

Colchester Community Updates



Colchester
City Council

April 2025

Welcome to our newsletter for April.

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 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**
- **Health and Support Services**
- **Legal**
- **Armed Forces Updates**
- **Cost of Living Support**
- **Community Funding**
- **Our Team**
- **Employment**
- **Unsubscribe**



BABIES & TODDLERS

Firstsite Holiday Fun

April 2025

Tue 8 Apr - Sat 12 Apr

Tue 15 Apr - Sat 19 Apr

Activities take place at:
Firstsite
Lewis Gardens, High St
Colchester, Essex
CO1 1JH



FREE

Make
Free creative
art activities

10:00am -
2:30pm



Move

Free fun sports
activities

10:45am -11:45am
& 12:00pm -1:00pm



Canteen

Free freshly made
hot meals for
all the family

11:45am &
1:00pm

Our Holiday Fun activities are for families facing economic challenges or who require additional support during the school holidays including those that qualify for benefit-based free school meals.

- Advanced booking is essential
- Activities most suitable for 4-11 years, but all ages welcome
- Caregivers are required to stay on site throughout the activities
- Menus and lists of activities available at www.firstsite.uk

Delivered in partnership with:



TOP

How to book

Early bird tickets will be available from 9am Tue 1 Apr.

More tickets will be released three days in advance of each session.

Limited spaces available, offered on a first come first served basis.

If you can no longer attend your booking, please let us know as soon as possible by calling 01206 713700. If you contact us 24 hours before the event your space can be made available for another family.

Thank you!

**Book online at
firstsite.uk
or call 01206
713700**

**Scan the QR
code to book**



How to find us

**Firstsite, Lewis Gardens
High Street, Colchester CO1 1JH**

Registered in England, Company no 2884347.
Registered Charity no 1031800



EASTER HOLIDAY CLUB

DELIVERED BY ESSEX BOYS AND GIRLS CLUBS

FREE HOLIDAY SESSIONS

Essex **ACTIVE**ale



Essex County Council



ESSEX

COLCHESTER
St Annes Community
Centre
Colchester, CO4 3DH
7th-8th April
10th-11th April
14th-15th April
Age 5-13

CHELMSFORD
Harway House,
Rectory Lane,
Chelmsford,
CM1 1RQ
7th-10th April
14th-17th April
Age 5-16

UTTLESFORD
TAKELEY
Silver Jubilee Hall,
Takeley,
CM22 6QX
7th-10th April
14th-17th April
Age 5-13

UTTLESFORD
THAXTED
The Old Schoolhouse,
Station Road,
CM6 2NE
7th-10th April
14th-17th April
Age: 5-13

10am - 2pm

Sports, arts,
games,
activities &
more!

Lunch included

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

If your child/children receive benefit-based free school meals, you can book by clicking the link on your HOLIDAY ACTIVITIES VOUCHER CODE e-voucher (this will come through your school). Follow the link and search for our EBGC Clubs. If you haven't received a code please email haf@activeessex.org and ask if space is available. If you don't receive a WONDE code from your school, please call us at 01245 264783 to help you book on.



If you need help with booking or have any questions, please contact Rebecca at rebeccas@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



Introducing the **Children and Families Directory**



A new, digital, easy to use directory

Find help and support for children,
young people and their families



For parents and carers, young people
and practitioners



Visit the directory here:

[essex.gov.uk/children-and-families
/find-support-service](https://essex.gov.uk/children-and-families/find-support-service)



KIDS & YOUNG ADULTS



VIY

volunteer it yourself



WE ARE VIY

Youth | Community | Volunteering

click [HERE](#) for full details

↑
TOP

NHS

THE AVENUE
SMILE[®]
CLINIC



DENTAL CHECK-UPS

FREE FOR UNDER 18 YEAR OLDS

Ensure your child's smile is healthy and bright with a dental examination. Our experienced dentists will check for cavities, gum health, and provide tips on proper oral hygiene.

Limited slots available.

CONTACT INFO

 01206 577696

or visit our website to
book online

www.smileclinicgroup.com



smileclinicgroup



↑
TOP



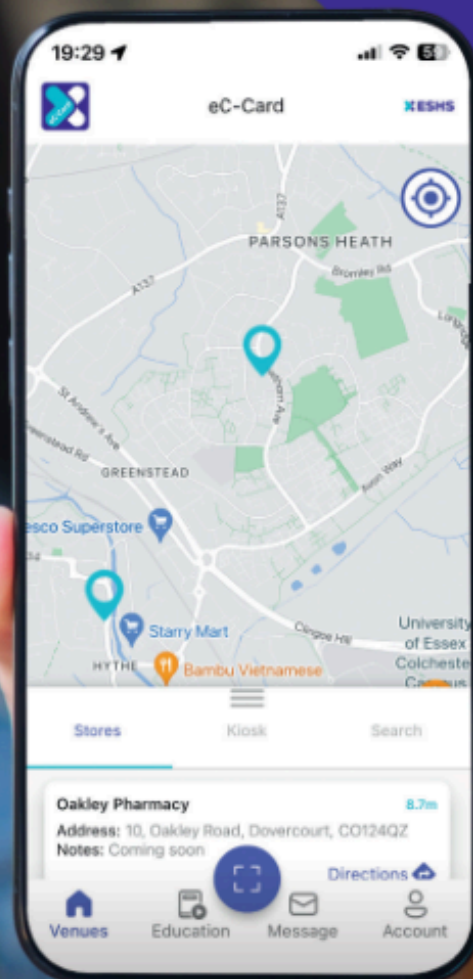
The eC-Card Scheme

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

Download on the
 App Store

GET IT ON
 Google Play



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

↑
TOP

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



click [HERE](#) to book onto the **FREE** online courses



eshs.org.uk | 0300 003 1212

**↑
TOP**



**COMMUNITY
FOUNDATION**



Premier League
Kicks



PREMIER LEAGUE KICKS



SCAN ME

Premier League Kicks provides **FREE** football sessions that inspire and engage young people through sport. Our programme promotes physical activity, teamwork and personal development in a safe and supportive environment.

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381



www.cu-fc.com/cucf
cucf@colchesterunited.net

01206 755160

@CoLU_CF /CoLUCF
#enrichourcommunities



VENUES & TIMES

DAY	TIME	VENUE	GENDER	AGE
Monday	18:00 - 19:00	JobServe Community Stadium	Mixed Mile End	14-17
Tuesday	17:00 - 18:00	Colchester Academy Greenstead	Mixed Greenstead	11-14
Tuesday	17:00 - 18:00	Colchester Academy Greenstead	Mixed Greenstead	14-17
Wednesday	17:00 - 18:00	Clacton Leisure Centre	Mixed Clacton	8-11
Wednesday	17:00 - 18:00	Clacton Leisure Centre	Mixed Clacton	11-14
Wednesday	17:00 - 18:00	Clacton Leisure Centre	Mixed Clacton	14-17
Wednesday	17:00 - 18:00	Clacton Leisure Centre	Girls Clacton	11-17
Thursday	18:00 - 19:00	Harwich and Dovercourt Bay Lifestyles	Mixed Harwich	8-11
Thursday	18:00 - 19:00	Harwich and Dovercourt Bay Lifestyles	Mixed Harwich	11-14
Thursday	18:00 - 19:00	Harwich and Dovercourt Bay Lifestyles	Mixed Harwich	14-17
Friday	17:00 - 18:00	Shrub End Community & Sports Centre	Mixed Shrub End	11-14
Friday	17:00 - 18:00	Shrub End Community & Sports Centre	Mixed Shrub End	14-16
Friday	17:00 - 18:00	Shrub End Community & Sports Centre	Mixed Shrub End	16-17

To sign up, either visit the link below or scan the QR code above:
colchester-united-ftc.class4kids.co.uk/term/81

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381



www.cu-fc.com/cucf
 cucf@colchesterunited.net
 01206 755160
 @CoIU_CF /CoUCF
 #enrichourcommunities



Could you bring back the light to a child's life?

Help guide a child out of the shadows and give them a safe place to call home.
Children in Essex need you.

0800 801 530

www.essex.gov.uk/foster

Scan me



**Find a group near
you and get involved!**





Free CSCS Training for 16 – 19-year-olds in Colchester

2 Day course includes HSCE Level 1, CSCS Test and Card

HSCE Level 1 – Thursday 10th April, 9:30am to 16:30pm

Test Practice/Booking – Friday 11th April, 9:30am to 16:30pm

There will also be Employment and Apprenticeship opportunities with a range of employers including OCS, Clarion Housing, Wates, Equans and more...

*You must have photo ID to take part on this course (Passport, Drivers Licence/Provisional and Citizens card all accepted)

Course will take place at Hythe Community Centre, 1 Ventura Drive, Colchester, CO1 2FG

For more information

Contact Jonathan Richmond

Email: jonathan.richmond@clarionhg.com



↑
TOP



Let's talk relationships

Relationships, Sex and Health Education survey

Share what's important
to you in confidence.

Please complete
this short survey to
help us best support
young people.

Scan me





ADULTS & OLDER PEOPLE

Our services are FREE to access and are available to anyone aged 60 or over living in North East Essex



Call us for more information

0300 37 33 333

Age Well East are here to support you with a range of issues that may be preventing you from ageing well.

Our teams work across North East Essex, including Colchester and Tendring and our services are completely **FREE** to access.

Advice Service

Many people are simply not aware of the benefits and entitlements that they can claim, or find the process of applying too daunting. Our team of knowledgeable Advisors can offer advice through telephone contact or home visits and help clients access life-changing financial aid such as Attendance Allowance and Pension Credit. Last year alone we secured **£1.7million** in unclaimed benefits for our clients, leaving them financially secure to age well.

Carer Navigation Service

Our team provide practical and emotional support to **unpaid carers** to support their own wellbeing because we know and understand that Carers need support too.

Dementia Support

Our team of dementia specialists engage with people affected by dementia and maintain regular contact to ensure that they get the right advice and information at the right time. We also support with guidance and activities to help people maintain **positive wellbeing** within their communities and promote independent living.

Community Friendship Groups

Are you looking to get out and make new friends? Why not join in the fun at one of our community friendship groups.

Befriending (18+)

Available across Essex to anyone aged **18 or over**. We match volunteers to people who are experiencing feelings of loneliness and isolation.

Get Walking This Year!

Working with Active Essex and CVST to offer
community walks in your area!

Tiptree Wellbeing Walk 1 hour circular walk

Where: Meet at Tiptree Medical
Centre

When: Every 3rd Tuesday of the
month at 10.15am

(Dates: 21st Jan, 18th Feb, 18th Mar, 15th
Apr, 20th May, 17th Jun)

Cost: Free!

No booking required, just turn up!

This is a gentle walking group for all ages and
abilities. Come along and make new friends
from your local community, have fun and get
active!



DISCLAIMER: This group holds no responsibility and is not liable for any incidents which may occur during a group walk and individuals participate at their own risk. Although any group routes will be suitable for all abilities, walkers should ensure that they are fit to participate.

Get Walking This Year!

Working with Active Essex and CVST to offer
community walks in your area!

Brightlingsea Wellbeing Walk

Where: Meet at Colne Medical
Centre

When: Every 3rd Wednesday of
the month at 2.30pm

(Dates: 15th Jan, 19th Feb, 19th Mar, 16th
Apr, 21st May, 18th Jun)

Cost: Free!



No booking required, just turn up!

This is a gentle walking group for all ages and
abilities. Come along and make new friends
from your local community, have fun and get
active!



DISCLAIMER: This group holds no responsibility and is not liable for any incidents which may occur during a group walk and individuals participate at their own risk. Although any group routes will be suitable for all abilities, walkers should ensure that they are fit to participate.

Get Walking This Year!

Working with Active Essex and CVST to offer
community walks in your area!

Rowhedge Wellbeing Walk 1 hour circular walk

Where: Meet at Rowhedge
Medical Practice

When: Every 4th Thursday of the
month at 1.15pm

(Dates: 30th Jan, 27th Feb, 27th Mar, 24th
Apr, 29th May, 26th Jun)

Cost: Free!

No booking required, just turn up!

This is a gentle walking group for all ages and
abilities. Come along and make new friends
from your local community, have fun and get
active!



DISCLAIMER: This group holds no responsibility and is not liable for any incidents which may occur during a group walk and individuals participate at their own risk. Although any group routes will be suitable for all abilities, walkers should ensure that they are fit to participate.



kinder
essex

Find
your
kind!



Our Kinder Essex coaches link local people in creative ways to help reduce loneliness and increase connections across the county.

Working together for Essex:



Essex
Wellbeing Service



↑
TOP

bringing people together



- Would you like to start a new social group or community project in your area?
- Could you help encourage local acts of kindness?
- Do you run a community group and would like to involve more people?
- Are you a local business who would like to support local projects?

Then contact your Kinder Essex coach who can work with you to make a difference.

kinder
essex

see
you
soon!



You can contact your local coach directly using the details below or find us on social media @KinderEssex

Scan the QR code to follow us on Facebook

H Goodwin (Colchester)

✉ h.goodwin@ceessex.org.uk

☎ 07458 300 894

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



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

We're here to help.

www.nees-sanctuary.co.uk
Registered charity number: 1054309



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

BIGGER, FASTER STRONGER

Miss
fitz
WORKOUT

A 6 WEEK INTRO TO PHYSICAL ACTIVITY PROGRAMME

FREE

- Do you want to be **more physically active** but feel like your abilities or limitations are not always respected or understood?
- Are you in a bigger body? (e.g. consider yourself to be plus size or have a high BMI?)
- Would you like to **feel more confident** or empowered when you take part in physical activities?
- Would you like to take part in movement sessions in a small and private group?
- Would you like to work with a plus size instructor who understands the experience of exercise in a bigger body?
- Would you like to feel the benefits of physical activity in the body you have now?
- Would you like it all to be **completely free** to you?

We can help!

Each weekly session includes a 30 minute low-impact **taster session** (designed for beginners in bigger bodies) and a 30 minute **workshop activity/chat**. Each session is limited to just 6 participants.



CHECK OUT OUR WEBSITE
FOR MORE INFO:

www.missfitsworkout.co.uk/bigger-faster-stronger

Sessions take place each week at The Movement Hub, Abbots Community Hall,
39 Ladbrook Drive, Colchester CO2 8RW

Health and wellbeing are central to ensuring carers can sustain the support they give to the cared for over a prolonged period, sometimes, a whole lifetime. Carers often tell us they are at breaking point, physically and mentally exhausted with no respite and very little time nor energy to self-assess and acknowledge when their mental health and wellbeing deteriorates, the pressure becomes too much, and many become overwhelmed. Those that do acknowledge their mental health and wellbeing is at risk, often do not know where or how to access the appropriate support. The aim of our survey is to ask you, the carers about your experiences of mental health and wellbeing both good and bad. What you tell us will help shape and influence better awareness of mental health in the caring community and improve support for everyone. We know and appreciate there is a stigma and discrimination around speaking out but the feedback you feel you can share will give us a clear picture of current mental health issues and we value your participation. Whilst we know the mental health and wellbeing of the cared for has a direct impact on the carer, our survey focuses on the carers mental health and wellbeing and we welcome your feedback. Please contact the Healthwatch Essex Carers Voices team on 0300 500 1895 or email carersvoices@healthwatchessex.org.uk if you require this survey in a different format.

Take the survey [HERE](#)



COMMUNITY FOUNDATION

macron



SCAN ME

TEAM TALK SHRUB END

FRIDAYS, 5:30-7:30PM

Team Talk is a **FREE** weekly football and social session for adults looking to improve their mental and physical wellbeing. Combining football and social interaction, this programme creates a welcoming environment that is less intimidating than traditional mental health services.

WHO? Mixed, ages 18+ **WHEN?** Fridays, 5:30pm-7:30pm
WHERE? Shrub End Community and Sport Centre, CO2 9BG

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381



www.cu-fc.com/cucf
cucf@colchesterunited.net
01206 755160
@ColU_CF /ColUCF
#enrichourcommunities

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

Check your eligibility at
gov.uk/pension-credit
or by calling **0800 99 1234**



SCAN TO FIND
OUT MORE





**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



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





Explore The World WITH US



OUR TRIPS OFFER

- Adventure & thrills
- Sun & relaxation
- New experiences
- Social events
- Great fun and laughs

REGISTER

ABOUT US

Benevolent Care will soon be organising a number of accessible trips designed for adults with disabilities and learning difficulties. We will offer day trips, weekend breaks and week long holidays.

We'd love to meet you and discuss your ideal trip. Register your interest for a free lunch and an informal chat.

benevolentcare.co.uk
enquires@benevolentcare.co.uk

WILL YOU JOIN US FOR THE TRIP OF A LIFETIME?

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.





Alzheimer's Society

Click [HERE](#) to read the flyer in full

Essex Community Dementia Support Services

Our community support services are here for anyone living with or affected by dementia. We're here for you, providing support and guidance throughout every stage of your journey.



Reconnect with your community

We offer a variety of groups across Essex to help you stay connected and active. Our current groups include:

- Singing for the Brain groups
- Walk and talk exercise
- Low impact exercise
- Information groups
- Peer support groups
- Online groups

“There is no judgement when you attend a group. Whether you are living with dementia, it's a great way to meet people and feel part of a community. You can be yourself. You know you're not on your own.”

Hospital discharge service

If you, your carer, or a loved one are admitted to hospital, call us on **0333 150 3456** to be put in touch with one of our hospital-based Dementia Advisers.

Our staff can work closely with you, your family and healthcare specialists, to provide comprehensive support throughout your hospital stay and ensure that your discharge is smooth and successful.

We can provide you with the knowledge, skills and equipment required to support you when you return home.

We can also assist with social care, occupational therapy assessments, visits on wheels, shopping and referrals to other services. We can help to ensure you have everything in place for when you or your loved one is ready to return home.

Additionally, if required, we can support you by exploring options for future care.

Your voice matters

No one understands the experience of living with dementia better than those who are living with it or caring for someone with it. We want to hear about and understand your experiences, and we promise to listen to what you have to say. Your opinion counts.

Many people tell us that they feel there is a stigma around dementia. With your help we can break this cycle and improve people's awareness and knowledge of the condition.

By sharing the barriers and frustrations you have faced, you can help us to better understand, adapt and include people living with dementia.

By raising awareness, we aim to foster a better understanding of what it's like to live with dementia, promoting a more accessible and inclusive community. Together, we can make a positive impact.

Call 0333 150 3456

Get support

We can provide direct support for you, your loved ones or your carer, and signpost you to activities and support groups local to you. If you are struggling with memory loss or awaiting formal diagnosis, or if you've had a diagnosis and have unanswered questions, our fully trained and compassionate team can talk you through any worries and concerns.

Contact our telephone support line to speak to one of our specialist Dementia Advisers. We offer specialist advice on healthcare and legal matters, referral to our Companion Call service and access to our online forum, for support and shared experiences. We can also provide you with a wide variety of informative publications. Alternatively, go online and visit alzheimers.org.uk/find-support-near-you to access information about support services and groups near you.

If you are a resident of Essex (including Southend for anybody under 65 years of age) we can arrange for a Dementia Adviser to visit you in the comfort of your own home. We offer help with anything from applying for a Blue Badge or Lasting Power of Attorney, to supplying information about local groups and services available to you.

We offer a regular telephone call service so you can get the right support when you need it. We also run courses for people who have been diagnosed, to learn about their condition and provide knowledge and understanding about dementia.

Dementia at an early age

If you have been diagnosed with dementia and are under the age of 65, our specialist team of Dementia Advisers can provide personalised support, advice and guidance, and put you in touch with other people who share similar experiences. You can also participate in local projects to help us to shape community development and future services.

Support for carers

We offer a range of support for carers, including one to one support, and courses which provide information and advice, either in a group or online setting. Make new friends, join a support network and gain the knowledge and tools to help you cope with life's changes.

Call 0333 150 3456

alzheimers.org.uk/find-support-near-you
Email us at essex@alzheimers.org.uk

Alzheimer's Society is UK's leading dementia charity, and the only one to tackle all aspects of dementia by giving help and hope to people living with dementia today and in the future.

We give vital support to those living with dementia, fund groundbreaking research, and campaign to make dementia the priority it should be. We're working towards a world where dementia no longer devastates lives.



NHS
Hertfordshire and
West Essex
Integrated Care Board



NHS
Mid and South Essex
Integrated Care System



Essex County Council



Mid and South Essex
Integrated Care System

thurrock.gov.uk

Alzheimer's Society
43-44 Crutched Friars
London EC3N 2AE

Together we are help & hope
for everyone living with dementia

Alzheimer's Society
43-44 Crutched Friars
London EC3N 2AE
0330 332 0804
enquiries@alzheimers.org.uk
alzheimers.org.uk

Registered charity no. 264645

Langham Discovery Cafe



Every third Friday of the month:

1030 to 1230, Langham Community Centre, CO4 5PA

Come along for refreshments, home made cakes and chat and an opportunity to meet new people ~ Free entry, no need to book ~ Drinks and cakes for sale!

Everyone Welcome

17th JANUARY

History & Memories

Bring along your photographs, books & items, to remember times gone by & enjoy sharing the memories with friends.

21st FEBRUARY

Pamper & Relax

Enjoy a morning of relaxing, complimentary hand & arm massages & some lovely pampering.

21st MARCH

Spring Planting

Get your green fingers ready, to plant spring flowers
Colchester 'Community 360'
Dementia Information Roadshow
will also be joining us for the morning

18th APRIL

Easter Crafts & Treats

Biscuit decorating, colouring, puzzles, arts & crafts, sweet treats & fun activities for all ages

Everyone is welcome to the cafe, also bringing together people living with dementia, their carers, family & friends, to enjoy time together & enable people to live well with dementia.

Langham Discovery Cafe, Colchester Dementia Friendly Communities
& COLCHESTER COMMUNITY 360

Meet other people, speak to professionals, ask advice & find out lots of information.
Run every 3rd Friday of the month, with interactive activities and guest visitors.



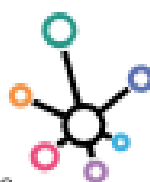
LANGHAM
COMMUNITY SHO

TOP



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@
tendringdc.gov.uk



colchester.gov.uk/dast



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





HEALTH & SUPPORT SERVICES



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

ESSEX
RECOVERY
FUND

Boys & Men

For Black minority individuals, migrants,
refugees, and asylum seekers affected by
drug and alcohol addiction

COLCHESTER



REFUGEE WEEK MARKET

COMMUNITY AS A SUPERPOWER



Celebrate Diversity, Culture, and Community

Join us at our FREE Event as we celebrate Refugee culture and resilience while raising awareness and providing resources for refugees settling in Colchester

Venue

Colchester Church
20-23 Priory Walk,
Colchester- CO1 1LG

Date

Date: 19/Jun/2025
Time: 11am - 4pm



A great opportunity to share and obtain information and resources on services and those seeking sanctuary in Colchester.

If you need a Stall please [CLICK HERE](#)

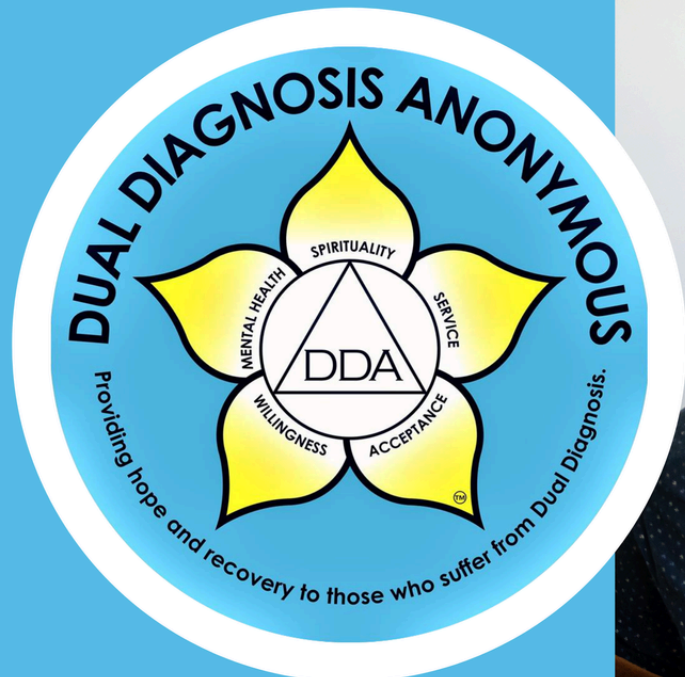


Contact us

communities@colchester.gov.uk



Colchester
City Council



What is Dual Diagnosis?

It is when someone struggles with both mental health and addiction/substance use/compulsive behaviour.



Meetings

Full list of meetings available at ddauk.org

Location	Day	Time	Address
Colchester	Tuesday	11am - 12pm	Open Road - 5A Queen Street, CO1 2PG
Colchester	Tuesday	7:30pm - 8:30pm	10 St Peter's St, Colchester CO1 1WD
Clacton	Wednesday	3pm - 4pm	Open Road - 132 Wellesley Rd, CO15 3QD

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

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



**Scan to
Listen**



Listen Now

Available on all podcast platforms



TOP



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.



PROSTATE CANCER UK

**Check your risk
in 30 seconds**

It's the most common cancer
in men, but the earlier you find
it, the easier it is to treat.

Answer three quick questions

HERE

to check your risk.



Healthwatch Essex has launched a new project exploring the experiences of people living with mould in their homes, and the impact this has on their health, care and wellbeing.

They would very much welcome contact from anyone with relevant experience

They would also welcome contact from individuals or agencies who have seen the impact on adults and children who have been/ are exposed to living with mould in their homes.

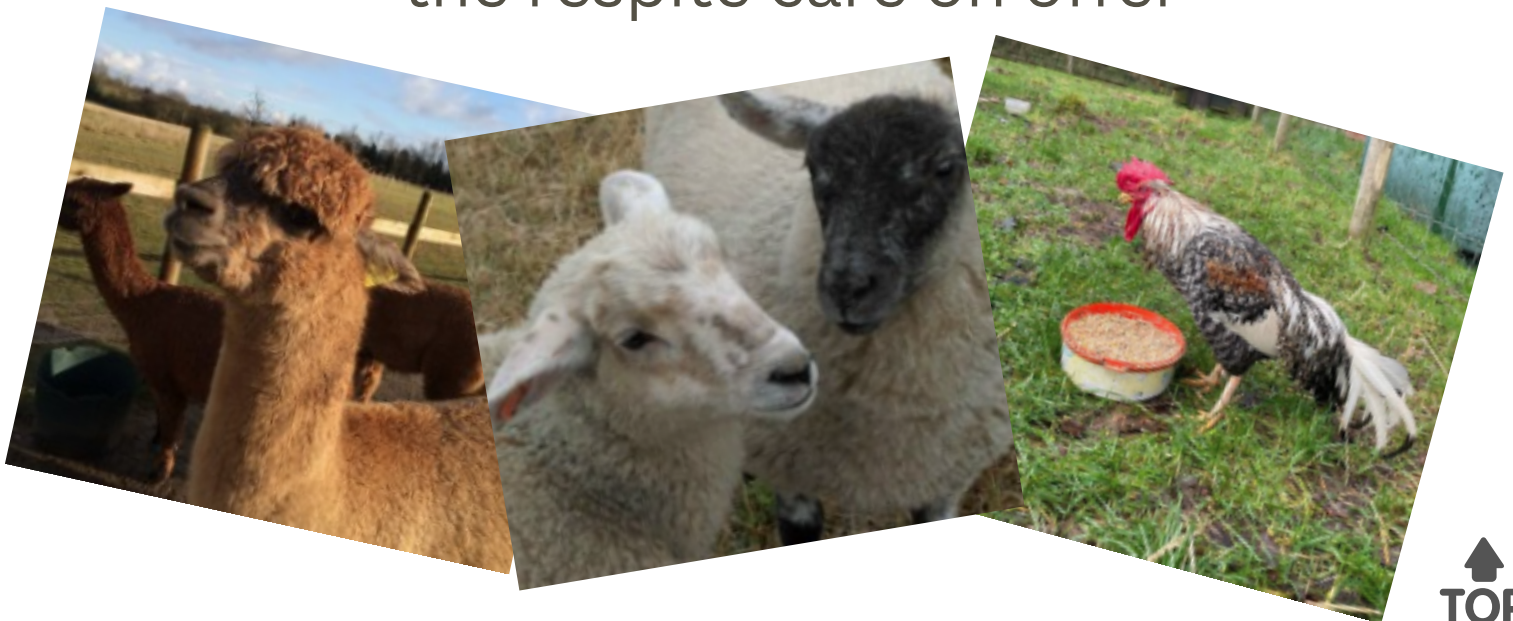
Click **[HERE](#)** to complete the survey.



Vision Statement

To be the facility that parents, carers and working age adults choose for themselves in order to fulfil their highest potential in a safe, fun and invigorating environment. By giving reassurance, dependability and flexibility to carers and a stimulating, safe environment for working age adults we enable them to achieve more than they visualise for themselves.

Visit their website [**HERE**](#) to find details of the respite care on offer



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

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





LEGAL & CRIME



Crime Prevention Advice

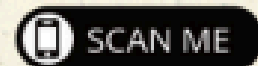
Our advice offers best practice for you to follow alongside practical crime prevention methods: from basic hints and tips to more detailed strategies.

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

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.



ARMED FORCES UPDATES



EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

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.

'BATTLING the ODDS'

THE ARMED FORCES
COVENANT FUND TRUST

ARMED FORCES GAMBLING HARMS SUPPORT NETWORK



Awareness:

Developing understanding and knowledge regarding gambling related harms within the armed forces community through the 'Bet You Can Help' FREE training programme.



Reduce Stigma:

Working to reduce the stigma of gambling harms across the armed forces community and in doing so promote a culture that encourages access to appropriate specialist support.



Increase Support:

Striving to increase the numbers of members of the armed forces community, at risk of, or experiencing gambling related harms in receiving an intervention at the earliest opportunity. Assisting individuals towards professional support and access to specialist provision throughout the National Gambling Support Network.

CONTACT:



Breakeven



01273 833 722



<https://www.breakeven.org.uk/>



EMPLOYER RECOGNITION SCHEME

BRONZE AWARD

Proudly supporting those who serve.

Breakeven proudly supporting our armed forces community



'BATTLING the ODDS'

ARMED FORCES GAMBLING SUPPORT NETWORK

THE ARMED FORCES
COVENANT FUND TRUST



- Veterans are 8 times more likely to suffer gambling harms
- Up to 5% of RAF personnel believe gambling is an issue for them
- Members of the Armed Forces may relate to risk taking situations differently than the general public
- Traumatic events are key links to gambling related harm



Developing understanding and knowledge regarding gambling related harms within the armed forces community through the 'Bet You Can Help' FREE training programme.



Opportunity to protect those working in the Armed Forces community. The Workplace Charter supports the community in developing a positive culture in gambling harms conversation reducing stigma, creating system change and promoting interventions at the earliest opportunity.



Working to reduce the stigma of gambling harms across the armed forces community and in doing so promote a culture that encourages access to appropriate specialist support.

Striving to increase the numbers of members of the armed forces community, at risk of, or experiencing gambling related harms in receiving an intervention at the earliest opportunity. Assisting individuals towards professional support and access to specialist provision throughout the National Gambling Support Network.



CONTACT:



Breakeven



01273 833 722



info@breakeven.org.uk

↑
TOP



EMPLOYER RECOGNITION SCHEME

BRONZE AWARD

Proudly supporting those who serve.



Breakeven



Veterans' Group

Monthly Drop-In

Open to all Veterans of HM Armed Forces

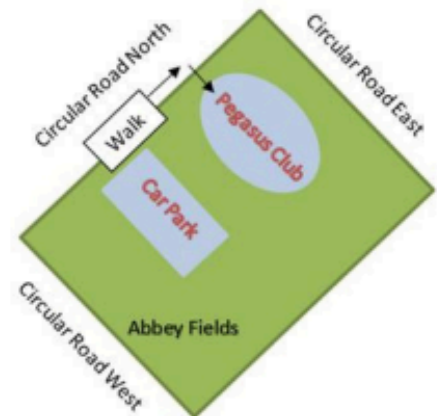
Refreshments generously provided by SSAFA. No booking required.

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**



A Stronger Healthcare Workforce:

Integrating the Talent of
the Armed Forces

11 March 2025

CLICK [HERE](#) FOR DETAILS

 NHS Employers

**STEP
INTO
HEALTH**





COST OF LIVING SUPPORT

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



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

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

Check your eligibility at
gov.uk/pension-credit
or by calling **0800 99 1234**



SCAN TO FIND
OUT MORE





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.



Worried about energy costs?

Our Community Disability Energy Advice
service is here to help.

Find a free, face to face session near you:

Find out more...



"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

↑
TOP

WANT TO REDUCE BILLS AND SAVE ENERGY?



Drop in for

FREE Energy Advice

+ Book a free home visit
+ A hot drink on us

When + Where?

Colchester LEAF

27 Priory Walk

**Every Friday
12-3pm**

Community Energy Colchester

Non profit CIC funded by UKPN

Get in touch:

chris@communityenergycolchester.com

martina@communityenergycolchester.com

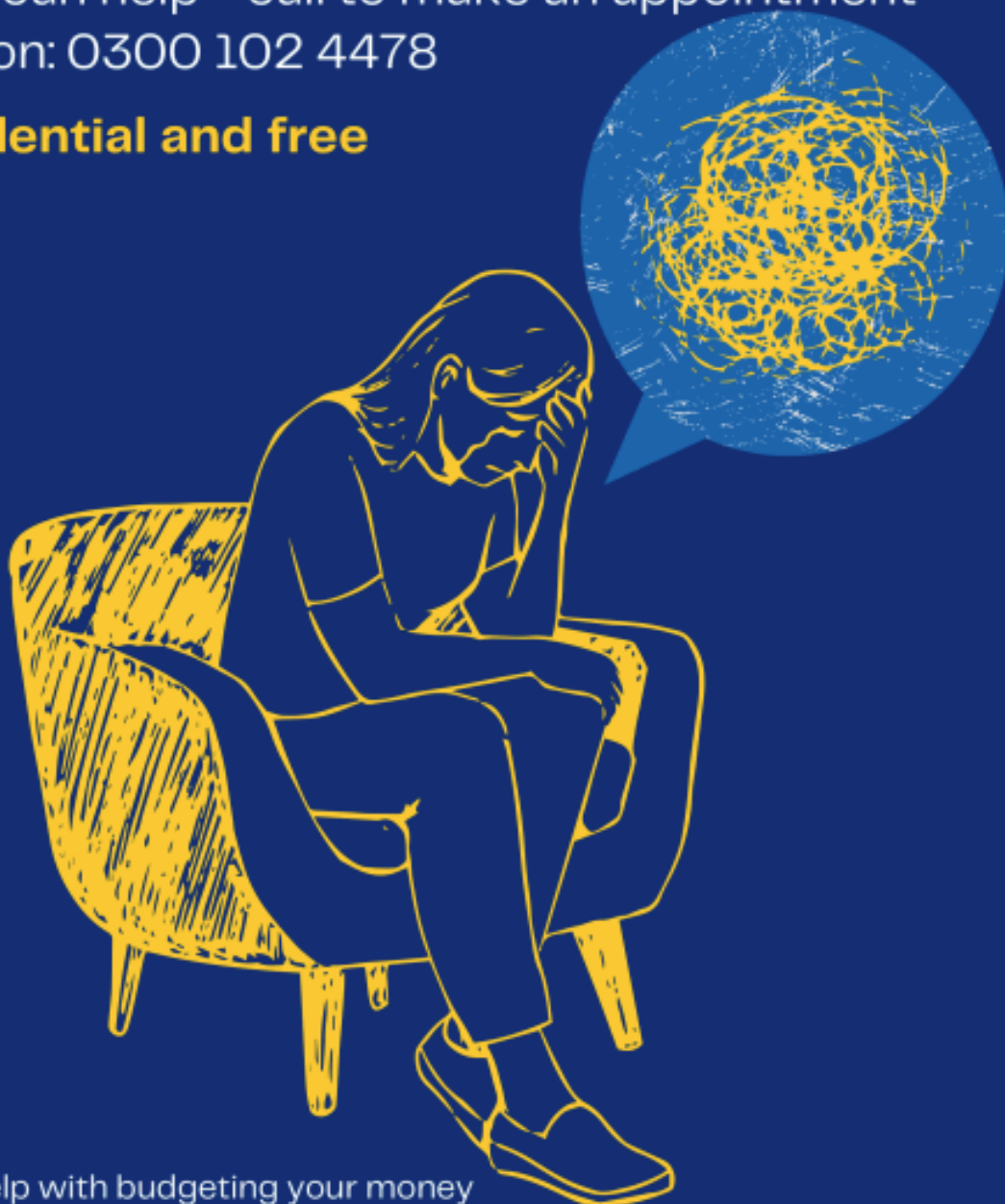
07799494797

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

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)

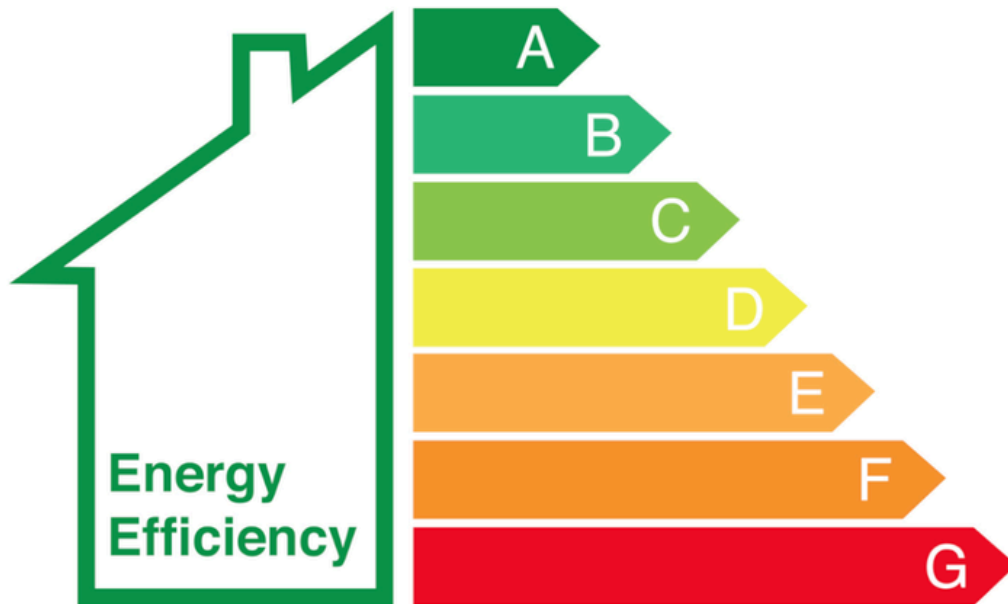
*Not all of these may be suitable for your property. Our surveyors will advise which measures can be installed if eligible.

**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!

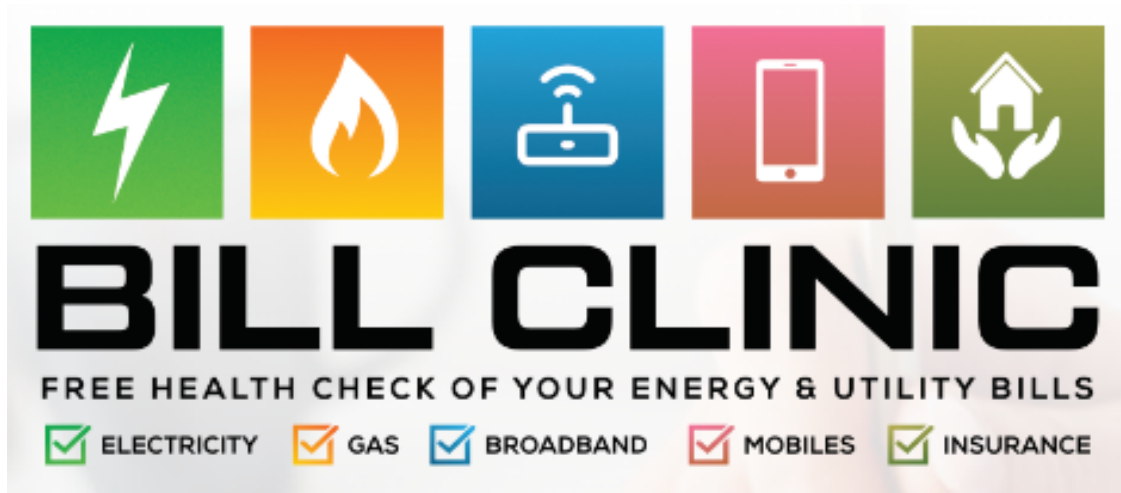
EVERY FRIDAY

11-1PM



Colchester





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



COMMUNITY FUNDING

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.





Enovert Community Trust is dedicated to supporting projects that positively impact both the environment and local communities.

Through the Landfill Communities Fund (LCF), the Trust provides grants to a wide range of initiatives designed to enhance community amenities and contribute to environmental conservation.

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





OUR TEAM

Community, Health & Wellbeing Teams

Annual Report 2024



Colchester
City Council



Colchester
Community in Action

Click [HERE](#) to read
our 2024 annual
report in full

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



EMPLOYMENT

Want to work with us?

click **HERE** to view
the latest
Colchester City
Council vacancies



Supported Housing Manager

Location: Colchester

Salary: £30,300 – 32,261.50

Contract: 4 year fixed-term

Hours: 37½ hours per week full time. Mon – Fri including at least one evening, and occasional hours on a Saturday or Sunday.

Start date: 12th May or as soon as possible thereafter

Click **HERE** for more info and to apply

Working in partnership with:



A new career is waiting for you in the Care Sector

A range of clinical and non-clinical vacancies
need to be filled across Colchester.

Join our **FREE FIVE WEEK TRAINING PROGRAMME** and
acquire new skills to work in the care sector.

**Learn about the training available for a
variety of roles below:**

- Administrator
- Care Coordinator
- Support Worker
- Chef
- Healthcare Assistant
- Receptionist

and more

You do not need to have any **prior experience, qualifications or knowledge**
to enter this work programme. Additionally, all of your eligible expenses will
be covered. Check the website for more details.



**Are you ready to take your next step
towards a fulfilling career?**

Scan the QR code to register your interest:

To find out more email:
training.academics@colchester.ac.uk
or call us on **01206 587528**



colchester.ac.uk/trainingacademies

Please note: joining the programme will not affect your benefits.



Greenstead Community Supermarket needs volunteers

**Contact the DAM Boaz Project Team for
an application form.**

www.divineassemblyministries.com

Tel:01206326564

Job Club

at 1:30 to 3pm

2nd Thursday 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/

BOYS & MEN FREE DIGITAL TRAINING



Free Basic computer & Digital Skills
Training to Clients in Colchester

Learn

- ✓ Emails
- ✓ Office Programs
- ✓ Searching Online
- ✓ Files
- ✓ Study Skills
- ✓ Finding a job



Refreshments Available

CONTACT US

Tel: 01206 617013

info@boysandmen.co.uk

**DIGITAL
ACCESS**

supporting you to get online



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



Colchester
City Council



Keep up to date visit colchester.gov.uk

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