

Get in touch with us!



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Office Hours
9:30 - 6pm Monday to Friday

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We stand out from our competitors because of our strong specialist mental health expertise, compassionate leadership approach and commitment to person centred support.



About Us

A service run by two professional mental health registered nurses with over 36 years of experience in the NHS . We offer high quality domiciliary and personal care to people in Hertfordshire.

Specialising in supporting people with mental health needs within the community.





What do we do?

We work in partnership with people to:

- ✓ Maintain Personal care, daily living skills and routines
- ✓ Live safely and independently within their own homes
- ✓ Access healthcare, education, employment, volunteering and community opportunities where appropriate
- ✓ Build confidence, resilience and emotional wellbeing
- ✓ Maintain relationships and social connections
- ✓ Exercise choice, control and independence in everyday life
- ✓ We offer trauma- informed and recovery - focused support to people who use our service



Support will focus on promoting both physical and mental wellbeing, encouraging healthy lifestyles and ensuring people can access appropriate healthcare and community services when needed

Registered with:



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Unlike providers that focus on task based care, we aim to build positive and therapeutic relationships with people using our service.