

Colchester Community Updates



Colchester
City Council

December

Welcome to our community newsletter for December.

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**
- **Employment**
- **Unsubscribe**



KIDS & YOUNG ADULTS

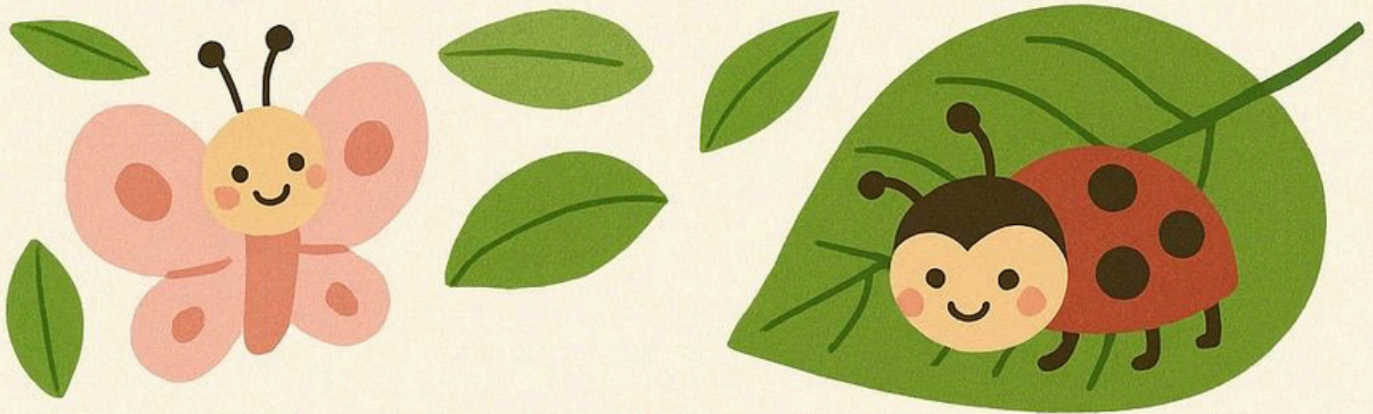


Help protect your child from flu this winter

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.



STAY & PLAY

EVERY TUESDAY, 10AM – 2PM

ELIM CHURCH COLCHESTER
CLEMATIS WAY, GREENSTEAD
CO4 3PY

- Play Session
- Food & Refreshments
- Song Time
- Story Time



outreach@elimcolchester.co.uk



ELIM YOUTH CLUB

**Fun, Friends & Friday Nights
for School Years 5-8**

Location: Elim Church Colchester
Clematis Way, Greenstead,
Colchester, CO4 3PY

Time: 6:00 PM – 8:00 PM

When: Last Friday of Every Month

What to Expect:

- Games & Activities
- Movies
- Snacks & Refreshments
- Make New Friends
- A Safe & Welcoming Space

☎ 07729 836953

✉ outreach@elimcolchester.co.uk

🌐 elimcolchester.co.uk

Safer sleep for babies

Safer sleep reduces the risk of sudden infant death syndrome (SIDS, previously known as cot death) occurring. Sadly, we don't know how to completely prevent SIDS but we do know that following the safe sleep advice significantly reduces the risk to your baby.

Following the safe sleep advice day and night until your child is 12 months old is very simple and will keep your baby safer as well as bringing you some reassurance.

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



WINTER HOLIDAY CLUB

DELIVERED BY ESSEX BOYS
AND GIRLS CLUBS



ESSEX



Essex County Council

FREE HOLIDAY SESSIONS

COLCHESTER

St. Anne's Community Centre, Colchester, CO4 3DH

22nd December 10 am - 2 pm

23rd December 10 am - 2 pm

24th December 9 am - 1 pm Christmas Extravaganza with a Christmas Guest

24th December 9 am - 1:30 pm Collect a Christmas Activity & Food Hamper

For young
people
aged 5-13



Lunch &
Snack
included

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

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

Bookings open on the 10th November at 12pm

If you need help with booking or have any questions, please contact Rebecca at rebeccas@essexboysandgirlsclubs.org
Limited places available! Book now to avoid missing out!

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



Free holiday clubs, fun activities and food across Essex and Thurrock!

- ✓ Specialist SEND, mental wellbeing and youth clubs
- ✓ Sports and games, arts and crafts, cooking and so much more!
- ✓ Nutritious snacks and tasty meals
- ✓ Run by qualified, local club providers
- ✓ Family support, resources and guidance
- ✓ Discretionary paid and paid for spaces



What is Essex ActivAte?

Essex ActivAte is the name for the exciting activity clubs run by Active Essex! During school holidays, local club providers across the county deliver free holiday clubs and fun activities to get eligible primary and secondary children active, as well as support young people to make friendships and learn new skills, helping to enhance their wellbeing.

Please only book your child/rein a space at an Essex ActivAte club if they will attend. If they are booked on and do not attend, other children may miss out on this beneficial opportunity across the holidays.

www.activeessex.org



@EssexActivAte



CALLING ALL YOUNG CARERS!

DO YOU WANT TO HAVE
YOUR VOICE HEARD?



WE WANT TO HEAR
FROM YOU!



NHS ENGLAND, THE DEPARTMENT OF HEALTH AND
SOCIAL CARE, AND THE DEPARTMENT OF
EDUCATION ARE WORKING TOGETHER TO IMPROVE
THE LIVES OF YOUNG CARERS.

LED BY YOUNG CARERS!

WE ARE HOSTING A SERIES OF WORKSHOPS TO
HEAR YOUNG CARER VOICES ON THESE DATES:

16TH DECEMBER 4-5PM & 6-7PM

17TH DECEMBER 6-7PM

6TH JANUARY 4-5PM & 6-7PM



THE INFORMATION WE HEAR WILL HELP
MAKE REAL CHANGES TO THE LIVES OF
YOUNG CARERS ACROSS ENGLAND.

WE CAN ONLY MAKE CHANGES BY HEARING FROM YOU ABOUT YOUR
EXPERIENCES OF BEING A YOUNG CARER, AND RIGHT NOW WE DON'T KNOW
WHO ALL OF THE YOUNG CARERS IN ENGLAND ARE, AND SO NOT EVERYONE IS
BEING SUPPORTED.

GET INVOLVED,
AND BOOK YOUR SPACE IN A WORKSHOP
BY CONTACTING THE EMAIL
ADDRESS BELOW:

ENGLAND.NHSTHINKCARER@NHS.NET

Do I look
like I care?
#NHSThinkCarer



TOP



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



Essex Family Forum

Family Impact Survey 2025



Family Impact Survey -2025 is now OPEN!

We are pleased to announce that the 'new look' Essex Family Forum 'Family Impact Survey 2025' is now live.

We are conducting this survey to measure the current levels of parental satisfaction with local services for SEND families and to compare with the data collected within our previous surveys. We took on board feedback from our previous surveys and have reduced the number of questions so completing the survey should take approximately only 10 minutes.

Your voice really does make a difference, so please take the time to complete this survey by scanning the QR code on the right or by visiting the 'have your say' section on our website (www.essexfamilyforum.org/have-your-say/family-impact-survey).

About Essex Family Forum

Essex Family Forum (EFF) is the parent carer forum in Essex for families whose children and young people have special educational needs or disabilities (SEND). We need to hear your views and experiences to represent your voice. Visit our website at www.essexfamilyforum.org or via the QR code to find out more about what we do, to access our 'Supporting your Neurodivergent Child' resource pack, to sign up to our mailing list and to share your experiences and feedback via our virtual graffiti wall.

SCAN ME!



Family Impact
Survey
2025

SCAN ME!



EFF Website





**ADULTS &
OLDER
PEOPLE**

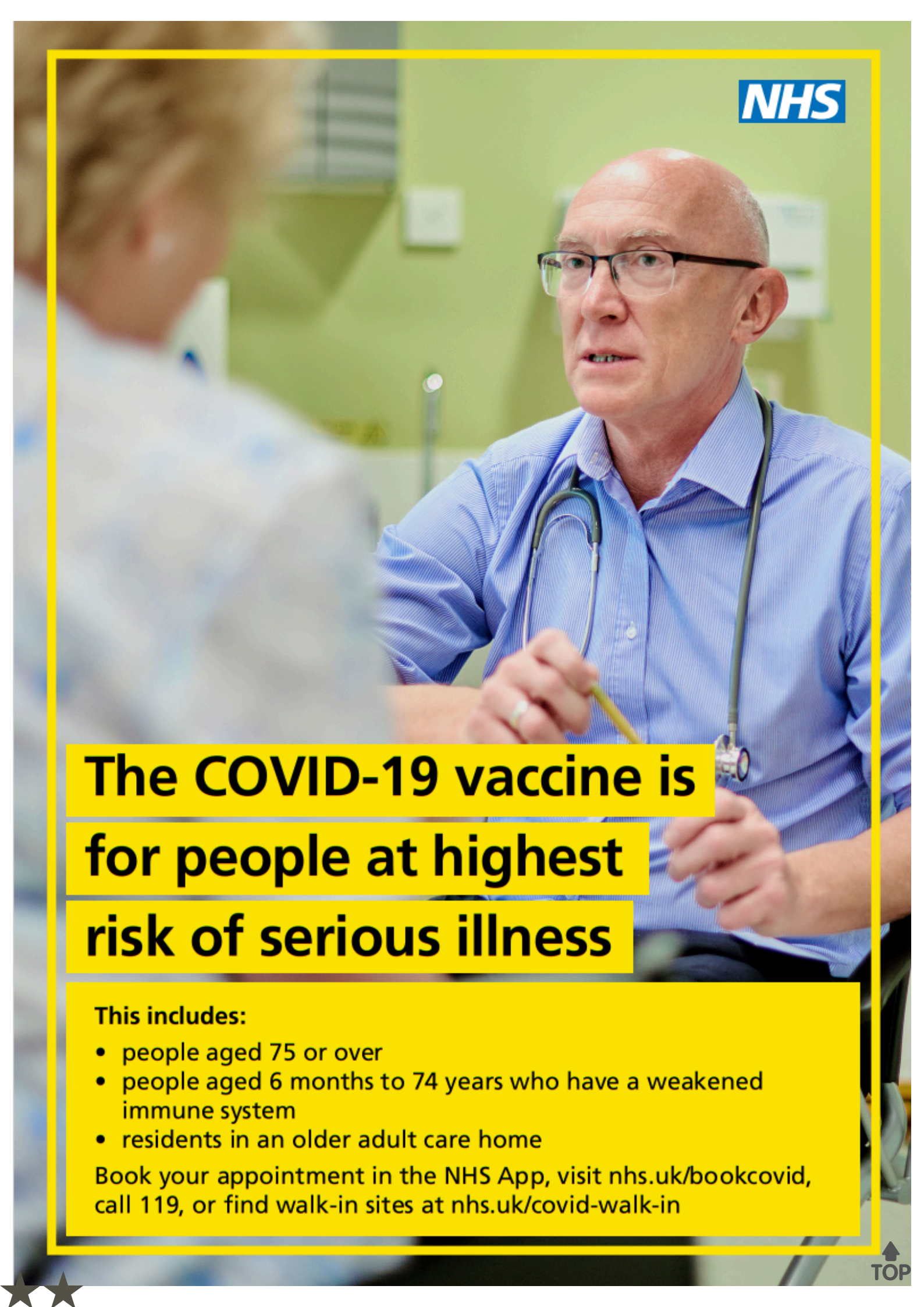


Winter vaccinations and winter health

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



A photograph of a middle-aged male doctor with glasses, wearing a blue button-down shirt and a stethoscope. He is looking towards a patient whose back is to the camera. The background is a clinical setting with a green wall and a white light switch.

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**

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



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**

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and in Scotland (SC039377). Company Number (07869142)
Registered office: 7 Bell Yard, London WC2A 2JR



Cook & Cycle



Join TAWS for a day of learning and connection. Together, we'll transform surplus ingredients into a nutritious meal, and while it cooks, you can work up an appetite on a friendly cycle ride. Our experienced ride leaders will guide the group along a safe, enjoyable route, before we return to sit down and enjoy the meal we've made as a community.

Wednesday 17th December- Adults Only

10am - 2pm Meet at Unity House

No bike? Don't
worry - use one
of ours!



Limited spaces! Book yours with the
QR code now.



Or contact **07749491790** or **colchesterepp@theaws.org** to book



Women Together Colchester

COFFEE MORNING

**Join us for a drop in session to
connect with others and create
new friendships**

*** Wednesday**

• 11am - 1pm •

**Dice & Slice, Queen Street
Colchester**

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



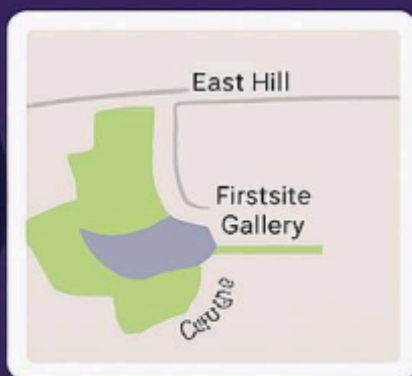
JOIN OUR



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



↑
TOP



Colchester
Borough
Homes



Sign-Up HERE!



+55yrs

DARTS

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

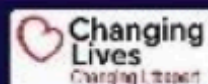
Sign-Up **HERE!**



ActiveEssex



**SPORT
ENGLAND**



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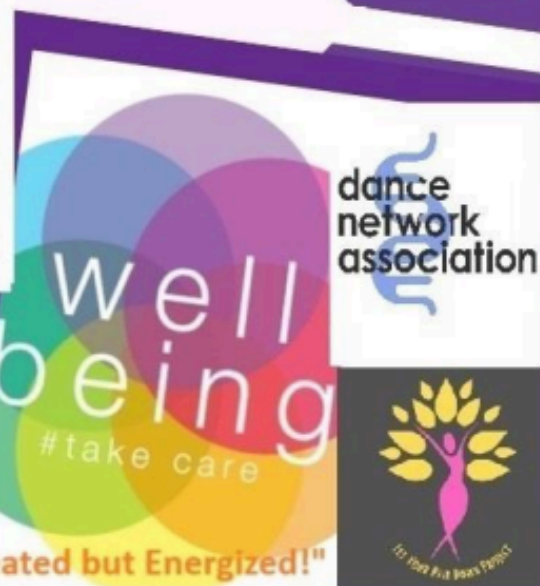




Colchester
Borough
Homes

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



↑
TOP

Are you a parent or carer of a 9–14 year old in Essex?

We want your views on
youth vaping.

Take our survey.





Suffolk and
North East Essex
Integrated Care Board

Urgent Care Dental Service

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



Contact NHS 111



↑
TOP

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)

St. Andrew, St. Anne, and St. Matthew

The Well at St. Anne's



**Come and find a quiet place
where it's OK not to be OK.**

**Share hobbies and activities
Talk and be heard
Reflect and refresh**

**Free and for everyone
Every Friday
10:00am-12:00 midday**

**St. Anne's Church
Compton Road
Colchester, CO4 0BQ**

**Starting on Friday
9th January 2026**

In partnership with Renew Wellbeing.



 **TOP**

FREE

 **Awarding Body**
NCFE / CACHE / TQUK

 **Course Duration**
6 / 12 Weeks

Mental Health First Aid Level 2

Course Overview

Welcome to the Mental Health First Aid Level 2 course, designed to equip you with the knowledge and skills to support individuals with mental ill health. In this course, we will explore the topic of mental health in-depth, delving into the various mental health conditions that individuals may face, and understanding how to support and provide appropriate assistance to those who are experiencing mental ill health.

Throughout the course, we will cover the essential aspects of creating a mentally healthy environment, identifying risk factors, and offering support and signposting to appropriate resources. You will learn how to approach conversations about mental health, recognize signs of distress, and respond appropriately to individuals experiencing mental health difficulties.

By the end of the course, you will have a comprehensive understanding of mental health and how to support individuals experiencing mental ill health, ensuring you are equipped with the knowledge and confidence to help those around you. Let's begin the journey towards creating a more mentally healthy community together.

What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

How do learners benefit?

Taking the Mental Health First Aid Level 2 course will benefit learners by equipping them with the skills and knowledge to support individuals experiencing mental ill health.

By understanding the signs and symptoms of different mental health conditions, learners will be able to recognize when someone is in distress and provide appropriate support and signposting to resources. The course will also cover how to create a mentally healthy environment and identify risk factors that can impact an individual's mental health. Overall, learners will develop a deeper understanding of mental health and feel more confident in their ability to support others, creating a more supportive and inclusive community.

 01226 958 888

 www.wefindanylearner.co.uk

 Info@wefindanylearner.co.uk

**WE FIND ANY
LEARNER.co.uk**



TOP

FREE

 **Awarding Body**

NCFE / CACHE / TQUK

 **Course Duration**

6 / 12 Weeks

Counselling Skills Level 2

Course Overview

Welcome to the Counselling Skills Level 2 course! This course will provide you with an introduction to the core counselling skills that can be used in a counselling relationship and in other helping activities. You will learn how to effectively communicate with clients, build rapport, and create a safe and supportive environment.

In addition to learning the practical skills, you will also explore how counselling theory underpins the use of counselling skills. Understanding the theoretical principles behind counselling can help you to better apply the skills in practice and develop a deeper understanding of the client's needs.

This course will also cover the ethical framework that informs the use of counselling skills. You will learn about the importance of maintaining boundaries, confidentiality, and informed consent when working with clients.

Finally, the course will help you develop the skills and qualities necessary to be an effective counsellor. You will learn how to reflect on your practice, receive feedback, and develop your self-awareness. Whether you are new to counselling or looking to enhance your existing skills, this course will provide you with a solid foundation in counselling skills.

What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

How do learners benefit?

Taking the Counselling Skills Level 2 course can benefit learners by providing a solid foundation for those interested in pursuing a career in counselling or other helping professions.

It can also help individuals to develop stronger personal relationships, improve their existing skills and knowledge, potentially leading to better job performance and career opportunities, and develop a deeper understanding of ethical principles and their application in counselling.

By taking this course, learners can develop the necessary skills, knowledge, and principles that are essential for success in counselling and related fields.

 **01226 958 888**

 **www.wefindanylearner.co.uk**

 **Info@wefindanylearner.co.uk**

**WE FIND ANY
LEARNER.co.uk**



TOP

FREE

 **Awarding Body**
NCFE / CACHE / TQUK

 **Course Duration**
6 / 12 Weeks

Understanding Autism

Level 2

Course Overview

This Understanding Autism Course covers the following topics:

Sensory Processing: How individuals with autism process sensory information, affecting their behaviour and communication.

Characteristics: The social interaction and communication difficulties and repetitive behaviours or interests that may be present in individuals with autism.

Co-occurring Conditions: The common conditions that occur alongside autism, such as anxiety, ADHD, and sensory processing disorder.

Misconceptions: The common misconceptions surrounding autism that can impact individuals with autism and their families.

Speech, Language, and Communication: The communication difficulties that individuals with autism may experience, and how to support effective communication.

Legal Frameworks: The legal frameworks that underpin support for individuals with autism, such as the Equality Act 2010 and guidance from organizations like NICE.

Completing this course will provide you with a comprehensive understanding of autism and equip you with the knowledge to provide effective support.

What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

How do learners benefit?

This Level 2 Autism Course is an excellent way to enhance your professional development and prepare for careers in Education and Childcare. This course is particularly useful for job roles such as Teaching Assistant, Training Officer, and Nursery Worker. By gaining a comprehensive understanding of autism and how to support individuals with autism, you can contribute to making the workplace a more inclusive environment.

Completing this course can help your CV stand out and increase your chances of securing employment in many different job roles. The salary information for these job roles, ranging from £11,500 to £35,000 per year, is taken from the National Careers Service.

 01226 958 888

 www.wefindanylearner.co.uk

 Info@wefindanylearner.co.uk

**WE FIND ANY
LEARNER.co.uk**



TOP



The Mindful Life Group
Dedicated to older adult mental health

Mindfulness for Older Adults who Care

Join our Free Online Course

for Essex Residents aged 65 and over

Next course starts: **Thursday 29th January 2026**

Time: **10am-11am**

Location: **Online (accessible from home)**

Why Choose Us?

- ✓ Clinical Psychology-Led
- ✓ Registered Mindfulness Teachers
- ✓ Evidence-Based Interventions
- ✓ Tailored for Carers over 65

Feedback from one of our previous participants:

'I'm an absolutely great believer in the course, it really got me through...the relaxation techniques, which I still do, really helped me in quite a profound way'. JB

Potential Benefits

- ✓ Enhance sleep quality
- ✓ Ease stress
- ✓ Improve resilience
- ✓ Combat loneliness
- ✓ Improve memory/attention
- ✓ Alleviate low mood/anxiety
- ✓ Help relieve chronic pain
- ✓ Promote relaxation

To apply, visit
the-mindful-life.com





Essex Safeguarding
Adults Board

Help us understand what stops people from seeking help or raising concerns about harm, abuse, or neglect. This survey is open to all, but we're especially keen to hear from underrepresented groups and communities as well as individuals who may face additional barriers to accessing support - whether for themselves or someone they know.

Your experience matters. Whether you've sought help before or not, your voice can help us make support more inclusive and accessible for everyone. It's quick (around 5 minutes) and anonymous. Share your views. Help us make a difference.

Share your views **HERE**:

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

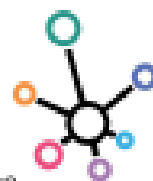
Support available 24/7 for all ages





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

**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

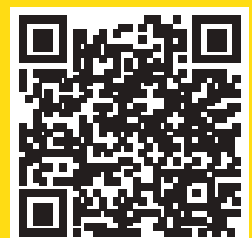
IS YOUR BUSINESS READY?

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

LOCAL SERVICES
SIMPLER RECYCLING
FULL COMPLIANCE



**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



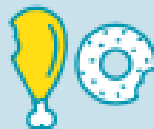
TINS & CANS



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



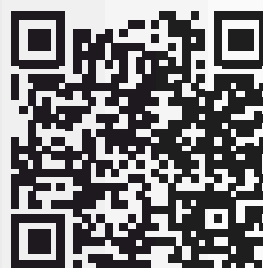
Look after the environment
with sustainable, long-term
solutions



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



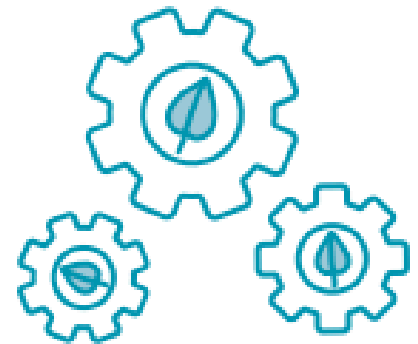
Business Waste Bag Collections

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.**





HEALTH & SUPPORT SERVICES

For people living with or affected by dementia

Essex Community Dementia Support Services

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



This leaflet was created in collaboration with people living with dementia.

Call us **0333 150 3456**

Email us **enquiries@alzheimers.org.uk**



**Alzheimer's
Society**

It will take a society to beat dementia

Get support

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

Call our Dementia Support Line:

- Gain advice on healthcare, benefits and legal matters.
- Receive calls from our 'Companion Call' service.
- Access our on-line forum to share experiences and develop connections.
- Get a wide range of leaflets developed with people with a lived experience of dementia.

This service is available in England, Wales and Northern Ireland.

Meet a local Dementia Adviser in person:

- In the comfort of your own home.
- In a place of your choosing.
- In some memory clinics and healthcare settings across Essex.

Our local Dementia Advisers are a unique team, with a wealth of experience and extensive knowledge about all forms of dementia. They will listen to what is important to you, and provide personalised support and guidance. They'll also inform you about what's available locally, and put you in touch with other organisations that can help.

This service is available for all residents of Essex, except for Southend, which is covered by Southend City Council.

If you are admitted to hospital:

- Our Dementia Advisers can work closely with you, your family, and healthcare specialists, to ensure that your discharge is smooth.
- We can help you to avoid future unplanned admissions, but if this does occur, you'll be better prepared.

This service is available for residents of Essex, except for those living in Southend or Thurrock.

Dementia at a younger age

Being diagnosed with dementia earlier in life can bring different challenges. If you are living with dementia and under the age of 65, we can help to guide you through these difficult times.

- Get support directly from one of our Dementia Advisers.
- We can put you in touch with other people sharing similar experiences.
- You can participate in local or national projects, helping us to shape future services and improve our community's understanding of dementia.

This service is available for all residents of Essex, except for those living in Southend.

Support for carers

- One to one support, in person or on the telephone.
- Courses, in person or on-line, to provide information and advice.
- Peer support – join a group to make new friends, gain knowledge and share experiences.

This service is available for all residents of Essex, except for those living in Southend.





Engage with your community

We offer a variety of activity groups and information sessions across Essex, to help you stay connected and active. These are available for people with dementia, their loved ones and carers. Our current groups include;

- Singing for the Brain groups
- Walk and talk groups
- Low impact exercise
- Memory Cafes
- Online groups

We are always looking for people to help out with groups and events. Please contact us if you are interested in volunteering with us.

This service is available for all residents of Essex, except for those living in Thurrock or Southend.

“

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

One of our attendees

”

Your voice matters

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

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

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

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

Call 0333 150 3456



Call us on **0333 150 3456**

Monday to Wednesday **9am – 8pm**

Thursday and Friday **9am – 5pm**

Saturday and Sunday **10am – 4pm**



Go online

alzheimers.org.uk/find-support-near-you



Email us at **enquiries@alzheimers.org.uk**

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

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

These services are delivered in partnership with:



Hertfordshire and
West Essex
Integrated Care Board



Mid and South Essex
Integrated Care Board



Essex County Council



Mid and South Essex
Integrated Care
System



thurrock.gov.uk



**Alzheimer's
Society**

It will take a society to beat dementia

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

0330 333 0804
enquiries@alzheimers.org.uk
alzheimers.org.uk

Registered charity no. 296645



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.

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.





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

MOVE THROUGH THIS

A weekly, trauma-informed movement class for women who've been through tough relationships, stress, or trauma.



Be More Dandelion

No mirrors. No pressure. Just movement, music and moments to breathe again.

- Reconnect with your body
- Find confidence and energy
- Learn tools to calm your mind
- Find community and support

Classes are **gentle, beginner-friendly**, and built for real life. This is not your average dance class.

If you've wanted to find a way back to yourself after something you went through, perhaps **movement holds the key?**

Weekly from:

Tuesday 6th January 2026, 12:30-13:30 PM

Location:

Greenstead Community Centre

Suggested donation: £5 per class

Open to all — your donation keeps us moving!

SCAN TO REGISTER
YOUR INTEREST



WHY MOVEMENT MATTERS

When you've lived in survival mode, it's easy to feel disconnected from your body, from people, from joy. Movement helps you come back home to yourself.

THE BEST PART? YOU DON'T NEED TO BE A DANCER

Just bring comfortable clothes, water, and yourself.

WHAT TO EXPECT

- A calm, welcoming space, no judgment, no comparison
- A new theme each month
- Simple, feel-good routines in different styles
- Practical tools you can use when life feels heavy
- Led by trauma-informed coaches with backgrounds in yoga and a mix of dance styles there's something for everyone!

www.thedandelionproject.co.uk

hello@thedandelionproject.co.uk

[@_thedandelionproject](https://www.instagram.com/_thedandelionproject)



DON'T FORGET ABOUT ME

**A programme for
carers and relatives
supporting a loved
one with acquired
brain injury**



Are you supporting someone with an acquired brain injury?

Caring for someone with an acquired brain injury can be challenging.

Often a loved one takes on the role of an unpaid carer with little time to prepare or understand how this may impact their lives.

We have designed this programme based on feedback from carers and relatives with lived experience of acquired brain injury to ensure the content is appropriate, useful, and supportive.

The content of this programme includes:

- Exploring the physical, emotional, and cognitive changes involved in supporting a loved one, how these changes can make you feel, and strategies for managing these changes.
- Understanding changes in roles, relationships, and responsibilities for both you and your loved one with a brain injury.
- An opportunity to look at the functions of the brain and the effects of acquired brain injury.
- Advice and presentations from relevant experts in the field of brain injury care and social care.
- Invaluable peer support through sharing experiences and coping strategies with other unpaid carers.

"I struggled for months – alone – trying to support my loved one. Headway was the first to ask how I was."

For more information, please contact:

abisupport@headwayessex.org.uk. Telephone 01206 845945

www.headwayessex.org.uk

Registered charity number 1008807





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



#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

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

Spotted Fly-Tipping? **REPORT IT!**



HELP US, HELP YOU!

If you have spotted someone fly tipping, send us the details:

- 🕒 **Dates and times:** precise details help us identify culprits
- 📍 **Location:** exact spot fly tipping has occurred
- 🗑️ **Description:** details about the waste and any vehicles involved
- 📷 **Evidence:** Ring Doorbell or CCTV footage

PAY WRONG ONCE, PAY TWICE!

Paying for rubbish removal? **Ensure it's legal.**

Ask these three questions first:

- Please can I see your Waste Carrier Licence?
- Where will you take my rubbish?
- Can I have a receipt with your name business and vehicle details?

No licence, no deal.



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 the twenty-five organisations within Colchester and explore how you could partner to develop 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





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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YOU'RE INVITED TO THE

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

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

**Wednesday
17th
December**

**10-00 to
12.30**

**The
Pegasus
Club**

Veterans' Group

Monthly Drop-In

Open to all Veterans of HM Armed Forces

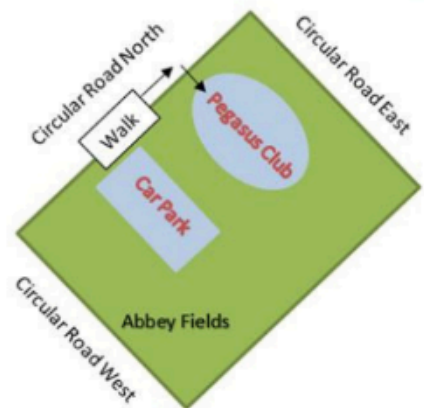
Refreshments generously provided by SSAFA. No booking required.

Venue:

The Pegasus Club
Circular Road North
Colchester, Essex
CO2 7SU

(Garrison Athletics/Hockey Club House)

Directions



Car Park: Sign posted as "MOD Property"

Disabled Parking: Available in front of club house

Bus Stops: Napier Road and Salisbury Avenue Stop

When: Third Wednesday of the month

Time: 10am – 1230pm

Contact: 01206 228 774 or mevs.mhm@nhs.net

With support from:

ssafa | the
Armed Forces
charity
Lifelong support for our Forces and their families

NHS
Veterans' Mental Health
Transition, Intervention
and Liaison Service

ABF
THE SOLDIERS'
CHARITY
The Army's National Charity

BUILDING HEROES

THE MATTHEW PROJECT
no compromise on hope

RBL
ROYAL BRITISH LEGION

SUPPORT OUR PARAS

COMBAT STRESS
FOR VETERANS' MENTAL HEALTH

WALKING WITH THE WOUNDED

HELP for HEROES
Support For Our Wounded





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.



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."
"

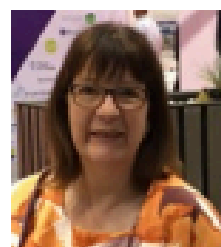
Trusted Attendee

***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



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





Personal debt worries?

We're here to listen - no judgement, just free support and advice

When & Where

In partnership with Colchester Foodbank

***Greenstead Foodbank @ Colchester Credit Union Office
7 The Centre, Hawthorn Avenue, CO4 3PX***

***Every Monday 10am to 12pm
Starting 17th November 2025***

***Colchester Foodbank @ Stanway
Tollgate Retail Park, CO3 8RG***

***Every Tuesday 10am to 2pm
Starting 25th November 2025***

***Monkwick Foodbank
@ St Margarets Church
Stansted Road, CO2 8RA***

***Every Friday 11am to 1pm
(except the first of each month)***

No appointment needed, just turn up





COMMUNITY FUNDING



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



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 Persons, Armed Forces,
Older Person and Carers

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 Community Asset Fund, 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

CONNECT TO WORK

Funded by **UK Government**



Work that works for you

Living with a health condition or disability? Connect to Work offers free, flexible and understanding support to help you prepare for work, find the right job, and succeed on your terms.

Visit

www.essexopportunities.co.uk/connect-to-work or call **03330 138 337** to get started.



PARTNER WITH US ON THE RESTART SCHEME

Supporting unemployed individuals into
sustainable employment

Colchester Volunteering Pathway



About the Restart Scheme

Helping unemployed individuals find
sustainable employment

- ✓ Skills training
- ✓ Job application & interview preparation
- ✓ Financial assistance
- ✓ Online tools
- ✓ Health and wellbeing support
- ✓ Recruitment team sourcing
local job opportunities



We want to hear from you!

Volunteering organisations, charities and
support services to partner

Get in touch to explore how we can work
together to make a difference

Contact us

graham,campion@reed.com

chloe.cheung@reed.com

pedro.lopes@reed.com



What's the Pathway?

- ✓ One-to-one
advisor support
- ✓ RTW document
checks &
CV preparation
- ✓ Bespoke skills
workshop
 - ✓ First Days at Work
 - ✓ Transferable
 - ✓ Skills
 - ✓ Proactivity
 - ✓ Self-Awareness
 - ✓ Workplace
 - ✓ Ethics
 - ✓ Customer
 - ✓ Retail

**Reed in
Partnership**
...



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