



Thrive in Action

At Thrive Homecare, we believe the best way to show what we do is through real stories of people we've supported.

Inside this brochure you'll find examples of how our colleagues have helped rebuild confidence, supported independent living and enabled people to thrive in later life.

Each story shows the impact of our wellbeing-first, relationship-centred approach and how attention to the finer details can truly shape better lives.

Regulated by



☎ 01227 935977

✉ hello@thrivehomecare.co.uk

🖱 www.thrivehomecare.co.uk

Maintaining Independence after a Fall

Providing tailored home care to support recovery

When we first met...

Audrey* is a remarkable lady who recently celebrated her 100th birthday. She takes great pride in living independently, maintaining her routine, and caring for her much-loved cat, who is an important part of her life. After experiencing a fall, her solicitor contacted us for an urgent assessment to ensure she had the right support in place.


How we helped...

Within 24 hours, a tailored support package was set up, with visits three times a day from our Health & Wellbeing Associates. Audrey's routine and preferences were carefully respected – from daily habits to the care of her cat. Through patience, consistency, and genuine attention, our colleagues built a meaningful, trusting relationship with her.

The difference it made...

- **Independence:** Audrey continues to live independently, feeling safe, valued, and connected.
- **Wellbeing:** Enjoying the company of her cat and supportive visits, Audrey experiences a positive, reassuring daily routine.
- **Empowerment:** What began as a challenging transition has become a supportive experience, allowing Audrey to live life on her own terms.



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Apathy & Withdrawal

Working alongside the care home to encourage engagement

When we first met...

Harry* had once been a publisher with passions including poetry, naval history and birdwatching. After moving into a care setting for his own safety, it became clear that he was no longer engaging with the books, activities, and interests that mattered most to him. His identity felt lost, his mood low, and his connection to the things that mattered to him was fading.

How we helped...

We took time to listen, learning Harry's history, interests and preferences. We placed his beloved books within easy reach, introduced favourite snacks, drinks and daily habits.

We built trust through companionship, allowing him to share at his own pace, discussing poetry, naval stories, and birdwatching, without pressure.

We created meaningful, tailored experiences for him; sensory walks tuned to birdsong, a falconry visit and online tours of naval museums.

The difference it made...

- **Purpose:** Harry rediscovered meaning and regained a sense of agency, venturing out of his room and joining communal spaces.
- **Connection:** He reconnected with his identity, interests, and family, enjoying warm, regular visits with his sisters.
- **Wellbeing:** His emotional and physical health improved, mood lifted, isolation reduced, and risk factors from disengagement significantly lowered.

Cognitive Decline and Dementia

A concerned neighbour raised the alarm

When we first met...

Milly* is a warm and sociable lady who had always lived independently in her beloved home. But as the COVID-19 pandemic unfolded, so did concerns for her wellbeing. Milly's neighbours raised the alarm. She had lost a noticeable amount of weight, was struggling with daily life, and had become visibly withdrawn. Meals on wheels had been arranged, but she was often forgetting to eat them. Behind closed doors, bills were going unpaid and even her electricity had been disconnected.

How we helped...


We began supporting Milly a few hours a week, focusing on practical support and gentle companionship. As her needs grew, she welcomed live-in support, quickly forming a close bond with her carer.

Milly flourished with daily walks, chats, trips out, and help with appointments, all while staying in the home she loved. As her dementia progressed, she moved to a local nursing home, where we continued regular visits to provide familiar companionship, continuity, and comfort.

The difference it made...

- **Relationship-led support:** enabled Milly to thrive, once again enjoying daily life.
- **Companionship:** meaningful connections provided continuity of support through times of change.
- **Health & Safety:** Milly's companion spotted health concerns and worked with the care team to keep her safe and well.



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Overcoming Social Isolation

Peace of mind for the family

When we first met...

Gerald* in his 50s, was living with the long-term effects of a head injury from a car accident in his youth, which impacted his speech, memory, and mobility. His sister, who had been his primary support, found it harder to balance his care with her own family responsibilities. Emotionally, both Gerald and his family were feeling the strain – he wanted to enjoy the simple things in life, but lacked the support to make this possible. There was growing concern about his isolation and overall wellbeing.

How we helped...

We began by talking with Gerald and his sister to understand what mattered most to him. His wish was simple but powerful: “I just want to be like anyone else – go down to the pub and have a beer.”

We matched him with a companion who shared his sense of humour, quickly bonding over banter and socialising. Practical support included home safety adjustments and help with everyday tasks, while encouraging activities he loved.

When his health declined, his companion stayed by his side in hospital and continued visiting after he moved into a care home – helping him settle in, maintain friendships, and keep enjoying those cherished pub visits.

The difference it made...

- **Confidence:** Gerald rediscovered self-assurance and a sense of belonging.
- **Purpose:** Regular visits, outings, and lively conversations brought him joy and meaning.
- **Continuity:** Consistent companionship, even as his health declined, ensured he never felt alone.
- **Peace of mind:** His sister was reassured knowing he was supported, happy, and valued by someone who genuinely understood him.

Transitioning to a Care Home

Reassurance for friends

When we first met...

Penny* faced the challenge of moving to a care home. Due to her complex dementia, it became unsafe for her to remain at home. Penny had spent many years in her village, surrounded by familiar faces and places. So the move to new surroundings was a significant change, leaving her feeling unsettled. She missed her old home and found it difficult to connect with her new environment, which added to her feelings of unease.

How we helped...

We matched Penny with a companion who shared similar interests. And we worked closely with Penny's life-long friend to understand her likes and dislikes, ensuring everything felt familiar and personal. Respect and dignity guided every interaction, from knocking before entering her room to creating a space filled with photos, ornaments, and practical adjustments she loved. We introduced music therapy and gentle pet sessions, sparking happy memories and tears of joy. Our support continued throughout her journey, always alongside her, offering companionship and comfort until she reached the end of life.

The difference it made...

- **Happiness:** Penny experienced genuine moments of joy and connection, especially through music and pet-based activities.
- **Comfort:** She gradually became more settled and at ease in her new home.
- **Connection:** A deep, trusting relationship with her companion gave Penny a sense of security and friendship.
- **Reassurance:** Her lifelong friend found comfort knowing she was receiving compassionate and personalised support.





Meaningful Relationships

Working with solicitors to protect welfare and wellbeing

When we first met...

Giles* didn't have family nearby and was often alone. His solicitor got in touch with us to see if we could support his health and welfare. When one of our companions began visiting a couple of times a week, it was simply to provide friendship, conversation, and a reassuring presence. Over time, shared interests in Greek mythology and English literature helped build a weekly rhythm of meaningful interaction, laughter, reminiscence and companionship.

How we helped...

Our companion developed a trusting relationship with Giles, gradually supporting practical tasks such as shopping, tidying the garden, and organising home maintenance. As his health declined, the companion liaised with healthcare providers, managed appointments, and ensured he received the support he needed, advocating on his behalf when necessary. The relationship provided Giles with reliable support, so he could focus on enjoying his days while knowing someone was looking out for him.

The difference it made...

- **Support:** Giles felt safe, cared for, and genuinely supported both practically and emotionally.
- **Reassurance:** His solicitor felt confident that his welfare was being actively monitored and enhanced.
- **Stability:** The companion's presence provided trust and consistency, helping Giles maintain dignity and independence.

Rediscovering Passions

The importance of having meaning and purpose

When we first met...

At 101, Danny* had everything he needed to survive – food, shelter and people who could step in when practical support was required. But when one of our companions began visiting, she sensed something was missing. His days had become quiet routines, and the spark that once defined him had dimmed.

How we helped...

By listening we uncovered Danny's rich story; a man who had left accounting to follow his heart and become a successful artist. We reminisced with him about the artist who first inspired him and reconnected him with painting again, surrounding him with inspiration from the art world.

Alongside creativity, we supported new adventures, from rediscovering oils to learning how to use an iPad, taking virtual trips to Dubai, Kew Gardens and the National Gallery.

The difference it made...

- **Joy:** Danny's days became full of colour, laughter, and choice.
- **Creativity:** He rediscovered his creativity and found delight in exploring new places and ideas.
- **Purpose:** At 101, he felt alive, engaged, and inspired with a renewed sense of meaning.





A Trusted Confidante

Companionship for emotional support

When we first met...

Maggie* is 93 and has outlived all her close family. While the nursing home provides excellent care, she has very few visitors and being largely confined to her bed limits her contact with other residents and participation in activities. Maggie also carries deep emotional losses, including the premature passing of her two children and the death of her husband shortly after his retirement.

How we helped...

Our companion visits weekly, providing trusted company and engaging conversation, exploring treasured memories, life stories, and current affairs.

We bring elements of Maggie's passions and past experiences into each visit – from creative activities like flower pressing to foodie treats such as a cheese tasting.

But most importantly, our companion is a reliable comfort and confidante for Maggie.

The difference it made...

- **Companionship:** Maggie enjoys regular, trusted visits that bring comfort, connection, and emotional support.
- **Engagement:** She participates in personalised activities reflecting her interests, history, and passions, adding joy and purpose to her days.
- **Wellbeing:** Over time, these moments have enhanced her quality of life, showing the profound impact of consistent, thoughtful companionship.

From Bedbound to Active

Working with the care team to encourage activity and build strength

When we first met...

Julie* had recently moved into a care home after repeated falls and hospital stays. Accustomed to living independently, she found herself in an unfamiliar environment, and largely bedbound. Her physical capabilities had declined, and the move, compounded by dementia, left her feeling helpless and disconnected from the active life she once enjoyed.

How we helped...

Working closely with the care home staff we focused on safely supporting Julie out of bed and gradually reintroducing activity into her day, to slowly build her strength. Additional daily companionship allowed her to participate in activities she enjoyed, including gardening, socialising with other residents, and going for afternoon tea with a friend. Support was tailored to her needs, emphasising choice, dignity, and wellbeing while encouraging mobility and engagement.

The difference it made...

- **Mobility:** Julie regained movement, confidence, and independence, spending more time active and engaged.
- **Connection:** She reconnected socially, enjoying meaningful interactions with other residents and friends.
- **Joy:** Julie rediscovered pleasure in her daily activities and routines.





Staying Engaged and Inspired

Our creative approach

Inspired by Monet...

At Thrive, we believe that creativity and imagination should never be limited by mobility or location. Derek*, is a gentleman living in a care home with a deep love of art. Derek's companion Elizabeth had been to see the immersive Monet exhibition which fuses huge projections of Monet paintings with music and soundscapes. She knew he would love it, but with his physical challenges, a trip to London would be exhausting and potentially stressful for him.

Bringing creativity to life...

So, with a bit of creative thinking, we managed to recreate the experience for him without the need to go anywhere. Using a YouTube collection of Monet's paintings, a borrowed projector, and a large white sheet as a screen, Elizabeth managed to transform a quiet room into a wrap-around cinema. Windows were dimmed with brown paper, speakers were connected to play relaxing classical music, and tea and biscuits were ready to enjoy.

An immersive morning of joy...

Derek was comfortably settled in an armchair, and four other residents, intrigued by the experience, were invited to join. As the vivid brushstrokes of Monet filled the wall and music from Einaudi played, Derek and his companions relaxed into the soothing display. Savouring the music and the art around them, Derek reflected, "What a beautiful morning." This is just one example of how our companions at Thrive Homecare think creatively to make meaningful, joyful moments possible, turning inspiration into experience.

Dignity and Wellbeing

At Thrive Homecare, every person is treated with dignity, respect, and a focus on what makes life meaningful. We believe that wellbeing is about more than practical support, it's about connection, choice, and the small details that bring comfort and delight to everyday life.

Personalised Support


Our colleagues work closely with individuals and their family to create moments of joy, companionship, and purpose. That will look different for everyone, from a falconry visit to chats about Greek mythology. We tailor our approach to each individual, combining professional expertise with genuine warmth and a creative approach.

Reassurance for Families

Families often tell us how reassuring it is to know we are there, not just for practical support, but for companionship and continuity. At Thrive, a Wellbeing Specialist first gets to know the individual and creates a personalised Care & Wellbeing Plan. We then introduce a matched Health & Wellbeing Associate or a Companion. Through daily visits and quarterly wellbeing consultations, we transform lives and provide peace of mind for families.

At Thrive Homecare, our mission is to ensure older people enjoy the best possible quality of life. We aim to bring joy, purpose and connection back into the everyday, helping them to

Live Life in Colour

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