

Colchester Community Updates



Colchester
City Council

End of April 2024

Welcome to our newsletter covering end of April.

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

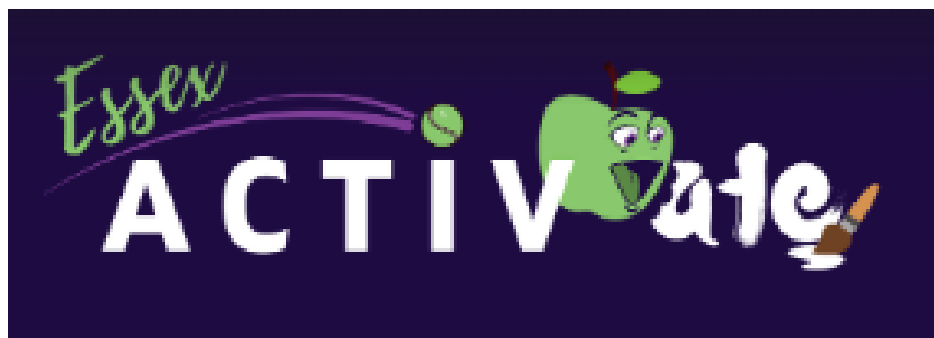
- [Vaccinations](#)
- [Essex ActivAte – Explained!](#)
- [Modern Slavery](#)
- [Stop Hate UK](#)
- [Moped & Motor Cycle Theft](#)
- [Crime Prevention Advice](#)
- [Multi Schools Council Week](#)
- [Buddle](#)
- [Quiz Night for Disability 4 Sport](#)
- [Windrush Event](#)
- [Colchester Carnival](#)
- [Mental Health & Wellbeing Courses](#)
- [Community Dementia Support Service Survey](#)
- [Carers' Voices](#)
- [Compassion Café](#)
- [Cemetery & Crematorium Open Day](#)
- [Armed Forces Updates](#)
- [Cost of Living Support](#)
- [Community Funding](#)
- [The Carers Community Fund](#)
- [Our Team](#)
- [Colchester City Council Jobs](#)
- [Other Vacancies / Opportunities](#)
- [Unsubscribe](#)

Measles: Are you protected?

You need **2 doses** of the **MMR vaccine** for lifelong protection.

If you haven't had **both doses**, you could be at risk.

Contact your GP practice and book an appointment if you're not up to date.




Essex ActivAte – Explained!

Essex ActivAte is the name for the government/council funded holiday programmes run by Active Essex. During school half terms and holidays, we work with a network of locally trusted organisations across the county to deliver free, holiday clubs to support the physical and mental wellbeing of eligible children. Our activity clubs support school aged children (4-16yrs) who are eligible for benefits based free school meals, or from 'low-income' working families, also a small number of other eligible groups. Due to the way the programmes are funded, there are a number of key differences between smaller half term and longer school holiday programmes, find out more by clicking [**HERE**](#)

Modern slavery is happening around us in Colchester

Controlled
Forced
Owned
Abused
Afraid
Isolated
Dehumanised
Constrained
Bought & Sold
Threatened
In debt

Find out more at
www.colchester.gov.uk/modern-slavery

 SCAN ME



**CONCERNED SOMEONE COULD BE A
VICTIM? DO SOMETHING ABOUT IT.**

For advice or to report concerns call
Modern Slavery Helpline 08000 121700.

Email Safer Colchester Partnership on
safer.colchester@colchester.gov.uk

For Essex Police report online
www.essex.police.uk or call 101
or in an emergency 999.

caams
Colchester Against Modern Slavery


TOP

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





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.



LET'S TALK ABOUT THEFT OF MOPEDS & MOTORCYCLES



1

When parking, use a disc lock to help secure the front brake disc or a grip lock to secure the brake and throttle controls. You could also use a D lock on the front wheel to stop it being wheeled away.

2

When at home, store your vehicle in a shed or garage. If you can't, secure your bike with the lock taut to an immovable object such as a ground anchor or street furniture to stop thieves from cutting a lock trailing on the ground using an angle grinder. Alternatively, thread the chain through your bike frame and back wheel. Try to ensure it is parked in a well-lit area.

3

Thieves often 'shop' for particular bike models. Using a cover instantly makes it less attractive to them and provides time-consuming obstacle for the thief.

4

Always use the steering lock and remove the ignition keys, even if you are close by or away for a few minutes. It only takes a few seconds for a thief, so don't make it easy for them. Never rely on just using your steering lock to secure your bike as thieves can break the steering lock and simply wheel the bike away.

5

Adding marking to as much of your bike as possible makes it more difficult for criminals to sell parts on and is therefore less attractive to steal. It will also help police identify any parts and return recovered stolen bikes.

**Read this leaflet? Pass it on to a relative, friend or neighbour.
Let's all talk about crime and how to prevent it happening.**





Crime Prevention Advice

Click [HERE](#) to see advice offering best practice for you to follow alongside practical crime prevention methods: from basic hints and tips to more detailed strategies.

MULTI-SCHOOLS COUNCIL WEEK

15th – 19th July 2024 Secondary Schools

BE PART OF SOMETHING AWESOME!

- Pick a day between 15th – 19th July 2024
- Encourage students to come in non-uniform and dress uniquely *donate a £1 to the Multi Schools Council
- A day to celebrate difference and raise awareness of The Multi-Schools Council and the work we do.



Each school that signs up will be entered into a prize draw with three prizes available.



*This fundraising idea was created with our young people and ambassadors.

To take part, click **HERE** for the entry form / fact sheet, and for the Multi-Schools Council Newsletter, click **HERE**

buddle.

supported by  **SPORT
ENGLAND**

Buddle provides free learning and support resources to inspire and strengthen clubs and community organisations offering sport and physical activity - and the professionals that work with them. So huddle up because they're here to be your best buddy.

Find out more by visiting their website
[HERE](#)

QUIZ NIGHT



DID YOU KNOW?

**SATURDAY
11 MAY 2024**

**DOORS OPEN 7PM
QUIZ STARTS 7.30PM**

Where:

LEXDEN CROWN PUB
Lexden road, Colchester CO3 4DA

£10

per person
Teams max 6

Join the Disability4Sport team and test your knowledge at our fundraising quiz event - Simply scan the QR code to book your teams place.



↑
TOP



**Disability
4SPORT**

*Together we inspire. Together we achieve.
Together we are a community.*

Organised by Colchester Caribbean Group



STALLS

Good Food

Honouring

WINDRUSH

2024

All roads lead to Colchesters Cultural Corner

Sat 22nd June

3pm till late

Firstsite and Minorities Lewis Gardens,
High Street, Colchester, CO1 1JH

OPENING CEREMONY

Colchester Town Hall 12 noon (tbc)

join us In raising the Windrush Flag



TOP



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.

↑
TOP

MENTAL HEALTH & WELLBEING COURSES

FREE

We offer a space to explore new ways to improve your wellbeing and gain valuable tools to help you navigate your daily life. Our expert tutors will be there with you every step of the way for guidance and support.

Managing Anxiety

13/03/2024 to 20/03/2024 | 10:00 to 12:30

Step Towards Self-Confidence

13/03/2024 to 20/03/2024 | 13:00 to 15:30

Introduction to Building Resilience

17/04/2024 to 24/04/2024 | 10:00 to 12:30

Mental Health in a Man's World

17/04/2024 to 22/05/2024 | 13:00 to 15:30

De-Cluttering for Wellbeing

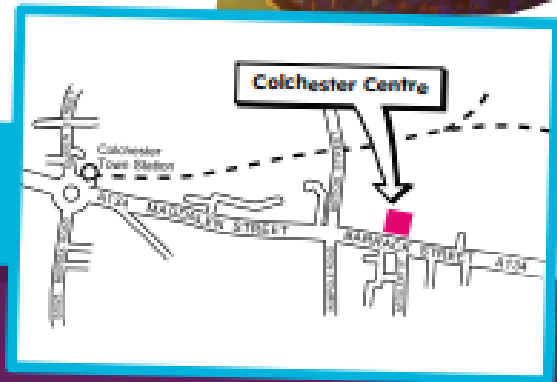
01/05/2024 to 08/05/2024 | 10:00 to 12:30

Positive Habits for Wellbeing

15/05/2024 to 22/05/2024 | 13:00 to 15:30



ACL Colchester, Wilson Marriage
Barrack Street, Colchester, CO1 2LR

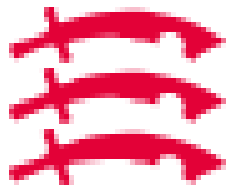


0345 603 7635
aclessex.com/
wellbeing



Read the full brochure [HERE](#)





Essex County Council

Community Dementia Support Service Survey

Essex County Council commission a Community Dementia Support Service, a countywide service which includes Colchester.

This current contract term will expire on 31st March 2025. We want to hear your views to help us shape the services that will be in place from April 2025 onwards.

Click **[HERE](#)** to read more about the service and to complete the survey.

This survey will run until 13th June 2024.



Essex County Council

healthwatch
Essex

CARERS VOICES

DO YOU...

- Help someone in their daily life?
- Care for someone who cannot care for themselves?
- Keep someone company if they can't get out much?



We are working on an exciting project called 'Carers Voices', and we'd like to hear how you think services can be developed. There are a range of ways to tell us what does or doesn't work well for you and the person you're helping.

Scan the QR code or head to our website to find out more.



Get In Touch



0300 500 1895



carersvoices@healthwatchessex.org.uk





Compassion Cafe

Every Tuesday and Saturday

Fill your self-care cup up.
Learn self-compassion
while socialising over a
wonderful cuppa and cake.

**PRIORITISE
YOUR
SELF-CARE**

OPEN DROP-IN SOCIAL EVERYONE IS WELCOME

- Make new friends, who are prioritising self-care too
- Gain emotional support
- Overcome social anxiety
- Learn a new self-compassion practice each week with Maya
- Enjoy a cuppa and a wonderful treat

Tuesdays 7 pm-8.30 pm
@Two Shades Cafe,
Eld Lane, Colchester

Saturdays 2 pm-3.30 pm
@Common Ground Cafe,
Minories, Est Hill, Colchester

For more information email:
hello@blossome.support
or call Kim 07900136598

Open Day

Saturday 11 May
10am - 2pm



Come and join us for our Open Day on Saturday 11 May, featuring guided, all-access tours of the Crematorium every 30 minutes, starting at 10.30am.

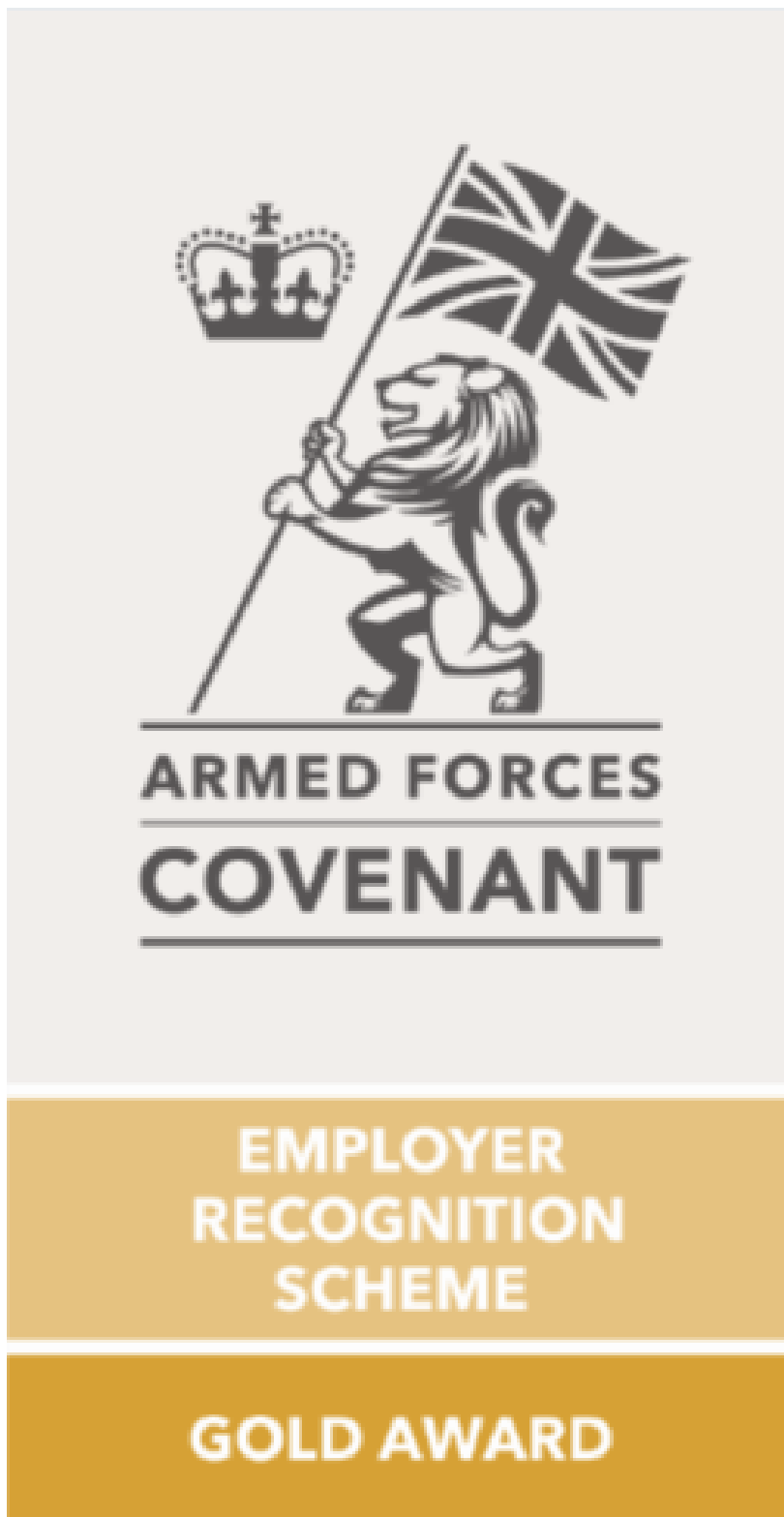
Throughout the day explore the Crematorium and Gardens of Remembrance at your leisure. In addition, there will be quizzes, gifts, and refreshments available. Admission is free, and everyone is warmly invited to join us for this special day.

ALSO IN ATTENDANCE:

- Local Bereavement related businesses and help groups
- National Bereavement industry suppliers and organisations
- Colchester City Council – Compassionate Communities



TO BOOK YOUR GUIDED TOUR, PLEASE VISIT:
colchestercrematorium.co.uk/contact-us



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.



Colchester United Community Foundation (CUCF) are launching a brand-new veterans project that is starting on Wednesday 17th April between 10am-12pm at Shrub End Community & Sports Centre (CO2 9BG). The session will be delivered weekly and encourage veterans to be more physically active through engaging in sport and physical activity of their choosing. The session is open to anyone who has served in HM Armed Forces and is completely free to attend.

Click [**HERE**](#) for all the details



Mental health support for veterans, service leavers and reservists

Find mental health information
and support for veterans,
service leavers, reservists,
families and carers.

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

STRESSED? ANXIOUS? NEED SUPPORT?



**ARE YOU A MILITARY VETERAN
OR BLUE LIGHT WORKER?**

**ARE YOU STRUGGLING AFTER
EXPERIENCING TRAUMA?**



**Would you like to find out about joining an
angling initiative for those who have
experienced trauma?**



**Over the next 3 years, the University of Essex,
supported by iCARP CIC, will be running a project
looking at how social fishing in a tranquil, rural
environment can help those suffering with PTSD**

TO FIND OUT MORE EMAIL angling@essex.ac.uk
Or scan the QR code to take you to the webpage



here to



Colchester
City Council

HELP

This guide offers details of organisations and charities across Colchester (and nationally), that can support you, whatever your needs.

[Click **HERE** to see the full leaflet](#)

To contact the council:

☎ 01206 282222

✉ customerservices@colchester.gov.uk

Veterans' Group

Monthly Drop-In

Open to all Veterans of HM Armed Forces

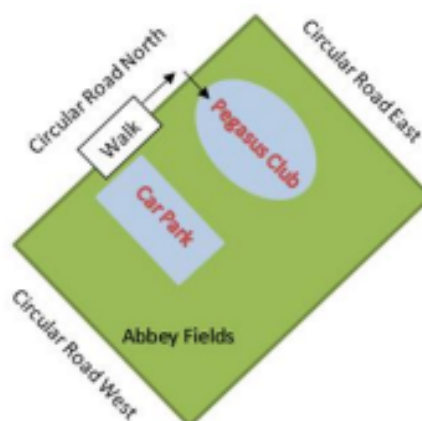
Refreshments generously provided by SSAFA. No booking required.

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

COLCHESTER COMMUNITY SUPERMARKET

HOW IT WORKS:

Step 1 - Sign up

Sign up as a member in store or online,
either come in and fill in a form or scan the
QR code to do it online



Step 2 - Receive your membership card

Once we have your form we will create you
an account and assign you a number, bring
this every time you visit.



Step 3 - Shop and Save!

We want everyone to get a share of the savings,
for this reason we limit households to one visit
per week.



Due to being not-for-profit we are able to offer
30% cheaper prices than any supermarket.



Do you live in Colchester?

Would you like support with making your home more energy efficient, understanding energy bills, budgeting, or fuel debt?

The Energy Advice team can help people negotiate fuel debt repayment, apply for grants to reduce, or clear their debts, or help to resolve disputes with energy suppliers.

Click [HERE](#) for more details.



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





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.



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



St Margaret's Church

COMMUNITY CAFE

IN CONJUNCTION WITH COLCHESTER
FOODBANK

All are welcome to our weekly cafe for free refreshments in the church hall.

We also have various community support groups providing drop in sessions as well as the food bank volunteers who are able to issue food parcels for those in need, whatever the reason.

Come along for a cuppa and a chat!

EVERY FRIDAY

11-1PM



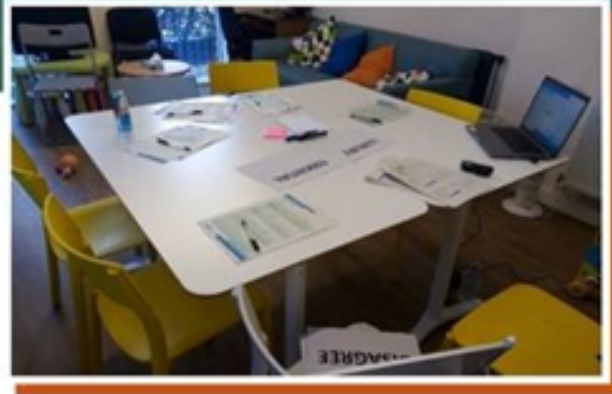
Colchester



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”

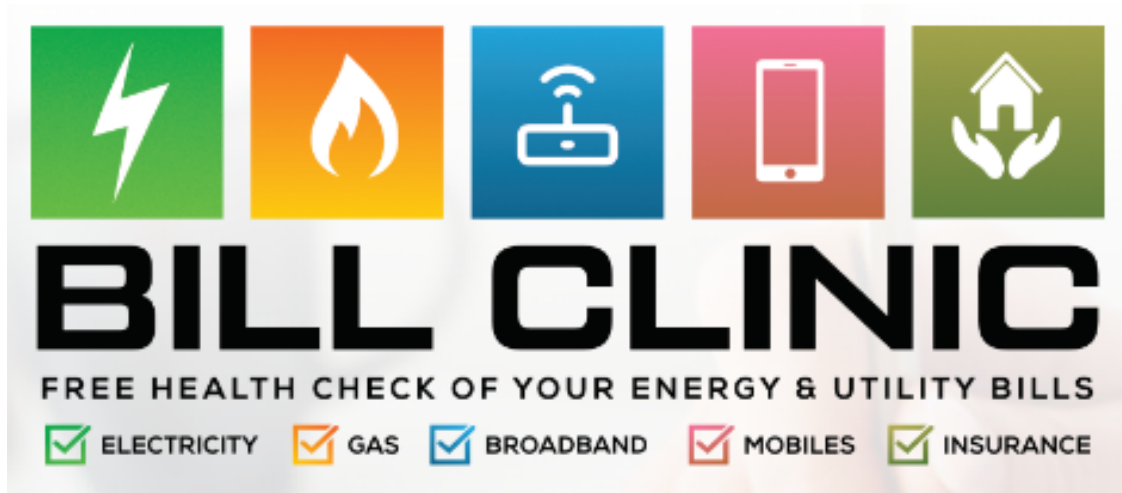
Participant

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 Leader – Colchester & Tendring

01206 282452

Digital.AccessSupport@Colchester.gov.uk

Roz Clough

Financial Equality & Wellbeing Team Leader

01206 506440 or 07960 779163

Roz.Clough@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



Income Generation Manager / Fundraiser

George Williams Way, Colchester, Essex.
Some homeworking is permissible.

20 to 24 hours per week to begin, growing as
required.

£22,500 to £28,500 depending on experience.
Pro rata

Closing Date for Applications is 10th May 2024

Read more about this opportunity [HERE](#)

Other Opportunities...



Age Well East Needs Volunteers

At Age Well East hub (North Hill Colchester City Centre) - they run a variety of popular clubs and groups throughout the week to help reduce loneliness and to improve social cohesion. These provide an opportunity for people to meet up and make friendships and have a good time in good company. Without volunteers they wouldn't be able to offer help and support to older people who need it. Giving your time as a volunteer will make a huge difference to the lives of local people living in later life.

Can you help?

If you feel you would be able to offer some time each week and would like to join the team of amazing volunteers please simply call Kayley on 0300 37 33 333 or complete the short form online [HERE](#)

YOUTH MENTORS NEEDED



Could you offer a few hours a week to support a young person to achieve their goals?

We have any exciting opportunity to join our team of fantastic volunteers to make a difference to the lives of young people in the community.



FOR MORE INFORMATION OR TO
APPLY PLEASE EMAIL LAUREN

VOLUNTEER.BEFRIENDER@COLCHESTERYES.ORG.UK

We are looking for volunteers!

Join us as a volunteer tour guide and help us share the LGBTQ+ history embedded within our walls! This is a unique opportunity to be part of an exciting project that explores and presents LGBTQ+ themes in history.

TRIAL TOURS BEGIN IN JUNE 2024, WITH POTENTIAL FOR REGULAR SCHEDULING.



SIGN UP ON OUR WEBSITE

[VOLUNTEERS.CIMUSEUMS.ORG.UK/OPPORTUNITIES/LGBTQ-TOUR-GUIDE](https://volunteers.cimuseums.org.uk/opportunities/lgbtq-tour-guide)



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



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