The South Ayrshire Micro-Enterprise Project is being lead by Ayrshire Independent Living Network and Ayrshire Beats, in partnership with South Ayrshire Health & Social Care Partnership, South Ayrshire Council, Growbiz and Voluntary Action South Ayrshire. The project aims to increase choice and diversity in the local social care and support field by supporting existing and emerging micro care and/or support providers. This list has been produced for people who may be interested in purchasing micro care and/or support services and is made up of micro providers that are known to the project and that have given their consent to being included in the pilot. A micro provider’s inclusion on this list is not an indication that the provider concerned has been accredited by Ayrshire Independent Living Network or the partners involved. For more details contact project coordinator Kirsti Bell at microenterprise@ailn.org or call 07951795337. Kirsti can also help link you in with existing voluntary community supports in your area. Or if you would like support to become a Micro-enterprise, please contact Ayrshire Beats enquiries@ayrshirebeats.co.uk

**Micro Providers proving Care & Wellbeing Support services**

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| **Services & Contact Details**  | **Description of Service** | **Area Covered** |
| Ayrshire Healing CentreTracey McCrindleTel: 07841513827 Email: ayrshirehcretail@gmail.comFacebook: [*https://www.facebook.com/profile.php?id=100086533747586*](https://www.facebook.com/profile.php?id=100086533747586) | Tracey is a qualified & insured holistic therapist based in Ayrshire Healing Centre. Tracey offers Reiki, sound healing, energy healing, biofield clearing, and spiritual guidance. These therapies can greatly help anyone living with chronic pain, depression or anxiety. Ayrshire Healing Centre has strong links with NHS and Health & Social Care and a proven track record of helping people to manage their stress and pain levels. Therapy days are flexible. | South Carrick and Wider South Ayrshire |
| **Services & Contact Details**  | **Description of service**  | **Area Covered** |
| Lisa Tural Email: ltural81@gmail.com | I have 20 years’ experience in Care. My experience is wide ranging, working in a care home, in Hansel, the Ayrshire Hospice and working with children at my local after school club. I also have experience working in client’s homes. I have an SVQ 3 in Social Care and have completed the following training:Palliative Care/ Moving and Handling/ Understanding Equality and Diversity/ Oral Health/ Dementia Awarenessand Food Hygiene.**I offer: Therapeutic sessions including arts and crafts, nail, hair, light exercise and housework, going out for Walks, visiting café or visiting special groups which would give aging adults a sense of purpose and avoid feelings of loneliness, all would be person centred down to each individual.** | Ayr, Prestwick, Alloway, Doonfoot |
| Alba Health & Wellbeing**Email:** **cdascotland@gmail.com****Contact details: 07785531258** | I am: Qualified and experienced in various health and wellbeing programmes including Pilates, gentle exercise, wellbeing workshops including aromatherapy, mindfulness and reiki, arts and crafts workshops.**I offer: Health and wellbeing workshops**  | Ayrshire |
| **Name & Contact Details**  | **Description of Service** | **Area Covered** |
| Tom CrichtonEmail thomas.crichton@gmail.comPhone 07598 261035 | I am: A trained Support Practitioner with experience of working with adults with learning disabilities.Experienced in providing support to elderly and disabled people to resolve a variety of issues (including benefits, pensions, bus pass, blue badge, passport, utilities, wills etc).Fully conversant and comfortable with set-up and troubleshooting of technology used in and around the home. (e.g. computers, tablets, phones, TV, WiFi etc). **I offer:** **Befriending – accompanying to events, home visits, listening, banter & chit-chat.****Domestic Tasks – housework, shopping, meal preparation, dog-walking.****Transport - to appointments, events, shopping.****Social Activities – arrange, accompany.****Technology Assistance – phone, tablet, computer, TV, internet, smart-home.****Advocacy – represent and provide hands-on assistance in sorting queries & issues, completing applications and forms etc** | Ayr, Prestwick, Troon |
| **Name & Contact Details**  | **Description of Service** | **Area Covered** |
| Name: Jane DickieEmail: m.janedickie@googlemail.com | I am an experienced social care worker with over thirty years of experience in various areas of social care. I have an HNC in social care and I am currently registered with SSSC and employed within the local authority. Full disclosure in place. I am also experienced in the care and support needs of young people and adults with additional needs and autism. I have previous experience of dementia care at home and also care and support for adults with physical disabilities.**I offer: individual support in your own home tailored to your needs. Companionship and assistance as required. Hourly daily and overnight support Respite support for families in your own home** **Assistance with meals shopping light housework and outings as required.** Everyone is unique, and all requirements will be tailored to your needs discussed and agreed upon to ensure you are happy with the service. What to expect: someone honest reliable and friendly who enjoys helping others whether it be whipping up an omelette or playing a game of scrabble, assisting to the swimming pool or a shopping trip to overnight support to allow carers/family time off | All areas of Troon, Girvan and Barrhill , other areas may be considered  |

 Disclaimer:

Please note – whilst every care has been taken in the compilation of this information, The Directory of Care & Wellbeing (Micro Enterprise) and its contents are offered in good faith. Information in the directory has been provided by the businesses so although reasonable efforts have been made to ensure the accuracy of the information, Ayrshire Independent living Network and Ayrshire Beats do not accept responsibility for any inaccuracies, errors or omission. We cannot guarantee quality or satisfaction of the services of any provider on this list and we will not arbitrate or participate in resolving any dispute that you may have with any provider on this list.

It is the responsibility of the person being supported/cared for and/or their legal representative to interview potential providers, check their service portfolio and decide whether they are a good fit. The Micro’s should be able to show you their qualifications, references and any other evidence required to show that they are a safe and responsible provider.