANDS SECHA

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

OP YA

WEST HOUSE

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

OP D

Tendring care homes

ABBEY CARE HOME

28 North Road, Clacton-on-Sea CO15 4DA
Tel: 01255 420660

OP D PD MH

ACORN VILLAGE

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

LDA

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

ARUNDEL HOUSE – FRINTON-ON-SEA

34 Harold Road, Frinton-on-Sea CO13 9BE
Tel: 01255 852046

LDA

ASHER HOUSE

Third Avenue, Walton-on-the-Naze CO14 8JU
Tel: 01255 676100

OP

BAMBURGH HOUSE

Clacton Road, Thorington CO7 8JN
Tel: 01206 252491

OP YA

BELAMACANDA

172-174 The Street, Little Clacton,
Clacton-on-Sea CO16 9LX
Tel: 01255 862238

OP PD YA

BELLEVUE RESIDENTIAL CARE HOME

51 Church Road, Clacton-on-Sea CO15 6BQ
Tel: 01255 473976 **Advert page 96**

OP D MH

BLENHEIM CARE HOME

39-41 Kirby Road, Walton-on-the-Naze CO14 8QT
Tel: 01255 675548 **Advert page 78**

OP D PD SI

BRAIN INJURY REHABILITATION TRUST – COOK CLOSE (DOVER COURT)

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

PD YA

BRANDON HOUSE

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

MH

BRENALWOOD CARE HOME

Hall Lane, Walton-on-the-Naze CO14 8HN
Tel: 01255 675632 **Advert page 78**

OP D PD SI

BROOKFIELD RESIDENTIAL HOME

7-9 Hayes Road, Clacton-on-Sea CO15 1TX
Tel: 01255 427993

OP D

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 426842

D LDA SI YA

BUNGALOW, THE

Plains Farm Close, Ardleigh, Colchester CO7 7QU
Tel: 01206 852010

OP PD LDA SI YA

BUTTERFLY'S CARE HOME

23 Percival Road, Walton-on-the-Naze CO14 8HH
Tel: 01255 674902

PD LDA MH YA

CAVENDISH CARE HOMES LTD

26 Kings Road, Clacton-on-Sea CO15 1AZ
Tel: 01255 423861

OP D

CAVENDISH HOUSE

27 Carnarvon Road, Clacton-on-Sea CO15 6QF
Tel: 01255 426842

D PD LDA MH SI YA

CEDARS, THE

6 Russell Road, Clacton-on-Sea CO15 6BE
Tel: 01255 433619 **Advert page 94**

OP D 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
SECHA - South Essex Care and Health Association - For more information see page 8	
Advertisers are highlighted	



WILLOW PARK RESOURCE CENTRE

Willow Park Resource centre is a purpose built, specially designed Centre for people with Learning & Physical Disabilities and Sensory Impairments. We are based in Weeley, near Clacton, Essex.

We are pleased to offer developmental workshops in Arts & Crafts, Music, Cookery and Health & Fitness that will enable you to design your own programme of activities accessing singular workshops, half and full days.

We also have Sensory environments, Sensory Integration, a fully equipped hydro-pool and swim spa available to hire.

**Willow Park Resource Centre, Willow Park,
The Street, Weeley, Essex CO16 9JE**
Please telephone: (01255) 831302 for more details.
www.willowparkresourcecentre.co.uk



WILLOW PARK FARM

We will teach you how to interact with our animals which will include pigs, goats, alpacas, rheas, chickens, ducks and lots more. You can help collect the eggs and learn how to size and pack them.

You will learn husbandry, including feeding, animal care, grooming, incubation, birthing, mucking out, milking goats and much more.

Within our "Miniature area" you can spend time exploring your senses by feeling, holding and cuddling the rabbits and guinea pigs.

**Willow Park Resource Centre, Willow Park,
The Street, Weeley, Essex CO16 9JE**
Please telephone: (01255) 831302 for more details.
www.willowparkresourcecentre.co.uk

DOMICILARY CARE & SUPPORTED LIVING



Practical Support

- Shopping • Preparing and cooking meals
- Cleaning and tidying the home – If you are unable to complete these tasks yourself, in order to maintain your independence our carers can just be on hand to offer support where required.
- Laundry and ironing.
- Help with organizing trips out such as meeting friends and family
- Support with paying household bills.

Company

As part of our social companionship service, your carer will spend time with you, whether that is spent sitting and chatting, watching television or going for short walks, they will be able to provide the company and reassurance that you need.

If you require any further information please contact Wendy Lewis on

(01255) 689226 or 07739 344320
www.cftcare.co.uk

CLACTON FAMILY TRUST

Established in 1976 as a residential care home for children, Clacton Family Trust is now a residential care home, providing support for individuals with learning and physical disabilities from the age of 16.

We also offer respite care.

107-111 Pier Ave, Clacton on Sea, Essex CO15 1NJ
Tel: 01255 475026

www.clactonfamilytrust.com



CHERRY LEAS CARE HOME **SECHA**

7 Third Avenue, Clacton-on-Sea CO15 5AP
Tel: 01255 221726

OP
CHRISLYN HOUSE

14 Rosemary Road, Clacton-on-Sea CO15 1NX
Tel: 01255 428301

OP D PD LDA MH SI YA
CLACTON FAMILY TRUST

107-111 Pier Avenue, Clacton-on-Sea CO15 1NJ
Tel: 01255 475026 **Advert page 92**

PD LDA SI YA
CONNEMARA LODGE

106 Walton Road, Kirby-le-Soken, Frinton-on-Sea CO13 0DB
Tel: 01255 431301

MH
CORNER HOUSE

67-69 Wash Lane, Clacton-on-Sea CO15 1DB
Tel: 01255 432415 **Advert page 94**

OP PD LDA MH
CORNER LODGE LTD

185-193 Meadow Way, Jaywick Sands,
Clacton-on-Sea CO15 2HP
Tel: 01255 220228 **Advert page 94**

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: 07920 005309

PD LDA MH SI YA
CROFT, THE

Thorrington Road, Great Bentley, Colchester CO7 8PR
Tel: 01206 251904

LDA
DANBURY

75 Wash Lane, Clacton-on-Sea CO15 1DB
Tel: 01255 426388

PD LDA MH SI YA
DELAMER HOUSE

41 Naze Park Road, Walton-on-the-Naze CO14 8JR
Tel: 01255 852366

OP
DON THOMSON HOUSE

Low Road, Dovercourt, Harwich CO12 3TS
Tel: 01255 240978

OP PD SI
DOVERCOURT HOUSE RESIDENTIAL CARE HOME

23-25 Fronks Road, Dovercourt CO12 3RJ
Tel: 01255 506010

OP D MH
DUNEDIN RESIDENTIAL HOME

10 Connaught Gardens East, Clacton-on-Sea CO15 6HY
Tel: 01255 476484

OP D
ELM TREE

Elm Tree Avenue, Frinton-on-Sea CO13 0AX
Tel: 01255 677747

OP D YA
ERNEST LUFF HOMES

2-4 Luff Way, Garden Way,
Walton-on-the-Naze CO14 8SW
Tel: 01255 679212

OP D
FAIRLAWNS CARE HOME

41 Wash Lane, Clacton-on-Sea CO15 1UP
Tel: 01255 714503

OP D
FAIRVIEW

68 Freeland Road, Clacton-on-Sea CO15 1LX
Tel: 0845 880 2526

PD LDA MH
FIVE STACKS RESIDENTIAL CARE CENTRE

209 Point Clear Road, St Osyth,
Clacton-on-Sea CO16 8JD
Tel: 01255 820417

Advert page 94
OP D PD LDA MH YA
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
FUTURES CARE HOME

162 Church Road, Brightlingsea,
Colchester CO7 0QU
Tel: 01206 305835

PD LDA
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
HAMILTON LODGE TRUST

Rectory Road, Great Bromley, Colchester CO7 7JB
Tel: 01206 230298

OP PD LDA YA
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

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

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

SECHA - South Essex Care and Health Association - For more information see page 8

Advertisers are highlighted

Five Stacks

Residential Care Centre

*Elderly & Dementia Care • Learning/Physical Disability
• Nursing Care*

Five Stacks Residential Home is a family run and owned Home, providing the highest quality residential care services in elegant surroundings, respecting dignity and providing choice, independence, fulfilment and privacy for their residents.

With all the comforts of home, a luxurious lounge areas with satellite television, comfortable and spacious dining areas and many quiet areas, including a conservatory room and sensory area, a community room and shop. The bedrooms are all equipped with furniture and television and offer extreme comfort; all have wash facilities and most have en-suite. Also offering both bath and shower rooms and wet room to accommodate all service users' needs.

Five Stacks pride themselves on the highest quality of care and daily living, including daily activities and fresh home cooking, with ingredients from their local suppliers.

To visit or book a taster day please call us on the number below.

Tel: 01255 820417 • Email: fivestacks@tinyworld.co.uk • Web: www.fivestacks.com

209 Point Clear Road, St Osyth, Essex CO16 8JD

THE CEDARS

- Established & family owned
- Relaxed, friendly and comfortable environment
- Catering for over 65 year olds
- Small home • Dementia & Mental Health

*Fully registered with the CQC and a member of Essex
Independent Care Association*

Tel: 01255 433619

6 Russell Road, Clacton-on-sea, ESSEX CO15 6BE
thecedarsresidential@gmail.com

WHAT ARE THE CARE OPTIONS?
HOW WILL I KNOW WHICH TO CHOOSE?

VISIT THE NEW CARE SELECT WEBSITE
WWW.CARESELECT.CO.UK

CAREselect

CALL CARE SELECT FOR MORE INFORMATION:
0800 389 2077



The Corner House *Award Winning Home for the Elderly*

Our Home is a must viewing when seeking a quality care home for a loved one.

- Highly trained staff offering warm and friendly care
- Vibrant with activities, including fun outside trips
- Winners of Care Team of the Year in Essex
- Beautifully furnished within a light and airy atmosphere
- Delicious menu choice from fresh produce

67-69 Wash Lane, Clacton-on-Sea, Essex CO15 1DB

Tel: 01255 432415/222093 • admin@cornerhousecare.co.uk • www.cornerhousecare.co.uk



Corner Lodge *Outstanding Specialist Dementia Care Home*

We welcome you and your loved ones to visit our beautiful, dynamic and award winning home.

- Purpose built and designed to provide specialist dementia care in a comfortable, bright and secure environment
- Respectful, individualised and quality 24 hour care
- Award winning activities programme which is fun, varied and exciting.
- A "Home" from "Home" ethos with excellent community links
- Consistently good CQC reports

185-193 Meadow Way, Jaywick Sands, Clacton-on-Sea, Essex CO15 2HP

Tel: 01255 220228 • cornerlodgcare@aol.com • www.cornerlodgcareclacton.co.uk

HOLLAND ROAD

48 Holland Road, Clacton-on-Sea CO15 6EL
Tel: 01255 474934

PD LDA MH
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
KILKENNY RESIDENTIAL CARE HOME, THE

6 Third Avenue, Frinton-on-Sea CO13 9EG
Tel: 01255 672253

OP D
KINGSTON HOUSE

7 Kings Road, Clacton-on-Sea CO15 1BG
Tel: 01255 473513

OP D
LIME COURT

Lime Avenue, Dovercourt CO12 4DE
Tel: 01255 506340

OP D
LIME TREES

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

D PD LDA MH SI
LITTLE PADDOCKS

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

PD LDA
LODGE, THE

16-18 Beach Road, Dovercourt,
Harwich CO12 3RP
Tel: 01255 503678

LDA
LODGE CARE HOME

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

OP D PD
LONGFURROWS RESIDENTIAL CARE HOME

4 Long Road, Mistley, Manningtree CO11 2HN
Tel: 01206 392634

D PD LDA
MAGDALEN CLOSE HOSTEL

1-5 Magdalen Close, Clacton-on-Sea CO15 3LS
Tel: 01255 432951

D PD LDA SI
MAITLAND HOUSE

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

OP
MARMORA CARE HOME

4-6 Penfold Road, Clacton-on-Sea CO15 1JN
Tel: 01255 422719

OP D
MEADOW VIEW

178 Meadow Way, Jaywick, Clacton-on-Sea CO15 2SF
Tel: 01255 431301

MH
MEADOWCROFT RESIDENTIAL CARE HOME

Steam Mill Road, Bradfield CO11 2QY
Tel: 01206 393879

OP D PD LDA SI YA
MID MEADOWS

72-74 Elm Tree Avenue, Frinton-on-Sea CO13 0AS
Tel: 01255 675085

OP PD LDA YA
MONDIAL

3 Old Road, Clacton-on-Sea CO15 1HX
Tel: 01255 420995

LDA MH YA
OAKLANDS CARE HOME LTD

34a-34b Church Road, Brightlingsea,
Colchester CO7 0JF
Tel: 01206 305622

OP
OAKLEY HOUSE

11 Oakley Road, Harwich CO12 4QZ
Tel: 01255 880281

LDA MH
OAKS RESIDENTIAL CARE HOME, THE

14 St Mary's Road, Aingers Green, Great Bentley,
Colchester CO7 8NN
Tel: 01206 250415

OP D MH SI
ORCHARDS, THE

Station Road, Thorrington,
Colchester CO7 8JA
Tel: 01206 250676

LDA MH SI YA
PENFOLD LODGE

8-10 Penfold Road, Clacton-on-Sea CO15 1JN
Tel: 01255 223311

MH
PENNY POT CARE HOME

8-16 Alton Road, Clacton-on-Sea CO15 1LB
Tel: 01255 424077

OP D
PETERHOUSE

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

LDA
POINT CLEAR ROAD, 165

St Osyth, Clacton-on-Sea CO16 8JB
Tel: 01255 823172

LDA
POPLARS

63 Naze Park Road, Walton-on-the-Naze CO14 8LA
Tel: 01255 675557

OP D

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

QUENBY REST HOME

Brightlingsea Road, Thorrington, Colchester CO7 8JH
Tel: 01206 250370

OP D MH

RAMSAY MANOR

Ramsey Road, Ramsey, Harwich CO12 5EP
Tel: 01255 880308

OP D

READ HOUSE

23 The Esplanade, Frinton-on-Sea CO13 9AU
Tel: 01255 673654

OP PD SI

REGARD PARTNERSHIP LTD

– CHURCH ROAD, THE

19 Church Road, Clacton-on-Sea CO15 6AP
Tel: 01255 223670

LDA

REGENT HOUSE

28-30 Wellesley Road, Clacton-on-Sea CO15 3PP
Tel: 01255 421122

MH

RETREAT, THE

64 Hall Lane, Walton-on-the-Naze CO14 8HD
Tel: 01255 675948

LDA

RIDGEWELL HOUSE

95 Dulwich Road, Holland-on-Sea CO15 5LZ
Tel: 01255 815633

OP D

ROSIER HOME

22-24 Harold Road, Clacton-on-Sea CO15 6AJ
Tel: 01255 427604

OP D MH

ROWLAND HOUSE

7 Rowlands Yard, Main Road, Harwich CO12 4ND
Tel: 01255 880281

PD LDA YA

SARESTA AND SERENADE

Bromley Road, Elmstead Market,
Colchester CO7 7BX
Tel: 01206 827034

PD LDA SI YA

SEA BREEZE RESIDENTIAL CARE HOME (DEMENTIA)

34 Carnarvon Road, Clacton-on-Sea CO15 6QE
Tel: 01255 435515

OP D

SPRING LODGE

23 Vicarage Gardens, Clacton-on-Sea CO15 1BU
Tel: 01255 420045

OP

ST ALBANS HOUSE

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

PD LDA MH

ST MARK'S RESIDENTIAL CARE HOME

38-40 Wellesley Road, Colchester CO15 3PW
Tel: 01255 421750 **Advert below**

OP D

We go out of our way to show we care

At our small, friendly care homes in Clacton on Sea we help people stay independent but provide companionship and support with daily needs. St Marks specialises in Dementia care and Bellevue in looking after those with Mental Health Issues.



Bellevue Care Home
51 Church Road,
Clacton on Sea CO15 6BQ
Tel: 01255 473976



St Mark's Care Home
38 Wellesley Road,
Clacton on Sea CO15 3PW
Tel: 01255 421750



Anglian Care Angels

Support in your own home

- We help and support you to look after your loved one at home, for longer.
- We provide a wide range of services from: domestic chores including Laundry & ironing; Companionship; Community interaction; Collection of pension & prescriptions; Paying domestic bills; Shopping and attending appointments; gardening, Animal care; Dog walking (pending size) General maintenance; Night sitting service and Chaperoning.
- At Bellevue and St Marks Residential care Home we specialise in elderly Care, Dementia care, Mental Health Care, Day Care or drop in service.
- Find out more call us on **01255 421750 and 07944 513612**
- or email us on **sandy@angliancareangels.co.uk**

Registered with the Quality Care Commission (CQC)



info@angliancareangels.co.uk

www.angliancareangels.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

ST MICHAEL'S CARE HOME

93 Marine Parade East, Clacton-on-Sea CO15 6JW
Tel: 01255 423688

OP D PD SI

STRONVAR REST HOME

Church Road, Brightlingsea 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

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

VICTORIA ROAD, 21A

21a Victoria Road, Clacton-on-Sea CO15 6BH
Tel: 07920 005309

PD LDA MH SI YA

WATERS VIEW RESIDENTIAL HOME

85 Harwich Road, Little Oakley, Harwich CO12 5JA
Tel: 01255 880516

OP

WELL HOUSE

Chestnut Way, Brightlingsea CO7 0UH
Tel: 01206 303311

OP D

WELLWICK HOUSE

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

LDA

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 HOME

29-31 Skelmersdale Road,
Clacton-on-Sea CO15 6BZ
Tel: 01255 420090

OP D

WOODROWS SECHA

17 Woodrows Lane, Bockings Elm,
Clacton-on-Sea CO16 8DN
Tel: 01255 433057

OP PD LDA SI

YORK HOUSE AND ALDERSMORE

19 York Road, Holland-on-Sea CO15 5NS
Tel: 01255 814333

PD LDA YA

Tendring care homes with nursing

BEACH HUT, THE

9 Huntingdon Way, Clacton-on-Sea CO15 4EZ
Tel: 01255 223146

PD LDA SI YA

CARNARVON NURSING CENTRE

22-24 Carnarvon Road, Clacton-on-Sea CO15 6QF
Tel: 01255 808875 **Advert page 76**

OP PD YA

DUCKS HALT

8 Walton Road, Kirby-le-Soken CO13 0DU
Tel: 01255 853930

PD LDA MH YA

EDENSOR NURSING AND RESIDENTIAL HOME

3-9 Orwell Road, Clacton-on-Sea CO15 1PR
Tel: 01255 423317

OP D PD MH

HARVEY CENTRE – MENTAL HEALTH NURSING HOME

19-23 The Street, Weeley, Clacton-on-Sea CO16 9JF
Tel: 01255 831457

OP MH YA

HAVEN LODGE

Reckitts Close, Holland Road, Clacton-on-Sea CO15 6PG
Tel: 01255 435777

OP D PD LDA MH

LITTLE HOLLAND HALL

339 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

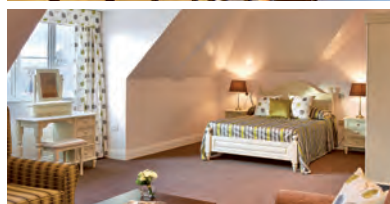
Hall Road, Great Bromley,
Colchester CO7 7TR
Tel: 01206 230345

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
SECHA - South Essex Care and Health Association - For more information see page 8	
Advertisers are highlighted	



MISTLEY MANOR



Luxury AFFORDABLE RESIDENTIAL CARE

Independent or supported living for seniors
in a beautiful, purpose-built, architect
designed home in a village setting.

- Specialist dementia care
- Superb accommodation for individuals and couples
- Reablement services
- Stylish restaurant and bar
- Hair and beauty salon
- Landscaped gardens
- Welcoming reception and lounge areas
- CCTV throughout, as CQC recommendation



PLEASE CALL OR VISIT US TODAY TO FIND OUT MORE
01206 391488 • info@mistleymanor.com • mistleymanor.com

Mistley Manor, 2 Long Road, Mistley, Manningtree, Essex CO11 2HN

A M CARE HOME LTD

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

LDA MH YA

AVELEY HOUSE (ARCANY ROAD)

Arcany Road, South Ockendon RM15 5SX
Tel: 01708 856444

OP D PD LDA MH SI

AVELEY HOUSE (PARK LANE)

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

BELMAINE AVENUE, 18

Corringham SS17 7TB
Tel: 01375 360788

LDA

BENNETT LODGE

Waterson Road, Chadwell-St-Mary RM16 4LD
Tel: 01375 842724 **Advert outside back cover**

OP D

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 671162

OP D

DEXTER CLOSE

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

LDA

EMMANUEL HOUSE

4 Spencer Walk, Tilbury RM18 8XJ
Tel: 01375 850099

LDA

FALCON HOUSE

9 Falcon Avenue, Grays RM17 6SB
Tel: 01375 378813

LDA MH

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

LONG LANE

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

LDA

LONG LANE, 295

Grays RM16 2QD
Tel: 01375 387952

LDA

MEDINA ROAD, 28

Grays RM17 6AQ
Tel: 01375 380366

LDA MH

MEESONS LODGE (CARE MANAGEMENT GROUP)

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

LDA

MERRIE LOOTS FARM RESIDENTIAL HOME

East Tilbury Road, Linford SS17 0QS
Tel: 01375 673178

OP D

MISTLEY MANOR

2 Long Road, Mistley, Manningtree CO11 2HN
Tel: 01206 391488 **Advert page 98**

OP D PD SI YA

MOLLANDS LANE, 117-119

South Ockendon RM15 6DJ
Tel: 01708 851936

OP LDA YA

OAK HOUSE

103 Corringham Road, Stanford-le-Hope SS17 0BA
Tel: 01375 673104

OP D

ORCHID

51 Mollands Lane, South Ockendon,
Essex RM15 6DH
Tel: 01708851189

LDA YA

SATASH COMMUNITY CARE PROJECT LTD

109-111 Mollands Lane, South Ockendon RM15 6DJ
Tel: 01708 856592

LDA YA

SUNNYSIDE HOUSE LTD

130 High Street, Aveley, South Ockendon RM15 4BX
Tel: 01708 861201

LDA

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

Advertisers are highlighted

WHARF CLOSE, 1

Goldingham Farm Estate, Stanford-le-Hope SS17 0EJ
Tel: 01375 360789

LDA

WHITECROFT, THE

Stanford Road, Orsett, Grays RM16 3JL
Tel: 01375 892850 **Advert outside back cover**

OP D

WHITEHALL HOUSE

40 Whitehall Lane, Grays RM17 6SS
Tel: 01375 407054

LDA MH

WOOLIFERS AVENUE, 38A

Corringham SS17 9AU
Tel: 01375 640292

PD LDA SI

Thurrock care homes with nursing

AVALON NURSING HOME

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

PD LDA SI

BLUEBELL NURSING AND RESIDENTIAL HOME

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

OP D SI

CAROLYN HOUSE

Waterson Road, Chadwell St Mary RM16 4LD
Tel: 01375 843756 **Advert outside back cover**

OP D

COACH HOUSE, THE

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

OP PD SI YA

ESTUARY HOUSING ASSOCIATION LTD

– 1 BRADD CLOSE

South Ockenden RM15 6SA
Tel: 01708 670568

OP PD LDA YA

GALLIMORE LODGE

Meesons Lane, Grays RM17 5HR
Tel: 01375 396174

OP D PD LDA SI YA

GRAYS COURT

Church Street, Grays RM17 6EG
Tel: 01375 376667

OP D

WILLOWS LODGE CARE HOME

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

OP D MH SI YA

**NEED HELP
IN YOUR SEARCH
FOR CARE?**

www.carechoices.co.uk

developed by the publisher of this Directory

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

www.carechoices.co.uk can help.

- search care providers quickly and easily
- search by postcode/town and care type
- Information on standards of care
- links to the latest inspection reports
- extra information, photos and direct website links for hundreds of providers
- request a brochure
- checklists to take with you when you visit

Alternatively, call our friendly helpline team on **0800 389 2077** to talk to someone directly.

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

Advertisers are highlighted

Uttlesford care homes

BINGS HALL

Chelmsford Road, Felsted, 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: 01376 574900

LDA YA

GLENDAL RESIDENTIAL CARE HOME

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

OP D

HARGRAVE HOUSE

103 Cambridge Road, Stansted CM24 8BY
Tel: 01279 817272

OP D

HATFIELD HAVEN SECHA

Hatfield Heath, Stortford Road,
Bishop's Stortford CM22 7DL
Tel: 01279 730043

OP

HF TRUST – POUND LANE – HERTS AND ESSEX DCA

Bradbury Resource Centre, Pound Lane,
Ugley, Bishops Stortford CM22 6HP
Tel: 01279 816165

LDA

HUMFREY LODGE

Rochelle Close, Thaxted CM6 2PX
Tel: 01371 830878 Advert outside back cover OP D PD SI

MARANELLO

Walden Road, Thaxted CM6 2RE
Tel: 01376 574900

LDA

MOUNTFITCHET PLACE

Corner of Coltsfield and High Lane,
Mountfitchet Stansted CM24 8LQ
Tel: 0333 321 1932

OP D PD MH YA

REDBOND LODGE

Chequers Lane, Dunmow CM6 1EG
Tel: 01371 873232 Advert outside back cover OP D PD SI



Uttlesford care homes with nursing

CROFT HOUSE NURSING AND RESIDENTIAL HOME

Braintree Road, Great Dunmow CM6 1HR
Tel: 01371 868308 Advert page 76

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 CM6 2DL
Tel: 01371 870193

OP D

MOUNTFITCHET PLACE

Corner of Coltsfield and High Lane,
Mountfitchet Stansted CM24 8LQ
Tel: 0333 321 1932

OP D PD MH YA

STANLEY WILSON LODGE

Four Acres, Saffron Walden CB11 3JD
Tel: 01799 529189

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

SECHA - South Essex Care and Health Association - For more information see page 8

Advertisers are highlighted

Useful local contacts

Council contacts

Essex County Council

Adult Social Care,
County Hall, Market Road,
Chelmsford CM1 1QH
Tel: **0845 603 7630**
Web: **www.essex.gov.uk**

Southend-on-Sea Borough Council

Department for People, Borough Council,
Civic Centre, Victoria Avenue,
Southend-on-Sea
SS2 6ER
Tel: **01702 215008**
Email: **council@southend.gov.uk**
Web: **www.southend.gov.uk**

Thurrock Council

Civic Offices, New Road, Grays RM17 6SL
Tel: **01375 652868**
Web: **www.thurrock.gov.uk**

Other contacts

Age UK Essex

Celebrates, supports and champions older people without prejudice or discrimination. Offers advocacy, befriending, advice and support. Services cover all Essex, Southend-on-Sea and Thurrock.
112 Springfield Road,
Chelmsford, CM2 6LF
Tel: **01245 346 106**
Email: **info@ageukessex.org.uk**
Web: **www.ageuk.org.uk/essex**

Alzheimer's Society

Works to improve the quality of life of people affected by dementia.

Colchester office

Marylands, 43 Shrub End Road,
Colchester CO3 3UE
Tel: **01206 573708**
Email: **colchester@alzheimers.org.uk**

Grays Office

3rd Floor Civic Offices, New Road,
Grays RM17 6SL
Tel: **01375 413756**
Email: **grays-thurrock@alzheimers.org.uk**

Harlow and Epping office

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

Mid Essex office

32 Wharf Road, Chelmsford CM2 6LU
Tel: **01245 260911**
Email: **midessex@alzheimers.org.uk**

Laindon office

Astra House, Christy Way, Southfields Business
Park, Basildon SS15 6TQ
Tel: **01268 415914**
Email: **basildon-brentwood@alzheimers.org.uk**

Southend office

Suite 1, Royce House, 630-634 London Road,
Westcliff-on-Sea SS0 9HW
Tel: **01702 345156**
Email: **southend@alzheimers.org.uk**

Tendring office

Imperial House, Rosemary Road,
Clacton-on-Sea CO15 1NZ
Tel: **01255 260911**
Email: **tendring@alzheimers.org.uk**

Uttlesford office – Locality Office

4b Twyford Court, High Street, Dunmow
CM6 1AE
Tel: **01371 872519**
Email: **uttlesford@alzheimers.org.uk**
Email: **essexadmin@alzheimers.org.uk**
– for locality enquires only.

Carers Choices

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

The White House, Rear of Council Offices,
Kiln Road, Benfleet SS7 1TF
Tel: **01268 881130**
Email: **e@carerschoices.org**
Web: **www.carerschoices.org**

Citizens Advice Bureau

Free independent and confidential advice.

Essex Citizens Advice Bureau

Tel: **0344 477 0808**
Web: **www.essexcab.org.uk**

Thurrock Citizens Advice Bureau
Tel: **0344 477 0808**
Email: bureau@thurrockcab.org.uk
Web: www.thurrockcab.org.uk

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

Essex Dementia Care
Provides one-to-one care, companionship and support for people with dementia, to promote good health and an active life.
Tel: **01245 363789**
Email: info@essexdementiacare.org.uk
Web: www.essexdementiacare.org.uk

Essex Independent Care Association (EICA)
Represents the interests of independent social care providers locally, regionally and nationally.
Tel: **01268 565551**
Email: office@eica.org.uk
Web: www.eica.org.uk

Essex Mencap
Tel: **07486316467**
Email: Essexmencap@outlook.com
Web: www.essexmencap.org

RVS (Royal Voluntary Service) Essex
Helps older people maintain their independence and stay involved in the local community.
Tel: **01621 731493**
Email: essexhub@royalvoluntaryservice.org.uk
Web: www.royalvoluntaryservice.org.uk/essex



Southend-on-Sea's Health and Wellbeing Information Point (SHIP)

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

Web: www.southendinfopoint.org

South Essex Care and Health Association (SECHA) and Essex Bed Register

Promotes first class care for the people who are cared for by members - residential or nursing care home providers and others who provide professional care services.

Tel: **01268 784501**

Email: philroseman@secha.org.uk

Web: www.secha.org.uk

Southend Mencap

Tel: **01702 341250**

Email: marc.mcowens@southendmencap.co.uk

Web: www.southendmencap.org.uk

Vibrance

Aims to enable people with a range of disabilities to have a greater voice and presence within their communities.

Tel: **0208 477 1800**

Email: info@vibrance.org.uk

Web: www.vibrance.org.uk

WHAT ARE THE CARE OPTIONS?
HOW WILL I KNOW WHICH TO CHOOSE?

VISIT THE NEW CARE SELECT WEBSITE WWW.CARESELECT.CO.UK

CAREselect

CALL CARE SELECT FOR MORE INFORMATION:

0800 389 2077

Age UK Essex

Information and Advice Service – a free and confidential advice service for

anyone aged 50 or over, their friends, family, professionals and carers. Through a team of professional advisers we provide up to date information and advice on a range of topics including: welfare benefits, care homes, housing options, social care, bereavement support and local services. Tel: **01245 346106**.

Reablement Team – working in partnership with Essex Cares, Age UK Essex provides dedicated information and advice to support patients who have been discharged from hospital. Tel: **01245 346106**.

Advocacy – This service is designed to support those who are most vulnerable, or who find themselves at a particularly vulnerable point in their life. It supports individuals who cannot self-advocate and who do not have the right support around them and therefore need support of a professional advocate to help them make informed choices and articulate their needs. Tel: **0300 343 5736**.

Befriending Services:

Home Befriending – through a weekly home visit or telephone call our home befriending service provides friendship and support for anyone over 60 who feels lonely or socially isolated. Tel: **01245 346106**.

Active Befriending – offers people who are over 60 and feel lonely or socially isolated companionship with a range of activities from trips to the shops, a cuppa at the local coffee shop to an evening at the opera or an afternoon cheering on the local football team. Tel: **01245 346106**.

Peer Support – offers anyone over 60 the opportunity to meet new people and help them build a network of friends. Tel: **01245 346106**.



Dementia Connections – a free service that offers up to 12 hours of support for anyone living with dementia who needs help to rediscover their confidence and try new hobbies and activities. Tel: **01621 854239**.

Home Help – we offer a range of services from housework, shopping and a prescription collection to a sitting service that offers valuable respite for carers across the county. Tel: **01245 207029**.

Toenail Cutting – works across the county helping people in later life to look after their toenails. Our team of qualified toenail trimmers have all been trained by the NHS Podiatry Service. We also offer a home visiting service in various towns and villages across the county. Tel: **01245 423333**.

Volunteering – we have a number of volunteering opportunities from general administration roles to befriending and dementia connection volunteers to fundraising volunteers. Tel: **01245 207011**.

Age UK Essex,
112 Springfield Road,
Chelmsford, Essex CM2 6LF
Tel: **01245 346106**
Email: info@ageukessex.org.uk
Web: www.ageukessex.org.uk



Useful national contacts

Action on Elder Abuse (AEA)

Protects, and prevents the abuse of, vulnerable older adults.

Tel: **0808 808 8141**

Email: enquiries@elderabuse.org.uk

Web: www.elderabuse.org.uk

Age UK

Supporting older people across the country.

National helpline: **0800 169 6565**

Web: www.ageuk.org.uk

Association of Charitable Organisations

A umbrella body for trusts and foundations that give grants and welfare support.

Tel: **020 7255 4480** • Web: www.aco.uk.net

British Institute of Learning Difficulties (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 helpline

Free, independent information and help.

Tel: **0800 389 2077**

Web: www.carechoices.co.uk

Care Quality Commission

Independent regulator of care services in England.

Tel: **03000 616161** • Web: www.cqc.org.uk

Carers Trust

Improves support, services and recognition for anyone who is caring for a family member or friend.

Tel: **0844 800 4361**

Email: support@carers.org

Web: www.carers.org

Carers UK

The voice of carers.

Advice line: **0808 808 7777**

Email: advice@carersuk.org

Web: www.carersuk.org

Elderly Accommodation Counsel

Helps older people make informed choices about meeting their housing and care needs.

Free advice line: **0800 377 7070**

Email: info@firststopadvice.org.uk

Web: www.housingcare.org

Friends of the Elderly

A charity that supports older people who have a range of practical needs.

Tel: **0207 730 8263**

Email: enquiries@fote.org.uk

Web: www.fote.org.uk

Independent Age

Produces a wide range of guides and factsheets aimed at older people, their families and carers.

Advice line: **0800 319 6789**

Web: www.independentage.org.uk

National Activity Providers Association (NAPA)

Promotes the importance of activities for older persons.

Tel: **0207 078 9375**

Email: info@napa-activities.co.uk

Web: www.napa-activities.co.uk

Pension Service, The

Provides information about pensions and other pensioner benefits.

Web: www.gov.uk/dwp

POhWER

An independent advocacy agency.

Tel: **0300 456 2370** (charged at local rate)

Email: pohwer@pohwer.net

Web: www.pohwer.net

Registered Nursing Home Association (RNHA)

Campaigns for high standards in nursing home care.

Tel: **0121 451 1088**

Email: frankursell@rnha.co.uk

Web: www.rnha.co.uk

Relatives and Residents Association, The

Exists for older people needing, or living in, residential care and the families and friends left behind.

Advice line: **0207 359 8148**

Email: info@relres.org

Web: www.relres.org

United Kingdom Home Care Association (UKHCA)

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

Helpline: **0208 661 8188**

Web: www.ukhca.co.uk

Essex home care providers

1 Stop Rec Ltd	31	Bungalow, The	33	Crossroads Care	
A1 Home Care Ltd	31	Bupa Home Healthcare		Tendring & Colchester	35
AA Domiciliary Care	31	(Harlow)	33	Crossroads Care Uttlesford	35
Abbey Care Solutions Ltd	31	Calvern Care Ltd	33	Crystal Care Essex Ltd	35
ABK Caring Service Ltd	31	Care at Hand Ltd	33	DamorCare Ltd	35
Access Dignity Care Ltd	31	Care at Home UK Ltd	33	Danbury Care	35
Agincare	31	Care by Angels Ltd	33	Dengie Care Providers	35
Aldanat Care	31	Care By Us	33	Destiny 24/7 Care	
Alexandra Court	31	Care Plus Essex Ltd part of		Services Ltd	35
All About U Care Services Ltd	31	Manor Court Care	33	Dial-a-Carer Service	35
All Care	31	Care UK Learning Disabilities		Diamond Unique Care Ltd	35
Alliance Care and		Services Essex	33	Divine Care Provider Ltd	37
Support Ltd	31	Caremark		Domiciliary Care Agency	37
Allied Healthcare Basildon	31	(Chelmsford & Uttlesford)	33	E2K Care	37
Allied Healthcare Colchester	31	Caremark		East County Care Ltd	37
Alpha Care Solutions Ltd	31	(Southend & Rochford)	33	ECare Community	37
Anglian Care Ltd		Caremax Homecare		Eden Brook Home Care	37
– Rankin House	31	Services Ltd	33	Emerald Home Care Ltd	37
Ann Mason Care	31	Carerose Cares Ltd	33	Essex and Suffolk Quality	
Annie's Homecare		Carers Choices	33	Care Ltd	37
Services Ltd	31	Carewatch (Southend)	33	Essex Cares Homesafe Mid	37
A Pl+us Caring Service	31	Caring 4 U (UK) Ltd	35	Essex Cares Homesafe South	37
Apple Blossom Care	31	Caring Companions		Essex Cares Homesafe West	37
AQS Homecare Essex	31	of Essex	35	Essex Cares Mid	37
Aspirations Southeast Adults	31	Caring Direct Ltd	35	Essex Cares North	37
Audley Homecare	31	Christchurch Care Agency	35	Essex Cares South East	37
B Pro Nursing Agency	31	Civicare East Ltd	35	Essex Cares South West	37
Bakers' Villas	31	Clacton Family Trust	35	Essex Cares West	37
Balkerne Gardens Trust		Class (UK) Ltd	35	Essex Dementia care	37
Care at Home	31	Closer Than Close		Essex/London	37
Bamburgh Supported Living		Home Care Ltd	35	Ewer House	37
Services Ltd	31	Cloud 9 Care Ltd	35	Excelle Home Care	37
BC Care Ltd		Colchester Community Care		Excellence Care	37
t/a Heritage Healthcare		Services DCA	35	Family Homecare Ltd	37
– Epping Forest	33	Comfortcare	35	Family Mosaic Domiciliary	
Bespoke Homecare	33	Comitis L11 Ltd		Care	37
Better Healthcare Services		t/a Home Instead		First Class Care Agency	37
(Colchester)	33	Senior Care	35	Fitzpatrick Total Home	
Bloomsbury Home Care	33	Constable Care Ltd	35	Care Ltd	37
Bluebird Care	33	Corner House	35	Five Stars Care Ltd	37
Braintree Healthcare Ltd	33	Cornerstone Care		Foley Care Services Ltd	37
Bridgemarsh Residential		Services Ltd	35	Forest Homecare Ltd	37
Home	33	Cosie Care	35	Forest Homecare Mid Essex	39
Brook Drive	33	Crocus Community Care	35	Forest Homecare	
Brook House	33	Crossroads Care Braintree		West Essex	39
Brooks Care and Nursing		District & Chelmsford	35	Forget Me Not Caring Ltd	39
Services Ltd	33	Crossroads Care Brentwood			
		Basildon & Districts	35		

Essex home care providers continued

Gemstone Care Ltd	39	MD Care Ltd		Quinn Domiciliary Agency Ltd	43
Glenavon Care Ltd	39	t/a Kare Plus Basildon	41	RadiantLife Care	43
Goldleaf Homecare	39	Meadowcroft Residential		Real People Ltd	43
Grace Care/Training Ltd	39	Care Home	41	Reed Care Services Ltd	43
Green Care Contracts Ltd	39	Mears Care – Basildon	41	Relatives Relief Ltd	43
Green Rose Care Ltd	39	Mears Care – Loughton	41	Right at Home Billericay,	
Greenfield Care Ltd	39	Mears Care – New Futures	41	Brentwood & Havering	43
Guardian Homecare (Basildon)	39	Medic2 UK Ltd – Basildon	41	Right Care (Domiciliary	
Hamelin Trust Community		Medical Partnerships Ltd	41	Care Agency) Ltd	43
Support Service	39	MiHomecare		Rose Belle	44
HE Trust – Pound Lane		– Clacton-on-Sea	41	Ross Nursing Services Ltd	44
– Herts and Essex DCA	39	Mike Riglin Nursing		Rowan House	44
Helping Hands Chelmsford	39	(Domiciliary Care		Rumax Ltd	44
Heritage Staffing Services	39	Agency)	41	Seaside Cottage	44
Herts & Essex Independence		Montecare Solutions Ltd		Seven Rivers – Care Home	
at Home Ltd Office	39	– Harwich	41	with Nursing Physical	
Home Instead Senior Care	39	Nestor Primcare Services Ltd	41	Disabilities	44
Honey Tree Court	39	t/a Goldsborough Maldon	41	Shalom Health Recruitment	
I & S Care	39	Netteswell Rectory	43	Ltd	44
Ideal Home Care Solutions Ltd	39	Newday Healthcare		Simply Together Ltd	44
Independent People		Professionals Ltd	43	Spencer & Arlington	44
Homecare	39	New Partnerships Care	43	St Cathrines Care Ltd	44
Interserve Healthcare		New Partnerships Lynray		St Georges Ltd	44
– Colchester	39	and Peach Cottage	43	St Lukes Place	44
J's Hospice, The	39	Nexus Support Ltd	43	Stable House Colchester	44
Jean Allen Care Services Ltd		Nightingale Home Care		Suite 215, Elizabeth House	44
t/a Home Instead		Direct Ltd	43	Swan Care Domiciliary	44
Senior Care	39	Nightowls Home Care	43	Swan Housing Association	44
Junctions Care Agency Ltd	41	North London Homecare &		Tendring Care	44
K.T.M. Care Ltd	41	Support Ltd	43	Tranquillity Care Solutions UK	
Kingswood Care Services Ltd		Nurse Plus & Carer Plus UK Ltd	43	Ltd	44
– Head Office	41	Office – 1 (Beacon Lodge)	43	Treetops	44
Kleroo Ltd	41	Orchard Brooks Healthcare	43	U.First Care Head Office	44
Langley Support Services	41	Outlook Care – Unit 6		Vienna Woods	44
Livability Lifestyle		Shelduck House,		Vivo Support Ltd	44
Choices East Anglia	41	Billericay	43	Voyage (DCA)	
London & South East		Palmerstone Homecare	43	Clacton-on-Sea	44
Domiciliary Care Branch	41	PALS Ltd		Wecare Ltd	44
London Care (Basildon)	41	– Administration Office	43	Weighbridge Court	44
London Care (Harlow)	41	Peace of Mind Homecare	43	Westminster Homecare	
Longfurrows Residential		Personal Choice Carers		Limited (Chelmsford)	44
Care Home	41	at Home Ltd	43	Westminster Homecare	
Manorcourt Homecare	41	Premier Children and Young		Limited (Colchester)	44
Manorcourt Homecare	41	Peoples Care and Protection		Wick Farm Road, 39	44
Mansion House Residential		Services Ltd	43	Willows SL	45
Home	41	Prestige Nursing and Care		Woodacre	45
Mayfair Care Services Ltd	41	– Chelmsford	43	Your Life Care Solutions	45
		Prime Nursing and Care	43		
		Provision Home Care Ltd	43		



Essex care homes / care homes with nursing

Abberton Manor Nursing Home	81	Barling Lodge	86	Broad Oaks	86
Abbey Care Home	91	Barn and Coach, The	99	Brook Care Home	86
Acorn House – Laindon	65	Beach Hut, The	97	Brookes House	71
Acorn Lodge Care Home	67	Beeches, The	73	Brookfield Residential Home	91
Acorn Village	91	Beech House	65	Brooklyn House	91
Admirals Reach Residential and Nursing Home	75	Beechlands	82	Broome End	101
Aldeburgh House	76	Belamacanda	91	Broomfield Grange	75
Alder House Care Home Physical Disabilities	82	Belfry Residential Home, The	73	Broomhills	86
Alderwood Care Home	81	Bellevue Residential Care Home	91	Bruntsfield House	91
Alexandra House and The Lodge	76	Belmaine Avenue, 18	99	Bungalow, The	65, 91
Alexandra House – Harlow	84	Belmont Lodge Care Centre	82	Butterfly's Care Home	76, 91
Alexandra House – Harwich	91	Bennett Lodge	99	Cameron House	65
A M Care Home Ltd	99	Berry's Care Home, The	65	Carnarvon Nursing Centre	97
Anchor Lodge Retirement Home	91	Bethany House	67	Carolyne House	100
Anisha Grange	66	Bings Hall	101	Cavendish Care Homes Ltd	91
Anvil House	65	Blackberry Court	76	Cavendish House	91
Ardtully Retirement Residence	71	Blackbrook House	76	Cedar House (Basildon)	65
Arundel House – Frinton-on-Sea	91	Blackthorns	67	Cedar House (Stanford-le-Hope)	99
Ashbrook Court Care Home Ltd	83	Blamsters Farm	67	Cedars Residential Care Home	67
Asher House	91	Blamsters Link	67	Cedars, The	91
Ashingdon Hall	86	Blenheim Care Home	91	Central Avenue, 2	65
Ashlar House	83	Blossomwood	76	Chalkney House	67
Ashley House	73	Bluebell Nursing and Residential Home	100	Chaplin Lodge	65
Ashlyn	84	Boars Tye Farm Residential Home	67	Chelmsford Nursing Home	75
Ashpark House	76	Boucherne Ltd	85	Cherry Leas Care Home	93
Ashview	65	Bourne House	76	Cheviot Nursing Home	81
Aspen Grange Care Home	67, 69	Bradbury House	67	Chignal House	73
Attwood's Manor Care Home	69	Brain Injury Rehabilitation Trust – Cook Close (Dover Court)	91	Chrislyn House	93
Avalon	76	Braintree Nursing Home	69	Clacton Family Trust	93
Avalon Nursing Home	100	Bramble Close Habilitation Unit	82	Clayburn Lodge	65
Aveley House (Arcany Road)	99	Brambles, The	76	Cleaveland Lodge	77
Aveley House (Park Lane)	99	Brandon House	91	Coach House, The	100
Aveley Lodge	76	Breakaway	99	Coldwell Villa	77
Ayletts House	73	Brenalwood Care Home	91	Collins House	99
Badgers	86	Brentwood Care Centre	71	Colne House	67
Bamburgh House	91	Brewery House	67	Colne Place Residential Care Home	67
		Brewster House	85	Colne View	69
		Bridgemarsh Residential Home	73	Colonia Court Residential & Nursing Home	81

Essex care homes / care homes with nursing continued

Conifers – Residential Care Home for people with Learning Disabilities	67	Essex Care Consortium – Marks Tey	77	Gallimore Lodge	100
Connemara Lodge	93	Essex Care Consortium – Plume Avenue	77	Ghyll Grove Residential and Nursing Home	67
Corner House	93	Essex Care Consortium Ltd – Fordham	77	Gifford House Care Home	67
Corner Lodge Ltd	93	Estoril	85	Glendale Residential Care Home	101
Cottage Residential Care Home, The	93	Estuary Housing Association Ltd – Bradd Close, 1	100	Glengariff Residential Home	93
Cottage Walk, 4	93	Estuary Housing Association Ltd – Vista Road, 16	65	Glenroyd House	65
Croft House Nursing and Residential Home	101	Evelyn May House	65	Godden Lodge Residential and Nursing Home	73
Croft, The	93	Ewer Court	77	Goldenley	73
Crouched Friars Residential Home	77	Fairlawns Care Home	93	Gowlands	86
Cunningham House	82	Fairview	93	Grammar School House	68
Danbury	93	Fairview Road, 19	65	Grange, The	65
Deansbrook Farm	85	Faith Global Links Ventures Ltd	75	Grays Court	100
Delamer House	93	Falcon House	99	Great Horkesley Manor	77
Dexter Close	99	Falcon House Residential Home	101	Great Wheatley Nursing Home	86
Don Thomson House	93	Fenham Lodge	67, 75	Grovelands Lodge	65
Dorset Lodge Ltd	86	Fern Lodge	67	Hailey House Residential Care Home	85
Dovercourt House Residential Care Home	93	Fiorano	101	Hainault Avenue, 3	86
Down Hall Residential Home	85	Firs, The	93	Hamilton Lodge Trust	93
Drummonds	67	Firstlings	85	Hargrave House	101
Ducks Halt	97	Five Stacks Residential Care Centre	93	Harvey Centre – Mental Health Nursing Home	97
Dudbrook Hall	71	Foley House	67	Hatfield Haven	101
Dugard Avenue, 26	77	Forest Home	67	Hatfield Peverel Lodge Nursing Home	75
Dunedin Residential Home	93	Forest Place Nursing Home	83	Hatherley Care Home Ltd	101
Eastham	73	Four Winds	93	Haven Lodge	93, 97
Eco Nights	73	Foxburrow Grange	81	Haven Residential Care Home Ltd, The	93
Edensor Nursing and Residential Home	97	Franciscan Convent Residential Home – Braintree	68	Haven, The	77
Eight Ash Court LTD	77	Frank Foster House	82	Henderson and Harvard	77
Eleni House	77	Freda Gunton Lodge Residential Home	77	Heron Court	71
Elizabeth House	73	Fremnells, 71, The	65, 66	Heywood Lodge	65
Elm Cottage	77	Frintondene Care Home	93	HF Trust - Pound Lane - Herts and Essex DCA	101
Elmcroft Care Home	85	Futures	68	Highfield Care Home	101
Elm House	77	Futures Care Home	93	Hill House	77
Elm Tree	93	Gables, The	77	Hilton House	77
Emmanuel House	99	Gairloch Residential Care Home	93	Holland Road	95
Ernest Luff Homes	93			Hollymede Cottage	65
Essex Care Consortium – Colchester	77				



Essex care homes / care homes with nursing continued

Hollyrose House	99	Longfield	85	Merrie Loots Farm Residential Home	99
Hollywood Rest Home	99	Longfurrows Residential Care Home	95	Mid Meadows	95
Homeacre	95	Long Lane	99	Millard House	68
Homesteads, The	99	Long Lane, 295	99	Mill House	79
Honey Lane Care Home	82	Longmead Court Nursing Home	69	Millers	79
Hopes Green	73	Longview	73	Milton Lodge Retirement Home	79
Howard Lodge Care Centre	71	Longwood Place	65	Mirabeau	68
Humfrey Lodge	101	Loughton Hall	82	Mistley Manor	99
Hutton Village Nursing Home	71	Lugano Residence for the Elderly	83	Moat House, The	101
Imola	68	Lychgate House	79	Mollands Lane, 117-119	99
James Court	84	Lyons Court	75	Mondial	95
Jameson House	77	Madelayne Court	75	Moorings Nursing Home	73
Jamesons Residential Care Home Ltd	77	Magdalen Close Hostel	95	Morley Road, 43a & 43b	79
Jenny's House	95	Maitland House	95	Moulsham Home	75
Joseph Gardens	68	Maldon Lodge	79	Mountfitchet Place	101
Kacee Lodge	79	Mandalay	85	Mundy House	66
Keefield	84	Manor Lodge	75	Myland House	79
Kilkee Lodge Residential Home	68	Mansion House Residential Home	85	Nationwide Community Care Ltd	79
Kilkenny Residential Care Home, The	95	Maple Cottage	79	Nationwide Community Care Ltd – 3 Cracknell Close	79
Kingston House	95	Maple House	79	Nationwide Community Care Ltd – 2 Mede Way	79
Larchwood Care Home	68	Maple Lodge	79	Nayland Lodge	79
Larwood	99	Maple Manor	79	Netteswell Rectory	84
Laurels Ltd, The	65	Maple View	79	New Copford Place Residential Care Home	79
Lawns Nursing Home, The	75	Maranello	101	New Deanery Care Home, The	68
Leatherland Lodge	99	Marcris House	83	Newholme House	75
Leonard Lodge	71	Marillac, The	71	Newlands	79
Lime Court	95	Marmora Care Home	95	New Partnerships Lynray and Peach Cottage	68
Lime Trees	95	Marsh House	79	Nightingale Close, 2/3/4	68
Little Holland Hall	97	MCCH Society Ltd – Herondale, 2	66	Oakdale	73
Little Millfields	79	Meadowcroft Residential Care Home	95	Oakes, The	66
Little Oaks	85	Meadows	68	Oak House	99
Little Paddocks	95	Meadow View	95	Oaklands Care Home Ltd	95
Little Waking House	86	Medina Road, 28	99	Oaklands (Essex)	66
Livingstone House	84	Meesons Lodge (Care Management Group)	99	Oakley House	95
Lodge, The	95	Mellows, The	83	Oaks Care Home, The	81
Lodge Care Home	95	Mercers	79		
Lodge, The – Maldon	85	Mercers Place	79		
Loganberry Lodge	79				
London Road, 86	65				
Longcroft Residential Care Home	65				

Essex care homes / care homes with nursing continued

Oaks Residential Care Home, The	95	Rectory Lodge	66	Southminster Residential Home	85
Ogilvie Court	68	Redbond Lodge	101	Springfields Nursing Home	81
Okeley Care Centre	75	Regard Partnership Ltd – Church Road, The	96	Springfields Residential Home	81
Old Rectory, The	79	Regent House	96	Spring Lodge	96
Old Shenfield Place	71	Retreat, The	96	Squeaks House Residential Care Home	85
Orchards, The	95	Ridgewell House	96	Squirrels, The	71
Orchid	99	Ridings, The	80	Stafford Court	73
Outlook Care – Hedgerows	71	Rosebank	80	Stafford Hall	73
Paddocks, The – Braintree	69	Rose Belle	69	St Albans House	96
Paradise Lodge	75	Rosedale Court	86	Stambridge Meadows	86
Parkdale	79	Rosier Home	96	St Andrews Lodge	81
Parklands Nursing Home	73	Rowan House	71	Stanley Wilson Lodge	101
Park View	69	Rowans	80	Stanway Green Lodge	81
Partridge Care Centre	84	Rowland House	96	Stanway Villa	81
Passmores House	84	Royal Mencap Society – Ashingdon Road	86	St Dominics Residential Home	69
Paternoster House	83	Royal Mencap Society – Churchfields	69	St Fillans Care Centre	81
Pathways	80	Saresta and Serenade	96	St George's Witham Nursing Home	69
Peacehaven	80	Satash Community Care Project Ltd	99	St Joseph's Nursing Home	75
Peldon Campus	80	Scarletts	80	St Marks Residential Care Home	96
Penfold Lodge	95	Schumey's Corner	85	St Mary's Court	69
Penny Meadow	80	Sea Breeze Residential Care Home (Dementia)	96	St Michael's Care Home	97
Penny Pot Care Home	95	Seaview	80	Stonecroft	69
Peterhouse	95	Seaview House Nursing Home	97	St Peter's Court	85
Pinewood & Hollywood	80	Seton Care Home	71	Stronvar Rest Home	97
Point Clear Road, 165	95	Seven Arches Nursing Home	71	Sunny Lodge	81
Poplars (Braintree)	69	Seven Rivers – Care Home with Nursing Physical Disabilities	97	Sunnyside House Ltd	99
Poplars (Walton-on-the-Naze)	95	Sewardstone Close, 1	83	Swan Care Residential Home	85
Primecare Nursing Home	67	Shernbroke Hostel	83	Sweyne Court	86
Prince Edward Duke of Kent Court	69	Sherrell House	83	Sydervelt Lodge	73
Priory House	69	Shrub End Lodge	81	Tallis House	83
Priory Lodge	80	Signature at The Beeches	71	Tall Trees	81
Progressive Mews	80	Silvanna Court	66	Tamarind, The	97
Queens Court Nursing Home	83	Silverpoint Court Residential Care Home	73	Tang Hall Residential Home	97
Queens Lodge	80	Silversprings	81	Tara Residential Home	71
Quenby Rest Home	96	Southborough Care Home	75	Tendring Meadows	97
Quiet Waters	71			Third Avenue, 7 – 9	66
Ramsay Manor	96			Tidings, The	69
Rascasse	69			Timber Grove	86
Rawlings House	80				
Read House	96				

Essex care homes / care homes with nursing continued

Totham Lodge Residential Home for the Elderly	85	Vitalise Jubilee Lodge	83	Willowmead Care home	69, 75
Tower Bridge Homes Care Ltd – Sycamore	71	Wakes Hall	81	Willows Lodge Care Home	100
Treetops	81	Walsingham Support – luncies Road, 97	66	Willows Residential Care Home for Adults with Learning Disabilities	69
Treetops Care Home	83	Waters View Residential Home	97	Willow Tree Lodge	75
Trinity House	97	Weald Hall Residential Home	83	Winchester House	97
Trippier	81	Well House	97	Windle Court	85
Tudor House	81	Wellwick House	97	Winifred Dell Care Centre	71
Tye Green Lodge	84	Welshwood Manor	81	Winsford House	97
Upshire Residential Home	83	Wensley House Residential Home	83	Woodacre	85
Valentine House	69	Westacres	66	Woodboro Residential Home	97
Valentine Lodge	73	Wharf Close, 1	100	Woodbury Court	66
Valmark House	81	Whitcroft, The	100	Woodland Grove	83
Vibrance – Corporation Road, 24A	75	Whitehall House	100	Woodlands Residential Home for Ladies	81
Vibrance – Mason Way, 138-138A	83	Whiteheather	81	Woodrows	97
Vibrance – Parkstone Avenue, 1	73	Willow Bay	73	Woolifers Avenue, 38A	100
Victoria Road, 21a	97	Willow Court	83	Yarra Family Resource	81
Villeneuve House	85	Willowcroft	83	York House and Aldersmore	97
		Willow Health Ltd	81		

Southend-on-Sea home care

1st Care Nursing Ltd	45	De Vere Care – Southend-on-Sea	45	Mencap Domiciliary Care Southend	46
Adonai Supported Housing Ltd	45	Dolphin Court	45	MiHomecare – Southend-on-Sea	46
Affinity Trust Domiciliary Care Agency – Southend and Essex	45	Doris Jones Ltd	45	R. E. House Limited	46
Allied Care and Nursing	45	ENS Recruitment Ltd	45	Redspot Homecare (Essex) Ltd	46
Ashley Care LLP	45	Estuary Community Support and Supported Living Services	45	Royale Carers Ltd	46
Barnabas House	45	Field Lane Domiciliary Agency, The	45	SAS Support and Solutions Ltd	46
Bluebird Care (Southend & Rochford)	45	Health and Home DCA	46	Shaf Lodge	46
Braemar Care Services	45	Home Care Professionals Ltd	46	Southend LD Cluster	46
Care Company, The	45	Home Sweet Home Reablement Services	46	Southend Therapy and Recovery Team (Start)	46
Care Connected Ltd	45	JM Carehomes Ltd	46	SPDNS Nurse Care Community Interest Company (CIC)	46
Caring Carers Ltd	45	Kennedy Leigh Home Care Service (Southend)	46	SummerCare – Head Office	46
Choices Healthcare Ltd	45	Kolours Healthcare	46	Surecare (Southend)	46
Concept Care Solutions	45			Trends Healthcare	46
Creative Care Services Ltd	45				

Southend-on-Sea care homes / care homes with nursing

Aarandale Lodge	87	Elgin Rest Home	88	Nightingale House	89
Abbeyfield		Fairmead	88	Norman House Nursing	
– St George's House	87	Fairview House	88	Home	90
Abbottswood Lodge Residential		Fernbrook House	90	Norton Place	91
Care Home	87	Grandville Lodge Ltd	88	Palmerston House Care	
Adalah Residential Rest		Grange, The	88	Home	89
Home Ltd	87	Hart House	88	Poppy Lodge Care Home	89
Admiral Court	87, 90	Hart View	88	Priory House	89
Ailsa House Residential		Havengore House		Ravensmere Rest Home	89
Care Home	87	Residential Care Home	88	Raymond House	89
Alexander House Private		Health and Home Ltd		Rose Martha Court	89
Nursing Home	90	– North Road	88	Sandringham	89
Alyson House	87	Hollies, The	88	Sands Lodge	89
Astral Lodge Residential		Kathryn Court	88	Silversea Lodge	89
Home	87	Kenway Court	90	Southend Blind Welfare	
Avenue Lodge	87	Kimberley Grace Care		Organisation	89
Avondale Rest Home	87	Home	88	Southwold House	89
Bali Hai Care Home	87	Kingston House	88	St Edith's Court	89
Beacon House	87	Knoll, The	88	St Martins Residential	
Beaufort Lodge	87	Laburnums	88	Home	89
Biffins Care Home	87	Langley Lodge Nursing		Summerhill	89
Blakeney House	87	Home	90	SummerLodge	90
Bliss Care Home	87	Legra Residential Care Home	88	Summerview	90
Boscombe Lodge Nursing		Lifstan Way Care Home	88	Sunflowers	90
Home	90	Lighthouse	88	Uplands	91
Boulevard Lodge	87	Lilacs Residential Home, The	89	Valkyrie Lodge	90
Bradbury Home	87	Manor Rest Home	89	Victoria Court Private	
Braemar Lodge Residential		Maplin House	89	Rest Home	90
Care Home	87	Maranatha Residential	90	Westborough Road	90
Brambles Care Home	87	Home	89	Westbury Care Home	90
Britannia Lodge	90	Mellor House	89	Westcliff Lodge Ltd	90
Brooklands Nursing Home	90	Melrose House	89	Westerley Residential Care	
Catherine Miller House	87	Memory House	89	Home for the Elderly	
Cavell Lodge	87	Meteor Rest Home	89	– Westcliffe-on-Sea	90
Cedar Lodge	87	Meyrin House	89	West House	91
Cedars Care Home	87	Milton House	89	Westminster House	
Cherrycroft	87	Mountdale Nursing Home	90	Residential Care Ltd	90
Crowstone House	88	Nazareth House – Southend	90	Whittingham House	90
Crowstone Manor	88	Newbrae Care Home	89	Willowdale Lodge	90
Cumberland Lodge	88	Newhaven Community Care		Windermere Rest Home	90
Delaware House	88	– Phoenix House	89		
Dolphin Court	88				



Thurrock home care providers

A K Supported Housing Outreach Service	47	Homecare Reablement Team	47	Sesnha Care	47
Affable Care Ltd	47	Ingenium Health & Social Care	47	Starbrooke Care Services Ltd	47
Akaba Social UK Ltd	47	John Stanley Thurrock	47	Stonyrose Ltd	47
Alwen Grove	47	MCCH Society Ltd	47	Take 4 Personnel Ltd	47
Aveley House (Arcany Road)	47	Mountaincare Ltd	47	Temp Exchange Ltd	47
Aveley House (Park Lane)	47	Naidcare	47	Thurrock Lifestyle Solutions	47
Beeches, 45 The	47	Professional Care Services Ltd	47	Triangle Community Services	47
Clear Crystal Healthcare Ltd	47	Regents Care Services	47	Upso Healthcare	47
Home Instead Senior Care Thurrock	47	Sanctuary Home Care Ltd – Thurrock	47		

Other advertisers

1st Choice Care Homes	70	Carewatch	29	Purely Care	40
AMS Care	Inside front cover	Caring Direct	34	Quantum Care Homes	84
Astha Care	38	Clacton Family Trust	92	Ranc Care	52, 70, 71 & 82
Barchester	56	ECL The Care & Wellbeing Group	Inside back cover	Runwood Homes	Outside back cover
Bluebird Care	22	Helping Hands	26	Sesnha Care	42
Bupa	76	Four Seasons	74	St Elizabeth's Care Homes	63
Care Choices	13, 38, 70, 75, 82, 86 & 100	MH Care Ltd	42	Stour Valley Community Care	36
Care Select	8, 24, 40, 46, 68, 84 & 103	Montecare Solutions Ltd	42	Willow Park Farm	92
Carebase	54	Nellsar	72	Willow Park Resource Centre	92
		Opal Care	68		



Care Choices Limited has taken every care to ensure that the information contained in this Directory is accurate. The company cannot accept responsibility for any errors or omissions or if a home varies from the facilities listed either in an advertisement or the listings. Care Choices Limited does not endorse or support any particular institution included in the Directory. © 2016 Care Choices Limited. Care Choices Limited reserves all rights in the titles Care Choices and HOMES Directories and their design. **Care Choices™** is a trademark of Care Choices Limited.

ISBN 978-1-910362-74-7

Ref. No: 4001/Essex19/0116 Reproduction of any part of this publication in any form without the written permission of Care Choices Limited is prohibited.

Published by: Care Choices Limited, Valley Court, Lower Road, Croydon, Nr Royston, Hertfordshire SG8 0HF.
Tel: 01223 207770. www.carechoices.co.uk

Publisher: Robert Chamberlain.

Director of Sales: David Werthmann.

Head of Editorial: Emma Morriss.

Editor: Angharad Jenkins.

Content Editor: Emma Cooper.

Regional Team Manager: Russell Marsh.

National Sales Manager: Paul Leahy.

Senior Sales Executives: Mark Dalton, Debbie Feetham, Elaine Green, Vanessa Ryder.

Director of Creative Operations: Lisa Werthmann.

Studio Manager: Jamie Harvey.

Designer: Holly Cornell.

Creative Artworkers: Gemma Barker, Bobbie Johnson.

Distribution: David Mulry.

A reablement nurse helped me get back on my feet in no time

I meet with friends every week at our Wellbeing & Activity Hub

The support from the sensory service means I can enjoy everyday activities

I feel safe at home now it has been fitted with the equipment I need



Your wellbeing at the heart of everything we do



If you're looking to secure health or social care services for yourself or a loved one, ECL provides person-centred support to help reach personal goals, maximise independence and achieve overall wellbeing.

Whether you or a loved one has a sensory or learning disability, are experiencing difficulties carrying out daily activities following a spell of ill health or a period in hospital, or simply want support and company, we have a broad spectrum of services that can be tailored to your unique needs.

Through our partnerships with Age UK Essex and the NHS, we successfully supported over 50,000 customers last year alone. Working together has

enhanced our ability to promote the best possible care and help people become more independent and active in their communities.

With Reablement, Sensory and Equipment services, our friendly, flexible and caring staff are on hand to provide care and support at your home or in one of our 30 Wellbeing Hubs.

For more information on how we can provide the personal care you need

please call **03330 135 438**

or visit www.ecl.org



Dolly's happy she found a place she could call home.

Companionship was top of Dolly's list when she felt a care home was the next step in her life. With friendship came confidence, happiness and a sense of wellbeing, in fact Dolly felt completely at home.

Which care home did she choose? Runwood. They offered all the care she needed and the independence she loved - and of course when Dolly's happy, we're happy too.

Runwood are here to do what we do best - care.

We have 31 Quality Care Homes across Essex offering the following services:

- Residential Care and Nursing Care
- Residential Dementia Care and Nursing Dementia Care
- Day Care
- Short Stay/Respite Care

For general enquiries only Mon-Fri during the hours 9.00am - 5.00pm call us free on

0800 412 5660

This number may also be used after office hours for bed vacancy enquiries.

RunwoodHomes.co.uk



RUNWOOD HOMES
SENIOR LIVING
Your care in our hands