

Colchester Community Updates



Colchester
City Council

Beginning of October 2023

Welcome to our newsletter covering the beginning of October.

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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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 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 to find your nearest walk-in clinic

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October Half Term Holiday Activity and Food Club

Delivered by
Essex Boys and Girls Clubs

Sessions are **FREE!**

Wednesday 25th - Friday 27th October

10am - 2pm

LUNCH PROVIDED

AGES 5 - 16 years *

Basildon
The Beech Community Hub
8 Austen Rd.
Basildon, SS14 3RZ
* for ages 8-16

Chelmsford
Harway House
Rectory Lane,
Chelmsford, CM1 1RQ
* for ages 5-16

Colchester
The Oaktree Centre
Harwich Road,
Colchester, CO4 3DH
* for ages 5-13

Uttlesford (TAKELEY)
Silver Jubilee Hall
4 Dunmow Road,
Takeley, CM22 6QX
* for ages 5-13

Have FUN | Make FRIENDS | Try NEW FOOD

Bookings go live Monday 25th September 2023!



To **Book** scan code



CALL 01245 264 783

or **visit**

EssexBoysAndGirlsClubs.org/haf

Priority will be given to young people on
benefit based free school meals



For more information please contact Essex Boys and Girls Clubs directly:
01245 264783 or email RebeccaS@EssexBoysAndGirlsClubs.org

Essex Boys and Girls Clubs Harway House, Chelmsford, CM1 1RQ
Tel: 01245 264783 Charity No: 1163658 Web: EssexBoysAndGirlsClubs.org



ESSEX

**Future
Sessions**

We will be running sessions over the
Christmas holidays

visit our website for more details

Bookings
will open in
December





These half term clubs are funded through Essex County Council to provide free places for school aged children who are eligible for benefits based free school meals and children from 'low income' working families to book onto our clubs.



Click [**HERE**](#) for details of the sessions available, and to book your child's place

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Free sessions
open to children
of all
ages.

GET CRAFTY!

**Saturdays
1pm - 3pm**

Come and join us
for fun children's
craft sessions

Different activities each week including
collage, making puppets, mobiles, games
and much more.

All materials provided.

Children must be accompanied by an adult.

**One Colchester Community Hub
4-6 long Wyre street
CO1 1LH**

For more details please contact
t: 01206 505250 e: information@community360.org.uk

Community360

Winsley's House, High Street, Colchester, CO1 1UG

[f](https://www.facebook.com/community360org) community360org [t](https://www.twitter.com/community360org) community360org [in](https://www.linkedin.com/company/community360org) community360org [ig](https://www.instagram.com/community360org) community360org
visit www.community360.org.uk

Charity Number 04426567 Registered Charity Number 1092657



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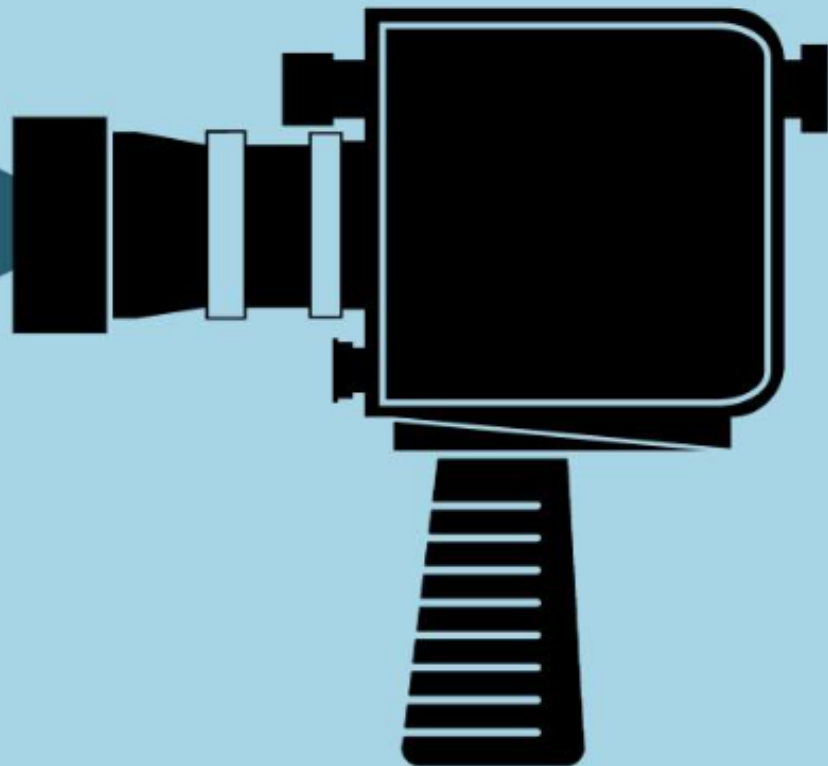
FREE FILMMAKING CLUB

EVERY TUESDAY

4:30-6 PM

(Starting the 19th September)

COME AND JOIN US, WE PROVIDE
EQUIPMENT AND TRAINING
FOR STORYTELLING AND
DOCUMENTARY FILMMAKING.



GREENSTEAD COMMUNITY CENTRE
Hawthorn Ave, Colchester, Essex CO4 3QE

OVER 18s

NO EXPERIENCE NEEDED

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**YOUTH
MUSIC**

CLIP

CLIP Club Colchester is a FREE weekly meet up for young people 11 to 18 with an interest in sound and music.

Each week you will have the chance to experiment with synthesisers, microphones and musical technology in a fun and friendly environment.

Absolutely no musical experience, equipment or booking is required - just turn up!

Workshops take place every term-time Wednesday at Firstsite, 4pm – 5pm.

For details, click [HERE](#)

Firstsite

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Booking now live! Youth Voice Conference 2023

SAFETY:RESILIENCE:EMPOWERMENT

SATURDAY 21ST OCTOBER 2023

@Writtle University College, Chelmsford
10:00am-3:00pm (Registration opens from 9:15am)

Hosted by Essex Boys and Girls Clubs & Essex Council for Voluntary Youth Services
supported by Essex Violence and Vulnerability Unit and Essex Police.
The conference is being planned and delivered by young people!

If you are a young person aged 11+ living in Essex (Including Southend and Thurrock) or an adult working with young people we want to hear from you! After the success of the 2022 conference we wanted to expand the opportunity for young people to share their views on key topics that effect young people in Essex.



Workshops: Networking: Information Fair: Fun Activities:
FREE Lunch: FREE Conference Pack

SCAN TO BOOK OR FOLLOW THE LINK BELOW

<https://forms.office.com/e/TnBXcM0336>

For more information or help with booking:
rebeccas@essexboysandgirlsclubs.org / 01245 264783



Have your say on plans for the new Garden Community

Latimer by Clarion Housing Group, are
developing plans for the new Garden
Community in Colchester and Tendring District

We want to hear your views on the emerging
proposals

Click [HERE](#) for programme of public exhibitions

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LET'S TALK ABOUT MENTAL WELL-BEING

Seeking Greenstead residents who have used the food bank to participate in a small group discussion and share their views on mental well-being in the community



Scan Me

What does it involve?

- A 2-hour focus group at Greenstead Community Centre
- Open discussions on mental wellbeing with other Greenstead residents
- Help inform a Greenstead Community wellbeing survey in partnership with the University of Essex
- Opportunities for continued involvement in the EMERGES project

Things to know

- Date: 2nd October 12:30-2:30pm
- You must be 18+
- Any views/experiences shared will be treated confidentially
- We value people from a wide range of experiences and backgrounds
- You will receive a £25 Aldi voucher as a thank you

Contact us to participate



Email us to sign up at:
emergesgreenstead@gmail.com



Or scan the QR code to sign up!

EMERGES

Exploring Determinants of Mental Health
Resilience Among Food Bank Users in Greenstead

In partnership with:



University of Essex



Colchester
City Council



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**BLACK
HISTORY
MONTH
ESSEX**

**Lawrence Walker
Awards and Cancer
Awareness Event**

Tuesday, 17th October 2023
10am to 3pm

at Firstsite Colchester

Click [HERE](#) to book your seat

FREE to attend

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Community360 Timebank - Helping communities to help each other

TIMEBANK

Give an hour Get an hour

Timebank is a skills exchange - for every hour you spend helping someone, you can earn an hour in return!

You could help with some gardening and in exchange learn to play the guitar or set up your new phone!

Or..... you can give the hours you exchange to other members of the Timebank community.

Pop in for a chat at the One Colchester Community Hub
4-6 Long Wyre Street, Colchester, CO1 1LH or call
01206 505250 or email timebank@community360.org.uk

Community360

Winsley's House, High Street, Colchester, CO1 1UG

[f community360org](https://www.facebook.com/community360org) [i community360org](https://www.instagram.com/community360org) [in community360org](https://www.linkedin.com/company/community360org) [community360org](https://www.tiktok.com/@community360org)

visit www.community360.org.uk

Charity Number 04426567 Registered Charity Number 1092657



Timebanking UK



Together
We Thrive


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GREENSTEAD COMMUNITY SHOWCASE

Enrich - Connect - Thrive

Local organisations in Greenstead are working hard for the community. They offer a wealth of support, information and guidance.

Drop in and see what Greenstead has to offer!



Greenstead Community Centre
Hawthorne Avenue CO4 3QE

Monday 9th October 2023
10.00am – 1.00pm

For further details please call 01206 505250
or email information@community360.org.uk

Community360

Winsley's House, High Street, Colchester, CO1 1UG

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visit www.community360.org.uk

Charity Number 04426567 Registered Charity Number 1092657



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KNIFE ANGEL

COLCHESTER

COLCHESTER AGAINST VIOLENCE

Find us at:

Jumbo Water Tower,
Balkerne Gardens,
Colchester,
Essex CO1 1NF



1 October -
31 October
2023



#KnifeAngelColchester
www.colchester.gov.uk/knife.angel

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Changing harmful relationships for positive futures

Who is the service for?

The Domestic Abuse Perpetrator Programme (DAPP) is for individuals who want to stop being abusive towards their (ex) partners and are motivated to change their behaviour. We accept both statutory and self-referrals for both males and females.

Click [HERE](#) for more info

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EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

Click [HERE](#) to see the Colchester City Council Armed Forces Page

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Lump sum payment for war widows

A one-off payment of
£87,500 for eligible
spouses in recognition of
those who forfeited their
pensions prior to 2015.

Click [HERE](#) for the full
article

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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
or call: 01926 736392 to find out how to enrol

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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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!

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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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Trusted

This programme has changed me. The way I stand up for myself, deal with things and run my finances. I am never changing back"

FREE PLACES NOW AVAILABLE

Attendees have become financially better off by an average of approx. £3,000 per person per year, simply by changing the way they approach their finances

Could this be you?

- One big, topic-led conversation
- Building a new money confident community
- 6 weekly sessions - guest professionals every week
- Weekly vouchers provided

Contact us to secure your place

Call 07425 166069 or 07532 253540
email: hello@trustedmoneyconfidence.com
www.trustedmoneyconfidence.com



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We will be in the following locations

★ County Broadband also in attendance

★ **Monday**

16

Age Well East

63 North Hill, Colchester, CO1 1PX

10:00 - 12:00

Wednesday

18

Citizen's Advice Mental Health Hub & Shop

22-24 High Street, Clacton-on-Sea, CO15 1NR

10:00 - 12:30 & 13:00 - 15:00

Wednesday

18

Jobs & Careers Roadshow Tendring

Clacton Town Square, Clacton, CO15 1FB

10:00 - 14:00

Thursday

19

Mount Bures Village Hall

Craig's Ln, Mount Bures, Bures CO8 5AW

10:00 - 11:30

★ **Friday**

20

Colchester DWP Job Centre

40 Chapel St S, Colchester CO2 7AZ

14:00 - 16:00

The Digital Access Support Team (DAST) are supporting and taking part in Get Online Week 2023(GOW).

It is the UK's largest digital inclusion campaign, since its inception in 2007, and it takes place for one week every October, this year it runs from 16th to 22nd.

The aim of this government initiative is a way of getting the public online and helping them with their digital skills in whatever way they require assistance. To help with this, DAST will be at various locations within Colchester and Tendring. The team will be hosting a variety of in-person and online activities.

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The NHS App is being expanded and developed further.

SNEE ICB is interested to find out how many people in our area are currently using the App and how they access it.

Please take our short survey [**HERE**](#)

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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 website.

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
or 01206 282316



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Other Opportunities...

Colchester + Ipswich
Museums

Colchester Visitor Experience Volunteer

Listening to our visitors is always important, and something we are continually trying to do. As a Visitor Experience Volunteer, you will help collect feedback from the public. The responses you gather will inform the work we do and help us quickly address any visitor concerns. Whether you have free hours here and there, or a whole afternoon to spare, your support enables us to better serve our audiences.

Click [**HERE**](#) for full details and how to apply

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

Other Opportunities...



Essex Partnership University
NHS Foundation Trust

FIND YOUR NEXT CAREER WITH EPUT

EPUT CAREERS SHOWCASE EVENT

Are you interested in a career in the NHS?
Ever wondered what careers we offer at your
local Community/Mental Health NHS Trust?

Come and discuss your career ambitions with
different services including:

- Social care
- Mental health
- Community services
- Estates & Facilities
- IT
- Human resources
- Primary care
- Psychology services.

New to healthcare? Our Workforce and
Development team will be there to go
through career pathways.

On the day, try some fantastic interactive
activities like our virtual headsets,
psychometric testing, clinical tasks, and
more.



Location

4-6 Long Wyre Street,
Colchester, Essex,
CO1 1LH
(Paid parking available)



Date

13 Oct 2023



Time

10:00am - 3:00pm



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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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