




**DISTRICT
HEALTH**

HOME HEALTHCARE

Compassionate
care in the comfort
of your own home



Supporting independence, dignity and
wellbeing with personalised care.



**We help people
live safely and
independently
at home.**

At District Health, we are more than just a care provider, we are a dedicated partner in your wellbeing.

Whether you need a little support during the day or full-time care, we are here to help you live life on your terms.

We combine compassion, clinical excellence and innovation to provide high quality care at home.

Every plan is tailored to the individual, *because no two lives, or needs, are ever the same.*

We are a friendly, professional team based in Plymouth ...

Meet your local team



Joanne Green

Care Manager (CQC RM)



Lucy Styler

Senior Lead



Helen Bainbridge

Care Coordinator & Finance Officer



Chloe Reynolds

Team Leader



Paula Freeborn

Recruitment & Training Officer



Sophie Partridge

Administrator

.. always ready to support you and your family.

Why choose care at home?

Staying at home offers more than just comfort - it gives you control, peace of mind and a familiar space to thrive in.

With District Health, you can:

- Remain in your own home, close to the things and people you love
- Choose care times that suit your lifestyle, from 30 minute visits to 24/7 support
- Welcome visitors freely, with no visiting hours
- Enjoy meals and routines on your terms

All care is personalised - from a helping hand during the day to full overnight support. Our fully trained carers are DBS-checked, skilled, and genuinely passionate about making a difference.

Not sure what you need?

We offer free, no obligation care assessments.

Our services include:

- Personal care - washing, dressing, toileting
- Medication support and reminders
- Meal preparation and hydration support
- Companionship and wellbeing check-ins
- Respite care for family carers
- Overnight or live-in care
- Specialist support - including dementia care, hospital discharge & palliative care

We provide flexible homecare for adults aged 18 and over - from light daily support to complex needs.



Testimonials

Why families trust District Health

“

Where I am disabled in many ways, I'd love to say they are always willing to help, and can't do enough for me at any time of the day. I just can't thank them enough for everything they do.
So Thankyou, Thankyou, Thankyou!

”

Rachel, Torquay

“

I would highly recommend them because all the staff are so friendly, Kind, caring and cant do enough any time of the day and are so supportive. I can recommend them a lot and class them as the no1 care agency, thankyou for all you do!

”

Paul, Newton Abbot

“

[District Health] are the number 1 carers in Torbay, the care staff and admin staff are so helpful and caring. My Mother has really had her ups and downs during the last couple of years but [District Health] have been so supportive that she feels safe and able to continue life in her own home with her cat. I can't thank [District Health] enough for all their help.

”

Christine, Paignton

“

They are absolutely amazing with my Dad, after having an awful experience at a care home with Dad, these beautiful and caring people really know what care is, I couldn't recommend highly enough.

”

Karen, Kingskerswell



plymouth@districthealth.care



0330 380 2236

Getting started is simple

Lets make care easy and stress free



Give us a call, tell us your needs and we will explain your options.

1



Book a free care assessment. We will visit you at home to build a plan that works for you.

2



Start your personalised care. Care begins when you are ready, with flexibility to adjust over time.

3

We are proud to be CQC-registered provider, working closely with Torbay and Devon County Councils, as well as local NHS Trusts, to meet the highest standards you deserve.



CQC Registered 1-3670676369



Your local homecare provider

Contact us:



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