

Colchester Community Updates



Colchester
City Council

November 2025

Welcome to our community newsletter for November.

Were you forwarded this newsletter? If you would like to subscribe so you receive your own copy every month, just email communities@colchester.gov.uk

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](#)
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KIDS & YOUNG ADULTS

The background of the entire page is a photograph of a smiling man with short dark hair and a beard, wearing a dark green bomber jacket over a grey polo shirt and blue jeans. He is carrying a young girl in a pink puffer jacket and patterned boots. They are walking on a sidewalk next to a road with parked cars and houses in the background. The scene is brightly lit, suggesting daytime.

Help protect your child from flu this winter

Children who are aged 2 or 3 years can get the flu vaccine at:

- their GP surgery
- a pharmacy that offers NHS children's flu vaccination

Book an appointment through the NHS App, nhs.uk/bookflu, 119, or your pharmacy or GP. Find participating pharmacies at nhs.uk/flu-pharmacy.



Kawasaki Disease?

Remember **TEMPERS**

Children with **Kawasaki Disease** are characteristically irritable!

Kawasaki Disease is predominantly a childhood illness though it can affect people of any age. Its cause is unknown. **Kawasaki Disease is the leading cause of acquired heart disease in children.** Awareness of Kawasaki Disease is currently low and it is often mistaken for other common childhood illnesses, leading to misdiagnosis and delayed treatment. Children who go untreated or who are treated later face higher risks of developing complications including life long heart damage.

Early diagnosis and treatment are key to better outcomes

...for our children

societi

The UK Foundation for Kawasaki Disease
www.justgiving.com/societi



societi.org.uk



Temperature -
Persistent high fever



Erythema -
 reddened hands and feet with swelling



Mouth -
 dry, sore mouth, cracked lips, 'strawberry tongue'



Pace -
Treat early to reduce potential heart damage



Eyes -
 bloodshot, non-sticky conjunctivitis



Rash



Swollen glands in neck, often just one side

*If a child has a **PERSISTENT FEVER** and two or more of these symptoms **THINK KAWASAKI DISEASE!***

5 days of fever?
THINK Kawasaki Disease



Kawasaki Disease
is the **#1** cause of
acquired heart
disease in children
in the UK...



...help us change this.

Kawasaki Disease - who does it affect?

It is mostly a childhood illness with over 75% of those affected being under 5 years old but it affects older children too.

Kawasaki Disease - what's the issue?

In the UK awareness of Kawasaki Disease is low. **Currently UK diagnosis and treatment times are too slow. 39%** of babies (under one year) treated for Kawasaki Disease develop serious heart problems. **28%** of diagnosed children experience heart complications. Overall, **19%** of children treated develop serious heart damage. For a few children every year Kawasaki Disease is fatal ...help us change this. We need everyone to know Kawasaki Disease as early diagnosis and treatment can prevent heart damage. (Data from BPSU Study, Kawasaki Disease UK & Ireland 2013-2015)

Kawasaki Disease - how common is it?

Hospital admissions in England for Kawasaki Disease have increased fourfold in the last ten years. It's more common than some types of meningitis. About 1 in 10,000 children are currently diagnosed each year and very poor levels of awareness mean many more children may be affected.

Kawasaki Disease - what can I do?

Know the symptoms and remember, symptoms may not appear all at once. Not all children present with all symptoms so - if a child has a **PERSISTENT FEVER** for **5 DAYS** or more with 2 or more of the symptoms overleaf **THINK Kawasaki Disease** and seek **URGENT medical advice**. **You** could save a child's heart.

Kawasaki Disease is serious! Awareness is urgent!

Today, most people haven't heard of Kawasaki Disease. That's one of the biggest challenges we face. Help us get it known because **Kawasaki Disease is increasingly common in the UK**. Too many children and young people today have lifetime heart damage because of Kawasaki Disease ...help us change this. For more information visit societi.org.uk

Endorsed by



FREE 10 week programme with Singing Mamas

**Have a baby under 1 or pregnant?
Come and join us for songs, cake and community.**

I'm so glad that I found Singing Mamas as it has been a lifeline for me. From the first time I went to the group, I felt welcomed and included. There are many baby groups out there but far fewer groups where the focus is on us mums.

- Colchester group member

**Thursdays
10 – 11.30am**
Hythe Community
Centre, Colchester

**January –
December 2026**



**FREE 10 week
programme
for you and
your baby**

**Make friends
& learn songs
to sing with
baby**



**Singing
Mamas**

Book your FREE place
Kate Pavey – 07905 675090
musikate@icloud.com

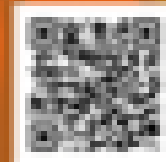


Are you a teacher, youth worker or youth theatre leader?

Do you work with year groups 5-8? (aged 9-13)

Be a part of Pandemic Superheroes, a UK-wide project turning children's memories of the pandemic into a musical production.

For more information visit
<https://bit.ly/4310LIC>



Register
interest
by Nov 14th

Click **HERE** for more details

Deadliner: 14th November 2025



Little Explorers Pre-School

Greenstead Community Centre
Hawthorn Avenue
CO4 3QE

Term time childcare
OFSTED Rated Good

Providing high quality childcare for children 2 years+
2 and 3 year old funding accepted
Indoor and Outdoor provision
All staff first aid trained

Enquire today for a viewing

07902 000264

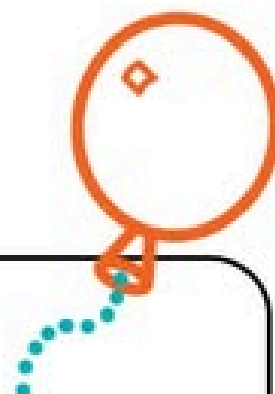
Email: littleexplorers@sky.com

Registered Charity: 1031055





Colchester Current Toddler and Baby Groups



Colchester – The Ark Methodist Church, Jack Andrews Drive, Highwoods, CO4 9FF

Tuesday– Play Town under 4 years 9.30—11.00am (booking needed)

Wed— Tiny Toes Baby Stay and Play —newborn to babies up to 1year. 9.30—11.00am (No booking required for this one just drop in. No older siblings)

Colchester – Cessac Community Centre, Fallowfield Rd, CO2 9ND

Tuesdays– Hungry Little Minds 12.30—2.00 pm. 0-5yrs 1 (No booking required for this one just drop in)

Colchester – St John Payne Church Hall, 21 Blackthorn Avenue, Greenstead, Essex, CO4 3QD.

Wed-Greenstead Stay and Play– 9.30—11.00) - 4 years-

Wed Greenstead Little Stars= 11.30 –12.15 18 months plus

Colchester – Forest School– Highwoods Country Park Colchester CO4 5JR

Wednesdays– 10.00—11.30 am (booking needed) Suitable for toddlers and above.

Colchester – Kingsland Church, 86 London Road, Stanway CO3 9DW

Thursday 10.00—12.00 Parents2B group and new babies up to 1 year. (No booking required for this one just drop in)

Colchester – The Community Hall at Abbots - Ladbroke Drive, CO2 8RW

Wednesday 12.30—2 pm Parents2B group and new babies up to 1 year. (No booking required for this one just drop in)

Thursday 10.00—11.30am +1 Fun-Start group for children 1- 4 years

For more information and to book a place: email Office@homestartcjc.co.uk



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](#)

NSPCC



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

↑
TOP

BLUE SKY CIC



CREATIVE WRITING WORKSHOP

Starting with a stroll, finishing with a story.
Creative writing sessions for young people,
Combining gentle exercise, play and
imagination to create new stories of your own

WEDNESDAY FORTNIGHTLY SESSIONS

Age 8+ From 430pm to 530pm

Fully funded by
Anglian Community Trust

SAVE YOUR SPOT!

Quaker Meeting House, 6 Church St, CO1 1NF

Register - contact@blueskycic.com

Whatsapp: 07450960897





St Stephen's Youth Club



St Stephen's Church, Canterbury Road,
Colchester CO2 7RY

Thursdays

term-time only

6.30 - 8pm

School years 5 - 8

8 - 9.15pm

School years 8 - 12

FREE!



SCAN ME



Sign up
here

YMCA

Here for young people
Here for communities
Here for you

- Meet new people
- Learn new skills
- Access support & advice
- Sports, baking, gardening, music, quizzes, craft & more!

Any questions, please contact: **TOP**
becky.whitaker@ymcaessex.org.uk



Free School uniform is now available at Greenstead Foodbank

Come and pick up free school uniform
Monday, Tuesday, Thursday and Friday 10-12.



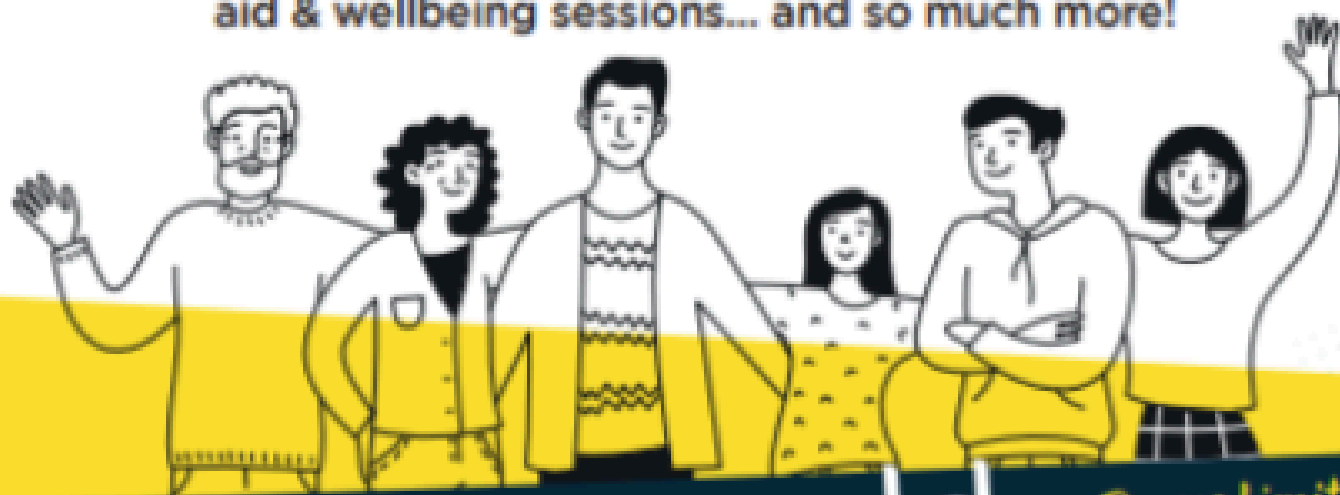


FREE ACTIVITIES FOR ALL AGES & ABILITIES!

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



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**CLARION
FUTURES**

YOUTH CSCS COURSE IN COLCHESTER

FREE LEVEL 1 HSCE, CSCS TEST AND CARD ALL INCLUDED

YOU MUST BE AGE 16-19 AND HAVE PHOTO ID TO TAKE PART

HYTHE COMMUNITY CENTRE, 1 VENTURA DRIVE, CO1 2FG

**REGISTER
YOUR PLACE**

**THURSDAY 21ST AND
FRIDAY 22ND NOVEMBER**



**TIME
10AM TO 4PM**



PLEASE CONTACT

JONATHAN.RICHMOND@CLARIONHG.COM

 **TOP**



**ADULTS &
OLDER
PEOPLE**



Winter vaccinations and winter health

There are some things you can do to help yourself stay well in winter. This includes getting your flu and COVID-19 vaccinations.

Click **HERE** for more
information of who is eligible



The COVID-19 vaccine is for people at highest risk of serious illness

This includes:

- people aged 75 or over
- people aged 6 months to 74 years who have a weakened immune system
- residents in an older adult care home

Book your appointment in the NHS App, visit nhs.uk/bookcovid, call 119, or find walk-in sites at nhs.uk/covid-walk-in



UK Government

NHS

VACCINES CAN HELP PROTECT YOU AND YOUR BABY

Pregnant women are eligible for the flu, RSV & whooping cough vaccines. Speak to your midwife, GP practice or pharmacist about vaccinations. Visit nhs.uk/pregnancyvaccinations

**STAY STRONG.
GET VACCINATED.**

You are invited

**Are you aged 75 or over
and finding it difficult
to get out and about?**



You're not alone. There are thousands of people who wish they could get out and do more but are starting to find it hard. We are here to help.

Our Sunday afternoon tea parties are a chance for a change of scenery and regular afternoons of conversation and laughter with friends of all ages.

Re-engage groups meet right across the UK every month and our local volunteers even provide transport to and from the tea party so that you have nothing to worry about and no costs to pay.

Please get in touch.

Call **0800 716 543**, email **info@reengage.org.uk**
or visit **www.reengage.org.uk**



Would you like a call companion?



“ The calls are such a comfort ”

If you are aged 75 or over and in need of companionship, we may be able to help.

As you get older it's not unusual to spend more time on your own, particularly if you've lost loved ones or your health isn't what it used to be.

We want you to know that Re-engage is here for you.

If you'd like a bit of extra company, we can match you with one of our friendly call companions. They love a good chat and they're great listeners too.

How it works

One of our call companions will phone you at a time that suits both of you, most likely once a week or twice a month.


The calls last for half an hour or so and you can chat about anything that interests you.

What's great is that the same volunteer phones you each time, so you can get to know each other and share stories and laughter – for as long as you both want.

The service is completely free and you don't have to continue with it if you decide it's not for you.

To be eligible for a call companion, you need to be:

- aged 75 or older
- in need of companionship
- at a stage in your life when you struggle to leave the house.



**“ A good
chat means
the world ”**

**To find out more call 0800 716 543
email us on info@reengage.org.uk
or visit www.reengage.org.uk**

Re-engage is a registered charity in England and Wales (1146149)
and in Scotland (SC039377). Company Number (07869142)
Registered office: 7 Bell Yard, London WC2A 2JR






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**





MIGREFHEALTH

ART *and* ACCESS

Come join the
MigRefHealth Team and
Art Refuge for an art
workshop talking about
access to services



12TH NOVEMBER | 10AM-2PM

**RAMA HOUSE, ELD LANE, COLCHESTER,
CO1 1LS**

FREE EVENT

LUNCH PROVIDED



Arts and
Humanities
Research Council

Booking Essential:

<https://www.localgoveasteng.gov.uk/event/colchester-cf7-art-access-to-services/#book-tickets>

DANCE *for* OLDER ADULTS

Where?

Enoch House

Hawthorn Ave, Colchester, CO4 3LH

When?

Every Thursday

14:00 – 15:30

FREE

Refreshments included!
Suggested £5 donation
to support sustainability.

Spaces are limited.
**Book your space via our
website / email / phone**

www.dancenetworkassociation.org.uk

info@dancenetworkassociation.org.uk | 07490 37 47 17

DANCING *with* DEMENTIA

Dance classes for those living with dementia and thier companions.

Where?

William Loveless Hall

High Street, Wivenhoe, CO7 9AB



When?

Every Thursday

11:30 – 12:45

FREE

Refreshments included!
Suggested £5 donation
to support sustainability.

Spaces are limited.
**Book your space via our
website / email / phone**

www.dancenetworkassociation.org.uk

info@dancenetworkassociation.org.uk | 07490 37 47 17

DANCING *with* PARKINSON'S

Dance classes for adults living with Parkinson's,
neurological, heart or circulatory disease.

Where?

William Loveless Hall

High Street, Wivenhoe, CO7 9AB



When?

Every Wednesday

13:15 – 14:45

FREE

Refreshments included!
Suggested £5 donation
to support sustainability.

Spaces are limited.
**Book your space via our
website / email / phone**

www.dancenetworkassociation.org.uk

info@dancenetworkassociation.org.uk | 07490 37 47 17

COFFEE AND CHOREOGRAPHY

Creative and social dance class for adults



WEDNESDAYS

Block 1: 17 & 24 Sep | 1, 8 & 15 Oct

Block 2: 22 & 29 Oct | 12, 19 & 26 Nov

11:30 – 13:00

William Loveless Hall
Wivenhoe

£40.00 per block



BOOK YOUR PLACE

www.dancenetworkassociation.org.uk

info@dancenetworkassociation.org.uk | 07490 37 47 17



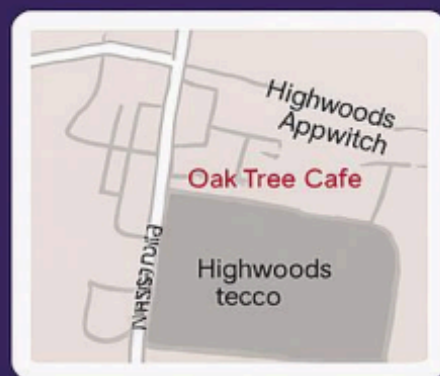
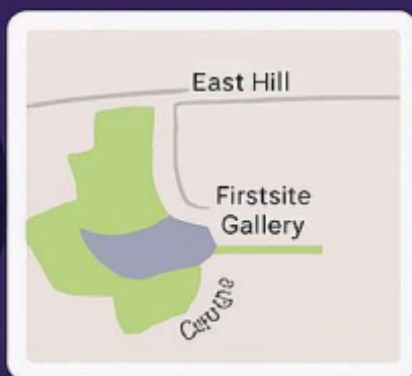
JOIN OUR



Colchester
Borough
Homes

SPORTS & RECREATION ACTIVITIES Health Walk

"Come Walk, Talk, and Connect with Others in your Community!"



Every: Tuesdays - 11am (Castle Park)
Thursdays-11am (Near Tescos Highwood)

Sign-Up **HERE!**

Contact: **Bernard 07974883621** for further information.

www.cbhomes.org.uk/wellbeing



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Colchester
Borough
Homes



+55yrs

DARTS

Sign-Up HERE!



And Other Social Games for All!!

Venue: The Oak Tree Centre, St Annes Community (Acorn Hall),
252 Harwich Road, Colchester. CO4 3DH.

FREE Refreshment and Transports Available!

Last THURSDAY'S of Every Month | Time 10:30am-12:30pm

Contact: BERNARD - 07974883621 **for further information**



JOIN OUR



Colchester
Borough
Homes

SPORTS & RECREATION ACTIVITIES

FREE

Leisure World SWIMMING Sessions



Great Energy, Great Vibes, let's keep moving and stay active together

Fridays: 11am - 12:30pm

FREE TRANSPORTS AVAILABLE



Contact: BERNARD - 07974883621
for further information
resident.engagement@cbhomes.org.uk

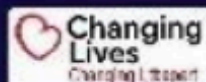
Sign-Up **HERE!**



ActiveEssex



**SPORT
ENGLAND**



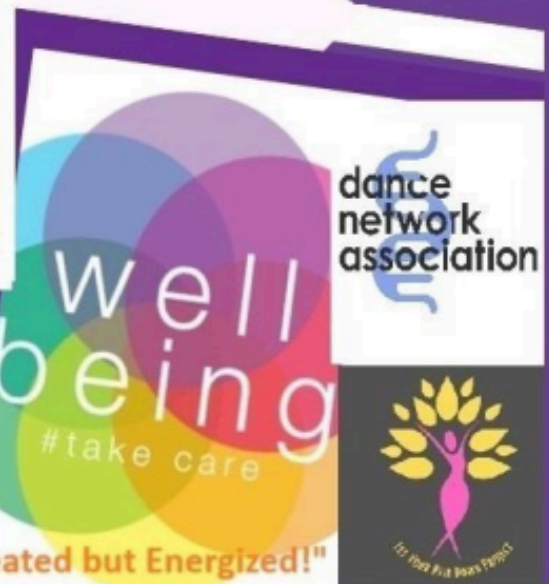
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Colchester
Borough
Homes

Chair **DANCE** **WELLNESS DAY**

"Move with Joy, Dance with Ease, Your Way to Wellness!"



Mondays - Elfreda: 12:00-13pm
Wednesdays- Worsnop: 11:00-12pm
Wednesdays- Cannons: 14:00-15pm
Thursdays - Enoch: 14:00-15pm

Contact: BERNARD - 07974883621

for further information

resident.engagement@cbhomes.org.uk

Sign-Up HERE!



ActiveEssex



**SPORT
ENGLAND**

Changing
Lives
Changing Lives



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The Council is consulting on its new draft Hackney Carriage and Private Hire Policy, and we would welcome your views.

The Council is responsible for the licensing and enforcement of the private hire and hackney carriage vehicle trades within its area to ensure public safety. The Policy outlines how the Council will carry out these functions.

The Licensing Committee has decided that the installation of closed-circuit television (CCTV) cameras in all licensed vehicles should not be mandatory but encouraged as part of the Policy.

Your views on this aspect are specifically sought and therefore the Council is consulting both on its decision that CCTV should not be mandatory but encouraged and on the draft Policy in general.

If you would like to provide feedback on either of these consultations, please send your comments via email to:
licensing.team@colchester.gov.uk

The consultation ends on 6 November 2025. All responses will be included in the report to the Licensing Committee at its meeting on 11th November 2025. Your name, address and contact details will not be included, only the comments you have made.

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

Urgent Care Dental Service

For adults and
children in
pain and for
those who
need dental
treatment
within 7 days



Contact NHS 111



ann craft trust

**A Leading UK Authority
on Safeguarding Adults**

Safeguarding Adults Week 2025 Events

click **HERE** to see a list of FREE
courses and to enrol



Basic Domestic Abuse Awareness Training

Do you have clients and staff disclose concerns for their relationships?

Do you feel equip to provide advice and signposting when you hear disclosures of domestic abuse?

**The Change Project are offering
FREE Domestic Abuse Awareness training to
organisations and professionals in the
Braintree and Halstead area.
To book, please visit thechange-project.org**



DAAwarenesstraining



0800 500 300 6



tcp@thechangeportfolio.org

BLUE SKY CIC



SOLO PARENTS COFFEE & CHAT

Solo Parents Coffee & Chat is a welcoming space for single parents - by choice, separation, or bereavement - to connect, share, and support one another.

Join us for a relaxed coffee and chat. Whether you're navigating life after loss, embracing solo parenting by choice, or adjusting after separation, you'll find understanding and community here.

We support each other in setting personal goals - big or small - one step at a time. Together, we aim to stay positive, feel motivated, and build a healthier, more balanced life.

EVERY WEDNESDAY 1030AM - 12PM

Available support:

- Life Coaching
- Advocating for Single Parents and Their Children
- Access Employment Support
- Goal Setting and Achievement
- Personalised image guidance and professional clothing support for job interviews



The Salvation Army

Butt Rd, Colchester CO2 7BG



contact@blueskycic.com



www.blueskycic.com



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

FREE CV WRITING WORKSHOP

Gain the skills you need to create a professional CV



- Tailor your CV to specific job roles
- Highlight your skills & achievements
- Find out what employers are looking for

The workshop session runs 10.00am to 12 noon
on the following dates in 2025:

9 April / 30 April / 28 May / 25 June

23 July / 20 August / 17 September

15 October / 12 November / 10 December

Signpost Greenstead

First Floor, Greenstead Library,

Hawthorn Avenue CO4 3QE

To book a place please call 01206 861800

or email spg@sign-post.info

(These workshops are funded by The National Lottery Community Fund)

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



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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.



**Disability charity
Hamelin is able to
offer free support,
information, advice
and guidance to
disabled members of
Ukrainian families
living in Essex.**



The support being offered will depend on the things the person wants and needs to do. We can help with:

- ✱ Explaining and navigating the UK social care system
- ✱ Providing details of befriending and employment opportunities
- ✱ Assessing needs
- ✱ Linking people to appropriate services

Scan to get in touch



This is a free-of-charge service funded by Essex Community Foundation.

www.hamelin.org.uk



@HamelinTrust
links@hamelin.org.uk
07514 735236

IS YOUR BUSINESS READY?

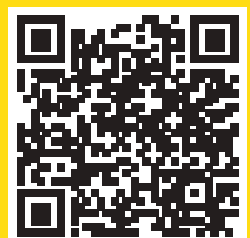
Changes to business waste are coming,
with Colchester City Council you will have...

LOCAL SERVICES
SIMPLER RECYCLING
FULL COMPLIANCE



Colchester
City Council

**Request your
free quote** 



What's Changing?

On 1 April 2025, new recycling regulations will come into effect as part of The Environment Act 2021 ensuring Simpler Recycling. It will require businesses across England to ensure recycling and waste material is collected by a licensed waste collection service and separated into:



PAPER
& CARD



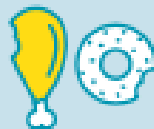
TINS & CANS



GLASS



PLASTIC



FOOD



NON
RECYCLABLE



What Happens Now?

Before 1 April 2025, businesses need to make sure they are compliant with the new Simpler Recycling regulations, including having an appropriate waste contract with a licenced waste carrier. The waste materials are:

- ➡ Recycling: Paper & Card • Plastics
• Tins, Cans and Aerosols • Glass
- ➡ Food
- ➡ Non-recyclable waste

Recycling will need to be kept separate from non-recyclable waste and food waste.



Managing refuse before Business Waste was a nightmare, we were overwhelmed and struggling. Now, their efficient service, competitive pricing, and eco-friendly approach let us focus on our food. Highly recommend!

**– Catering Company
located in Colchester
High Street**

Why Choose Colchester City Council for your Business Waste?

We offer a service to help your business stay compliant with the new requirements and avoid unnecessary fines.

Our collections cover non-recyclable waste and all recyclable materials – paper and cardboard, glass, plastic, tins, cans, and food waste. This cost-effective solution ensures your waste is turned into new resources, helps you avoid fines, and boosts your green credentials.

How We Can Help...



Competitively priced
– save money with no
added charges for weight



Community focused
– profit is reinvested into the
community



Tailored to your business
needs, helping you save
money



Flexible – 30 day rolling
contract



Reliable and compliant with
Government law



Look after the environment
with sustainable, long-term
solutions



Be compliant with the law, we
will research new policies and
simplify waste



**REQUEST
A QUOTE**



It only takes **2 minutes** to
request a quote, find out
how we can help your
businesses future today

Scan the QR code to get started



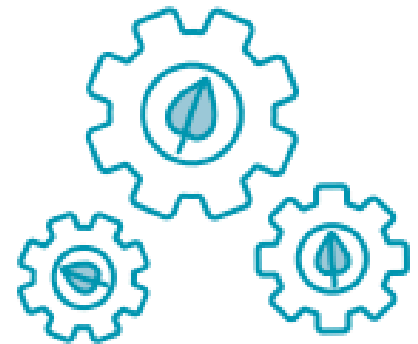
Business Waste Bag Collections

Our flexible waste bag service is perfect for businesses producing smaller amounts of waste or those with limited space for bins. Business waste bags are ideal for locations where bins cannot be collected, can provide extra capacity for growing businesses and can be used for recycling plastics and paper & card, as well as non-recyclable waste.



Tailored Solutions for Your Needs

Not sure what's best for your business? We offer tailored solutions, including a mix of bin sizes, collection frequencies and alternatives like waste bags or one-off collections.



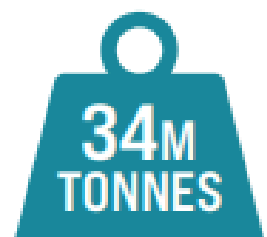
Request your free consultation

Scan the QR code to get started 



Are You Ready for Simpler Recycling?

Businesses in England produce 34 million tonnes of waste annually **64% aren't prepared for upcoming reforms.**





Colchester



Foodbank

Together with Trussell

COLLECTION POINTS FOR RECYCLING BATTERIES AND INK CARTRIDGES



TOLLGATE FOOD BANK
OPEN MONDAY TO SATURDAY
10 TILL 2

GREENSTEAD FOOD BANK
CREDIT UNION BUILDING NEXT TO THE CO-OP
OPEN MONDAY TUESDAY THURSDAY FRIDAY 10 TIL 12





CLOTHING WANTED



DROP-OFF LOCATION 47 CROUCH STREET, CO3 3EN

To donate clothes, ensure they are gently used, clean, and in good condition. Please email D.Simmons@clcs.org.uk if you're able to donate some clothing. Thank you!





HEALTH & SUPPORT SERVICES

Good for your body Good for your mind

It's the perfect time to get active.
When you move more you not only
give your body a boost, but you give
your mood a lift too.

Make the first move for your
mental health. Search

Every Mind Matters



click **HERE**
or scan the QR
code for more
details

**Better
Health**

Let's
do this



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TOP

2405EMMPSM

Top tips to improve your mental wellbeing

There are little things we can all do to take care of our mental wellbeing.



Just like our physical health, it is important to look after our mental health. This can help us to learn new ways to cope with life's challenges and lead happier, healthier lives.

Simple changes can make a big difference – here are six areas that can help you look after your mental wellbeing:



1. Being aware of unhelpful thoughts

Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend?

2. Focus on now

Spend time focusing on the present instead of getting stuck on the past or worrying too much about the future. You could try relaxation techniques and mindfulness.

3. Getting enough rest

Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.

4. Connecting with others

Make time for socialising with friends and family or online communities where you are able to talk about the way you feel.

5. Living a healthy lifestyle

Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.

6. Do something for yourself

Have some 'me time' by spending regular time on the things that make you happy, whether that's a hobby, trying something new or relaxing.



Better Health every mind matters

If you or someone you trust has a smart phone or computer and can access the internet, do visit www.nhs.uk/every-mind-matters/ for more tips and information on caring for your mental health, and find what works for you. You can also get access to the internet at most local libraries.

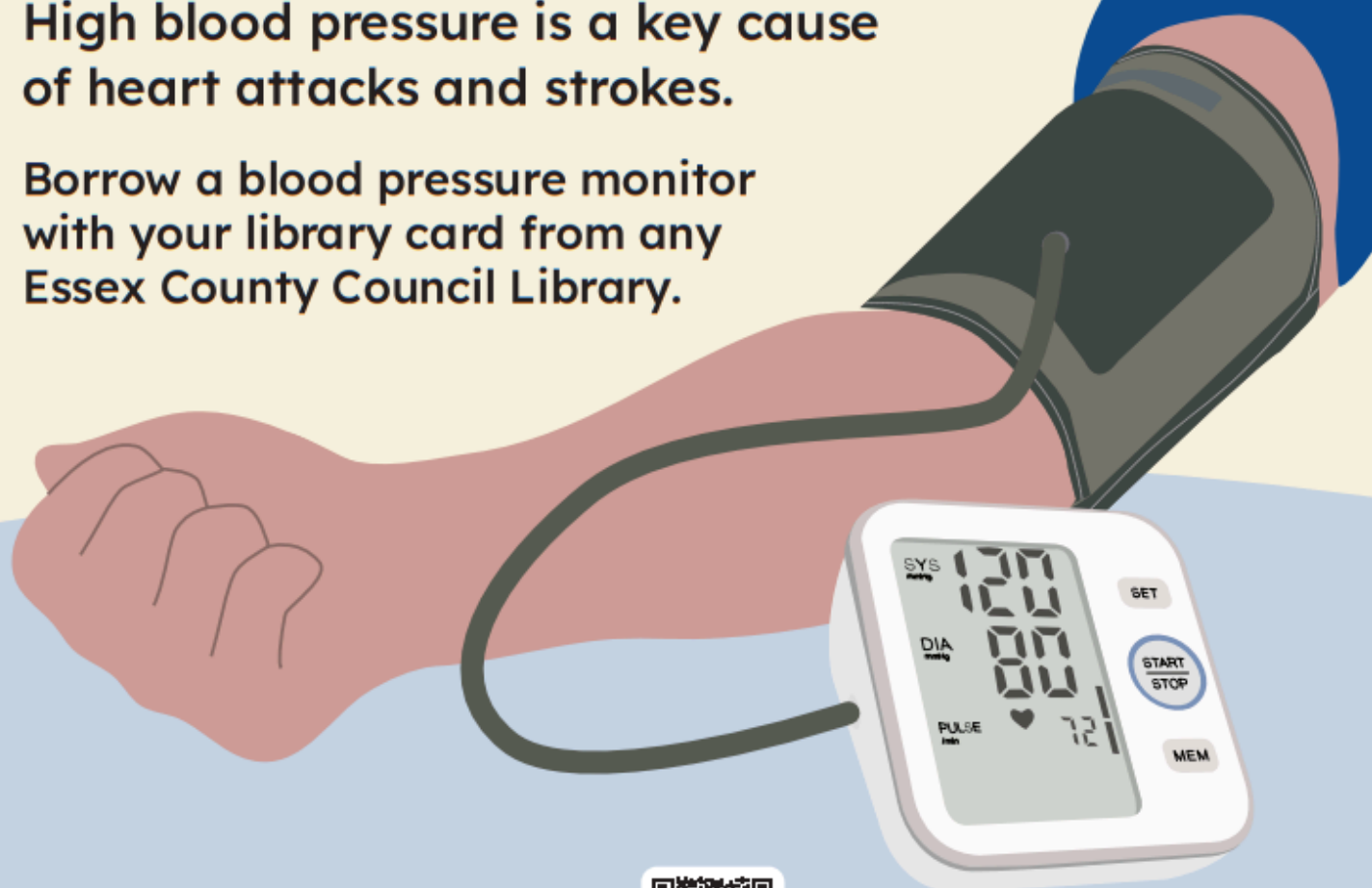
Full details can be found [HERE](#)

Blood Pressure Monitor Library Loan Scheme

**Empowering communities to
take control of their health.**

High blood pressure is a key cause
of heart attacks and strokes.

Borrow a blood pressure monitor
with your library card from any
Essex County Council Library.



Your feedback is important
to us, please scan the QR code



consultations.essex.gov.uk/libraries/essex-library-service-blood-pressure-monitor-loan

Supported by



SEEDS of HOPE & ACTION

A profound awareness of our interconnectedness with each other, with our fellow inhabitants of Earth and the natural world, **runs through every tradition of human wisdom.**

Would you like to partner with us to host the Seeds of Hope and Action Exhibition?

Seeds of Hope and Action (SoHA) is an internationally acclaimed exhibition co-created by [Soka Gakkai International \(SGI\)](#) and [The Earth Charter International](#). Its 25 vibrant text and photographic panels focusing on the United Nations's (UN) Sustainable Development Goals (SDGs) are designed to inspire and empower people to take action towards addressing climate change. Especially young people.

As local SGI-UK members we will have custody of the exhibition during September 2026 and we would love to collaborate with one or more local organisations to find a venue and to reach the young people of Colchester! SGI members would be a resource to support the exhibition and possibly help develop activities around the material, for example art, writing or discussion based.

We are a socially engaged Buddhist movement affiliated to the UN but the exhibition is not about Buddhism. It's designed to reach the widest possible audience with a positive vision for sustainable living that can contribute to the realization of the UN's SDGs. Here's [a link to view the panels](#). Please get in touch if you are interested in working with us - contact Andy Beardsley at andybeardsleySGI@gmail.com.



01 - 30 NOV 2025

BIG BALLSY CHALLENGE

 VIRTUAL RUN OR WALK



Run or walk
10k, 50k, or 100k
throughout
November

Earn your medal
and join us in the
race against
testicular
cancer!

Feeling ballsy enough?
SIGN UP NOW!



in aid of
**ROBIN
CANCER
TRUST**



↑
TOP

SAMARITANS

116 123 (free to call)
(Open 24/7)
samaritans.org

**Rethink
Mental
Illness**

0808 801 0525
(Open 9:30am - 4pm, weekdays)
rethink.org

THE MIX

Online chat service
(Open 4pm - 11pm)
themix.org.uk

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58
(Open 5pm - midnight,
everyday)
thecalmzone.net

shout
85258

here for you 24/7

Text SHOUT to 85258
(Free and open 24/7)
giveusashout.org

YOUNGMINDS

Parents helpline
0808 802 5544
(Open 9:30am - 4pm,
weekdays)
youngminds.org.uk

Creating communities that *care*





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



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





Mourning Brew

Bereavement Friendship Group.

Mourning Brew, is a new group for people who have experienced Bereavement and want to connect with others who have a shared experience for social interaction, friendship and support. Please join us.

We meet once a month at First Site Gallery at 10am for an hour.

Scheduled dates are;

June 10th, July 8th, August 5th, September 2nd,
October 7th, November 11th and December 2nd.

Sponsored By

HUNNABALL



Family Funeral Group





New Colchester Friendship Group



Meet new people, share a cuppa and a chat and maybe take part in a quiz or activity at our Friendship Group?

Join us every Wednesday, 1:30pm – 3:30pm
from October 1st

The Parnell room,
The Quaker Meeting House,
Church Walk, CO1 1NF

For more information call 0300 37 33 333 or email
enquiries@agewelleast.org.uk





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.



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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#LookCloser Programme of Learning

The
Children's
Society

October 2025- December 2025

We're delighted to invite you to join us for our latest #LookCloser programme of learning. These sessions draw from The Children's Society's expertise working around child exploitation and abuse and the rich insights gained from consulting with strategic partners and young people across England and Wales.

All sessions are free of charge and delivered on Microsoft Teams Live which means:

- Interaction with the presenters and participants will be limited
- There will however, be a Q&A function
- We will use tools such as Menti to provide opportunities for engagement and discussion.

The timetable below has links to each learning event on EventBrite, where you can book on to as few or as many events as you please. All of our sessions have been designed for various professional audiences, so please share these events with anyone you think would benefit from attending.

If you have any questions about our learning events, please contact prevention@childrenssociety.org.uk

Date	Time	Session
Tuesday 14 October	13:00 - 15:00	Language Matters
Tuesday 18 November	10:00 - 12:00	Safeguarding transgender young people from exploitation
Thursday 11 December	13:00 - 15:00	Anti-racist practice to tackle child exploitation

Learning Session Information: These sessions are aimed at upskilling professionals in the topic area and identifying points of reflection for individuals' own practice and to take back to their wider teams and networks. The audience is expected to be varied and therefore the session has been written to engage professionals at different levels of knowledge and seniority and across a range of setting and sectors.

You may want to read some of our [resources](#) prior to attending our sessions in order to get the most out of these, but this is not a requirement.

Session Descriptions

Language Matters

This learning session will highlight the importance of using appropriate language when working with children and young people who are victims of exploitation and abuse.

What is victim blaming language?

Victim blaming language refers to any language that implies, intentionally or unintentionally, that a victim is responsible for the abuse they have experienced. As language evolves, phrases that were once commonly accepted may no longer be appropriate. Therefore, it is crucial to maintain an open and reflective attitude to make sure that our language evolves in a way that supports and respects all individuals.

Why is this important?

Victim blaming language exacerbates the trauma experienced by survivors of abuse and hinders their access to justice and support. Serious case reviews highlight the profound negative effect of victim blaming language on victims themselves and on professional and public perceptions of victims, often leaving them in unsafe and abusive circumstances.

What will I learn?

This session will discuss key themes within 'child exploitation and abuse: an appropriate language guide' co-developed by The Children's Society and NAPAC to explore the critical importance of avoiding victim blaming language in all forms of communications and ensure that the language we use as professionals supports, rather than harms, victims of child exploitation.

Who should join this session?

This session is suitable for any professional who may come into contact with a victim of exploitation and abuse, both directly and indirectly.

Session Descriptions

Safeguarding transgender young people from exploitation

This session will explore how barriers in society, including discrimination, can lead to us failing to protect transgender (trans) and non binary young people from exploitation and harm, and what we can do to overcome these in our practice and in our systems.

This session will draw on our recent consultation with young people from across England and Wales, existing literature and learning from various LGBTQ+ organisations.

From this evidence, it is clear that gender identity is fundamental to children and young people's lives, but that sadly trans young people in our society today still face systemic discrimination and disadvantage, demonstrated by the high rates of homelessness which trans young people experience. Discrimination against the trans community creates opportunities for perpetrators to exploit transgender young people, as they can prey on isolation, low self-esteem and offer access to gender affirmation.

In this session, we will explore the risks which trans young people are facing in 2025 and share the views and experiences of professionals who specialise in working with these young people. We will examine the specific risks trans young people face and how building more inclusive services will better protect them from harm. We are grateful to have had the support of trans specialist charity Gendered Intelligence in developing this session.

This session for professionals aims to:

- Support professionals to understand trans identities and how to respect these in their work with children and young people

Session Descriptions

Anti-racist practice to tackle child exploitation

We are making progress in our fight against exploitation, but it is clear that responses and outcomes are often not the same for all children and young people. Racially and ethnically minoritised young people are more likely to face disadvantage because of our assumptions and biases, siloed working, exclusionary practice, and wider social inequalities which impact our ability to protect them from harm.

In this session we will explore what it means to take a proactive 'anti-racist' approach to tackling child exploitation and why this is essential to ensuring we can support and safeguard every young victim.

In this session for professionals, we will:

- Consider how our assumptions and biases can influence our efforts to identify, prevent, and disrupt the exploitation of children and young people and the impact of disproportionality and discrimination on protecting young people from these forms of harm
- Further consider how institutional racism compromises our efforts to prevent exploitation by impacting on young people and communities trust in services and their likelihood to seek help or report exploitation and abuse concerns
- Explore 'adultification' and the importance of recognising victimhood in older children and young adults
- Explore how we can improve practices to protect and respect young people, and take an intersectional and holistic approach to working with them, in order to ensure that all children and young people receive the support they need
- Demonstrate the value of anti-racist practice in the fight against child exploitation and abuse and the importance of taking a person-centred, holistic approach.





LEGAL & CRIME

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





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**

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TOP



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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TOP



EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

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



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EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

BUILDING  HEROES



THE LEADING TRI-SERVICE MILITARY TO CONSTRUCTION CHARITY

Providing the blueprint
for your career

Offering the military community
with funded* qualifications leading
to employment, self employment or
further training for a new career in
the construction industry.

*Eligibility criteria applies, see website FAQs for further details.

To utilise the military skill set and meet
industry needs we deliver a range of
courses including:

- Construction Skills
- Groundworks
- Green Skills - Retrofit
- Plant Operations
- Built Environment

Follow the link below for further
qualification details.

*Courses delivered across England
and Wales. Employment opportunities
supported nationally.*

Apply now
Scan the QR



www.buildingheroes.org.uk/courses

Building Heroes Education Foundation, Southpoint, Old Brighton Road, Lowfield Heath, RH11 0PR

0330 9126200 | info@buildingheroes.org.uk | www.buildingheroes.org.uk



ADDING VALUE TO YOUR ORGANISATIONS

Building Heroes is a leading military charity, joining forces with education, the Armed Forces and construction to shape and grow the industry with a pipeline of valuable, work ready personnel from the military community.

Driving innovative solutions

Military bring a richness in diversity of ideas and the ability to innovate in an increasingly challenging environment.

Add value to your organisation by working with the charity to create robust and resilient teams while supporting your goals in:

- Meeting ESG Objectives
- Social Impact
- Equality, Diversity and Inclusivity
- Recruitment
- Armed Forces Covenant

Begin your Building Heroes journey today.

Scan the QR code for further information on how to collaborate with Building Heroes. Find out more on:

- Academy partnerships
- Corporate Charity partnerships
- Employer partnerships



www.buildingheroes.org.uk/contact-us

By joining forces you will be supporting a charitable cause while building your organisation and providing opportunities to the military community.

Giving military spouses and partners the confidence to succeed



Image © Crown copyright


**Forces
Employment**
Families

The Forces Employment Charity stands by ex-Forces personnel and their families through an unrivalled range of programmes and one-to-one, personalised support.

Our programmes provide practical tools and advice for gaining employment, including:

- Advice on career choices
- Researching the job market
- Job matching
- Training
- Recommendations for courses and education opportunities
- Support with writing a CV
- Advice on interview techniques
- Expert industry knowledge and updates
- Events and employment fairs

This support is delivered by our expert Advisors, many of whom served or are military spouses. Put simply, we understand.

The skills and qualifications acquired as a military spouse are in demand and the employers we work with recognise the value that you offer. By working with us, you're in the best position to transfer these skills into other sectors.

Find out more:

0121 262 3058

forcesemployment.org.uk

Registered charity 1061212 & SC039262

Connect with us





Working together on the path to employment

If you've served in the Armed Forces and you have a health condition, our Veterans Employment Service can help you on your journey towards employment.

Our specialist team will help you to change your life and take positive steps forward on your own terms.

poppyfactory.org/employment
support@poppyfactory.org



Helping Simon get back on track

“If it wasn’t for Andrew, my Employment Consultant, I wouldn’t be doing what I am now.

“The difference between how things were for me, and how they are now, is like night and day.

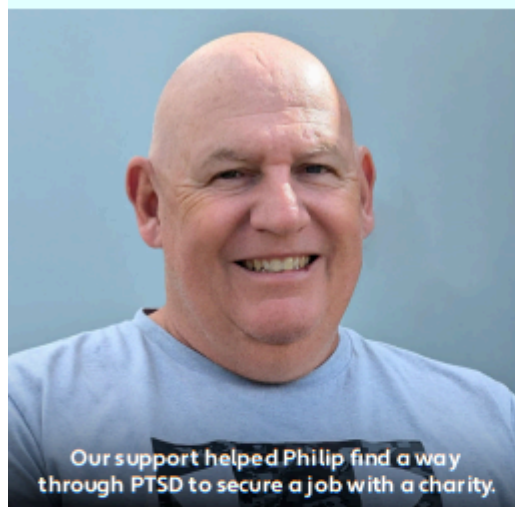
“I have so much more confidence, and the support I’ve had around jobs has helped in other parts of my life, too.”



Simon, Army veteran who we supported to get a job at Merseyrail.

Our Employment Consultants are based regionally across England and Wales, with local knowledge that can help you take your next step towards employment.

They offer regular one-to-one contact to help you become healthier, more resilient, better connected and more independent.



Our support helped Philip find a way through PTSD to secure a job with a charity.

Support includes:
Skills assessment
Confidence building
Training advice
Networking support
Health services connection
Interview prep
Encouragement



poppyfactory.org/employment

support@poppyfactory.org





**THE
POPPY
FACTORY**



Employment support for Forces Families

If you're 18+ and your career has been affected by a family member's time in the Forces, the Families Employment Service can help you build a brighter working future.

poppyfactory.org/families
familiesinfo@poppyfactory.org



Registered Charity No. 225348

Helping Fiona fight for her family's future

After her husband developed a debilitating illness, mum Fiona needed to go back to work to support their family life.

“The Poppy Factory are good at helping you pull out your skills and experience and guiding you through applications and interviews.

“It’s hugely supportive when your confidence might be at rock bottom”.



Fiona’s partner served in the RAF. We helped her find a better work-life balance.

The Poppy Factory’s Families Employment Specialists will empower you to overcome obstacles and support you to build a career that suits your individual circumstances and personal aspirations. Specialist, adaptable support is delivered over the phone, by email and video call.

Our partner charity, The Ripple Pond, will also help you connect to others in the wider Armed Forces community. Whether you are partner, parent, sibling, adult child or chosen family, you will be seen, heard and supported.

poppyfactory.org/families

familiesinfo@poppyfactory.org

Support includes:

- Skills assessment
- Confidence building
- Training advice
- Networking support
- Health services connection
- Interview prep
- Encouragement & reassurance





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.





COST OF LIVING SUPPORT



What would happen if there were open conversations about money between strangers?

Join in the conversation – 20 FREE spaces – weekly vouchers

6 weeks, 12 hours, conversation led sessions

"The group is just amazing. The whole concept is so different, and you have managed to create an open, trusting and friendly space for people to learn and grow in."

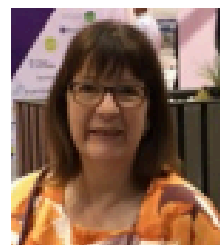
Trusted Attendee

No teaching, no preaching - just shared knowledge

- **Supportive environment**
- **Your money stretched further**
- **Improved wellbeing**
- **New friends**
- **Coffee, cake and a party**
- **A new view of the financial road ahead**

hello@trustedmoneyconfidence.com
www.trustedmoneyconfidence.com

Karen
07532253540



Jess
07425166069



**TRUSTED
MONEY
CONFIDENCE**



↑
TOP

Worried about your Energy Bills?



Our energy
advice service is
here to help

We can:

- Help you find ways to increase your income
- Help you deal with any debts which may have built up
- Advise you how to use energy more efficiently and about grants to make your home warmer
- Provide you with emergency support
- Advise you about gas safety in the home

And much more...

Contact us:

energy@colchestercab.org.uk
0808 278 7853



**citizens
advice**

Colchester



The logo features a central circular emblem with two hands reaching upwards, surrounded by a grey ring. The background of the emblem is a mix of teal and yellow brushstrokes. The text "Colchester Community Debt Support" is centered over the emblem in a bold, dark grey font. A faint, circular watermark with the text "HELPING YOU MASTER YOUR MONEY" is visible in the background.

Colchester Community Debt Support

Company Registration Number: 16276340

Funded by:



The Tudwick
Foundation



Colchester Community Debt Support

*Personal debt worries? We're here to listen,
no judgement, just support*

Free drop in sessions

Confidential and friendly

Practical steps to get you back in control

Where? Greenstead Community Centre, Greenstead Estate and

St Margarets Church Hall, Monkwick Estate

When? Every Monday at Greenstead 9.30am to 1pm
from 8th September 2025 and

Fridays (except the first one in the month) at Monkwick
11am to 1pm from 12th September 2025

No appointment needed - just turn up

✓ Budgeting and income
maximisation

✓ Help you understand your debt
options

✓ Guidance on debt solutions

✓ Signposting to trusted
organisations



STAY WARM. SAVE MONEY BE ENERGY SMART



KEEP THE HEAT IN

- ✓ Draught-proof doors and windows
- ✓ Use thermal curtains
- ✓ Add insulation where possible

CUT YOUR ENERGY BILLS

- ✓ Lower your thermostat by 1°C = Save up to £100/year
- ✓ Use LED bulbs – 80% less energy than old bulbs
- ✓ Smart meters help track usage

BE MORE ENERGY EFFICIENT

- ✓ Unplug unused electronics
- ✓ Wash clothes at 30°C
- ✓ Only boil the water you need

For more tips and support to reduce your energy bills
speak to our Energy Champions Jane & Phil:

01206 861600/spg@sign-post.info

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





Colchester



Foodbank



Together with Trussell

OUR WINTER COAT RAIL IS OPEN EARLY

With the temperature dropping, we've launched our winter coat rail a little earlier this year.

If you have a coat at home that could use a new lease of life, we'd love to rehome it and gift it to someone in need this winter.

- We are especially in need of Children's coats right now.
- We are also on the lookout for 2 clothes rails to help us display donations.



Every coat donated is one more person kept warm this winter. Thank you for helping us spread kindness and warmth across our community. ❤️

#WinterCoatRail #CommunitySupport
#ShareTheWarmth



↑
TOP



Welcome to your free toolkit

Helping local communities save money on water and avoid costly clean-ups from blocked pipes.

By working together we can keep taps flowing and toilets flushing across our region – today, tomorrow and far into the future.

click **HERE** to get a full guide to help our community save water and save money



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



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



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





COMMUNITY FUNDING

Healthier Habits Hub Fund

Are you an organisation that is running an event which:

- encourages healthy habits?
- raises awareness of issues that affect the community?
- aims to bring communities together?

You can apply for up to £2,500 (or £5,000 with another organisation) from Essex County Council's new Healthier Habits Hub Fund.

For more information and to apply scan the QR code or visit

<https://www.essex.gov.uk/news/2025/healthier-habits-hub>





Essex
County
Council

Environment and
Climate Action



Do you have an environmental project - or an idea for one - that needs funding?

Apply for the National Lottery Awards for All England – Environment



Apply for between **£300** and **£20,000** to:

- start a new activity or continue an existing one
- help your organisation adapt to new challenges
- run one-off events that have a clear environmental benefit

Fund open until
17 December

Scan the QR
code to apply



Essex
County
Council

Environment and
Climate Action



The National Lottery want to fund projects that focus on:

- green spaces & nature
- helping people reduce carbon or save energy
- other environmental projects

This could include:

- community gardens, rewilding, outdoor learning
- repair cafes
- food growing or food sharing projects
- installing solar panels in well-used community buildings



To apply, you'll need to answer a few straightforward questions and you'll get a response in around 16 weeks.

You don't have to be a fully-fledged charity- lots of different groups can apply.

Apply before
17 December

Scan the QR
code to apply



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

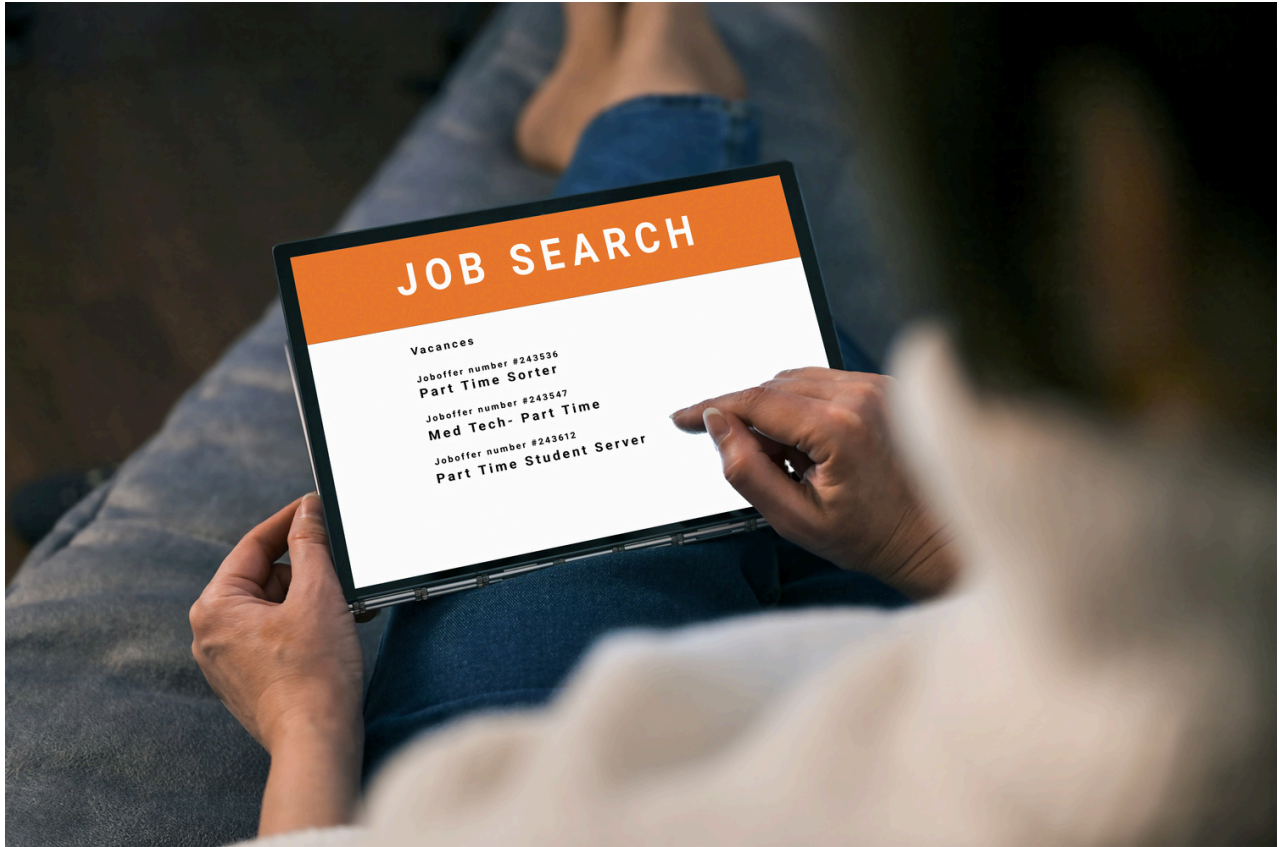
Community Integration Support Officer

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

Join



Colchester
Borough
Homes

Sports & Recreational Activity Team

as

Volunteer

**"An Opportunity to Grow Your Skills
and Support Your Local Community"**

Chair-Dance Exercise | Cycling | Yoga | Swimming | Health Walk

Contact: Bernard Tel: 07974883621

E-mail: resident.engagement@cbhomes.org.uk

**"Thank you for contributing your time, skills, and passion
to create a positive impact in our communities."**



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



Colchester
City Council



Keep up to date visit colchester.gov.uk

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