

 Braintree & Surrounds

Your local support guide

A Forest Homecare Guide



Forest 
Homecare

www.foresthomecare.com

At Forest Homecare, we know that life is richer when you're connected to the world around you. Our team is proud to support people right across Braintree and the surrounding district, and we've pulled together some of the best local activities and community groups to help you make the most of every day.

Braintree is a wonderful place to live and visit. With engaging social groups, activities, and fun attractions, there's plenty to keep you busy.



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.

Day Centre Braintree

0333 013 5438 | www.ecl.org/braintree-op

Oasis Activity Centre, Braintree: Elim Church, Manor Street

Mon 11am-3:30pm | www.essexdementiacare.org.uk



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.

Rock Choir Braintree

01252 714 276 | www.rockchoir.com

Dementia Friendly Cinema

07778 025490 | www.empire-theatre.co.uk

Dancing with Dementia, Braintree Mews
3rd Thurs of the month | 11am-12:30pm

Braintree District Museum Community Activities
01376 328868 | www.braintreemuseum.co.uk

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.

Braintree District Museum
01376 328868 | www.braintreemuseum.co.uk

Braintree & Bocking Public Gardens
free entry – pond, fountain and a lovely garden café for a gentle stroll

Cressing Temple Barns
0333 013 2738 | www.explore-essex.com



Local support services in Braintree and the surrounding district

Sometimes, we all need a bit of extra support. If that time comes, local organisations are here to offer friendly guidance and helpful services. Local NHS services may offer health care, transport, and community support.

NHS services

Braintree Community Hospital
0300 443 0103

Continuing Health Care
0800 088 7777

Broomfield Hospital
0300 443 0001

District Nursing, Continence
Service, OT Services
0300 1310 111

Council support

Essex Adult Social Care
0345 603 7630

Mediquip
03330 342048

Charities

Chiropodist Braintree Podiatry
01376 343891

Earwax removal Specsavers
01376 552247

Charities

Age UK
01787 478994

Farleigh Hospice
01245 457300

Citizens Advice
Braintree & South Essex
0808 278 7877

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

Braintree has so much to offer, and everyone deserves the chance to enjoy it. If you'd like support getting out and about, or simply want to find out how Forest Homecare can help you or a loved one live well, reach out to our friendly team today.



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