Helping Hands

Caring since 1989



LIFESTYLE SUPPORT

FOR YOUR INDEPENDENT LIVING



Who are Helping Hands?

Founded in 1989, Helping Hands have been supporting people to stay in the comfort of their own home for over 30 years. Dedicated support at home can provide you with all you need to remain independent with your usual routines in place.

But our support is not only confined to the home, your chosen assistant will also support you to get out and about to enjoy your hobbies and interests as you always have. They can even accompany you on holiday or whilst visiting your beloved family and friends, so there really is no compromise to your social activities and lifestyle.

Support that's focused entirely around ***you***

Our Services

Companionship

Your mental wellbeing is just as important as your physical health, and companionship from our friendly team can enable you to really get the best out of your free time.

Nutrition support

From sharing your passion for great food to trying out new ideas; we can help with everything from meal preparation and grocery shopping all the way through to the kitchen clean-up afterwards.

Housekeeping services

Our assistants can help with cleaning, laundry, ironing, dusting, vacuuming and watering your houseplants, so you can focus on the things that you enjoy the most.

Community support

We understand that life extends beyond your home, so we'll accompany you wherever you need to go, whether it's for an appointment at your GP surgery or a trip to the hairdressers.

Personal care

We'll be there to support you with every part of your daily routine, whether it's getting dressed and ready for the day or settling down for a peaceful night's rest.

Wellness assistant

It's important to keep active, so we'll work with you to improve your health and wellbeing with the activities that you enjoy the most.

Why choose us?

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Family values

Founded as a family business in 1989, our foundation is kindness with **family at the core of everything we do.**

Over 60,000 families

Since our inception in 1989, we have supported over **60,000 families**, enabling more people to stay in the home they know and love and **empowering** them to remain independent.

Every assistant is directly employed by us

Every single one of our assistants is a direct employee of Helping Hands. We never ever use agency staff. This **ensures that every assistant can deliver care to our high standards** and that they are each fully supported in their roles.

Founding member of the HCA

We're a **founding** member of the Homecare Association (HCA), who promote best practice for customers and carers in home care across the UK.

Homecare Association

CQC and CIW regulated

All of our branches are regulated by the Care Quality Commission (CQC) in England and the Care Inspectorate Wales (CIW) in Wales. **We're monitored to ensure we only provide the highest quality of care.**

Care Quality Commission

Arolygiaeth Gofal Cymru
Care Inspectorate Wales

Over 6,000 assistants with regional nurse support

Across the two services we provide, **live-in care** and **domiciliary care**, we have over **160 local branches** and **6000+ assistants** across local communities in England and Wales. We also have **clinical nurses** that provide support with care packages and deliver **high-quality training in-house.**

Nationwide specialists

We're now one of the largest and **most respected** providers of care in the UK. We offer live-in care everywhere across England and Wales, with teams nestled in local communities across the country.

What people say about us…

Trustpilot

Rated highly by our customers

We are rated with an impressive score of **4.7** on Trustpilot, with 90 % of the 1,250 reviews we've received being **4 and 5 stars.**

glassdoor

Employee recommended

Our employees love working here – on Glassdoor we are rated with a score of 4. In a recent survey, **91%** of our carers said they would recommend us to someone as a care provider.

Part of the family

"We have tried various care companies over the years, but nothing comes as close to perfection as Helping Hands has been in the past 5+ years. In the last few years of being with Helping Hands, I have had a team of carers that I can trust as I would my family, and I consider my carers part of the family."

Andy, customer ★★★★★

Next steps to getting the support you need...

Speak to our team

Call our team of experts on **0808 258 5001** to talk through your options and any questions you may have.

Book your free home care assessment

Your local Helping Hands manager will visit you to discuss your requirements and learn about the type of assistant you're after.

Find your perfect assistant

We'll help to match you with an assistant that meets your preferences and has the right skills and experience for your needs.



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LIFESTYLE
SUPPORT

Get in touch

To find out more, please contact our dedicated lifestyle support team on:

0808 258 5001

Email: **partners@helpinghands.co.uk**

helpinghands.co.uk