

Colchester Community Updates



Colchester
City Council

July 2026

Welcome to our community newsletter for July.

Were you forwarded this newsletter? If you would like to subscribe so you receive your own copy every month, just email communities@colchester.gov.uk

Our Team's contact details are at the end of the newsletter, so please do let us know if you'd like us to promote an event for you, or if you have anything you'd like us to share with all our readers.

Contents:

Simply click on the section you are interested in, and you'll be taken to the relevant pages.

NB: Some articles will be repeated as they fall into more than one category.

- [Event Diary](#)
- [Kids & Young Adults](#)
- [Adults & Older People](#)
- [Health and Support Services](#)
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EVENT DIARY

Friends
of the Stead

Created by the community
for the community.

Supporting Mental Health & Wellbeing through Urban Gardening

Friends of the Stead aim to create gardening spaces, support a men's shed, develop a repair cafe, and provide community education on food growing.



Join Us! Committee members and volunteers needed

Information Session

Saturday 4th July | 2 – 4pm

Greenstead Social Club – Lounge Area

Come along to find out more and get involved!



BOYS & MEN PRESENTS

BEATS AND EATS 2



JOSEF HARLEY



RUDEBONE



DJ LEXES



ISAAC

JOIN US FOR A FREE COMMUNITY CELEBRATION IN COLCHESTER!
ENJOY LIVE MUSIC, GLOBAL FLAVOURS, AND INSPIRING FASHION
DISPLAYS IN A VIBRANT ATMOSPHERE.
OPEN TO ALL AGES – EVERYONE IS WELCOME!



HIGHLIGHTS

MUSIC PERFORMANCES
BREAK DANCING
POETRY
FAMILY FUN DAY
FREE FACE PAINTING,
FREE BOUNCY CASTLE
SOCIAL CONNECTION



PURCHASE FOOD & DRINKS AT THE CAFE & STALLS

- NYAMA CHOMA
- UGALI / MOKIMO / KACHUMBARI
- JOLOF RICE
- SEASONAL SPECIAL MAIN
- ORGANIC SANDOUGH SANDWICHES
- BBQ
- GOOD SOULS BAKERY CAKE

SATURDAY

11

**JULY
2026**

11AM – 11.30 PM

**THE MINORIES
74 HIGH STREET
COLCHESTER
CO1 1UE**

FREE

ENTRY

BOOK HERE

CONTACT:

INFO@BOYSANDMEN.CO.UK

WWW.BOYSANDMEN.CO.UK



Colchester
City Council



**↑
TOP**

Understanding Kinship Care, Developing Best Practice Conference

16th July 2026

09:30 - 16:30

JobServe Community
Stadium, Colchester
Stadium

This conference will be driven by practice and will offer an interactive day for learning and reflection.

We are delighted to be joined by the **Department of Education (DfE)** and **Tim Fisher** from the Kinship Care Charity who will be our keynote speakers.

- A representative of the **Department of Education** will address us about the journey that Kinship Care has been on, progress made and challenges ahead as well as the vital role Social Workers plays in supporting kinship families across our county.
- Tim Fisher from the **Kinship Care Charity** will present the latest findings from the National Survey of Kinship Carers, and outline the support, advice, and services the organisation provides to kinship carers of all types

We are also excited to be joined by **Libby Wattis** a professional actor who is also a special guardianship carer alongside her husband. Who will perform **Heart of a Guardian** a play centred around Sue an retired nurse and Ian her husband and how they became and navigated being a kinship carer. This moving and honest solo show shines a light on the resilience and dedication of the thousands of kinship carers raising children across the UK.

Along with our keynote speakers, you will also have the opportunity to attend 2 workshops of your choice. There is 8 workshops available to choose from, so there is something for everyone!



Click [HERE](#) to book your place

Workshops

Assessing Safely, Placing Confidently: Viability assessments and Reg 24 Family Care – delivered by Michelle Lowther

The aim of the workshop is to enhance your understanding of the appropriate use of Regulation 24 and to apply evidence of risk analysis and safeguarding when completing viability assessments, with an emphasis on lawful decision making, risk management, and good recording. The workshop will also consider how to identify appropriate family members or friends offering to care for a child.

Empowering families: Family-Led Decision Making – delivered by Adwoa Solomon, Kate Metcalf

The aim of the workshop is to build understanding, confidence and skills so practitioners can plan, facilitate and support effective family led meetings, enabling families to take ownership of solutions for children's safety, wellbeing and permanence.

Learning outcomes

- Explain what family led meetings are and how they differ from professional led meetings
- Understand the values and principles underpinning family led approaches
- Identify when family led meetings are appropriate (and when they are not)
- Prepare families effectively to lead their own meetings
- Support safe, inclusive and purposeful family discussions
- Reflect on the practitioner's role and manage professional anxiety
- Apply learning to their own practice using real cases

Family time in Kinship arrangements – delivered by Carolyn Ellis & Suzanne Barrett

This workshop will focus on developing practitioner knowledge that will support Kinship carers manage family time for children in their care.

Areas to be covered:

- Types of Kinship Care and Legal Considerations
- Who the child sees and when; arrangements for family time that promote the maintenance of relationships while balancing the impact on the child.
- Preparation for the child before they see family members and supporting them after
- The mechanisms for maintaining the relationship including face-to-face contact, virtual contact, and the exchange of cards and photographs.
- Keeping the parent(s) up to date about the child outside of family time
- Managing risks and difficult family relationships

It Takes a Community: Understanding Private Fostering – delivered by Michelle Joyner, Gemma Boreham

Do you know what Private Fostering is and how your role in safeguarding is vital?

Join us for an essential awareness session on Private Fostering in Essex. This interactive session will help you:

- Understand what Private Fostering means and why it matters for child safety
- Recognise common scenarios and how they differ from Local Authority placements
- Explore real-life case studies to apply your knowledge in practice
- Find out how to make referrals and access resources, including the Essex app and online tools

Why attend?

Private fostering arrangements often go unnoticed, but they can have serious implications for a child's welfare. As professionals, you play a vital role in identifying and reporting these situations to keep children safe.

Kinship Support Beyond the Order – delivered by Sally Egan, Colleen Double, Nelida Techeres

This workshop explores how we can provide **effective, holistic support** to kinship families, recognising the unique strengths, pressures, and experiences of carers and children within kinship arrangements.

Preparing and Supporting Kinship Carers: What We Assess and Why – delivered by Sarah Petts, Donna Godsell

This workshop will help you to understand the purpose and principles of effective child centred proportionate kinship assessment planning and to identify key areas to be explored. We will explore how to navigate complexity and engage kinship carers effectively and how this link to permanence and support timely outcomes for children.

Repair reconnect and reunite – delivered by Zoe Palmer, Patti Bertin

Reunification is the most common route of permanency for children and young people, sadly re-entry rates to care remain high. During this workshop we will explore the research informing good practice across the Country and findings of a local deep dive that has helped us to identify key ingredients that contribute to successful reunification activity. This interactive and engaging workshop will support practitioners in identifying the potential for connecting and reunifying children and young people with their families, considering the preparatory work required to lay good foundations, trauma informed transitions and tailored interventions for children, young people and their families to promote reconnection and successful outcomes.

Where Informal Care Ends and Section 20 Begins – delivered by Emma-Faye Nossel, Ahana Kalluri

The workshop will focus on the following:

- The definition of s.20 and the LA's duties, including discussion around backdoor s.20 placements
- Consent and capacity in relation to s.20, including reference to regulations, case law and guidance
- When is it a family arrangement and the definitions within this
- Private fostering v Looked After child and the relevant regulations, case law and guidance

Try Electric Vehicles for yourself

- **Test drive and compare a wide range of EVs** (scan the QR code to find out which dealers are attending)
- Get **expert advice** on costs, charging and making the switch
- Chat with local EV owners about their **experiences**
- Try our **e-bikes and e-cargo bikes**
- Learn about local **pay-as-you-go EV car clubs**

Electrifying Essex Event

📍 **Colchester Park and Ride**

📅 Saturday **18 July 2026**

🕒 **10am – 3pm** (drop in at any time)

letstalkessexsustainabletravel.co.uk/electrifying-essex-campaign



SCAN HERE
TO GET A
FREE TICKET!

**ELECTRIFYING
ESSEX**
Right charger. Right place.

Click [HERE](#) to get a free ticket

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TOP

HAPPY'S CIRCUS

UNITY PRIMARY ACADEMY
HOSTS THE CIRCUS!

MONDAY
20TH JULY 2026
HICKORY AVENUE
PLAYING FIELD,
GREENSTEAD, COLCHESTER

DOORS OPEN:
17.30

SHOW STARTS:
18.00

TICKETS:
£12.50
per person

**SCAN FOR
TICKETS & INFO**



under 2's - free entry

 **REFRESHMENTS
ON SALE**

 **FAMILY
EVENT**

 **THE WHOLE COMMUNITY
IS INVITED!**

Messing Summer Concert

Messing Church, Saturday, 1 August 2026 at 7 pm

Yuri Sabatini *The Italian Tenor*

“AMORE”

Romantic arias and lyrical favourites that speak of love, longing, hope, tenderness and strength.

FEEDBACK FROM LAST YEAR'S CONCERT

“brought to tears by his emotive expressions and very passionate vocals”

“a truly magical experience”

“a charming man as well as a phenomenal singer”

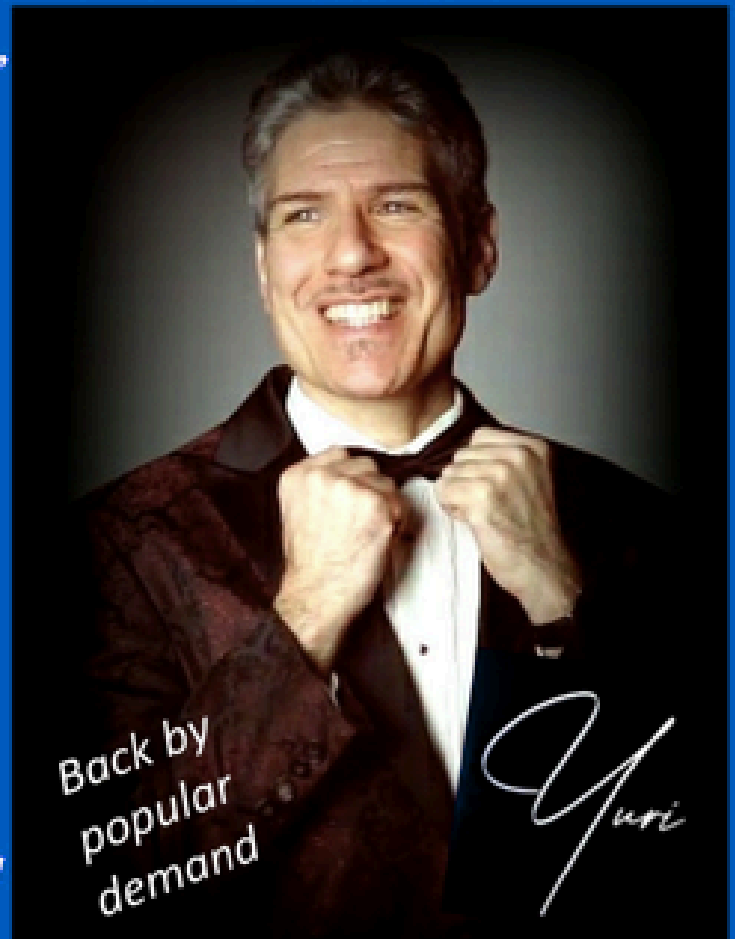
“a special night with Mum too as her request meant so much to her”

“I don't think I'll be able to hear that song again without welling up!”

“absolutely brilliant, thanks for a wonderful evening!!”

“Yuri exceeded our expectations by miles”

“I did not expect to cry or laugh but did both! I hope we can see him again”



Refreshments will be available from 6:15 pm and afterwards

EARLY
BOOKING DISCOUNT

Tickets

Advance tickets (up to 20 July) : £15

from Paul p4ul.marven@gmail.com or text 07842464812

After that, pay cash at the door on the day: £18

Children 12 and under free

YOUTH FEST

**4 AUGUST 2026
11AM - 3 PM**

**ALL
ACTIVITIES
FREE OF
CHARGE!**

Youth Festival is back!
An exciting festival of events across
Castle Park and Firstsite.





KIDS & YOUNG ADULTS



Essex County Council



Colchester SUMMER HOLIDAY ACTIVITIES

FREE SESSIONS



10am - 2pm



For young people aged **5-13**

**St Anne's Community
Centre**
Colchester, CO4 3DH

Bookings Open:
22nd June, 12pm

**All sessions include Games, Sports, Arts &
Crafts, Spring fun & Lunch and Snack!**

If your child/children receive benefit-based free school meals, you can book by clicking the link on your HOLIDAY ACTIVITIES VOUCHER CODE, which will be emailed to you. Follow the link and search for our EBG Clubs.

If you don't receive a Holiday Activity Voucher code but would like the support over the holiday period please visit the Essex Active HAF website for more information.

If you need help with booking or have any questions, please contact Rebecca at rebeccas@essexboysandgirlsclubs.org
Limited places available! Book now to avoid missing out!

Dates:

**Monday - Thursday
Weeks commencing**

27th July

3rd August

10th August

17th August

Essex Boys and Girls Clubs Harway House, Chelmsford, CM1 1RQ
Tel: 01245 264783 Charity No: 1163658 Web: essexboysandgirlsclubs.org





Life Skills Development Workshops



HELP WITH BECOMING AN ADULT?



16 - 24 YEARS?

FREE SESSIONS ON VITAL 'LIFE SKILLS' AND A SPRINKLE OF CREATIVITY!

Tuesday 30th June 3.30pm 'Building Blocks' (Money)

Tuesday 7th July 4pm 'Healthy Relationships'

Thursday 9th July 4pm 'Relationships in an Online World'

Thursday 16th July 4pm 'Adulthood 101'

Tuesday 28th July 2pm 'Music interactive workshop' iRock

All these sessions will be at: YES, 9 Trinity Street, Colchester

All sessions will end at 5pm

More sessions will be added over the coming weeks.

Only sign up to sessions you can attend!

Any questions before booking please email:

chloe.haggerty@colchesteryes.org.uk

For more information & booking

ESSEX

WE ARE FUNDED BY

VIOLENCE & VULNERABILITY

UNIT



SCAN HERE

Life Skills Development Booking Form



Supporting Young People

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MenB Vaccine

Available for a limited time from late July 2026

Who is eligible?



All current year 13 students
(or of equivalent age)



Anyone aged under 25 starting university
or moving into further education halls of residence for the first time this autumn

Two doses are ✓✓
essential for protection





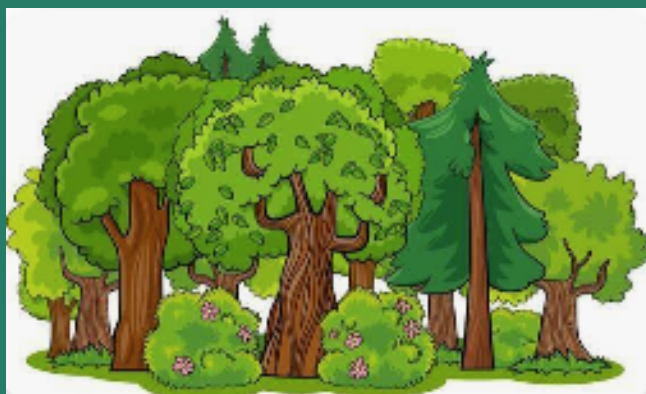
WOODLAND
TRUST

FREE TREES

for schools and communities

Trees help people and nature thrive. Getting more in the ground will give us all a greener, healthier future, so we're giving thousands away free to schools, councils, clubs and community groups.

Request a free tree pack for your school or community [HERE](#)



YOUTH JOBS GRANT

What is it?

£3,000 grant for employers who hire eligible Young People.

Is my business eligible?

Yes! There are no restrictions on which businesses can get the grant.

How do I find eligible Young People?

Your local JCP Recruitment Consultants can support you with the recruitment process and help to find suitable, eligible candidates.

Who can I hire?

Young people aged 18-24 on Universal Credit, who have been out of work for at least 6 months.

How do I sign up?

The grant goes live on the 30th of June. To register your interest and be put in touch with a local recruitment consultant, input your details here [Recruit the right people with Jobcentre Plus](#)



To get involved and for more information visit:
business.gov.uk/recruit



Department
for Work &
Pensions



YOUTH GUARANTEE
Funded by UK Government

job
centre
plus

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Call for Participants: Community in Harmony Workshops by OccuMind

A Creative Music Project for Young People Aged 16–19 Across Essex

We are reaching out to organisations, networks, and community partners across Essex who work with young people aged 16–19 to help us share an exciting opportunity: **Community in Harmony**.

Community in Harmony is a creative workshop programme that brings young people together through music, conversation, and shared experiences. Taking place in **Basildon and Colchester between 24 July and 3 August**, these workshops are designed to offer a welcoming and inclusive space where participants can connect with others, build confidence, and explore self-expression.

Through engaging activities such as icebreakers, music-based games, creative songwriting tasks, and discussions about the music and artists that inspire them, young people will have the chance to develop new skills, express themselves creatively, and meet peers from across Essex. No previous musical experience is needed, just an interest in taking part.

Refreshments will be provided during sessions, and travel cost subsidies will be available where needed to help make participation as accessible as possible.

We would greatly value your support in sharing this opportunity with young people in your networks who may benefit from a positive, creative, and community-focused experience.

For registration details, and workshop updates, please visit our website or scan the QR code.



Click [HERE](#) to find out more



GREENSTEAD YOUTH CLUB

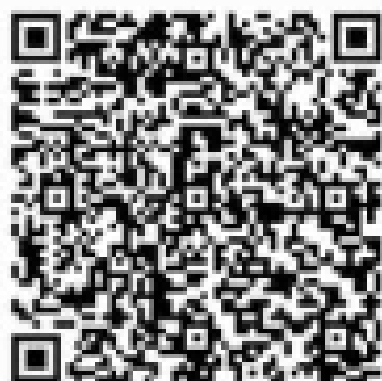
Refreshments - Art - Music

Sports

50p entry

First time free!

Ages 11+



Scan to
sign up



Thursdays 6-8pm

contact@eastangliayouthclubs.co.uk

St John Payne Hall, Blackthorn Ave

Supported by

YOUTH
SERVICE



Essex County Council

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Join an EPP ride



Boost your

Health , Happiness and Confidence

**Do you want to get active, feel great, and
connect with others?**

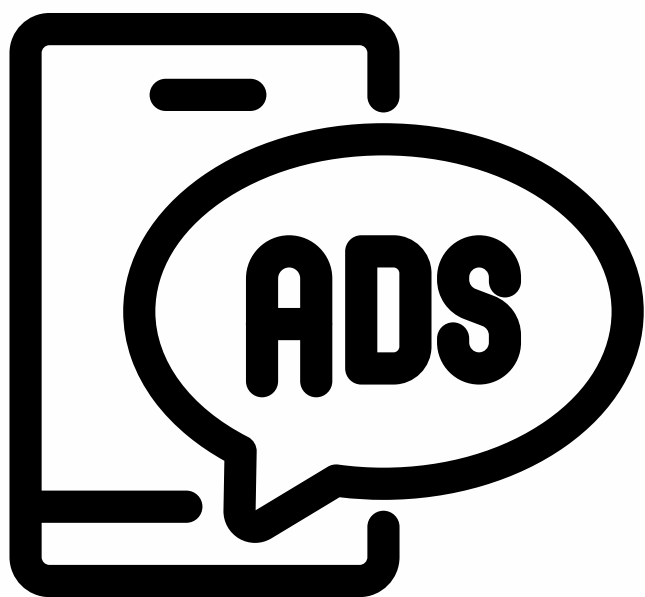
**Cycling with our Ride Leaders is the perfect way
to start your well-being journey.**

Thurs 10am – ladies only ride

Saturday social rides – 1.30pm

One off rides: off road/ along the coast

Contact Us at 07842 422047 or ColchesterEPP@theaws.org



**Have you got any
information that
you would like us
to include?**

**Email a poster to
communities@colchester.gov.uk
for consideration**



SHOOTING STARS

CHILDREN'S CLUB

LEARN, PLAY, EXPLORE, SHINE!

A fun and safe space to make friends,
try new things and be your best **you!**



**CREATIVE
ACTIVITIES**

Crafts, art
and imagination



**FUN &
GAMES**

Play, teamwork
and challenges



**MAKE
FRIENDS**

Kindness, respect
and fun together



**DISCOVER
& GROW**

Build confidence
and try new things



**COMPLETE
CHALLENGES**

and earn
badges!



FOR CHILDREN AGES 4 AND UP



MON TO FRI SESSIONS

1-3



4-6



KINGSLAND CHURCH,
COLCHESTER



CONTACT - 07748 514083 Amanda

**JOIN THE
ADVENTURE!**

WHERE EVERY CHILD
SHINES BRIGHT



TOP



Fostering

**You have everything
it takes to change a
child's life.**

More children than ever need a safe
place to call home.

Find a fostering option to suit you.

0800 801 530

www.essex.gov.uk/fosterwithEssex



**Help vulnerable children and
young people reach their full
potential**

Foster carers and Supported Lodgings
carers offer safe homes for children,
when they need it the most.

Click **HERE** to find out more





**ADULTS &
OLDER
PEOPLE**



Join an EPP ride

Boost your

Health , Happiness and Confidence



Do you want to get active, feel great, and connect with others?

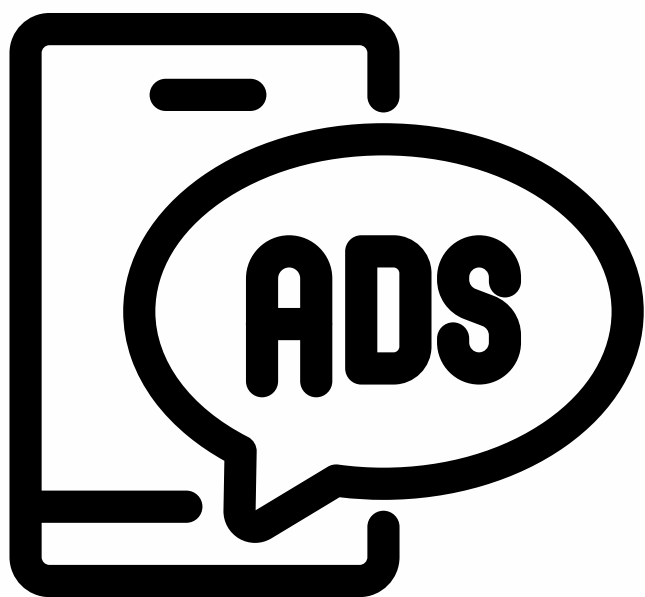
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for consideration**





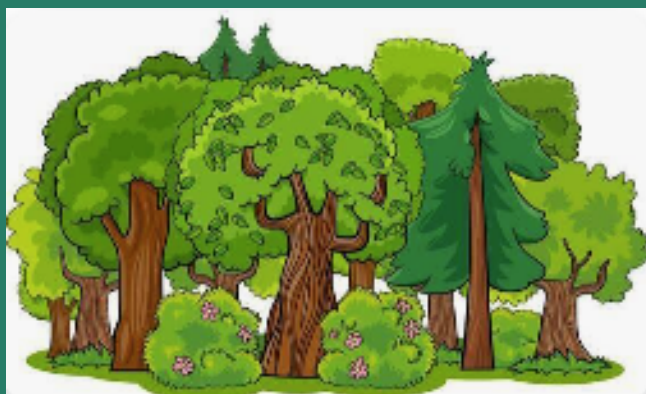
WOODLAND
TRUST

FREE TREES

for schools and communities

Trees help people and nature thrive. Getting more in the ground will give us all a greener, healthier future, so we're giving thousands away free to schools, councils, clubs and community groups.

Request a free tree pack for your school or community [HERE](#)



THE WORLD CUP BRINGS PEOPLE TOGETHER...

BUT BEHIND CLOSED DOORS, IT CAN
FEEL VERY DIFFERENT.

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING
DOMESTIC ABUSE, HELP AND ADVICE ARE AVAILABLE:

COMPASS 0330 333 7 444 essexcompass.org.uk

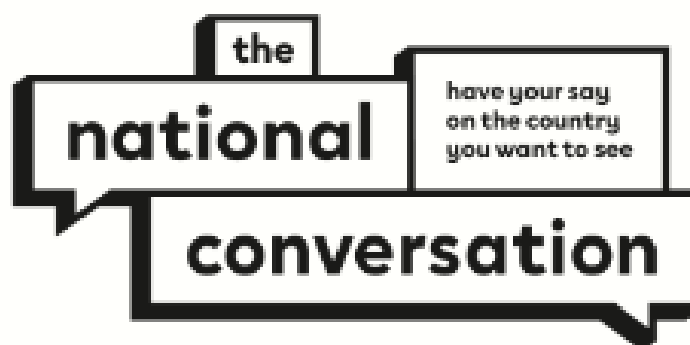
SETDAB

Next chapter





Nuffield
College
UNIVERSITY OF OXFORD



The National Conversation,

led by researchers at the University of Oxford, has launched a UK-wide survey exploring community life, belonging and national identity.

Open to anyone aged 16 and over, the anonymous survey aims to build one of the largest evidence bases on social cohesion in the UK.

Click [HERE](#) to start the survey

Group Conversations — an invitation for community partners

The Independent Commission on Community and Cohesion is inviting you to join its **National Conversation** on the UK's communal life.

This is an exciting opportunity to take part in a major public listening exercise and shape a national 'shared vision' of how we can live well together.

Click [HERE](#) to find out more



The Mindful Life Group

Dedicated to older adult mental wellbeing

OUR MISSION

To enhance quality of life in later years through compassionate, evidence-based psychological programmes that support meaningful connection, mental wellbeing, and emotional balance.

Better Sleep Programme for Caregivers
Thursday 18th June 2026 2pm-3pm

FREE six-week online programme
for carers over 65
Places limited to 15

Based on Cognitive Behavioural Therapy -
The first-line NHS treatment for insomnia

- ✓ Clinical Psychology-Led
- ✓ Evidence-Based Interventions
- ✓ Tailored for over 65s
- ✓ Designed to improve sleep for both the carer and the person they care for

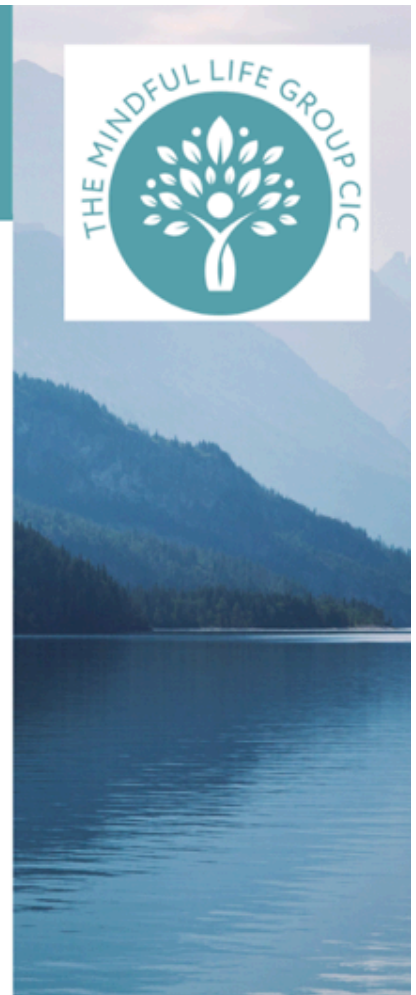
"The course has made a big difference... my sleep has improved!"



Essex County Council

Visit our website
www.the-mindful-life.com
to find out more and apply

The Mindful Life Group
Dedicated to older adult mental wellbeing



Click **HERE** to find out more and apply





Essex Home Help Service
*understands the secret to being
happy is accepting where you are in
life and making the most out of
every day*

Essex Home Help Service

now offers **Free** telephone befriending calls
to help combat the loneliness and
isolation so many elderly and vulnerable
people experience.

Click **HERE**
to find out more





Mourning Brew

Bereavement Friendship
Group.

Mourning Brew, is a new group for people who have experienced Bereavement and want to connect with others who have a shared experience for social interaction, friendship and support. Please join us.

We meet once a month at The OutHouse, East Hill, Colchester at 6pm for an hour.

Scheduled dates are; May 19th, June 29th, July 28th, August 28th, September 28th, October 27th and November 24th.





Mourning Brew

Bereavement Friendship Group.

Mourning Brew, is a new group for people who have experienced Bereavement and want to connect with others who have a shared experience for social interaction, friendship and support. Please join us.

We meet once a month at First Site Gallery at 10am for an hour.

Scheduled dates are;
June 10th, July 8th, August 5th,
September 2nd, October 7th, November
11th and December 2nd.





Shelley Bell
CELEBRANT

Hosts

Mourning Brew

Bereavement Friendship Group.

Mourning Brew, is a group for people who have experienced Bereavement and want to connect with others who have a shared experience for friendship and support.

We meet once a month at Janet C. Davies Funeral Directors, 233 High Street, Kelvedon, CO5 9JD at 10:30am for an hour.

Scheduled dates for 2026 are; June 23rd,
July 28th, August 25th, September 22nd,
October 27th, November 24th

Sponsored By

HUNNABALL



Family Funeral Group





Community Kitchen

BRINGING UNITY TO THE COMMUNITY

Now Open for Community Hire!

We're proud to launch our brand new Community Kitchen and spaces for hire at Unity Primary Academy.

 **Community Kitchen** – Fully equipped with 7 hobs/ovens, commercial catering facilities. Perfect for cooking classes, community meals, and food education.

 **Main Hall** – Beautiful parquet floor, ideal for sports clubs, dance, fitness, or functions. Direct kitchen access.

 **Outside Grounds** – Available for sports and clubs.

 **Small Meeting Room** – Cosy sofas for informal or family meetings. Tea/coffee facilities.

 **Conference room** – With TV, tea/coffee making facilities with small fridge

💡 Why hire our spaces?

Because together we build skills, confidence, and connection for everyone in Greenstead and beyond.

Hiring fees start at just £10 an hour for small meeting room or £25 per hour for community kitchen use

View kitchen facilities at:
**[unityprimaryacademy.com/
community-kitchen](https://unityprimaryacademy.com/community-kitchen)**

**BOOK NOW OR FIND OUT MORE:
CALL 01206 864226 OR EMAIL
NIKI.RUTT@UNITYPRIMARYACADEMY.COM**



Could you, or someone you know, be missing out on **Pension Credit?**

Check your eligibility at
gov.uk/pension-credit
or by calling **0800 99 1234**



SCAN TO FIND
OUT MORE





**Need
urgent
mental
health
support?**



And select the option for mental health crisis

★★★★ Support available 24/7 for all ages

**↑
TOP**

helpline 24/7

HELP WHEN YOU NEED IT AT THE TOUCH OF A BUTTON

Helpline is a falls response service. If you fall in your home or garden and are unable to get back up, at the push of a button, our dedicated responding team will attend to help you back on your feet using our specialist lifting equipment.

Our trusted Emergency Monitoring and Response service supports:

- Older people and those living with dementia
- People with a physical disability or restricted mobility
- Those living with conditions such as epilepsy or arthritis
- People recovering from illness or returning from hospital
- Those prone to falls
- We attend to customers in Coggeshall, Clacton, Colchester, Dedham, Halstead, Harwich, Manningtree, Mersea, Nayland, Tiptree and more.



For more information call: 01206 769779
Email: helpline@colchester.gov.uk
www.helpline247.co.uk

Follow Us



Colchester
AMPHORA TRADING



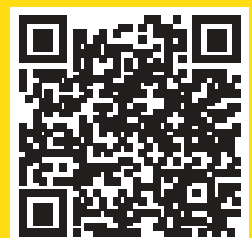
IS YOUR BUSINESS READY?

Changes to business waste are coming,
with Colchester City Council you will have...

LOCAL SERVICES
SIMPLER RECYCLING
FULL COMPLIANCE



**Request your
free quote** 



What's Changing?

On 1 April 2025, new recycling regulations will come into effect as part of The Environment Act 2021 ensuring Simpler Recycling. It will require businesses across England to ensure recycling and waste material is collected by a licensed waste collection service and separated into:



PAPER
& CARD



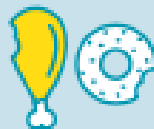
TINS & CANS



GLASS



PLASTIC



FOOD



NON
RECYCLABLE



What Happens Now?

Before 1 April 2025, businesses need to make sure they are compliant with the new Simpler Recycling regulations, including having an appropriate waste contract with a licenced waste carrier. The waste materials are:

- ➡ Recycling: Paper & Card • Plastics
• Tins, Cans and Aerosols • Glass
- ➡ Food
- ➡ Non-recyclable waste

Recycling will need to be kept separate from non-recyclable waste and food waste.



Managing refuse before Business Waste was a nightmare, we were overwhelmed and struggling. Now, their efficient service, competitive pricing, and eco-friendly approach let us focus on our food. Highly recommend!

**– Catering Company
located in Colchester
High Street**

Why Choose Colchester City Council for your Business Waste?

We offer a service to help your business stay compliant with the new requirements and avoid unnecessary fines.

Our collections cover non-recyclable waste and all recyclable materials – paper and cardboard, glass, plastic, tins, cans, and food waste. This cost-effective solution ensures your waste is turned into new resources, helps you avoid fines, and boosts your green credentials.

How We Can Help...



Competitively priced
– save money with no
added charges for weight



Community focused
– profit is reinvested into the
community



Tailored to your business
needs, helping you save
money



Flexible – 30 day rolling
contract



Reliable and compliant with
Government law



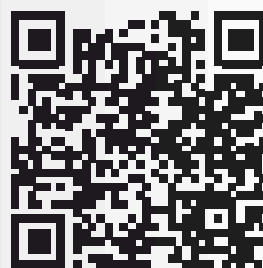
Look after the environment
with sustainable, long-term
solutions



Be compliant with the law, we
will research new policies and
simplify waste



**REQUEST
A QUOTE**



It only takes **2 minutes** to
request a quote, find out
how we can help your
businesses future today

Scan the QR code to get started



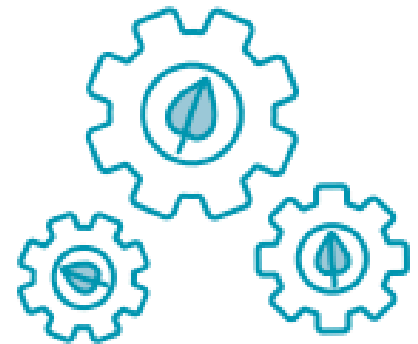
Business Waste Bag Collections

Our flexible waste bag service is perfect for businesses producing smaller amounts of waste or those with limited space for bins. Business waste bags are ideal for locations where bins cannot be collected, can provide extra capacity for growing businesses and can be used for recycling plastics and paper & card, as well as non-recyclable waste.



Tailored Solutions for Your Needs

Not sure what's best for your business? We offer tailored solutions, including a mix of bin sizes, collection frequencies and alternatives like waste bags or one-off collections.



Request your free consultation

Scan the QR code to get started 



Are You Ready for Simpler Recycling?

Businesses in England produce 34 million tonnes of waste annually **64% aren't prepared for upcoming reforms.**





HEALTH & SUPPORT SERVICES

THE WORLD CUP BRINGS PEOPLE TOGETHER...

BUT BEHIND CLOSED DOORS, IT CAN
FEEL VERY DIFFERENT.



IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING
DOMESTIC ABUSE, HELP AND ADVICE ARE AVAILABLE:

COMPASS 0330 333 7 444 essexcompass.org.uk

SETDAB

Next chapter



↑
TOP



MenB Vaccine

Available for a limited time from late July 2026

Who is eligible?



All current year 13 students
(or of equivalent age)



Anyone aged under 25 starting university
or **moving into further education halls of residence** for the first time this autumn

Two doses are ✓✓
essential for protection





**Essex Safeguarding
Adults Board**

**Share your views to help
the Essex Safeguarding Adults Board
understand the barriers to speaking up
about harm, abuse and neglect.**

This survey is open to all,
but we're especially keen to hear from
underrepresented groups and communities
as well as individuals who may face additional
barriers to accessing support - whether for
themselves or someone they know.

Your experience matters. Whether you've sought
help before or not, your voice can help us make
support more inclusive and accessible for
everyone. It's quick (around 5 minutes) and
anonymous.

Click **HERE** to share your views





Essex Home Help Service
*understands the secret to being
happy is accepting where you are in
life and making the most out of
every day*

Essex Home Help Service

now offers **Free** telephone befriending calls
to help combat the loneliness and
isolation so many elderly and vulnerable
people experience.

Click **HERE**
to find out more





**Need
urgent
mental
health
support?**



And select the option for mental health crisis



Support available 24/7 for all ages



Breakeven Our Offer

Breakeven provides **FREE** confidential treatment and Support across the East of England, Sussex, Kent and Medway.

We have a wide variety of programmes supporting a range of individuals who may be suffering with gambling related harms.

Lived experience plays a major part in everything Breakeven do. **Over a third** of our team have lived experience of gambling related harms

Breakeven provides services and treatment to individuals presenting with or affected by gambling harms.

For a self referral
Scan the QR Code



Breakeven Where to reach us

To find out more information about the support offered at Breakeven please give us a call on **01273 833722** or email **info@breakeven.org.uk** or visit our website **www.breakeven.org.uk**

You can also use the 24/7 free National Gambling Helpline for support **0808 8021 133**



Breakeven



About Breakeven

www.breakeven.org.uk

Reg charity 1158156

01273 833722 | info@breakeven.org.uk
www.breakeven.org.uk

Reg charity 1158156

Click [HERE](#) to find out more

BreakevenGC BreakevenGC BreakevenGC

Treatment

The aim of gambling counselling at Breakeven is to provide an opportunity for you to work toward increasing your well-being by becoming free of gambling related harm. We offer treatment for:

- The person experiencing gambling related harm, whether their aim is to stop gambling completely, or to control and better manage their gambling behaviour.
- Anyone affected by someone else's gambling behaviour (family member, friend, colleague)

We will work quickly by getting you assessed as soon as possible so we can understand the extent of your gambling.

Prevention

The Breakeven Prevention Programme

The Breakeven Prevention Programme is a free training programme which aims to educate learners, using an accredited, uniform, and consistent set of messaging regarding Gambling Related Harms and the associated issues, through an ethos that emphasises a Public Health Approach.

Armed Forces Programme

Breakeven are proud to support the Armed Forces community with the 'Armed Forces Programme'. This programme provides free gambling-related harms training for professionals supporting the Armed Forces community, and free and confidential specialist treatment and support for any currently serving personal or veterans who may be experiencing gambling-related harms. Breakeven offer this programme to any organisations or individuals supporting the Armed Forces community.

Criminal Justice Programme

The Breakeven Criminal Justice Programme offers accredited interventions designed to support individuals in prison or probation services, who are adversely affected by gambling. Participants who complete the course modules can earn accreditation through the AQA Unit Award Scheme achieving a Level 1 certification.

South Asian Programme

People from minoritized communities often experience disproportionate levels of gambling harm, often up to 5 times in comparison to someone from a white ethnic background. The Breakeven South Asian Programme works in the heart of communities to break the shame, and stigma by providing training, awareness and culturally relevant support to VCSFE groups in a variety of community languages.

Support Groups & After Care

Support for Women

Women In Need of Gambling Support (WINGS) is an online platform, facilitated by a counsellor, where you can talk with other women in a similar situation. A safe place to feel understood, share experiences, and gain support, while gaining insights from listening to others.

Green Shoots Recovery

As part of our After Care, we offer a 7 week recovery course. The Green Shoot recovery programme will give closure to gambling, and address unhelpful thinking patterns. The programme aims to draw out skills and values to create goals that move you forward in life.

Peer Aid

Peer Aid is a service providing one-to-one and group support to individuals harmed by gambling by connecting them to Peer Supporters who have personal experience of gambling harms and have moved into recovery.

The Breakeven Podcast

A podcast showcasing a variety of lived experience with gambling related harms.

Scan the QR Code to watch on Youtube



www.breakeven.org.uk

01273 833722 | info@breakeven.org.uk

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TOP



The J9 Initiative is not about asking businesses or individuals to resolve complex situations or replace specialist services.

The initiative is about fostering informed, compassionate environments where someone feels acknowledged, understood, and encouraged to access professional support.



Public Awareness

Our one-hour public awareness sessions are available to book every month at no cost.

Anyone can complete the session and receive the supporting resources which includes the option to request a CPD Accredited Certificate and/or use our J9 Email Banner valid for one year.

Private sessions available depending on the size/structure of organisation.

Click [**HERE**](#) to find out more



Hearing from people and communities across Essex is vital in helping shape better, more joined-up health and care services.

To support this, we have now introduced **a simple online form** that allows partners to submit insight they would like included within the Insight Bank. We will continue adding new insight over time as it becomes available.

To help ensure good accessibility and improve the usability of the Insight Bank, we will publish a summary of the insight findings alongside a link to the full report or research document. When submitting insight, please therefore ensure you include a link to where the full report is hosted on your organisation's website.

Click **HERE** to submit an insight





CoSign

Community-based signposting tool

Helping you find support for emotional distress



Emotional distress, depression, anxiety, worries and stress can sometimes be caused or made worse by aspects of our lifestyle, our home or social life, our work, money problems, our relationships or issues to do with where we live.



CoSign is designed to identify these kinds of areas in your life which might be causing your difficult feelings or making you feel unable to cope.



CoSign asks questions about different aspects of your life and then provides a list of community-based services or resources that offer relevant support for the challenges in those areas of your life.



CoSign is designed for adults living in Essex

Scan QR code to access **CoSign**



CoSign is maintained, developed and managed by the University of Essex. The process of creating and piloting CoSign was financially supported by NIHR ARC East of England and the University of Essex.

Supported by
NIHR | National Institute for
Health and Care Research



Click **HERE** to start using CoSign





Mourning Brew

Bereavement Friendship
Group.

Mourning Brew, is a new group for people who have experienced Bereavement and want to connect with others who have a shared experience for social interaction, friendship and support. Please join us.

We meet once a month at The OutHouse, East Hill, Colchester at 6pm for an hour.

Scheduled dates are; May 19th, June 29th, July 28th, August 28th, September 28th, October 27th and November 24th.





Mourning Brew

Bereavement Friendship
Group.

Mourning Brew, is a new group for people who have experienced Bereavement and want to connect with others who have a shared experience for social interaction, friendship and support. Please join us.

We meet once a month at First Site Gallery at 10am for an hour.

Scheduled dates are;
June 10th, July 8th, August 5th,
September 2nd, October 7th, November
11th and December 2nd.





Shelley Bell
CELEBRANT

Hosts

Mourning Brew

Bereavement Friendship Group.

Mourning Brew, is a group for people who have experienced Bereavement and want to connect with others who have a shared experience for friendship and support.

We meet once a month at Janet C. Davies Funeral Directors, 233 High Street, Kelvedon, CO5 9JD at 10:30am for an hour.

Scheduled dates for 2026 are; June 23rd,
July 28th, August 25th, September 22nd,
October 27th, November 24th

Sponsored By

HUNNABALL



Family Funeral Group



The Mindful Life Group

Dedicated to older adult mental wellbeing

OUR MISSION

To enhance quality of life in later years through compassionate, evidence-based psychological programmes that support meaningful connection, mental wellbeing, and emotional balance.

Better Sleep Programme for Caregivers
Thursday 18th June 2026 2pm-3pm



FREE six-week online programme
for carers over 65
Places limited to 15

Based on Cognitive Behavioural Therapy -
The first-line NHS treatment for insomnia

- ✓ Clinical Psychology-Led
- ✓ Evidence-Based Interventions
- ✓ Tailored for over 65s
- ✓ Designed to improve sleep for both the carer and the person they care for

"The course has made a big difference... my sleep has improved!"



Essex County Council

Visit our website
www.the-mindful-life.com
to find out more and apply

The Mindful Life Group
Dedicated to older adult mental wellbeing



Click **HERE** to find out more and apply





Scan to learn more
about For Baby's Sake



Did you know domestic abuse often begins or escalates in pregnancy?

For Baby's Sake is a specialist, therapeutic programme for expectant co-parents where domestic abuse is a concern. The programme is delivered by The For Baby's Sake Trust, a domestic abuse charity that specialises in pregnancy and early years.

For Baby's Sake is for co-parents who:

**Are
expecting a
baby and
are in
pregnancy**

**Want to
change the
behaviours
that cause
harm**

**Want to safely
co-parent their
baby (whether
in a relationship
or not)**

We welcome contact and referrals from multi-agency professionals and parents. We complement, not duplicate, safeguarding and statutory services in your area.

To make a referral to our East of England team:

Email us at
stevegibbs@forbabysake.org.uk

Call us at
07702 537074

#BreakTheCycle

Your safety is our priority. If you're self-referring, please let us know how best to contact you so you will be safe and free to have an informal chat.

About For Baby's Sake

For Baby's Sake is a modular programme for expectant co-parents where domestic abuse is a concern. It takes a whole-family, trauma-informed approach, starting in pregnancy and continuing up until the baby is two.

The long-term therapeutic relationship is the core of the programme, addressing the root causes of harm, and giving parents the tools they need to make positive changes for their baby. Each parent works separately with their own Therapeutic Practitioner, and sessions are delivered within a hybrid online and face-to-face model.

Therapeutic Practitioners work closely with each other and with multi-agency partners to safeguard the baby and manage risk.

Criteria

- Expectant co-parents - we work with both those who experience harms, and those who use harmful behaviour
- Currently based in the East of England
- A commitment to co-parent where it is safe to do so (no expectation to be in or stay in a relationship)
- A history of domestic abuse in the relationship
- Consent to receive long-term, therapeutic support
- A willingness to seek our support



Scan to complete
our referral form



Charity registration: 1126459

#BreakTheCycle





If you are pregnant or you have children under the age of four, you could get help to buy food and milk.

Apply online for NHS Healthy Start.



www.healthystart.nhs.uk





East Suffolk and
North Essex
NHS Foundation Trust

Bump to Baby: feel-good pregnancy and postnatal weight support

Pregnancy (and life after baby!) is a wild, beautiful ride - and you deserve to feel supported every step of the way.

Bump to Baby is a **free programme for pregnant people living in North East Essex** who may benefit from extra support with weight, nutrition, movement and wellbeing during pregnancy.

We focus on real-life support: safe movement, balanced nutrition for weight management, emotional wellbeing, connection and kindness - not diets, judgment or pressure.

Click **HERE** to get started

Join the Bump to Baby programme

This free service is available to pregnant people registered with a GP in North East Essex, and is designed to support those who may benefit from extra help with weight during pregnancy. Check your eligibility below and get started today.





Fostering

**You have everything
it takes to change a
child's life.**

More children than ever need a safe
place to call home.

Find a fostering option to suit you.

0800 801 530

www.essex.gov.uk/fosterwithEssex



**Help vulnerable children and
young people reach their full
potential**

Foster carers and Supported Lodgings
carers offer safe homes for children,
when they need it the most.

Click **HERE** to find out more





A new digital tool to help public and professionals refer and signpost to health and wellbeing services has been launched in north east Essex.

The Essex Frontline platform provides a library of local health and wellbeing services for the public and professionals to access. Services on the platform range from debt advice, support for addiction and mental health and housing advice.

Click **HERE** to see the full statement



Helping someone home from hospital

What you need to know



Click [HERE](#) to see the full guide

Working together for Essex

Action for Family Carers, Carers First, Carers UK,
Essex Carers Support, Essex Wellbeing Service,
NHS, Mobilise.



here to



Colchester
City Council

HELP

This guide offers details of organisations and charities across Colchester (and nationally), that can support you, whatever your needs.

Click [HERE](#) to see the full leaflet

To contact the council:

☎ 01206 282222

✉ customerservices@colchester.gov.uk



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TOP



LEGAL & CRIME

Need trusted immigration advice?



If you're looking for immigration advice, the **Immigration Advice Authority (IAA)** is here to help you.

We hold a register of regulated advisers who can provide trusted immigration advice and services. Check if your adviser is IAA registered or search for an adviser through us.



Finding a registered adviser is easy

Visit gov.uk/iaa

Scan here to use our Adviser Finder



Promoting best practice, protecting advice seekers

Click **HERE** to find out more



Dealing with “auditors”

Identifying “auditors”

Many key figures in the far right are or have previously been so-called “auditors.” These agitators, who often previously called themselves “citizen journalists,” seek to stir up anger and outrage by “investigating” the issues the far right often focuses on, and publishing clickbait videos. They often seek to film at places like hotels that house people seeking asylum, large-scale asylum accommodation sites and migrant support organisations, as well as at protests.

Is it illegal for “auditors” to film?

It is not generally illegal to photograph, video or otherwise record locations or individuals in public, even if it is without the individual’s consent. It is not even illegal to take photographs of children in a public setting without their consent.

However, private locations require the permission of the owner, registered user or those who have a legal claim to the title of the location used. That permission can be withdrawn.

Recording someone with the intent to harass, intimidate, or stalk them can be illegal. Similarly, recording someone in a private setting where they have a reasonable expectation of privacy may be considered intrusive and potentially illegal.

The difficulty arises as the claim of reasonable expectations of privacy may not apply. For example, places such as hotels, shared office buildings and conference or event venues will have both public areas (e.g. the foyer/ reception and grounds) and private areas (e.g. guest rooms, areas marked private, staffrooms).

“Auditors” are careful to ensure they do not cross the line into criminality. They have been coached in understanding the relevant laws. They may sometimes overstep the line and commit offences under the Public Order Act, but this is generally rare.

While “auditing” may not cross the line into criminality, you should report all instances to senior management at your organisation. Building up a picture of ongoing auditing over a period of time, including any concerning or harassing behaviour, can be helpful if the targeting escalates in future.

What to do when “auditors” are filming

It is important that all personnel remain polite and professional if responding to a situation where someone is recording premises and/or staff. When engaging, remember that your first words will often dictate the tone of the interaction. It is vital that you never volunteer information, and never attempt to change their mind by engaging with them.

A common tactic used by auditors is to force the conversation towards “straw man” arguments.

Straw man arguments simplify and twist what someone is saying. For example, if a teacher says that many accidents involving children happen when they are playing, somebody might then in bad faith claim that “the schoolteacher wants to ban everything fun.”

To avoid being drawn into this, stick to a scripted reply and always be polite. Although some may seem to be simply asking polite questions, it is wise to remember that everything you say can be re-edited to have a meaning that suits their political ends. Every question will be designed to mislead or trick you into feeding their agenda.

While it may seem a good approach, saying “I don’t know” or “Can’t comment” will fuel the citizen journalist, as these statements can be easily manipulated to show either incompetence or naivety. It is easier to stick to a scripted statement such as “I am not in a position to answer your questions. Please look at our website or speak to our press officer.” If your organisation does not have these, you can simply say, “I am not in a position to answer your questions, thank you.”

Remember that the goal is often to generate controversial content. The best defence is to make their interactions with you forgettable. Even the most innocent of statements can be twisted, and any hint of annoyance, aggression or impoliteness will be used to discredit not only you but your organisation as well.

If you are not comfortable engaging with the person filming, and it would not further endanger others, consider simply walking away or returning to the last place of safety. These individuals can be intimidating, and ultimately your safety takes precedence.

If the questioning becomes threatening and aggressive, return to your last safe location, and call for help.

Conflict management

When interacting with suspected auditors, we recommend a **CALM** approach – Chat, Assess, Limit, Monitor.

Chat in a friendly manner – be polite but not forthcoming with information

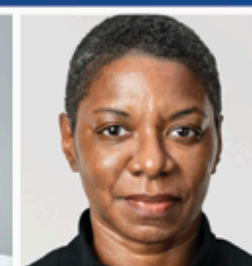
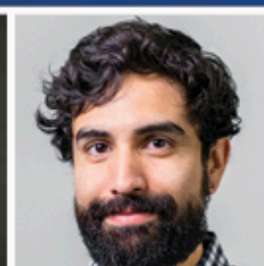
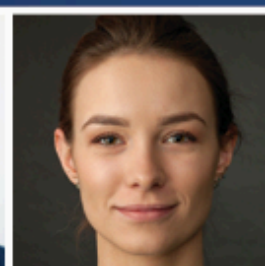
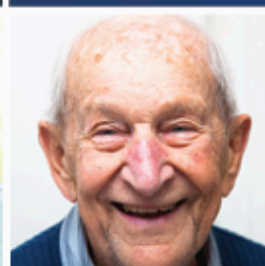
Assess for hostile intent – be mindful of their agenda

Limit interactions beyond what’s essential – do you have to interact?

Monitor risk of escalation – be situationally aware



Do you want to have your say in how your neighbourhood is policed?



Are you willing to be a critical friend of the police to help them improve?



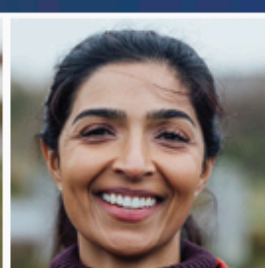
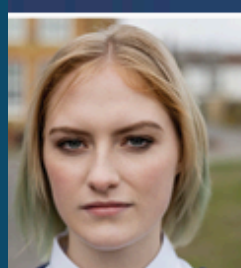
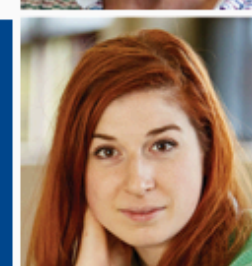
Are you passionate about voicing the needs and concerns of your community?



If the answer is yes, your local Independent Advisory Group (IAG) may be the platform for you.



Be part of a two-way conversation with your local police to discuss significant incidents, shape and influence policy and procedure, give feedback on neighbourhood policing matters.



Partner with
your local
policing team

Provide
constructive
criticism

Receive
updates on
local operations
and plans

Support sharing of
important information
and messages to and
from your community

**You can join an Independent
Advisory Group local to you in
the areas below:**

- Braintree
- Basildon
- Castle Point
and Rochford
- Chelmsford
and Maldon
- Colchester
- Epping and
Brentwood
- Harlow
- Southend
- Tendring
- Thurrock

**Scan the QR code
to find out more:**





Essex County Council Trading Standards
are actively targeting high street sellers of
illicit tobacco and vapes.

These businesses frequently sell harmful products to children, have links to other criminality, immigration offences, money laundering and undermine legitimate businesses.

We work in partnership with Police, HMRC, Immigration and District Councils to seize goods, close or disrupt premises and pursue those behind the shops.

Residents are encouraged to report concerns
about the sale of illegal tobacco,
vapes or underage sales to Trading Standards:

By phone: call the Citizens Advice Consumer Helpline on 0808 223 1133
By email: tobacco.vapes@essex.gov.uk

Click **HERE** to report online.





Community Safety Survey 2026

This survey is aimed at helping the Community Safety Partnerships working across Southend, Essex and Thurrock to identify the impacts of crime and anti-social behaviour in the county.

You can complete the survey about any area in Essex, whether you live, work or study there.

You can also complete this survey more than once to give us your views about a different area if you wish to do so.

The survey closes on 2nd August

The results will be used by the Community Safety Partnerships for each area, and Safer Essex, to inform their work for the next year.

Click **[HERE](#)** to complete this survey



Crime prevention advice

Easy wins to protect:

- your home from crime
- your shed or garage from crime
- yourself from crime
- your bike from thieves

Click [HERE](#) for more advice

Be fraud smart

How to spot a scam

If you receive a suspicious text,
report it by forwarding the message
to 7726

STOP THE HATE

BEING TARGETED FOR ANY OF THE BELOW
COULD BE HATE CRIME



DISABILITY



TRANSGENDER
IDENTITY



RACE OR
ETHNICITY



RELIGION
(belief or
none-belief)



SEXUAL
ORIENTATION



SEX OR GENDER
(misogyny or
misandry)



HOW TO REPORT A HATE CRIME

Report online: www.essex.police.uk/hatecrime

In an emergency call **999**. Otherwise call **101**.

If you've pre-registered with the emergencySMS service then text **999**.

Deaf or hard of hearing, use our textphone service **18000**.

British Sign Language (BSL) users please use the **999BSL** app.

SCAN TO REPORT



Spotted Fly-Tipping? **REPORT IT!**



HELP US, HELP YOU!

If you have spotted someone fly tipping, send us the details:

- 🕒 **Dates and times:** precise details help us identify culprits
- 📍 **Location:** exact spot fly tipping has occurred
- 🗑️ **Description:** details about the waste and any vehicles involved
- 📷 **Evidence:** Ring Doorbell or CCTV footage

PAY WRONG ONCE, PAY TWICE!

Paying for rubbish removal? **Ensure it's legal.**

Ask these three questions first:

- Please can I see your Waste Carrier Licence?
- Where will you take my rubbish?
- Can I have a receipt with your name business and vehicle details?

No licence, no deal.



Report fly tipping through this link:
colchester.gov.uk/recycling-and-rubbish/fly-tipping
Or email our fly tipping team on:
fly.tipping@colchester.gov.uk

An initiative
of



cams

Colchester Against Modern Slavery

With an estimated 122,000 victims of modern slavery in the UK, would you like to join 35 organisations in partnering towards a slavery-free Colchester?

To explore further contact kate.cams@togetherfree.org.uk

Free Modern Slavery Training

Workshops of between 1-2 hours include:

- Overview of Modern Slavery and Human Trafficking
- Types of Exploitation
- Signs of Exploitation
- Victim Barriers
- The National Referral Mechanism
- Reporting Concerns

The training can be on Teams or in-person and tailored to your organisation / group.

Contact: bob.fortt@essex.police.uk or

kate.cams@togetherfree.org.uk



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TOP



Baha'i



Shinto



Paganism



Sikhism



Islam



Judaism



Christianity



Zoroastrianism



Taoism



Buddhism



Hinduism



Confucianism



Brahma Kumaris



Quakers

Faith Is Welcome. Hate Is Not.
SEE IT. REPORT IT.

STOP HATE UK

0800 138 1625

24 HOUR HELPLINE

TEXT 07717 989 025.

www.stophateuk.org



CHARITY NO. 1062692.

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OCTOBER 2014



ARMED FORCES UPDATES

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EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

Click **HERE** to see the Colchester
City Council Armed Forces Page



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Women Veterans Project

 THE ARMED FORCES
COVENANT FUND TRUST



Do you need help with addiction?

Tom Harrison House, in partnership with Salute Her, are delivering a women-only veteran focused project to support individuals to embrace a drug- and alcohol-free life.

Please contact Annie or Alison by telephone 0151 9098 481 or by email to help@tomharrisonhouse.org.uk if you are:

- A woman over 18 years old
- Have served or are still serving in the British Armed Forces
- Experiencing dependency on legal or illegal drugs or alcohol

We are waiting to support you.



Tom Harrison House
"Honour, Hope, Healing"

0151 909 8481

info@tomharrisonhouse.org.uk

4 Argyle Road, Anfield, Liverpool, L4 2RS





Veterans' News and Communications Hub

The Hub enables forces-friendly organisations across all sectors to showcase the continued value of the UK's highly skilled veteran community.

Click [HERE](#) to read more.





COST OF LIVING SUPPORT

Colchester Foodbank – Opening Times 2026

Helping local people in crisis with compassion and care

Brightlingsea

 Wednesday, 10am – 12:30pm
 Brightlingsea Town Hall

Central (St Peter's Church Hall – New Venue)

 Tuesday, Wednesday & Friday, 11am – 1pm
 St Peter's Church Hall, North Hill, Colchester CO1 1DZ

Greenstead

 Monday, Tuesday, Thursday & Friday, 10am – 12 noon
 Colchester Credit Union, 7 The Centre, Hawthorn Avenue CO4 3PX

Monkwick

 Friday, 11am – 1pm
 St Margaret's Church Hall, Stansted Road (off Mersea Road) CO2 8RA

Myland

 Friday, 8:30am – 12 noon
 Myland Parish Hall, Mile End Road CO4 5DY

New Town

 Monday 7:30pm – 8:30pm | Thursday 11am – 1pm
 St Stephen's Church Centre, Canterbury Road, Colchester CO2 7RY

Rowhedge

 Monday, 4pm – 6pm
 Mariners Chapel, Chapel Street CO5 7JS

Tiptree

 Thursday, 2pm – 4pm
 United Reformed Church, Chapel Road CO5 0HP

Tollgate – Main Foodbank Hub

 Monday to Saturday, 10am – 2pm
 Unit 3 Tollgate Retail Park, Stanway, Colchester CO3 8RG

Wivenhoe

 Tuesday, 11am – 1pm
 Wivenhoe Congregational Church, High Street CO7 9AB

♥ Need help urgently? Call 01206 621998 or visit colchester.foodbank.org.uk

Colchester Foodbank provides individuals & families who find themselves in sudden crisis, emergency food parcels.



Registered charity number 1204958 | Registered in England and Wales





Personal debt worries?

We're here to listen - no judgement, just free support and advice

When & Where

In partnership with Colchester Foodbank

***Greenstead Foodbank @ Colchester Credit Union Office
7 The Centre, Hawthorn Avenue, CO4 3PX***

Every Monday 10am to 12pm

***Colchester Foodbank @ Stanway
Tollgate Retail Park, CO3 8RG***

Every Tuesday 10am to 2pm

***Monkwick Foodbank
@ St Margarets Church
Stansted Road, CO2 8RA***

***Every Friday 11am to 1pm
(except the first of each month)***

No appointment needed, just turn up

How we can help

- ✓ Budgeting and income maximisation
- ✓ Guidance on priority and non priority debts
- ✓ Understanding your debt options
- ✓ Signposting to trusted organisations

<https://colchestercds.org.uk/>

Funded by:



Authorised and Regulated by the FCA: (FRN 1035606)
Company Registration Number: 16276340
ICO registration Number: ZB911136



Could you, or someone you know, be missing out on **Pension Credit?**

Check your eligibility at
gov.uk/pension-credit
or by calling **0800 99 1234**



SCAN TO FIND
OUT MORE



FINANCIAL EQUALITY AND WELLBEING TEAM



We are here to help you

We offer a range of free, confidential financial and employment support to all our residents in Colchester, including:

- Support paying your rent and Council Tax
- Money and debt advice
- Employment and job search
- Accessing food
- Welfare benefit advice and support
- Maximising benefit entitlement

If you need support you can contact us at Colchester City Council by emailing:

benefits.advice@colchester.gov.uk

or call us on:
01206 505 855

Open Monday - Friday



Employment Support



- CV and Personal Statements
- Job seeking
- Job applications
- Interview Preparation
- Volunteering opportunities

Removing Barriers



- Wellbeing and life skills
- Confidence and motivation
- Travel and clothing support for interviews if eligible
- Childcare cost advice
- Multi agency working to ensure maximum support

Benefits and Finances



- Signpost to any relevant financial support
- Review Council Tax account
- Identify housing support needs, to include sustaining tenancies
- Family welfare
Household income maximisation

Click **[HERE](#)** to see how to access these services from Colchester City Council Financial Equality & Wellbeing Team



COMMUNITY FUNDING

Securing Large Grants Workshops



Multiple Dates



10:00am-1:00pm



- Rayleigh Parish Centre, Rayleigh 4th June
- Chelmsford Rugby Football Club, 9th June
- Wat Tyler Country Park, Basildon - 23rd June
- Colchester Rugby Club, Colchester, 1st July
- West Essex, Date TBC

Securing large grants for £50,000+ for medium and large voluntary organisations is an important part of any fundraising plan.

This workshop will provide top tips on making a strong case for large grants, who provides these grants and a deep dive into one of the main large grant funds.

Increase your chances of securing a large grant by attending this free, specialist workshop!



Book your fully funded space here:

www.activeessex.org/your-essex-community/securing-large-grants-workshops/



Proud to be part of
**Your Essex
Community**

Supporting the Voluntary
and Community Sector



Click **HERE** to book your fully funded space



↑
TOP



COMMUNITY FOUNDATION



ENRICH OUR COMMUNITIES

IMPACT REPORT 2025

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

www.cu-fc.com/cucf
cucf@colchesterunited.net
01206 755160
@ColU_CF /ColUCF

Click [HERE](#) to read full report



Community Funding

All of the funding you need for your organisation can now be found in one place! **Just click on the image below**, which will take you to our website.

If you are successful in getting a grant, let us know - we can help you promote your project, and inspire others to get involved.





OUR TEAM

Meet The Team

Tom Tayler

Community & Partnerships Team Manager

07956 343985

Tom.Tayler@colchester.gov.uk

Roz Clough

Financial Equality & Wellbeing Team Leader

01206 506440 or 07960 779163

Roz.Clough@colchester.gov.uk

Chrissy Henegan

Community & Partnerships Officer

Central – Shrub End, Prettygate, Newtown & Christchurch, Berechurch and Castle

Thematic lead for Children & Young Persons, Armed Forces, Older Person and Carers

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Mark Healy

Community & Partnerships Officer

North – Rural North, Lexden & Braiswick, Mile End,
Highwoods, St Annes & St Johns and Stanway

Thematic lead for Community Asset Fund,
Compassionate Communities, EDI, and Locality
Budgets

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Mark.Healy@colchester.gov.uk

Jake Mullinder

Community & Partnerships Officer

South – Marks Tey & Layer, Mersea & Pyefleet,
Tiptree, Wivenhoe, Old Heath & The Hythe and
Greenstead

Thematic Lead for Physical Activity & Public Health

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Jake.Mullinder@colchester.gov.uk

Yovone Cook

Community & Partnerships Officer

Thematic lead for Resettlement, Faith Groups and
Ethnically Diverse Groups

07976 794789

Yovone.Cook@colchester.gov.uk



EMPLOYMENT & TRAINING

ONLINE TRAINING ON HOW TO SPOT A LOAN SHARK

BOOK

Introductory.
training

BOOK

Follow on
training

intro training to be
completed first



Click [HERE](#) to book free



↑
TOP

YOUTH JOBS GRANT

What is it?

£3,000 grant for employers who hire eligible Young People.

Is my business eligible?

Yes! There are no restrictions on which businesses can get the grant.

How do I find eligible Young People?

Your local JCP Recruitment Consultants can support you with the recruitment process and help to find suitable, eligible candidates.

Who can I hire?

Young people aged 18-24 on Universal Credit, who have been out of work for at least 6 months.

How do I sign up?

The grant goes live on the 30th of June. To register your interest and be put in touch with a local recruitment consultant, input your details here [Recruit the right people with Jobcentre Plus](#)



To get involved and for more information visit:
business.gov.uk/recruit



Department
for Work &
Pensions



YOUTH GUARANTEE
Funded by UK Government

job
centre
plus

↑
TOP

JOBS GUARANTEE PHASE ONE

A guide for employers



WHAT IS THE JOBS GUARANTEE?

The Jobs Guarantee helps young people who have been out of work or education for a period of time take their first steps into employment, as part of the government's Youth Guarantee.

In its first phase, the scheme is open to eligible* 18–21 year olds who have been on Universal Credit and seeking work for 18 months and live in Hertfordshire & Essex.

The Department for Work and Pensions (DWP) will fully fund employers to offer six months of paid work at 25 hours a week covering 100% of wage costs – reimbursed at the age relevant National Minimum Wage, including associated employer NICs and pension contributions – and up to £250 per young person for onboarding. Each young person will receive tailored training and DWP-funded support from a DWP appointed Delivery Partner helping them prepare for, engage with, and progress in their job.

WHY SHOULD YOUR BUSINESS TAKE PART?

Taking part lets you grow your business and strengthen your workforce while making a real difference to someone's life. In addition to the financial benefits above, you will also have access to untapped talent in your local community and the opportunity to trial a candidate for six months, with the option to retain them afterwards.

In return, you will need to:

- Offer a genuine paid job you would otherwise recruit for, with day-to-day support for the young person.
- Confirm your organisation meets reasonable requirements to ensure roles are safe, fair and good quality (usually via a simple declaration).
- Work with your Delivery Partner to support a young person, providing a named point of contact and notifying them of any changes affecting the young person's role.

WHAT TO EXPECT

Young people on the scheme can **bring fresh perspectives, diversity and loyalty to your organisation**. They may also face barriers to employment, which is why Reed in Partnership will provide them with personalised support specific to the needs of the young person and your business. Young people typically want to gain confidence through secure stable employment, feel valued and develop skills for a long-term career. Although some of these young people face barriers, securing a job can help increase motivation and confidence, give them solid experience in work and ultimately transform their lives.

The young person is most likely to thrive with a supportive employer offering clear structure, on-the-job training, flexible working where possible, and access to a workplace buddy or mentor.

THINGS YOU NEED TO KNOW

Delivery Organisation for Hertfordshire & Essex: Reed in Partnership

To recruit a young person, you should contact the Delivery Partner for your area. [Contact Reed in Partnership](#)

MEANINGFUL WORK

Jobs must be equivalent to roles not funded by the scheme and must not involve significant classroom or online training beyond what is offered to regular employees. To qualify, a job must:

- Offer work for up to six months at a minimum of 25 hours a week (unless fewer hours are agreed to meet individual needs).
- Pay at least the age relevant National Minimum Wage, in line with similar roles at your organisation.
- Not replace existing staff or reduce their hours.
- Give the young person the opportunity to develop skills that support progression into sustained employment.

KEY DATES

The first phase of the scheme runs from April 2026 – April 2027. The last start date for employing a young person in the first phase is 31 October 2026.

NEXT STEPS

1. Start by contacting [Reed in Partnership](#) and they will provide more detail on what to expect and get you onboarded.
2. You'll be notified when your vacancy has been matched with a young person.
3. The young person will start the job, and you can claim relevant onboarding costs up to £250.
4. The Delivery Partner will provide ongoing in work support for the young person and you as the employer.
5. After 6 months, you can decide to retain the young person and continue to fund the role after this period.

FOR MORE INFORMATION

VISIT [GOV.UK](#) OR SCAN BELOW



Disability Services Advocacy Team

July 2026 External Stakeholder Sessions

(Please note: these sessions are for organisations **outside** the DWP only)

The Disability Services Advocacy Team are here to support with raising awareness of the four Disability Services benefits and grants.

These are Personal Independence Payment (PIP), Disability Living Allowance Child (DLAc), Industrial Injuries Disablement Benefit (IIDB) and Access to Work (AtW).

Please see below details of our **general awareness sessions** on the four benefits and grants, and **targeted upskilling sessions** to further your knowledge in specific areas.

To register for a place please use each of the individual links to register for the relevant events.

Please note: You are required to enter the password **BEFORE** entering the session page on Eventbrite.

All Eventbrite registration passwords are: DWP2026

Personal Independence Payment (PIP)

This awareness session covers what PIP is, eligibility criteria and the customer journey when making a claim, including the assessment process. There will be opportunity for Q&A at the end of the session.

23/07/2026 10:00-13:00 <https://PIP-Session-23-07-26.eventbrite.co.uk> Password: **DWP2026**

Access to Work Awareness Session (AtW)

This awareness session covers what AtW is, what it can support with, eligibility criteria and the customer journey. There will be opportunity for Q&A at the end of the session.

28/07/2026 13:30-15:00 <https://AtW-Session-28-07-26.eventbrite.co.uk> Password: **DWP2026**

Industrial Injuries Disablement Benefit (IIDB)

This awareness session covers what IIDB is, the eligibility criteria and then the whole customer journey from making a claim to receiving a decision. There will be Q&A at the end of the session.

08/07/2026 13:30-14:30 <https://IIDB-Session-08-07-26.eventbrite.co.uk> Password: **DWP2026**

See page 2 for our upskilling sessions



Disability Services Advocacy Team

July 2026 External Stakeholder Sessions

(Please note: these sessions are for organisations **outside** the DWP only)

Upskilling Sessions

These sessions focus on building knowledge on key topics.

Access to Work Post Award: Claiming from Your Grant

We recommend completing our full Access to Work session prior to attending this session.

This session will help you understand how to claim reimbursements from Access to Work once the grant has been awarded. There will be Q&A at the end of the session.

30/07/2026 10:30-12:00 <https://AtW-Post-Award-30-07-26.eventbrite.co.uk> Password: **DWP2026**

PIP Upskilling Session

We recommend completing our full Personal Independence Payment awareness session prior to attending this session.

Effects on PIP - Care Homes, Nursing Homes and Hospital Stays:

This upskilling session will explain how PIP may be impacted when a customer spends time away from home in certain types of accommodation. There will be opportunity for Q&A.

29/07/2026 10:30-12:00 <https://Effects-on-PIP-29-07-26.eventbrite.co.uk> Password: **DWP2026**

Useful Information

- Registration via Eventbrite is required to attend our sessions.
- The session joining link will be issued via a Microsoft Teams calendar invite roughly one week before the session.
 - Presentation slides will be issued following the session.
- These sessions are intended for charities and organisations that provide free support to individuals managing their DWP benefits and grants.

If you need to contact the team, please contact us on the below email address:

disabilityservices.advocacyteam@dwp.gov.uk



Want to work with us?

Click [HERE](#) to view
the latest
Colchester City
Council vacancies



Job Club

at 1:30 to 3pm

**2nd Thursday of each month
at RAMA House**

31 Eld Lane, Colchester, CO1 1LS

Get the help and support you need to
prepare for work in the UK

**All refugees and Asylum Seekers who live
in Colchester are WELCOME!**

Any questions? Just email
communities@colchester.gov.uk



Colchester
City Council





The J9 Initiative is not about asking businesses or individuals to resolve complex situations or replace specialist services.

The initiative is about fostering informed, compassionate environments where someone feels acknowledged, understood, and encouraged to access professional support.



Public Awareness

Our one-hour public awareness sessions are available to book every month at no cost.

Anyone can complete the session and receive the supporting resources which includes the option to request a CPD Accredited Certificate and/or use our J9 Email Banner valid for one year.

Private sessions available depending on the size/structure of organisation.

Click **[HERE](#)** to find out more





Based in **Essex**? Work with **young people**?
Or do you work in a position where you might
discuss **relationships** or **sexual health**?

FREE online training modules

What sessions are available?

- **LGBTQ+ Inclusivity:** Build safe, welcoming spaces.
- **RSE Guidance Updates:** Stay up to date with new standards.
- **Sexual Health & Contraception:** Master the basics on STIs and prevention.
- **Sexist Language:** Explore its impact on young people.
- **Chemsex Introduction:** Understand emerging risks and trends.
- **Parent and Carer Online Workshops:** Supporting young people with SEND around relationships and sexual health
- **And more!**

Why Sign Up?

- 100% Free
- Flexible online learning
- Tailored for Essex practitioners

Click **HERE** to view dates of sessions
and secure your free place **today!**





FREE Easy AI For All - Google AI Professional Certificate 2026-27

What you'll learn:

Adopt a collaborator mindset: Learn to give AI clear instructions so it acts as a professional collaborator, not just a simple task completer.

Use AI responsibly: Understand how AI works so you can use these tools confidently and responsibly.

Master in-demand skills: Focus on the domains where AI is transforming work the most, including data analysis, research, and communication.

Build custom apps: Use vibe coding to create a custom app that solves your unique workplace challenges, no coding experience required.

Skills you'll gain:

***Artificial Intelligence - Brainstorming - Business Communication -
Business Modelling - Content Creation - Data Analysis - Machine
Learning - Planning - Presentations - Project Management - Research -
Tools you'll learn - Generative AI - Vibe coding***

Contact one of our friendly Advisors to find out more:

T: 01255 688 683 / E: spt@sign-post.info

Or visit our centre:

**Signpost Tendring
Unit 5 Jaywick Enterprise Centre
Lotus Way
Jaywick CO15 2LU**

We look forward to meeting you.



Colchester City Council's community & Partnership team

Our community & Partnership team provides support, advice, and assistance to those who need it across the city.

You can contact our community response team by emailing
communities@colchester.gov.uk



Colchester
City Council



Keep up to date visit colchester.gov.uk

To **UNSUBSCRIBE** to this
newsletter please email
communities@colchester.gov.uk

