

Colchester Community Updates



Colchester
City Council

End of March 2024

Welcome to our newsletter covering end of March.

You'll find plenty of information about community events, opportunities, and a link to our funding web page with almost 100 funding streams!

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.



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UK Health Security Agency



Flu and Covid-19 spread more easily in winter and can cause you serious illness.

GET WINTER STRONG



Come forward for your flu and Covid-19 vaccinations when invited.



Vaccination is the best way to protect yourself, those around you and the NHS.



Covid-19 vaccinations for children aged 6 months to 4 years

If your child is aged six months to four years, they may be eligible for a Covid-19 vaccination if they have a medical condition including:



Severe breathing conditions including Cystic Fibrosis & poorly controlled asthma



Significant heart diseases such as cardiomyopathy



Chronic kidney, liver or digestive problems



Neurological problems including Cerebral Palsy, autism, muscular dystrophy, Down's Syndrome & those on the learning disability register



Diabetes



Immunosuppressed patients - those with certain cancers, leukaemia, organ/bone marrow or stem cell transplant recipients and auto-immune disorders



Sickle cell & thalassaemia

If you think your child is eligible for a vaccination, please email pando@snee.nhs.uk and we will direct you to your nearest vaccination centre.

Could it be Long COVID?

Symptoms include:

- Extreme tiredness
- Shortness of breath
- Muscle or joint ache
- Difficulty concentrating
- Memory loss or confusion
- Loss of smell or taste
- Headache
- Trouble sleeping
- Worry or anxiety
- Fast heart rate

Book a GP appointment

Your GP may refer you to the **Suffolk and North East Essex Long Covid Assessment Service**.
For more information visit:
snewellbeing.org.uk/long-covid

If you have had symptoms of Covid-19 for longer than 12 weeks, it could be Long COVID

For information and advice on managing your symptoms visit yourcovidrecovery.nhs.uk

For advice on work, benefits, money, relationships or housing contact your **local Citizens Advice**



NHS
Suffolk and North
East Essex
Long Covid Assessment Service

Measles: Are you protected?

You need **2 doses** of the **MMR vaccine** for lifelong protection.

If you haven't had **both doses**, you could be at risk.

Contact your GP practice and book an appointment if you're not up to date.

HAVE YOUR SAY! COMPLETE THE HEALTHY WEIGHT SURVEY

We want to support people to be a healthy weight by making Essex a healthier place to live. Where healthy choices are the easiest choices.

We know that the environment around us and how we live, work, study and play has a big influence on our own lifestyles. So, share your views, experiences and priorities around maintaining a healthy weight and help shape plans for a future strategy.

Have your say
by completing
the survey here:



or click [HERE](#) to go to the survey


For more information, visit:
www.smartsurvey.co.uk/s/HealthyWeightEssex



Modern slavery is happening around us in Colchester

Controlled
Forced
Owned
Abused
Afraid
Isolated
Dehumanised
Constrained
Bought & Sold
Threatened
In debt

Find out more at
www.colchester.gov.uk/modern-slavery

 SCAN ME



**CONCERNED SOMEONE COULD BE A
VICTIM? DO SOMETHING ABOUT IT.**

For advice or to report concerns call
Modern Slavery Helpline 08000 121700.

Email Safer Colchester Partnership on
safer.colchester@colchester.gov.uk

For Essex Police report online
www.essex.police.uk or call 101
or in an emergency 999.

caams
Colchester Against Modern Slavery

An initiative
of the



cams

Colchester Against Modern Slavery

With an estimated 122,000 victims of modern slavery in the UK, CAMS is partnering towards a slavery-free Colchester.

Would your organisation or group like to join over twenty-five organisations within Colchester? Together we can explore resilience to exploitation.

To explore further contact dan.pratt@colchester.gov.uk

Free Modern Slavery Training

Workshops of between 1-2 hours include:

- Overview of Modern Slavery and Human Trafficking
- Types of Exploitation
- Signs of Exploitation
- Victim Barriers
- The National Referral Mechanism
- Reporting Concerns

The training can be on Teams or in-person and tailored to your organisation / group.

Contact: bob.fortt@essex.police.uk or
dan.pratt@colchester.gov.uk





Baha'i



Shinto



Paganism



Sikhism



Islam



Judaism



Christianity



Zoroastrianism



Taoism



Buddhism



Hinduism



Confucianism



Brahma Kumaris



Quakers

Faith Is Welcome. Hate Is Not.
SEE IT. REPORT IT.

STOP HATE UK

0800 138 1625

24 HOUR HELPLINE

TEXT 07717 989 025.



LET'S TALK ABOUT FAMILY GOLD THEFT



1

Be secure - lock your doors and windows every time you leave your house or go to bed. For extra security and peace of mind buy CCTV and a burglar alarm, and store high value items in a safe secured to a wall or floor. Alternatively keep high value items in a safe deposit box or a bank.

2

Keep an inventory of your jewellery including photos. This can be done in a paper version or online with companies such as **immobilise.com**. Make sure you include details such as identifying marks, value, and purchase date. List each one of them on your home insurance and be sure they are covered by your policy.

3

Be alert to risk when using social media - be mindful not to display or share pictures of expensive jewellery for all to see. Ensure your social media settings are set for private.

4

When wearing jewellery in public, particularly during wedding season and religious holidays, consider keeping your jewellery discreetly hidden until you get to the venue and be extra vigilant.

5

Criminals sometimes identify targets through personal information - be wary of people asking for these details at work, socially or even over the phone. Also be wary of strangers calling at or hanging around your home.

Read this leaflet? Pass it on to a relative, friend or neighbour.
Let's all talk about crime and how to prevent it happening.



MULTI-SCHOOLS COUNCIL WEEK

15th – 19th July 2024 Secondary Schools

BE PART OF SOMETHING AWESOME!

- Pick a day between 15th – 19th July 2024
- Encourage students to come in non-uniform and dress uniquely *donate a £1 to the Multi Schools Council
- A day to celebrate difference and raise awareness of The Multi-Schools Council and the work we do.



Each school that signs up will be entered into a prize draw with three prizes available.



*This fundraising idea was created with our young people and ambassadors.

To take part, click [HERE](#) for the entry form / fact sheet, and for the Multi-Schools Council Newsletter, click [HERE](#)



Shape the Future of Jumbo with Us!

We're excited to be able to invite local residents to two upcoming workshops centred around the future regeneration of Jumbo Water Tower. We'll collaborate with North Essex Heritage Trust to explore their plans for Jumbo, and focus on how to enhance public connections with this historic landmark.

Spaces are limited and you must be a member of our residents panel to take part. You can sign up to receive details of this, and other future opportunities,

[HERE](#)

Organised by Colchester Caribbean Group



STALLS

Good Food

Honouring

WINDRUSH

2024

All roads lead to Colchesters Cultural Corner

Sat 22nd June

3pm till late

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

OPENING CEREMONY

Colchester Town Hall 12 noon (tbc)

join us In raising the Windrush Flag



TOP



CDCN PRESENTS

SATURDAY

13TH JULY, 2024

COLCHESTER CARNIVAL

*Parade &
Concert*

WELCOMES ALL
IN COLCHESTER!

DJ MUSIC, DANCES,
GAMES, FOODS, FUN
ACTIVITIES FOR ALL!

START AT 12:00 PM

ROUTE: SIR ISAAC'S WALK
TO BERRIFIELD LAWN,
FIRSTSITE, COLCHESTER.

MENTAL HEALTH & WELLBEING COURSES

FREE

We offer a space to explore new ways to improve your wellbeing and gain valuable tools to help you navigate your daily life. Our expert tutors will be there with you every step of the way for guidance and support.

Managing Anxiety

13/03/2024 to 20/03/2024 | 10:00 to 12:30

Step Towards Self-Confidence

13/03/2024 to 20/03/2024 | 13:00 to 15:30

Introduction to Building Resilience

17/04/2024 to 24/04/2024 | 10:00 to 12:30

Mental Health in a Man's World

17/04/2024 to 22/05/2024 | 13:00 to 15:30

De-Cluttering for Wellbeing

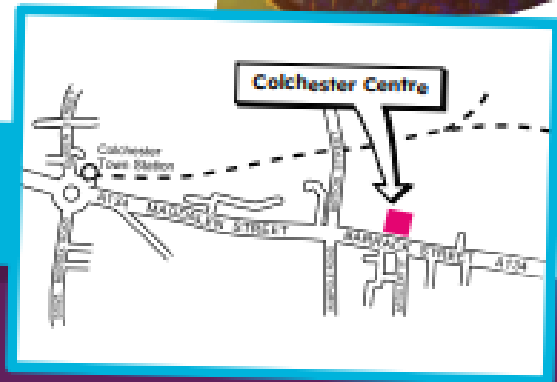
01/05/2024 to 08/05/2024 | 10:00 to 12:30

Positive Habits for Wellbeing

15/05/2024 to 22/05/2024 | 13:00 to 15:30



ACL Colchester, Wilson Marriage
Barrack Street, Colchester, CO1 2LR



0345 603 7635
**aclessex.com/
wellbeing**



Read the full brochure [HERE](#)



East of England Mental Health in Sport & Physical Activity Virtual Conference 2024

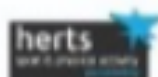
March
27

Free to attend
9:30 am - 1:00
pm

Use the QR
Code to find out
more and book



If you have any questions about the conference, please email t.horey2@herts.ac.uk





MID ESSEX
*Recovery
College*

A **safe space** for people to learn new skills, expand on existing ones, and attend **FREE COURSES** developed to support **mental health recovery...**

Self Care for Carers

Workshop dates

4 April 2024

**Braintree Livewell Hub, Saunders House,
Manor Street, Braintree CM7 3YL**

1:30 - 3:00pm

8 April 2024

Microsoft Teams

6:30 - 8:00pm

This workshop is for anyone that is in a caring role and would like to learn tools and strategies to support them in their own wellbeing. It will provide strategies and tools for students to manage their own self-care whilst caring for others and exploring ways to improve their physical and mental wellbeing.

At the end of the workshop students will be able to

- identify what self-care means to them and to identify how much self-care they are currently have in their day
- explore what the barriers are in practising self-care and find solutions
- understand the importance of looking after themselves and what the negative impact can be if this is neglected
- share current self-care practices and explore new activities that could promote positive wellbeing.
- have a take-away of up to 3 new self-care techniques or practices.



To book on this course

For more information or to book a place on either session please contact the college on the details below;

provide.midessexrc@nhs.net

07751 571431

Scan the QR code below to be taken to our Eventbrite page



 **BOOK A COURSE NOW!**



Essex County Council

CARERS VOICES



DO YOU...

- Help someone in their daily life?
- Care for someone who cannot care for themselves?
- Keep someone company if they can't get out much?




We are working on an exciting project called 'Carers Voices', and we'd like to hear how you think services can be developed. There are a range of ways to tell us what does or doesn't work well for you and the person you're helping.

Scan the QR code or head to our website to find out more.



Get In Touch

 0300 500 1895

 carersvoices@healthwatchessex.org.uk



Compassion Cafe

Every Tuesday and Saturday

Fill your self-care cup up.
Learn self-compassion
while socialising over a
wonderful cuppa and cake.

**PRIORITISE
YOUR
SELF-CARE**

OPEN DROP-IN SOCIAL EVERYONE IS WELCOME

- Make new friends, who are prioritising self-care too
- Gain emotional support
- Overcome social anxiety
- Learn a new self-compassion practice each week with Maya
- Enjoy a cuppa and a wonderful treat

Tuesdays 7 pm-8.30 pm
@Two Shades Cafe,
Eld Lane, Colchester

Saturdays 2 pm-3.30 pm
@Common Ground Cafe,
Minories, Est Hill, Colchester

For more information email:
hello@blossome.support
or call Kim 07900136598

All are welcome to
find a place to pray
and refresh



MIDDAY PRAYER SPACE

St Botolph's Church
Wednesdays, 12-1pm

The digital phone switchover

What you need to know

What is the digital phone switchover?

The UK's telephone network is changing. Between now and 2025 most telephone providers will be moving their customers from old analogue landlines over to new upgraded landline services using digital technology.

This means services that rely on the old landline system such as home phones and healthcare devices will be switched over.

How will it affect me/what do I need to do?

The good news is – your landline isn't going anywhere and for most consumers and businesses, this change will be straightforward. In fact, many customers are already making the switch when they upgrade to full fibre broadband.

Your telecoms provider such as Virgin Media O2 or BT should contact you before the switchover to check in and discuss what you need to do to make sure your service isn't affected. However, we're encouraging everyone to know what to expect.



Your telecoms provider should contact you before the switchover to let you know if you'll be affected.



Click [HERE](#) or the full details





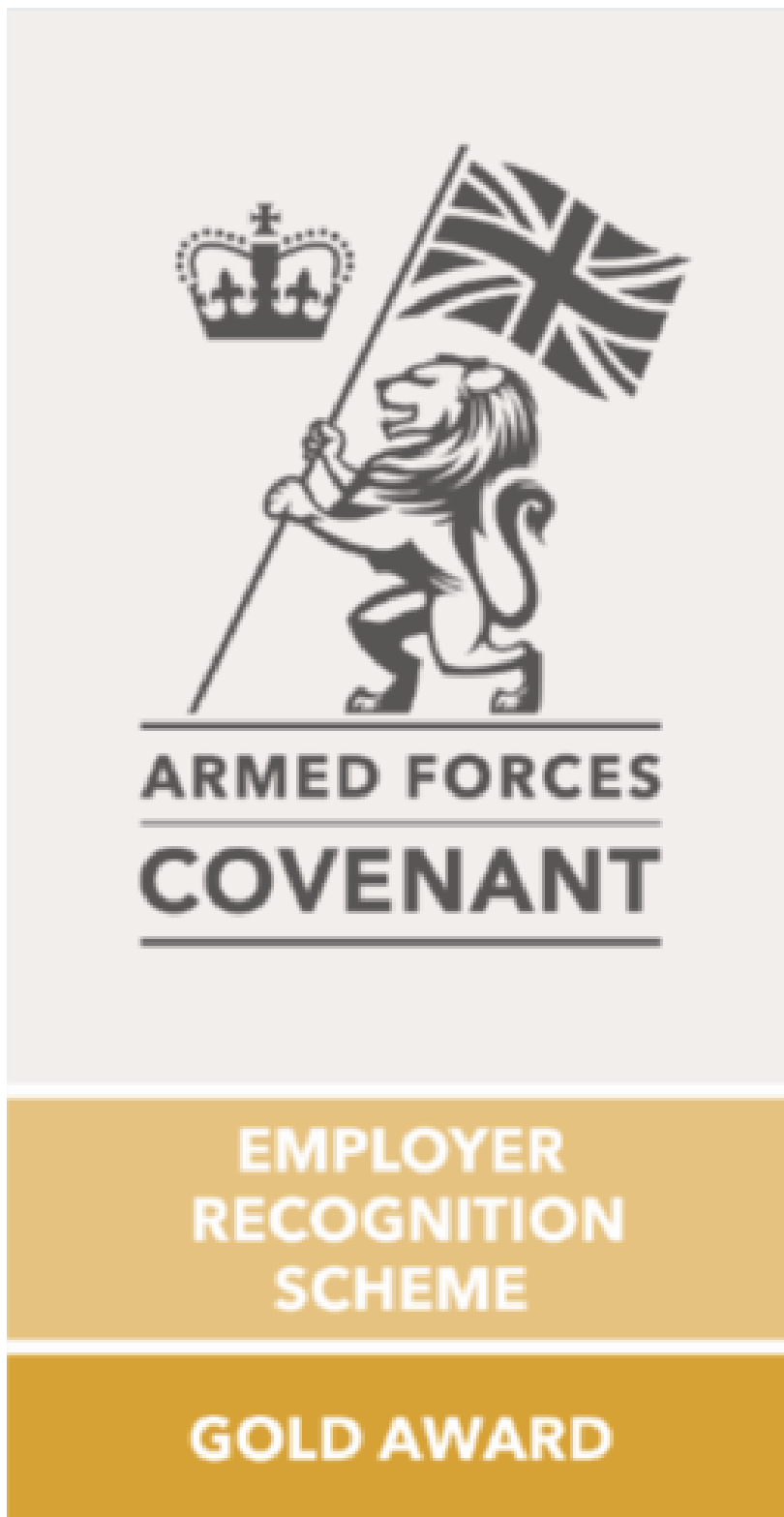
ONLINE ARTHRITIS ACTION GROUPS

**JOIN US ON ZOOM TO MEET
OTHERS, SHARE HINTS AND
TIPS, AND LEARN ABOUT
SELF-MANAGEMENT
TECHNIQUES**

**REGISTER BY EMAILING
EVENTS@ARTHRITISACTION.ORG.UK**



**↑
TOP**



Click [**HERE**](#) to see the Colchester City Council Armed Forces Page



Veterans' News and Communications Hub

The Hub enables forces-friendly organisations across all sectors to showcase the continued value of the UK's highly skilled veteran community.

Click [HERE](#) to read more.



Re-Take That: 24th March 2024 – 2 for 1 Ticket Offers to Military Families

Take That's Greatest Hits Live on Stage

Jason Orange calls the show "brilliant". Dec of Ant and Dec says it's "the best Take That tribute act you'll ever see"...

Re-Take That is the ultimate Take That party night, bringing the world's biggest boy band's greatest hits to life – live on stage.

All of Take That's million sellers plus Robbie Williams' massive solo hits feature – including Greatest Day, Let Me Go, Shine, Never Forget, Let Me Entertain You, Rock DJ, Love My Life, Angels and more.

Don't miss out on watching the world come alive tonight – it's time to move your body now – and book your seats for the greatest day of our lives...

click [HERE](#) for you tickets - Colchester Events (colchester-events.co.uk), use discount code **TAKETHIS** valid until 24th March 2024, subject to availability.



Dave Pearce: 90's vs 00's Dance Anthems £5.00 off Tickets for Military Families

Get ready for a host of 90s & 00's dance tracks from the likes of Gala, Sandy B, Crystal Waters, N-Trance, Ultra Nate, Livin Joy, Groove Armada, Faithless, Darude, SASH, Paul Van Dyke, The Prodigy, The Chemical Brothers, Fat Boy Slim, Daft Punk and much much more, right here at Charter Hall

Party the night away and re-live the best, most influential musical eras of our times.

to order tickets click [HERE](#)

for £5.00 off tickets use code **DAVECOLCHESTER** valid until 31st March 2024, subject to availability.

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



Veterans' Group

Monthly Drop-In

Open to all Veterans of HM Armed Forces

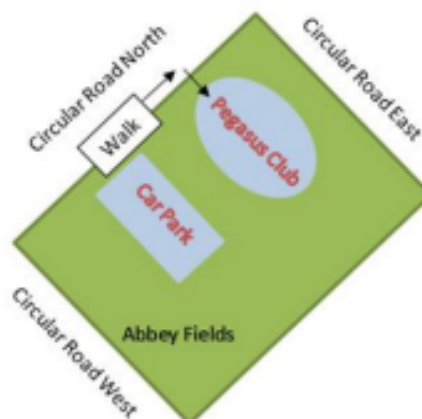
Refreshments generously provided by SSAFA. No booking required.

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:





WEDNESDAYS AT ONE

A WARM AND WELCOMING SPACE

Meet new people | Conversation & friendship

Child-Friendly | Free refreshments

Free Wifi | Free phone and laptop charging

EVERY SECOND AND FOURTH* WEDNESDAY
OF EACH MONTH - BETWEEN 1-3PM

*Armed Forces community support available on the fourth Wednesday

WE'D LOVE TO SEE YOU ALL

This will commence from Wednesday 27th September 2023 and is held at
Prettygate Baptist Church, 25-27 Prettygate Road, Colchester, CO3 4EQ

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 & Employment Support Team

WOULD YOU LIKE

TO MAKE YOUR HOME WARMER, MORE COMFORTABLE AND CHEAPER TO HEAT?



Grant funding may be available for improving the energy efficiency of your home using a variety of measures.

These could include *:

- Insulation for walls, lofts and heating systems
- Draught exclusion
- Changes to windows or doors
- Renewable energy (e.g. solar panels)
- Clean energy systems (e.g. air source heat pumps)

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

WE CAN ALSO PROVIDE YOU WITH OTHER TIPS THAT MAY CUT YOUR ENERGY BILLS TOO!

Contact us for **FREE** and impartial advice on **01206 636956** or email

EnergyEfficientHomes@colchester.gov.uk





HELP PAYING FOR YOUR CHILDCARE



**Government help with
childcare costs for parents.
Whether you have toddlers or
teens, you could get support.**

Find out more **HERE** about the
help you are entitled to for
childcare costs.





Essex's Council-backed Solar Scheme Returns

Considering solar panels for your home or business but don't know where to start? Thanks to the council-backed scheme called "Solar Together", installing solar panels on your rooftop has become easier than ever. The new edition of the scheme is now open for registration in Essex, allowing more residents to benefit from solar panels and battery storage. Find out more about how the scheme works, who is eligible and how to register.

Click [**HERE**](#) to read more

Register by 22nd March for free!

Save energy Stay Warm



With **FREE** upgrades 

SAVE £££ ON YOUR ENERGY BILL

We can help you access **free** energy saving upgrades from the government for your home that could help you make savings on your fuel costs.

DELIVERED BY:



IN PARTNERSHIP WITH:



Department for
Energy Security
& Net Zero



Colchester
City Council

CAN I APPLY?

You could be eligible if your household:

- ✓ Is off-gas for heating (for example, uses oil, LPG, solid fuel heating or an electric heating system)

AND

- ✓ Has a combined annual income of no more than £31,000 (gross) or, under £20,000 after rent or mortgage costs

AND

- ✓ Live in a hard to heat home

N.B. If you are not financially eligible, you could still be eligible if you live in defined postal areas.



WWW.HUGAPPLY.CO.UK



0808 196 8255



SCAN TO APPLY

Trusted

This programme has changed me. The way I stand up for myself, deal with things and run my finances. I am never changing back"

FREE PLACES NOW AVAILABLE

Attendees have become financially better off by an average of approx. £3,000 per person per year, simply by changing the way they approach their finances

Could this be you?

One big, topic-led conversation

Building a new money confident community

6 weekly sessions - guest professionals every week

Weekly vouchers provided

Contact us to secure your place

Jessica - 07425 166069 or

Karen - 07532 253540

email: hello@trustedmoneyconfidence.com

www.trustedmoneyconfidence.com



St Margaret's Church

COMMUNITY CAFE

IN CONJUNCTION WITH COLCHESTER
FOODBANK

All are welcome to our weekly cafe for free refreshments in the church hall.

We also have various community support groups providing drop in sessions as well as the food bank volunteers who are able to issue food parcels for those in need, whatever the reason.

Come along for a cuppa and a chat!

EVERY FRIDAY

11-1PM



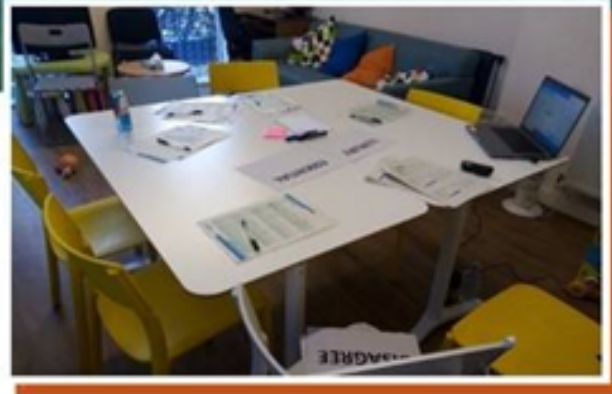
Colchester



Multiply

Free Financial Wellbeing Sessions Now booking March – June 2024!

Do you work with people who might benefit from attending our sessions?



Please contact us to book a date for us to come and work with your group in your community setting.

We'll consider **Budgeting** and explore **Financial Wellbeing**. We'll also think about where participants might wish to go for further help in our **Signposting session**.

“The person doing the course was very good and very friendly”

Participant

“It was great and gave me a lot to think about”

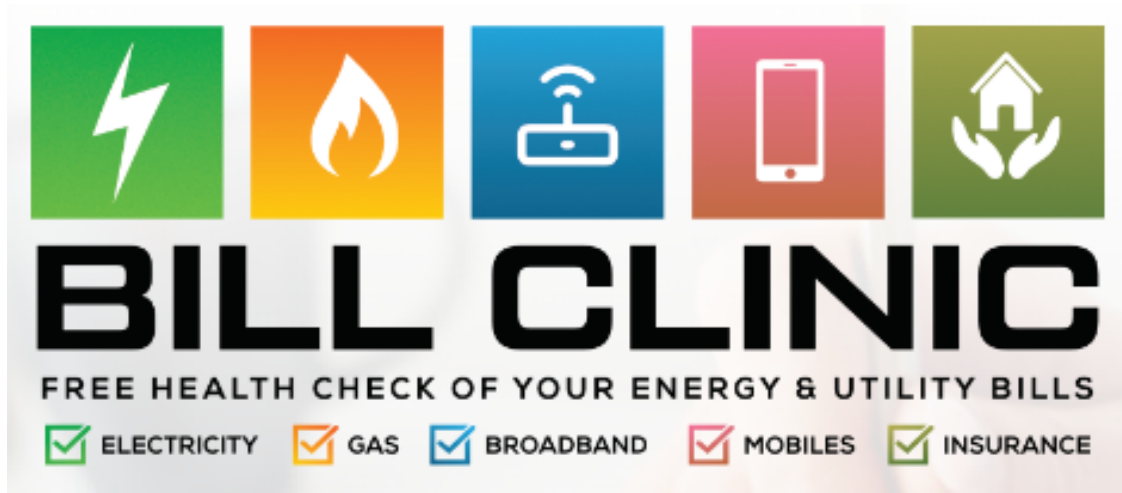
Participant

If your clients or residents might benefit from participating in our free sessions then please do contact us to find out more.

Participants should live in Essex, be 19+ and not have GCSE pass in maths

✉ epunft.enableeast@nhs.net

☎ 01206 489913



Are you worried you're paying too much for your essential services?

Do you feel like you can't make sense of your bills, and you just don't know what you're looking at?

Are you fed up with spending hours on the phone to your suppliers, only to never get a clear answer to your questions?

Worry no more. The team at the Bill Clinic can provide you with a FREE health check on your utility bills. We are here to save you valuable time and money by simplifying your life, giving you the reassurance that you're not spending more than you should.

Click [HERE](#) for more details of how they can help you

Citizens Advice drop-in sessions at Foodbanks

Colchester (Tollgate)

Every Wednesday 10am - 2pm

Central Town (Eld Lane)

2nd and 4th Friday of each month 11am - 1pm

Greenstead

Every Thursday 10am - 12 noon

Highwoods

1st Monday of each month 9am - 11am

Monkwick

1st and 3rd Friday of each month 10am - 12 noon

New Town

1st Monday of each month 7.30pm - 8.30pm

1st Thursday of each month 11am – 1pm (Energy team)

Rowhedge

1st Monday of each month 4pm - 6pm

Tiptree

1st Thursday of each month 2pm - 4pm

Wivenhoe

3rd Thursday of each month 10am - 12 noon



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.





The Carers Community Fund

is a new £1.75 million grant programme that will support new local projects for carers of all ages in Essex.

The fund opens on 28 November 2023 and organisations will be able to apply for grants of between £1,000 and £30,000 for their local project. Length of project will be proposed by the organisations, but the maximum length will be three years.

The purpose of the fund is to build localised community-based support to carers of all ages, and to achieve this there will be five local panels, North East, Mid, West, South West, South East each with an allocated sum to award.

For more information on the Carers Community Fund please visit www.essex.gov.uk and search 'Carers Community Fund' or scan the QR code or email essex.carers@essex.gov.uk

Panels invite applications that demonstrate added value and/or innovation and an inclusive approach to providing for carers in their communities.



In partnership with



Meet The Team

Tom Tayler

Community & Partnerships Team Manager

07956 343985

Tom.Tayler@colchester.gov.uk

Rachaelle Litwin

Digital Access Support Team – Colchester (and Tendring)

01206 282452

Digital.AccessSupport@Colchester.gov.uk

Chrissy Henegan

Community & Partnerships Officer

Central – Shrub End, Prettygate, Newtown & Christchurch,
Berechurch and Greenstead

Thematic lead for Children & Young People and Armed Forces

07966 235791

Chrissy.Henegan@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

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

Leeni Sepp

Physical Activity & Partnership Officer

Thematic lead for Physical Activity, Health & Wellbeing and
Public Health Support

07989 738042

leeni.sepp@colchester.gov.uk

Jake Mullinder

Community & Partnerships Officer

South – Marks Tey & Layer, Mersea & Pyefleet, Tiptree,
Wivenhoe, Hythe & Old Heath and Castle

Thematic Lead for Physical Activity & Public Health

07890 910455

Jake.Mullinder@colchester.gov.uk

Shaz Peacock

Community Integration Support Officer

Resettlement Support

01206 506951

07977 823928

sharon.peacock@colchester.gov.uk

Want to work with us?

click [HERE](#) to view
the latest
Colchester City
Council vacancies

WE'RE HIRING!



- ✓ Have a full manual UK driving licence?
- ✓ Enjoy working outdoors and keeping active?
- ✓ Looking for a local government role with great benefits?

Join us as a Civil Enforcement Officer!

- Full-time, part-time and casual contracts
- Flexible shift patterns
- Local community roles



Find out more and apply here:
Or contact us:
parking@colchester.gov.uk
or 01206 282316



Other Opportunities...



Colchester In Bloom Watering Position

Details of the position include:

Watering:

- During the summer months, watering will take place on Sundays, and potentially Fridays or Mondays, beginning early in the morning.
 - Winter watering schedules will be adjusted based on weather conditions.
 - Hanging baskets and window boxes will need to be put up and taken down as required.
- A watering schedule can be provided for your reference, with an approximate commitment of 55 hours in total for year.
 - Own transport and a vehicle will be necessary for this position.

Displays:

- Colchester In Bloom will provide plants and containers for both summer and winter displays.
- Large planters in the High Street and at the Bus Station will be filled with bedding plants supplied by Colchester In Bloom.

Location of Displays:

- Town Hall window boxes: 12
- High Street large planters: 10
- High Street hanging baskets: 32
- Trinity Street half baskets: 8
- Mercury hanging baskets: 8
- Bus station towers flowers: 2

If you are interested in this paid opportunity, please let us know. We are open to discussing any aspects of the project and look forward to the possibility of working together.

Contact - colchesterinbloom@me.com





Employment Advisors

Mid and North East Essex Mind are currently recruiting for Employment Advisors to join their new team to deliver personalised employment support across North East Essex.

This role is part of a new employment advice service that will work closely with Therapy for You clinicians who are providing psychological therapies to people with common mental health problems.

The role is full time working 37.5 hours per week Monday to Friday. Fixed Term Contract until March 2024

Full details of the role, including the job description and person specification can be found on their website [HERE](#) where you can also upload your CV and covering letter to apply for the role.



Action for
Family Carers

Young Carers Support and Development Worker (Tendring)

Starting salary £21,386 per annum

(This is a full-time role until August 2025 or longer if funding permits)

Hybrid working with office base in Colchester

Running of our Harwich club on first and second Thursday of the month at the Vibe Youth Centre.

Young Carers Support and Development Worker - Working with Young Carers in schools and colleges and other education and community settings, providing one to one and group work sessions to help Young Carers achieve positive outcomes as well as running our existing respite club in Harwich.

Read more about this position and to apply [**HERE**](#)

YOUTH MENTORS NEEDED



Could you offer a few hours a week to support a young person to achieve their goals?

We have any exciting opportunity to join our team of fantastic volunteers to make a difference to the lives of young people in the community.



FOR MORE INFORMATION OR TO
APPLY PLEASE EMAIL LAUREN

VOLUNTEER.BEFRIENDER@COLCHESTERYES.ORG.UK

We are looking for volunteers!

Join us as a volunteer tour guide and help us share the LGBTQ+ history embedded within our walls! This is a unique opportunity to be part of an exciting project that explores and presents LGBTQ+ themes in history.

TRIAL TOURS BEGIN IN JUNE 2024, WITH POTENTIAL FOR REGULAR SCHEDULING.



SIGN UP ON OUR WEBSITE

[VOLUNTEERS.CIMUSEUMS.ORG.UK/OPPORTUNITIES/LGBTQ-TOUR-GUIDE](https://volunteers.cimuseums.org.uk/opportunities/lgbtq-tour-guide)



CALLING



ENGLISH-SPEAKING VOLUNTEERS

**HAVE 2 HOURS TO SPARE A WEEK?
INTERESTED IN MAKING A POSITIVE DIFFERENCE IN SOMEONE'S LIFE?
JOIN CALAIS LIGHT IN HELPING LOCAL REFUGEES
WITH FREE ENGLISH LESSONS IN CLACTON.**



WHAT IS CALAIS LIGHT?

CALAIS LIGHT IS AN ESSEX-BASED REFUGEE CHARITY THAT FOCUSES ON WHAT MATTERS - PEOPLE! WITH A 'HEART FOR REFUGEES', WE'RE KEEN ON PROMOTING SOCIAL INTEGRATION FOR REFUGEES IN THE UK. BEING ABLE TO SPEAK & READ ENGLISH IS THE KEY TO BECOMING INDEPENDENT, TO FITTING INTO A LOCAL COMMUNITY & ... TO EXPRESSING YOUR PERSONALITY & MAKING NEW FRIENDS.

WE NEED MORE VOLUNTEERS

**TO BE THE WELCOMING FACE FOR REFUGEES.
YOU DON'T HAVE TO BE A TEACHER. ANYONE CAN HELP WITH LANGUAGE PRACTICE.
JOIN OUR 3 FRIENDLY TEAMS TEACHING ENGLISH, WEEKLY,
TO DISABLED & ABLE-BODIED REFUGEES IN CLACTON:**

TIMING: TUES 12 - 2PM WED 10-11.30AM FRI 10-12AM

**TO LEARN MORE ON HOW TO GET INVOLVED
AND TO SIGN-UP, CHECK OUT OUR WEBSITE AT:
WWW.CALAISLIGHT.COM/VOLUNTEER-IN-THE-UK
OR
EMAIL: CALAISLIGHT@YAHOO.COM**

VOLUNTEERS NEEDED!

Next
Chapter



**CALLING ALL
VOLUNTEERS! WE NEED
YOUR HELP!**

We are looking for dedicated individuals to join us to help provide telephone support for clients who need a little extra support

The time commitment will be 1 - 2
hours per week

Click here for more information and to
apply!



www.thenextchapter.org.uk



Thank you for reading!

All members of our team are also
contactable at
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