

# Colchester Community Updates



Colchester  
City Council

Beginning of November 2023

Welcome to our newsletter covering the beginning of November.

You'll find plenty of information about community events, opportunities, and a link to our funding web page 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

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.

# 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



**ESNEFT**

**Infant feeding team**

*Bumps 2 Babies*

**Feeding education & support group**

*at*

**The Church of Jesus Christ  
of Latter-day Saints**

272 Straight Road  
Colchester  
CO39DX

**Come along and meet the team**

**Every Thursday 9.30- 12.30**



# Stay, Play and Learn

## St Annes Delivery Site

Harwich Road

Colchester

CO4 3DH

**Fridays 10.00am-11:30am**

A supportive group promoting children's development through fun activities, songs and storytelling. A great way to meet other families!

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

\*please note numbers maybe limited due to room capacity

**t. 0300 247 0015**



Sydney House Family Hub – Tendring District

Berechurch Family Hub - Colchester Borough

Services commissioned by:





# The Colte Partnership®

*At The Heart of Primary Care*

## KIDS YOGA FOR AGES 7-11

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

Once a week for four weeks **free** course!

A parent or guardian must be in attendance.

Commitment to all 4 sessions is required to participate

To book your place, email your details to [sneicb-nee.colte@nhs.net](mailto:sneicb-nee.colte@nhs.net)



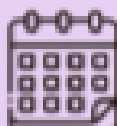
The Kid's Yoga class is all about learning the power of breath and movement.

Teaching children the importance of finding calm amidst the storm.

As we flow through poses, we'll uncover the joy of dance and playful expression.



4pm to 5pm



Tuesday 7th November  
Tuesday 14th November  
Tuesday 21st November  
Tuesday 28th November



Tiptree United Reformed Church  
80 Chapel Rd, Tiptree,  
Colchester CO5 0HP





# **Open consultation: Creating a smoke-free generation and tackling youth vaping**

Click [HERE](#) to complete the survey

**The consultation period will run until  
Wednesday 6 December 2023**



Essex County  
Fire & Rescue Service

# Online Home Safety Check

In a bid to reduce the number of house fires in Essex we are encouraging everyone to complete the online home safety check to evaluate your own fire risk at home. By answering some simple questions about your home, lifestyle, working smoke alarms, cooking and fire escape plans you will be provided with tailored advice and handy tips throughout to help reduce the risk of a fire in your home.

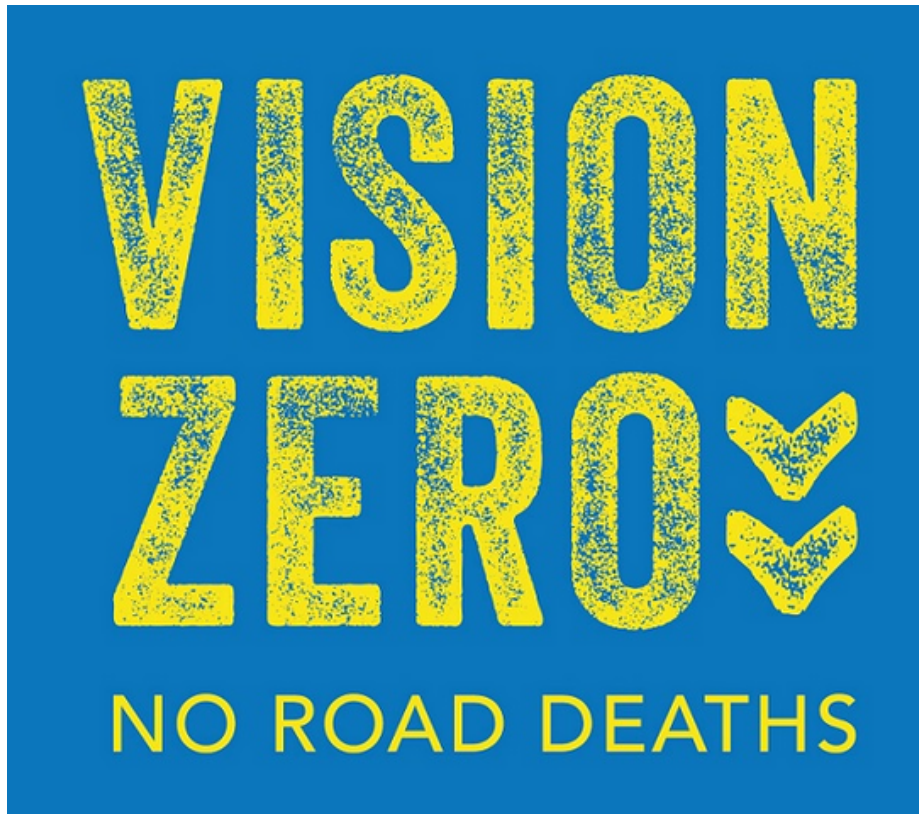
Click [\*\*HERE\*\*](#) to complete the safety check



# Have your say on the future of waste management in Essex

Let us know what you think by  
completing the consultation [HERE](#)

**The consultation is open until  
Wednesday 22 November 2023**



Vision Zero is our ambition to eliminate deaths and serious injuries on Essex roads by 2040.

Whilst considerable success has been made in recent years, there were still 49 deaths and 769 serious injuries recorded in Essex during 2022.

This is too many.

We cannot achieve this ambition alone. We need the support of the whole community – which includes all road users and businesses.

Click [HERE](#) to read more about how you can help



Baha'i



Shinto



Paganism



Sikhism



Islam



Judaism



Christianity



Zoroastrianism



Taoism



Buddhism



Hinduism



Confucianism



Brahma Kumaris



Quakers

**Faith Is Welcome. Hate Is Not.**  
**SEE IT. REPORT IT.**

**STOP HATE UK**

**0800 138 1625**

**24 HOUR HELPLINE**

**TEXT 07717 989 025.**

# HOW ARE YOU? OUT <sup>OF</sup> 10?

TALK  
CLUB

## COLCHESTER

TUESDAYS 7 - 9pm (Fortnightly)

Registered Charity Number: 1194033

The Odd One Out (Back room)  
28 Mersea Rd,  
Colchester,  
Essex,  
C02 7ET.



Book your space at [TalkClub.org](https://TalkClub.org)

*Talk Club is a talking community for men 18+*

#TalkClub10  
@TalkClubUK



**0333 335 0026**


**Strut Safe is a free UK-wide phone line. If you're walking alone, our volunteers will be a friendly voice to keep you company and help you feel safe until you are through the door.**

# Heart of Greenstead

Moving forward with you

# Please join

## Heart Of Greenstead Task Force



**Join the Task Force and have a say in the changes brought to Greenstead**

The Task Force Meetings are conducted monthly and provide a platform for interaction between residents, stakeholders and project leads including the architects

### Upcoming dates-

7th November 2023 - 2:00pm to 3:30pm

13th December 2023 - 2:00pm to 3:30pm

16th January 2024 - 2:00pm to 3:30pm

14th February 2024 - 2:00pm to 3:30pm

12th March 2024 - 2:00pm to 3:30pm

Please call

01206 505250 to ask for more details or send an email to [rodneydaimari@community360.org.uk](mailto:rodneydaimari@community360.org.uk)

Greenstead Community Centre, Hawthorn Avenue, Colchester CO4 3QE

**Community360**

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

[f](https://www.facebook.com/community360org) community360org [i](https://www.instagram.com/community360org) community360org [in](https://www.linkedin.com/company/community360org) community360org [@](https://www.youtube.com/channel/UC...) community.360org

visit [www.community360.org.uk](http://www.community360.org.uk)

Charity Number 04426567 Registered Charity Number 1092657



Together We Thrive



TOP



## Upcoming PFCC District Public Meetings 7 - 8pm everyone welcome

### **Braintree**

22nd November - Braintree Town Hall Fairfield Road,  
Braintree, Essex, CM7 3YG

### **Southend**

27th November - Leigh Community Centre 71-73 Elm Rd,  
Leigh-on-Sea, Southend-on-Sea, Leigh-on-Sea SS9 1SP

### **Colchester**

5th December - Town Hall, High Street, Colchester.

### **Thurrock**

15th January - venue TBC

### **Uttlesford**

25th January - Dourdan Pavilion, Great Dunmow.

### **Brentwood**

30th January - venue TBC

Click [HERE](#) for more details of each meeting

# Darkness and Light Craft fair

Saturday 18 November 2023  
10am - 2pm

## **CALLING ALL MAKERS**

*Are you a maker or community organisation who would like a stall at our upcoming Darkness and Light Craft Fair? The fair is to bring warmth and light to the darkness of winter and to showcase work of artists who make things that help us enjoy these special days.*

***Create winter warmth and bring lightness into dark***

The Darkness and Light Craft Fair will be held on Saturday 18 November 10am - 2pm  
One Colchester Community Hub

Click [HERE](#) for more details



**LW** LION  
WALK

Lion Walk Management News  
Christmas 2023

# Christmas Planning 2023

Colchester retail business leaders update

Click **HERE** to see the Lion Walk Management News from Martin Leatherdale, Centre Manager.

# Living With Type 2 Diabetes Education Session

Online education session for  
people who have type 2 diabetes  
and live within the Suffolk and  
North East Essex area

Tuesday 14th November 2023  
09:30 - 12:30

Click **HERE** to book yourself  
onto this free session

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# Demystifying End of Life Care and Faith

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## Date and venue

- Wednesday 15 November
- Greenstead Community Centre, Colchester CO4 3QE
- 10am - 12noon (refreshments and networking from 9.30am)

## Please pre-book your place at..

- [CompassionateCommunities](https://www.compassionatecommunities.org.uk)  
[@sthelena.org.uk](https://www.sthelenahospice.org.uk) or call  
01206 646275

## Workshop includes

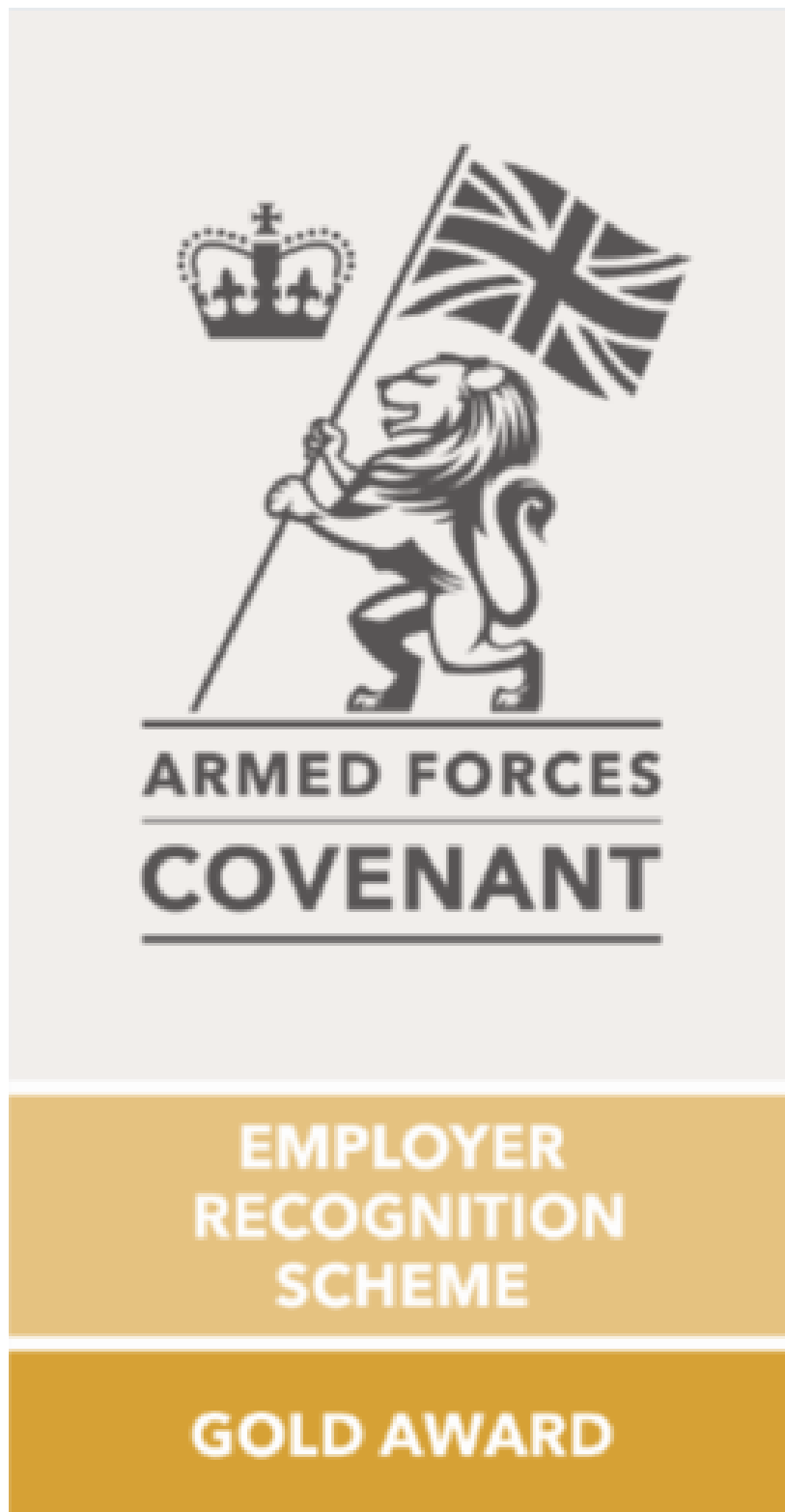
- Presentations + Q&A
- Sharing, learning and networking with peers and community representatives
- Open discussion about dying, death and bereavement

SUPPORTED BY

**St**Helena



[www.sthelenahospice.org.uk/Compassion](https://www.sthelenahospice.org.uk/Compassion)



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

# Colchester to Remember the Fallen

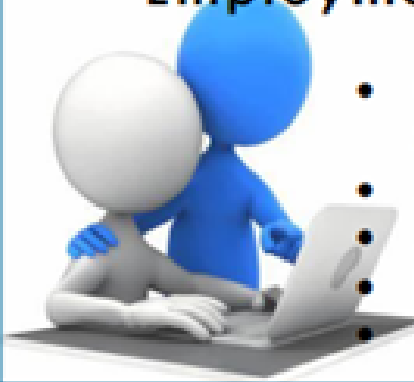
Colchester's traditional Remembrance Service and wreath-laying ceremony will be held at the War Memorial on Colchester High Street, beginning at 10.45am on Sunday, 12 November.

Soldiers from the town's 16 Air Assault Brigade will be on parade, alongside civic dignitaries including the Mayor of Colchester, Cllr John Jowers, and HM Lord-Lieutenant of Essex Mrs Jennifer Tolhurst.

A 105mm Light Gun from 7th Parachute Regiment Royal Horse Artillery will fire, to mark the beginning and end of the two-minute silence at 11am.

Click [\*\*HERE\*\*](#) to get the Remembrance Sunday Order of Service

## 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



# Colchester



**Coming soon**



affordable

sustainable

dignified

community owned and led

Essex County Council in partnership with Divine Assembly Ministries, Colchester Food Bank, Community 360, Greenstead Community Centre and other community stakeholders and organisations.

# Trusted

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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



# **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](mailto:Paul.Firth@snee.nhs.uk)

## **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

# Emergency help with food, bills and other items



**If you find yourself in need of some help, the Essential Living Fund can help pay for heating, electricity, water and food. We can also help you get essential household items like a fridge, cooker or washing machine.**

## **To get a grant you must:**

- ✓ Live in Essex
- ✓ Be aged over 16

### **How to apply**

Check if this applies to you.

Visit [www.southend.gov.uk/elfforessex](http://www.southend.gov.uk/elfforessex)



# Free Winter Warmer Community Events

All Welcome



Lots of **Free** preloved winter coats and clothing for adults and children, shoes, bedding, and other items to help your family keep warm and well this winter.

You are very welcome to pop in for a browse, have a chat to our friendly team, and pick up any items that you need.

**We are open to all.**

Information, advice, and support available from our friendly team of staff and volunteers from many different organisations across the two events. Including helpers from NEST, Essex Child & Family Wellbeing Service, Tot2Teens, First Site, Christians Against Poverty, Colchester City Council, Digital Access team, Community 360, ALB, Essex Free School Uniform (Mon only), Utilita, and Mind. (In addition, Wed only) Elim church, Boaz Project, Colchester Borough Homes, and others.

**Monday 6<sup>th</sup> November 2023 9.30am – 2.00pm  
At Stanway Lakeland Centre**

**Wednesday 8<sup>th</sup> November 9.30am – 2.00pm  
at Elim Church, Greenstead, Clematis Way, CO4 3PY**



Thank you to all those supporting our events.

# 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](mailto: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

## TIPTREE COMMUNITY HUB

Fridge

Cafe

Warm Space

Activities



# VOLUNTEERS NEEDED

## We Need Help With

- Running the fridge
- Local food collections
- Running the cafe
- Attending or hosting events

ZERO  
waste

We need volunteers to work with our passionate and committed team to provide a much needed service to the local community and prevent surplus food going to waste

## Training will be provided



DON'T  
WASTE  
FOOD



Join Us!

For more information, please visit

<https://www.facebook.com/TiptreeCommunityHubCIC>  
/or email us [tiptreecommunityhub@gmail.com](mailto:tiptreecommunityhub@gmail.com)



## ***Volunteers needed!***

**Thursday 9th November  
From 10am, Lewis Gardens**

**An exciting new community project is coming to Colchester City Centre. A beautiful community focused garden space, with sustainable planting, from Beth Chatto Gardens will be taking over a derelict site next to Firstsite.**

**We need your help to litter pick and help clear the site before the garden is put in place.**

**Some equipment provided, please bring your own gardening/thick gloves and wear sensible footwear.**





**CALLING FOR**  
**VOLUNTEERS**  
**TO HELP WITH**  
**COMMUNITY LITTER PICK**

**MEET AT THE COMMUNITY CENTRE 10:00 AM**  
FALLOWFIELD ROAD, COLCHESTER

**SATURDAY 25TH NOVEMBER 2023**

**EQUIPMENT AND REFRESHMENTS PROVIDED**



# Rotary in Colchester

# Litter Pick

Sunday 19 November at 10:00am

Meet at The Square Icen Way Colchester CO2 9EB

Equipment Provided

## All Welcome



Rotary   
in Colchester  
[www.rotaryincolchester.org](http://www.rotaryincolchester.org)



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)