



Essex County Council
Adult Social Care

The Community Micro-enterprise Project Directory

February 2023 edition

The Community Micro-enterprise Directory

What is a Community Micro-enterprise?

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

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

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

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

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

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

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

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

Our checklist can help you think about what to consider.

Checklist

Firstly, you need to have a clear idea of :

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

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

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

Other things to think about

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

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

Staying Safe

Contacting Adult Social Care

Telephone: 0345 603 7630

Textphone: 0345 758 5592

Monday to Thursday, 8:45am to 5pm

Friday, 8:45am to 4:30pm

Out of hours telephone: 0345 606 1212

Email: socialcaredirect@essex.gov.uk

We have a duty to make sure that people are safe. We encourage people to meet their needs in ways they choose.

If you have any safeguarding concerns contact Adult Social Care.

How to hear from us

Would you like to be added to our mailing list?

Email us on micro.enterprise@essex.gov.uk

Follow us on Facebook! www.facebook.com/communitymicroenterpriseproject

Webpage www.essex.gov.uk/personal-budgets-and-direct-payments/help-to-find-your-own-care-and-support



Community Micro-enterprise Provider List

The following list of care and support providers have gone through the Community Micro-enterprise programme with Essex County Council. You can contact them using the details provided below, or find them on Tribe, the app that connects local people offering support to the local people that need it.



Essex County Council will not accept any responsibility or liability for the information provided by any provider on this list. The fact that a provider is included in this list is not an endorsement from the Council and you must carry out your own due diligence and make your independent enquiries. We cannot guarantee quality or satisfaction of the services of any provider on this list and we will not arbitrate or participate in resolving any dispute that you may have with any provider on this list.

If you know someone who would like to set up a small service or be included on the directory please contact the team
Micro.enterprise@essex.gov.uk

Personal Care Providers Registered with the CQC (Care Quality Commission)

Covering the North of Essex

City on a Hill Care Ltd

We are a home care service that provides professional and empathetic care in the comfort of your home. Our services include personal care, 24-hour care, live-in care, night time care, companionship, domestics, shopping, Personal Assistants holiday cover, respite, dementia and Alzheimer's Care.

Ehinomen Eliboh

07798084233

info@cityonahillcare.com

Tribe - Ehinomen Eliboh

Rate = £20 per hour

Colchester Home Care Ltd

Our aim is to provide a service that will offer you the peace of mind to remain feeling secure in your independence at home. We work with you to identify what's important to you, and when and how you want to receive your care. We support adults aged 65 and above and we can offer specialist dementia care and support with mental health and physical needs and end of life care.

Sharon Cutter

07368224486

admin@colchesterhomecare.com

Tribe - Sharon Cutter

Rate = £20 per hour

Covering the South of Essex

T-BOT Care Dynamics Ltd

Person centred care, end of life care, waking nights, sleep in and support work. Helping people using compression stockings to manage their swollen legs or arms.

Olayinka Balogun

01375 841821

www.tbotcaredynamics.co.uk

info@tbotcaredynamics.co.uk

Tribe - Olayinka Balogun

Rate = £17.06 per hour

Ronti Care Solutions

Support and care for people of all ages and with a variety of eligible needs. We can support older people, cancer, diabetes, Parkinson's disease, stroke etc. Supports individuals with dementia, mental health difficulties, physical difficulties and younger people. Support with food & drink, gardening, general home care, medical, night care, social, companionship, technology, arts & crafts, keeping fit, cleaning, personal care, maintaining good physical health or shopping.

Gina Obayanju

01375318873

ronticare@yahoo.com

Tribe - Gina Obayanju

Rate = £17.06

Personal Care Providers Registered with the CQC (Care Quality Commission)

Covering the North of Essex

Ivy Grace Care Ltd

With over 30 years of experience in the care sector we are very compassionate about what we do and dedicated to providing the best care possible. We provide introductions with our fully trained staff and offer a time slot that suits you. Help with personal care, medication needs, meal preparation, shopping, cleaning, companionship,

appointments/outings, sit-in services, continence care, assisting with pets.

Naomi Stancombe

01255 441 155

info@ivygracehomecare.com

[Tribe - Ivy Grace Home Care](#)

Rate = £23.50 per hour

JCM Care Services Ltd

Home care agency dedicated to delivering high quality care that allows you to stay in the comfort of your own home, maintain your independence and continue to live an enjoyable life. We match carers with clients with the aim of building positive, long-lasting relationships. Services include live-in care, companionship, help with preparing meals, assistance socialising, dementia and palliative care.

Joy Emog

01206 615525

jcmcareservices@gmail.com

[Tribe - Joy Emog](#)

Rate = £20 per hour

Covering the South of Essex

Wellspring care

We provide quality care and support for clients 18+ in their own homes.

Personal care and support

Associated domestic services

24 hours live-in care

Companionship

Home help

Post-hospital care services

(reablement)

Yemi Adeeko

03301330450

info@wellspring-care.com

www.wellspring-care.com

[Tribe - Yemi Adeeko](#)

Rate = £18+ per hour

Ruby Care Services

Support and care for people 18 to elderly 65 years and above. Staff provide personal care, cleaning, shopping, and extras such as pickup prescriptions, arrange hairdresser etc.

Oladunni Adebogun

01268 214799

Ola.adebogun@rubycare.com

[Tribe - Oladunni Adeogun](#)

Rate = please request at time of enquiry

Personal Care Providers Registered with the CQC (Care Quality Commission)

Covering the North of Essex

Michael Rgis Care Ltd

We are a small group of highly experienced and trained carers that offer punctuality and guarantee that you will be supported by the same carer consistently. Ready to help with a wide range of support at home, personal care and accessing the community. Support when discharged from hospital, for older adults and people with physical disabilities, hearing or sight loss, learning disabilities, dementia care.

Micheal Ajibode

07503 735 573

m.ajibode@michaelrgiscare.co.uk

[Tribe - Michael Rgis Care](#)

Rate = £18+ per hour

Paradise Care Ltd

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

Nisha Soman Nair

07401 626 211

paradisecareltd@gmail.com

[Tribe - Paradise Care](#)

Rate = £20 per hour

Covering the South of Essex

Beaumont Home Care

We help clients in the community with needs ranging from dementia, mobility issues, stroke, companionship, and personal care need, also community outings, dog walking etc.

Tracy Barnabas

Office: 01277 725660

Mobile: 07812 165629

Tracy@beaumonthomecare.co.uk

Info@beaumonthomecare.co.uk

[Tribe - Tracy Barnabas](#)

Rate = please request at time of enquiry

Aqua Robson Care

We support people with home care, domiciliary care, live-in care, respite care, companionship, complex care; mental health care; End of life care, housework, GP visits, medication collection, day care, dementia friend

Sue Mundicha

0756 542 6819

0800 689 0825

office@aquarobsoncare.co.uk

[Tribe - Sue Mundicha](#)

Rate = please request at time of enquiry

Personal Care Providers Registered with the CQC (Care Quality Commission)

Covering the South of Essex

BS Care Management Services

We offer domiciliary care and supported living for all age people with disabilities, also offering dementia care.

Josephine & Ola Adebusoye

01375508066

07877657592

info@bscaremanagement.co.uk

[Tribe - BS Care Management](#)

Rate = £18.50 per hour

Honourin Care

We offer personal support and companionship to older people and adults with a disability.

Jemimah Boateng

Tel: 07426016260

07414003264

info@honourincare.co.uk

[Tribe - Jemimah Boateng](#)

Rate = £19+ per hour

Integrated Support Services

We support people at home with personal and domestic care.

Omosola Agbaje

07398914225

01268964605

agbaje.sola@integratedsupportservice ltd.com

[Tribe - Omosola Agbaje](#)

Rate = £18+ per hour

ME Crews Healthcare

We work with clients with dementia, learning disabilities, physical impairment, or spectrum disorder, sensory impairments, substance misuse also people detained under the Mental Capacity Act

Lilian Badu-Wilson

Tel: 07735546081

lilian@mecrewshealthcare.com

[Tribe - Lilian Badu-Wilson](#)

Rate = £18.70

Personal Care Providers Registered with the CQC (Care Quality Commission)

Covering the South of Essex

R&K

Provides domiciliary and live in care, supporting people with their mental health and wellbeing, people with learning disabilities, and end of life care.

Nqabutho Hanyana

Tel: 07961285283

nqabutho.hanyana@randkcare.services

Tribe - R&K Support Services

Rate = £17+

Dion Care Services Ltd

Offers personal care, companionship support

Lorraine Giroud

Doyin Azeez

07391563381

Doyin.azeez@dioncareservices.co.uk

Tribe - Lorraine Giroud

Rate = £21.60 per hour

Kleare Care Solutions

I have been a social worker for 17 years and now runs a home care agency. I also have experience of working a care worker and together with my team, will be able to support with your daily need to meet your desired outcomes. I have experience of the assessing needs and providing person centred care. I have worked in various roles with social work and know the importance of providing quality and flexible care.

Home Care, Social & Companionship,
Personal Care,
Shopping

Ama Frempong

07450286366

klearecaresolutions@gmail.com

Tribe - Ama Frempong

Rate = £19+

Personal Care Providers

(not registered with the CQC Care Quality Commission)

Covering the South of Essex

Bliss Independent Support

Provide a wide range of services which can meet the eligible needs of a variety of at home care and support services, including customers with with learning disabilities, physical difficulties and dementia.

Ebi Ere

07429 624191

enquiry@blissidsupport.com

Tribe - Ebi Ere

Rate = please request at time of enquiry

Attentive Home Care

Supports the elderly to help them feel safe and independent within their own home. Personal care, cooking, cleaning and just a bit of company sometimes. General help with daily tasks that clients might find a struggle.

Joanne Ward

07903326335

wardjoanne@hotmail.co.uk

Tribe - Joanne Ward

Rate = please request at time of enquiry

Living Spring Care

Works in extensive care both children and adults, particularly with learning disabilities. Support with some personal care needs, food and drink, home care, night care, social support or companionship. Supports people engaging with their community, self-help and with transport needs.

Victoria Omisore

07539042047

livingspringcare@gmail.com

Tribe - Victoria Omisore

Rate = please request at time of enquiry

Help at Home with Vicki

Days out, appointments, chaperone, arts and craft, preparation of meals, sleep-in, waking nights, light housekeeping, personal care, medication reminders

Victoria Williams

07516422874

victoria.williams001@outlook.com

Tribe - Victoria Williams

Rate = £15+ per hour

Personal Care Providers

(not registered with the CQC Care Quality Commission)

Covering the South of Essex

Rain or Shine

Offers support at home services, including cleaning and trips out in the community, cleaning. Experience working with people with brain injuries, and young offenders.

Lorraine Giroud

07564364648

l.giroud@hotmail.co.uk

Tribe - Lorraine Giroud

Rate = please request at time of enquiry

Lord Grace Delight

Personal Care, support with daily needs, companionship, support with meal preparation, shopping, medical appointment, medication administration, centre person services, assessment, and safeguarding of adult and young people in the community.

Adejoke Olubodun-Niyi

info@lordgraceltd.co.uk

Tribe - Adejoke Olubodun-Niyi

Rate = £20 per hour

KB Solutionz

Provides support for people with their mental health and wellbeing, assessment and management, medicines management, staff support and supervision, carers' support.

Kudzi Mukundi

07715524168

kudzi@kbsgrp.co.uk

Tribe - profile coming soon

Rate = please request at time of enquiry

I'm At Your Service

Provides support for getting out in the community, shopping, personal Care, medication

Katie Denham

Tel: 07354 462049

Tribe - profile coming soon

Rate = please request at time of enquiry

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

Covering the South of Essex

Care to remember

Works mainly with people with dementia
Home sitting, companionship, transporting and accommodating clients to and from services, going for walks and other creative activities

Omolara Oredipe

Tel: 07533387272

Omolara Oredipe

Caretoremember@outlook.com

Tribe - profile coming soon

Rate = please request at time of enquiry

Life Change Diverse Living

Offers companionship, housekeeping, transportation, laundry, shopping etc.

Fatima Loum

07957279331

fatima@lcdluk.co.uk

Tribe - profile coming soon

Rate = please request at time of enquiry

T&K Helping Hands

Housework, personal care, shopping, doctor's appointment and any support that makes life easier.

Tina Stearne

07714350045

Tina3762@hotmail.co.uk

Tribe - profile coming soon

Rate = please request at time of enquiry

Derrick Nugent Healthcare

Offer support to adults including Food preparation & serving, cleaning service, companionship, domestic services, home help, sit in service, laundry service, shopping service, errands.

Kamesha Stevenson

Tel: 07771963529

k.stevenson@derricknugenthealthcare.co.uk

Tribe - profile coming soon

Rate = please request at time of enquiry

Kay & Kayleigh's Domestic Support

A range of support services including companionship, shopping, meal prep (making breakfasts, lunches and/or dinners), ironing, cleaning, house work, pet sitting or walking, grass cutting, accompanied to doctors appointments.

Kay & Kayleigh Vernau

01268525377

07919142482

07843934285

thetwokays@hotmail.com

Tribe - profile coming soon

Rate = please request at time of enquiry

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

Covering the South of Essex

Zumcare

Zumcare Ltd home services provides a range of high-quality home care services to people living in the community such as Companionship, shopping support, help with meal preparations, domestic tasks such as cleaning, laundry and ironing, support to attend appointments and leisure activities.

Agnes Zumbika

07737284173

info@zumcare.co.uk

[Tribe - Agnes Zumbika](#)

Rate = please request at time of enquiry

Gemini Support

Provides services such as household chores, such as cleaning, ironing, tidying up, laundry and more. Shopping, cooking, light gardening such as mowing the lawn, sweeping leaves, weeding, planting bulbs. Julie can play a game with you, read to you or sit and have a chat and cup of tea.

Julie Dechamps

07901 138372

julie@gemini-support.co.uk

www.gemini-support.co.uk

[Tribe - Julie Dechamps](#)

Rate = please request at time of enquiry

Fairevents

Offer a mixture of support including companionship, respite sitting cover, sitting service, home help service, shopping, escorts to GP appointments, medication prompting, meals preparation, cleaning services. transport support for appointments, prescription drop in and pick up

Lilian Nwokocha

07556559835

liliannwokocha@talktalk.net

www.faireventsltd.co.uk

[Tribe - Lilian Nwokocha](#)

Rate = £18.93+ per hour

Partner in Care

Offering companionship, befriending, support at home.

Iyabo Adedoyin Taiwo

Tel: 07859143677

Dtaiwo2000@yahoo.com

[Tribe - profile coming soon](#)

Rate = please request at time of enquiry

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

Covering the North of Essex

Private Support

I have worked as a senior in most areas of the care sector and my passion is to provide a first-class service to promote health, happiness and fulfilment so people can live their best lives. I support with general home help (no personal care), medication, meals, sit-ins, companionship and attending social outings. I can help adults with learning disabilities building life skills, daily routines, planners, budgeting and with advocacy. Available Monday - Friday, excluding bank holidays.

Christina Harding

07531 595 154

cddh8790@outlook.com

[Tribe - Christina Harding](#)

Rate = £20 per hour

Support from Trade Services (cleaning, dog walking, errand runners, gardening, handy people etc)

Covering the North of Essex

Gayle's Hair and Beauty

I offer a mobile hair dressing service in your home or appointments at my studio in my home in Colchester. I offer cut & blow-dry, colour, extensions, hair treatments, braids, and dreadlocks. I have 14 years' experience working in London salons and I've also worked as a carer and I'm passionate about helping others. I'm very friendly, skilled and creative, and really enjoy doing hair!

Gayle Geneya

07939834924

gkashy@gmail.com

[Tribe - Gayle Geneya](#)

Rate = service dependent

CV Prime

CV Prime offers the full range of job search support to individuals at all stages of their career. This includes CV writing, cover letters, personal statements, LinkedIn profiles, job search support and interview coaching. We have a special interest in supporting people with disabilities and family carers into employment.

Tracy Salisbury

0747 231 2400

tracey@cvprime.co.uk

[Tribe - Tracy Salisbury](#)

Rate = £50+

Top Flite Cleaning

Whether it's daily, weekly or monthly cleans you require, our team is on hand to help. We offer regular, one-off and deep cleaning services and will visit at the start of the service to discuss your individual needs.

Contact us today for a free no-obligation quote.

Karen Reynolds

07535 509 988

info@topflitecleaning.co.uk

[Tribe - Karen Reynolds](#)

Rate = £20 per hour

Covering the South of Essex

Home Freedom

Deep Clean, decluttering for hoarders, house clearance, key safe supply & fit Furniture move/removal

Ellie Gatehouse

07528373994

07595419420

Ellie@homefreedomltd.co.uk

Danny@homefreedomltd.co.uk

[Tribe - profile coming soon](#)

Rate = please request at time of enquiry

Support from Health & Nutrition Services

Covering the South of Essex

Nutrificient Life

Personal nutrition plans and coaching, support with physical health, tailored to meet the needs of those with medical conditions including diabetes.

Harman Bajwa Mohal

07504991916

harman@nutrificientlife.com

[Tribe - Harman Bajwa Mohal](#)

Rate = please request at time of enquiry

Feeding the family

Provides a home cooked meal service.

Keeley Scarborough

keeley@feedingthefamily.co.uk

01268 207009

07896 334646

[Tribe - profile coming soon](#)

Rate = please request at time of enquiry

Real Health Fitness & Wellbeing Studio

Operates a wellbeing and fitness studio and provides yoga personal training and other fitness classes

Robin Hart

07977928952

info@realhealthfitness.co.uk

[Tribe - Robin Hart](#)

Rate = please request at time of enquiry

Deliver Eat

Provides home cooked hot mini meals daily for 6/7 days per week, includes home delivery and free welfare check & report service

Annette Carmody

07545839126

Annettecarmody1@gmail.com

[Tribe - profile coming soon](#)

Rate = £20 per hour

Pleasantly Pilates

Group mat work Pilates or one to one Pilates tailored to individual need such as bone health for older adults.

Julie Sparling

Tel: 07547433392

pleasantlypilates@gmail.com

[Tribe - profile coming soon](#)

Rate = £5 online £10 face-to-face

Support from Health & Nutrition Services

Covering the North of Essex

Right Balance

We are a Community Weight Support Group based in Jaywick Sands that helps people to lose weight and lead a more healthy and active lifestyle.

We have two meetings a week. One on a Wednesday from 2 - 4pm and Saturday's 9 - 11am which is followed by a Ramblers Health wellbeing walk at 11.30am. This walk is led by myself.

Diana Hogben

07476663634

dianahogben58@yahoo.com

[Tribe - Diana Hogben](#)

Rate = FREE

Support from Therapy, Mental Health & Wellbeing Services

Covering all of Essex

STEP

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

Busiwa Madikazi

07748 757 121

busiswa.madikazi@afiuk.org

[Tribe - Busiwa Madikazi](#)

Rate = FREE

Craig Tylor Trust

Support people living with or experiencing mental ill health and offer suicide prevention.

Karen Pullen

07745331925

thecraigtylertrust@gmail.com

[Tribe - profile coming soon](#)

Rate = please request at time of enquiry

Support from Therapy, Mental Health & Wellbeing Services

Covering all of Essex

Autism Buddies

We are here for people affected with High Functioning Autism and we also support conditions aligned to Neurodiversity. We offer all forms of services but most of all online training events through to online catch up sessions through Teams and Facebook media.

Autism buddies now covers the whole of the UK.

Autism Buddies

autismbuddies@outlook.com

Facebook - Autism Buddies UK

Tribe - [Autism Buddies](#)

Rate = FREE

Connect Without Limits

We are a group of autistic young people dedicated to helping other young people with Autism and Autistic traits. Unlike other groups, we go at your speed and adapt around you. We run a mixture of Peer Support, Workshops and Social Groups. We are also dedicated to supporting the whole family and we aim to offer activities and social groups for family members as well.

Tina Bearman

0748 433 0948

c.w.lbusiness21@gmail.com

Tribe - [Tina Bearman](#)

Rate = FREE

Heads2Minds

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

Liz Rotherham

liz@heads2minds.co.uk

Tribe - [Liz Rotherham](#)

Rate = FREE

Blossome

Blossome helps those who have endured losing a loved one to alcoholism or addiction go from feeling alone, exhausted and guilty to supported, energised and joyful with the Pathway to Peace healing journey. Members enjoy access to the community, healing programme, weekly activities, podcasts and more.

Kim Moore

hello@blossome.support

Tribe - [Kim Moore](#)

Rate = £17 per month

Support from Therapy, Mental Health & Wellbeing Services

Covering all of Essex

Ace Music Therapy

Ace Music Therapy provides music therapy services across Essex, London and Hertfordshire. We work with education and healthcare settings as well as charities and individual clients to provide high quality, affordable music therapy provisions. We also run community music groups and continued professional development and training sessions for professionals.

Amelia Clapham

07957 225 109

amelia@acemusictherapy.co.uk

Tribe - Amelia Clapham

Rate = Assessment and initial session £100. Individual sessions are £60 online and £70 in person.

African Families in The UK (AFiUK)

AFiUK serves the interests of African and other ethnic minority families where the parents were born and educated overseas, while their children have been born in the UK, often creating a clash of cultural identities. We offer a wide range of support to families and individuals, events, workshops and activities as well as training for community ambassadors, professionals and organisations.

Rachel Walton

07539 455 974

afiukrachel@gmail.com

Tribe - Rachel Walton

Rate = FREE

Dial

People with a physical, sensory, learning difficulties, mental health issues, their families, friends, carers and professionals like GP, Hospital staff through information, advice and advocacy on any disability related subject.

Janet Stevens

0333 366 1045

07786 088538

enquiries@dialsouthessex.co.uk

Tribe - profile coming soon

Rate = FREE