

Colchester Community Updates



Colchester
City Council

End of July 2023

Welcome to our newsletter covering the end of July.

You'll find plenty of information about community events, opportunities, and a link to our funding database with over 100 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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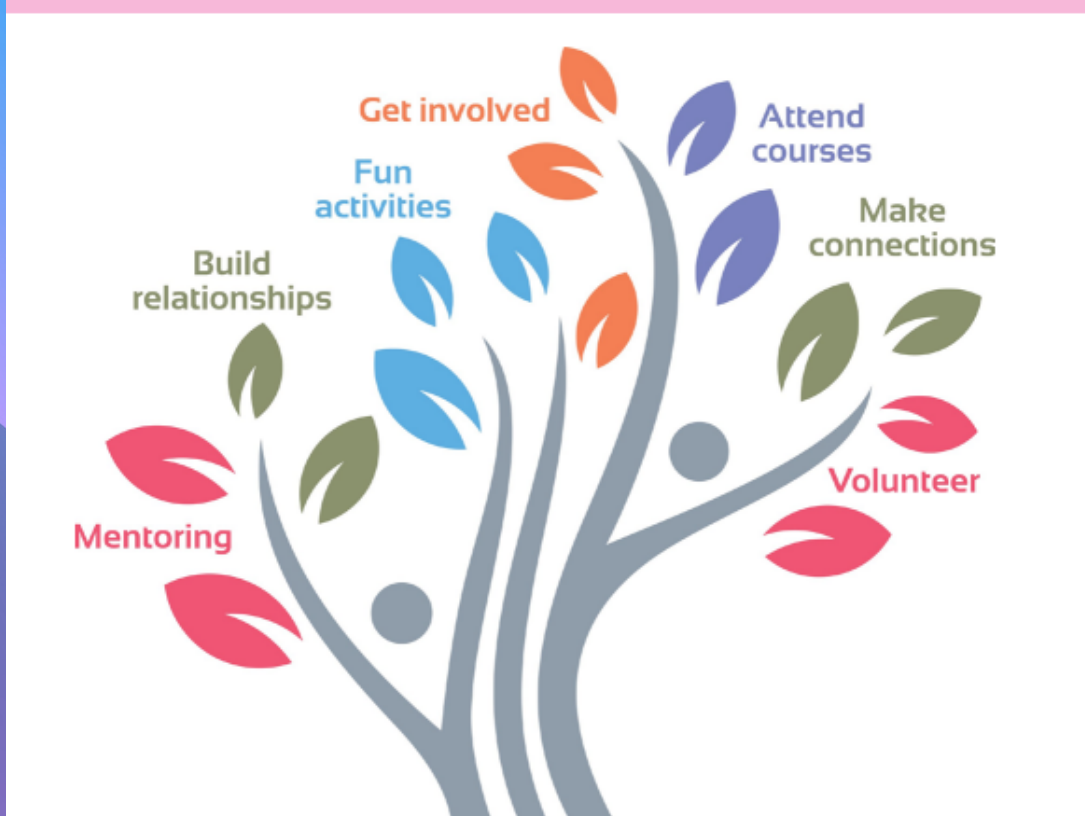
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Essex Family Support Service

E-Bulletin July 2023



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

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Sessions for Primary Clubs, Secondary Clubs, Specialist Secondary Clubs, SEND Clubs and Mental Wellbeing Clubs so very inclusive for all ...

Click [HERE](#) to see how to

ActivAte Your Summer

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Summer Activities Offer 2023

at

Layer Marney

click [HERE](#) for details

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ANNUAL OPEN DAY

SUNDAY 16 JULY · 11AM-4PM

MEET THE PLAYERS

LOCAL EXHIBITORS

FOOD, DRINK & GAMES

ROBBIE COWLING Q&A

FREE
ENTRY &
PARKING

Colchester United's popular Summer Open Day returns for 2023 for a day of fun and football at the Jobserve Community Stadium.

Click [HERE](#) for details

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Developing Resilience and Wellbeing

A FREE four week course for Parents/Carers of children (0-19) SEN&D/Emotional difficulties

Resilience Training

Introducing the idea of building resilience (managing the daily family pressures and stress), and using what we know, can help children and ourselves to bounce back when life is particularly tough.

Resilience is the ability to withstand and recover from stressful life challenges, strengthened and more resourceful. The course focuses on what it means to be a parent of a child/children and the particular challenges the family may face on a daily basis

The course aims to build parents' resilience, so they are well placed to enjoy their journey bringing up their children:

- Share and explore their travels so far*
- Take note of and celebrate the skills they have acquired along the way*
- Map their needs in preparation for the next adventure*
- Practise and rehearse possible strategies for building their skills and strengthening their resolve to journey on*



"I enjoyed learning about meeting and knowing my basic needs, resilience in a meeting – learnt skills to have a positive attitude. To put into action all that I have learnt on the course" (Parent comment)

Course details

Dates: 12th 19th 26th Sept & 3rd October 2023

Times: 10:00 to 13:30

Venue: Council Room, Parish Hall Council Offices, Old London Road, Marks Tey, CO6 1EJ

For more information, or to book: Contact Lesley Bailey on 07908616149 or

Email: training@interact.org.uk or link to book:

<https://interactchelmsford.wufoo.com/forms/z1u3p2l31fotsrw/>

FREE Parking and Refreshments.

Developing Resilience and Wellbeing ***A FREE four week course for Parents/Carers of children*** ***(0-19) SEN&D/Emotional difficulties***

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"I enjoyed learning about meeting and knowing my basic needs, resilience in a meeting – learnt skills to have a positive attitude. To put into action all that I have learnt on the course" (Parent comment)

Course details

Dates: Wednesdays

***13th 20th 27th Sept & 4th
October 2023***

Times: 10:00 to 13:30

***Venue: Hythe Community
Centre, Oyster Room 1 Ventura
Dr, Colchester CO1 2FG***

**For more information, or to book: Contact Lesley Bailey on 07908616149 or
Email: training@interact.org.uk or link to book:**

<https://interactchelmsford.wufoo.com/forms/z1u3p2131fotsrw/>

FREE Refreshments and Parking

InterAct, Charity Registration No: 1048631 Company Registration Number: 3087233

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"I enjoyed learning about meeting and knowing my basic needs, resilience in a meeting – learnt skills to have a positive attitude. To put into action all that I have learnt on the course" (Parent comment)

Course details

Dates: 31 Oct 7 14 21 Nov 23

Times: 10:00 to 13:30

Venue: Copford Village Hall, School Road, Copford, Colchester, Essex, CO6 1BX

For more information, or to book:

Contact: 01245 392053 or email: training@interact.org.uk or link to book:

<https://interactchelmsford.wufoo.com/forms/z1u3p2l31fotsrw/>

CBA
FESTIVAL OF
ARCHAEOLOGY



Colchester Archaeological Trust's

ARCHAEOLOGY DAY

Saturday 22 July 2023 10am-3pm

FREE EVENT

**Open day with
archaeology-related
stalls and family
activities to try!**

How about digging up some finds in our sand pit, or getting hands on with Roman artefacts.

Find your way around our very own Roman Circus, and meet some of Colchester's finest archaeologists!

Find us at:

Roman Circus Visitor Centre
Roman Circus Walk
Colchester CO2 7GZ
(Near to Butt Road car park)
<https://catuk.org>
No parking available

Follow us on:



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Emmaus Colchester



15th Anniversary Celebrations

11 am - 4 pm

Thurs 3rd August

Celebrate Emmaus Colchester's 15th Anniversary with us at our Community House!

Community Tours

Live Entertainment

Speak with Emmaus Companions

BBQ

Upcycling Display

Strategy Launch

175 Magdalen Street, Colchester, CO1 2JX
01206 541616 | www.emmaus.org.uk/colchester



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**Check the status of your
work, health and money**



A new online Midlife MOT has been launched to help older workers with financial planning, health guidance, and to assess what their skills mean for their careers and futures.

Click [HERE](#) for full details



GOV.UK

Midlife MOT

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Fall-proof
Strength and balance plan



Let's move to keep you strong

Fall-proof gives you easy to follow strength and balance exercises that you can do at home, as part of your daily routine. No need to put aside time each day for an exercise programme – just build these Fall-proof movements into what you do already, like waiting for the kettle to boil.

With Fall-proof, you can:

- Check your current strength and balance
- Do simple exercises that help you feel younger and stronger
- Track your progress

**Stay independent,
strong and active.**

Download your free
booklet and 'Move
To Improve cards' at
www.fallproof.me

“
You can do it
at different times
during the day, so
it doesn't interrupt
your routine.

**Able
like Mabel.**



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AgeWell East

Empowering people to age well

Age Well East, 63 North Hill, Colchester, Essex, CO1 1PX

Click **HERE** for full details of all the groups and clubs on offer at Age Well East - or call

0300 37 33 333

(There is a small charge for these groups and clubs - please call for information)



Everyone is welcome to join us!

Dementia Lunch Club

Dementia clients, Carers, partners and family members are all invited to our Dementia Lunch Club.

You are welcome to bring along a packed lunch or we can order a lunch for you.

Thursdays 12:00 – 1:30pm

Everyone is welcome

Location:

Age Well East

63 North Hill

Colchester

CO1 1PX

Contact us for more information
enquiries@agewelleast.org.uk
or by phone 0300 37 33 333

Registered charity no: 1142414



Tasting Thursdays at the Veranda

This summer as a bit of fun we have decided to run some
“Tasting Thursdays” with a different theme each week.

3rd August Coffee tasting

A range of different coffee blends to try.

10th August Tea tasting

Spice imperial? Earl Grey? Or English Breakfast – you might
find a new favourite!

17th August Biscuit tasting

Bourbons to Garibaldi's! Battle of the biscuits!

24th August Cake tasting

Are you partial to a lemon drizzle or a classic Victoria sponge?

Location:

Age Well East, 63 North Hill, Colchester, CO1 1PX

Contact us for more information
enquiries@agewelleast.org.uk
or by phone 0300 37 33 333

Registered charity no: 1142414

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Delighted to share the July Community Micro-Enterprise newsletter. A Community Micro-enterprise is a small, local business, that offers a service to support:

- Older people
- People with a disability
- People that want to improve their mental health & wellbeing

Click **[HERE](#)** to see the full directory

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EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

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

WARNING: THIS COURSE CHANGES LIVES!

Are you a spouse/partner of someone
Serving in the UK Armed Forces?



Are you wanting a bit more
out of life

Do you want to improve your
career or job prospects

Are you thinking of starting
your own business

Wondering what job or
business could move with you



Image by StockSnap from Pixabay

**This unique 10 week
course could be
for you!**

**Only 10 places
nationwide**

- Personalised to you with 1:1 support
- Starts in September 2023
- Online Tuesdays at 1pm (1.5 hours)
- Professional Certified Coach (PCC) with the International Coaching Federation (ICF)

Want to find out more?



For details of who the course is for,
what the course covers and how to
apply, scan the QR code or visit:

warwickshire.gov.uk/spousedevlopmentcourse



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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 & Employment Support Team

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North East Essex
Health & Wellbeing Alliance

Click **HERE** to read
the End of Life Care
newsletter from the
North East Essex
Health & Wellbeing
Alliance

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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.

**OVER 100
FUNDING
OPPORTUNITIES!**



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Meet The Team

Tom Tayler

Community & Partnerships Team Manager

07956 343985

Tom.Tayler@colchester.gov.uk

Rachaelle Litwin

Digital Access Support Team – Colchester (and Tendring)

01206 282452

Digital.AccessSupport@Colchester.gov.uk

Chrissy Henegan

Community & Partnerships 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

Yovone Cook

Community & Partnerships Officer

Thematic lead for Resettlement, Faith Groups and Ethnically
Diverse Groups

07976 794789

Yovone.Cook@colchester.gov.uk

Mark Healy

Community & Partnerships 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 & Partnerships 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

Jake Mullinder

Community & Partnerships Officer

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

Thematic Lead for Physical Activity & Public Health

07890 910455

Jake.Mullinder@colchester.gov.uk

Shaz Peacock

Community Integration Support Officer

Resettlement Support

01206 506951

07977 823928

sharon.peacock@colchester.gov.uk

Want to
work with
us?

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

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Other Vacancies...

COMMUNITY360
RECRUITMENT OPEN DAY
Showcasing the Charity's Latest Vacancies



Chat to our staff and find out more about the vacancies on offer

Saturday 15 July
10am - 3pm

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

Let us know if you have a vacancy or a volunteering opportunity you'd like us to include in the next issue of our newsletter. Just email communities@colchester.gov.uk

Other Opportunities...



Volunteers are needed for this year's Eco Festival.

Click [HERE](#) for details of what roles are needed, and to complete the Volunteer Registration Form

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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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