

Colchester Community Updates



Colchester
City Council

December 2023

Welcome to our newsletter covering December. The team would like to warmly extend our greetings to you and your families for Christmas and the New Year.

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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UK Health Security Agency



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.

COVID-19

NHS

Suffolk and
North East Essex

Getting your autumn booster vaccination

WHO?

65+

All adults aged
65 years and over



Frontline health and social care
workers (including volunteers)



Residents and staff
in care homes



Contacts of people who
are immunosuppressed



People aged 6 months to 64
years in a clinical risk group



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

Could it be Long COVID?

Symptoms include:

- Extreme tiredness
- Shortness of breath
- Muscle or joint ache
- Difficulty concentrating
- Memory loss or confusion
- Loss of smell or taste
- Headache
- Trouble sleeping
- Worry or anxiety
- Fast heart rate

Book a GP appointment

Your GP may refer you to the **Suffolk and North East Essex Long Covid Assessment Service**.
For more information visit:
snewellbeing.org.uk/long-covid

If you have had symptoms of Covid-19 for longer than 12 weeks, it could be Long COVID

For information and advice on managing your symptoms visit yourcovidrecovery.nhs.uk

For advice on work, benefits, money, relationships or housing contact your **local Citizens Advice**



NHS
Suffolk and North
East Essex
Long Covid Assessment Service



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.

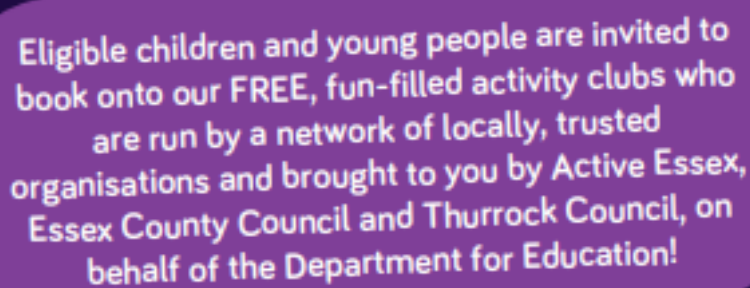


Scan the QR code with the camera on
your phone or email
Keepcolchesterreading@gmail.com

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



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

Essex
ACTIVATE**BOOK ONTO OUR FREE WINTER HOLIDAY CLUBS!**

Eligible children and young people are invited to book onto our **FREE**, fun-filled activity clubs who are run by a network of locally, trusted organisations and brought to you by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education!



IS MY CHILD ELIGIBLE?

Clubs offer spaces to primary and secondary school aged children (4-16 years) who are eligible for benefit based free school meals. Limited spaces are available for young people who are also from 'low-income' working families, as well as children who may be vulnerable to inactivity or social isolation.



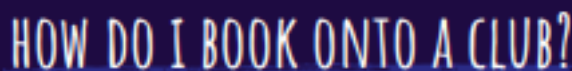
WHERE WILL THE CLUBS BE RUN?

Clubs will be running across Essex in Braintree, Basildon, Brentwood, Castle Point, Chelmsford, Colchester, Epping, Harlow, Maldon, Rochford, Tendring, Thurrock and Uttlesford!



WHAT DO THE CLUBS PROVIDE?

Clubs provide a range of different physical, enrichment and food activities to support children's physical and mental wellbeing, as well as a delicious, nutritious meal! We also offer specialist youth, SEND and mental wellbeing clubs.



HOW DO I BOOK ONTO A CLUB?

If you have received a Holiday Activities voucher code, click the link on the voucher to book your child/ren onto a club. If you're still awaiting a voucher code, please contact your school. If you aren't eligible for a Holiday Activities voucher as your child/ren do not receive benefits based free school meals, please contact a local club directly to book on by heading to our website below.



www.activeessex.org/children-young-people/essex-activate

WINTER ACTIVITY

DELIVERED BY ESSEX BOYS
AND GIRLS CLUBS

Essex
ACTIV



ESSEX

FREE HOLIDAYS SESSIONS

AGE: 5 - 16 Years Olds

*Please check below for individual club ages

WHEN: Christmas Holidays

Uttlesford

Silver Jubilee Hall, Takeley, CM22 6QX

21st/22nd December & 2nd/3rd January - 10am to 2pm

Age: 5 - 13

Chelmsford

Harway House, Rectory Lane, Chelmsford, CM1 1RQ

21st/22nd December & 2nd/3rd January - 10am to 2pm

Age: 5 - 16

Colchester

St Annes Community Centre, Colchester, C04 3DH

21st/22nd December & 2nd/3rd January - 10am to 2pm

Age: 5 - 13

Basildon

Beech Youth Club, 8 Austen Rd, Basildon, SS14 3RZ

21st/22nd December & 2nd/3rd January - 10am to 2pm

Age: 8 - 16

Thurrock

The Community House, Seabrooke Rise, C04 3DH

27th/28th/29th December & 2nd January - 9am to 3pm

Age: 4 - 16

Limited
Spaces
available!

Fun activities
and a healthy
lunch provided
every day!



If your child/children are on benefit based free school meals (BBFSM) and in primary school, you will receive a Wonde voucher from your school with your unique booking code follow the instructions to find us and book.

If you do not have a wonde code for your child/children but are on benefit based free school meals (BBFSM) please ask your school about Wonde codes, if you are a low income working family please contact EBGC directly on 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



Working with locally trusted organisations across the county, Essex ActivAte run face to face activity clubs during the school holidays and half term breaks. These clubs are FREE for children and young people who're eligible for benefits based free school meals.

We are also able to extend this support to a number of other children and young people who may otherwise experience inactivity or social isolation without access to this free support. This is decided on a case by case basis, therefore please speak to the organisation running the club you are interested in.

For more info, and details of how to book, click [**HERE**](#)

KEEPING SAFE ONLINE

A GUIDE FOR PARENTS & TEACHERS



This factsheet has been produced for:

Parents, teachers and carers, to raise awareness of online safety. When asked about online gaming, 50% of parents said that they were worried about their child's internet use, however, very few parents engaged with their children in regards to online gaming.

Click [HERE](#) to access the factsheet





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

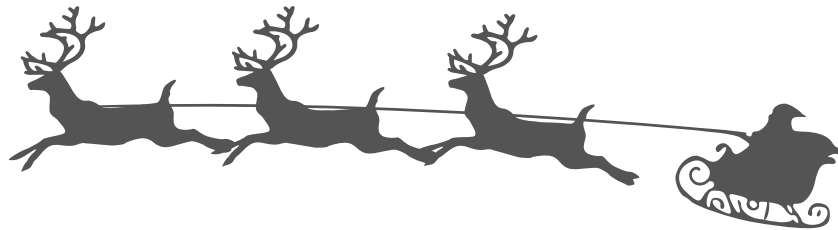
The training can be on Teams or in-person and tailored to your organisation / group.

Contact: bob.fortt@essex.police.uk or
dan.pratt@colchester.gov.uk



Memorial Carol Service at Colchester Crematorium

Thursday 14th December at 2pm



All are welcome to this informal and friendly service led by Rev Peter Evans and Russell Gadsby. The festive proceedings will include readings, poems and traditional carols, supported by organist Stephen Evans and soloist Graham Long.

Following the service, attendees can enjoy refreshments, generously provided by the Starlight Tea Room.

More information can be found by clicking [**HERE**](#)

CHRISTMAS @ THE HUB

Come along to The Hub for the usual fun weekly activities as well as:

2nd December - letter writing to Santa

9th December - collect your reply from Santa

16th December - tree decoration crafts

Hot lunch food and drinks available to purchase after 12, Christmas film, face painting, games and more available across the weeks!

So come along between 10 and 2pm and start of the festive season with us at St Stephens!



A happy Christmas from your local churches.

Please feel welcome to join us at any of the events shown.

Sunday 10th December

Berechurch Community Carol Singing
Meet at St Margaret's - 17:00

Sunday 17th December

Morning Worship *St Margaret's - 9:30*
Cafe Church - Tree Service *St Stephen's - 11:00*
Morning Worship *Wimpole Road - 11:00*
Joint Three Together Carol Service
with the Boxted Methodist Silver Band, Wimpole Road - 18:30

Thursday 21st December

St Leonard's Community Carol Service *St Leonard's - 19:30*
(Bell ringing from 19:00)

Saturday 23rd December

New Town Community Carol Singing
Meet at St Stephen's - 16:00

Sunday 24th December

Normal Sunday morning services at St Stephen's & Wimpole Road both at 11:00, no service at St Margaret's
Candlelight all age Nativity Service *St Margaret's - 16:00*
Crib Service with Holy Communion *Wimpole Road - 16:00*
Midnight Mass *St Stephen's - 23:30*

Monday 25th December

Christmas Celebration with Holy Communion
St Stephen's - 10:00



Bourne to be Wild: Street Exhibition

Sunday 19 Nov 2023 - Saturday 13 Jan 2024

Click [HERE](#) for more details of when and where to see all the exhibition



COLCHESTER
SPORTS PARK
at NORTHERN GATEWAY



**FREE HOT DRINK
FOR BLUE LIGHT
WORKERS**

During December at
Colchester Sports Park

t&c's apply

leisure world

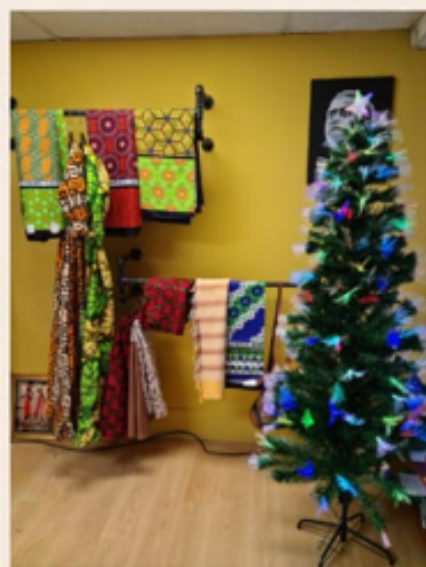


**FREE HOT DRINK
FOR BLUE LIGHT
WORKERS**

During December at
Leisure World
Colchester

t&c's apply

HEART OF
GREENSTEAD DIVERSITY
CHRISTMAS MARKET



9TH DECEMBER 2023
FROM 11AM TO 6PM

GREENSTEAD COMMUNITY HALL CO4 3QE

FREE ENTRY

- Break Dance by Issac
- Music and Entertainment
- Face Painting
- Drums
- Food available



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

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

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



Open Road is...

a Substance Misuse Service

that will work with individuals over the age of 25 as well as their family members.

Services we offer:

- 1-1 Support
- Harm Minimisation
- Group based interventions
- Needle Exchange
- Rehab (Community & residential)
- Family Support



Together we will help you to achieve your goals – supporting you to build a life free from substances, or simply cutting down and staying safe to help you to live a healthier life.

To make a referral please contact your nearest centre or scan the QR code.

Colchester

5a Queen Street
Colchester
Essex, CO1 2PG
T: 01206 766096

Basildon

13 Southview Road
Vange Essex, SS16 4ER
(behind Vange Library)
T: 01268 531435

Clacton

132a Wellesley Road
Clacton on Sea
Essex, CO15 3QD
T: 01255 434186



Chelmsford

107-109
New London Road
Chelmsford
Essex. CM2 0PP
T: 01245 284772

Harlow

The Derwent Centre
Princess Alexandra Hospital
1 Hamstel Road, Harlow
Essex. CM20 1QX
T: 01279 434621

www.openroad.org.uk

openroad

your journey to recovery

Registered Charity No. 1019915





St Helena Hospice

St Helena would like to raise awareness of the support available across the festive period:

Singlepoint service

For patients, families, carers and healthcare professionals. Open 24/7 including all over the festive period for advice and support at end of life. Free to access and if anyone needs a visit, we do. Find out more [HERE](#)

Hospice multi-faith chapel

If you'd like to visit our multi-faith chapel this festive season, to look at the Book of Remembrance, to light a candle in memory of your loved one or to view our memory tree, please email tleeson@sthelena.org.uk to arrange a visit at a time which suits you.

www.sthelena.org.uk/home

FIRST-AID TRAINING SESSION (FREE TRAINING)

Monday 22nd January 2024 '10am - noon'

at

Prettygate Baptist Church, CO3 4EQ

**Are YOU REGISTERED with a
'Colte Partnership' GP Practice**

&

CARE for a 'CHILD' aged 0 - 4 years

&

WANT to 'LEARN' vital 'First-Aid Skills'

**THIS IS A 'COMPLETELY FREE EVENT' provided by an 'External'
First Aid Training Company- to read more about how they use
your personal data visit - www.firststartfirstaid.co.uk/faqs**

BOOKING ESSENTIAL - Reserve your space(s) by emailing:

ENQUIRIES@FIRSTSTARTFIRSTAID.CO.UK

Training suitable for Parents, Grandparents & Carers. Spaces are limited & will be allocated on a first come first served basis. Babies & Toddlers welcome. Training delivered by Chloe Harvey, an Experienced A&E Nurse & Founder of Fist Start First Aid Training.



 **The Colte Partnership**
At The Heart of Primary Care


TOP



Keen to see how far your skills will take you?

Let's get started! Scan the QR code to complete the form and one of our team will get in touch with you within one working day.



Contact us

To talk with one of our advisors, please contact:

0800 389 0211

self-referral@shaw-trust.org.uk

shawtrust.org.uk/whp-pioneer/

Please email studio@shaw-trust.org.uk to receive this information in a different format.

Find and keep a job with the support of

WHP Pioneer

shaw trust

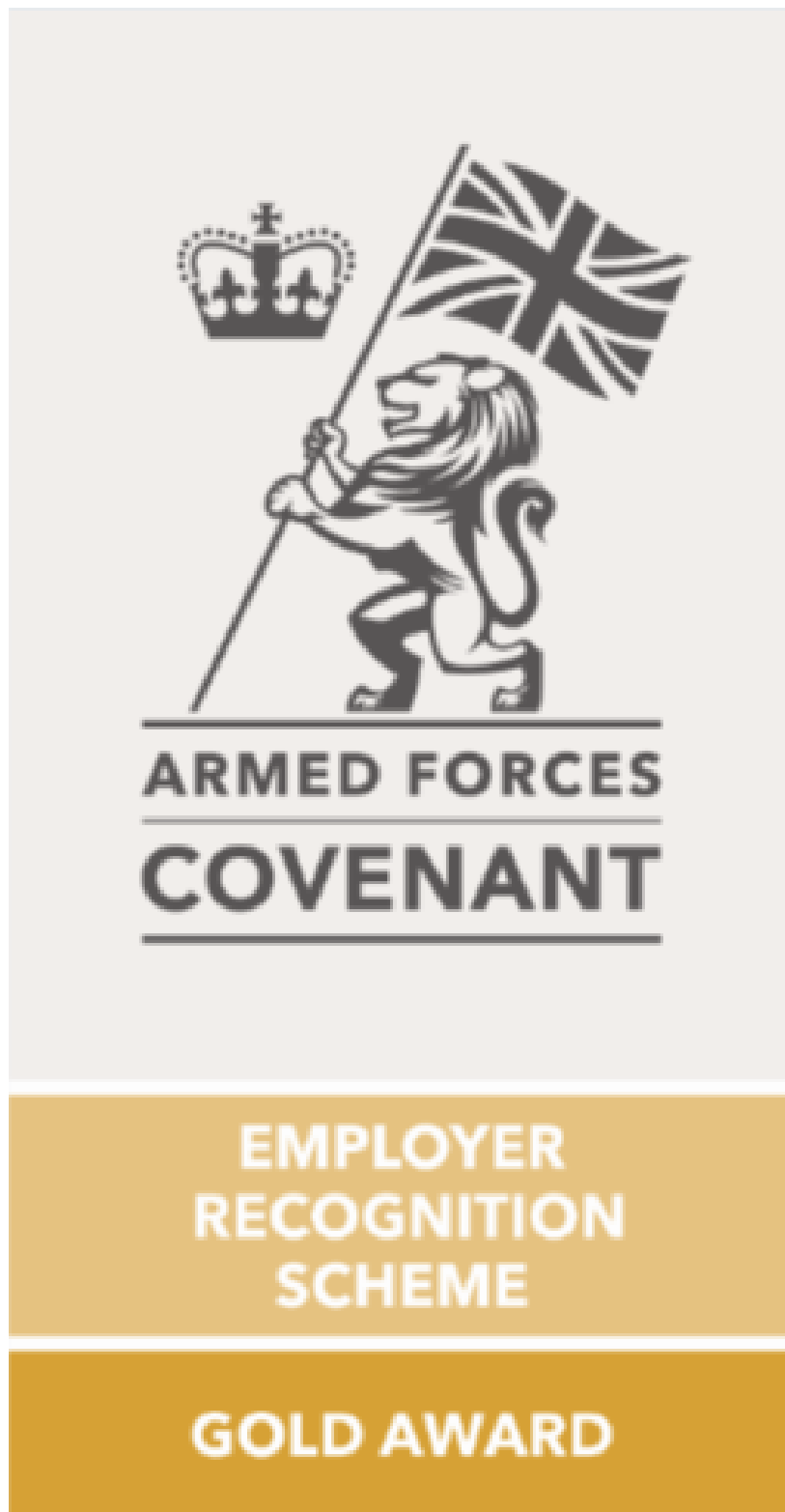
In partnership with
Department for Work & Pensions

Shaw Trust Registered Charity No. England and Wales: 287785, Scotland: SC03985



Click [HERE](#) to view the full details





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

Veterans' Group

Monthly Drop-In

Open to all Veterans of HM Armed Forces

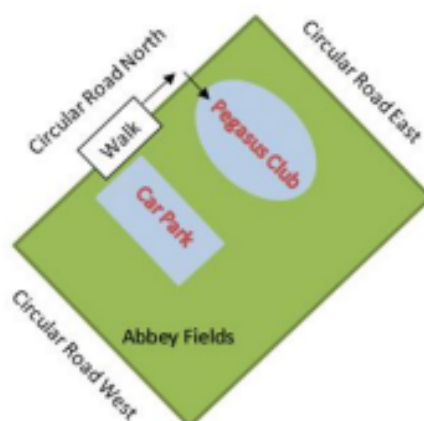
Refreshments generously provided by SSAFA. No booking required.

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

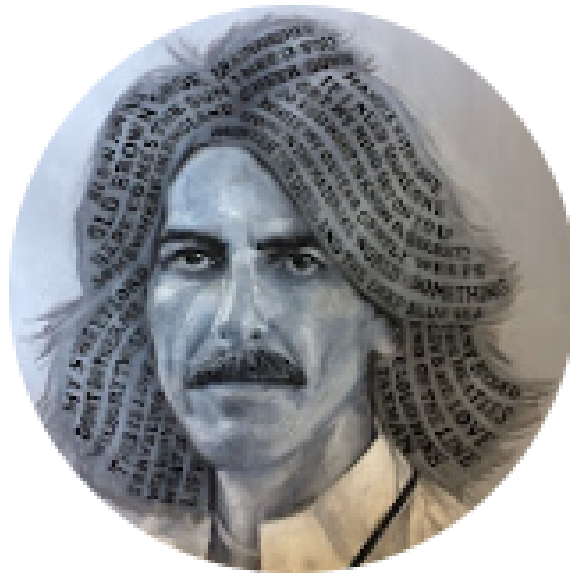
Free Wifi | Free phone and laptop charging

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



The George Harrison Project – 2nd February

Here comes the perfect tribute to a Beatles legend!

Enjoy the UK's leading live music tribute to George Harrison, performing his best-loved hits from The Beatles, his solo career and The Traveling Wilburys.

After the Liverpoolian four-piece called time on Beatlemania Harrison, who died in 2001, enjoyed a successful solo career, releasing 12 studio albums, including the classic triple album *All Things Must Pass*, *Living In The Material World*, *Cloud Nine* and *Brainwashed*.

He also formed the supergroup The Traveling Wilburys with Bob Dylan, Jeff Lynne, Roy Orbison and Tom Petty.

During this show, these talented musicians perform some of George Harrison's best-known tracks, including *My Sweet Lord*, *Here Comes The Sun*, *Something*, *While My Guitar Gently Weeps*, *Got My Mind Set On You*, *All Things Must Pass*, *Handle With Care*, *Taxman*, *Give Me Love*, *What Is Life*, *If I Needed Someone*, *Cheer Down*, and many more!

Click **[HERE](#)** to book, using the code XMAS25 for military personnel and their families



Daniel O'Reilly: Out Of Character – 23rd February

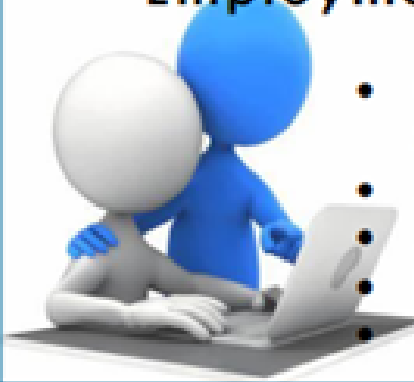
Daniel O'Reilly is still boasting one of the largest, strongest, most loyal and fastest growing social media followings in the UK that his fans has grown up with him through the years!

He has had many characters, but for this live show he's going 'Out Of Character' to stand up as he brings the laughs and looks back on the mischief, the mistakes and the madness of his career so far.

From losing it all, battling addiction and becoming a father he's been on some rollercoaster and wants you to come for a ride with him, so grab your tickets now and make sure you got your seat belt on!

Click **[HERE](#)** to book, using the code XMAS25 for military personnel and their families

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

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)

*Not all of these may be suitable for your property. Our surveyors will advise which measures can be installed if eligible.

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



Save energy Stay Warm



With **FREE** upgrades 

SAVE £££ ON YOUR ENERGY BILL

We can help you access **free** energy saving upgrades from the government for your home that could help you make savings on your fuel costs.

DELIVERED BY:



IN PARTNERSHIP WITH:



Department for
Energy Security
& Net Zero



Colchester
City Council

CAN I APPLY?

You could be eligible if your household:

- ✓ Is off-gas for heating (for example, uses oil, LPG, solid fuel heating or an electric heating system)

AND

- ✓ Has a combined annual income of no more than £31,000 (gross) or, under £20,000 after rent or mortgage costs

AND

- ✓ Live in a hard to heat home

N.B. If you are not financially eligible, you could still be eligible if you live in defined postal areas.



WWW.HUGAPPLY.CO.UK



0808 196 8255



SCAN TO APPLY

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, and click [HERE](#) to see a map of Warm Spaces in Colchester

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!

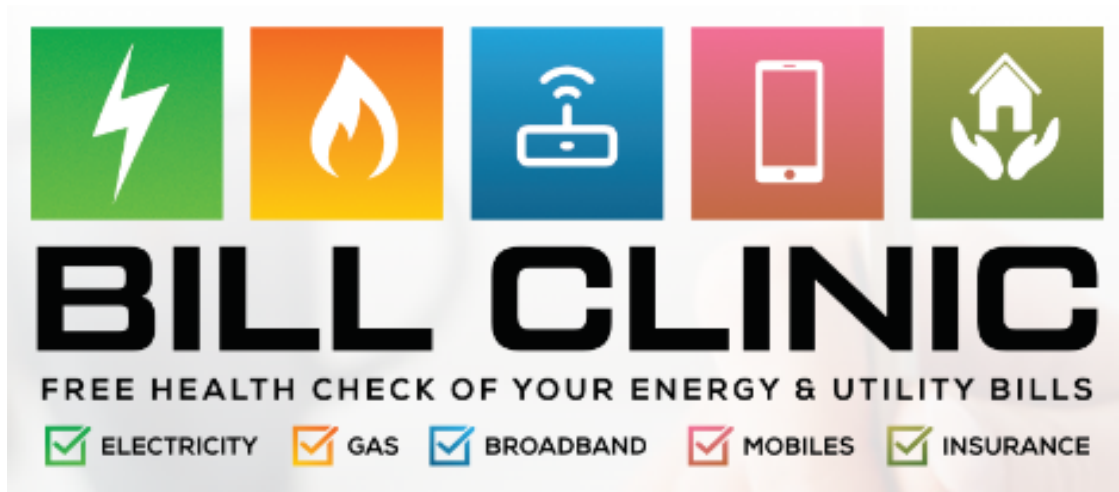
100% of participants who've attended our sessions would recommend it to others

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



Are you worried you're paying too much for your essential services?

Do you feel like you can't make sense of your bills, and you just don't know what you're looking at?

Are you fed up with spending hours on the phone to your suppliers, only to never get a clear answer to your questions?

Worry no more. The team at the Bill Clinic can provide you with a FREE health check on your utility bills. We are here to save you valuable time and money by simplifying your life, giving you the reassurance that you're not spending more than you should.

Click [HERE](#) for more details of how they can help you

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



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

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Rachaelle Litwin

Digital Access Support Team – Colchester (and Tendring)

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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

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Yovone Cook

Community & Partnerships Officer

Thematic lead for Resettlement, Faith Groups and Ethnically
Diverse Groups

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Mark Healy

Community & Partnerships Officer

North – Rural North, Lexden & Braiswick, Mile End, Highwoods,
St Annes & St Johns and Stanway

Thematic lead for Older People, Compassionate Communities,
EDI, and Locality Budgets

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Leeni Sepp

Physical Activity & Partnership Officer

Thematic lead for Physical Activity, Health & Wellbeing and
Public Health Support

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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

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Shaz Peacock

Community Integration Support Officer

Resettlement Support

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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



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**



COMMUNITY FOUNDATION

Are you passionate about working with and engaging young people aged 8 to 18 to help them to achieve their full potential and improve their well-being?

Colchester United Community Foundation is a registered charity that provides high quality Sports and Education programmes to 9,000 children, young people and adults each week from across our communities. We are looking to recruit an enthusiastic and qualified individual to lead high quality delivery on our Premier League Kicks programme. You will need to be able to inspire young people and be passionate about supporting who are at risk of anti-social behaviour. This role requires evening work.

Job Reference: 00000474-1

Location: Colchester, Essex

Salary: £11.00 to £13.00 Per Hour

Sector: Colchester United Community Foundation

Job Type: Permanent

Work Hours: Part Time

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



The OutHouse is an Essex based LGBTQ+ charity, founded in 1979. An exciting opportunity has arisen for us to provide support for people who are trans, non-binary and gender questioning in Suffolk and North East Essex.

We are looking for an experienced support worker, to work alongside our Trans+ Specialist Lead in delivering support, advice, and information. Creating opportunities for this community to connect with others from the Trans+ community.

Hours: Part-time, Fixed term contract 18 per week

Salary: £14.96 per hour

Experience:

working with the LGBTQ+ community: 1 year
(preferred)

Language: English (required)

Licence/Certification: Driving Licence (required)

Work Location: In person

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

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