

Colchester Community Updates



Colchester
City Council

Beginning of March 2024

Welcome to our newsletter covering Beginning of March.

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

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

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



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.



Essex Police is offering more ways of reporting non-emergency crime and anti-social behaviour through the digital 101 service on their website.

You can also use the service to contact your local policing team, tell them about something you have seen or heard, or request information.

They also have a Live Chat service, where you can send direct messages to a digital 101 operator Monday to Friday (excluding public holidays) between 10am-9pm.

They still have Their 24-hour 101 service which people can call if they feel it is more appropriate to speak to them or don't have access to the internet.

Always call 999 if a serious offence is in progress or has just been committed, someone is in immediate danger or harm, property is in danger or being damaged, or a serious disruption to the public is likely.

If you have a hearing or speech impairment, use their textphone service 18000.

Or text them on 999 if you've pre-registered with the emergencySMS service

British Sign Language (BSL) users please use the video relay service where an interpreter will help you report the crime.

If you're in danger but you can't talk on the phone, you should still call 999, then follow these instructions depending on whether you're calling from a mobile or a landline.



Every year, the British public loses billions of pounds to fraudsters.

With scams ranging from the simplest confidence trick to the most sophisticated high-tech online fraud, it pays to keep up to date with the latest news and advice.

Click **HERE** to find out more about fraud, its many types and how you can report it.



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.

Contact Harry - 07483981306
harry.sampson@princes-trust.org.uk

@princestrust     

ON THIS COURSE YOU'LL:

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

DATES FOR YOUR DIARY:

Taster day: 12/3/24

Course dates: 18/3/24 - 22/3/24

Application deadline: 11/3/24

Location: Microsoft Teams

Eligibility criteria: 16 - 30. Must have access to PC, laptop or notebook.

➤ GET STARTED





HELP PAYING FOR YOUR CHILDCARE



**Government help with
childcare costs for parents.
Whether you have toddlers or
teens, you could get support.**

Find out more [HERE](#) about the
help you are entitled to for
childcare costs.



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





LIGHTEN OUR DARKNESS

LENT WALK Weds 6 March 7-8pm

Join St Andrew's and Colchester Citizens for a walk around Greenstead to observe the streetlamps that need fixing. Join us as we hope for their repair so that light will conquer the darkness that causes fear.

We will meet at St Andrew's Church, Forest Rd, promptly at 7pm, ready to depart soon after. Rev Sue Howlett will lead us on the walk and we will pause under each broken street lamp to reflect on light and the impact it can have for a dark street. We will finish our walk at a fish & chip shop for hot chips, next steps and evaluation.

Please register using the link or scan here. You are welcome to bring others. Please encourage them to register or send names to juliet.kilpin@citizensuk.org

<https://actionnetwork.org/events/lighten-our-darkness/>





CDCN PRESENTS

SATURDAY

13TH JULY, 2024

COLCHESTER CARNIVAL

*Parade &
Concert*

WELCOMES ALL
IN COLCHESTER!

DJ MUSIC, DANCES,
GAMES, FOODS, FUN
ACTIVITIES FOR ALL!

START AT 12:00 PM

ROUTE: SIR ISAAC'S WALK
TO BERRIFIELD LAWN,
FIRSTSITE, COLCHESTER.

FESTIVAL

11.30-2 PM

14TH MARCH 2024

WOMEN'S HEALTH



Recognising & including the health of trans, non-binary and gender non-conforming anatomical females

FIRSTSITE,
LEWIS GARDENS,
HIGH STREET, COLCHESTER,
CO1 1JH

INSPIRING INCLUSION, EMBRACING EQUITY

SUPPORTING WOMEN ON THE JOURNEY THROUGH FERTILITY, BIRTH AND THE MENOPAUSE.

FREE ADMISSION

FREE REFRESHMENTS

MUSIC

MEET THE MIDWIFE

MEET THE HEALTH VISITOR

DISCUSS THE MENOPAUSE

FREE HEALTH CHECKS

IN THE MARKET PLACE

MEET THE TEAMS, AND DISCOVER THE SERVICES WORKING TO SUPPORT THE HEALTH AND WELLBEING OF WOMEN IN YOUR LOCAL COMMUNITY.

ENJOY A TASTER SESSION

RELAXATION

BABY WEARING

INFANT FEEDING ADVICE

HOW TO MANAGE YOUR MENOPAUSE

EXPLORE BIRTH CHOICES

BABY FIRST AID



East of England Mental Health in Sport & Physical Activity Virtual Conference 2024

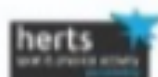
March
27

Free to attend
9:30 am - 1:00
pm

Use the QR
Code to find out
more and book



If you have any questions about the conference, please email L.horey2@herts.ac.uk




St Stephen's
Church Centre



ST STEPHEN'S BADMINTON CLUB FOR ADULTS

MEETING IN THE HALL ON
THE LAST FRIDAY OF THE
MONTH

7:30 - 9:30 pm



**COMMUNITY
FOUNDATION**

New Friday Lunchtime Walking Football Session @ Shrub End Community and Sports Centre

At Colchester United Community Foundation we are excited to be hosting a brand-new Walking Football session for over 50s on Friday lunchtimes between 12pm-1pm.

Click **[HERE](#)** for more details

Supporting people with challenging behaviours – a two-day course for carers

18th March Part 1 and 19th March Part 2

9:30am for refreshments, with a 10am start to 1pm

**JobServe Community Stadium, United Way, Colchester,
CO4 5UP**

In collaboration with Essex County Council, we are holding a pilot course to help carers who support someone with a dementia diagnosis.

Is your loved one with dementia presenting challenging behaviours/symptoms?

Are you struggling to identify the underlying causes of their distressed behaviour?

Would you like to know how to respond to these challenging behaviours with empathy and respect?

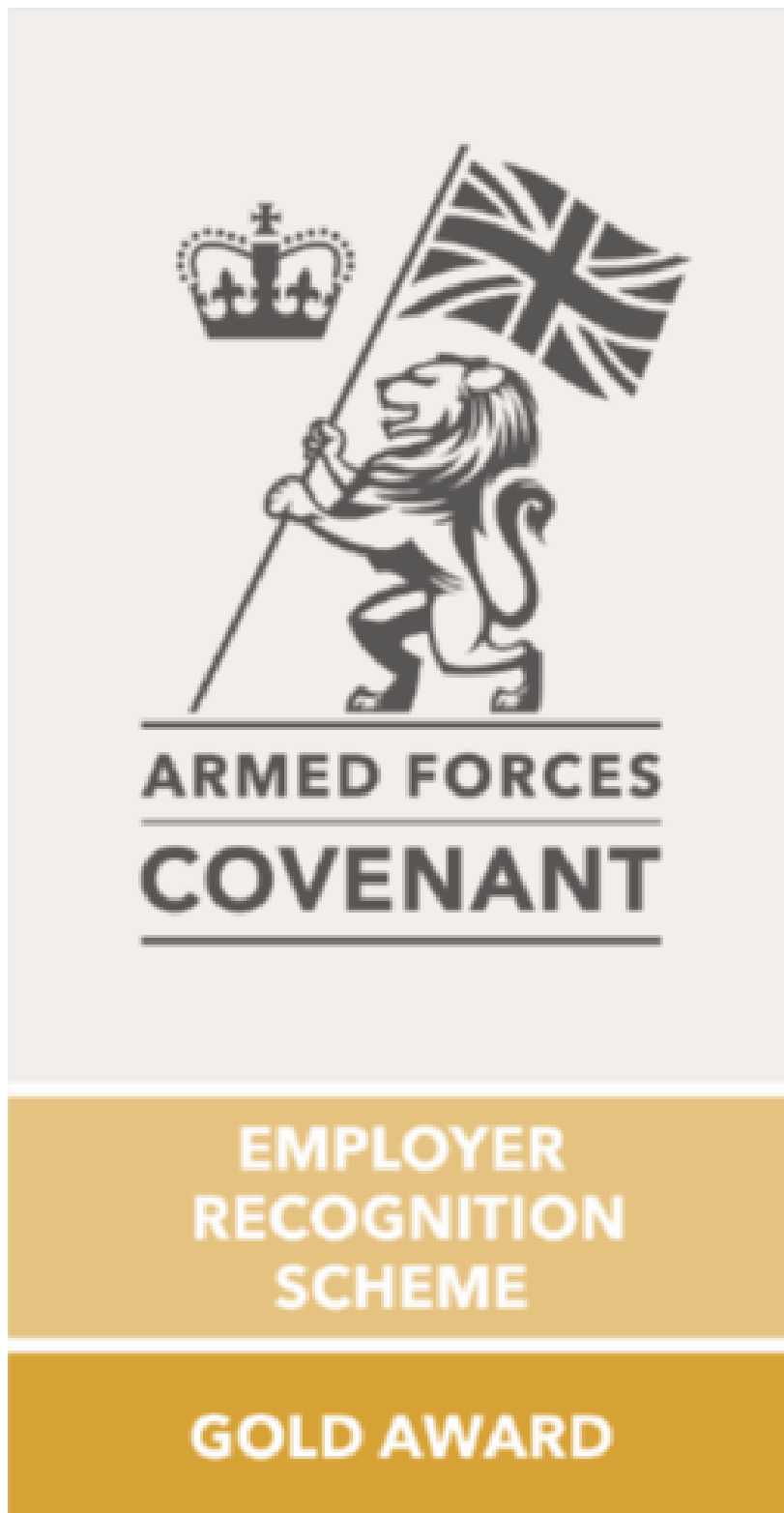
Would you like to help shape services for carers in the future?

1pm (light lunch) with support/feedback to inform future courses until 2:30pm

For more information call: Lucy Le Grave 07704 189 626

or email lucy.legrave@alzheimers.org.uk

Note: The course is currently aimed at professionals and your feedback will help restructure the course for carers.



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



Veterans News and Communications Hub

The Hub enables forces-friendly organisations across all sectors to showcase the continued value of the UK's highly skilled veteran community.

Click [HERE](#) to read more.

Veterans' Group

Monthly Drop-In

Open to all Veterans of HM Armed Forces

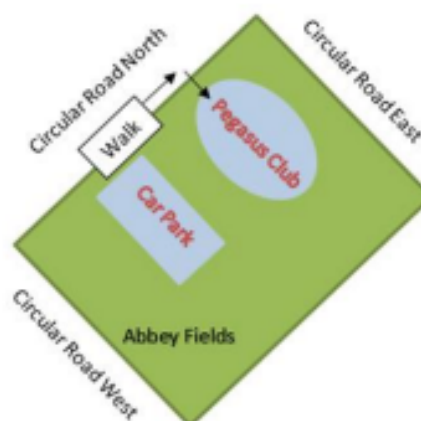
Refreshments generously provided by SSAFA. No booking required.

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

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





Essex's Council-backed Solar Scheme Returns

Considering solar panels for your home or business but don't know where to start? Thanks to the council-backed scheme called "Solar Together", installing solar panels on your rooftop has become easier than ever. The new edition of the scheme is now open for registration in Essex, allowing more residents to benefit from solar panels and battery storage. Find out more about how the scheme works, who is eligible and how to register.

Click [**HERE**](#) to read more

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

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

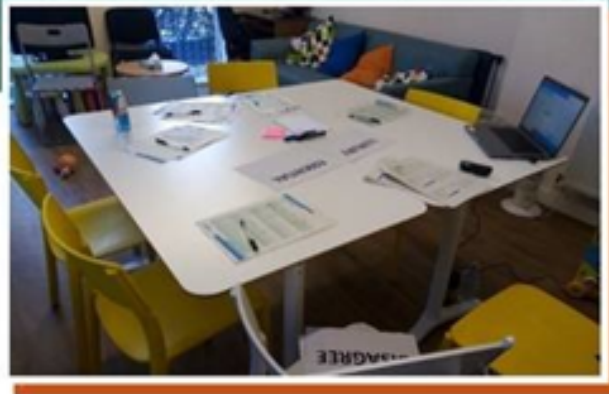
www.trustedmoneyconfidence.com



Multiply

Free Financial Wellbeing Sessions Now booking March – June 2024!

Do you work with people who might benefit from attending our sessions?



Please contact us to book a date for us to come and work with your group in your community setting.

We'll consider **Budgeting** and explore **Financial Wellbeing**. We'll also think about where participants might wish to go for further help in our **Signposting session**.

“The person doing the course was very good and very friendly”

Participant

“It was great and gave me a lot to think about”

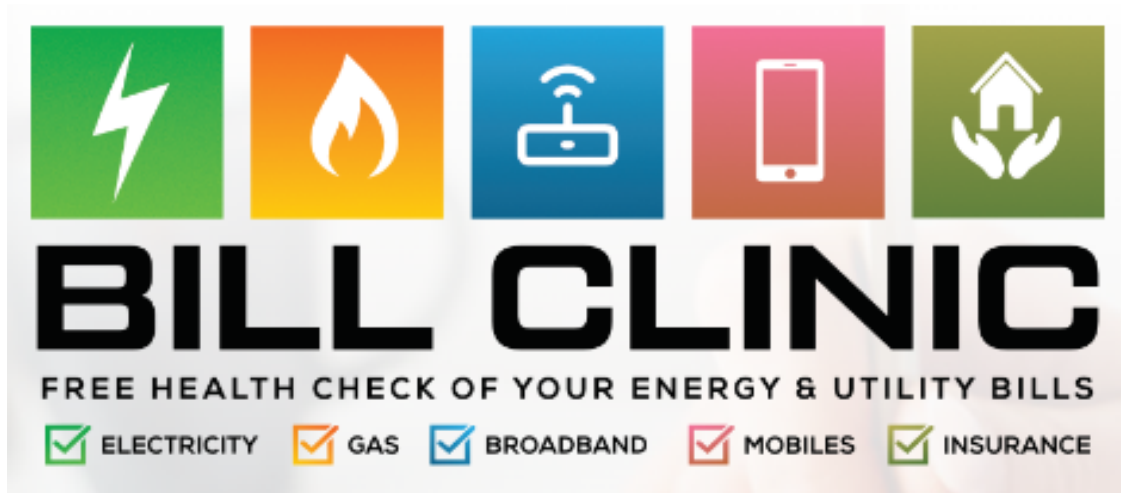
Participant

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.





The Carers Community Fund

is a new £1.75 million grant programme that will support new local projects for carers of all ages in Essex.

The fund opens on 28 November 2023 and organisations will be able to apply for grants of between £1,000 and £30,000 for their local project. Length of project will be proposed by the organisations, but the maximum length will be three years.

The purpose of the fund is to build localised community-based support to carers of all ages, and to achieve this there will be five local panels, North East, Mid, West, South West, South East each with an allocated sum to award.

For more information on the Carers Community Fund please visit www.essex.gov.uk and search 'Carers Community Fund' or scan the QR code or email essex.carers@essex.gov.uk

Panels invite applications that demonstrate added value and/or innovation and an inclusive approach to providing for carers in their communities.



In partnership with



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, Compassionate Communities,
EDI, 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...



New Vacancy at The OutHouse

Chief Executive Officer

Salary: £45,000 – £55,000 per annum (depending on experience)

Hours: 40hrs, potential additional hours required when necessary

We have an exciting opportunity for an experienced, driven and committed person to lead our staff team and work alongside our board to develop, shape and grow our services across the region.

Passionate about improving the lives of the LGBTQ+ people living in Essex and East Anglia, the CEO will have overall responsibility for managing and overseeing the strategic direction of the charity.

Click [**HERE**](#) to read full job description and how to apply



CALLING



ENGLISH-SPEAKING VOLUNTEERS

HAVE 2 HOURS TO SPARE A WEEK?
INTERESTED IN MAKING A POSITIVE DIFFERENCE IN SOMEONE'S LIFE?
**JOIN CALAIS LIGHT IN HELPING LOCAL REFUGEES
WITH FREE ENGLISH LESSONS IN CLACTON.**



WHAT IS CALAIS LIGHT?

CALAIS LIGHT IS AN ESSEX-BASED REFUGEE CHARITY THAT FOCUSES ON WHAT MATTERS - PEOPLE! WITH A 'HEART FOR REFUGEES', WE'RE KEEN ON PROMOTING SOCIAL INTEGRATION FOR REFUGEES IN THE UK. BEING ABLE TO SPEAK & READ ENGLISH IS THE KEY TO BECOMING INDEPENDENT, TO FITTING INTO A LOCAL COMMUNITY & ... TO EXPRESSING YOUR PERSONALITY & MAKING NEW FRIENDS.

WE NEED MORE VOLUNTEERS

TO BE THE WELCOMING FACE FOR REFUGEES.
YOU DON'T HAVE TO BE A TEACHER. ANYONE CAN HELP WITH LANGUAGE PRACTICE.
JOIN OUR 3 FRIENDLY TEAMS TEACHING ENGLISH, WEEKLY,
TO DISABLED & ABLE-BODIED REFUGEES IN CLACTON:

TIMING: TUES 12 - 2PM WED 10-11.30AM FRI 10-12AM

TO LEARN MORE ON HOW TO GET INVOLVED
AND TO SIGN-UP, CHECK OUT OUR WEBSITE AT:
WWW.CALAISLIGHT.COM/VOLUNTEER-IN-THE-UK
OR
EMAIL: CALAISLIGHT@YAHOO.COM

VOLUNTEERS NEEDED!

Next
Chapter



**CALLING ALL
VOLUNTEERS! WE NEED
YOUR HELP!**

We are looking for dedicated individuals to join us to help provide telephone support for clients who need a little extra support

The time commitment will be 1 - 2
hours per week

Click here for more information and to
apply!



www.thenextchapter.org.uk



Thank you for reading!

All members of our team are also
contactable at
communities@colchester.gov.uk



Colchester
City Council

Keep up to date visit
colchester.gov.uk

To **UNSUBSCRIBE** to this
newsletter please email
communities@colchester.gov.uk