



Home Care in Kent and London

CQC registered | Member of the National Care Association

ABOUT US

Springlite Care is a CQC registered home care provider, part of Springlite Resources Ltd. We help adults live safely and independently at home with care that is personal, respectful and reliable. Every person we support has a care plan built around their needs and goals, delivered by trained carers who are DBS checked, reference checked and interviewed in person.

OUR SERVICES

- **Domiciliary Care**
Visiting care in your own home, shaped around your routine.
- **Personal Care**
Discreet help with washing, bathing, dressing and grooming.
- **Medication Support**
Prompting and, where authorised, administration of medicines.
- **Companionship Care**
Friendly visits, conversation and help getting out and about.
- **Domestic Support**
Light housework, meal preparation, shopping and laundry.
- **Dementia Care**
Calm, consistent support that protects familiar routines.
- **Complex Care**
Support for long term health conditions and disabilities.
- **Hospital Discharge**
Help settling home safely after a hospital stay.
- **Live-in Care**
A dedicated carer living with you for round the clock support.

AREAS WE COVER

We provide care across Kent and London, including:

Kent

Bexleyheath, Welling, Erith, Barnehurst, Crayford
Belvedere, Dartford, Bexley Village, Sidcup, Swanley
Gravesend

London

Greenwich, Woolwich, Eltham, Lewisham, Bromley
Orpington, Sydenham

WHY FAMILIES CHOOSE US

- **Carefully matched carers**
The same familiar faces, who get to know you well.
- **Safely recruited team**
DBS checked, reference checked and trained before joining.
- **Care plans built around you**
Reviewed regularly and adjusted as needs change.
- **A local office you can call**
Speak to a real person on Erith Road, not a call centre.

HOW TO ARRANGE CARE

- 1 Call us or send an enquiry through the website.
- 2 We arrange a free, no obligation visit to talk through what you need.
- 3 We agree a care plan and match you with carers who suit you.

OUR OFFICE

Springlite Care, 324 Erith Road,
Bexleyheath, DA7 6HJ

GET IN TOUCH

Phone: 07481 734 972
Email: info@springlitteresources.co.uk
Web: www.springlitteresources.co.uk

