



Helping Hands Care 4 You Ltd is a home care provider that delivers a person-focused approach to people with mental health and physical disabilities that require assisted living support.

"Exceptional and Compassionate In-Home Care."

"Loving Care for Your Loved Ones"

An Alternative to the Care Home.

Need Our Help?

If you require our assisted living services for you, a relative or a friend.

Domiciliary care service



Call: 020 8158 6705
Mob: 07443 573 088
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**HELPING HANDS
CARE 4 YOU**



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ABOUT US



Helping Hands are passionate about providing high-quality care that meets individual's needs. We understand that every individual is unique human and needs the person centred care. We monitor our quality of care and we are our services are outcome based. Helping Hands aimed at improving the health wellbeing of our service users.

Helping Hands strive to provide trusted care service, built upon our ethos of empathy, understanding, transparency and commitment .

Our brilliant staffs are well trained and

experienced, determined to provide a excellent care to service users.

CQC Registered and Regulated



Loving Care for Loved Ones

Services:

Person Centred Care at Home

- Personal Care**
- Medication Administration**
- Meal Preparation**
- Sitting Service**
- Accompany to Doctor's visits**
- Grocery Shopping support and Laundry**
- Socializing and Activities**
- House Keeping/Home management.**



Personal Care Services.

- **Dressing**
- **Bathing**
- **Incontinence**
- **Mobility Assistance**

Managing Behaviors

Assisting with Daily Living Activities
Encouraging Engagement
Safety Checks.

Helping Hands Care 4 You Ltd

Bespoke home care support for people with disabilities and mental difficulties in East London. Here to lend a Helping Hand.