



PrimeCare



EMBRACING COMFORT & ENHANCING LIFE



Dear Valued Customer,

Welcome to PrimeCare 2026

PrimeCare was created with a clear and enduring belief: support should empower, never define. As this range continues to grow, our purpose remains the same, to help people live well, independently, and confidently, whatever their stage of life. PrimeCare is about thoughtful solutions that make everyday living easier, safer, and more comfortable, without compromising dignity or choice.

This collection is not about limitations. It's about **possibility**.

Every product in PrimeCare has been carefully selected to support real lives and real homes, offering added stability, reach, comfort, visibility, and control, while continuing to stand for reassurance, reliability, and respect, supporting independence today and confidence for tomorrow, and giving people the freedom to live life their way.

MICHAEL KHATKAR
MANAGING DIRECTOR

Long Reach Grabber

ONLY
£4
€4.70

- Lightweight
- Indoor & outdoor use
- Easy-to-operate



A great companion to have at home. Avoid painful bending and stretching with this lightweight long-reach grabber. Reach items such as keys, glasses and TV remotes that have been dropped on the floor, or reach things positioned up high. Easy trigger action. Plastic. L67cm.

14125 £4/€4.70

2-in-1 Button Hook & Zip Aid

- For buttons and zips
- Fastens & unfastens
- For those with reduced hand strength and dexterity

Make getting dressed a more independent affair with the 2-in-1 button hook & zip aid. Great for those who have difficulty fastening & unfastening and those with limited hand strength. Plastic & metal. Colours may vary. L20.5cm. **14985 £5.50/€6.50**

ONLY
£5.50
€6.50



Adult Mealtime Protector Bib

ONLY
£12
€14.50



Protect clothes from spillages and stains with the adult mealtime protector bib. It offers full protection down the front and across your lap when seated and has an optional crumb catcher at the base. Button fastening behind the neck. One size fits most. Wipe clean. PVC. L78 x W44cm. **14448 £12/€14.50**

Pack of 3 Writing Grips

ONLY
£5
€6



Create more control and grip over your pens or pencils with the pack of 3 writing grips. Made from a soft PVC, they provide a comfortable grip. Perfect for those with arthritis. Fits standard-size pens & pencils. Pen not included. L5.5cm. **14450 £5/€6**

Plug Mate® Pack of 4



- Simply wrap around plug
- Durable & flexible for long product life
- Wraps around a standard 3 pin plug

ONLY £7.50
€9



MADE IN THE UK

This Plug Mate® pack of 4 enables the easy removal of plugs from wall sockets. It's perfect for those with reduced dexterity, arthritis or limited eyesight, as the loop is much easier to locate and pull.

Each pack also includes 24 identity labels to help avoid pulling out the wrong plug. PVC.

14097 £7.50/€9

Key Turner



ONLY
£7.50
€9

- Provides extra leverage
- For those with limited strength and wrist mobility

An assistive device to help those with limited wrist mobility and strength to open locks on doors or boxes. The key turner provides extra leverage for easy turning. Holds up to 3 keys. Plastic. L12

4 x W2.4 x D2.2cm. **14552 £7.50/€9**

Illuminated Magnifier



ONLY
£12
€14.50

A great tool for those with poor eyesight when reading books, maps, newspapers or conducting close-up work such as needlework. It has an ergonomic handle with an on/off switch sited for both left and right-hand use. Plastic. 8 x magnification. Lens diam.: 3.7cm. Total size: L13 x W4.5 x D2.6cm. Requires 3 x AA batteries (not included). **14553 £12/€14.50**

Extra Deep Mattress Topper

FROM ONLY

£30
€35.50

Add instant comfort to your bed with the 10cm deep luxury mattress toppers with elasticated straps to secure. Available in single (L190 x W90cm), double (L190 x W135cm) & king size (L200 x W150cm). Machine washable. 100% polyester.

SINGLE 14554 £30/€35.50

DOUBLE 14555 £36/€42.50

KING SIZE 14556 £42/€49.50



Green Tartan Flannel Blanket Throw



ONLY
£12
€14.50

Stay cosy and warm with the super soft fleece blanket throw in a classic green tartan design. 100% polyester. Machine washable. L150 x W120cm approx. **14431 £12/€14.50**

Pair of Luxury Quilted Waterproof Pillowcase Protectors

ONLY
£12.50
€15



Quilted for a supersoft, peachy feeling. Protects you from dustmites, microbes and other harmful allergens. Cover 65% polyester 35% cotton, Filling 100% polyester wadding, Lining 100% polyester PU. Machine washable. Size: L74 x W48 x D15cm. **11630 £12.50/€15**

Meadow Duvet Set

100% Brushed Cotton



FROM ONLY

£22

€26



Adorned with a delicate scattering of wild-inspired flowers in soft hues of blue, red, green, and yellow, this duvet set blends the freshness of a spring meadow with the warmth and comfort of winter bedding.

Fully reversible, it features a classic check design on the reverse for a versatile seasonal look. Single includes 1 pillowcase, double and king size include 2 pillowcases. Button fastening.

100% brushed cotton. Machine washable.

Candy Stripe Duvet Set

100% Brushed Cotton



FROM ONLY

£22

€26



**SUPER KING
AVAILABLE**

This classic candy stripe duvet cover is printed in bright, eye-catching pastel shades. Printed onto super soft 100% brushed cotton, this design is perfect for a cosy night's sleep. Single includes 1 pillowcase, double, king size and super king include 2 pillowcases. Button fastening. Machine washable.

SINGLE 14557 £22/€26
KING SIZE 14559 £34/€40

DOUBLE 14558 £28/€33
SUPER KING 14560 £38/€44.50

Pack of 3 Waterproof Briefs

Available in two sizes



FROM ONLY

£14

€16.50

Give yourself maximum protection, confidence and comfort with the pack of 3 incontinence briefs. Made from high-quality PVC with soft elasticity around the waist and legs, they are suitable for both urinary and faecal incontinence. Discreet, rustle-free, durable and reusable. Hand wash.

Available in two sizes, medium (36-38") and large (40-42").

MEDIUM 14561 £14/€16.50

LARGE 14562 £14.50/€17

MALE



Portable Urinal

Available in male & female

ONLY

£8 / €9.50

EACH

PRICE DROP

Our portable urinals, available in male and female, can be used from a sitting or standing position and are calibrated for output recording. 1 litre capacity. Snap on lid. Plastic. Colour may vary.

FEMALE 14113 MALE 14114

~~**WAS £10/€12**~~

NOW ONLY £8/€9.50 EACH



FEMALE

Diabetic Socks

- Pack of 3
- Men's (size 6-11)
- Women's (size 4-8)

ONLY
£10
€12 EACH



Specifically designed for wearers at risk from diabetes-related foot & leg conditions, these Diabetic Socks are nonbinding legwear with honeycomb tops, woven to hold comfortably to the natural contours of your legs without creating pressure spots or constricting the legs. Smooth toe seams to help reduce the risk of blistering. Machine washable. Available in men's (size 6-11) and women's (size 4-8). Each pack contains 3 black pairs. Cotton, polyester, nylon and Lycra.

WOMENS 14101 MENS 14102 £10/€12 EACH

Foot Arch Support

ONLY
£4
€4.70



The Foot Arch Support fits uniquely to your foot shape and absorbs shock with every step. It helps promote body alignment, aids balance and can be worn with any type of shoe or boot. One size fits most. Hand wash. Polyester. 1 pair.
14105 £4/€4.70

Orthotic Shoe Insoles

ONLY
£3.50
€4.10 EACH



The orthotic shoe insoles, available for men and women, are designed to provide essential support and alignment for the feet and ankles, promoting overall body comfort. By maintaining proper foot positioning, the insoles help alleviate strain on joints, muscles and ligaments. They also help reduce discomfort associated with common foot conditions. Suitable for different types of footwear, and each insole can be trimmed to fit all. Polypropylene. 2 insoles per pack.

WOMENS 14373 MENS 13474 £3.50/€4.10 EACH

Gel Lined Bunion Protector

ONLY
£5
€6

- One size fits most
- Fits either foot
- Re-usable

Relieve yourself from the discomfort of bunion pressure with this ultra-thin, lightweight foot sleeve with gel pad. Fits either foot. One size fits most. Hand wash. 83% polyamide, 17% elastane.
14104 £5/€6



Toe Separators

2 pairs per pack

ONLY
£10
€12



Designed to help reduce discomfort, these toe protectors gently realign your toes, promoting better posture and reducing pressure. Perfect for day or night use. They're made from high-quality silicone, providing comfort and flexibility. Each pack comes with 2 pairs, 1 in each style shown. One size fits most. Hand

wash. **14563 £10/€12**

Sock Aid

ONLY
£9
€11



The unique shape of the flexible sock aid keeps socks on the aid until the sock is pulled all the way onto the foot. The pliable trough is easy to bend and can be bent into any shape. The loop handle measures 91cm long. Requires the use of two hands. Plastic.

14103 £9/€11

Nail Clipper with Magnifier

ONLY
£9
€11

The 3 x magnifier allows precision when clipping toe or fingernails. It has a large soft-touch handle for a steady grip, with a foldable design that makes it compact. Lightweight. Made from plastic with strong carbon steel blades. L7.5 x W3.5 x D2.5cm.

14565 £9/€11



Long-handled Nail Scissors

ONLY
£7.50
€9



Long-handled nail scissors for extra reach when cutting toe or fingernails. They're lightweight, easy to use and have a serrated blade to prevent the nail from slipping whilst being cut. Made from plastic and strong stainless steel. L21 x W6cm. Blade length: 3.4cm.

14564 £7.50/€9

FREE DELIVERY FROM YOUR DISTRIBUTOR 11

Extendable Shoe Horn

ONLY
£4
€4.70

This Extendable Shoe Horn is a fantastic accessory for anyone who struggles to put on footwear. Each shoe horn features a plastic handle with an extendable metal horn that extends from 29cm to 76.5cm.

12567 £4/€4.70



Bio-Magnetic Wrist Support

ONLY
£9
€11

- One size fits most
- Made from neoprene
- Promotes blood flow
- Includes 6 therapy strength magnets



Reduce aches and pains in the wrist area with the bio-magnetic support. With Velcro fastening, it holds 6 removable therapy strength magnets that promote blood flow to aid the natural healing process. Wipe clean. Made from high-quality neoprene. One size fits most. L43 x W6cm.

14566 £9/€11

Bio-Magnetic Neck Support

ONLY
£7
€8.50



Waist Therapy Lumbar Support

ONLY
£20
€23.50



A choice of two breathable supports that offer relief to sufferers of aches and pains. They promote blood flow and aid in the natural healing process. Made from durable high-quality neoprene, which allows years of dependable use. Available as a neck or waist/lumbar support. Each comes with therapy-strength magnets: neck, 6 removable magnets & waist/lumbar, 16 sewn-in magnets. Hand wash. Velcro fastening. One size fits most. Neck: L60 x W14.5cm. Waist: L118 x W21.5cm.

BIO-MAGNETIC NECK SUPPORT 14099 £7/€8.50

WAIST THERAPY LUMBAR SUPPORT 14100 £20/€23.50

Makeup Glasses

ONLY
£7.50
€9

Cleverly designed glasses that feature a magnifying lens that flips from one side to the other. Great for applying false eyelashes, mascara, other eye makeup, contact lenses or plucking eyebrows. 3x magnification. Made from durable polycarbonate and acrylic. H6 x W14.5cm.

14098 £7.50/€9



Bian Stone Finger Massager

ONLY
£10
€12



Bian stone is known for its use in traditional Chinese medicine. It is believed to offer benefits such as relief from discomfort, improved circulation, lymphatic drainage and skin rejuvenation. The Bian stone finger massager is ideal for those suffering from the effects of joint stiffness. It also helps reduce swelling and alleviates general discomfort. Plastic. L14 x W3.8cm. **14568 £10/€12**

Wheat & Lavender Shoulder & Neck Pillow

ONLY
£19
€22.50



Help soothe aches and pains across the shoulders and neck with this wheat & lavender pillow. It moulds to the shape of your body, providing relaxation and relief with a soothing lavender fragrance. Heat up in the microwave for approx. 30 minutes of warmth. Wipe clean. Polyester. L28 x W13.5cm.

14567 £19/€22.50



ONLY
£10
€12

Long Handled Lotion Applicator



The Long Handled Lotion Applicator makes applying creams in hard-to-reach areas, such as legs, back and feet, easy. Perfect for anyone with restricted mobility. Handle slot for easy storage. Plastic. L41cm. Brush head Diam. 9cm.
14116 £10/€12

Long Handled Loofah

ONLY
£3.50
€4.10



This exfoliating ruffle will leave your skin feeling refreshed and smooth. Constructed with a long plastic handle, making it ideal for hard to reach places. Suitable for use in the bath and while showering. Comes complete with a rope for easy hanging. Plastic & Polyester. L41 x W9 x D7cm.
12910 £3.50/€4.10

ONLY
£15
€18

PRICE DROP



Foot Scrubber

Keep your feet clean and exfoliated without the need to bend forward. Great for those with back or leg problems. It's easily secured to the base of your bath or shower through suction cups and has two types of brushes with a pumice stone in the middle. Hanging loop for when it's not in use. PVC, pumice & polypropylene. L28 x W15.7 x D2.8cm.

**14117 WAS £20/€23.50
NOW ONLY £15/€18**

Long-handled Health & Beauty Range

This range of long-handled brushes & sponges is perfect for those with limited shoulder mobility or pain across the shoulders and back. Each helps to complete daily tasks without the need for external help, providing more independence to the user.

Long Handled Hair Wash

Easily shampoo, condition or massage your scalp with the long-handled hair wash. It features an ergonomic, non-slip handle and a hanging loop for easy storage. The firm, yet soft, rubber head provides a gentle massage when washing hair. Plastic & rubber. L38cm.

14569 £12/€14.50

ONLY
£12
€14.50

HAIR WASH

2-in-1 Long Handled Sponge

Access hard-to-reach areas during baths or showers with the 2-in-1 long-handled bath sponge. It features one side for gentle cleansing and a scrub side for exfoliation, ideal for all skin types and needs. Plastic & sponge. L52cm.

14570 £9/€11

ONLY
£9
€11

SPONGE

Long Handled Brush

ONLY
£12
€14.50
EACH

Long Handled Comb



With a unique contoured shape that follows the curve of the head, the long-handled brush and comb are great for those with limited mobility. It reduces the need to stretch or bend, and their ergonomic design and balance mean that they can be used with minimal strength. Plastic. L38cm.

LONG HANDLED BRUSH 14571 LONG HANDLED COMB 14572 £12/€14.50 EACH

Handy Bathroom Support Handle

ONLY
£7.50
€9

The support handle will fasten securely to your tiled wall thanks to the intelligent design of the suction cups. Ideal for use in a shower or bath, the support handle will provide stability for those who need a helping hand. Plastic and silicone. L29 x W10 x D8.

14071 £7.50/€9



ONLY
£12
€14.50

Antibac Bath Pillow

Create a luxury and relaxing bathing experience with the Beldray anti-bacterial bath pillow, designed to provide ultimate comfort. The cushioned pillow perfectly supports your neck and back, whilst the 8 suction cups keep the pillow securely in place. Plastic. L30.5 x W29.5 x D5cm. **14573 £12/€14.50**

Non-Slip Loofah Style Mats

FROM ONLY
£14
€16.50



BATH MAT



SHOWER MAT

Available in two sizes for your bath or shower, this loofah-style mat gently exfoliates the feet and provides comfort and extra security when bathing or showering. Completely non-slip. Quick drying. Made from nylon looped pile. Machine washable. Cream. Bathmat: L50 x W30cm. Shower mat: L53 x W53cm.

SHOWER MAT 14574 £14/€16.50 BATH MAT 14119 £15/€18

ONLY
£12
€14.50



Sonic Denture Cleaner

The sonic technology works with your cleaning solution to enhance its efficiency in removing food deposits and clean where brushes can't reach. For full or partial dentures and retainers. Removable container for easy use, maintenance and cleaning. Plastic. H8 x W9.2 x D7.4cm. Requires 2 x AA batteries (not included).

14576 £12/€14.50

Hot & Cold Gel Compress



ONLY
£5
€6

The Hot & Cold Gel Compress offers soothing hot or cold relief for back pain, sports injuries, headaches and muscle complaints. It remains flexible when hot or cold and is easy to apply. Microwave or refrigerate. Reusable. Gel and plastic. Colour may vary. L22.8 x W12.5cm.

14108 £5/€6

Tube Squeezer



ONLY
£4
€4.70

Squeeze out every drop with the tube squeezer, perfect for toothpaste, gels and creams. Ideal for people with limited hand strength or dexterity, and it can be used one-handed. It's designed to smoothly roll up the tube as it turns. 3 x suction cups to hold it in place. Suitable for tubes with a width of less than 5cm. Plastic. H44 x diam. 55cm.

14575 £4/€4.70



ONLY
£4
€4.70

Pill Puncher

Remove tablets from blister packs with ease with the pill puncher. Great for those with limited dexterity, it helps reduce the risk of straining or dropping tablets. Simply place and push. Plastic. L5.5 x W3.2 x D2.1cm.

14578 £4/€4.70

Tablet Crusher



ONLY
£3
€3.60

PRICE DROP

The crusher is designed to simplify the process of crushing tablets, making it more accessible for those who may have difficulty swallowing whole pills. Built-in storage container. Plastic. L8.3 x Diam. 5cm.

14110 WAS £4/€4.70 NOW ONLY £3/€3.60

Tablet Splitter



ONLY
£4
€4.70

If you struggle to swallow larger pills or are only required to take half of one at a time, the pill splitter is the solution for you. Simply pop the pill into the splitter and close the lid. Compact design. Plastic and metal. L8.3 x W4.4 x D2.3cm.

14577 £4/€4.70

Handy On-The-Go Pill Box

Available in two designs, Nectar Meadows and William Morris



NECTAR MEADOWS



ONLY
£5
€6
EACH

- **Compact**
- **3 compartments**
- **Push to open mechanism**



WILLIAM MORRIS

Keep your medication safe and secure with this handy pill box available in William Morris or Nectar Meadow designs. It has three compartments and is small enough to slip into your pocket or handbag when on the move. Push to open mechanism.

Aluminium & plastic. Design may vary. Approx. Diam. 5cm x H1.5cm.

NECTAR MEADOWS 14869 WILLIAM MORRIS 14111

£5/6 EACH



Easy Open 7 Day Pill Box

ONLY
£10
€12



This 7-day pill box is a great way to organise your daily AM and PM pills. With easy-to-open press-down buttons, it's ideal for people who have limited manual dexterity. Each compartment is generously sized, perfect for those who have to take multiple tablets, and is colour coded between AM and PM. Plastic.

Each compartment size: L3.5 x W3cm. Total size: L22 x W11.5 x D2.5cm.

14423 £10/€12



William Morris Lap Tray

In the wonderful
Fruits design

ONLY
£22
€26

Enjoy meals and snacks in comfort with the wipe-clean lap tray in the William Morris Fruits design. Polystyrene beads with polyester cover. MDF tray with laminated finish. L44 x W33 x D6cm.

14579 £22/€26

Can Key

ONLY
£7.50
€9

PRICE DROP



Practical and patented opener for all cans with a ring pull-opening device. No more broken nails and sore fingers from opening cans. Place the tip of the Can Key under the ring and pull the handle, removing the lid safely without trouble and preventing the contents of the can from spilling or splashing out. Dishwasher safe. Plastic. L15.5 x W2.5cm.

14120 WAS £10/€12 NOW ONLY £7.50/€9

Multi- purpose Opener

ONLY
£5.50
€6.50

PRICE DROP



Use this multipurpose device to easily open aluminium can tabs and twist off resealable and pressure-sealed bottle caps. Plastic. L14.5 x W6cm.

14121 WAS £7.50/€9 NOW ONLY £5.50/€6.50

4-in-1 Drinking Cup

ONLY
£12
€14.50

The 4-in-1 drinking cup has been carefully designed for adults with additional needs. It includes 2 different anti-splash lids and can be used in 4 different ways:

1. Without the lid, the twin handles allow independent drinking for those who require more stability
2. With the first lid, which can be used as a sipper, it reduces spills and splashes and limits the flow
3. With the first lid and a straw
4. With the second lid, which features a spout

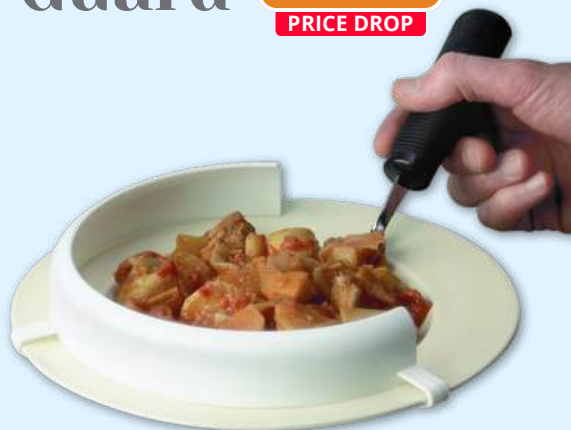
Plastic. 300ml capacity. H12 x W13.5 x D9.5cm.
Dishwasher & microwave safe. Straw not included.
14580 £12/€14.50



Food Guard

ONLY
£6.50
€8

PRICE DROP



This flexible food guard can be fitted to ordinary plates to assist with one-handed eating. Three clips attach it to the rim of the plate and create a high inward sloping face to help with food collection and prevent spillage. Plate size 19 to 25cm (7 to 10") external diameter. Microwave and dishwasher safe. Plastic.

14122 WAS £7.50/€9 NOW ONLY £6.50/€8

Pack of 2 Universal Handles

ONLY
£12
€14.50



The handles fit onto everyday objects, such as cutlery, toothbrushes, and razors, giving the user a secure grip – great for those with arthritis or limited grasping ability. Each pack comes with two handles with different shaped slots, ensuring they can be fitted onto the majority of items. Ergonomically designed to reduce discomfort. Dishwasher safe. Plastic. L10 x diam. 4.3cm.

14581 £12/€14.50



Folding Walking Stick

FROM ONLY
£10
€12



VAN GOGH



BLACK

Aluminium folding walking sticks, available in a choice of Black or Vincent Van Gogh, are perfect for on-the-go. Each walking stick is lightweight and folds into four pieces. When fully extended, they measure 37". Features a carry strap attached to the handle and a non-slip, non-marking rubber ferrule. Comfortable contour grip. Van Gogh designs may vary.

VAN GOGH 14582 £14/€16.50

BLACK 12566 £10/€12

Black Wheelchair Bag

ONLY
£28
€33

**PRICE
DROP**



Perfectly proportioned to slide over the back of a wheelchair; with additional handlebar hooks for added security. The main compartment boasts a convenient 16-litre capacity – perfect for carrying shopping and personal belongings. The wheelchair bag also incorporates a small zipped front pocket that gives the bag an extra storage compartment to keep preferred items close at hand. Additionally, the two net pockets to the sides of the bag will carry a drinks bottle. The reflective strip will also increase the user's visibility. Polyester. L43 x W37 x D10cm.

14126 WAS £30/€35.50 NOW ONLY £28/€33

Automatic Wrist Blood Pressure Monitor



ONLY
£25
€29.50

- ✓ Automatic inflation & deflation
- ✓ 2 users can each store 199 readings
- ✓ Irregular heartbeat detection
- ✓ Clear 1.85" LCD display
- ✓ Colour-coded blood pressure indicator
- ✓ Automatic power off
- ✓ Date & time display
- ✓ High accuracy and stability

A fantastic device that allows you to monitor your blood pressure & heart rate from your wrist in the comfort of your own home. It stores a record of readings so you can share your results with a healthcare professional whenever required. Requires 2 x AAA batteries (not included).

14292 £25/€29.50

Ordering Just Got Better...

1. Write the product number & description on your order form and place it with the catalogue in the bag and leave it outside for collection. 2. Your distributor will deliver your order straight to your door. Payment on delivery. 3. All door-to-door orders have FREE delivery.

Love or Return

We offer a 30-day money-back guarantee on all our products. You may return your products in their original condition and packaging, accompanied with your proof of purchase, to your distributor, within 30 days of receipt of your goods for a full refund. If you are returning any footcare or sanitary items, these products must be unopened, unused and have all cellophane seals intact if applicable.

Terms and Conditions

Due to continuous product development and availability, the goods supplied to you may differ slightly from those illustrated. For full ordering terms and conditions please refer to the back of your order form provided in this catalogue pack.

VivaMK Network Ltd is a company registered in England and Wales under number: 11400025 and whose registered office is at: International House, 142 Cromwell Road, London, England, SW7 4EF.

Playing Cards and Holder

Assisting those who have
hand or sight limitations

- Ideal for weakened finger strength or limited hand mobility

FROM ONLY

£4

€4.70



PLAYING CARDS HOLDER



- Larger numbers and letters for easier readability

LARGE PRINT PLAYING CARDS

Playing card games has never been easier with the large print playing cards and playing card holder. This pack of large print cards contains 52 cards, each with larger numbers and letters than the standard size, making them much clearer to read for those with vision impairments. Each card measures L8.6 x W6.2cm and is made from plastic. The card holder helps those with weakened finger strength and limited hand movement. Plastic. L19.5 x W8.7cm.

PLAYING CARDS HOLDER 14583 £5/€6 LARGE PRINT PLAYING CARDS 14584 £4/€4.70

PLAYING CARDS BUNDLE 14868 £7.50/€9

SPECIAL OFFER - PURCHASE BOTH AND SAVE £1.50 / €1.70

For more information, contact your distributor: