

# VossCare

Group

*Empowering Lives.  
Strengthening Care.*

# POST-HOSPITAL & REABLEMENT CARE

SERVICE BROCHURE



# POST-HOSPITAL & REABLEMENT CARE

## **Focused support to help individuals recover, regain confidence, and return to independent living.**

Leaving hospital can be overwhelming, especially when mobility, strength, or confidence has been affected. Our Post-Hospital & Reablement Care service provides structured, short-term support to help individuals recover safely at home, rebuild independence, and reduce the risk of hospital readmission.

We work collaboratively with NHS teams, hospital discharge planners, physiotherapists, social workers, and families to create a personalised reablement plan tailored to each person's needs, goals, and pace of recovery. Whether support is required for a few days or several weeks, our focus is always on helping each individual regain strength, stability, and confidence in the place they know best — home.



# WHAT POST-HOSPITAL & REABLEMENT CARE SERVICE INCLUDES

## Mobility, Strength & Physical Support

- ♥ Assistance with moving safely around the home
- ♥ Help with transfers (bed, chair, toilet)
- ♥ Support with physiotherapy exercises and mobility routines
- ♥ Fall-prevention strategies and home safety guidance

## Personal Care During Recovery

- ♥ Help with washing, dressing & continence
- ♥ Assistance with morning and evening routines
- ♥ Sensitive support that maintains dignity and comfort

## Medication & Health Management

- ♥ Medication prompts or administration
- ♥ Monitoring of symptoms, wellbeing & recovery progress
- ♥ Support with medical appointments and follow-up reviews

## Restoring Daily Routines

- ♥ Gradual reintroduction of activities like cooking, cleaning & self-care
- ♥ Building confidence with everyday tasks
- ♥ Encouraging independence at each step of recovery



## Longer-Term Support if Needed

- ♥ Transition to ongoing homecare packages
- ♥ Continuous goal-setting and progress reviews
- ♥ Family updates and care plan adjustments

# WHO THIS SERVICE IS FOR?



Post-Hospital & Reablement Care is ideal for individuals recovering from:



**Surgery or** medical procedures



**Falls, fractures,** or mobility issues



**Stroke or** neurological conditions



**Acute illness** or infection



**Deterioration in** mobility, strength, or confidence



**Hospital admissions** due to chronic conditions

---

It is also suitable for those who may not qualify for NHS-funded reablement but still need structured recovery support at home.

# WHY CHOOSE REABLEMENT



## SUPPORT FROM VOSS



**Reduces risk** of readmission and complications



**Promotes faster,** safer recovery



**Restores independence** and confidence



**Provides coordinated care** with NHS and multidisciplinary teams



**Tailored support based** on personal goals, not a fixed programme

---

Our reablement service focuses on achieving meaningful progress, no matter how small each step may be.

# OUR PROMISE

Recover  
**stronger.**

---

Return  
**home safely.**

---

Rebuild  
**confidence.**



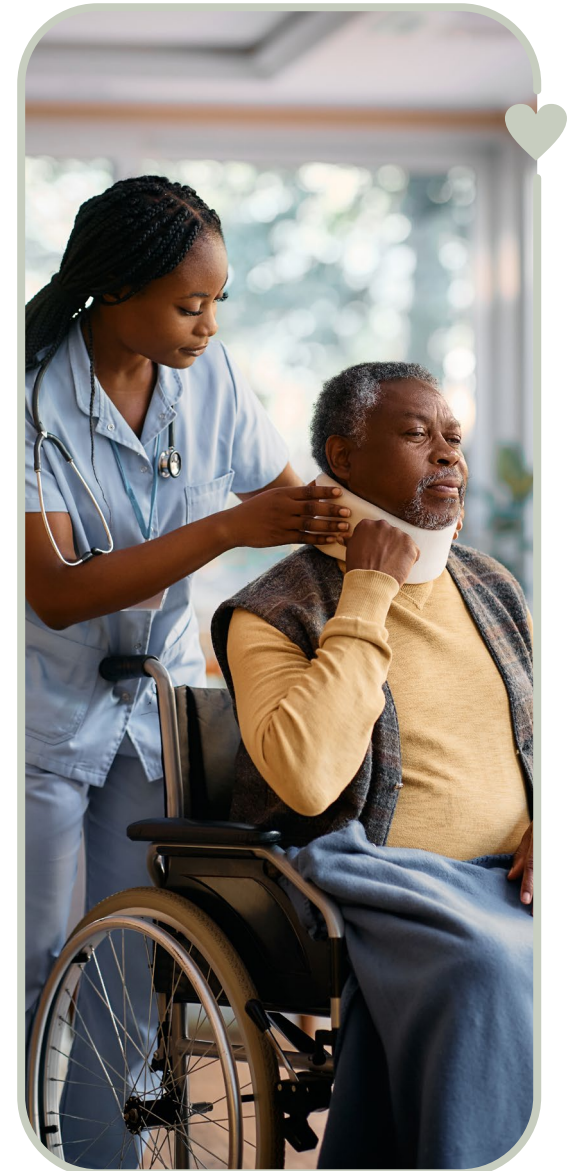
# ABOUT US

## Led by Decades of Clinical, Regulatory & Healthcare Leadership

Voss Care Group was founded with a clear purpose: to raise the standard of homecare, supported living and community support across the UK. Our leadership brings **over 40 years of combined experience** across nursing, public health, CQC regulation, clinical advisory services, and healthcare quality improvement.

Our services are shaped and overseen by **Blessing Mati Gwindi**, a highly experienced healthcare and regulatory professional with more than 20 years' experience across nursing, safeguarding, public health, and clinical advisory roles. As a former Care Quality Commission (CQC) Primary Care Inspector, Blessing has inspected GP practices, private clinics, hospitals, and social care services, leading safeguarding enquiries, governance reviews, and risk-based inspections. This regulatory insight ensures that Voss Care Group is built on exceptional compliance standards and a culture of safe, high-quality care.

Working alongside her is **Garikayi Furamera**, an accomplished healthcare strategist with an extensive background in healthcare regulation, commissioning, service design, and NHS stakeholder engagement. His experience includes senior roles at the Care Quality Commission (CQC), the National Institute for Health and Care Excellence (NICE), and multiple NHS organisations. He has led policy development, service improvement programmes, enforcement decisions, complex inspections, and national guideline implementation. His expertise strengthens our commitment to evidence-based, outcome-focused care that genuinely improves lives.



# Together, Blessing and Garikayi bring:

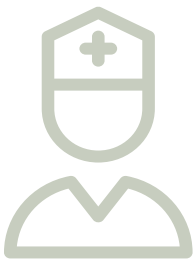
**Deep regulatory expertise**  
ensuring consistent CQC  
readiness and compliance  
excellence

**Clinical credibility**  
grounded in nursing,  
health visiting, and  
clinical triage

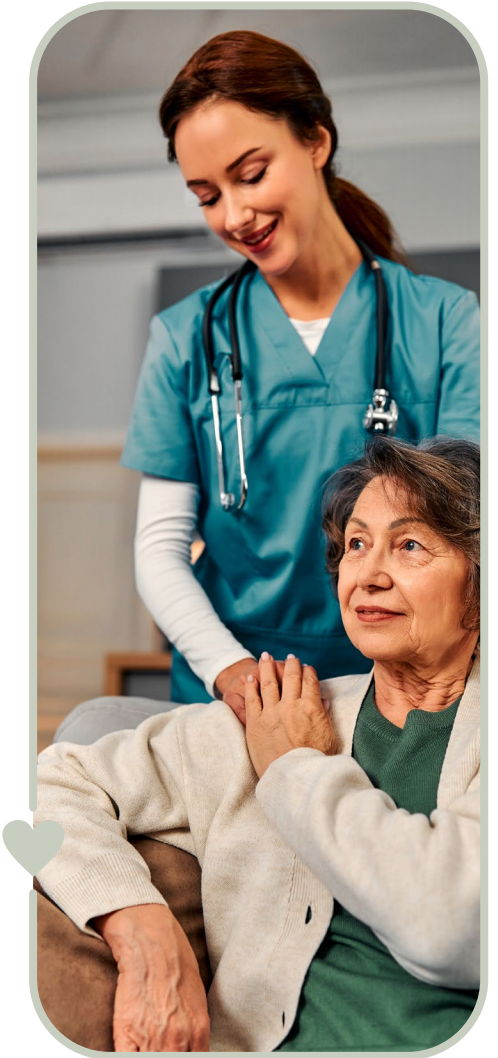
**Strategic healthcare  
leadership** across NHS  
commissioning, service  
development, and  
quality improvement

**Strong governance and risk  
management capability**

**A commitment to evidence-based  
practice and continuous improvement**



**Under their leadership,** Voss Care Group delivers a service built on compassion, professionalism, and accountability, ensuring every individual receives personalised care that is safe, respectful, and empowering.



# OUR VISION

To become one of the UK's most trusted care providers, recognised for delivering outstanding care in homes and communities nationwide.

# OUR VALUES

- ♥ Openness & Transparency
- ♥ Compassion & Empathy
- ♥ Dignity & Respect
- ♥ Safety
- ♥ Empowerment & Choice
- ♥ Collaboration & Community



We believe every person deserves to live well, feel supported, and remain connected to the life and people they love. **Voss Care Group exists to make that possible.**

**VossCare**  
Group

# VossCare

Group

[www.vosscaregroup.com](http://www.vosscaregroup.com)

Astra House, The Common,  
Cranleigh, England, GU6 8RZ  
Phone: +44 7497 072 422  
Email: [care@vosscaregroup.com](mailto:care@vosscaregroup.com)