

Colchester Community Updates



Colchester
City Council

End of May 2023

Welcome to our newsletter covering the end of May.

You'll find plenty of information about community events, opportunities, and a link to our new funding database!

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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**Click on the image
below to see May's
edition of the EFSS
newsletter**



Essex Family Support Service
E-Bulletin May 2023



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Coffee & Carrots

Every Saturday 10am - 3pm

Looking to connect with like-minded parents whilst your children learn in nature in a free drop in session.

- Enjoy activities from sowing seeds to walking around the local nature reserve.
- Learn to grow your own foods.
- Learn about nature and new skills as a family.

**GREENPATH
VENTURES**
Bringing us closer to nature

Irvine Road Allotments
Norman Way
Colchester
CO3 4PS

For more information contact
robmann@greenpathventures.org.uk
or 07969661271

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bump



and beyond

A free community information event
for expectant Mums, Dads and Partners



Tuesday 23rd May

1pm - 2.30pm

at

Extra Support for Families Hall
Jaywick Community Resource Centre
Brooklands Gardens
Jaywick, CO15 2JP



ASDA

**Join us for information, activities and freebies
to help you prepare for your new baby**



Suffolk and
North East Essex
Maternity and
Neonatal Services

- Preparing for baby
- Infant feeding information
- Baby massage demonstrations
- Newborn clothes, nappies, toiletries
- Your maternity care
- Communicating with your baby and understanding their communication cues
- Treasure basket activities
- Summer safety and free sun cream
- Books and babies



**Free jacket potato lunch - Advance lunch booking required
contact emmas@parents1st.org.uk**



Join Right Right Balance for a led seafront walk
following the main event at 2.30pm



www.essex.parents1st.org.uk

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North Essex ActivAte May Half Term 2023

The half term clubs are funded through Essex County Council to provide free places for school age children who are eligible for benefits based free school meals and children from 'low income' working families to book onto our clubs.

Click on the image above for details of all the activities available, and how to book

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Firstsite Holiday Fun

May 2023

Tue 30 May to Fri 2 Jun 2023

Colchester

Activities take place at:
Firstsite, Lewis Gardens,
High st, Colchester,
Essex, CO1 1JH

FREE

Make

Free drop-in
creative art
activities
10:00am - 2:30pm

Move

Free fun movement
activities
10:45am - 11:45am
12:00pm - 1:00pm

Canteen

Free freshly-made
hot meals for
all the family
11:45am & 1:00pm

Our Holiday Fun activities are for families facing economic challenges or who require additional support during the school holidays, including those that qualify for benefits-based free school meals.

- Advance booking is essential
- Activities most suitable for 4 - 11 years, but all ages welcome
- Caregivers are required to stay on site throughout the activities
- Menus and list of activities available at www.firstsite.uk

Delivered in
partnership with:



More details, and how to book are on the next page >>>

How to book

Early bird tickets available from **9am on 16 May**. More tickets will be released three days in advance of each session.

Limited spaces available, offered on a first come, first served basis.

If you can no longer attend your booking, please let us know as soon as possible by calling **01206 713 700**.

If you cancel 24 hours before the event your space can be made available for another family.

Thank you!

Book online at
www.firstsite.uk
or call
01206 713700

To find out about our Covid-19 safety measures, please email info@firstsite.uk or call **01206 713 700**



Firstsite, Lewis Gardens
High Street, Colchester CO1 1JH

Firstsite

Registered in England. Company no 2884347. Registered Charity no 1031800



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



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Get discounted tickets for Charter Hall events using the codes given below when you check-out



Get 20% discount using the code FIREMAN when you book [HERE](#)

Get £10 discount using the code 90SRBEST when you book [HERE](#)



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NHS 75
1948 - 2023

parkrun for the NHS

We are celebrating
the NHS's 75th
birthday on
8 July

You can walk, jog,
run, volunteer -
everyone is welcome!


Please join us!

#NHS75parkrun #NHS75



Special launch events are taking place, one in each home nation, on 3-4 June (at Trelai Park parkrun, **Highwoods parkrun**, Stormont parkrun and Rouken Glen junior parkrun). Spearheaded by leading public health officials and celebrities, these launch events will kick off the celebrations, raise awareness and help showcase what will happen on 8-9 July.

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Feel confident
about your
budget and
managing your
finances.

We are at Signpost Greenstead on:
Weds 17th and Weds 31st May 10am-3pm

Multiply

FREE FINANCIAL WELLBEING COURSES

Enable East are currently offering free courses to help you tackle the cost of living crisis. Split into workshops that look at budgeting, good financial practice and looking after your wellbeing, we are aiming to help people build positive relationships with money. Our course is designed to help you find ways to save and conserve, and to give you the skills to cope when it all gets a bit too much.

The learning will take place over the course of a day with plenty of breaks. There will be opportunities for each participant to break away into 1:1 sessions with the trainer to get personalised support and to expand on any parts of the workshops that you find useful. As an added bonus, every learner will receive a £10 supermarket voucher and certificate at the end of the day.

For more information or to make a referral, please contact:

Email: epunft.enableeast@nhs.net Tel: 07585 886 176



We're asking you to help us Make Space for Girls by going to the park and do one simple thing – count. We need to know who is using the MUGAs, skate parks and BMX tracks in your area.

By doing a very brief observation and spot count, you will give us valuable information on how well parks cater for teenage girls – data which we currently don't have. It will take a just a few minutes and make a big difference.

Your results will help us put together a national picture of who uses teenage facilities and whether they work for girls. We will use this data to draw attention to the issue and to persuade councils, developers and other bodies that they need to design with teenage girls in mind.

Just click on the image above to find out how you can take part!

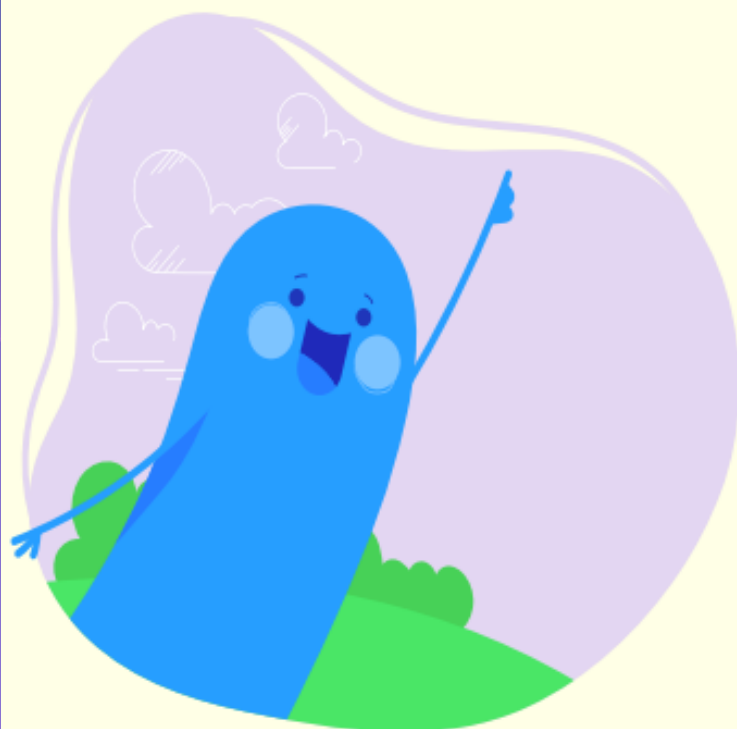
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HUB HEALTH DAY

Dementia Action
Week 2023

Friday 19 May
11am - 2pm

One Colchester
Community Hub
4-6 Long Wyre Street
CO1 1LH



Find out more about local
dementia support!
Come and talk to us for help with
hearing health, free blood
pressure checks and lifestyle
advice, financial benefits advice
including advice on attendance
allowance, legal information,
activities, information on dementia
cafés and dementia-friendly coffee
mornings.

Learn what you can do to mitigate
your chance of developing
dementia, plus much more!

For more details please contact
t: 01206 505250 e: information@community360.org.uk

Community360
Winsley's House, High Street, Colchester, CO1 1UG
[f](https://www.facebook.com/community360org) community360org [i](https://www.instagram.com/community360org) community360org [in](https://www.linkedin.com/company/community360org) community360org
visit www.community360.org.uk
Charity Number 04426567 Registered Charity Number 1092657



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dance
network
association



CODA
DANCE
COMPANY

EXPERIENCE DAY

SAVE THE DATE

Dancing with Parkinson's &
Technology Experience Day

Weds 26 July

09:45 - 17:00

@ University of Essex
Wivenhoe Park, Colchester
CO4 3SQ



CODA
DANCE
COMPANY



colchester
catalyst
arts

**More details to follow in next
month's edition of The
Communities Newsletter!**

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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 spreadsheet.



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Meet The Team

Tom Tayler

Community Enabling Team Manager

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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

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Chrissy.Henegan@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

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Yovone.Cook@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

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Ella Humphris

Community Enabling Officer

Thematic lead for health inequalities, Mental Health & Suicide
Prevention

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Leeni Sepp

Physical Activity & Partnership Officer

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

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leeni.sepp@colchester.gov.uk

Shaz Peacock

Community Integration Support Officer

Resettlement Support

01206 506951

07977 823928

sharon.peacock@colchester.gov.uk

Thank you for reading!

All members of our team are also
contactable at
communities@colchester.gov.uk



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please email
communities@colchester.gov.uk

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