

# Colchester Community Updates



Colchester  
City Council

End of September 2023

**Welcome to our newsletter covering the end 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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## ESSEX TO LAUNCH NEW CHILDREN'S PHYSICAL ACTIVITY CAMPAIGN

A webinar to share details of a new upcoming children's campaign to inspire young people to participate in physical activity, promoting the message to find the activity that's right for you.



Monday 18th September



11:30am - 12:30pm

Ambassador  
Courtney Tulloch



GBR Gymnast

The Essex Children's Partnership Board brings together representatives from different agencies in Essex who work with children, young people and their families. As a collective, they have recognised physical activity, movement and being outside as a significant factor in contributing to its priorities and agenda.

With a real desire to make a significant difference to the lives of children and young people in Essex, the research found when building this campaign provides an important moment for us all to influence, inspire and make a difference.

We very much want to bring you on this journey, to ensure every child has the best start in life, whereby they are active, healthy and happy.

Register for free here



For more details of this FREE webinar and how to register, click **HERE**

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**LET'S GO**

**TIPTREE COMMUNITY HUB**

Fridge

Cafe

Warm Space

Activities



# WALKING

Tuesday 19th September

Meet at 9.30am at Tiptree Community Hub  
for a local 5-6 mile walk



Join for a walk and a chat  
All welcome

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HM Government

**NHS**



## Don't carry the worry of cancer with you

If something in your body doesn't feel right,  
talk to us. Tests could put your mind at rest.  
Until you find out, you can't rule it out.  
Contact your GP practice.

Clear on  
cancer

Help us  
help you

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COVID-19

**NHS**

Suffolk and  
North East Essex

# Covid-19 vaccinations for children aged 6 months to 4 years

If your child is aged six months to four years, they may be eligible for a Covid-19 vaccination if they have a medical condition including:



Severe breathing conditions including Cystic Fibrosis & poorly controlled asthma



Significant heart diseases such as cardiomyopathy



Chronic kidney, liver or digestive problems



Neurological problems including Cerebral Palsy, autism, muscular dystrophy, Down's Syndrome & those on the learning disability register



Diabetes



Immunosuppressed patients - those with certain cancers, leukaemia, organ/bone marrow or stem cell transplant recipients and auto-immune disorders



Sickle cell & thalassaemia

**HOW?**

If you think your child is eligible for a vaccination, please email [pando@snee.nhs.uk](mailto:pando@snee.nhs.uk) and we will direct you to your nearest vaccination centre.



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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A MEMORY AFTERNOON FOR EVERYONE  
SHOWCASING THE SPIRIT OF COMMUNITY

GREENSTEAD COMMUNITY CENTRE  
HAWTHORE AVE, CO4 3QE  
SATURDAY 25TH NOVEMBER 2-4PM

WELCOME

# THE WARM AND TOASTY CLUB



HOSTED BY JOHNNO CASSON  
WITH GUESTS  
MARIE SAUNDERS  
STRUM 'N BASS  
JOE ROSE  
& MORE



MUSIC - MEMORIES - CHAT  
RETRO RAFFLE  
BISCUIT OF THE WEEK

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



RESERVE A PLACE & PAY ON DAY

07594 154709 or [thewarmandtoastyclub@gmail.com](mailto:thewarmandtoastyclub@gmail.com)

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What you need  
to know about your

## **Adult Social Care and Support**

Click **HERE** to see the  
full guide on Adult  
Social Care and Support  
from Essex County  
Council

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The Council is drafting three Supplementary Planning Documents (SPDs) to communicate Colchester City Council's ambitions in respect of the climate emergency for all development within the city.

SPDs are material considerations in planning decisions. They build on adopted planning policy and provide guidance on how policy requirements should be implemented.

The three climate emergency SPDs build on the adopted Local Plan and explain how development proposals should respond to the climate and ecological emergency. The three SPDs are: Active Travel, Biodiversity, and Climate Change.

Click [\*\*HERE\*\*](#) to read the full article

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EMPLOYER  
RECOGNITION  
SCHEME

GOLD AWARD

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

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# Giving military spouses and partners the confidence to succeed



Image © Crown copyright

  
**Forces  
Employment**  
Families

Click [HERE](#) for full details

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# Mindfulness & Wellbeing



**ONLINE COURSE: Tuesday 8pm-9.30pm**  
**Starts 3rd October 2023, for 10 weeks**

*What if it were possible to help ourselves thrive,  
rather than simply survive?"*

*Do you ever wonder how to reduce the risk of  
developing stress, anger, anxiety and depression?*

This course will teach you to look at what makes you feel stressed and learn some simple techniques and coping strategies to help you deal with stressful situations.

You will learn how to boost your happiness and wellbeing and find new sources of resilience, joy and calm in your life.

**Armed Forces  
spouses  
(closed group)  
Costs £90.00**

**This course is open to Armed Forces spouses  
outside of Warwickshire too**

Visit our website: [www.warwickshire.gov.uk/acl](http://www.warwickshire.gov.uk/acl)  
or call: 01926 736392 to find out how to enrol



# Supporting young people from military families with their career choices



  
**Forces  
Employment**  
EM3 Veterans & Families

Click [HERE](#) for full details

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# Ministry of Defence

## War Pension and Armed Forces Compensation Schemes Complaints Process Change

The Ministry of Defence has introduced an updated process for actioning War Pension and Armed Forces Scheme complaints.

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

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# Ministers join forces to encourage veterans to self declare to GPs

Veterans' Minister Johnny Mercer and Health Secretary Steve Barclay are urging veterans and service leavers to access specialist healthcare pathways run by NHS England and service charities. Read the full article [HERE](#)

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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



The Essex Energy Switch is back, helping local communities come together to take the hassle out of searching for a better energy rate.

The Essex Energy Switch is a group buying scheme for gas and electricity.

It is free to register and there is no obligation to accept an offer. The more people that register, the greater the collective buying power of the group.

Click **[HERE](#)** to read more and to sign up!



# 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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# The Community Micro-enterprise Project Directory

September 2023 edition

Click [\*\*HERE\*\*](#) to see the full directory of small local businesses, offering support to older people, people with disabilities and those who want to improve their mental health and wellbeing

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Essex County Council

Essex County Council's 'Older People' team hope to improve the health and social care services for older people.

You can help by giving your opinion on the survey **HERE**



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# The Colte Partnership®

At The Heart of Primary Care

## SEATED YOGA FOR OVER 65'S

Come and experience the benefits of seated yoga with our experienced instructor!

Once a month for three months **free** course!

To book your place, email your details and which course you would like to join to [sneicb-nee.colte@nhs.net](mailto:sneicb-nee.colte@nhs.net)



10:45 - 12:00



Tuesday 26th September  
Tuesday 24th October  
Tuesday 28th November



Foundry Court, Colchester Rd,  
Manningtree, CO11 1EJ



13:45 - 15:00



Wednesday 27th September  
Wednesday 25th October  
Wednesday 29th November



Mersea Community Support  
Hall, 13 Melrose Rd, West  
Mersea, CO5 8JB



13:45 - 15:00



Thursday 28th September  
Thursday 19th October  
Thursday 16th November



Essex Wildlife Trust, Old Hall  
Lane, Walton on the Naze,  
CO14 8LE

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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

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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

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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...

**Role Title: Community Coach –  
Colchester**

**Salary: £24,000 per annum**

**Fixed Term Contract**

**Closing date: Monday 25th September  
2023**

**For more about this post, and to apply,  
click [HERE](#)**

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  
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