

STARSOFSUDBURY

1 Oak Home Care takes a fresh approach to care

1 Oak Home Care is truly one of a kind. The company was founded by local businesswoman Angel Doyle in January 2017, who, after hearing all too many stories of care workers being overworked and elderly people being mistreated, decided that she wanted to make a positive change in the care industry. The company began taking on clients in May 2017, and has grown rather rapidly in the years since.

The team now encompasses 25 highly-trained carers, who help clients to continue living comfortably at home, while enjoying an improved quality of life. As well as providing essential personal care, the team also carries out helpful tasks

Serving Sudbury and its surrounding villages, this local care company helps elderly citizens and vulnerable adults to enjoy a better quality of life while living at home

such as grocery shopping, cleaning, gardening and meal preparation, to help clients with looking after their homes. What's more, the team also provides some all-important companionship for each person that they visit, and a friendly



Angel Doyle, founder and managing director of 1 Oak Home Care

face throughout the day.

In August 2018, Angel and the team opened a new day centre in Acton, just outside of Sudbury. The centre offers a space for elderly people from the local community to come together and socialise with others, in a safe environment managed by professional carers. Visitors can drop in to the centre and participate in a range of activities, including arts and crafts, traditional bingo games, dancing and singing. The team also organises reminiscence

activities that are specially designed for those who are living with dementia, helping them to connect with their memories and recall happy times.

Open three days a week, on Tuesdays, Wednesdays and Thursdays, the day centre is an intimate space, welcoming around 6 – 8 guests each day. This smaller group allows for greater interaction and connection between both guests and carers, and ensures that each visitor receives the level of attention and care that they require.

“Something that really sets us apart is the relationships that we have with all of our clients and their families,” Angel said. “I know each of our clients by name, as well as the names of their families, their pets – you name it! No matter how much the company grows in the years to come, this personal touch will always stay the same.”

For more information on 1 Oak Home Care, please phone 01787 326555, or visit the website: www.1oakcare.com

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