

Colchester Community Updates



Colchester
City Council

Beginning of June 2023

Welcome to our newsletter covering the beginning of June.

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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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

Canteen

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

Move

Free fun movement
activities
10:45am - 11:45am
12:00pm - 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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Essex Family Support Service

E-Bulletin June 2023



Click on the image above to read the full newsletter from Essex Family Support Service

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Colchester United's adult Pan-disability session is a new programme the foundation is running for those over eighteen-years-old with a disability in Colchester and surrounding areas.

Location of these sessions is Jobserve Community stadium, 5pm-6pm every Monday Starting from 5th June 2023.

For details and to book your place click **[HERE](#)**

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Youth Unity has a rare and exciting opportunity for young people 16 years plus working in partnership with the British Racing School in Newmarket.

They have 5 remaining places on a week-long intensive residential course in Newmarket on an introduction into horse racing at no cost. Ideally suited for those young people from marginalised communities that would not normally have such an opportunity, and helping young people to reach their potential by supporting them at the earliest stage.

For more details, and to apply, click [HERE](#)

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NHS 75
1948 - 2023



parkrun for the NHS

We are celebrating the NHS's 75th birthday on Saturday 3rd June

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

[#NHS75parkrun](#) [#NHS75](#)

Highwoods Country Park

Chanterelle entrance

Walk, cycle to this event or park in Tesco (5 minute walk)

8:45 briefing

9am start

 [Highwoods parkrun](#)

 Highwoods@parkrun.com

.....Walk, Jog or Run....Dogs welcome....NHS cake....Special guests...Walk, Jog or Run....

Post Office Closure Notice



The post office is closing at Essex University on 21st June - click

[HERE](#) for details

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@ Firstsite, Lewis Gardens, Colchester CO1 1JH

**FREE Textile Art &
Craft Tasters with
S&B Colchester**

**2nd Thursday
of the Month
7.00-9.30pm**

All abilities welcome

11th May

8th June

13th July

10th August

14th September

9th November

14th December

Supported by the Colchester City Council
Cultural & Creative Events Fund



Colchester
City Council



Firstsite

These textile art & craft taster sessions are FREE for the public to attend, and are funded by the Colchester City Council Cultural and Creative Events Fund!

They are specifically aimed at people from low income households, but anyone can come along - all tools & materials are supplied

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Dance Network Association in partnership with CoDa Dance Company introduce their first FREE Dancing with Parkinson's & Technology Experience Day!

Wednesday 26th July 2023
at University of Essex
9:45am to 5pm

Click [HERE](#) for more details
and to book your place

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A practical guide to help you age well in Colchester & Tendring

Live healthily, happily and independently for longer



Click on the image above to see the full guide

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Essex Partnership University
NHS Foundation Trust

YOUR VOICE MEETING

Join us at one of our in-person meetings to discuss what EPUT does for you in your area, how we work collaboratively with our partners, and what this means for you.

6 June Basildon
7 June Colchester
8 June Harlow
12-1.30pm



‘Your Voice’ meetings are a great way for you to meet your governors and hear about what has been happening at the Trust.

Open to all, learn how EPUT works in partnership for you.

For details of this event at Colchester Town Hall, click [HERE](#)

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Community Charities Festival

Sunday 16 July 2023

12:00pm to 4:30pm

Colchester Castle Park

Free Entry

30 Local Charities

On the Band Stand

'An Afternoon of Music'

Featuring:

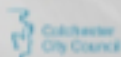
The Hoolies Funky Voices

1st Class Brass Colne Endeavour Band

Colne Valley Youth Orchestra

Visit our 'Avenue of Charities'

Find out about local charities and how they support 'your' Community.



Year of Celebration

Rotary
Club of Colchester



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ACL offers a space to explore new ways to improve your wellbeing and gain valuable tools to help you navigate your daily life. Their courses help you to understand the effects of nutrition on your wellbeing, manage anxiety, learn techniques on mindful thinking, and will guide you on your journey of personal development. Expert tutors will be there with you every step of the way for guidance and support.

Click [HERE](#) for more details and to book



How are you?


Mental Health Support

It's as important to look after our mental health as it is to look after our physical health but sometimes it's hard to reach out for support and start that first conversation.

You can find details of how to access different kinds of support in the four videos [HERE](#)



NHS



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Type 2 Diabetes Prevention

Click [HERE](#) to watch a video and for information on some easy ways to prevent Type 2 Diabetes



NHS

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NEW
Every Wednesday!



CCDC
Colchester
CAP Debt Centre

Life Skills is all about living well. We meet to share tips and offer support with budgeting, cutting bills, cooking, looking after your mental health and lots more.

Life Skills

A new group starting on 24 May on
Wednesday, 12.30
Lifehouse, King Harold Road
Prettygate
All welcome. Free of charge
Lunch provided
email: siansimpkins@caplifeskills.org

lifehouse
welcome to church

THE PARISH CHURCH OF
ST LEONARD, LEXDEN

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Sing with Songs of Praise at
**COLCHESTER CASTLE PARK
BANDSTAND**

**Saturday 10th June
13:30 - 16:30**

**BOOK YOUR PLACE NOW:
SOPCongregations@afantimedia.tv
07734 030 888**



afanti

BBC

**NINE
LIVES**

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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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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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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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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
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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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Jake Mullinder

Community Enabling Officer

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Shaz Peacock

Community Integration Support Officer

Resettlement Support

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Want to
work with
us?

CLICK [HERE](#) TO VIEW THE LATEST
COLCHESTER CITY COUNCIL
VACANCIES

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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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