



1hg 1ST Healthcare
Group

Trusted Care, Tailored to You

At 1st Healthcare Group, we are committed to delivering exceptional care that empowers individuals to live comfortably and confidently at home.

With our compassionate and experienced team by your side, you'll find a trusted partner to support you every step of the way. By choosing 1st Healthcare Group means choosing a personalized, reliable service designed around your unique needs.

As a CQC-regulated provider with a commitment to quality and backed by over 20 years of experience, we strive to meet the highest standards in care, ensuring safety, dignity and peace of mind for you and your loved ones.

No matter the circumstance, our mission is to provide compassionate, respectful care that makes a genuine difference through life's many journeys.



Regulated by



Our Ethos

Compassionate Care: Every person deserves kindness and respect. We focus on understanding each client's unique needs, providing personalized care that builds trust and comfort.



Integrity: Honesty and transparency are central to everything we do. We uphold the highest ethical standards to ensure clients feel secure and valued.

Excellence: Our commitment to exceptional service means constantly improving and staying at the forefront of healthcare advancements for the best client outcomes.

Collaboration: Effective care requires teamwork. We partner with clients, families, and healthcare professionals to create a supportive network for optimal care.

Community Commitment: Our mission extends beyond individual care – we are dedicated to making a positive impact in our communities through health, wellness and support initiatives.

Our Carers

At 1st Healthcare Group, we are meticulous in selecting our caregivers. We believe that the right match can transform care into a meaningful experience.

Our team consists seasoned caregivers with extensive experience in regulated settings, whether from other agencies or residential care homes.

Each caregiver goes through a rigorous selection process. We conduct personal interviews, gather three professional references, verify their current DBS status and ensure they have the legal right to work in the UK.

What truly sets our caregivers apart is their genuine kindness, compassion and flexibility. We understand that the heart of exceptional care lies in the personalities behind it.

At 1st Healthcare Group, our caregivers are not just providers; they are companions dedicated to enhancing your quality of life.



Home Care Services

Your Comfort, Our Care

Home Care allows individuals to live independently in the familiarity of their own homes.

Our compassionate caregivers provide support with daily tasks, personal care and companionship, all tailored to your unique needs.



Personal Care: Our caregivers assist with personal hygiene, dressing and grooming, ensuring clients feel dignified and comfortable.

Meal Preparation: We prepare nutritious meals tailored to each client's preferences and dietary needs.

Medication Reminders: Our caregivers provide timely reminders to ensure clients take their medications correctly.

Mobility Assistance: We help clients move safely around their homes, supporting their independence and confidence.

Companionship: Our caregivers offer meaningful interactions and companionship, engaging clients in conversations and activities.

Light Housekeeping: We will perform housekeeping tasks so your loved one can enjoy the peace of mind that comes with a clean and uncluttered home.

Specialist Care Services

Tailored Expertise for Complex Needs

Our Specialist Care is designed to support individuals with conditions such as dementia, Parkinson's and learning disabilities.

With a focus on maintaining independence and dignity, our skilled caregivers ensure each client receives the specific support they need.



Dementia & Alzheimer's Care: We offer tailored memory support that enhances cognitive engagement and provides comfort, ensuring that each client feels valued and understood.

Parkinson's & MS Care: Our caregivers provide skilled assistance with mobility and daily tasks, helping clients maintain independence while navigating challenges with confidence.

Autism & Learning Disabilities: We deliver structured care that respects individual routines, creating a supportive environment that fosters independence and understanding.

End-of-Life/Palliative Care: Our compassionate team focuses on comfort and dignity during life's final stages, providing emotional support and ensuring a respectful and peaceful experience for clients and families.

Rehabilitation Care Services



Rebuild Your Strength and Confidence

Rehabilitation Care supports recovery after hospital stays, surgery or illness. Our team offers personalized, attentive care, focusing on restoring strength, mobility and confidence for a smooth transition back to daily life.

Physical Therapy Support: We provide targeted exercises and movement assistance to help clients regain strength and improve mobility, facilitating a smoother path to recovery.

Post-Surgical Care: Our caregivers offer thorough progress monitoring, medication management, and wound care, ensuring that clients receive the support they need during their healing journey.

Injury Recovery: We deliver personalized healing support tailored to each individual's recovery needs, promoting comfort and encouraging confidence as they navigate their path to wellness.

Daily Living Assistance: Our dedicated team helps with personal care and daily routines, empowering clients to maintain their independence while ensuring they feel supported and dignified in their everyday lives.

Residential Care Services

A Home Away from Home

Our Residential Care facilities offer a secure, supportive living environment for those who need full-time assistance. Here, residents receive help with daily activities, medical care and enjoy a sense of community – all while feeling at home.



24/7 Personal Care: Our dedicated team provides continuous assistance, ensuring that clients receive the support they need for comfort and dignity around the clock, so they can feel secure in their own homes.

Medication Management: With professional oversight, we ensure safe administration of medications, giving clients and their families peace of mind that health needs are being carefully monitored and met.

Social Activities: We organize engaging events and activities that foster community connections and promote overall well-being, allowing clients to enjoy meaningful interactions and a vibrant social life.

Housekeeping and Meals: Our caregivers handle laundry and cleaning while also preparing nutritious meals, creating a clean and inviting home environment that supports health and enhances the daily living experience.

Cleaning Services

Keeping Your Space Clean, Safe and Welcoming

Our Cleaning Services provide dependable cleaning to keep your home tidy, sanitized and comfortable. As a standalone service or part of a care package, we handle the cleaning so you can focus on what matters.



Routine Cleaning: We provide regular dusting, vacuuming and sanitizing, ensuring that your home remains a clean and comfortable sanctuary where you can relax and thrive.

Deep Cleaning: Deep cleaning service offers a thorough refresh of all rooms, tackling those hard-to-reach areas and ensuring every corner is spotless for a fresh start and a healthier living space.

Laundry and Linens: We take care of washing and changing linens, creating a welcoming atmosphere that feels fresh and cozy, so you can enjoy a sense of comfort and cleanliness in your home.

Kitchen and Bathroom Cleaning: Specializing in sanitizing high-use areas, we ensure that kitchens and bathrooms are not only clean but safe, helping to reduce germs and provide peace of mind in your daily routine.



What's next?

Get in touch today

Call us on **0203 633 0745**

Our friendly team of experts are available to talk through your care needs 7.30am to 5.30pm, seven days a week.

Enquire online

If you would prefer, or if you are looking outside of our core office hours, then you can enquire online by visiting **www.1sthealthcaregroup.co.uk** we will then be in touch with you as soon as possible to discuss your care needs.

Visit us in branch

If you live local to Waterlooville, then feel free to pop in and talk with our team. We recommend calling ahead to ensure someone is available to speak with you.

**62 High Street,
Ramsey,
Huntingdon,
PE26 1AE**

We hope that through reading our brochure, we have helped you understand our services and offered an insight into the level of care you might hope to receive.

We look forward to hearing from you.

