

 Chelmsford, Mid-West Essex & Surrounds

Your local support guide

A Forest Homecare Guide



Forest 
Homecare

www.foresthomecare.com

At Forest Homecare, we believe wellbeing goes beyond the home; it's about staying connected, finding joy, and feeling part of the community. As our passionate team works across Chelmsford, Witham, Great Dunmow, Saffron Walden, Stansted, and nearby villages, we've put together this guide to help you discover what's on offer locally.

Mid-West Essex has many lovely places to enjoy, whether it's a peaceful stroll or a visit to a community centre. Every moment brings comfort, connection, and joy.



Local day centres

Spending time with others can make a real difference. These local day centres offer a safe, welcoming space to connect and enjoy a friendly chat.

Highfields Dementia Day Centre, Chelmsford

0333 013 5438 | www.ecl.org/chelmsford-highfields

Rowena Davey Day Centre, Great Dunmow

01371 238182

Stanley Wilson Lodge Day Centre, Saffron Walden

01799 529189

Stansted Day Centre

07572 114882





Inclusive activities

Staying active and engaged is a must for everyday well-being. These inclusive activities provide opportunities to get out, have fun, and feel part of the community.

Alzheimer's Society Walking Football, Chelmsford
Every Wed 11am-12noon and weekly at Bishop's Stortford
0333 150 3456 | www.alzheimers.org.uk

Rock Choir Dunmow
01252 714276 | www.rockchoir.com

Singing for the brain, Chelmsford Alzheimer's Society Choir
333 150 3456 | www.alzheimers.org.uk

Together in sound Dementia Choir, Salvation Army Hall, Saffron Walden
01799 588545

Age Concern Lunch Clubs
Mon-Fri 01245 262589

Essex 7 Hearts Group – 1st & 3rd Thurs 10:30am-12noon
Call back system 0333 150 3456

Men's Sheds

Broomfield – **Donna Hance 07729 239613**

Barnston – **Keith 07831 779975**

Little Canfield – **Mat Creed 07540 222246**

Bishops Stortford, Wed 10am-4pm – **John Palombo 07881 504538**

Hatfield Heath – **Mike Allen 07968 066015**

Garden Rooms – **Saffron Walden 01799 522772**

Stansted – **Richard 07794 268208**



Attractions to visit

A simple day out can lift the spirit. These local spots are ideal for gentle outings, whether you're enjoying the outdoors or taking in something new.

Dunmow Museum

01371 878979 | www.greatdunmowmaltings.co.uk

Flich Way, wheelchair friendly walks

0333 013 2900 | www.explore-essex.com

Chelmsford Museum, Oaklands Park

01245 605700 | www.museumofchelmsford.co.uk

Hylands Estate, Hylands Park, Chelmsford

01245 605500 | www.hylandsestateweddings.co.uk

Audley End House & Gardens

0370 333 1181 | www.english-heritage.org.uk

Local support services in Chelmsford and Mid-West Essex

Rural communities may face challenges accessing care. But local support is available to help make everyday life safer, more comfortable, and a little easier for your loved one. Local NHS services may offer health care, transport, and community support.

NHS services

Broomfield Hospital
0300 443 0001

Springfield Hospital
01245 200307

Continuing Health Care
0800 088 7777

North Chelmsford NHS
Healthcare Centre
0300 123 3366

District Nursing – Continence
Service – OT Services
0300 1310 111

Council support

Essex Adult Social Care
0345 603 7630

Mediquip:
0333 034 2048

Private providers

Chiropodist, Farma Footcare
01245 890669

Earwax removal, Specsavers
01245 600000

Charities

Age UK
01245 347322

UCAN Uttlesford Community Action Network
01371 404474

Need support from a local care team? We're here to help

Whether you're looking for companionship, a helping hand, or simply someone to talk to, our Mid West Essex team is here for you. Get in touch today to find out how Forest Homecare can support you or a loved one to live well in the community.



Mid-West Essex

The Millars, Hospital Approach,
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