

 Sudbury, Suffolk & Surrounds

Your local support guide

A Forest Homecare Guide



Forest 
Homecare

www.foresthomecare.com

Suffolk isn't just where our clients live, it's where our team lives too. We know the local GP surgeries, the community halls, the lunch clubs, and the little things that make a difference to daily life out here. Our compassionate team provides trusted home care across Suffolk, supporting families across Sudbury, Long Melford, Glemsford, Lavenham, Acton, Great Cornard, and the surrounding villages.

That local knowledge shapes everything we do. And this guide is our way of sharing it, so the people we support can keep doing the things that matter most to them.



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.

Sudbury Community Hub

01787 464380 | www.leadinglives.org.uk

Salvation Army Daycare Centre, Sudbury

01787 310187 | www.salvationarmy.org.uk/sudbury



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.

Open Space Wellbeing Drop In, Sudbury Library

Thurs 14:15pm-4pm

C'art- Cake and Art, The Christopher Centre

Thurs 10am-12noon

DeCafe Dementia Support Café, Sudbury Arts Centre
Thurs 10am-12:30pm

Sporting Memories Club, King Fisher Leisure Centre
Wed 2pm-4pm

Kingfisher Leisure Centre, accessible pool, facilities and
volunteer support for swimming lessons
Mon 11am-12:00noon

Wool spinning demonstrations, Lavenham Guildhall
Thurs 10am-1pm

Pilates, Acton Village Hall, High Street, Sudbury
Wed 4pm 07531 786443

Walk for Wellness, Melford Hall
Thurs 10am-11am. If a mobility vehicle is needed, call 01787 379228

Move it or lose it with Amanda, Long Melford Village Hall
Tues 11:30am-12:30pm
Glemsford Village Hall
Wed 11am-12noon





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.

Belle Vue Park, Sudbury

www.belle-vue-park-1.whereee.com

Sudbury Farmers Market

01787 372331 | www.sudbury-tc.gov.uk/market

Africa Alive:

01953 887771 | www.africaalive.co.uk/

Flatford Bridge Cottage, near Sudbury (Constable Country)

01206 298260 | www.nationaltrust.org.uk/visit/suffolk/flatford

Local support services in Sudbury and Suffolk

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

NHS Norfolk
& Suffolk ICB

0800 389 6819

Sudbury Community
Health Centre

01787 886300

East Suffolk & North Essex
NHS Foundation Trust

01206 747 474

Council support

Suffolk Adult Social Care

0800 917 1109

Suffolk InfoLink

0345 60 800 33

Mediquip

01473 599067

Private providers

Chiropodist, Sarah Johnson

01787 319931

Earwax removal, Specsavers

01787 468730

GoStart, Community Transport

01787 242116

Charities

Age UK

01245 347322

The Befriending Scheme

01787 371333

What's On?

The Christopher
Centre

01787 313914

Sudbury & South

Suffolk Citizens
Advice

01787 321400

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 Suffolk 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.



Suffolk

Unit 22, South Suffolk
Business Centre,
Alexandra Road, Sudbury,
CO10 2ZX



Telephone

01787 370560

Email Address

info@foresthomecare.co.uk

