

# Colchester Community Updates



Colchester  
City Council

Beginning of September 2023

Welcome to our newsletter covering the beginning of September.

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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# Stay, Play & Learn

*(Stories, Music and Me!)*

## Army Welfare Centre

Fallowfield Road  
Colchester  
CO2 9LL

**Thursdays 1.30 - 2.30 from Sept 21<sup>st</sup> - Dec 14<sup>th</sup>**

A FREE fun supportive group for families promoting children's development through fun activities based upon stories and music. For children aged (0-5 years). A great way to meet other families!

**No need to book just pop along!**

**t:0300 247 0015**

\*please note numbers maybe limited due to room capacity



Berechurch Family Hub - Colchester Borough

Services commissioned by:

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)





Tea & Coffee

Play

Juice

Biscuits

Chat

Chill

Unity Primary Academy

Every Wednesday  
(Term time only)

**9.15 to 11.15am**

Suggested Donation £1

Contact Katherine: 07963 327 122

Unity Primary Academy in conjunction with the Parish of Greenstead with St. Anne.

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NEW TOWN

# COMMUNITY

## FUN DAY



### ACTIVITIES

- live music •
- face painting •
- skate park •
- dog show 🐕 •
- market stalls •
- yummy food •
- and much more!



**Saturday 16  
September**  
11am – 3pm



**Old Heath  
Recreation Ground**

in support of:



# FREE ENTRY!

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# Essex Family Support Service

E-Bulletin September 2023



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

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# Essex Family Forum

We are the parent carer forum in Essex for families whose children and young people, up to the age of 25, have special educational needs or disabilities.

Sign up as a member now for access to more resources and to join the mailing list to find out first about events and training and receive our exclusive member newsletter - just click **HERE** to find out more!

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SWAB TO  
**SAVE**  
A CHILD 

**Are you aged  
between 17 and 55?  
Would you like to  
become a lifesaver  
in waiting?**

**Sunday 17th September  
9am - 2pm  
Lakelands Community centre  
2 Western Approach  
Stanway  
CO3 8DX  
[www.swabtosaveachild.com](http://www.swabtosaveachild.com)**

A simple cheek swab will add your details to the bone marrow register and you could potentially become someone's life saving match. Please come on down and show your support!

**DKMS**   
WE DELETE BLOOD CANCER

For more information about this campaign, click [\*\*HERE\*\*](#)

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Colchester Museums are holding a series of focus groups in September for people who haven't visited local museums (Colchester Castle, Hollytrees Museum and the Natural History Museum), or it's been more than two years since your last visit.

This will be a series of in-person focus groups at Colchester Castle on Monday 18th September and on 26th September there will be an online focus group. Further details can be found [HERE](#)

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# MERCURY

As part of our Year of Celebration, Colchester City Council asked if The Mercury could incorporate some discussion around our new City Status and what that meant to young people, how they felt about living in a City and their hopes for the future. They summed some of this up in this video (click on the image below)



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In partnership with



## **My Life – My Decision The hard truth**

### **A personal safety course for Teens**

Greenstead Community Centre

Part 1

Friday 29th September 2023

5pm-7pm

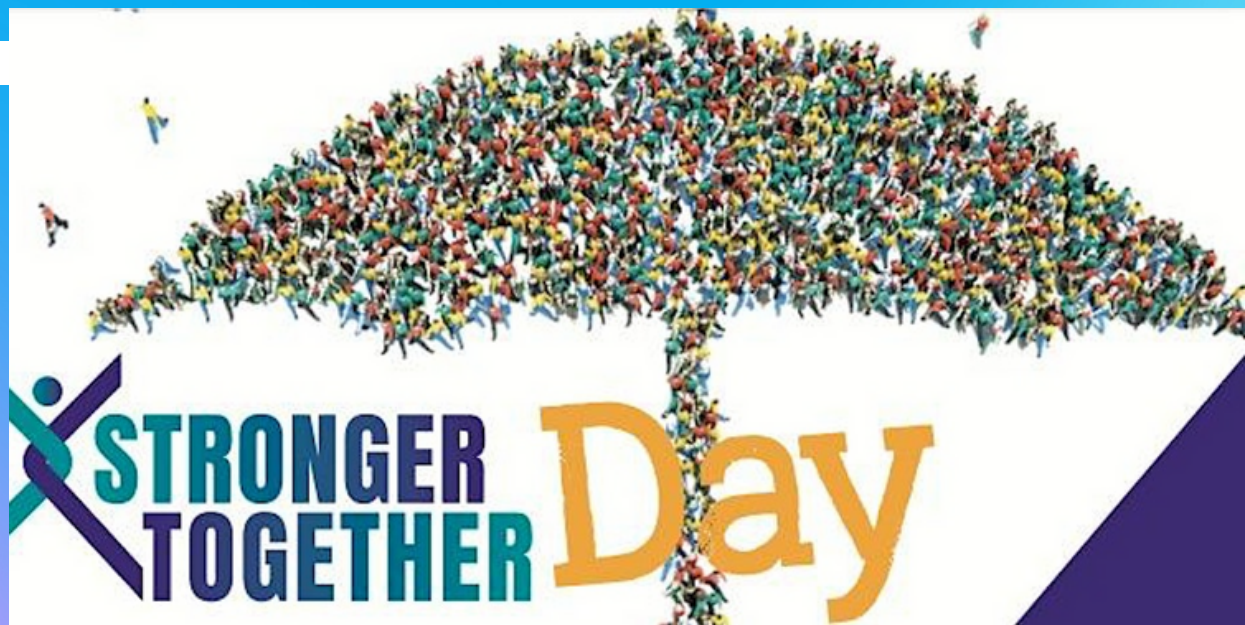
Part 2

Saturday 30th September 2023

10am-12pm

For more info, and how to book,  
click [\*\*HERE\*\*](#)

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Join us on Saturday September 9th 2023, 10am - 3pm for a day filled with fun, community, and togetherness. We are excited to bring you this Stronger Together Day at the Community Hub 360, High Street, Colchester, CO1 1UG.

Stronger Together is a new project in Colchester being led by Theatre Change Inspiring Change, as part of the Home Office Safer Streets campaign to address violence against women and girls.

Throughout the day, you can enjoy various activities.

For more info and to book, click [\*\*HERE\*\*](#)

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**DO YOU FANCY DESSERT?**

This is a story about new love. The bliss. The hope. The butterflies. What could possibly go wrong? Join us on this unique night of immersive theatre and cabaret. A night you won't forget!

tickets £5.00  
[www.ticketsource.co.uk/booking/cjy/10000](http://www.ticketsource.co.uk/booking/cjy/10000)

**13<sup>th</sup> September**  
 @ 7.30pm  
 Headgate Theatre  
 14 Chapel Street North, Colchester CO2 7AT








theatre inspiring change PRESENT

**STRONGER TOGETHER**

**COMEDY QUIZ**

Test your knowledge and funny bone at this quiz night full of outrageous and hilarious fun with the gloriously glorious Gloria Squeezers and special comedy guest star to be announced.

**14<sup>th</sup> September**  
 7.30pm, doors open from 7pm  
 Patch, Trinity Works, 24 Trinity Street, Colchester

pay what you can afford  
 (£5 and over includes a free drink)  
[www.theatreinspiringchange.co.uk](http://www.theatreinspiringchange.co.uk)

Part of a Colchester wide project called Stronger Together combating violence against women and girls, all profits from the quiz will go to Colchester based CARA (Centre for Action on Rape and Abuse)









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# HEART OF GREENSTEAD WALK



**FREE walks in your neighbourhood!**

Meeting at  
Greenstead Community Centre  
Hawthorn Ave, Colchester CO4 3QE

**Every Wednesday**  
**12.00 -13.00**  
starting 6th September 2023

Everyone welcome.  
Come along and  
meet like minded  
people and make  
new friends.

For more information please contact us on  
E [information@community360.org.uk](mailto:information@community360.org.uk) T 01206 505250



**Community360**  
Winsley's House, High Street, Colchester, CO1 1UG  
f [community360org](https://www.facebook.com/community360org) t [community360org](https://twitter.com/community360org) in [community360org](https://www.linkedin.com/company/community360org) ig [community360org](https://www.instagram.com/community360org)  
visit [www.community360.org.uk](http://www.community360.org.uk)  
Charity Number 04426567 Registered Charity Number 1092657



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TUESDAY  
10TH OCT  
2023



CHELMSFORD  
AGAINST SLAVERY  
PARTNERSHIP

**cam's**

Colchester Against Modern Slavery

The Passage



SOUTHEND  
AGAINST  
MODERN  
SLAVERY  
PARTNERSHIP



*Together  
Free*



# HOMELESSNESS AND MODERN SLAVERY

## Online Conference

Exploring the intersection between homelessness and modern slavery, specialists will present research, practical responses and case studies.

Contributions from Homeless Link, The Passage, The Salvation Army and Together Free

**09h00-12h00**

BOOK YOUR FREE TICKET AT EVENTBRITE  
[HTTPS://9-8-7-6-5-4-3-2-1.EVENTBRITE.CO.UK](https://9-8-7-6-5-4-3-2-1.EVENTBRITE.CO.UK)

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An initiative  
of the



# CAMS

## Colchester Against Modern Slavery

With an estimated 122,000 victims of modern slavery in the UK, CAMS is partnering towards a slavery-free Colchester.

Would your organisation or group like to join over twenty-five organisations within Colchester? Together we can explore resilience to exploitation.

To explore further contact [dan.pratt@colchester.gov.uk](mailto:dan.pratt@colchester.gov.uk)

### Free Modern Slavery Training

Workshops of between 1-2 hours include:

- Overview of Modern Slavery and Human Trafficking
- Types of Exploitation
- Signs of Exploitation
- Victim Barriers
- The National Referral Mechanism
- Reporting Concerns

The training can be on Teams or in-person and tailored to your organisation / group.

Contact: [bob.fortt@essex.police.uk](mailto:bob.fortt@essex.police.uk) or  
[dan.pratt@colchester.gov.uk](mailto:dan.pratt@colchester.gov.uk)



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Next Chapter invites you to our free

# Supporting Male Survivors Conference

## MEET THE SPEAKERS



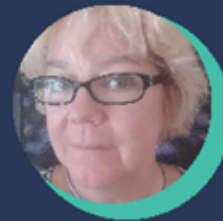
**Jake Omer**

Supporting Men  
Project Lead -  
Next Chapter



**Lee Marks**

Author &  
domestic abuse  
advocate



**Davina James-  
Harman**

Independent  
domestic abuse  
consultant

Friday October 6th - 10 a.m. to 3.30 p.m.  
Colchester Stadium, United Way, CO2 9TE



**Free to attend**  
Sign up now



**[Bit.ly/supportingmalesurvivors](https://bit.ly/supportingmalesurvivors)**

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# Sign Language Sessions

Whether its learning a new skill or helping communicate with friends and family members our six week sign language course is open to everyone.

Join our informal sessions for six weeks to learn general vocabulary. Only £3 a session

Thursday 14th September 3pm – 4pm

Thursday 21st September 3pm – 4pm

Thursday 28th September 3pm – 4pm

Thursday 5th October 3pm – 4pm

Thursday 12th October 3pm – 4pm

Thursday 19th October 3pm – 4pm

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## Location:

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

## To book:

0300 37 33 333 or [enquiries@agewelleast.org.uk](mailto:enquiries@agewelleast.org.uk)



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# Bingo Thursdays

Back by popular demand, bingo returns to the Veranda!

Just for fun, no cash prizes.

£2.00 per person

Thursdays 10:30am-12:00pm

Everyone is welcome

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**Location:**

Age well East  
63 North Hill  
Colchester  
CO1 1PX

Contact us for more information  
[enquiries@agewelleast.org.uk](mailto:enquiries@agewelleast.org.uk)  
or by phone 0300 37 33 333

Registered charity no: 1142414

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# Age Well Event

## Supporting you to live safely and independently as you get older

*For older people and anyone who looks after or supports an older person*

Thursday  
28 September  
2023  
12-2pm

**Drop in to chat with organisations specialising in:**

- Improving physical health and mental wellbeing
- Dementia awareness
- Reducing the risk of falls
- Cost of living support



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



North East Essex  
Health & Wellbeing Alliance

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

*Live healthily, happily and independently for longer*



Click [HERE](#) to read the full guide

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COVID-19



Suffolk and  
North East Essex

# Getting your autumn booster vaccination

## WHO?

**65+**

All adults aged  
65 years and over



Residents and staff  
in care homes



People aged 6 months to 64  
years in a clinical risk group



Frontline health and social care  
workers (including volunteers)



Contacts of people who  
are immunosuppressed



People aged 16 to 64  
years who are carers

## WHEN?

Vaccinations at walk-in clinics will be available from  
11 September 2023. Alternatively, you can book your appointment  
through the National Booking Service from 18 September.

## WHERE?



Pharmacy



GP Practice



Walk-in Clinic



Hospital

## HOW?

You can book using the **NHS app** or call 119 (after 18 September)  
if you need help with booking an appointment. Please visit  
[www.sneevaccine.org.uk](http://www.sneevaccine.org.uk) to find your nearest walk-in clinic

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# StHelena

Compassionate  
Communities

## Compassionate Conversations Free Awareness Training

Compassionate Conversations awareness training will give you the skills and confidence to enable open, honest and sensitive conversations around end of life and bereavement.

If you want to know how to talk to and comfort someone living with an incurable illness or grieving the death of a loved one, this session is for you.

This free to attend training is suitable for anyone aged 18+ and is held online and in person at various locations

**Thursday 14th  
September, 10am - 12pm**

At OneColchester  
Community Hub,  
4-6 Lona Wvre St.

**Tuesday 7th November  
2023, 10am - 12pm**

At Clacton Town Hall,  
Station Road, Clacton,

**Thursday 5th October,  
10am - 12pm**

This is an online session

**Tuesday 5th December,  
10am - 12pm**

This is an online session

Book now at

[www.sthelenas.org.uk/conversations](http://www.sthelenas.org.uk/conversations)

Email [compassionatecommunities@sthelenas.org.uk](mailto:compassionatecommunities@sthelenas.org.uk)  
or call 01206 848 163 for more information

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EMPLOYER  
RECOGNITION  
SCHEME

GOLD AWARD

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

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# WEDNESDAYS AT ONE

A WARM AND WELCOMING SPACE

Meet new people | Conversation & friendship

Child-Friendly | Free refreshments

Free Wifi | Free phone and laptop charging

EVERY SECOND AND FOURTH\* WEDNESDAY  
OF EACH MONTH - BETWEEN 1-3PM

\*Armed Forces community support available on the fourth Wednesday

## WE'D LOVE TO SEE YOU ALL

This will commence from Wednesday 27th September 2023 and is held at  
Prettygate Baptist Church, 25-27 Prettygate Road, Colchester, CO3 4EQ



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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



# FINANCIAL WELLBEING SESSIONS

Suffolk and North-East Essex ICS (Integrated Care Systems) is partnering with HSBC to deliver **FREE** valuable cost of living support sessions from September to November. These sessions will be conducted virtually over Microsoft Teams and last either 45 or 60 minutes.

For more info and how to book, please click [HERE](#)

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# Citizens Advice drop-in sessions at Foodbanks

## **Colchester (Tollgate)**

Every Wednesday 10-am – 2pm

## **Central Town (Eld Lane)**

2nd and 4th Friday of each month 11am – 1pm

## **Greenstead**

Every Thursday 10am – 12noon

## **Highwoods**

1st Monday of each month 9am -11am

## **Monkwick**

1st and 3rd Friday of each month 10am – 12noon

## **New Town**

1st Monday of each month 7.30pm – 8.30pm

1st Thursday of each month 11am – 1pm (Energy team)

## **Rowhedge**

1st Monday of each month 4pm -- 6pm

## **Tiptree**

1st Thursday of each month 2pm – 4pm

## **Wivenhoe**

3rd Thursday of each month 10am – 12.00 noon

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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

## **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

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Want to  
work with  
us?

CLICK **HERE** TO  
VIEW THE LATEST  
COLCHESTER CITY  
COUNCIL  
VACANCIES



# WE'RE HIRING!



- ✓ Have a full manual UK driving licence?
- ✓ Enjoy working outdoors and keeping active?
- ✓ Looking for a local government role with great benefits?

## Join us as a Civil Enforcement Officer!

- Full-time, part-time and casual contracts
- Flexible shift patterns
- Local community roles



Find out more and apply here:

Or contact us:  
[parking@colchester.gov.uk](mailto:parking@colchester.gov.uk)  
or 01206 282316



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# Other Opportunities...

## Public Mental Health and Suicide Prevention Officer

Fixed Term, Full Time  
Up to £37,357 per annum  
Location: Colchester

**Closing Date: 6th September 2023**

The role is based in North East Essex with a need to travel to Colchester and surrounding areas on a regular basis.

Please note this is a fixed term contract / secondment opportunity for a period of twelve months.

Click [HERE](#) for more information

# Other Opportunities...

## Sports Connector – Active Essex Foundation

(30 hours per week, worked flexibly, 7-month contract with an aim of full-time employment within the foundation)

There are two posts being advertised.  
Click [HERE](#) for details

If you've got a vacancy or a volunteering opportunity you'd like us to include in this newsletter, just let us know by emailing [communities@colchester.gov.uk](mailto:communities@colchester.gov.uk)

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Thank you for reading!

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

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