

Colchester Community Updates



Colchester
City Council

End of November 2023

Welcome to our newsletter covering the end 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.



Contents:

Simply click on the heading you are interested in, and you'll be taken to the relevant page...

- [Covid 19 Autumn Booster](#)
- [Lego Club - All Ages](#)
- [Keep Colchester Reading](#)
- [Essex ActivAte Funding](#)
- [Smoking & Vaping Consultation](#)
- [Mental Health Practitioners](#)
- [The Tribe Project](#)
- [Online Home Safety Check](#)
- [Protective Security Schemes for Places of Worship](#)
- [Stop Hate UK](#)
- [Colchester Against Modern Slavery](#)
- [Christmas at Christ Church](#)
- [Ukraine Christmas Invite](#)
- [Heart of Greenstead](#)
- [PFCC District Public Meetings](#)
- [Postal Vote Changes](#)
- [Armed Forces Updates](#)
- [Cost of Living Support](#)
- [Community Funding](#)
- [Our Team](#)
- [Colchester City Council Jobs](#)
- [Other Vacancies / Opportunities](#)
- [Unsubscribe](#)

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?



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

Lego Club!

Come along brick fans of all ages to a free Lego Club on Saturday mornings at St Stephens Church.

Weekly activities and challenges to join in with!

Running along side The Hub 10am -12noon.

Children to be supervised.





FREE BOOKS THIS CHRISTMAS

For families struggling at this time of year, this will be our third year providing books to families or individuals struggling this Christmas.

No catches, just books.



Scan the QR code with the camera on
your phone or email
Keepcolchesterreading@gmail.com

If you wish to donate books, please email Keepcolchesterreading@gmail.com



[Facebook.com/Keepcolchesterreading](https://www.facebook.com/Keepcolchesterreading)



Essex ActivAte HAF Application Process 2024/2025

We are excited to be going out through procurement to identify delivery partners for the 2024 Essex ActivAte Holiday Activity and Food programme (HAF). We are keen that as many organisations as possible have the opportunity to become a delivery partners across Essex and Thurrock next year.

Applications for interested organisations will open on Monday 6th November 2023 at 12 noon and will close on Friday 24th November 2023 at 12 noon.

Click on the links below for more information:

- [Webinar Presentation](#)
- [HAF Application FAQs](#)
- [Pro Actis Sign-up](#)



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

Click **HERE** to complete the survey

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



Mental Health Practitioners

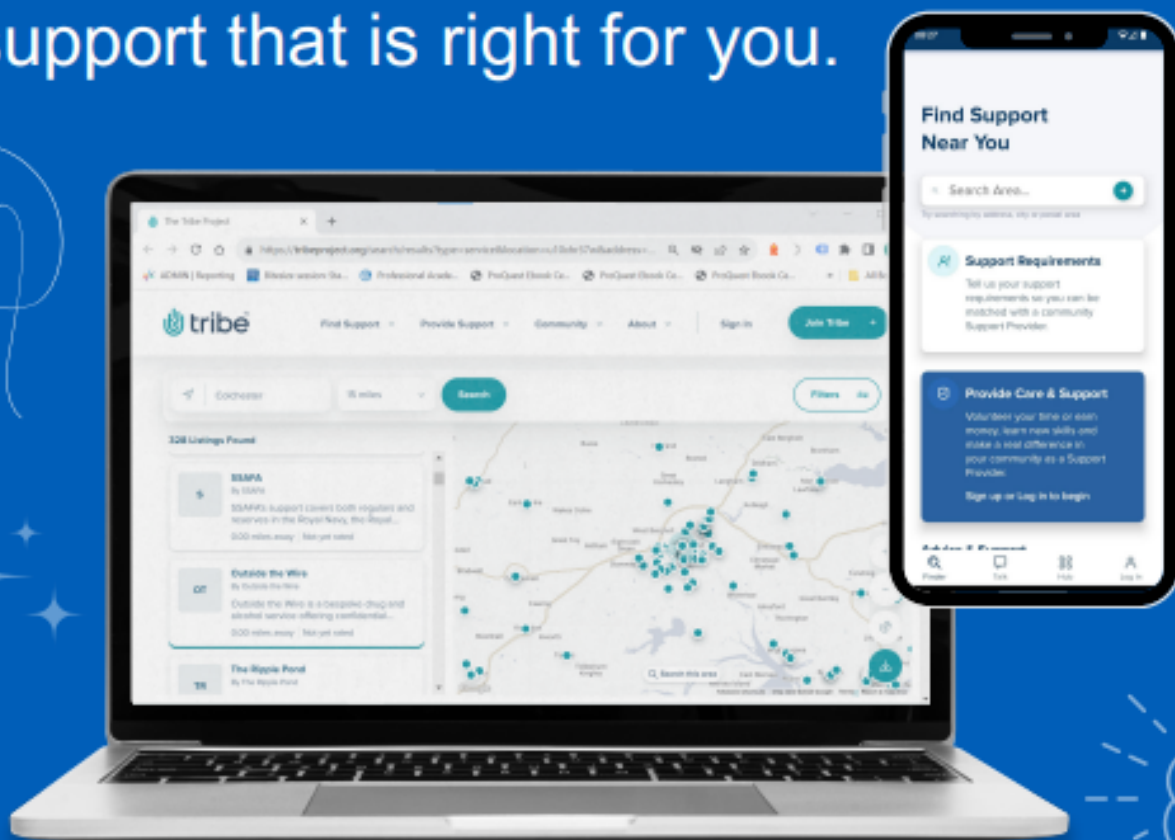
Mental health practitioners contribute to the NHS Long Term Plan ambition to develop new and integrated models of primary and community mental health care, to support adults and older adults with severe mental illnesses to live well in their communities.

Click [HERE](#) to read more about this service

To watch a short video about Mental Health Practitioners, click [HERE](#)

Find local mental wellbeing support in Colchester

Tribe has a growing list of local services, community groups, events, activities and volunteering opportunities, to help you find the support that is right for you.



tribeproject.org

Download the app

Search 'Tribe Support' in the iOS App Store or Google Play Store.

↑
TOP



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



Protective Security Schemes for Places of Worship

The schemes provide funding for places of worship and associated faith community centres that are vulnerable to hate crime. These schemes aim to reduce hate crime happening at places of worship so that people can feel safe to attend worship and practise their religion freely.

Click [HERE](#) for more details



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.

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

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 or
dan.pratt@colchester.gov.uk





Christingle Workshop

10TH DECEMBER 2023
4.30PM-6PM | CRAFTS | REFRESHMENTS

Christ Church, Ireton Rd CO3 3AT

24th December 2023 ~ 5pm

CAROLS FOR KIDS



"EVERYONE WELCOME!
CHILDREN MAY LIKE TO COME
DRESSED AS A NATIVITY STORY
CHARACTER"

Christ Church, Ineton Rd CO3 5AT



CAROLS BY

Candlelight

**17TH DECEMBER
6.30PM**

Wrap yourself in the joy of "The Christmas Story" with bible readings, poems and music

Christ Church Ireton Rd CO3 3AT

DEAR LADIES AND GENTLEMEN!

Welcome to join us for the Christmas Fair
on the 9th of December!

Our Community

«NEZLAMNI FROM UKRAINE»

will offer a chance to celebrate
Christmas in the Ukrainian folklore
style as it usually provides in villages.



For you it will be different delicious cuisine, sweets, baked
pies and cakes.

Also you could buy a few Ukraine souvenirs!

You might take part in Activity for children and adults such as
creating Christmas postcards and wreaths and others.

Be sure we will sing and dance also!

Don't forget to invite your families and friends!

We are waiting for you!



Date: 9th of December

Location: Community 360

High St, Colchester CO1 1UG

Time: 11.30 - 15.00

Christmas miracle are ahead!

Heart of Greenstead

Moving forward with you



Have your say!

Shape the future of the community's newly proposed Multiuse Hub. Complete the survey today and make your voice heard.

Scan the QR code to access the survey or follow this link <https://qrco.de/beWXxR>

Survey to be completed by 17th December 2023



SCAN ME

Please call 01206 505250 to ask for more details or send an email to rodneydaimari@community360.org.uk

Community360

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

[community360org](https://www.facebook.com/community360org) [community360org](https://www.twitter.com/community360org) [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

COLCHESTER.GOV.UK/HEAR-TO-FGREENS-TEAD



Heart of Greenstead

Moving forward with you

Have your say!
Shape the future of the community's newly proposed Multiuse Hub. Complete the survey today and make your voice heard.

Talk to the architects - Explore ideas with architectural models
- Visualise your ideas with interactive model building blocks

Greenstead Community Centre

Monday 20th and 27th November 9am - 12 pm

Wednesday 22nd November 3pm - 6pm

Thursday 14th December 3pm - 6pm

Saturday 25th November 12 pm- 3pm and 2nd December 10.30am - 2pm

Hawthorn Surgery

Monday 20th November 10am - 12pm

Enoch House

Thursday 23rd November 10am - 1pm

Divine Assembly Ministry





Wednesday 29th November 11am - 1pm and 6th December 11.00 – 13.00

The first 30 people at each event to complete the survey in person will receive a £5 voucher to spend in Kelly's Kafé.

Please call 01206 505250 to ask for more details or send an email to rodneydaimari@community360.org.uk

Community360

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

 [community360org](https://www.facebook.com/community360org)  [community360org](https://twitter.com/community360org)  [community360org](https://www.linkedin.com/company/community360org)  [community.360org](https://www.instagram.com/community.360org)

visit www.community360.org.uk

Charity Number 04426567 Registered Charity Number 1092657

COLCHESTER.GOV.UK/HEAR TOFGREENS TEAD



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-

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

Greenstead Community Centre, Hawthorn Avenue, Colchester CO4 3QE

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 [@](https://www.instagram.com/community360org) community360org

visit www.community360.org.uk

Charity Number 04426567 Registered Charity Number 1092657

COLCHESTER.GOV.UK/HEAR_TOFGREENSTEAD



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

YOUR VOTE MATTERS

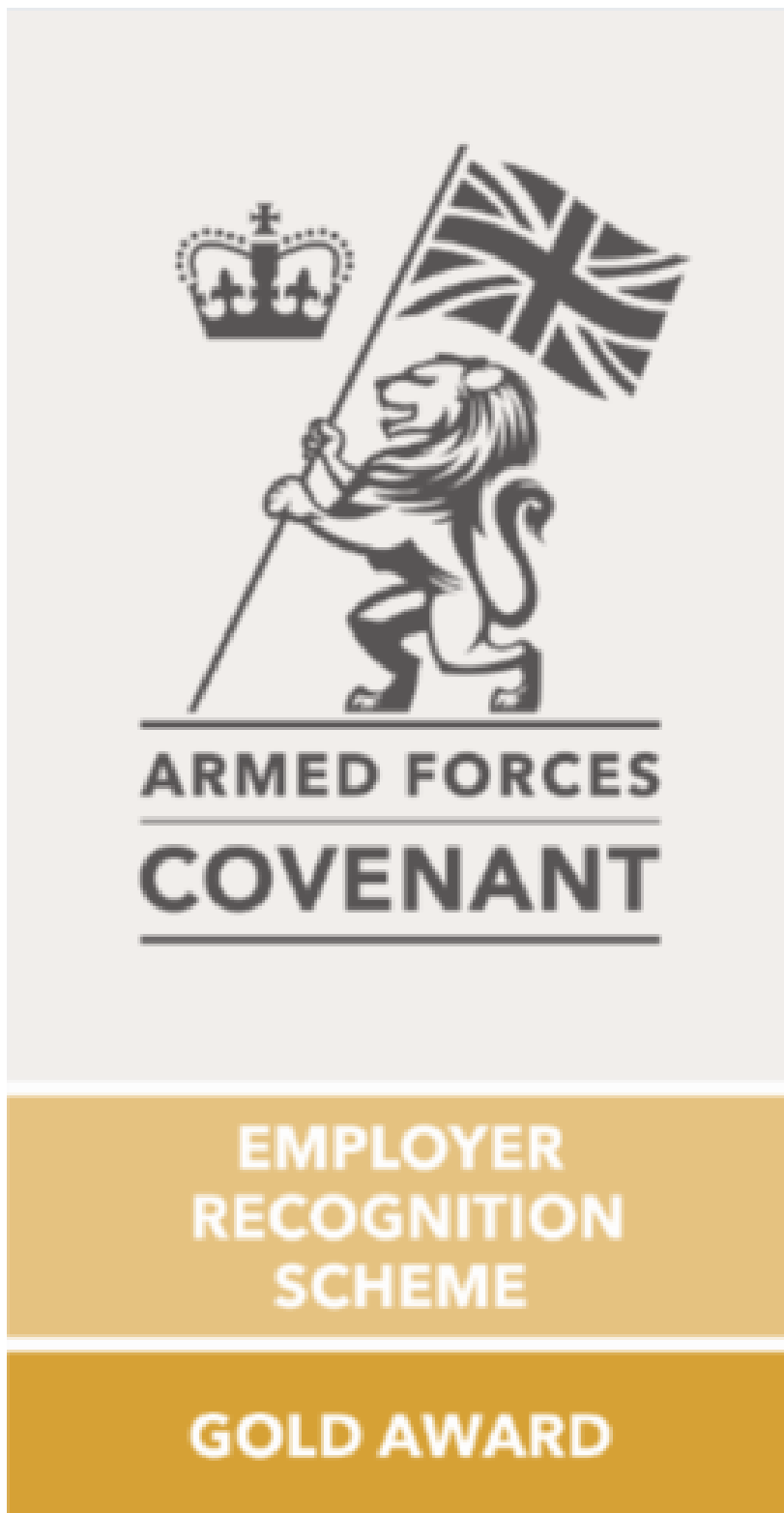
DON'T LOSE IT



Changes To Postal Voting

We are reminding residents of changes to postal voting in the UK that came into effect on 31 October 2023. The changes are designed to make it easier for people to apply for a postal vote and to protect the integrity of postal voting. Under the new rules, you can apply online however, paper forms will be available for those that need them.

Click [**HERE**](#) to find out more, and to apply for your postal vote



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

Veterans' Group

Monthly Drop-In

Open to all Veterans of HM Armed Forces

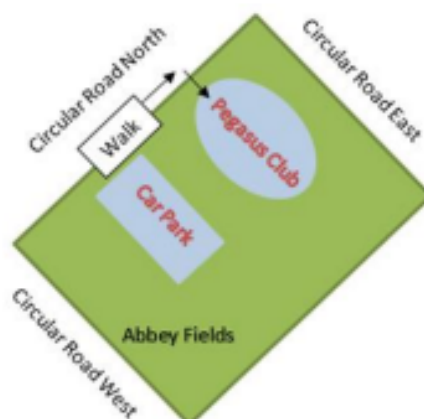
Refreshments generously provided by SSAFA. No booking required.

Venue:

The Pegasus Club
Circular Road North
Colchester, Essex
CO2 7SU

(Garrison Athletics/Hockey Club House)

Directions



Car Park: Sign posted as "MOD Property"

Disabled Parking: Available in front of club house

Bus Stops: Napier Road and Salisbury Avenue Stop

When: Third Wednesday of the month

Time: 10am – 1230pm

Contact: 01206 228 774 or mevs.mhm@nhs.net

With support from:





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



Op COURAGE: the Veterans' Mental Health and Wellbeing Service

Op COURAGE is an NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.

Mental health problems are common and can affect anyone, including veterans, serving personnel, reservists and their families. It's important to get help and support if you or someone you know has mental health problems.

Click **[HERE](#)** to read more about this service.



Op RESTORE: The Veterans Physical Health and Wellbeing Service

The Veterans' Trauma Network (VTN) is now called Op RESTORE: The Veterans' Physical Health and Wellbeing Service.

Whilst there are some things that the NHS will not be able to restore in full, it aims to support veterans to restore their health and quality of life as much as possible.

Op RESTORE uses a network of both civilian and military consultants, along with welfare support from military charities, to support a veteran's health using a holistic approach.

Click **[HERE](#)** to read more about this service.

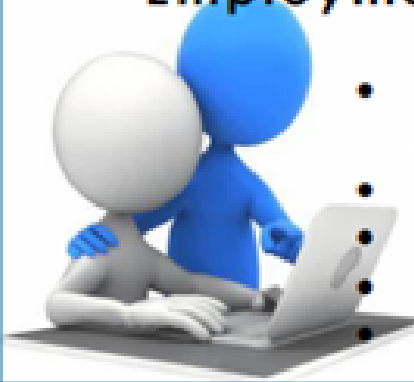


New fund to improve access to support for female veterans

Women veterans who have suffered sexual trauma in the military will soon have access to improved clinical support within the UK healthcare and charity sector.

To read more about this fund, click [**HERE**](#)

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

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

Jessica - 07425 166069 or

Karen - 07532 253540

email: hello@trustedmoneyconfidence.com

www.trustedmoneyconfidence.com



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

Winter Resilience

HELPING THE PEOPLE OF COLCHESTER

**STAY SAFE, WELL,
WARM & CONNECTED**

DURING THE COLDEST MONTHS

Your guide to organisations providing services which help those in Colchester who are most at risk from the cold and financial hardship this winter.



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

Multiply

Free Financial Wellbeing Sessions Now Booking for Jan/Feb 2024!

Our sessions are really helping people in our local communities, so much so we're fully booked through to the end of 2023!



It's fantastic to be supporting so many people with their feelings of resilience and wellbeing around subjects such as managing household income, budgeting and making positive spending decisions.

Contact us to book a session, or even a series of sessions for your groups, clients or organisations – we'll come to you to deliver!

100% of participants who've attended our sessions would recommend it to others

If your clients or residents might benefit from participating in our free sessions then please do contact us to find out more.

Participants should live in Essex, be 19+ and not have GCSE pass in maths

✉ epunft.enableeast@nhs.net

☎ 01206 489913

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 this last session, please email Paul.Firth@snee.nhs.uk

Making the Most of Your Money

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

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...

We need your help!

GIFT WRAPPING

Every year we get an enormous number of gifts donated for our clients which need to be wrapped up in time for Christmas day. Can you spare some time this Monday and every Monday before Christmas to come and help us wrap gifts.



Coffee & Cake provided

**10AM - 11.30 AM
CHAPTER HOUSE
SHOP 1 HAVEN ROAD
COLCHESTER
CO2 8HT**



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



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

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