

Colchester Community Updates



Colchester
City Council

End of October 2023

Welcome to our newsletter covering the end 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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Flu and Covid-19 spread more easily in winter and can cause you serious illness.

GET WINTER STRONG



Come forward for your flu and Covid-19 vaccinations when invited.



Vaccination is the best way to protect yourself, those around you and the NHS.



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.

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

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



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

ROWHEDGE

Youth Club

REOPENING 1ST NOV

Pool

Craft

Sport

Games

Tuck Shop

Rowhedge Village Hall

Colchester CO5 7HX

EVERY WEDNESDAY
4:30PM - 6:30PM

TERM TIME ONLY



Paul.phillips@essex.gov.uk

**YOUTH
SERVICE**

Inspire
Enable
Achieve

↑
TOP

**DON'T
MISS OUT!**



Do you have a
learning disability?



Are you 14 years
old or over?



Get registered on your GP
surgery's Learning Disability
Register!



Get invited and attend your free
annual health check once a
year!



Get your health action plan!



For more **information** talk to your **GP surgery** or
contact the Community Learning Disability Team:
Email: hpft.necommunityldteam@nhs.net
Telephone: 01206 363255

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





Prince's Trust

GET STARTED IN DIGITAL SKILLS

Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in the digital sector.

To find out more, please contact
Hailey.Kenny@princes-trust.org.uk
+44 7929 362609

@princestrust



ON THIS ONLINE COURSE YOU'LL:

- Learn from industry experts
- Explore digital tattoos and your digital footprint
- Learn to use 3D and CAD software
- Create your own website, learn about AI and more!

DATES FOR YOUR DIARY:

Taster day: 02/11/2023

Course dates: 06/11/2023 - 10/11/2023

Application deadline: 30/10/2023

Location: Microsoft Teams

Eligibility criteria: 16-30 NEET. Must have access to PC, Laptop or Notebook.

Click [HERE](#) to read Get Started with Digital Skills FAQs





Essex County Council

Essex County Council are looking to understand how residents of Essex access Mental Health Services in the community and how they use Digital Services to support their Mental Health and Wellbeing.

This survey will take approximately 5-10 minutes to complete and the findings will help to shape future options for community support.

To read more about the survey, click [**HERE**](#)

Please complete the survey by Friday
3rd November 2023



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

Black History Month



Click [HERE](#) to see the full list of events in and around Colchester

Our Blood Saves Lives

A campaign by **Sickle Cell Suffolk**, in partnership with the **NHS Blood & Transplant** to help recruit Black African, Caribbean and Mixed Heritage people to donate blood.

**GIVE BLOOD
FOR YOUR
COMMUNITY**



**WE NEED MORE BLACK MALE DONORS
MEN CAN DONATE MORE FREQUENTLY**



Scan the QR code to register
to become a blood donor

For more information contact

✉ sicklecellsuffolk@gmail.com

☎ 07916 975 500

📷 @sicklecellsuffolk

www.giveblood.sicklecellsuffolk.org/register



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.instagram.com/community360org)
visit www.community360.org.uk

Charity Number 04426567 Registered Charity Number 1092657



Timebanking UK



Together
We Thrive





THE THIRD ANNUAL
**COLCHESTER
FRINGE FESTIVAL**

18-22 OCTOBER 2023

**A JUMBO FIVE DAYS OF STOMPING PERFORMANCES
FEATURING THEATRE, COMEDY, DANCE, POETRY, CHILDREN'S
SHOWS AND MUCH MORE IN VENUES ACROSS COLCHESTER!**

Click **[HERE](#)** to see an A-Z of
the amazing acts that will
be performing at this year's
Colchester Fringe Festival

St Albright's and Church Without Walls,
Stanway, would like to invite you to our:

COMMUNITY Coffee Mornings

Every 2nd and 4th

WEDNESDAY

10.30am - 12 noon

St Andrew's Hall, opposite
St Albright's Church
Cnr London Road and
Church Lane
Stanway



Coffee, tea, home-made cakes
and good company available!

CONTACT: Wendy, pioneer@stalbrights.org
or 07816 039832



StanWell Hub
thriving together

**The Stanway
Wellbeing Hub**
is a place for
people to be
with people.

**Meet in Stanway
Lakelands Centre**

12:45 - 2:00pm

**1st and 3rd Tuesdays
Every Month**

f @StanWellHub

office.stanwellhub@gmail.com

07818 424114

OR 07816 039832

*"Our vision is to work
together for the thriving of
everyone in our
community: socially,
emotionally, physically,
spiritually and
economically."*

ST ALBRIGHT'S

Church
Without
Walls
Stanway Parochial



360 Together
We Thrive

Therapy For You IAPT
Improving Access to Psychological Therapies



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

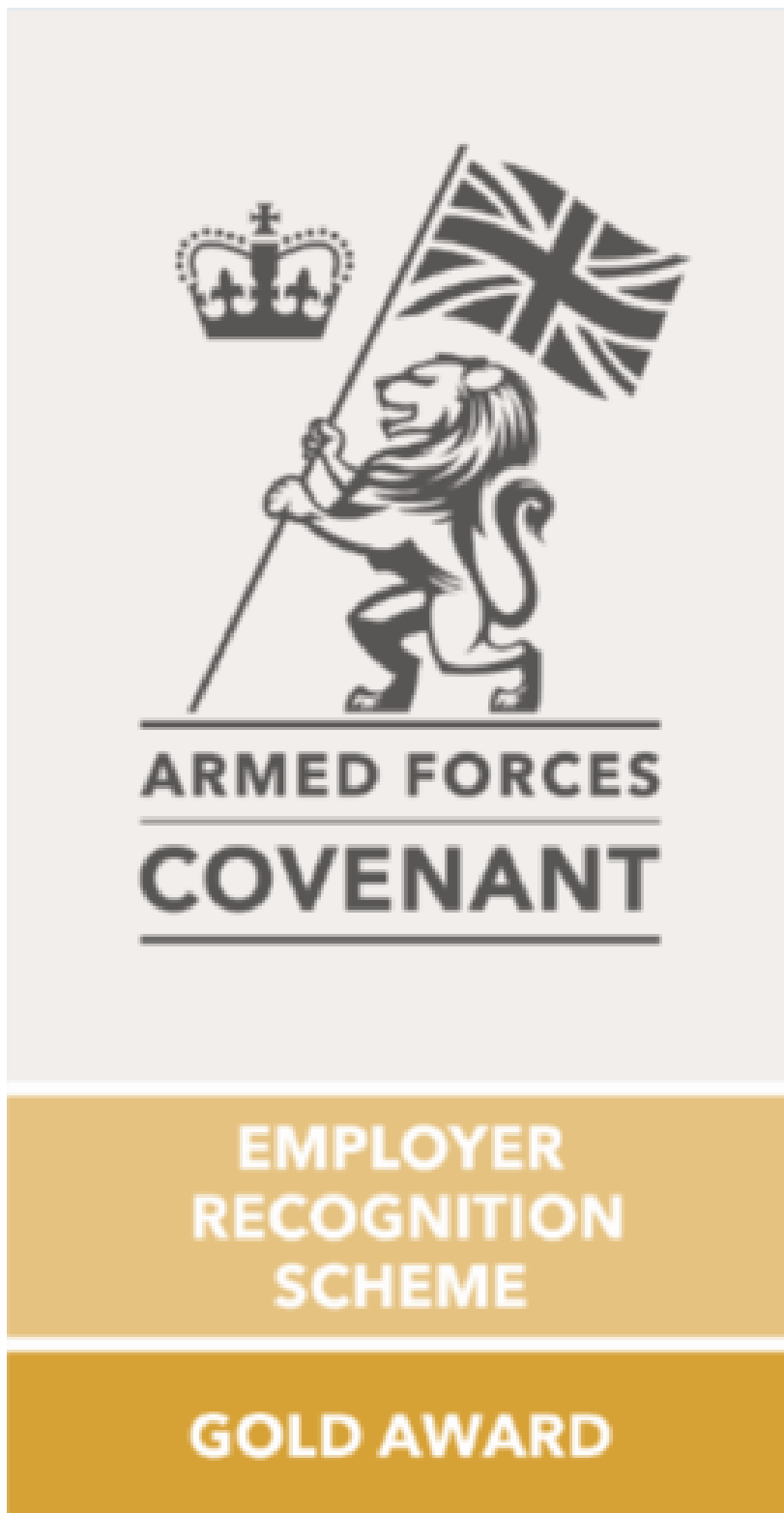


Changing harmful relationships for positive futures

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



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

Defence Secretary visits Armed Forces in first month in post



Defence Secretary Grant Shapps visited multiple military locations, vowing for personnel to remain at the heart of our Armed Forces.

Click [HERE](#) to read the full press release

Major Commemorations to Mark The 80th Anniversary of the Normandy Landings



The Ministry of Defence will work with veterans' charities and memorials to host major commemorations on the 80th anniversary of the D-Day Landings in June next year.

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

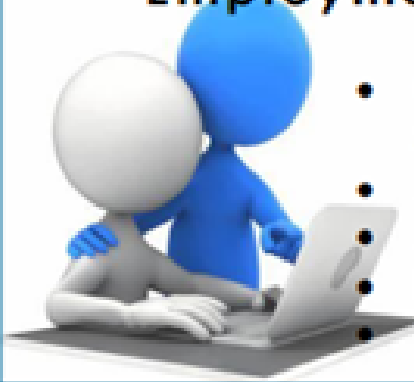
Register with the Royal British Legion to attend D-Day 80 as a veteran



Veterans of the Normandy campaign are invited to register with the Royal British Legion if they would like to attend commemorations of the 80th anniversary of D-Day in June 2024.

Click [HERE](#) for instructions on how to register to attend

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!

Trusted

Trusted is an initiative that brings Colchester's community together to increase residents' knowledge on managing their personal finances over a money confidence programme.

It's the first of its kind in the UK, and they aim to equip people with the right skills and knowledge to manage their money concerns in the best way possible.

Through sharing advice and discussing options in these sessions, the programme will support real people struggling with the cost-of-living crisis, and hopefully, beyond.

Click [HERE](#) to read more about Trusted, and to register your interest in their next course

Citizens Advice drop-in sessions at Foodbanks

Colchester (Tollgate)

Every Wednesday 10am - 2pm

Central Town (Eld Lane)

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

Greenstead

Every Thursday 10am - 12 noon

Highwoods

1st Monday of each month 9am - 11am

Monkwick

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

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 noon



WOULD YOU LIKE TO MAKE YOUR HOME WARMER, MORE COMFORTABLE AND CHEAPER TO HEAT?



Grant funding may be available for improving the energy efficiency of your home using a variety of measures.

These could include *:

- Insulation for walls, lofts and heating systems
- Draught exclusion
- Changes to windows or doors
- Renewable energy (e.g. solar panels)
- Clean energy systems (e.g. air source heat pumps)

WE CAN ALSO
PROVIDE YOU
WITH OTHER TIPS
THAT MAY CUT
YOUR ENERGY
BILLS TOO!

Contact us for FREE
and impartial advice
on **01206 636956**
or email

EnergyEfficientHomes
@colchester.gov.uk

Click **HERE** to see full
details on how to apply

SNEE ICS Cost of Living Support Sessions

The Suffolk and North-East Essex ICS is partnering with HSBC to deliver FREE valuable cost of living support sessions from September to November. These sessions will be conducted virtually and last either 45 or 60 minutes. As an added benefit, attendees will be eligible for a complimentary HSBC financial health check.

These webinars are entirely focused on providing support and advice, and they do not mention any HSBC products or services. To register for a session, please email

Paul.Firth@snee.nhs.uk

Spending Your Income

Wednesday 18th October, 12:00 – 12:45

Managing Debt

Wednesday 1st November, 12:00 – 12:45

Coping with the Cost of Living

Wednesday 15th November, 12:00 – 12:45

Making the Most of Your Money

Wednesday 29th November, 12:00 – 12:45  **TOP**

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.



The NHS App is being expanded and developed further.

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

Please take our short survey [HERE](#)

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.



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

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



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



Community
Energy
Colchester

Become a Director of our local energy saving group

If you'd like to volunteer a small number of hours per week in helping to run the group please click [HERE](#) to see details about the post, and find out how to get involved

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