

Colchester Community Updates



Colchester
City Council

End of June 2023

Welcome to our newsletter covering the end of June, issued alongside our Armed Forces Week supplement.

You'll find plenty of information about community events, opportunities, and a link to our funding database with over 90 funding streams!

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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 - This is updated regularly and there are always new funding streams being added - do revisit this link from time to time to check for new additions!
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HAWTHORN AVENUE

HEALTHY SCHOOL STREET

Active travel improves health and is a great mode for independent travel.

Healthy School Streets is a scheme run by Essex County Council and supported by Living Streets to improve the streets outside local schools, so that walking, wheeling and cycling are safer, healthier and more attractive options for families.

We want you to be part of the conversation so that we can understand your local area and where possible, deliver the changes you'd like to see.

Please complete our survey by scanning the QR code or visiting the link below:



tinyurl.com/2u2uhz6c



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The Healthy Steps programme has launched!

This free 8-week email programme encourages families to eat better and move more, with budget conscious, easy and practical ideas.

Click [HERE](#) for more details

The NHS logo, consisting of the letters 'NHS' in white, bold, sans-serif font, set against a blue rectangular background. This logo is centered within a larger yellow rectangular frame.

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AL-FALAH
BRAINTREE
ISLAMIC CENTRE

FAMILY FUN DAY

SUNDAY 9TH JULY
10AM - 4PM

FREE
ENTRY

WEAVERS PARK, BOCKING END, BRAINTREE, CM7 9AA

CLIMBING WALL

HENNA ART

LAST MAN STANDING

DESSERTS & MILKSHAKES

BOUNCY CASTLES

FRESH MANGOES

ASIAN STREET FOOD

BEAT THE KEEPER

BBQ

PLUS MUCH MORE

BRINGING
COMMUNITIES
TOGETHER

TO BOOK A
STALL AND
FOR MORE
INFO CALL:
01376 802786

CARD PAYMENTS ACCEPTED



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www.braintreemosque.co.uk | Charity Number: 1086210

UNITY IN DIVERSITY

**Colchester
Minority Ethnic Forum
welcomes you to...**

**Firstsite, Lewis Gardens,
High Street, Colchester CO1 1JH**
Enquiries: festivalofriceandspice@gmail.com

**COLCHESTER'S
FESTIVAL
OF
RICE & SPICE**
Annual Free Festival

**Saturday 24/06/23
12:00-17:00**

- *COMMUNITY STALLS*
- *DEMONSTRATIONS*
- *DELICIOUS FOOD*
- *LIVE MUSIC*
- *UNIQUE FOOD WORKSHOPS*
- *CHILDREN'S ACTIVITIES*

**COME & JOIN US
TO CELEBRATE COLCHESTER'S DIVERSE COMMUNITY
THROUGH FOOD, MUSIC & PERFORMANCES!**

ARTS & CULTURAL Essex County Council
Essex Cultural Diversity Project
MERCURY Colchester
PFCC POLICE, FIRE AND CRIME COMMISSIONER 101 11111
Supported by **Firstsite**

Celebrate Colchester's diverse community through food, music and performances at the town's annual festival of Rice and Spice at Firstsite – including children's activities, workshops and a huge variety of fantastic food stalls.

A community event for everyone!

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

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People **Live Well**
in north east Essex

Improving Health and Wellbeing South Colchester Survey

There are many factors which have an impact on your health and wellbeing. Some of these factors relate to our local area, such as: the local environment including housing and access to green spaces, access to health care, availability of local transport, education and employment.

Other factors which impact our health and wellbeing include our behaviours (for example how much we exercise) and our genetics (for example our family history of health conditions or our ethnicity) can also have an impact on our health and wellbeing.

These factors can either have a positive or negative impact on your health and wellbeing.

We aim to prevent future ill health, and improve wellbeing, by reducing the negative impact of these factors, so that you can live well.

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.

If you live in South Colchester, please complete our survey

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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.

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



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Meet The Team

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Berechurch and Greenstead

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Thematic lead for Physical Activity, Health & Wellbeing and
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Jake Mullinder

Community Enabling Officer

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

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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

Click on the image below to see
news of our city celebrations



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

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