



Essex County Council  
Adult Social Care

# The Community Micro-enterprise Project Directory



April 2023 edition

## **The Community Micro-enterprise Project 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](mailto: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](mailto:micro.enterprise@essex.gov.uk)

Follow us on Facebook! [www.facebook.com/communitymicroenterpriseproject](https://www.facebook.com/communitymicroenterpriseproject)

Webpage [www.essex.gov.uk/personal-budgets-and-direct-payments/help-to-find-your-own-care-and-support](http://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](mailto:Micro.enterprise@essex.gov.uk)**

Personal Care Providers Registered with the CQC (Care Quality Commission)  
**NORTH 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](mailto:info@cityonahillcare.com)

**£20 per hour**



**Colchester Homecare 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](mailto:admin@colchesterhomecare.com)

**£20 per hour**



**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](mailto:info@ivygracehomecare.com)

**£23.50 per hour**



JCM CARE SERVICES

**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](mailto:jcmcareservices@gmail.com)

**£20 per hour**



**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](mailto:m.ajibode@michaelrgiscare.co.uk)

**£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](mailto:paradisecareltd@gmail.com)

**£20 per hour**



Personal Care Providers Registered with the CQC (Care Quality Commission)  
**SOUTH 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**  
[info@tbotcaredynamics.co.uk](mailto:info@tbotcaredynamics.co.uk)  
[www.tbotcaredynamics.co.uk](http://www.tbotcaredynamics.co.uk)

**£17.00  
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](mailto:ronticare@yahoo.com)

**£17.00  
per  
hour**







### **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

**Yemi Adeeko**  
**03301330450**  
[info@wellspring-care.com](mailto:info@wellspring-care.com)

[www.wellspring-care.com](http://www.wellspring-care.com)

**£18.00+**  
**per**  
**hour**



### **Ruby Care Services**

Post-hospital care services (reablement)  
Support and care for people 18 to elderly.  
Staff provide personal care, cleaning, shopping, and extras such as pickup prescriptions, arrange hairdresser etc.

**Oladunni Adebogun**  
**01268 214799**  
[Ola.adebogun@rubycareservices.co.uk](mailto:Ola.adebogun@rubycareservices.co.uk)



### **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](mailto:Tracy@beaumonthomecare.co.uk)  
[Info@beaumonthomecare.co.uk](mailto:Info@beaumonthomecare.co.uk)



### **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](mailto:office@aquarobsoncare.co.uk)





**BS Care Management Services**

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

**Josephine & Ola Adebuso**  
**01375508066**  
**07877657592**  
[info@bscaremanagement.co.uk](mailto:info@bscaremanagement.co.uk)

**£18.50 per hour**



**Integrated Support Services**

We support people at home with personal and domestic care.

**Omosola Agbaje**  
**07398914225**  
**01268964605**  
[agbaje.sola@integratedsupportservices.co.uk](mailto:agbaje.sola@integratedsupportservices.co.uk)

**£18.00 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](mailto:info@honourincare.co.uk)

**£19+ per hour**



**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.co.uk](mailto:nqabutho.hanyana@randkcare.co.uk)

**£17+ 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](mailto:lilian@mecrewshealthcare.com)

**£18.70**  
**per**  
**hour**



**Dion Care  
Services**

Offers personal care, companionship support.

**Doyin Azeez**  
**07391563381**  
[Doyin.azeez@dioncareservices.co.uk](mailto:Doyin.azeez@dioncareservices.co.uk)

**£21.60**  
**per**  
**hour**



**Kleare Care  
Solutions**

I have been a social worker for 17 years and now run 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](mailto:klearecaresolutions@gmail.com)

**£19+**  
**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](mailto:paradisecareltd@gmail.com)

**£20 per hour**



**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](mailto:info@cityonahillcare.com)

**£20 per hour**



**\*NEW\***  
**Yowsun Care Maldon**

Experienced in delivering services such as, Live-in Care, Respite care, respite Companionship, and night care.

**Mutiat Adebawale**  
**01702382312**  
**07375775545**  
[office@yowsuncare.co.uk](mailto:office@yowsuncare.co.uk)



**\*NEW\***  
**Major Domicile**

Experienced in delivering services such as, Live-in Care, Respite care, respite Companionship, and night care.

**Nontuthuka Dube**  
**07878 313087**  
[nosi@majordomicile.com](mailto:nosi@majordomicile.com)

**£18+ per hour**



**\*NEW\***  
**Favour Care  
Limited**

Offers home care and support.

**Christiana Agu**  
**07984145953**  
[favourcareltd@gmail.com](mailto:favourcareltd@gmail.com)

**£20+  
per  
hour**



**\*NEW\***  
**3 LS Care**

Offers home care and support specialising in people with dementia, learning disabilities and physical disabilities.

**Stemben Chaya**  
[schaya963@yahoo.co.uk](mailto:schaya963@yahoo.co.uk)

**£20+  
per  
hour**



Personal Care Providers not registered with the CQC (Care Quality Commission)  
**NORTH ESSEX**



**Westgate Care**

I have over 20 years' experience in a range of caring roles with people of all ages and disabilities. I have a level 7 NVQ in social work and supporting people is my passion. I can help with personal care, domestic support, trips out, respite, hospital discharge, support for adults with learning disabilities, palliative care, stroke after care, etc. **I cover Chelmsford and surrounding areas.**

**Joseph Iwalewa**  
**0757 877 8222**  
[westgatecareinitiat@gmail.com](mailto:westgatecareinitiat@gmail.com)

**£18**  
day time  
and sleep  
ins

**£20**  
waking  
nights





**\*NEW\***  
**Wageway Care Services**

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 learning disabilities, physical difficulties and dementia.

**Eunice Olagunju**  
**07555460290**  
[dannycoojo@yahoo.co.uk](mailto:dannycoojo@yahoo.co.uk)

**£21  
per  
hour**



**Personal Care Providers not registered with the CQC (Care Quality Commission)**  
**SOUTH 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 learning disabilities, physical difficulties and dementia.

**Ebi Ere**  
**07429 624191**  
[enquiry@blissidsupport.com](mailto:enquiry@blissidsupport.com)



**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](mailto:livingspringcare@gmail.com)



**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](mailto:wardjoanne@hotmail.co.uk)



**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](mailto:victoria.williams001@outlook.com)

**£15+  
per  
hour**



**Rain or Shine**

My name is Lorraine, I am an experienced carer with many years working in this field. I offer a home help service which includes all personal care, all domestic help enabling you to stay in your much loved home. We can cook you a meal from scratch, walk the dog, take you out in the community, do the ironing and cleaning the list is endless. A sitting service is available for much needed respite for you and or your loved one.

**Lorraine Giroud**  
**07564364648**  
[l.giroud@hotmail.co.uk](mailto:l.giroud@hotmail.co.uk)



**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](mailto:info@lordgraceltd.co.uk)

**£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](mailto:kudzi@kbsgrp.co.uk)



**I'm At Your  
Service**

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

**Katie Denham**  
**Tel: 07354 462049**



**T&K Helping  
Hands**

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

**Tina Stearne**  
**07714350045**  
[Tina3762@hotmail.co.uk](mailto:Tina3762@hotmail.co.uk)





**\*NEW\***  
**Day & Night**  
**Global Care**

Gladys has been working in Health and Social Care for over thirty years. Her Leadership and Management in her experience and her qualifications and offers the care and compassion clients deserve in the comfort of their own homes. She provides highly trained and experienced care staff to support clients with personal care, dressing and undressing.

**Gladys Mupfudze**  
**07720 880035**  
[gmupfudze@yahoo.co.uk](mailto:gmupfudze@yahoo.co.uk)



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

**SOUTH 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**  
**07533387272**  
[Caretoremember@outlook.com](mailto:Caretoremember@outlook.com)



**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](mailto:k.stevenson@derricknugenthealthcare.co.uk)



**Kay and  
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](mailto:thetwokays@hotmail.com)



**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](mailto:info@zumcare.co.uk)



**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](mailto:liliannwokocha@talktalk.net)  
[www.faireventsltd.co.uk](http://www.faireventsltd.co.uk)

**£18.93  
per  
hour**



**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](mailto:julie@gemini-support.co.uk)  
[www.gemini-support.co.uk](http://www.gemini-support.co.uk)



**Partner in Care**

Offering companionship, befriending, support at home.

**Iyabo Adedoyin  
Taiwo**  
**Tel: 07859143677**  
[Dtaiwo2000@yahoo.com](mailto:Dtaiwo2000@yahoo.com)

**Life Change  
Diverse Living**

Offering home support services, companionship, housekeeping, transportation, laundry, shopping etc.

**Fatima Loum**  
**07957279331**  
[fatima@lcdluk.co.uk](mailto:fatima@lcdluk.co.uk)



Care & Support Providers (that do not offer personal care)  
**NORTH 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](mailto:cddh8790@outlook.com)  
[Tribe - Christina Harding](#)

**£20 per  
hour**





## Go Personnel

At GO Personnel we want to be more than just another agency. We are here to promote independence and meet all your social and wellbeing needs. Our highly experienced and trained staff can support you to become more independent and learning new skills. We can help you going out and about, shopping, attending hobbies and activities, providing 1-1 support at a day centre or with any other social needs and ambitions that you have.

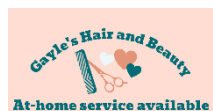
**Sarah Osborne**  
**01206 430 455**  
[sarah@gopersonnel.co.uk](mailto:sarah@gopersonnel.co.uk)

**£17 per hour**  
weekdays

**£20 per hour**  
weekends



Support from Trade Services  
(cleaning, dog walking, errand runners, gardening, handy people etc)  
**NORTH 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](mailto:gkashy@gmail.com)

Service  
dependent





### 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](mailto:info@topflitecleaning.co.uk)

**£20 per hour**



### 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](mailto:tracey@cvprime.co.uk)

**FROM £50+**



Support from Trade Services  
(cleaning, dog walking, errand runners, gardening, handy people etc)  
**SOUTH 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](mailto:Ellie@homefreedomltd.co.uk)  
[Danny@homefreedomltd.co.uk](mailto:Danny@homefreedomltd.co.uk)



**\*NEW\***  
**Helping Handz  
Services**

Gardening, cleaning & outings, and  
entertainment

Lily Thorbourne  
07535 131467  
[info.helphandz@gmail.com](mailto:info.helphandz@gmail.com)

**£15+**  
**per**  
**hour**



**\*NEW\***  
**Debbie Brindle  
Sitting &  
Complimentary  
Service**

Reflexology & companionship

Debbie Brindle  
07770 954492  
[debbie.brindle@btopenworld.com](mailto:debbie.brindle@btopenworld.com)



Support from Health & Nutrition Services  
**SOUTH 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](mailto:harman@nutrificientlife.com)



**Feeding The Family**

Provides a home cooked meal service.

**Keeley Scarborough**  
[keeley@feedingthefamily.co.uk](mailto:keeley@feedingthefamily.co.uk)  
**01268 207009**  
**07896 334646**



**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](mailto:pleasantlypilates@gmail.com)

**£5**  
**online**  
**£10**  
**face-**  
**to-face**



**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](mailto:info@realhealthfitness.co.uk)



Support from Health & Nutrition Services  
**NORTH 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.

I'm a British Wheel of Yoga certified teacher. In my classes I offer the perfect combination of postures, breath work, meditation, mindfulness, astrology, philosophy, poetry, joy and peace. To help you feel at ease, balanced, stronger and more supple. All levels welcome. I offer regular weekly classes in person and via Zoom (see Tribe listing for full info) and one-to-one private lessons.

**Diana Hogben**  
**07476663634**  
[dianahogben58@yahoo.com](mailto:dianahogben58@yahoo.com)

**FREE**



**\*NEW\***  
**Yoga For All**

**Kate Atkinson**  
**07481 404 084**  
[katkinson108@gmail.com](mailto:katkinson108@gmail.com)  
[facebook.com/kateatkinsonyoga](https://facebook.com/kateatkinsonyoga)

**One-to-one session**  
**£45**  
**(online and in person)**



**Classes**  
**£10**



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](mailto:busiswa.madikazi@afiuk.org)

**FREE**



**Craig Tylor Trust**

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

**Karen Pullen**  
**07745331925**  
[thecraigtylertrust@gmail.com](mailto:thecraigtylertrust@gmail.com)



**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](mailto:liz@heads2minds.co.uk)

**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.l.business21@gmail.com](mailto:c.w.l.business21@gmail.com)

**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](mailto:hello@blossome.support)

**£17 per month**



### **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.  
**Assessment and initial session £100.**

**Amelia Clapham**  
**07957 225 109**  
[amelia@acemusictherapy.co.uk](mailto:amelia@acemusictherapy.co.uk)

**£60 online**  
**£70 face-to-face**





**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](mailto:afiukrachel@gmail.com)

**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](mailto:enquiries@dialsouthessex.co.uk)

**FREE**



**Community Sound** Music and instrument tuition

**Ola Adebuseye**  
**07588 712842**

[Info@communitysound.co.uk](mailto:Info@communitysound.co.uk)

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

