

Colchester Community Updates



Colchester
City Council

December 2024

Welcome to our newsletter for December.

Our team would like to wish you all the very best for Christmas and the New Year!

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:

A new layout! Simply click on the section you are interested in, and you'll be taken to the relevant pages.

NB: Some articles will be repeated as they fall into more than one category.

- [Babies & Toddlers](#)
- [Kids & Young Adults](#)
- [Adults & Older People](#)
- [Christmas](#)
- [Legal](#)
- [Health and Support Services](#)
- [CCC Here to Help Directory](#)
- [Armed Forces Updates](#)
- [Cost of Living Support](#)
- [Community Funding](#)
- [Our Team](#)
- [Employment](#)
- [Unsubscribe](#)

PARENTS', BABY & TODDLERS GROUP

ELIM CHURCH, CLEMATIS WAY,
GREENSTEAD, COLCHESTER, CO4 3PY

EVERY TUESDAYS BEGINNING ON TUESDAY 1ST
OCT. 2024 @ 10AM TO 2PM



↑
TOP

WINTER ACTIVITY

DELIVERED BY ESSEX BOYS
AND GIRLS CLUBS

FREE HOLIDAY SESSIONS

Essex
ACTiVate



ESSEX

COLCHESTER
St Annes Community
Centre
Colchester, CO4 3DH
23rd Dec 10am-2pm
24th Dec 10am-2pm
2nd Jan 10am-2pm
3rd Jan 10am-2pm
Age 5-13

CHELMSFORD
Harway House,
Rectory Lane,
Chelmsford, CM1 1RQ
23rd Dec 10am-2pm
24th Dec 10am-2pm
2nd Jan 10am-2pm
3rd Jan 10am-2pm
Age 5-16

UTTLESFORD
Silver Jubilee Hall,
Takeley,
CM22 6QX
23rd Dec 10am-2pm
24th Dec 10am-2pm
2nd Jan 10am-2pm
3rd Jan 10am-2pm
Age 5-13

THURROCK
The Community
House, Seabrooke
Rise, CO4 3DH
27th Dec 9am-2pm
30th Dec 11am-3pm
2nd Jan 9am-3pm
3rd Jan 9am-3pm
Age 4-16

All sessions include Games, Sports,
Arts, Crafts, festive fun & more!

Sign up for
your **FREE**
Christmas
Hamper

Sign up quick as limited numbers available

**Lunch
included**

Selected venues & specific days - please contact us for more information

**Party Days,
Elf Visits &
Pantomime
Trips**



If your child/children receive benefit based free school meals, you can book by clicking the link on your WONDE e-voucher (this will come through your school). Follow the link and search for our EBGC Clubs. If you haven't received a WONDE code please email haf@activeessex.org and ask if there is space available.

If you need help with booking or have any questions, please contact EBGC directly on 01245 264783 or email Jess at jpease@essexboysandgirlsclubs.org

Limited places available! Book now to avoid missing out!

Essex Boys and Girls Clubs Harway House, Chelmsford, CM1 1RQ
Tel: 01245 264783 Charity No: 1163658 Web: essexboysandgirlsclubs.org

TOP

PARTY DAY & ELF VISIT

DELIVERED BY ESSEX BOYS AND GIRLS CLUBS

FREE HOLIDAY SESSIONS

Essex **ACTiVate**



ESSEX



COLCHESTER
St Annes Community Centre
Colchester, CO4 3DH
23rd Dec 10am-2pm
Age 5-13

CHELMSFORD
Harway House,
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Chelmsford, CM1 1RQ
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UTTLESFORD
Silver Jubilee Hall,
Takeley,
CM22 6QX
23rd Dec 10am-2pm
Age 5-13

THURROCK
The Community House, Seabrooke Rise, CO4 3DH
30th Dec 11am-3pm
Age 4-16

If your child/children receive benefit based free school meals, you can book by clicking the link on your WONDE e-voucher (this will come through your school). Follow the link and search for our EBGC Clubs and click on the 10am-2pm session on Monday 23rd December 2024 or for Thurrock Monday 30th December, 11am-3pm.

If you haven't received a WONDE code please email haf@activeessex.org and ask if there is space available.

If you need help with booking or have any questions, please contact EBGC directly on 01245 264783 or email Jess at jpease@essexboysandgirlsclubs.org

Limited places available! Book now to avoid missing out!

Elf visit, party games, fun activities & a prize for every child attending

Plus sports, arts, crafts & more!



HAMPER ACTIVITY

DELIVERED BY ESSEX BOYS
AND GIRLS CLUBS

Essex
ACTiVate

Chelmsford
Colchester
Takeley
Thurrock



ESSEX


FREE FAMILY ACTIVITY HAMPERS

How to collect your family Hamper:

If your child/children receive benefit based free school meals, you can book to collect your free hamper by clicking the link on your WONDE e-voucher (this will come through your school). Follow the link and search for our EBGC Clubs.

Click on the 2.15pm session on Friday 3rd January 2025 for Chelmsford, Colchester & Takeley or 3.15pm for Thurrock to reserve your hamper. If you are attending the normal holiday session on the 3rd you can pick it up at the end of the session, however please ensure you have pre booked your place to reserve your hamper.

If you haven't received a WONDE code from your school, please email haf@activeessex.org and ask if there is space available.





Start your new year off with a FREE Hamper! Enjoy games, treats, activities, recipes, ideas, resources and more! Kick start the new year with fun for all the family!



Treats
for all
the
family

Limited
hampers
available! Book
now to avoid
missing out!



If you need help with booking or have any questions, please contact EBGC directly on 01245 264783 or email Jess at jpease@essexboysandgirlsclubs.org



**AFTER
SCHOOL CLUB
EVERY MONDAY 4-6PM**

AGE - 13+


WHAT WE OFFER :

- Sports
- Gym
- Beauty
- Music
- Mentoring sessions
- Boxing



REGISTER NOW
r.harrison@clcs.org.uk

CONTACT US :

07884 260 356 

45 crouch street, colchester CO3 3EN 



FREE OF CHARGE

Carers Workshops

Free drama classes for local, unpaid carers



Sessions are free and designed for carers who may have never taken part in Drama sessions before. As well as theatrical skills, our workshops will develop **communication, confidence, teamwork** and **leadership**.

There are two weekly workshops;
one for 8-15s and the other for 18+

WHERE?

Greenstead
Community Hall

WHEN?

Every Monday
between 5-6.30pm



Find out more via the QR code
or visit mercurytheatre.co.uk

MERCURY



fiducia
Premier Partners



Colchester
City Council




Supporting public funding by
**ARTS COUNCIL
ENGLAND**


↑
TOP




CONTACT US

Feel free to get in touch
at anytime

 07484 330948

 info@cwlcic.com

 cwlcic.com

 Colchester Business Centre,
1 George Williams Way,
Colchester, CO1 2JS

WORDS FROM OUR YOUNG PEOPLE

I've gained a greater
understanding of autism and
gained more confidence.

Meeting other young
autistic people and sharing
our stories and realising I
wasn't alone.

The social group is where I'm
the happiest with my new
friends.



Connect Without Limits

A Social Group That Puts
The Fun Back In Autism

WHO WE ARE

We are a group of
autistic young
people dedicated
to helping other
young people with
Autism and
Autistic traits.
Unlike other
groups, we go at
your speed and
adapt around you.

OUR SERVICES



- Peer Support**
Connect Without Limits will provide peer mentoring, giving our young people a relatable individual who can offer advice, encouragement and support.
- Workshops**
We offer a number of Workshops for ranging from understanding autism and how it affects daily life to going outside and understanding the way the world works.
- Social Groups**
Connect Without Limits offer multiple social groups for a range of young people. We use these social groups to help work on social skills and building relationships with other like minded people.



Compassionate communities

St Helena hospice believes that everyone has a role to play in supporting others in times of health crisis or personal loss.

StHelena

To find out more about compassionate Communities, and ways to get involved, click [HERE](#)



Think Carers

Your guide to help
support carers

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





Essex County Council

Are you an adult looking after someone in Essex?



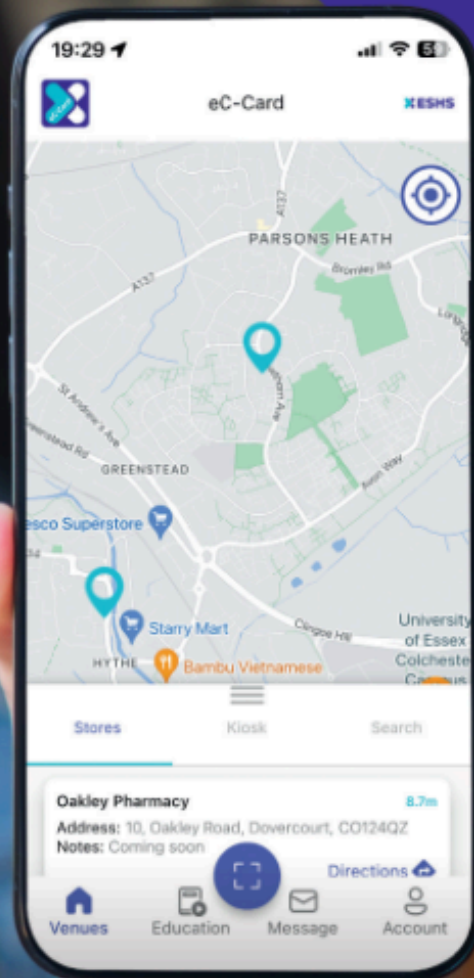
Click [HERE](#) to see a map
of support services for
your area



The eC-Card Scheme

The scheme provides **young people** aged 16 to 24* with access to **FREE condoms** and **lube** available from locations across Essex.

- Confidential Service
- No clinic visit required
- Sign up online



To find out more visit
➤ ec-card.org.uk



* if you are under 16 and interested in the scheme please contact your local sexual health service for further advice and information.

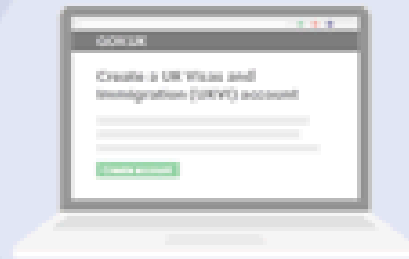


UK Government

**If you need support
accessing your eVisa,**

HELP IS AVAILABLE

**at The Greenstead
Community Centre**



We will help you set up your eVisa account. Just bring your passport or your BRP Card with you. No need to book, just drop in!

For more information, email communities@colchester.gov.uk

Date:
Saturday 7th December 2024

Time:
11am – 2:30pm

Location:
Greenstead Community
Centre Hawthorn Ave,
Colchester CO4 3QE



COLCHESTER UNITED COMMUNITY FOUNDATION TO LAUNCH CEREBRAL PALSY ADULT FOOTBALL TEAM

Colchester United Community Foundation (CUCF) are delighted to announce the launch of a new Colchester United Cerebral Palsy (CP) football team, set to represent the club in competitions, tournaments, and regular weekly training sessions.

This exciting programme is due to kick off in January 2025.

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

NOVEMBER 2024

Sport and Physical Activity Sector Support



A monthly newsletter for clubs, coaches and anyone
delivering sport and physical activity sessions

Click **HERE** to read
the Newsletter



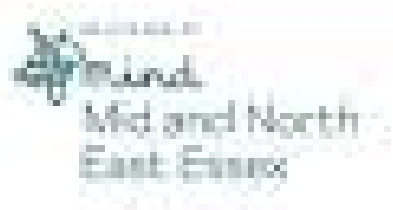


Do you live in Colchester or Tendring?
Are you worried about your mental health?

We're here to help.

www.neesanctuary.co.uk

Registered charity number: 1084309



Click **HERE** for more
information about
this service

Heart of Greenstead

Moving forward with you

We Need Your Help

The Active Wellbeing Society and Healthwatch Essex are planning some exciting events for Greenstead next Spring and Summer.

One of these events is Greenstead Carnival and Village Fete.

To get this planned we need a big helping hand from our community in Greenstead.

Come along to our next Let's Talk Heart of Greenstead meeting:

Thursday 12th December 2024

5.30 – 7.30pm

St John Payne Church Hall, Blackthorn Avenue,
Greenstead.

Opposite Greenstead Social Club

(Hot Drinks and Cake)

Find out more about what we are planning and how we can get our community involved.

Please feel free to contact Amanda and Maz
amanda.findley@healthwatchessex.org.uk or

marie-ann.capps@theaws.org

SURVIVOR Steps

EMPOWER | HEAL | THRIVE!

Helping women who have survived domestic abuse rediscover their confidence, strength and purpose through exercise.

**RISE BRAVELY, NO
MATTER WHERE
YOU LAND**

Colchester

www.thedandelionproject.co.uk



in partnership with
Next Chapter



SURVIVOR Steps

WHAT YOU CAN EXPECT

- 6 x weekly classes designed to help you heal, grow and rediscover yourself
- Develop tools to nurture confidence
- Meet others who share your journey and create a new network of support

WANT TO FIND OUT MORE?

Visit The Dandelion Project website to register your interest today.

**RISE BRAVELY, NO
MATTER WHERE
YOU LAND**

Colchester

www.thedandelionproject.co.uk



in partnership with

Next chapter

”

Testimonial

Fi helped me rediscover myself.
It's more than healing - it's
transformation.



Survivor Steps Participant 2024

“



UK Government

Could you, or someone you know, be missing out on Pension Credit?

Check your eligibility at
[gov.uk/pension-credit](https://www.gov.uk/pension-credit)
or by calling **0800 99 1234**



SCAN TO FIND
OUT MORE



Eligibility criteria apply

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**Need
urgent
mental
health
support?**



And select the option for mental health crisis

Support available 24/7 for all ages



North East Essex
Health & Wellbeing Alliance

NHS

**Suffolk and
North East Essex**

If you are over 65 or are a family member, friend or carer that supports an older person then our 'Age Well' guide is for you

The 'Age Well' guide provides information on the support available in north east Essex to help people age well and live healthy, happily and independently for longer.

Use the QR code below to access the guide





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.



Come and join us at our groups in North Essex

Our community groups are for people with dementia or memory issues and their carers and friends. **Why not join us this Winter.**

Get information, make friends and have fun. All groups are free to attend.

Singing for the Brain® Colchester

Orchard Baptist Church, Mersea Road, Colchester, CO2 0AE
Second and fourth Thursday of the month 2pm - 3.30pm

Singing for the Brain® Mersea

WI Hall, Kingsland Road, West Mersea, CO5 8RB
First and third Wednesday of the month 2pm - 3.30pm

Singing for the Brain® Takeley

Priors Green Community Hall, Takeley, CM6 1YE
First and third Thursday of the month 10.30am - 12 noon

West Clacton Memory Cafe

West Clacton Library, Jaywick Lane, Clacton-on-Sea, CO16 8BE
Second Tuesday of the month 10.30am - 12 noon

Harwich Memory Cafe

Harwich Library, Upper Kingsway, Dovercourt, Harwich, CO12 3JT
First and third Tuesday of the month 10.30am - 12 noon

Get in touch to find out more

Email: essexandherts@alzheimers.org.uk

Tel: 0333 150 3456



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.



helpline 24/7

HELP WHEN YOU NEED IT AT THE TOUCH OF A BUTTON

Helpline is a falls response service. If you fall in your home or garden and are unable to get back up, at the push of a button, our dedicated responding team will attend to help you back on your feet using our specialist lifting equipment.

Our trusted Emergency Monitoring and Response service supports:

- Older people and those living with dementia
- People with a physical disability or restricted mobility
- Those living with conditions such as epilepsy or arthritis
- People recovering from illness or returning from hospital
- Those prone to falls
- We attend to customers in Coggeshall, Clacton, Colchester, Dedham, Halstead, Harwich, Manningtree, Mersea, Nayland, Tiptree and more.



For more information call: 01206 769779
Email: helpline@colchester.gov.uk
www.helpline247.co.uk

Follow Us



Colchester
AMPHORA TRADING



Healthcare Roadshow

Come and visit our team to find out more about:

- staying well while waiting for healthcare treatment or surgery
- older people's health
- managing frailty and falls prevention



Culver Square
Colchester City Centre

Thursday
7 November
2024
10am-4pm



North East Essex
Health & Wellbeing Alliance

↑
TOP



Connecting Essex through Cycling and Walking

Essex County Council want to improve cycling and walking routes to give residents more travel options.

To help us with planning for future infrastructure, we would like your input please.

Please complete our survey by clicking **HERE**

Closing date 10th January 2024



Tell us what you think of our
Air Quality Action Plan

Help Us Make Colchester's Air Cleaner

We want to hear your thoughts on:

Air pollution awareness | The importance of taking action on air pollution in Colchester | Our current air pollution campaigns | Future air quality projects



Read the full
**Air Quality Action
Plan** and complete
the survey by using
the QR code



Or use this link
www.colchester.gov.uk/help-us-make-air-cleaner

AN OPEN INVITATION EVENT ORGANISED BY OPEN ROAD

By:
Charles Dickens

Recited by:
Anthony Roberts

With Piano by:
Jamie Cunliffe

A CHRISTMAS CAROL



**MONDAY 2nd
DECEMBER at 7pm**

**ST Leonard-at-the-Hythe Church
Hythe Hill, Colchester CO1 2NP**

Tickets £10

Mulled wine and mince pies
available to purchase on the evening.

Advance bookings:

01206 369782 or

email info@openroad.org.uk

All profits to Open Road

openroad

your journey to recovery

Registered Charity No. 1019915

↑
TOP



Wednesday
18th
December

10-00 to
12.30

The
Pegasus
Club

YOU'RE INVITED TO THE

V e t e r a n s D r o p I n C h r i s t m a s
g e t t o g e t h e r . F e e l f r e e t o
w e a r C h r i s t m a s h a t s ,
j u m p e r s o r a n y k i n d o f
C h r i s t m a s c o s t u m e .

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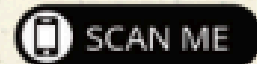
Free buffet, Free raffle, Free tea and coffee and a chance to socialise with other veterans and Military Charities.

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



**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

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.



University
of
Essex

ESSEX LAW CLINIC

Access free legal help

Are you struggling to access
legal help?

The Essex Law Clinic can
support you. Click [HERE](#) to get
in touch today.



Welcome to Essex Sexual Health Service

**We're here to help everyone
across Essex access the free
information, support and
treatment they need to stay safe,
healthy and protected.**

Click **[HERE](#)** for details of the
services and advice we offer

Healthcare Roadshow

Come and visit our team to find out more about:

- staying well while waiting for healthcare treatment or surgery
- older people's health
- managing frailty and falls prevention



Culver Square
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North East Essex
Health & Wellbeing Alliance

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helpline 24/7

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For more information call: 01206 769779
Email: helpline@colchester.gov.uk
www.helpline247.co.uk

Follow Us



Colchester
AMPHORA TRADING



**'If you've been
affected by cancer,
or are supporting
someone with cancer,**

**this is the
podcast
FOR YOU.'**

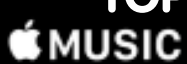


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Listen



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Available on all podcast platforms



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Essex County Council

healthwatch
Essex

Safeguarding is the measures to protect the health, well-being and human rights of all individuals which allow people, adults, young adults and children to live free from abuse, harm and neglect. Anyone can be considered to be at risk of harm or abuse, regardless of age, ethnicity, gender, sex, or religion and in any environment.

Essex County Council is interested in exploring carers and safeguarding. If you or the person you care for have been through a safeguarding process and would like to share your experiences please complete our questions.

Click [**HERE**](#) to complete the survey.

Coffee Morning



REACH OUT
For Mental Health

FOR THOSE WHO ARE STRUGGLING



If you are finding life a bit tough, come along to one of our coffee mornings for a chat, some support, understanding and reassurance from our trained volunteers and others feeling a bit low

EVERY MONDAY 11am - 1pm

**One Colchester Community Hub
Long Wyre Street**



TOP

Please Call 07308 069 609 To Book



DIGITAL ACCESS

supporting you to get online



WE ARE PROVIDING A FREE SERVICE TO HELP YOU GET ONLINE

The North East Essex Digital Access Support Team (NEE DAST) provide a **FREE**


service that helps individuals gain basic skills and confidence they need in order to use today's technology.

This support is via **online** and **in-person** activity, including chat and support sessions, ad-hoc one-to-ones, group gatherings, tutorials, and workshops.

We can help with:

- Understanding how your device works
- Being safe, legal, and secure online
- Using social media and other communication apps
- Online shopping and Online banking
- Accessing and using Council Services and GP Services
- Uploading and downloading applications

Get in touch today:

 Colchester 01206 282452
Clacton 01255 686497
Mobile 07970 551153

 Digital.AccessSupport@colchester.gov.uk
DigitalAccessSupport@tendingdc.gov.uk

 colchester.gov.uk/dast



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



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TOP



EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

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

↑
TOP



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

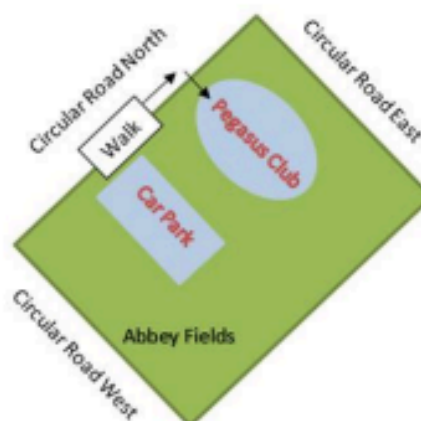
Refreshments generously provided by SSAFA. No booking required.

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:





**Mental health and wellbeing
support for veterans,
reservists and Service leavers**

For more information, click **HERE**



Wednesday
18th
December

10-00 to
12.30

The
Pegasus
Club

YOU'RE INVITED TO THE

Veterans Drop In Christmas
get together. Feel free to
wear Christmas hats,
jumpers or any kind of
Christmas costume.

↑
TOP

Free buffet, Free raffle, Free tea and coffee and a chance to socialise with other veterans and Military Charities.

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 Equality & Wellbeing Team



UK Government

Could you, or someone you know, be missing out on Pension Credit?

Check your eligibility at
[gov.uk/pension-credit](https://www.gov.uk/pension-credit)
or by calling **0800 99 1234**



SCAN TO FIND
OUT MORE



Eligibility criteria apply

↑
TOP



PENSION CREDIT

How do I apply?

Pension Credit could give you around **£3,900** a year, on average, to help with your living costs if you're over State Pension age and on a low income. Plus, you could get the **Winter Fuel Payment**.*

STEP 1

Check eligibility

Use the quick **online calculator** to check eligibility and how much you could get.

STEP 2

Have the following information ready

- ✓ National Insurance number
- ✓ Information about any income, savings and investments you have
- ✓ Bank details

STEP 3

Apply online

Visit **gov.uk/pension-credit** to apply online.

Alternatively, you can call the **Pension Credit claim line** on **0800 99 1234**.

STEP 4

Wait to hear from us

You will be notified by post when your claim has been assessed.



“What are these people talking about?”

It was so stressful and frightening - I couldn't cope

You don't know what you're letting yourself in for

He beat up my partner in front of my kids



Loansharks

To report an illegal money lender please call

0300 555 2222

for help and advice. Stop Loan Sharks

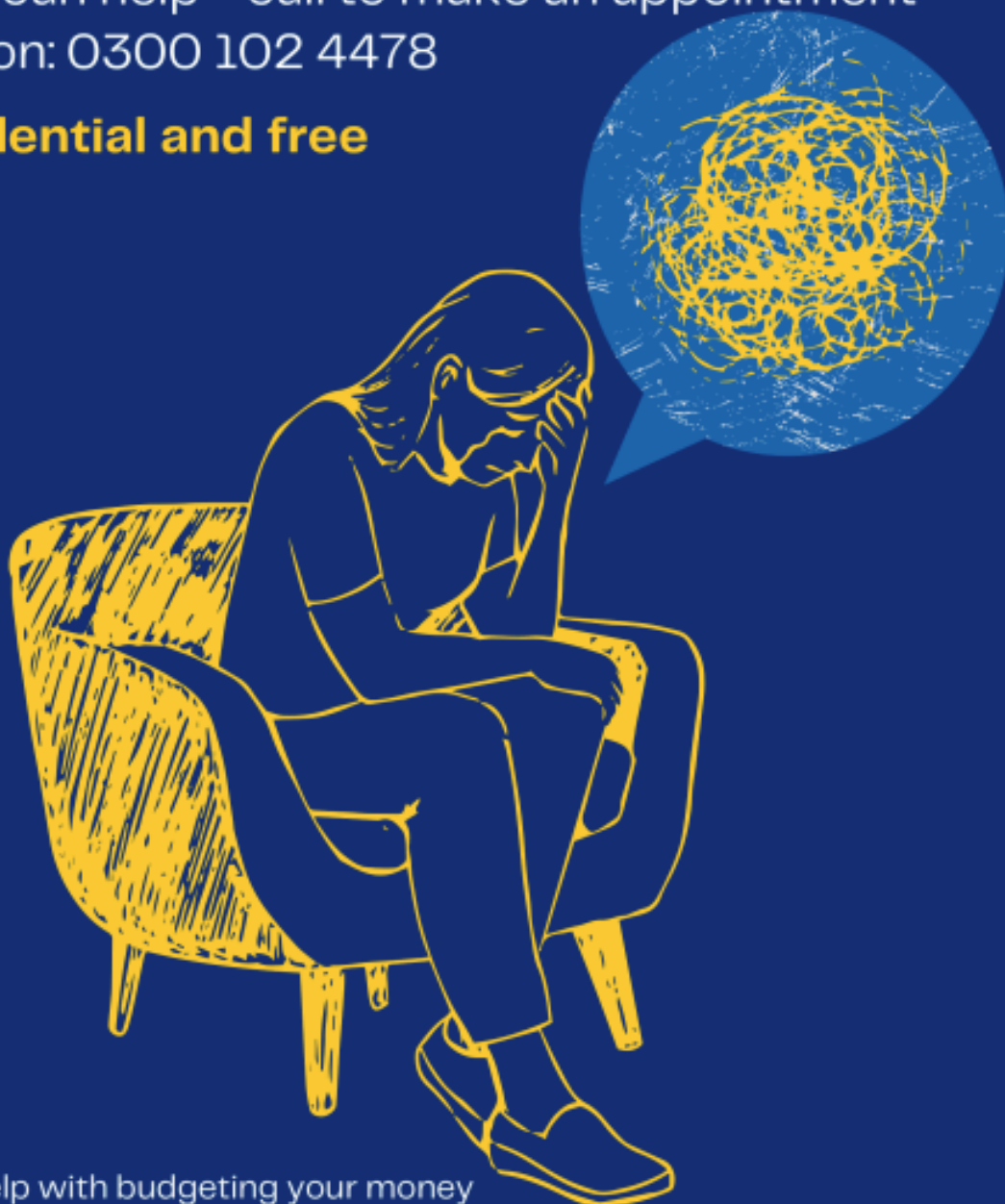


Debt can take its toll on your life.



CCDC can help – call to make an appointment
today on: 0300 102 4478

Confidential and free



Here to help with budgeting your money
and helping you get free from the burden of debt.

Learn more at: colchesterdebtcentre.co.uk
email: hello@colchestercmadebtcentre.co.uk



CCDC registered charity 1152204 working in partnership with the national charity Community Money Advice 1111436



Winter Home Packs

It's that time of year where we're all trying to keep warm in lots of different ways - that means we could be using more energy to heat the water we use at home and worrying about the rise in bills ❄️

Not only does 70% of household water use come from the bathroom, but 16% of the average household energy bill comes from heating water.

We have put together our bathroom water saving stock so that you can select what you might like to support your community.

You can order a selection of what you need, with no limited numbers and we will send these directly to you to share with your clients. These are free of charge.

To order packs for your events, please click **[HERE](#)**



Colchester & Tendring

HOME ENERGY ASSISTANCE SCHEME

UKPN have provided funding for a
free and impartial home visit

This service includes:

An assessment of energy improvements

Assistance with funding application

Income maximisation

Tariff switching

Each household will receive
4 fitted radiator reflectors FREE



To book your visit contact Christopher 07799 494 797
chris@communityenergycolchester.com
julie@communityenergycolchester.com

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?



**REGISTER
YOUR INTEREST
FOR AN ENERGY
EFFICIENCY
GRANT TODAY!**

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)

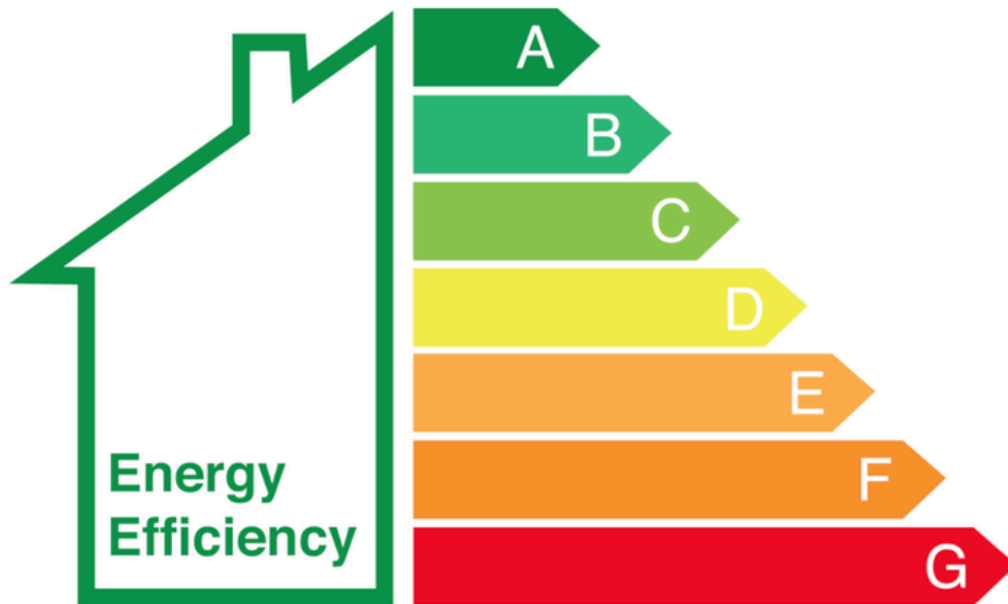
*Not all of these may be suitable for your property. Our surveyors will advise which measures can be installed if eligible.

**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**





Applications open for eco upgrades to Essex residences

Essex County Council has launched two schemes to help low-income households and vulnerable residents reduce energy costs and emissions.

Residents across Essex can apply to have solar panels, heat pumps and more energy-efficient measures installed for little to no cost.

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



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

Old life

New life

Join us on a programme and meet your community

Talking to strangers reduces loneliness, improves well-being, assists learning, and increases creativity.

Psychology today



"I love that everyone in this room is equal"

- 6 weeks, 12 hours, conversation led sessions
- **New friends**
- Shared knowledge on how to stretch your money as far as it can go
- **Vouchers given upon completion of the programme**

hello@trustedmoneyconfidence.com
www.trustedmoneyconfidence.com

Karen Jess
07532253540 07425166069



**TRUSTED
MONEY
CONFIDENCE**

**↑
TOP**

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





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

FINANCIAL EQUALITY AND WELLBEING TEAM



We are here to help you

We offer a range of free, confidential financial and employment support to all our residents in Colchester, including:

- Support paying your rent and Council Tax
- Money and debt advice
- Employment and job search
- Accessing food
- Welfare benefit advice and support
- Maximising benefit entitlement

If you need support you can contact us at Colchester City Council by emailing:

benefits.advice@colchester.gov.uk

or call us on:
01206 505 855

Open Monday - Friday



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

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 Castle

Thematic lead for Children & Young People and Armed Forces

07966 235791

Chrissy.Henegan@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

Jake Mullinder

Community & Partnerships Officer

South – Marks Tey & Layer, Mersea & Pyefleet, Tiptree,
Wivenhoe, Old Heath & The Hythe and Greenstead

Thematic Lead for Physical Activity & Public Health

07890 910455

Jake.Mullinder@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

Shaz Peacock

Community Integration Support Officer

Resettlement & Employment 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

Job Club

10am to midday

2nd Friday of each month

at RAMA House

31 Eld Lane, Colchester, CO1 1LS

Get the help and support you need to
prepare for work in the UK

**All refugees and Asylum Seekers who live
in Colchester are WELCOME!**

Any questions? Just email
communities@colchester.gov.uk

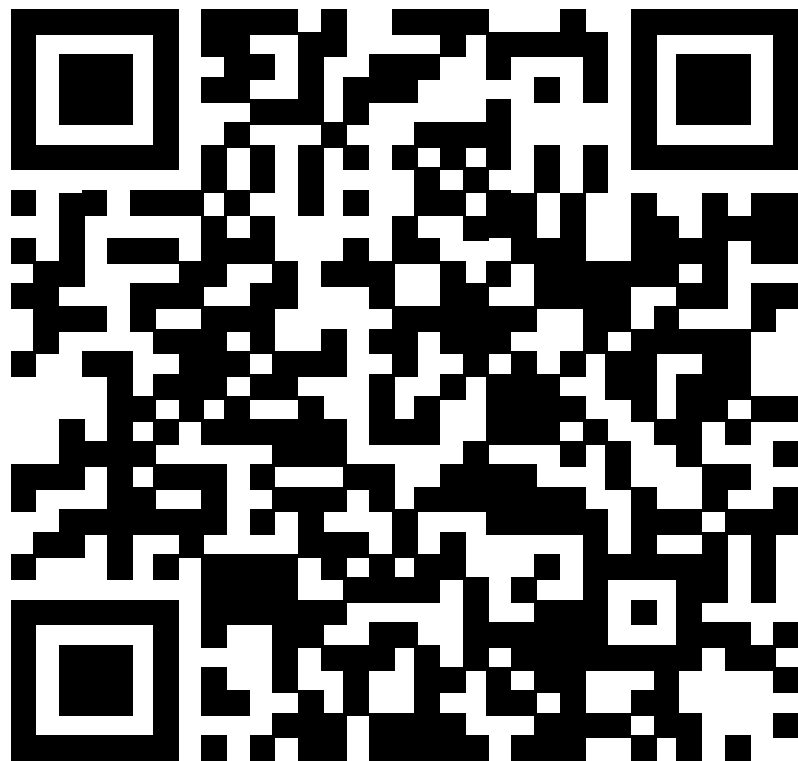


Colchester
City Council

Employability for Overseas Nationals (EON)

Supporting overseas nationals into sustainable work

Please scan the QR code to download an information flyer in a range of languages:



smp.eelga.gov.uk/migrant-workers/eon/flyers/

Other Opportunities...



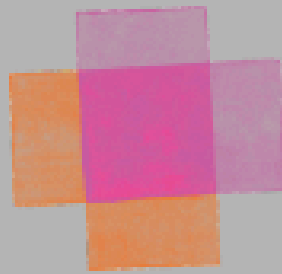
Age Well East Needs Volunteers

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](#)

START A SUPPORT GROUP



ASTHMA+
LUNG UK

Volunteer with Asthma + Lung UK

We are looking for volunteers to establish new Support Groups in your local area. Can you spare some time each week to start and run a Support Group for people with lung conditions? **You could make a difference to your local community and help give people the confidence to manage their lung conditions better.**

We will provide training and practical resources, including posters and fliers, to help you advertise the group. You will also have an experienced contact person who will support you along the way to ensure the group's sustainability.

Contact us for any queries or to have a chat and find out how we can support each other.

Together, we can help people with lung conditions.

0300 222 5800 / supportgroups@asthmaandlung.org.uk

“ I've met so many lovely people, all of us with a common condition – our lungs. I learnt more in the last year about my condition than ever before. ”



AsthmaAndLung.org.uk/support-for-you



Colchester City Council's community & Partnership team

Our community & Partnership team provides support, advice, and assistance to those who need it across the city.

You can contact our community response team by emailing communities@colchester.gov.uk



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