

Colchester Community Updates



Colchester
City Council

September 2025

Welcome to our newsletter for September.

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.

- [Kids & Young Adults](#)
- [Adults & Older People](#)
- [Health and Support Services](#)
- [Legal](#)
- [Armed Forces Updates](#)
- [Cost of Living Support](#)
- [Community Funding](#)
- [Our Team](#)
- [Employment](#)
- [Unsubscribe](#)





KIDS & YOUNG ADULTS

NSPCC 'Learning'

Free series of webinars

In partnership with Vodafone, we have put together a series of webinars from safeguarding experts based on the voices of children and young people.

Starting in September, this eight-part series will cover essential topics that young people face today, including online grooming, scams and exposure to harmful content.

Sign up today to learn how to keep children safe in the digital world.

For more info, and to book your place, click [HERE](#)



NEW YOUTH CLUB IN GREENSTEAD

6-8PM EVERY THURSDAY

AGES 11-16 WELCOME!

• Games • Arts & Crafts • ⚽ Sports
🎮 Chill Zone • 🎵 Music & Talent Nights
🎵 Snacks

OPENING WEEK: SEPTEMBER
ST JOHYN PAYNE CHURCH HALL 4TH
21 Blackthorn Ave, Colchester CO4 3QD

50p ENTRY

**SIGN UP
HERE →**



**Weekly Sessions • Safe, Friendly, and
Super Fun**
contact@eastangliayouthclubs.co.uk

NEW TOWN COMMUNITY DAY

Saturday 30th August

11am-3pm



Entertainment, live music, stalls, children's rides and inflatables, refreshments, BBQ, mobile skate park, cargo bikes, face paints, dog show and more!

In aid of Mind Mid and North East Essex and St Stephen's Church.

 **Mind**
Mid and North
East Essex


Wimpole Road
METHODIST CHURCH


St Stephen's
CHURCH

Free
Entry

**OLD HEATH RECREATION
GROUND COLCHESTER**

**PPL
PRS**
United for Music

↑
TOP

HEADWAY ESSEX

Classic



SUNDAY 21 SEPTEMBER 2025 **VEHICLE SHOW** **10:30 - 16:00**
COLCHESTER CASTLE PARK

★ CLASSIC CARS, MOTORBIKES, TRUCKS AND OTHER VEHICLES ★
DANCING ★ RETRO MUSIC ★ STALLS ★ FOOD & DRINK ★ ENTERTAINMENT



Book your tickets here!
www.headwayessex.org.uk

SPONSORED BY Blackwater Law **TOP**

Registered charity number 1008807





PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025



moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free weekdays, 21st July – 29th Sept

BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

BREWDOG

2 Kids eat free with 1 adult, 19th July - 31st August

BURGER KING

From 28th July - 31st August, Kids Eat Free (via app)

CHIQUITO

Kids eat FREE Daily Until August 31st

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S

Kids Eat Free from 14th July – 31st August 2025

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1, Mon - Fri via the App

HUNGRY HORSE

Kids eat for £1 on Mondays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids Eat FREE with a 60p spend until Aug 31st

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TOBY CARVERY

Kids eat for £1 all day (weekdays) until Aug 29th

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free this summer holidays (ex Saturdays)

Copyright of MONEY SAVING CENTRAL



BRICK



CAFE

Starts 6th Sept

St Botolph's Church
10.00 – 11.30am

First Saturday of the month

Come and create

Free entry

**Children must be
accompanied by an adult**

stbotolphs.org



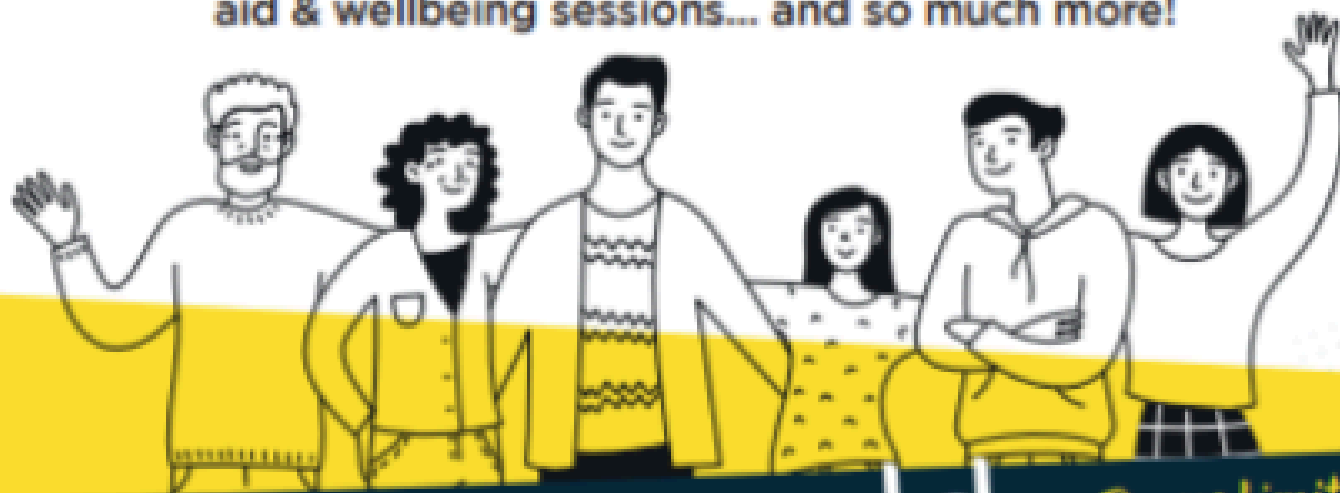


FREE ACTIVITIES FOR ALL AGES & ABILITIES!

Get active, connect with others,
and boost your wellbeing!

What's On?

Inclusive children's multi-sports sessions | Yoga & Pilates classes | Gentle exercise for over 65s and those with mobility issues | Healthy eating workshops | First aid & wellbeing sessions... and so much more!



leisure world
in the Community

Spaces Limited
BOOK NOW



Coming to local community centres, parks & schools near you!
Greenstead • Old Heath • St Anne's • Hythe • Castle Park • Local Schools

★
TOP

FREE CITY & GUILDS ASSURED GAMING AND GAMBLING AWARENESS AND HARM PREVENTION WORKSHOPS



Ygam are an award-winning charity working to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education and research.

SOCIAL CARE

Suitable for: Social workers, family support teams, early help/intervention practitioners and professionals who work with children and their families.

Topics include:

- Why children and young people may game and/or gamble
- The key influences on young people, including sports and advertising
- The blurred lines between gaming and gambling
- Children as affected others
- How to spot the signs of harm and signposting options
- How you can support the children and families you work with
- Examples of conversation starters and 1:1 activities to use within your setting

On completion of this workshop you will gain a City & Guilds Certificate and Digital Credential along with access to over 1000 resources, including downloadable work activities sheets.

HEALTHCARE

Suitable for: GPs, nurses, counsellors, psychologists, social prescribers and mental health practitioners who work with young people.

Topics include:

- Gaming and gambling exposure on young and developing brains
- Risk and associated harms
- The influence of advertising, products, social media, in game purchases and digital convergence
- The young brain; decision making, addiction and motivation
- Barriers to seeking support
- Example case study scenarios
- Signs of harm
- Conversations, screening, planning, follow-ups and signposting

On completion of this workshop, you will gain a City & Guilds Certificate and Digital Credential and receive a resource pack to support you within your role.

For further information or to book on to our training
[CLICK HERE](#) or contact us at training@ygam.org

Our fully funded workshops are available across England, Scotland, Wales, and Northern Ireland.





"I did not know how to address gaming and gambling issues with families before this training. I now feel confident in starting conversations about the positives and negatives of gaming and know I can use Ygam materials to assess risk and harm if needed in future."

Social Worker.

"The team really enjoyed the presentations and feel more empowered to tackle gambling concerns with young people on their caseload specialist."

Nurse, NHS Foundation Trust

"Having this knowledge will enable me to have a frank conversation with parents on the subtle differences and similarities of gaming and gambling. It will also enable me to have those challenging conversations in multi-agency meetings with others who are supporting young people."

Family Worker

Ygam





ADULTS & OLDER PEOPLE



The government will be carrying out a national test of the UK Emergency Alerts system on

7th September 2025 at 3pm.

The test alert will be sent to all compatible 4G and 5G mobile phones and compatible tablets across the UK.

For more details, and how to opt out, click **HERE**



Community Kitchen

BRINGING UNITY TO THE COMMUNITY



Now Open for Community Hire!

We're proud to launch our brand new Community Kitchen and spaces for hire at Unity Primary Academy.

 **Community Kitchen** – Fully equipped with 7 hobs/ovens, commercial catering facilities. Perfect for cooking classes, community meals, and food education.

 **Main Hall** – Beautiful parquet floor, ideal for sports clubs, dance, fitness, or functions. Direct kitchen access.

 **Outside Grounds** – Available for sports and clubs.

 **Small Meeting Room** – Cosy sofas for informal or family meetings. Tea/coffee facilities.

 **Conference room** – With TV, tea/coffee making facilities with small fridge

Why hire our spaces?

Because together we build skills, confidence, and connection for everyone in Greenstead and beyond.

Hiring fees start at just £10 an hour for small meeting room or £25 per hour for community kitchen use



View kitchen facilities at:
**[unityprimaryacademy.com/
community-kitchen](https://unityprimaryacademy.com/community-kitchen)**



**BOOK NOW OR FIND OUT MORE:
CALL 01206 864226 OR EMAIL
NIKI.RUTT@UNITYPRIMARYACADEMY.COM**



NEW TOWN COMMUNITY DAY

Saturday 30th August

11am-3pm



Entertainment, live music, stalls, children's rides and inflatables, refreshments, BBQ, mobile skate park, cargo bikes, face paints, dog show and more!

In aid of Mind Mid and North East Essex and St Stephen's Church.

 **mind**
Mid and North
East Essex


Wimpole Road
METHODIST CHURCH


St Stephen's
CHURCH

Free
Entry

**OLD HEATH RECREATION
GROUND COLCHESTER**

**PPL
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HEADWAY ESSEX

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★ CLASSIC CARS, MOTORBIKES, TRUCKS AND OTHER VEHICLES ★
DANCING ★ RETRO MUSIC ★ STALLS ★ FOOD & DRINK ★ ENTERTAINMENT



Book your tickets here!
www.headwayessex.org.uk

SPONSORED BY

Blackwater Law

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Registered charity number 1008807



Be More Dandelion

Greenstead
Community Centre



Reconnect. Reflect. Reclaim.

Join a welcoming, **women-only space** where you can move, breathe, and begin to reconnect with yourself and others.

It's not therapy, but a creative and mindful space to recharge, reflect, and reconnect with yourself and others.

Join a supportive, women-only group where you can move, breathe, and grow together.

What to Expect Each Week:

- Grounding breathwork
- Gentle movement
- Creative prompts & mindfulness
- A calming mantra and short meditation
- Time for self-reflection
- Refreshments and warm conversation

Our Weekly Themes:

- Introduction
- Self-Reflection
- Connection
- Trust
- Empowerment
- New Beginnings

Our Supporters:

Next chapter



The Colte Partnership
At The Heart of Primary Care



Our Funders:



www.thedandelionproject.co.uk

@BeMoreDandelion | @_TheDandelionProject

Why “Be More Dandelion”?



The dandelion is a symbol of survival, strength, and resilience. For anyone who's ever had to rebuild after being broken, the dandelion is you. **Are you ready to Be More Dandelion?**

A Safe Space, Always

- For women only, aged 18 and above
- Fully funded and free to attend
- No expectation to share or perform
- LGBTQ+ inclusive
- All backgrounds, all bodies, all welcome

📍 Location:

Greenstead Community Centre
Hawthorn Ave,
Colchester
CO4 3QE

Easily accessible by bus or car

Wheelchair accessible

Parking available

Got questions?

Visit our website or use the QR code to get in touch through our contact form. We'd love to hear from you.

SCAN ME



sign up now

For our next
6-week programme



Empower Yourself with Essential First Aid Skills

Join our **FREE** Family First Aid sessions to gain the knowledge and confidence to handle common emergencies. Ensure your loved ones are safe with practical skills.

Why Attend?

Empower yourself, Connect with local parents and carers, Ensure your family's safety

 When: Book now for sessions taking place in 2025 / 2026

 Online and in person

Don't miss out—sign up today!

Visit our website **aclessex.com** and type '**Family First Aid**' in to the 'Find a course...' box



Free Oral Health Training for those working with children

Community
Dental
Services

The Oral Health Improvement Team for Community Dental Services in Essex are commissioned by NHS England/Improvement to provide free Oral Health training to professionals working with Children in Essex. This includes nursery workers, childminders, primary school teachers or any professional who works with children aged 0-11 years within Essex.



Tuesday 9th September 2025 **EYFS Oral Health Training**

1:00pm-2:30pm

[Click here to access training](#)

Tuesday 7th October 2025

1:00pm-2:30pm

[Click here to access training](#)

Tuesday 18th November 2025

1:00pm-2:30pm

[Click here to access training](#)

Tuesday 2nd December 2025

1:00pm-2:30pm

[Click here to access training](#)

As we do not ask for a pre-registration, we suggest you try the training link a few days beforehand to ensure you can access the training, as we will be unable to address connection issues during the live training session.

If you are unable to access the training when testing the link, please email us the day before the training at ohimp.essex@cds-cic.nhs.uk and a member of our team will resend the link.

Gain valuable knowledge on:

- Why oral care is important
- Advice on brushing and toothpaste guidance
- Diet advice
- Preventative care
- Accessing a dentist and much more!

No pre-registration is required, just click on your preferred time above to join the training on the day. Both webinars will be identical, so professionals only need attend one.

We would highly recommend using a laptop, PC or iPad to join the training and avoid using a phone, as previously there have been issues with viewing and hearing the presentation and videos.

Attendees will receive an oral health certificate including CPD hours on completion.

If you would like to know more about our training opportunities, please contact us on ohimp.essex@cds-cic.nhs.uk or visit our website: [Community Dental Services - OHI](#)



Essex Child and Family Wellbeing Services Pre-Birth to 19 Years (ECFWS)

Title: Colchester Housing & ECFWS
Pathway for Practitioners

Date: August 2025

Click [HERE](#) for the full PowerPoint
Presentation





Waste Less Challenge

Pledge to waste less for a chance to win vouchers to Colchester attractions and businesses.

This summer, Colchester residents are encouraged to sign up to the Waste Less Challenge, and pledge to reduce what they throw away.

Participants will receive regular emails over eight weeks, with easy tips on how to reduce food waste, repair belongings, and shop more sustainably.

By signing up, you could win a £100 voucher to a Colchester attraction or business. Click **[HERE](#)** for more info.





You said, the Commission listened, now come and be part of shaping the future of Caring Communities in Greater Essex.

Join Our interactive Bitesize Online Sessions which are designed for you to:

- Influence the delivery of the 23 actions identified by the Commission
- Inspire community participation
- Focus our collective efforts on prevention to improve outcomes

Each session will:

- Focus on a key action or group of linked actions in the [Essex Caring Communities Commission Report](#)
- Run on MS Teams for 55 minutes
- Be facilitated by a member of the Caring Communities team

You can sign up for two actions per person and spaces are limited to 25 per session.

Get Involved - Book your place [here](#)

Date	Time	Action
Tuesday 09/09/2025	14:00 – 14:55	Challenge £2 Billion
	16:00 – 16:55	Civil Society Leadership Programme
Wednesday 10/09/2025	15:00 – 15:55	School Ready Task Force
	16:00 – 16:55	Community Asset Map
Thursday 11/09/2025	10:00 – 10:55	Celebration Festival
	14:00 – 14:55	Health at Home Programme
Monday 15/09/2025	11:00 – 11:55	Youth Activity Guarantee
	12:00 – 12:55	Apprenticeship Programme
	13:30 – 14:25	50+ Task Force
	15:30 – 16:25	Decade of Opportunity
Tuesday 16/09/2025	11:30 – 12:25	Bold Commissioners Group
	15:30 – 16:25	Public Services Experience
Wednesday 17/09/2025	09:15 – 10:10	Essex Retirement Service
	10:30 – 11:25	A Library of Things
	16:15 – 17:10	Essex Employers Care Partnership

Sponsored by:



FREE ONLINE VULNERABILITY TRAINING

ASK FOR
ANGELA



Creates a safe environment for yourself & everyone around you.



Talks you through preventative methods & support you can offer individuals.



Supports you through uncomfortable & difficult situations



Helps you recognise the signs of vulnerability



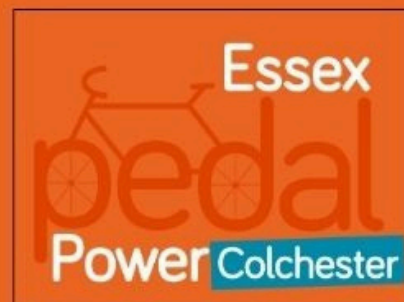
To complete the Ask for Angela Vulnerability Training, please scan the QR code.

Enter the access code:

'Colchester-City-Council-VT'



Colchester
City Council



Sofa to Saddle Let's get cycling!

Ladies - Join Sally

Thursday's 10am

and together lets find our cycle legs.

**Bring your bike, helmet and lock and meet
outside Elim Church CO4 3QE**

Feel tired and
lacking energy?

Have difficulty
sleeping?

Want to meet
new friends?

For further information please contact
07842 422047
or email colchesterepp@theaws.org





Proud to be part of

Your Essex Community

Supporting the Voluntary and Community Sector

Join our Community Of Practice

Want to hear more about how you can encourage, motivate, enable and inspire communities to get involved, realise the cumulative power within communities, fostering resilience?

Scan the QR code below - its free!



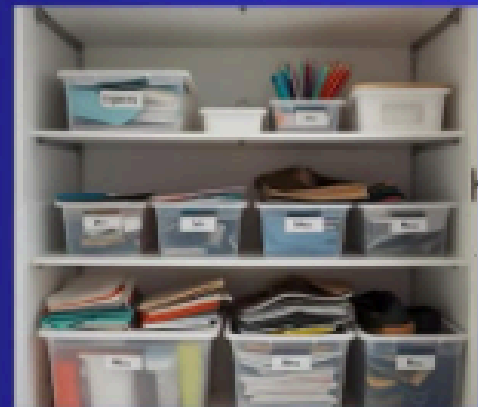
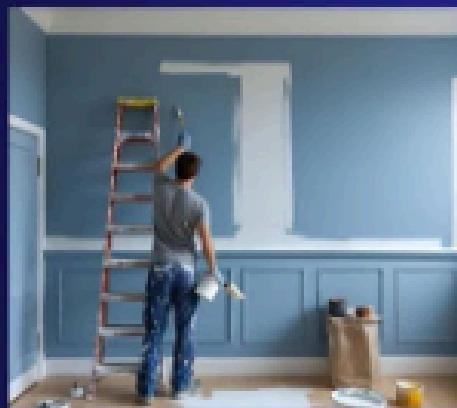
SCAN ME

↑
TOP





BBC 1's 'CLEAN IT, FIX IT' IS CASTING FOR A 5TH SERIES!



Is your home in need of some cleaning and fixing?
Would a guiding hand help you take on the projects you
don't have the confidence to attempt yourself?
Do you need help and creative ideas to make big changes
on a limited budget?
Whether you rent or own your property, we'd love to help!
We're looking for households who want to fix up, de-clutter
and clean their homes.

*Please contact us at:
CIFICasting@curvemediacom
or scan our QR code*



curvemedia



BBC one

Clean it, Fix it application \$5



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Supported Lodgings with Essex County Council



Supported Lodgings is a rewarding way to help young people aged 16–21 gain independence in a safe and supportive home environment. You don't need a spare house—just a spare room and a big heart!

Why become a Supported Lodgings provider?

- Receive £315 per week
- Get a £2000 welcome bonus
- Enjoy flexibility to suit your lifestyle
- Make a lasting emotional impact

"My Supported Lodgings provider helped me believe in myself again. I'm now working full-time and planning for the future." – Callum

Join our community of caring providers and make a difference in a young person's life.

Contact the Essex County Council fostering team today to learn more!
Click [**HERE**](#) for details.





There's never been a better time to foster with us.

Experience exceptional support, award-winning training, competitive fees and a whole community behind you. Receive a £2000 welcome bonus when you foster with us. More children than ever need a safe and loving home.

Find a fostering option to suit you.

0800 801 530

www.essex.gov.uk/foster

[@essexadoptandfoster](https://www.facebook.com/essexadoptandfoster)

FREE INTERVIEW SKILLS WORKSHOP



- Key strategies for preparing for interviews
- How to effectively answer interview questions
- How to interact with interviewers

The workshop session runs 10.00am to 12.00 noon on the following dates in 2025:

12 March / 23 April / 14 May / 11 June

9 July / 6 August / 3 September

1 October / 29 October / 26 November

Signpost Greenstead
First Floor, Greenstead Library,
Hawthorn Avenue CO4 3QE

To book a place please call 01206 861800
or email spg@sign-post.info



Songs of Praise

Sing your favourite hymns
with a live orchestra

6.30pm - St Botolph's Church

Sunday 5th October 2025

Free Entry - All Welcome



Brought to you by St Botolph's Church & St Botolph's Music Society
stbotolphs.org

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



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





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



TOP



Scan the QR code to
take part in our survey



HAVE YOU HAD A TRIP OR FALL?

**We want to hear about your
experiences getting support!**

For more information or to share your story, please email
Melanie.Archer@healthwatchessex.org.uk or call/text
Mel on **07907 860739** for an informal chat. You can also visit
<https://tally.so/r/mDbRXI> to take part in an anonymous survey.



Join us this summer 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 summer.

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 2—3.30pm

Singing for the Brain® Mersea

WI Hall, Kingsland Road, West Mersea. CO5 8RB

First and third Wednesday of the month 2—3.30pm

Singing for the Brain® Takeley

Priors Green Community Hall, Takeley. CM6 1YE

First and third Thursday of the month 10.30am—12noon

West Clacton Memory Cafe

West Clacton Library, Jaywick Lane, Clacton-on-Sea. CO16 8BE

Second Tuesday of the month 10.30am—12noon

Harwich Memory Cafe

Harwich Library, Upper Kingsway, Dovercourt, Harwich. CO12 3JT

First and third Tuesday of the month 10.30am—12noon

Manningtree Memory Cafe

Manningtree Library, High Street, Manningtree. CO11 1AD

Last Friday of the month 10—11am

Memory Café

Kingsland Church, 86 London Road, Colchester. CO3 9DW

Alternate Mondays 1—3pm starting 4 August 2025

Get in touch to find out more

Email: essexgroups@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





HEALTH & SUPPORT SERVICES



Essex County Council
Libraries

This is a digital poster, please do not print



Seated Exercise

Greenstead Library

Every Thursday, 10.30am to 11.15am

- **Boosts strength, flexibility and mobility in our adult community**
- **Booking required. Book your place online, at the library or by emailing: greenstead.library@essex.gov.uk**
- **Free sessions funded by Active Essex**



libraries.essex.gov.uk



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Mindfulness Based Living Course

Join Dr Jane Cockram for a free **ONLINE 8 WEEK COURSE** to learn the skills of mindfulness, scientifically recognised as being beneficial for improving physical and emotional wellbeing, reducing stress and anxiety

Tuesday evenings, 7- 9.15pm
Starting 23rd September 2025
Full details can be seen **[HERE](#)**

For more informaton and to register, please
email Dr Jane Cockram:
mindfulness@colchester.myzen.co.uk



Co existing mental health and addictions Improvement Survey

Please give us your views - new survey for individuals
and carers with a co-existing mental health and
drug/alcohol addiction.

We are aware, through our work, that people who have a
“dual diagnosis” i.e. have a mental illness and co-existing
use of alcohol or drugs, often fall between services.



We plan to look into the services available for people in
this situation, and to identify gaps, problems and any
good practice in Suffolk and North East Essex (SNEE)
that can be shared.

To make sure we hear from as many people as possible
we have created a new confidential survey in which we
ask for your experience, good or bad, either personally
or as a family member/friend.

How to get involved?

Please scan the QR code to share your
views.

The survey should only take about 10
minutes to complete, and the closing date
for responses is Friday, 17th October 2025

Your responses are anonymous, and you
could have a chance to be one of the 2
lucky people to win a £50 gift voucher.



Bereaved by Suicide Support Service

Support for anyone living in North East Essex or Suffolk
who has been impacted by the loss of someone to suicide



Have you or someone you know been impacted by the loss of someone to suicide?

You are not alone. We're here to support you through
the pain and complexity of suicide bereavement.

This free, confidential service is available to adults,
young people and families across North East Essex
and Suffolk.



0300 330 1389



info@bereavedbysuicidesupport.org



mnessexmind.org/bereavedbysuicide

Registered charity number 1064309



How we can help

- Practical support tailored to your needs through 1:1 sessions
- A safe, non-judgemental space through our grief support programme
- Drop-in, online and in person, peer support groups for those affected by the loss of someone to suicide
- Signposting to other helpful services

Scan the QR code for
more information



Cancer Awareness on the move with the SOS & Community Bus

Join us in having conversations and to share knowledge and support across North east Essex

What's It All About?

1 in 2 people will be diagnosed with cancer in their lifetime.

We're bringing cancer awareness directly to your community with the SOS & Community Bus and will be hitting the road to:

Encourage **Very Important Cancer Conversations**, giving you the opportunity to share your experiences,

Share **information** about early detection and prevention, and how to book a screening appointment or check up,

Offer **support resources** for those affected by cancer,

Share **information** on how to take care of your health and wellbeing.

Join us if you'd like to talk to our friendly teams, find out more about recognising signs and symptoms and to take away useful resources and information.

You will find us here -

- 16th July 2025 – High St Car Park Walton
- 14th Aug 2025 – Harwich - To be confirmed
- 9th Sept 2025 – Culver Square Colchester
- 15th Oct 2025 – Christmas Tree Island Clacton





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.





Do you have diabetes, or are you a family carer?

Join a **Diabetes Service User Group** to help Suffolk and North East Essex Integrated Care Board shape how future services are designed and delivered by service providers



We are seeking valuable input from patients and family carers with lived experience of diabetes (type 1 and type 2)

Why join?

- ✓ Share your lived experience of current services - what has worked well and what could be improved
- ✓ Contribute to discussions and influence future service delivery
- ✓ Be part of procuring a new service for diabetes patients
- ✓ Learn from others as part of this process

Who can join?

- ✓ Patients and family carers aged 18+ with lived experience of diabetes
- ✓ Those registered with a GP in Suffolk or North East Essex

Find out more on Let's Talk SNEE:

www.letstalksnee.co.uk/diabetes-service-user-group

Feel free to contact the team:

long.term.conditions@snee.nhs.uk / 01473 770261



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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Support for Ukrainians

We offer free, confidential advice on the following:

- immigration and visa issues
- council tax/electricity/gas/water
- debts and money advice
- university and school applications
- housing
- employment
- welfare benefits

For any further enquiries, please contact us:

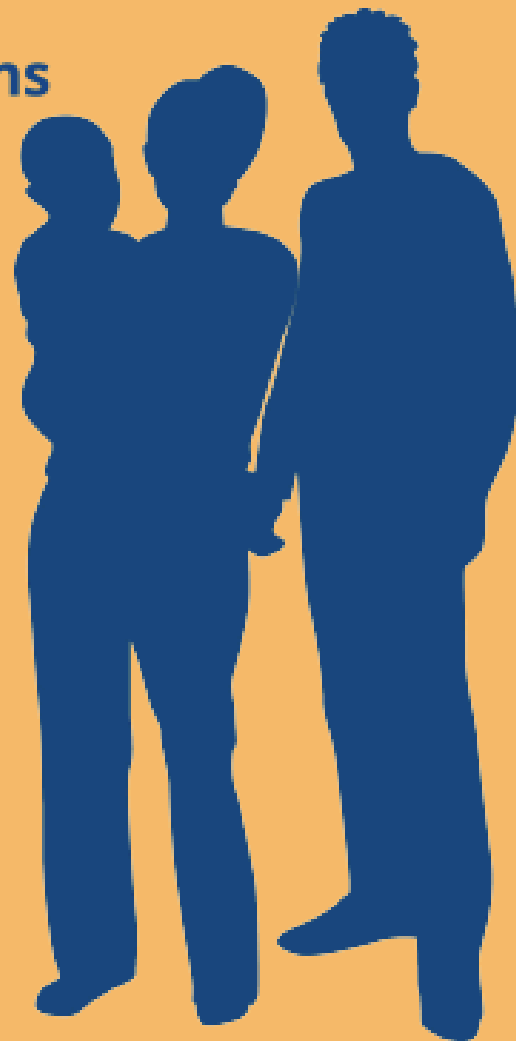
Online:

www.colchestercitizensadvice.org.uk

Email: advice@colchestercab.org.uk

Freephone: 0808 278 7853

Support with translation is available.



**citizens
advice**

Colchester



**Essex
Community
Foundation**

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Підтримка для українців

Ми пропонуємо безкоштовні, конфіденційні консультації з наступного:

- іміграційні та візові питання
- муніципальний податок/ електроенергія/газ/вода
- поради з питань боргів та фінансів
- вступ до університетів та шкіл
- житлові питання
- працевлаштування
- соціальні виплати

Маєте інші запитання- звертайтеся до нас:

Онлайн:

www.colchestercitizensadvice.org.uk

Ел.пошта: advice@colchestercab.org.uk

За телефоном: 0808 278 7853

Доступна підтримка з перекладом.



Colchester



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Community
Foundation

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ENHANCED SUPPORT & ACCESS TEAM



**A PARTNERSHIP BETWEEN ESSEX COUNTY COUNCIL
AND PHOENIX FUTURES TO SUPPORT THE GYPSY,
ROMA AND TRAVELLER COMMUNITIES ACROSS ESSEX**

DO YOU OR SOMEONE YOU SUPPORT STRUGGLE WITH:

- Poor mental health
- Learning disabilities
- Debt
- Drug or alcohol use
- Education / Training / Employment
- Literacy issues
- Other barriers to services

OUR TEAM CAN OFFER:

- Advice and signposting
- Onward referrals
- Advocacy
- Accompanying to appointments

WE WILL OFFER:

- A confidential service
- On-site and off-site visits
- Empowerment to achieve long term successes

**CONTACT US AT: ECTU@ESSEX.GOV.UK
WWW.PHOENIXFUTURES.ORG.UK**



**PHOENIX
FUTURES**





LEGAL & CRIME



The Domestic Abuse Perpetrator Programme (DAPP) is for individuals who want to stop being abusive towards their (ex) partners and are motivated to change their behaviour.

For more details and access to the referral form, click **HERE**

both agency and self-referrals are welcome.

KEEP ON THE RIGHT SIDE OF THE LAW

The law protects the right to lawful protest, and policing supports your right to legally make your voice heard. However, the law also protects people from racist and religious abuse and from terrorism being promoted.

Whilst the majority of people are complying with these rules, a minority have crossed the line.



To avoid ending up in a police cell...

DON'T use words or images:



That are racist or incite hatred against any faith



That support Palestine Action, Hamas, or any other banned organisation - it is illegal under UK law to support such terrorist organisations.

For further information see

counterterrorism.police.uk/proscription



That celebrate or promote acts of terrorism, such as the killing or kidnap of innocent people.

Do not display this on any material. Bin it immediately



Don't cause fear or be violent, including using flares or fireworks, or using threatening words or aggressive behaviours that could be considered intimidating



Don't deface or damage statues, monuments or other property.



Check with your local police force if legal restrictions are in place for the protest you wish to join or have joined. Don't breach these measures which are there to keep everyone safe.



Please help other protesters to stay on the right side of the law too. If you see behaviour that has crossed the line into criminality, please report it immediately to one of the officers policing the protest.



COUNTER
TERRORISM
POLICING



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



HOW TO SPOT

county lines exploitation

and where to go for help



A guide for parents, carers
and people working with children



click [HERE](#) to see the full guide

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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.





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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WARNING: THIS COURSE CHANGES LIVES!

**Are you a spouse/partner of someone
Serving in the UK Armed Forces?**



Are you wanting a bit more
out of life

Do you want to improve your
career or job prospects

Are you thinking of starting
your own business

Wondering what job or
business could move with you



Image by Stock Snap from Pixabay

We offer both self-paced and small group versions of our online
UK Armed Forces Spouse Personal Development Programme.

Ready to change your life for the better?

Join us and take advantage of our 30% Early Bird Discounts!

Want to find out more?



For details of who the course is for,
what the course covers and how to
apply, scan the QR code or visit:

<https://yournewwings.com>

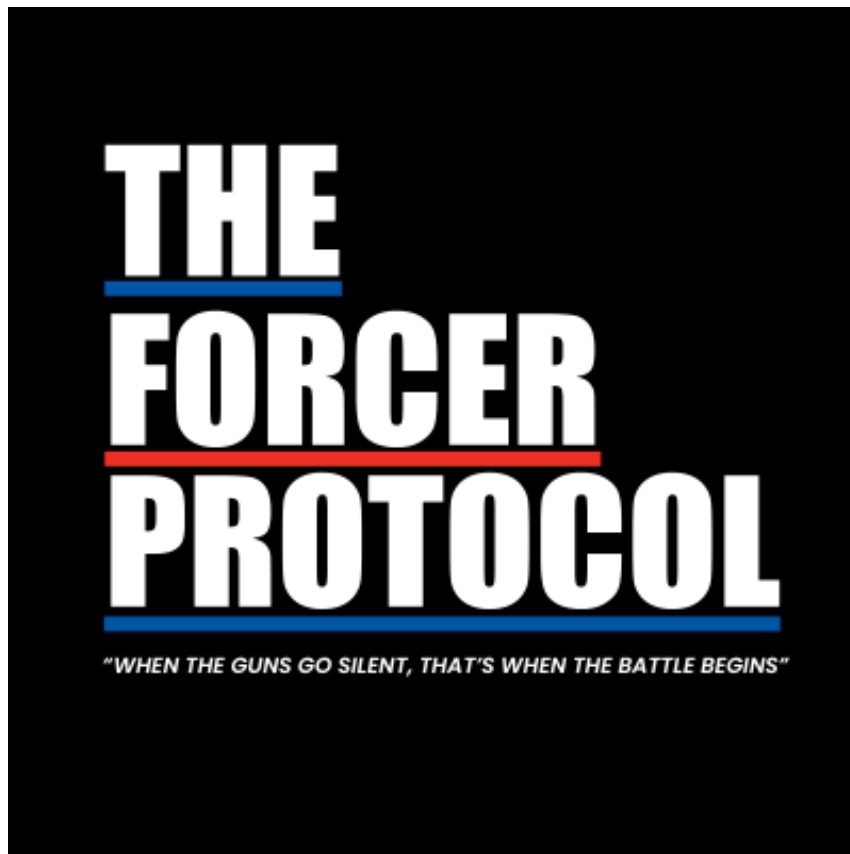


Veterans' News and Communications Hub

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.





The Forcer Protocol is a new scheme being trialled in conjunction with Greater Manchester Police. Its aim is to reduce the risk of harm to service veterans, reservists and currently serving members of the armed forces who go missing by enabling swift access to key information that can help the police find the person more quickly. Safe and Found Online has developed an online version of the Forcer Protocol.

Click [**HERE**](#) for more info.



Emotional health and wellbeing for Service leavers and veterans

Life after the
Armed Forces

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

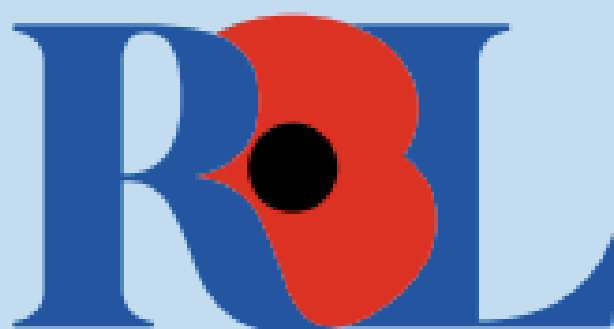
SAMARITANS





The Royal British Legion Admiral Nurse service

Supporting carers and families of those living
with dementia



ROYAL BRITISH LEGION

How can this service help you?

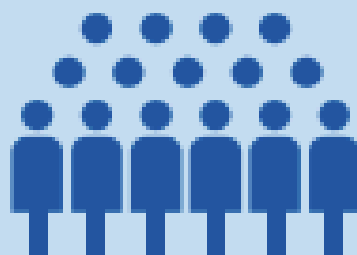
RBL Admiral Nurses work in partnership with carers, families and people living with dementia. The services they offer include:



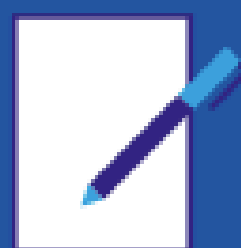
Person-centred assessments of the needs of the carers, families and individuals living with dementia



Psychological support to help with feelings and emotions



Therapeutic, educational and social support **carer groups**



Helping carers to develop and improve skills in care giving



Liaison with other professionals and organisations to ensure that families obtain coordinated support



Guidance on how appropriate services and sources of support can be accessed locally



Admiral Nurses can connect you to further RBL advice and support across matters such as finance, physical and mental wellbeing, social issues, employment, housing and independent living.

We're here to help

The Royal British Legion Admiral Nurse service offers specialist support and advice to families caring for people living with dementia.

The service aims to help family carers gain the skills needed to assist with their loved one's care and promotes a positive approach to living well with dementia. As registered nurses specialising in dementia, Admiral Nurses help carers improve their quality of life, which in turn improves the life of the person they're caring for, and the wider family too.

Every circumstance is different, and our service provision reflects that. Depending on assessed need, families can access help in a variety of ways including telephone or face to face support, and through clinics attached to RBL care homes and other venues.

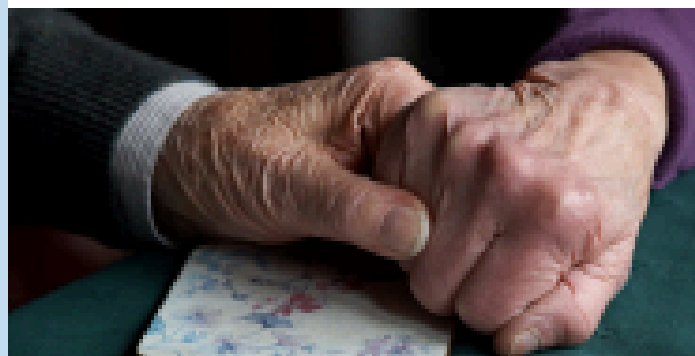
We work with our partner Dementia UK, a national charity focused on supporting carers of people living with dementia.



Are you eligible?

To qualify for this service, the family carer or the person living with dementia needs to be a beneficiary of the RBL.

Beneficiaries are those who have served in the British Armed Forces and their immediate family and carers.



RBL Helpline

**Any questions?
Please don't hesitate to get in touch.**

0808 802 8080

Our lines are open 8am – 8pm, Monday to Sunday

Alternatively, you can email us on
ANSupport@britishlegion.org.uk



Royal British Legion, Haig House, 199 Borough High Street, London SE1 1AA | 0808 802 8080 | rbl.org.uk
Registered charity number: 219279
(Calls are free from UK landlines and main mobile networks)





COST OF LIVING SUPPORT



DIVINE ASSEMBLY
MINISTRIES

Community Fridge

*A little helping hand for all!
Come, help yourself to some*

Where?

Customs House, Hythe Quay,
Colchester. CO2 8JB

Who?

Everyone is welcome to take
from the fridge

When?

Wednesday: 11am - 1pm
Saturday: 10:30am - 1pm

What do I need?

Please come with your own
bags and take as much as
you and your family needs.
Don't forget to consider
other families!



LEVELLING UP Funded by UK Government

COLCHESTER COMMUNITY SUPERMARKET

✓Community Led ✓Affordable ✓Diginified ✓Sustainable



*£5 Membership for a year

*Affordable shopping

**WE ARE OPEN:
THURSDAYS TO
SATURDAYS 9.30AM
TO 12.30PM**



01206326564 (option 2)

Email:

colchestercommunityshop
@gmail.com





UK Government

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



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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





STOP

Does your client:

- Owe money to 'friends or family'
- Have a cash loan which grows, even with regular repayments?
- Have no or little paperwork relating to this loan?
- still have their bank or building society cards, or have they been taken as 'security' against a loan?
- Seem scared, frightened or intimidated by the person who gave the loan?



**GET
READY**

What you can do if you think your client is using a Loan Shark;

- Ask THEM to report the information directly to the Stop Loan Shark team
- YOU TOO can also pass on any details, without breaking confidentiality
- REMEMBER the loan is illegal and, after prosecution, probably does not have to be paid back – but we need to know about it



GO

Call: 0300 555 2222

Email: reportaloanshark@stoploansharks.gov.uk

Web: www.stoploansharks.co.uk

Text: 07860022116 with your message

Any information is given in the strictest of confidence

Many victims see the illegal lender as a friend; yet loan sharks prey on the most vulnerable in society and can be dangerous.

Help us to help your clients in removing loan sharks from communities and showing people safer and cheaper ways to sort out their finances

STOPLOANSHARKS
Intervention . Support . Education



↑
TOP



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.





OUR TEAM

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

More Opportunities...



**Become a volunteer on the
SOS buses!**

Click **HERE** for details

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'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