

 Colchester, Essex & Surrounds

Your local support guide

A Forest Homecare Guide



Forest 
Homecare

www.foresthomecare.com

Essex has more to offer than most people realise. From the historic streets of Colchester, Britain's oldest recorded town, to the open countryside around the Colne Valley, there's a richness to daily life here that's worth holding onto.

At Forest Homecare, we want the people we support to stay connected to the communities they love. Whether that's a local social group, a familiar café, or a regular outing to somewhere special, we're here to help make it happen.

Wondering what's available for locals? We're here to guide you. There are plenty of local cafes, accessible attractions, and fun activities to enjoy in the Essex area.



Social groups

These local groups offer safe, welcoming spaces for people to socialise and connect with their community:

Gateway Club for Learning Disability and Mental Health, Colchester
07999 278472 | www.colchestergatewayclubs.org

Community 360, Voluntary Hub, Colchester
01206 505250 | www.community360.org.uk

Womens Together, Colchester
www.facebook.com/groups/2508421355933976

The Outhouse, LGBTQ Support, Colchester
01206 871394 | www.theouthouse.org.uk



Inclusive activities

Everyone deserves a chance to take part. These inclusive activities are designed to be accessible, enjoyable, and confidence-building.

Colchester Leisure Centre, bowling sessions for those with learning disabilities
01206 282000 | www.colchesterleisureworld.co.uk

Bright Lives
01206 615165 | www.brightlives.org.uk



Attractions to visit

Enjoy the outdoors at your own pace with these beautiful places to visit:

Castle Park
01206 282962 | www.colchester.gov.uk/castle-park

Colchester Zoo
01206 331292 | www.colchesterzoologicalsociety.com

Alborton Reservoir Discovery Park
01206 738172 | www.essexwt.org.uk/nature-reserves/abberton



Support close to home

If you're looking for a little extra support, you're not alone. There are many local organisations ready to offer helpful resources, advice, and a listening ear.

NHS services

Colchester Hospital
01206 747474

Continuing Health Care
0800 0698186

District Nursing/Continence
Service OT Services
03000 031902

Mental Health Team
01206 334100

Council support

Countywide Essex
Social Services
0300 013 9875

Charities

Mind, Mid & North East Essex
01206 764600

The Haven
01206 572215

The St Aubyn Centre
01206 334600

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

Essex is a place worth living well in, and we're here to help you do exactly that. Whether you or a loved one needs a little extra support at home or help staying connected to the community, our Essex team is ready to listen.

Get in touch today and let's talk about what the right care looks like for you.



Essex

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