

Colchester Community Updates



Colchester
City Council

May 2025

Welcome to our newsletter for May.

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

FREE Antenatal Groups

learn about all things birth and baby



Health & wellbeing



Prepare for labour & birth



Practical baby care

Over 3 weekly sessions, our friendly peer supporters will help to prepare you for labour, birth and the early days of parenting.

Sessions are conversational, relaxed, and tailored to explore any questions and concerns that you may have.

You will also have the opportunity to:

- Meet other local parents and make friendships
- Join a WhatsApp group run by peer supporters who will share additional information
- Attend coffee mornings and other events

Please note: partners are also welcome to attend.

"There was loads of information and it was easy to talk to the peer supporters - it made such a difference, everyone was lovely."

FREE to attend!

Head to our website to find a class and to book your place!

Book Your Place!



Call us on 01268 525 758

Email: info@parents1st.org.uk

Visit: essex.parents1st.org.uk

  @parents1stessex



Parents1st
UK

The Parents1st Essex programme was awarded the King's Award for voluntary service in 2023.



↑
TOP

Individual support for new and expectant parents



Feel confident
as a parent



Prepare for birth
and beyond



Meet other
local parents

You want the best possible start for your baby. But every expectant parent has questions, feels unsure at times and faces many decisions along the way..

"There are literally no words to describe what a lifeline you've been. Our visits have been invaluable and you've been the most amazing support."

We offer free, informal peer support. Our peer supporters can meet with you one-to-one during pregnancy and after the birth to chat through worries and concerns, share information or be there just to listen.

During pregnancy we can help you to:

- Keep well during your pregnancy
- Feel informed about your choices
- Access services in your area

After birth we can help you to:

- Cope with the early days of being a parent
- Find local parenting groups and services
- Understand your babies needs

Most of all, we're here to
listen and not judge.

We love to chat!



Call us on 01268 525 758

Email: info@parents1st.org.uk

Visit: essex.parents1st.org.uk



@parents1stessex



Parents1st
UK

The Parents 1st Essex programme was awarded the King's Award for voluntary service in 2023.



TOP

FREE Online Workshops

just for dads & non-birthing partners



Prepare for
changes ahead



Understanding
your baby's needs



Connect with
other parents

**Up to date
evidence-based
information to
help you prepare
for birth and life
with your baby**

It is best to participate when your partner is 30+ weeks pregnant. Early booking is recommended.

Our workshops are run by qualified, university trained antenatal practitioners, and run in the evenings, 7-9pm. Attending all three workshops is highly recommended.

- Week 1: How to keep mum relaxed through labour and birth
- Week 2: Understanding the role of a birth partner
- Week 3: Changes ahead and looking after your baby

You'll also receive free resources and top tips!

"It's a must for every parent-to-be!
Great presentation and tons of
useful tips!"

**FREE to
attend!**

Head to our
website to find a
class and to book
your place!

Book Your Place!



Call us on 01268 525 758

Email: info@parents1st.org.uk

Visit: essex.parents1st.org.uk



@parents1stessex



Parents1st
UK

The Parents 1st Essex programme was awarded the King's Award for voluntary service in 2023.



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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



BRINGING UP TEENS

Are you looking for ways to better support your teen children? Enrol in our FREE courses: **Understanding Teen Stress** and **Self-Esteem for Teens**. These courses are designed to help you navigate the challenges your teens face and empower them to thrive.

Sign up today and make a positive impact on your teen's life!
Scan the QR code, or
Visit our website [aclessex.com](https://www.aclessex.com) and type 'TEENS' in to the
'Find a course...' box



COMMUNITY &
FAMILY LEARNING



Essex County Council

Drama Workshops for Young and Adult Unpaid Carers

FREE
drama
classes



MERCURY

From Sep 2024 to
Mar 2026



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

Essex County Council



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

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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



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TOP

MERCURY

FREE
drama classes
for 13-17s!



Mercury Young Company **in the Community**

Basildon • Clacton • Colchester



Mercury Young Company in the Community

Thanks to funding through the National Lottery and in partnership with Essex Youth Service, we are expanding our Mercury Young Company to new venues across Essex. For young people aged 13-17, free spaces available on a first come first served basis.



Our MYC sessions will be practical workshops from our Mercury teaching artists, in which they will develop:

- Confidence • Working in a team/ensemble • Voice • Movement
- Scene work • Creating a character • Improvisation skills

Basildon



Clacton



Colchester



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

**YOUTH
SERVICE**



fiducia
Premier Partners



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



The central logo for the Essex Sexual Health Network is a white circle containing the text "Essex Sexual Health Network" in white and blue. It is surrounded by several icons: a heart, a house, a person, a speech bubble, a virus, a female symbol, a male symbol, a handshake, and a network diagram. There are also two circular inset images: one showing a couple looking at a laptop and another showing a pharmacist and a customer in a pharmacy.

Essex Sexual Health Network

Essex Sexual Health Service

Delivered by **Provide community**

Commissioned by **Essex County Council**

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



eshs.org.uk | 0300 003 1212



**↑
TOP**

ROLLERWORLD

Foundation

MAY WE ROLL TOGETHER

3 SESSIONS

RELAXED

11 TILL 12PM

FAMILY

12 TILL 5PM

OVER 14'S

7 TLL 11:30PM

SATURDAY 10TH MAY

CHARTER HALL - COLCHESTER

TICKETS: £12.50

AVAILABLE AT
WWW.ROLLERWORLD.CO.UK



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TOP

CHARTER HALL, COLCHESTER LEISURE WORLD, COWDRAY AVENUE,
COLCHESTER, ESSEX, CO1 1YH



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!**





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



NEE Children's Partnership, Start Well and the Common Outcomes Framework 2025 and beyond.

Please complete the survey
by the 14th of May 2025.

Your Views matter, help us to
design the new CPB and the
new Start Well.

Click **HERE** for the survey



ADULTS & OLDER PEOPLE



Tuesday 6 May 10am - 2.30 Ride Leader course (Free!)

As the next stage of Essex Pedal Power develops, we are looking for new Ride Leaders to work with our community members and get them out pedalling and meeting new people.

If you would like to train to become a Ride Leader, or know someone who might be interested. Please get in touch.

Sally King
Team Leader
Essex Pedal Power, Colchester
07842 422047
sally.king@theaws.org

Upcoming Events 2025:

Harwich Town Walk

1st May

Meet at Harwich Town station at 10.22 for a historic walk, visit and talk at the Electric Palace Cinema. Ending 14.28 at Dovercourt station

Bures Open Gardens

24th May

Starting at 1pm, take a stroll around the beautiful gardens of Bures.

Folk on the Flich Line

25th May

Catch the 18.25pm from Witham for 2 x return journeys while enjoying the folky tunes of The Silbury's, returning to Witham at 20.14

Bures Dragon Walk

26th May

Meet at Bures station at 10.30, for a walk to visit our own hillside dragon, approx 2 hour walk.

Walk on the Flich Line

7th June

Meet at White Notley station at 11am.

To book this and other events, please go to www.esscrp.org.uk/events or click on the QR code



Essex & South Suffolk
Community Rail
Partnership



Upcoming Events 2025:

Manningtree to Flatford Walk

26th June

Meet at Manningtree station at 10.30, bring your train ticket for a free coffee. A round trip walk to Flatford mill with a talk about John Constable at Willie Lotts cottage.

1980's Music Train

12th July

Catch the 19.01 train from Marks Tey for 2 x round trips along the Gainsborough line with sounds of the 80's from our resident DJ.

Celebration day at East Anglian Rail Museum

13th July

To celebrate 200 years of the railway and launch the new heritage Centre, join us at Chappel & Wakes Colne station for the rail museum open day.

Cockney Singalong train

26th July

Catch the 18.57 from Colchester North to Walton and join us around the piano for our popular singalong.

To book any of our events, please go to www.esscrp.org.uk/events or click on the QR code



Essex & South Suffolk
Community Rail
Partnership



Upcoming Events 2025:

Dino Train

29th July

Join us and the dinosaurs on the 10.34 Witham to Braintree train heading to the grand opening of Braintree Museum's 'Extinction' exhibition.

Seaside Special

31st July & 28th August

Catch the 09.59 train from Colchester North to join our ever popular Seaside Special to Walton on the Naze, returning at your leisure. Magician, goodie bags and all sorts of treats included, booking is a must!

The Smugglers Shanty Special

11th October

Pirates and Shanty singers aboard on two trains from Manningtree to Harwich Shanty Festival leaving Manningtree at 11.00 and 12.00.

The Halloween Train

31st October

Witches and wizards, ghosts and ghouls, join the 16.00 Manningtree to Harwich train for a spooky return journey ending at 16.48.

To book this and other events, please go to www.esscrp.org.uk/events or click on the QR code



Essex & South Suffolk
Community Rail
Partnership





VOLUNTEERS' WEEK



Celebrate Volunteers' Week 2025!



2nd - 8th
June

Volunteers' Week is a UK-wide campaign, starting on the first Monday of June, dedicated to celebrating volunteers and their incredible contributions. It highlights the diversity of volunteering across the UK and unites national organisations and local communities to honour volunteers' positive impact.

This Volunteers' Week, join us in thanking the amazing people who've made a difference — whether it's a coach, teacher, fundraiser, parent teacher association (PTA) volunteer or neighbour. It's also a chance to celebrate your own acts of kindness and volunteering, big or small.

How to join the celebration



Say **THANK YOU** to a volunteer who's made a difference.



Celebrate your own volunteering efforts, no matter how small.



Share your volunteering story to inspire others to get involved.

Volunteering isn't just about big organisations—every act of kindness matters. Let's recognise the impact of volunteers and inspire more people to get involved.



Be part of the celebration

Find a huge range of fun resources at www.volunteersweek.org, including thank you cards, certificates, photo props, and social media images to join in this **#VolunteersWeek**



VolunteersWeek.Org

Inspired to volunteer?

Volunteering can make a real difference in your own life and the lives of those around you, learning new skills and having unforgettable experiences.

You're not just helping others - you're growing, meeting new people, and making memories along the way. Whether you're up for a long-term commitment or just have a little time to give, there's a place for you. Take that first step today.

Benefits of Volunteering

Volunteering helps you develop valuable skills like teamwork, communication, and problem-solving, which not only look great on your CV but also support your future studies and career goals.

Find your local centre

Volunteer centres are often a good place to start looking for volunteering opportunities in your local area. They can find out what you're interested in doing and try to match you with a suitable local volunteering role.

Find a volunteering opportunity



www.ncvo.org.uk/get-involved/volunteering





Suffolk
Craft
Society



THE
MINORIES

The Minories Colchester

Showcasing Makers of the
Suffolk Craft Society 2025

**You are invited to a
Private View on
Thursday 1st May
from 6pm to 8pm at
The Minories,
74 High Street,
Colchester, CO1 1UE**

Exhibition is open from Thursday 1st May
until Sunday 18th May - 10am to 4pm

- Open : 10am to 4pm
Thursday - Sunday
- Free entry
- Cafe
- Card payment only
- Wheelchair access
- 📷 Find us on Instagram
- 📘 Follow us on Facebook
- www.suffolkcraftsociety.org



Suffolk
Craft
Society

Supporting individual craftspeople
in the creation of their work



Pam Schomberg : Ceramics
Large Stoneware Jug



↑
TOP

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.





kinder essex

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



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





Celebrate



10

YEARS

of AFiUK with us

AFiUK will mark its 10th anniversary with a grand celebration at:

Firstsite,

Lewis Gardens, High Street, Colchester CO1 1JH

12th June 2025

9am–3pm

The event promises to be a day of recognition, storytelling, and vision for the future, featuring:

- **The official opening of the AFiUK Baby Bank**

a new initiative supporting families in need with essential baby supplies.

- **The launch of two inspirational books:**

Blended Culture Identity: Navigating the Dual Heritage Third Culture – written by 11-year-old Community Ambassador David Walton, curated by Dr (HC) Rachel Walton.

The Power of Multiplication – authored by Dr (HC) Rachel Walton, sharing her reflections on leadership, empowerment, and growing impact through collective action.

- **Launch of The Rising Stars UK Awards** – recognising the next generation of young leaders making a difference in their communities.
- **Guest speakers**

HM Lord Lieutenant Jennifer Tolhurst

Special Guests, Community Ambassadors, and Friends of AFiUK

Let's celebrate a decade of voices, stories, and resilience. You're invited to be part of this historic moment!

Let us know your attending by reserving a ticket at Eventbrite



Visit www.afiuk.org

follow AFiUK Official on Facebook to stay updated on the event and organisation's work



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



BIGGER, FASTER STRONGER

A 6 WEEK INTRO TO PHYSICAL ACTIVITY PROGRAMME

Miss
fitz
WORKOUT

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

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



Eligibility criteria apply



**Need
urgent
mental
health
support?**



And select the option for mental health crisis

Support available 24/7 for all ages



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



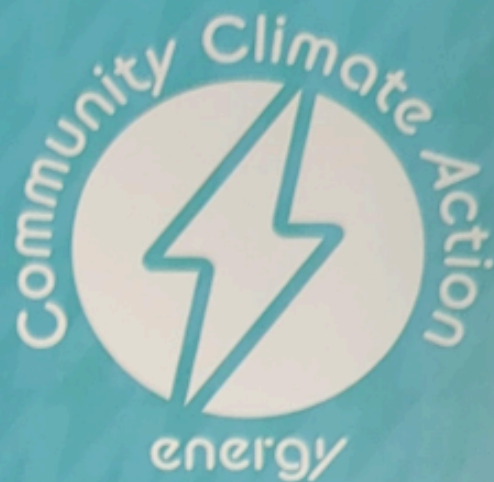
Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.



Together we are help & hope
for everyone living with dementia



YOU ARE INVITED TO A COMMUNITY CLIMATE ACTION WORKSHOP



Let's Take Action Together for a
Greener Colchester & Local Area!



WHEN & WHERE

11am-3pm

Sunday, 18th May 2025

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



Join us and be part of the action!
Scan the QR code for your free ticket
or visit [/CommunityClimateActionUK](#)
on Facebook for event details.



Essex County Council

Join us for an exciting, hands-on workshop where we'll explore practical ways to generate energy, reduce costs, and make our community greener and healthier. This first workshop focuses on community renewable energy; cleaner, greener, and cheaper solutions for all of us.



WHAT YOU'LL FIND AT THE WORKSHOP

- Learn how action on Energy can support nature-based recovery, transport and regenerative agriculture.
- Discover actions you can take to shape your environment and help **Colchester & Local Area** thrive for generations to come.
- Get involved in creating our **Community Climate Action Plan** to help **Colchester & Local Area** thrive for generations.
- Let's make a difference together! By coming along, you'll be part of the change, and we'll make it fun, practical, and inspiring.

WHEN & WHERE

11am-3pm

Sunday, 18th May 2025

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



Join us and be part of the action!
Scan the QR code for your free ticket
or visit [/CommunityClimateActionUK](#)
on Facebook for event details.



Essex County Council



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



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



FALLEN OR HURT YOURSELF ON THE STAIRS AT HOME?

Help is
available for
Colchester
Residents



If you have fallen on your stairs or do not feel safe using them, you could get a free stairlift grant through **Colchester City Council**. No means test required as part of our Disabled Facilities Grant service - just support when you need it most.

WHO CAN APPLY?

- ✓ Homeowners and tenants
- ✓ Landlords (for disabled tenants)
- ✓ Parents/guardians of disabled children

WHAT'S COVERED?

Stairlifts may be funded if you:

- need access to essential rooms such as a bedroom or bathroom
- the property is suitable for a stairlift and it suits your needs.

HOW TO APPLY

- **Step 1:** Get an Occupational Therapist Assessment with Essex County Council.
For adults: Call 0345 603 7630 or email socialcaredirect@essex.gov.uk.
For Children: Contact 0345 603 7627 (Children and Families Hub).
- **Step 2:** Once the assessment is complete, our Healthy Homes team will guide you through the application and installation process.





HEALTH & SUPPORT SERVICES

Help shape Mental Health services in Suffolk and North East Essex

The Mental Health Hub page on Let's Talk SNEE platform has been revamped! A space to share your thoughts, experiences, and ideas on improving mental health services.

- ✓ Share your experiences and insights
- ✓ Help shape local mental health services

How to get involved?

Scan the QR to visit the page and start sharing your thoughts!

or click **HERE** to visit the page



SURVIVOR Steps



EMPOWER | HEAL | THRIVE!

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

Movement | Mindfulness | Community

Every Friday | 10 - 11:30
Greenstead Community Centre

www.thedandelionproject.co.uk

REGISTER NOW



in partnership with

Next chapter

Funded by





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





A new digital tool to help public and professionals refer and signpost to health and wellbeing services has been launched in north east Essex.

The Essex Frontline platform provides a library of local health and wellbeing services for the public and professionals to access. Services on the platform range from debt advice, support for addiction and mental health and housing advice.

Click **HERE** to see the full statement.





Time to Talk...

About Men's Mental Health

Tuesday 10th June 2025

08.00am - 10.30am

Colchester Rugby Club (Raven Bar)

CO4 5YX

Tickets: £5 per person

Book now at mnessexmind.org/mens-health

Tickets £5pp
Breakfast Bap
& Hot Drink
Included

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](#)



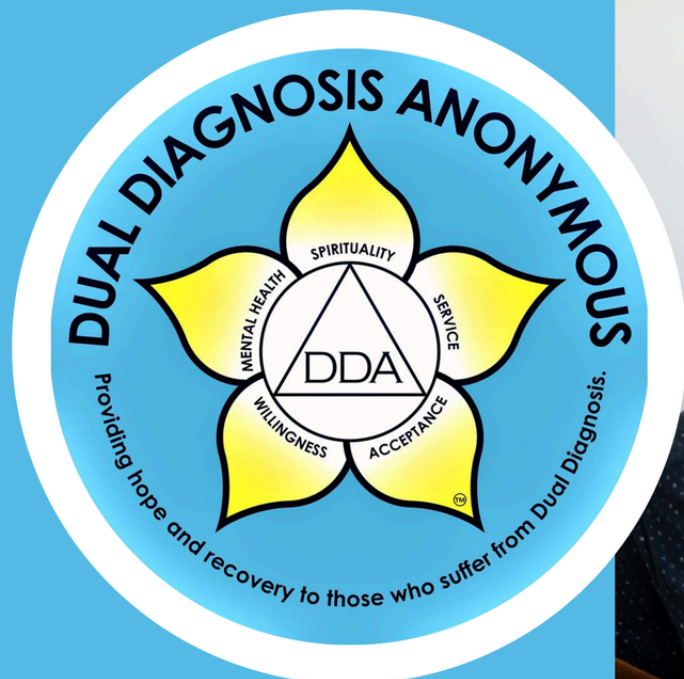
Contact us

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





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.





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



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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LEGAL & CRIME

JUST HERE TO WORK

LET'S KEEP OUR WORKPLACE A SAFE SPACE FOR ALL

FIND OUT MORE



**ESSEX
POLICE**

Protecting and serving Essex

HOW TO REPORT



The "manosphere" is an umbrella term referring to a set of interconnected misogynistic online communities. It encompasses multiple types and degrees of misogyny – from broader male supremacist discourse to men's rights activism and "incels".

Incels (short for involuntary celibates) forge a sense of identity around a perceived inability to form sexual or romantic relationships, blaming themselves, society at large and specifically women for these perceived failures, and therefore feel a bitterness towards women and themselves.

There is a high risk of self-harm for those involved in incel subcultures, and there have also been incidents of mass-casualty violence committed by self-proclaimed incels. It is important that we understand this ideology, and the narratives and terminology used, [in order to](#) protect and support those we work with.

Who can take the training?

This training is open to professionals working within the public and voluntary sectors in Essex, as well as elected members.

Please note that these sessions are aimed at improving your understanding of incel ideologies and will not provide guidance on addressing the topic directly with young people, however links to additional resources will be provided.

What will the training cover?

- **The Manosphere** – What is meant by the 'manosphere' and some of the different groups and influencers within it.
- **Incels** – What is meant by the term incel, the narratives and ideology surrounding it, how the [sub-cultures](#) operate, links to other extremist groups and some case studies.
- **Incel Symbols & Terminology**– The language, terms and symbols used by incels and what they mean.

Please note that this session will include content of an extremist and sexually explicit nature, including visuals.

When is the training?

- Thursday 29th May 2025, 10:00-10:45
- Wednesday 4th June 2025, 14:00-14:45
- Tuesday 10th June 2025, 14:00-14:45

All sessions are held via MS Teams and calendar invite with the joining link will be sent to you upon registration. Due to the content of the training, we strongly advise that you only book onto a session at a time when you can join from a private space.

You can register onto one of the sessions (or join our wait list for future sessions) via our [registration form](#).

You can also use this form to tell us about any accessibility needs ahead of the session.

If you have any questions, please contact us on community.safety@essex.gov.uk





ESSEX
POLICE

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



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

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EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

Click **HERE** to see the Colchester
City Council Armed Forces Page



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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.





2025 marks the 80th anniversaries of VE Day (Victory in Europe Day) on 8 May and VJ Day (Victory over Japan Day) on 15 August.

It is an opportunity for the nation to come together to honour and pay tribute to the Second World War generation from across the UK and Commonwealth.

Click **HERE** to visit this website to find ways to take part.



Colchester to mark 80 Years since VE Day

Colchester will mark the 80th anniversary of Victory in Europe Day on Thursday, 8 May 2025 with a day of commemorative events, led by the Mayor of Colchester. Residents are warmly encouraged to attend and take part.

The day begins at 10am outside the Town Hall, where the Mayor will join civic dignitaries and members of the public for a special proclamation, followed by the raising of the VE Day 80 and Pegasus flags.

At 12:30pm, the Mayor will lead a commemoration service at the Colchester War Memorial, supported by Colchester Garrison. This will be a moment for the community to come together and pay tribute to those who served during the Second World War.

In the evening, the Mayor will lead a procession to Castle Park, where a beacon will be lit at 9:30pm – a symbolic gesture mirrored by communities across the country.

Whether you join in the morning, afternoon or evening, all three events are open to the public and offer a chance to reflect, remember, and honour the legacy of VE Day.

'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'

THE ARMED FORCES COVENANT FUND TRUST

ARMED FORCES GAMBLING SUPPORT NETWORK



- 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

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EMPLOYER RECOGNITION SCHEME

BRONZE AWARD

Proudly supporting those who serve.



Breakeven



The Airborne Soldier Statue Colchester City

2000

2025



Follow us:
The Colchester
Airborne Soldier
Statue 2025

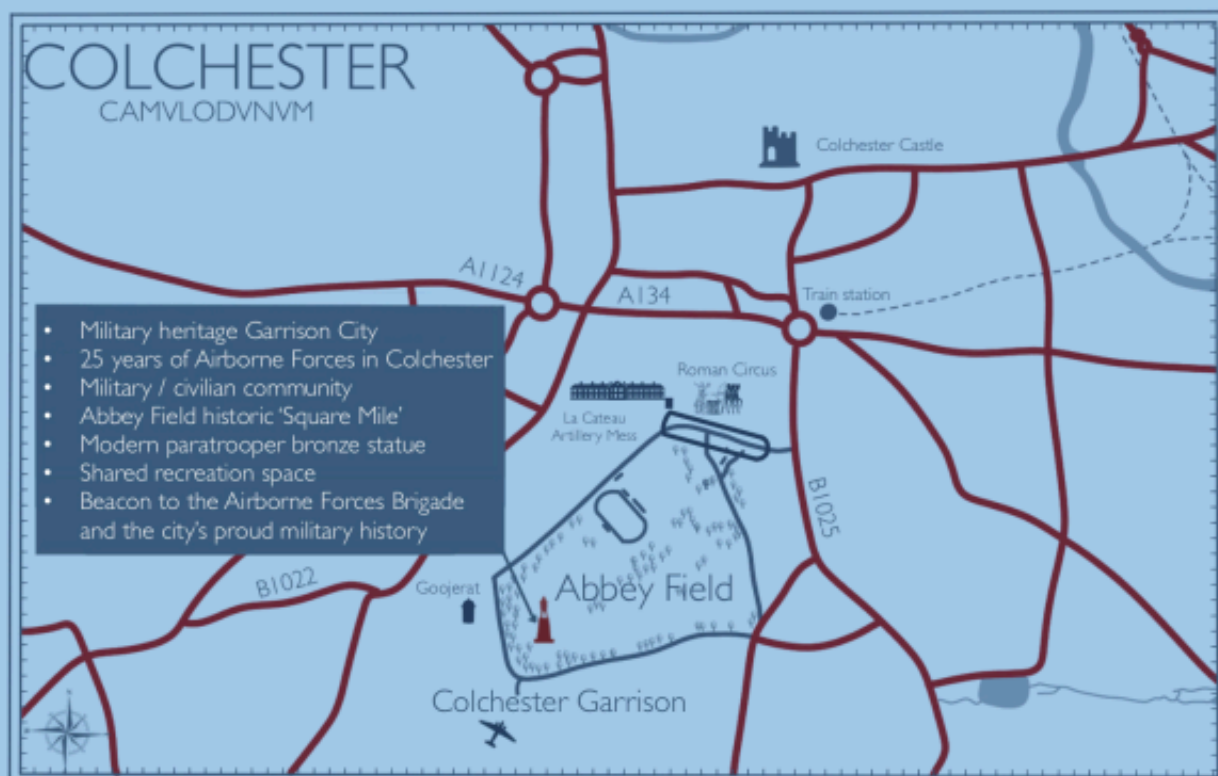


DONATE HERE

Support our fund raising campaign for this fantastic
project, a life sized bronze paratrooper statue,
commemorating 25 years of

Airborne Forces in Colchester Garrison City.

To be unveiled at the Armed Forces Garrison Show, 27 June 2026



Veterans drop-in sessions

Mid and South Essex NHS Foundation Trust are delighted to announce monthly drop-in sessions for our Armed Service Veterans.

Hosted by Armed Forces service champions, sessions are being held across all three hospital sites. Come along for a chat, information or share your experiences. Coffee, cake and light refreshments will be served.



Basildon Hospital

(Next to
The Retreat Restaurant)

13 May 10am – 12noon

26 June 10am – 12noon

Broomfield Hospital

(Next to Costa Coffee
inside the Atrium)

3 April 9am – 12noon

15 May 10am – 12noon

10 June 10am – 12noon

Southend Hospital

(Prittlewell Building
Old main entrance)

15 May 11am – 1pm

12 June 10am – 12noon

New dates will be added periodically. For the latest updates, please check our Trust calendar. To contact our Case Navigator, email mse.armedforces@nhs.net



EMPLOYER RECOGNITION SCHEME
SILVER AWARD WINNER 2019
PROUDLY SUPPORTING THOSE WHO SERVE.



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



STOP LOAN SHARKS
WEEK 2025

No Pressure, No Judgement

We're here
whenever you're ready

Stop Loan Sharks are here to help support
anyone involved with a loan shark

Call - 0300 555 2222

visit - stoploansharks.co.uk

For more info on STOP LOAN SHARK
WEEK, click [HERE](#)



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

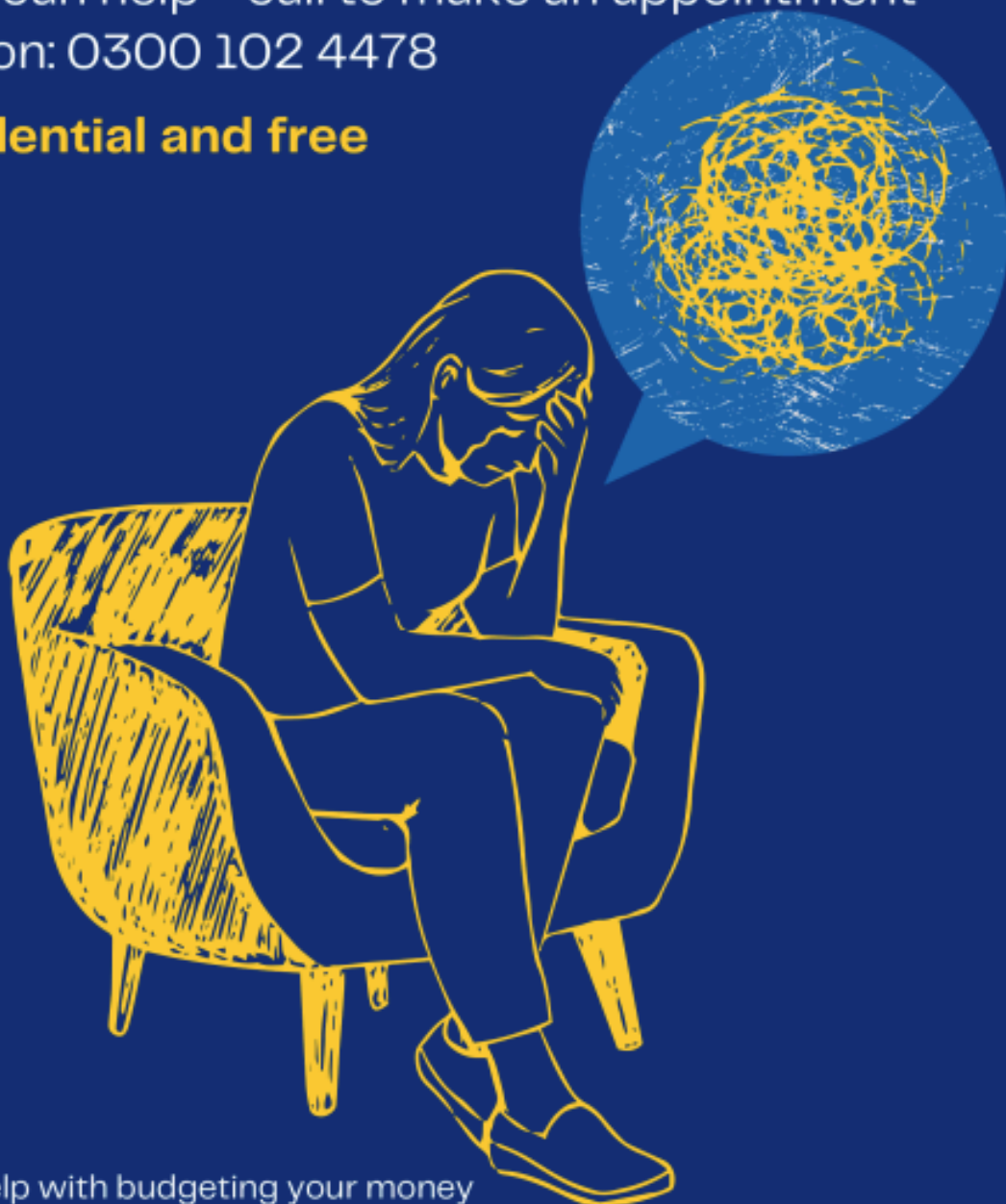


Debt can take its toll on your life.



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 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)

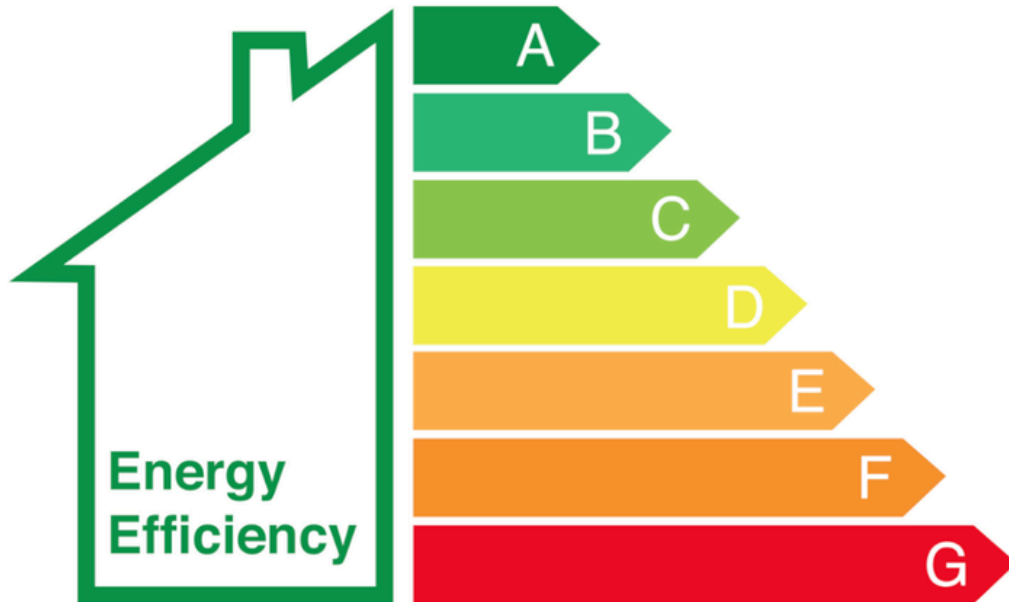
*Not all of these may be suitable for your property. Our surveyors will advise which measures can be installed if eligible.

**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**



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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



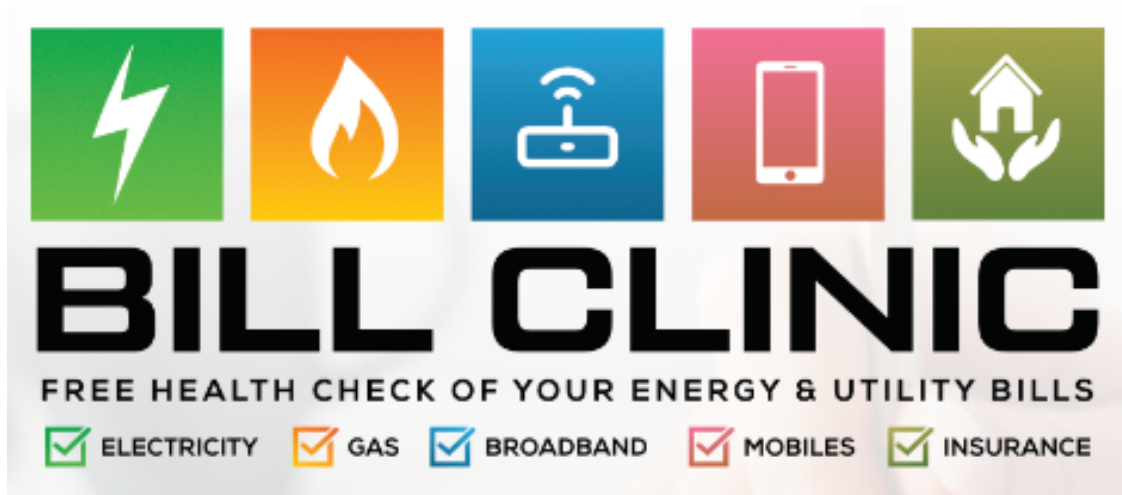
Colchester

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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



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



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/

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



Keep up to date visit colchester.gov.uk

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