

# Colchester Community Updates



Colchester  
City Council

Beginning of April 2023

**Welcome to our newsletter covering the beginning of April**

**You'll find plenty of information about community events, opportunities, HEAPS of funding and much, much more!**

**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.**



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Essex County Council



Changing Lives  
Community Services



# EASTER ACTIVITY CAMP



- MULTI SPORTS & ACTIVITY CAMP
- AGES 4-11 & 12-16
- 10AM-2PM
- HARLOW, STANSTED & COLCHESTER

Week 1  
**3-7 APRIL  
2023**

Week 2  
**11-14 APRIL  
2023**

Paid Spaces  
**£15**  
per day



## ACTIVITIES

- ✓ Sports
- ✓ Inflatables
- ✓ Laser tag
- ✓ Easter activities
- ✓ Arts & crafts
- ✓ Food education

## FREE SPACES AVAILABLE/HOW TO BOOK

- Primary children on benefits based free school meals will receive an email with your voucher and booking link to book onto the camps.
- Limited free spaces for other eligibility, get in contact to see if you're eligible
- Paid spaces & secondary ages book with the link below

01279 427791

[team@changinglivescommunityservices.co.uk](mailto:team@changinglivescommunityservices.co.uk)

Book paid spaces & secondary ages here - [www.clcs.as.me/easter](http://www.clcs.as.me/easter)

Click on the image below for full details of clubs and activities over the Easter Break



Click on the image below for the full leaflet, or visit their website for more details [HERE](#)





**CLACTON**  
3rd & 4th Friday 4.30pm-6.30pm  
Green Lodge Youth Centre, Clacton  
Club Lead Diana Woods

**COLCHESTER**  
Wednesday 5:00-7:00 weekly  
Stanway Youth Centre  
Club Lead Debbie Brooks

**GREAT DUNMOW**  
Monday 4:30-6:30 monthly  
Gt Dunmow Youth Centre, North Street, Dunmow,  
Club Lead Laura Hoti

**HARLOW**  
Tuesdays 5:30-7:30 fortnightly  
The Experience Centre, Broadley Road, Harlow  
Club Lead Emma Batrick

**HARWICH**  
1<sup>st</sup> and 2<sup>nd</sup> Thurs 4:30 – 6:30  
Vibe Youth Centre, Main Road, Dovercourt  
Club Lead Taya Brooks-Smith

**LOUGHTON**  
Wednesday 4:30-6:30 monthly  
Murray Hall, 106 Borders Lane, Loughton,  
Club Lead Nic Bennett

**MALDON**  
Tuesday 5:00-7:00, fortnightly  
Maldon Activity Centre, Carmelite Way,  
Club Lead Debbie Brooks

**STANSTED**  
Monday 4:30-6:30, monthly  
Stansted Youth Centre, Lower St, Stansted  
Club Lead Laura Hoti

**WITHAM**  
Thursdays 4:30 – 6:30, fortnightly  
Parkside Youth Club, Witham  
Club Lead Nic Bennett

#### Young Carer Leads

Alice Edwards—Tendring District  
Toni Jones—Colchester District  
Lauren Baumber—Essex District

#### Young Carer Support & Development Leads

Taya Brooks-Smith—Tendring District  
Jas Luard—Colchester District  
Debbie Brooks—Colchester District  
Cara Japon—Lead Counsellor, Counselling Service

For further enquiries please contact [chris.vince@affc.org.uk](mailto:chris.vince@affc.org.uk)

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Safer Streets Initiative

Self Protection



Personal Security

Situational Awareness



Bespoke courses for Communities,  
Groups, Clubs, Organisations

In Partnership with



Colchester City Council

Open Morning

9:30am – 1:30pm

Saturday 15<sup>th</sup> April 2023

At

The Greenstead Community Centre

Hawthorn Avenue

CO4 3QE

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## EXCITING NEWS!!

### Colchester Candles - Down Syndrome

**Support** have kindly been given the opportunity to do some fundraising for our little charity on 30th April

Lots of us mums will be at the event, some marshalling & some in the hall offering a lovely cake sale with hot and cold drinks too!!

All proceeds from the bake sale are going straight to Candles. Which is vital in us being able to carry on putting on so many fun, inclusive activities and groups for our families

Another way of supporting it is entering your kids in the 1 mile race (£3 entry on the day, details are on the link) or if your feeling brave, enter the 5 mile race - We can promise lots of loud cheering and encouragement 🤗

For details of how to enter, click [HERE](#)

[Online entries close 15th April 2023](#)

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**Help to Claim**

**support**

**extended**

**UC** Universal  
Credit

## **More people set to benefit from free support to help claim Universal Credit**

An extra £22 million is being invested to extend free and impartial support for people making a Universal Credit claim.

People will be able to access the support and advice online, by phone or via their local Jobcentre.

Click **[HERE](#)** for more details

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UK Government

The Emergency Alerts system is now live and it will be used to warn people when lives are in danger.

Find out more at [gov.uk/alerts](https://gov.uk/alerts)



As you will hopefully be aware, the Government is testing a national emergency alert system on April 23 which will send a notification and emit a loud noise even if phones are on silent.

For victims of domestic abuse this could expose 'hidden' phones. Please make people aware that there is a way to opt out of the alerts which is outlined in this YouTube video click [HERE](#) to watch

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\*  
**REMEMBER TO**

- 1- Register to vote
- 2- Check my photo ID
- 3- Vote at a polling station!

You now need  
photo ID to  
vote at a  
polling station

Click [HERE](#) for more information about the ID that will now be required in all elections in England, effective from 4th May 2023

The deadline to apply for a Voter Authority Certificate for use at these elections is 5pm on Tuesday 25 April

The  
Electoral  
Commission

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UK Government

Help for  
Households

# £2

## Single Bus Fares

To be extended to June 2023



Click [HERE](#) to see which busses in and around Colchester are included in the extension of the £2 bus fare cap

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# Age Well East

## The Stanway Fish and Chip Club

### held every Friday



Due to the popularity of this club we have now moved to the new large Hall at the Stanway Evangelical Church.

To celebrate we are providing FREE Fish and Chips to all attendees on the 19th May and 16th June 2023

Anyone aged 60 or over is welcome

Please call us to book on 0300 033 33333

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Tell us your experiences of  
living in south Colchester

# Colchester South Neighbourhood Project



## Do you live in South Colchester?

If you live in one of the following areas, take our survey and help identify how people's health and wellbeing could be improved in Colchester South:

- Greenstead
- Marks Tey and Layer (including Marks Tey, Copford, Messing, Inworth, Layer Marney, Layer Breton, Layer De La Haye, Tiptree, Virley, Salcott, Great and Little Wigborough)
- Mersea and Pyefleet (including Abberton, Peldon, Langenhoe, Fingringhoe, West Mersea, East Mersea)
- Old Heath and the Hythe (including East Donyland)
- Rowhedge
- Tiptree
- Wivenhoe

We are the Live Well Neighbourhood Programme, and we need your local knowledge to help us understand what a healthy neighbourhood could look like for you and the people living in south Colchester.

Click [HERE](#) complete the online survey.

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## Alliance Delivery Plans

Thank you to everyone that contributed to our engagement on the Joint Forward Plan. Now that we have the feedback from the Joint Forward Plan, we are able to see what people living in Suffolk and north east Essex, collectively said their priorities would be for each of the Live Well domains. We would like to start this engagement online to open a more local discussion around these priorities, and what they mean to you in your area.

Click [HERE](#) to join the conversation



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WEDNESDAY  
26TH APRIL  
2023



## MODERN SLAVERY CONFERENCE

### The Old Library

65 West Stockwell Street, Colchester, CO1 1HE

**09h30-13h00** Refreshments from 09h15

The conference will highlight the impact of Modern Slavery within the UK, Essex and Colchester, as well as exploring responses.

Contributors will include Colchester Council, Essex Police, Together Free, Migrant Help and Justice and Care.

BOOK YOUR FREE PLACE AT: [HTTPS://  
WWW.EVENTBRITE.CO.UK/E/MODERN-SLAVERY-AND-  
RESPONSES-TICKETS-568201003497](https://www.eventbrite.co.uk/e/modern-slavery-and-responses-tickets-568201003497)

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The following pages are packed with lots of funding opportunities!





## **The Clothworkers Foundation**

The foundation offers grants for capital purchases - equipment, minibuses etc, for organisations including those working with disadvantaged young people.

Their website has an eligibility quiz along with application details. Click [HERE](#) for details

## **Leeds Building Society Foundation**

Funding is available for charities working to provide homeless young people with safe accommodation.

Click [HERE](#) for details

## **The Baily Thomas Fund**

This fund considers applications for charities working with young people with learning difficulties.

Click [HERE](#) for details

## **Central Social & Recreational Trust**

The CSRT aims to improve the conditions of boys and girls in England under the age of 21 and of all other persons by reasons of their poverty who would otherwise be unable to obtain facilities for recreational or other leisure time occupations. Grants are available up to £1,000 and full details can be

found [HERE](#)

## **Sport England - Small Grants Programme**

A Small Grants Programme seeks to develop opportunities for communities to get more people physically active and support new projects through providing National Lottery funding of between £300 and £15,000. Click [HERE](#) for details

**Deadline is 30th June**

## **Community Chest Fund – Micro grants**

click [HERE](#) for details

This is managed by EALC on behalf of ECC

You can apply for up to £500

## **Colchester Catalyst Charity**

The Charity is keen to look at projects addressing mental health needs, especially to support people affected by the pandemic. They aim to help relieve the sick and suffering by making a positive and ongoing contribution to the improvement of health care within the community, specifically where help is not available from statutory organisations. The over-riding concern of the Charity is to provide support where it will benefit the greatest number of people, principally by direct contributions to organisations for specific and well-defined projects including: therapeutic aids, equipment and building for medical or nursing care.

Click [HERE](#) for details

## **KFC Foundation Community Grants**

The KFC Foundation look to fund organisations working with disadvantaged young people. Grants of up to £2,500 are available and full eligibility criteria can be found on their website [HERE](#)

### **The 7 Stars Foundation**

The next round of funding has opened for projects working with young people aged 16 and under who are experiencing homelessness, are young carers, addicts or victims of abuse.

Full details can be found [HERE](#)

### **Joint Funding Opportunity**

If you are a school or community group that has an interest in creating green spaces, regenerating an unloved area, setting up allotments, creating access to local woodlands or setting up forest schools and play areas, please contact

naomi@marketfield.essex.sch.uk at Market Field Grows who are looking for projects to support and collaborate on and to put together joint funding bids.

More details of their work can be found [HERE](#) on their website

## **The Hervey Benham Charitable Trust**

Assists talented individuals or groups in Colchester and Tendring, who would otherwise be underfunded, to enable them to develop individual skills, or in the case of groups, their roles in the community. Click [HERE](#) for details

## **Screwfix Foundation**

A grant-making charity with a clear charitable purpose to support projects that improve, fix and repair buildings, homes and facilities specifically used by PEOPLE IN NEED throughout the UK. We donate grants in the region of £5,000 to charities and not for profit organisations. Click [HERE](#) for details

## **Round Two – Secondary Prevention Fund**

Click [HERE](#) for details on funding from the Essex Violence & Vulnerability Unit to support and provide interventions for children, young people and families who are at risk of being involved in criminality and exploitation through factors that make them more vulnerable than their peers.

Millions invested to support vulnerable people navigating legal issues - click [HERE](#) for details

### **The Hargreaves Foundation**

Online applications are open for organisations seeking funding to support those under the age of 18, and living with a mental health problem, physical disability or growing up in poverty through the mediums of sport and education. Full details can be found [HERE](#)

### **Asda Foundation**

The foundation has launched it's U18's Better Starts Grant. Grants of between £400 and £1,600 are available to support local not for profit organisations in providing a better start in life for children by addressing issues such as poverty, inclusion, and wellbeing.

Click [HERE](#) for details

**Deadline is 21st April**

### **The Foux Foundation**

The Foux Foundation seeks to fund organisations that work with disadvantaged young people Click [HERE](#) for details

## **Food Support & Winter Warmth Essentials**

click [HERE](#) for details

Managed by EALC on behalf of ECC. You can apply for up to £3000 for food support and up to £1000 for winter warmth essentials.

## **B&Q Foundation**

The Foundation is an independent charity, set up in 2020, to build on B&Q's commitment to make a positive difference in the communities we serve. Click [HERE](#) to learn more about the B&Q Foundation and apply for funding.

## **The Hedley Foundation**

The foundation seeks to fund projects that 'effect change for the better in the lives of young people'.

Click [HERE](#) for details

**Deadline 14 th June**

## **Grassroots Charity Grants**

In many communities, needs are often hidden from view. There are hundreds of voluntary and community groups delivering social welfare services to the residents of North East Essex. Grassroots provides grants of up to £1000 to those organisations which are delivering social welfare services to improve the lives of people in Colchester and Tendring. Click [HERE](#) for details

## **Together Fund**

Active Essex has received funding from Sport England's Together Fund to support communities who have been most affected by Covid and found it difficult to become or remain active. This includes the following 4 target groups for this funding:

- Culturally Diverse Communities
- Disabled People
- People with Long Term Health Conditions
- Lower Socio-Economic Groups

The funding is for not-for-profit organisations and groups that want to find ways of getting/keeping their target audience (one of the above groups) active. Click [\*\*HERE\*\*](#) for details

## **Tudwick Foundation**

The Foundation is now accepting applications for grants of up to £3000. The foundation invites applications for community projects, mainly voluntary organisations and community groups that are addressing outstanding social needs. Click [\*\*HERE\*\*](#) for more details

## **Digital Grants Programme**

Managed by Essex Community Foundation (ECF), helps voluntary organisations to make use of digital technology and improve the experience their beneficiaries have.

Through this Programme, organisations have been able to improve their websites, introduce CRM systems and databases, launch new ways people can access help including through online appointments, and upskill staff and volunteers. Call the ECF grants team on 01245 356018 to discuss your ideas in advance of applying. Alternatively, you can email [grants@essexcf.org.uk](mailto:grants@essexcf.org.uk) or click **HERE** for details

## **Free Unrestricted Funding For Your Organisation**

Turn all your online purchases into free donations for your voluntary organisation, non-profit, charity, or CIC!

Click **HERE** for details



## **Pets At Home Foundation**

This foundation provides grants from £250 upwards; the largest grant they have ever awarded was £176,000 for a new cattery. We fund the following: Vet bills, Boarding fees, Trap and neuter schemes, Food, Equipment, Vehicles and Building work.

For more information click [HERE](#)

## **Free Mobile Connectivity**

If you're a charity that needs support for digital inclusion programmes, you can apply for free Vodafone SIMs, each loaded with 20GB data plus unlimited calls and texts to be used over 6 months. You can use these however you like - for example, to help stay in touch with service users, or deliver training to people in need. Click [HERE](#) for details

## **National Lottery Heritage Fund**

Grants are available from £3,000 to £5million under the 2021-22 programme. Heritage can be anything from the past that you value and want to pass on to future generations.

Click [HERE](#) for details

## People's Health Trust's Active Communities Funding Programme

Active Communities is a funding programme for community groups and not-for-profit organisations, with an income of less than £350,000 a year or an average of £350,000 over two years. Projects could be almost anything that encourages strong connections between people, and that help people to make their communities or neighbourhoods even better places to grow, live, work and age.

Projects need to:

- Be designed and led by local people
- Create stronger connections between people by supporting them to meet up regularly (weekly, fortnightly or monthly, for at least one year)
- Be for people who experience greater social and economic disadvantage than people living

Click [HERE](#) for more details

## **Tesco Community Grants**

Community groups across the UK are being invited to apply for funding for local projects that matter to them. Eligible projects include breakfast or holiday lunch clubs, food banks, youth clubs or schools.

Click [HERE](#) for further details

## **Fowler Smith and Jones Trust**

Grants are available for voluntary and community organisations undertaking projects that benefit communities in Essex and overseas. The average grant awarded is £2,000 to £3,000. There is no application form, please email your request covering the following points: your organisation details and what you intend to do, who your beneficiaries are and how many are there, and how many volunteers, if any. Email addresses: [amason@fsjtrust.org.uk](mailto:amason@fsjtrust.org.uk) or [enquiries@fsjtrust.org.uk](mailto:enquiries@fsjtrust.org.uk)

More details can be found [HERE](#)

**Deadline is 6th April**

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# Meet The Team

## **Tom Tayler**

Community Enabling Team Manager

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Tom.Tayler@colchester.gov.uk

## **Rachaelle Litwin**

Digital Access Support Team – Colchester (and Tendring)

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Digital.AccessSupport@Colchester.gov.uk

## **Chrissy Henegan**

Community Enabling Officer

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

Thematic lead for Children & Young People and Armed Forces

07966 235791

Chrissy.Henegan@colchester.gov.uk

## **Cathy Doyle**

Community Enabling Officer, Active Essex Local Delivery Pilot  
Co-ordinator

Thematic lead for Public Health and Local Delivery Pilot.

catherine.doyle@colchester.gov.uk

## **Mark Healy**

Community Enabling Officer

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

Thematic lead for Older People, Dementia (DAA) and Locality  
Budgets

07817 889992

Mark.Healy@colchester.gov.uk

## **Ella Humphris**

Community Enabling Officer

Thematic lead for health inequalities, Mental Health & Suicide  
Prevention

07977 156531

ella.humphris@colchester.gov.uk

## **Leeni Sepp**

Physical Activity & Partnership Officer

Thematic lead for Physical Activity, Health & Wellbeing and  
Public Health Support

07989 738042

leeni.sepp@colchester.gov.uk

## **Sharon Peacock**

Community Integration Support Officer

Resettlement Support

01206 506951

07977 823928

sharon.peacock@colchester.gov.uk

# Yovone Cook

Community Enabling Officer

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

Thematic lead for Resettlement, Faith Groups and Ethnically  
Diverse Groups

07976 794789

Yovone.Cook@colchester.gov.uk

All of the above members of our  
team are also contactable at  
[communities@colchester.gov.uk](mailto:communities@colchester.gov.uk)



Colchester  
City Council

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please email

[communities@colchester.gov.uk](mailto:communities@colchester.gov.uk)

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