

Colchester Community Updates



Colchester
City Council

February 2025

Welcome to our newsletter for February.

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:

A new layout! Simply click on the section you are interested in, and you'll be taken to the relevant pages.

NB: Some articles will be repeated as they fall into more than one category.

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

PARENTS', BABY & TODDLERS GROUP

ELIM CHURCH, CLEMATIS WAY,
GREENSTEAD, COLCHESTER, CO4 3PY

EVERY TUESDAYS BEGINNING ON TUESDAY 1ST
OCT. 2024 @ 10AM TO 2PM



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TOP

Firstsite Holiday Fun

February Half-term 2025

Tue 18 Feb - Sat 22 Feb

Colchester

Activities take place at:
Firstsite
Lewis Gardens, High St
Colchester, Essex
CO1 1JH



FREE

Make

Free creative
art activities

10:00am -
2:30pm



Move

Free fun sports
activities

10:45am -11:45am
& 12:00pm -1:00pm



Canteen

Free freshly made
hot meals for
all the family
11:45am &
1:00pm

Our Holiday Fun activities are for families facing economic challenges or who require additional support during the school holidays including those that qualify for benefit-based free school meals.

- Advanced booking is essential
- Activities most suitable for 4-11 years, but all ages welcome
- Caregivers are required to stay on site throughout the activities
- Menus and lists of activities available at www.firstsite.uk

Delivered in partnership with:



How to book

Early bird tickets will be available from 9am Tue 4 Feb.

More tickets will be released three days in advance of each session.

Limited spaces available, offered on a first come first served basis.

If you can no longer attend your booking, please let us know as soon as possible by calling 01206 713700. If you contact us 24 hours before the event your space can be made available for another family.

Thank you!



Book online at
firstsite.uk
or call 01206
713700

Scan the QR
code to book



How to find us

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

Registered in England, Company no 2884347.
Registered Charity no 1031800



FEBRUARY HALF TERM ACTIVITIES

DELIVERED BY ESSEX
BOYS AND GIRLS CLUBS

FREE HOLIDAY SESSIONS

Essex **ACTIVE** ate



COLCHESTER
St Annes Community
Centre
Colchester, CO4 3DH
Age 5-13

CHELMSFORD
Harway House,
Rectory Lane,
Chelmsford, CM1 1RQ
Age 5-16

UTTLESFORD
Silver Jubilee Hall,
Takeley,
CM22 6QX
Age 5-13

**10am -
2pm**

Limited places
available! Book
now to avoid
missing out!

Sports, arts,
games,
activities &
more!

**Lunch
included**

Wednesday 19th, Thursday 20th, Friday 21st February 2025

To **Book** Scan Code



Call **01245 264 783**

Or Visit

essexboysandgirlsclubs.org/haf

Sessions are for young people that are on Benefit Based Free School Meals, Low Income families and families that will benefit from the support over the half term.

For more information please contact **01245 264783** or email jpease@essexboysandgirlsclubs.org

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



ROLLERWORLD  **FOUNDATION**

GLOW GROW

SATURDAY 8TH FEBRUARY

CHARTER HALL - COLCHESTER

3 SESSIONS

RELAXED

11 TILL 12PM

FAMILY

12 TILL 5PM

OVER 14'S

7 TLL 11:30PM

TICKETS

£12.50 EACH

AVAILABLE AT

WWW.ROLLERWORLD.CO.UK

10% OFF

USE CODE

RWNEON2025

VALID TILL 30/11/24

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

 **TOP**



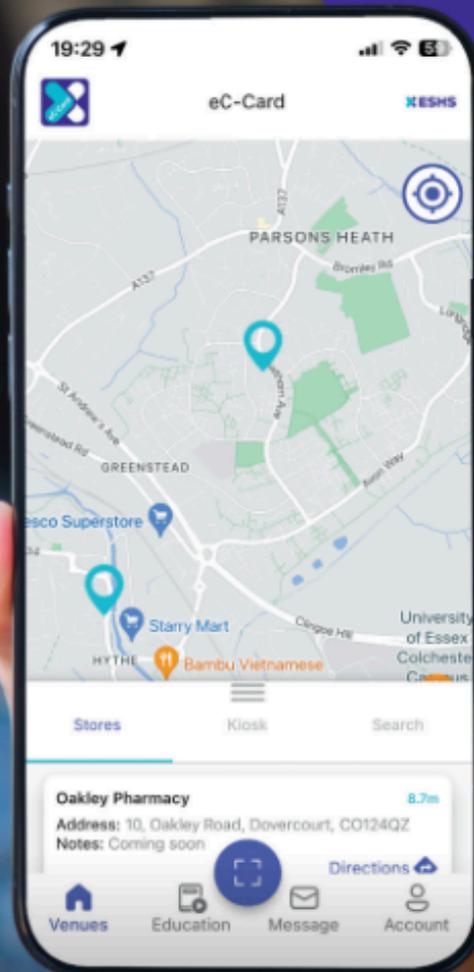
The eC-Card Scheme

The scheme provides **young people** aged 16 to 24* with access to **FREE condoms** and **lube** available from locations across Essex.

- Confidential Service
- No clinic visit required
- Sign up online

Download on the
 **App Store**

GET IT ON
 **Google Play**



To find out more visit
➤ ec-card.org.uk

↑
TOP

* if you are under 16 and interested in the scheme please contact your local sexual health service for further advice and information.

AGED 14-18?

LIVE IN ESSEX?



FREE OPPORTUNITY TO MAKE CHANGE IN YOUR LOCAL AREA

WHAT Work as a team to help make your local area healthier and happier

WHEN Wednesday 19th and Thursday 20th February - in half term  **TOP**

WHERE Anglia Ruskin University, Chelmsford



Find out more





**COMMUNITY
FOUNDATION**



Premier League
Kicks



PREMIER LEAGUE KICKS



SCAN ME

Premier League Kicks provides **FREE** football sessions that inspire and engage young people through sport. Our programme promotes physical activity, teamwork and personal development in a safe and supportive environment.

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381



www.cu-fc.com/cucf
cucf@colchesterunited.net

01206 755160

@CoLU_CF /CoLUCF
#enrichourcommunities



SCAN ME

VENUES & TIMES

DAY	TIME	VENUE	GENDER	AGE
Monday	18:00 - 19:00	JobServe Community Stadium	Mixed Mile End	14-17
Tuesday	17:00 - 18:00	Colchester Academy Greenstead	Mixed Greenstead	11-14
Tuesday	17:00 - 18:00	Colchester Academy Greenstead	Mixed Greenstead	14-17
Wednesday	17:00 - 18:00	Clacton Leisure Centre	Mixed Clacton	8-11
Wednesday	17:00 - 18:00	Clacton Leisure Centre	Mixed Clacton	11-14
Wednesday	17:00 - 18:00	Clacton Leisure Centre	Mixed Clacton	14-17
Wednesday	17:00 - 18:00	Clacton Leisure Centre	Girls Clacton	11-17
Thursday	18:00 - 19:00	Harwich and Dovercourt Bay Lifestyles	Mixed Harwich	8-11
Thursday	18:00 - 19:00	Harwich and Dovercourt Bay Lifestyles	Mixed Harwich	11-14
Thursday	18:00 - 19:00	Harwich and Dovercourt Bay Lifestyles	Mixed Harwich	14-17
Friday	17:00 - 18:00	Shrub End Community & Sports Centre	Mixed Shrub End	11-14
Friday	17:00 - 18:00	Shrub End Community & Sports Centre	Mixed Shrub End	14-16
Friday	17:00 - 18:00	Shrub End Community & Sports Centre	Mixed Shrub End	16-17

To sign up, either visit the link below or scan the QR code above:

colchester-united-ftc.class4kids.co.uk/term/81

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381



www.cu-fc.com/cucf
cucf@colchesterunited.net

01206 755160

@CoIU_CF /CoUCF

#enrichourcommunities



Find a group near you and get involved!



Register Today!

University of Essex and ESNEFT Stroke Prevention Workshop

Engage in innovative discussions and help shape strategies to tackle challenges and deliver actionable insights for advancing stroke and cardiovascular health across ESNEFT.

The Voice of
Stroke across
ESNEFT



**Taking place on the 12th of
February**



<https://www.essex.ac.uk/research-projects/addressing-inequalities-in-stroke-care>

Get Walking This Year!

Working with Active Essex and CVST to offer
community walks in your area!

Tiptree Wellbeing Walk **1 hour circular walk**

Where: Meet at Tiptree Medical
Centre

When: Every 3rd Tuesday of the
month at 10.15am

(Dates: 21st Jan, 18th Feb, 18th Mar, 15th
Apr, 20th May, 17th Jun)

Cost: Free!

No booking required, just turn up!

This is a gentle walking group for all ages and
abilities. Come along and make new friends
from your local community, have fun and get
active!



DISCLAIMER: This group holds no responsibility and is not liable for any incidents which may occur during a group walk and individuals participate at their own risk. Although any group routes will be suitable for all abilities, walkers should ensure that they are fit to participate.

Get Walking This Year!

Working with Active Essex and CVST to offer
community walks in your area!

Brightlingsea Wellbeing Walk

Where: Meet at Colne Medical
Centre

When: Every 3rd Wednesday of
the month at 2.30pm

(Dates: 15th Jan, 19th Feb, 19th Mar, 16th
Apr, 21st May, 18th Jun)

Cost: Free!



No booking required, just turn up!

This is a gentle walking group for all ages and
abilities. Come along and make new friends
from your local community, have fun and get
active!



DISCLAIMER: This group holds no responsibility and is not liable for any incidents which may occur during a group walk and individuals participate at their own risk. Although any group routes will be suitable for all abilities, walkers should ensure that they are fit to participate.

Get Walking This Year!

Working with Active Essex and CVST to offer
community walks in your area!

Rowhedge Wellbeing Walk 1 hour circular walk

Where: Meet at Rowhedge
Medical Practice

When: Every 4th Thursday of the
month at 1.15pm
(Dates: 30th Jan, 27th Feb, 27th Mar, 24th
Apr, 29th May, 26th Jun)

Cost: Free!

No booking required, just turn up!

This is a gentle walking group for all ages and
abilities. Come along and make new friends
from your local community, have fun and get
active!



DISCLAIMER: This group holds no responsibility and is not liable for any incidents which may occur during a group walk and individuals participate at their own risk. Although any group routes will be suitable for all abilities, walkers should ensure that they are fit to participate.

Covid Day Of Reflection

The COVID-19 pandemic impacted many of us in different ways. There are lots of ways to take part in the Day of Reflection to suit you and how you'd like to remember and reflect.

Click **[HERE](#)** to see the many details of how you can take part



Think Carers

Your guide to help
support carers

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





Essex County Council

Are you an adult looking after someone in Essex?



Click [HERE](#) to see a map
of support services for
your area

CONFERENCE

9.30 AM-2 PM
12TH MARCH 2025
WOMEN'S HEALTH

Recognising & including the health of trans, non binary and gender non conforming anatomical females

FIRSTSITE,
 LEWIS GARDENS,
 HIGH STREET, COLCHESTER,
 ESSEX
 CO1 1JH

Click on the image above to book your place

19th February 11am to 3pm

EVISA RESOLUTION SUPPORT



Refugee, Asylum seeker & Migrant Action

Action is the antidote to despair

You can find us at our
 new offices:

31 Eld Lane
Colchester
CO1 1LS

01206-638454

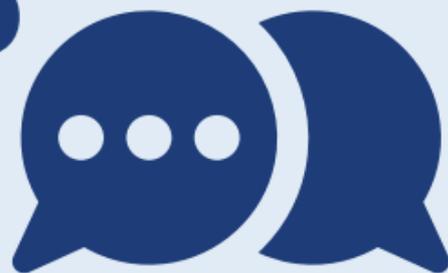
rama@rama.org.uk



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TOP

ST BOTOLPH'S QUARTER

PROJECT UPDATE



Click on the image above to read more about how the project is progressing

 Essex County Council
Fostering

 Ofsted
Outstanding
Provider



Could you bring back the light to a child's life?

Help guide a child out of the shadows and give them a safe place to call home.
Children in Essex need you.

0800 801 530

www.essex.gov.uk/foster

Scan me





Do you live in Colchester or Tendring?
Are you worried about your mental health?

We're here to help.

www.neesanctuary.co.uk
Registered charity number: 1084309



Click **HERE** for more
information about
this service

Health and wellbeing are central to ensuring carers can sustain the support they give to the cared for over a prolonged period, sometimes, a whole lifetime. Carers often tell us they are at breaking point, physically and mentally exhausted with no respite and very little time nor energy to self-assess and acknowledge when their mental health and wellbeing deteriorates, the pressure becomes too much, and many become overwhelmed. Those that do acknowledge their mental health and wellbeing is at risk, often do not know where or how to access the appropriate support. The aim of our survey is to ask you, the carers about your experiences of mental health and wellbeing both good and bad. What you tell us will help shape and influence better awareness of mental health in the caring community and improve support for everyone. We know and appreciate there is a stigma and discrimination around speaking out but the feedback you feel you can share will give us a clear picture of current mental health issues and we value your participation. Whilst we know the mental health and wellbeing of the cared for has a direct impact on the carer, our survey focuses on the carers mental health and wellbeing and we welcome your feedback. Please contact the Healthwatch Essex Carers Voices team on 0300 500 1895 or email carersvoices@healthwatchessex.org.uk if you require this survey in a different format.

Take the survey [HERE](#)





**COMMUNITY
FOUNDATION**

macron

TEAM TALK SHRUB END



SCAN ME

FRIDAYS, 5:30-7:30PM

Team Talk is a **FREE** weekly football and social session for adults looking to improve their mental and physical wellbeing. Combining football and social interaction, this programme creates a welcoming environment that is less intimidating than traditional mental health services.

WHO? Mixed, ages 18+ **WHEN?** Fridays, 5:30pm-7:30pm
WHERE? Shrub End Community and Sport Centre, CO2 9BG

**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381



www.cu-fc.com/cucf
cucf@colchesterunited.net
01206 755160
@CoIU_CF /CoIUCF
[#enrichourcommunities](https://www.instagram.com/enrichourcommunities)



February is LGBTQA+ History Month in the UK and has been since 2005, although its US roots go back to 1994. It aims to promote a positive understanding of the rights of people who identify as lesbian, gay, bisexual, transgender or define their sexuality in a myriad of other ways.

Click [HERE](#) to visit the website.

Click [HERE](#) for a factsheet containing a list of contacts for local support organisations

ESSEX
RECOVERY
FUND

Boys & Men

For Black minority individuals, migrants,
refugees, and asylum seekers affected by
drug and alcohol addiction

COLCHESTER



Sport and Physical Activity Sector Support



A monthly newsletter for clubs, coaches and anyone delivering sport and physical activity sessions

Click [HERE](#) to read the full update





UK Government

Could you, or someone you know, be missing out on Pension Credit?

Check your eligibility at
[gov.uk/pension-credit](https://www.gov.uk/pension-credit)
or by calling **0800 99 1234**



SCAN TO FIND
OUT MORE



Eligibility criteria apply

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TOP



**Need
urgent
mental
health
support?**



And select the option for mental health crisis

Support available 24/7 for all ages



North East Essex
Health & Wellbeing Alliance

NHS

**Suffolk and
North East Essex**

If you are over 65 or are a family member, friend or carer that supports an older person then our 'Age Well' guide is for you

The 'Age Well' guide provides information on the support available in north east Essex to help people age well and live healthy, happily and independently for longer.

Use the QR code below to access the guide





Explore The World WITH US



OUR TRIPS OFFER

- Adventure & thrills
- Sun & relaxation
- New experiences
- Social events
- Great fun and laughs

REGISTER

ABOUT US

Benevolent Care will soon be organising a number of accessible trips designed for adults with disabilities and learning difficulties. We will offer day trips, weekend breaks and week long holidays.

We'd love to meet you and discuss your ideal trip. Register your interest for a free lunch and an informal chat.

benevolentcare.co.uk
enquires@benevolentcare.co.uk

WILL YOU JOIN US FOR THE TRIP OF A LIFETIME?



Find out more



Essex Air Quality Strategy

Councils in Essex, Southend and Thurrock have developed a new joint strategy to improve air quality across Essex.

<https://consultations.essex.gov.uk/essex-highways/essex-air-quality-strategy/>

Share your views

Complete the Online Survey.

This Public Consultation is open until
Sunday 2 March 2025.

Find out more about our new joint strategy to improve air quality across Essex and reduce the impacts of air pollution on our health.

Click **HERE** for more details, and to take part in the public consultation

Come and join us at our groups in North Essex

Our community groups are for people with dementia or memory issues and their carers and friends. **Why not join us this Winter.**

Get information, make friends and have fun. All groups are free to attend.

Singing for the Brain® Colchester

Orchard Baptist Church, Mersea Road, Colchester, CO2 0AE

Second and fourth Thursday of the month 2pm - 3.30pm

Singing for the Brain® Mersea

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

First and third Wednesday of the month 2pm - 3.30pm

Singing for the Brain® Takeley

Priors Green Community Hall, Takeley, CM6 1YE

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

West Clacton Memory Cafe

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

Second Tuesday of the month 10.30am - 12 noon

Harwich Memory Cafe

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

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

Get in touch to find out more

Email: essexandherts@alzheimers.org.uk

Tel: 0333 150 3456



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



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





Alzheimer's Society

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

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.



Reconnect with your community

We offer a variety of groups across Essex to help you stay connected and active. Our current groups include:

- Singing for the Brain groups
- Walk and talk groups
- Low impact exercise
- Information groups
- Peer support groups
- Online groups

“There is no judgement when you attend a group. Whether you are living 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.”

Hospital discharge service

If you, your carer, or a loved one are admitted to hospital, call us on **0333 150 3456** to be put in touch with one of our hospital-based Dementia Advisers.

Our staff can work closely with you, your family and healthcare specialists, to provide comprehensive support throughout your hospital stay and ensure that your discharge is smooth and successful.

We can provide you with the knowledge, skills and equipment required to support you within your home environment.

We can also assist with social care, occupational therapy assessments, meals on-wheels, shopping and referrals to other services. We can help to ensure you have everything in place for when you or your loved one is ready to return home.

Your voice matters

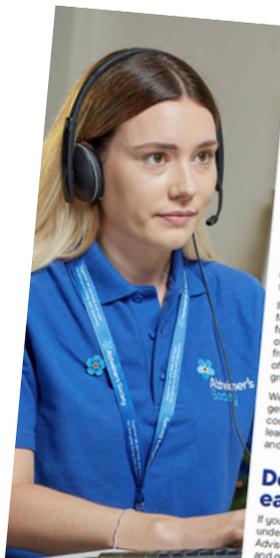
No one understands the experience of living with dementia better than those who are living with it or caring for someone with it. We want to hear about and understand your experiences, and we promise to listen to what you have to say. Your opinion counts.

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

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**



Get support

We can provide direct support for you, your loved ones or your carer, and signpost you to activities and support groups local to you. If you are struggling with memory loss or 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.

Contact our telephone support line to speak to one of our specialist Dementia Advisers. We offer specialist advice on healthcare and legal matters, referral to our Companion Call service and access to our online forum, for support and access to a variety of informative publications. Alternatively, go online and visit alzheimers.org.uk/find-support-near-you to access information about support services and groups near you.

If you are a resident of Essex (including Southend for anybody under 65 years of age) we can arrange for a Dementia Adviser to visit you in the comfort of your own home. We offer help with anything from applying for a Blue Badge or Lasting Power of Attorney, to supplying information about local groups and services available to you.

We offer a regular telephone call service so you can get the right support when you need it. We also run courses for people who have been diagnosed, to learn about their condition and provide knowledge and understanding about dementia.

Dementia at an early age

If you have been diagnosed with dementia and are under the age of 65, our specialist team of Dementia Advisers can provide personalised support, advice and guidance, and put you in touch with other people who share similar experiences. You can also participate in local projects to help us to shape community development and future services.

Support for carers

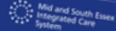
We offer a range of support for carers, including one-to-one support, and courses which provide information and advice, either in a group or online setting. Make new friends, join a support network and gain the knowledge and tools to help you cope with life's changes.

Call **0333 150 3456**

alzheimers.org.uk/find-support-near-you
Email us at essex@alzheimers.org.uk

Alzheimer's Society is 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.



thurrock.gov.uk



Alzheimer's Society
23-44 Cluiched Friars
London EC3N 2AE

0333 333 0804
enquiries@alzheimers.org.uk
alzheimers.org.uk

Registered charity no. 295445

Langham Discovery Cafe



Every third Friday of the month:

1030 to 1230, Langham Community Centre, CO4 5PA

Come along for refreshments, home made cakes and chat and an opportunity to meet new people ~ Free entry, no need to book ~ Drinks and cakes for sale!

Everyone Welcome

17th JANUARY

History & Memories

Bring along your photographs, books & items, to remember times gone by & enjoy sharing the memories with friends.

21st FEBRUARY

Pamper & Relax

Enjoy a morning of relaxing, complimentary hand & arm massages & some lovely pampering.

21st MARCH

Spring Planting

Get your green fingers ready, to plant spring flowers
Colchester 'Community 360'
Dementia Information Roadshow
will also be joining us for the morning

18th APRIL

Easter Crafts & Treats

Biscuit decorating, colouring, puzzles, arts & crafts, sweet treats & fun activities for all ages

Everyone is welcome to the cafe, also bringing together people living with dementia, their carers, family & friends, to enjoy time together & enable people to live well with dementia.

Langham Discovery Cafe, Colchester Dementia Friendly Communities & COLCHESTER COMMUNITY 360

Meet other people, speak to professionals, ask advice & find out lots of information. Run every 3rd Friday of the month, with interactive activities and guest visitors.



LANGHAM
COMMUNITY SHO

TOP



DEMENTIA INFORMATION MARKETPLACE 2025

Come along and chat with service providers about community support for people with dementia and their carers

**13th February at the Abbey Field Dementia Cafe
C3 Centre, Ypres Road, Colchester CO2 7FD
10:30am to 12 noon**

The Information Marketplace will also visit the following venues

Date	Venue	Time
15/1/25	Wimpole Rd Methodist Church cafe CO1 2DN	9-12
24/1/25	St Margaret's Community Cafe, Stansted Road, CO2 8RA	11-1
1/2/25	St Stephen's Church cafe, Canterbury Road CO2 7RY	10-12
19/2/25	Health & Wellbeing Bus, West Mersea sea front	9:30-1
21/2/25	Creffield Dementia Cafe, Shrub End Community/Social Centre, 252-254 Shrub End Road CO3 4SA	12 noon - 1:30
4/3/25	Fordham Village Hall, CO6 3NN	10-1
19/3/25	Health & Wellbeing Bus, Tiptree, Tesco CP, CO5 0SU	9:30-1
21/3/25	Discovery Cafe, Langham Community Centre, School Rd, CO4 5PA	10:30 - 12:30

For further information please contact:
Abbey Field Medical Centre t: 01206-517100
Ardleigh Surgery t: 01206-230224
Community360 t:01206-505250

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





Welcome to Essex Sexual Health Service

**We're here to help everyone
across Essex access the free
information, support and
treatment they need to stay safe,
healthy and protected.**

Click **[HERE](#)** for details of the
services and advice we offer

**'If you've been
affected by cancer,
or are supporting
someone with cancer,**

**this is the
podcast
FOR YOU.'**

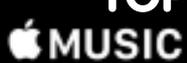


Scan to
Listen



Listen Now

Available on all podcast platforms



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TOP



Essex County Council

healthwatch
Essex

Safeguarding is the measures to protect the health, well-being and human rights of all individuals which allow people, adults, young adults and children to live free from abuse, harm and neglect. Anyone can be considered to be at risk of harm or abuse, regardless of age, ethnicity, gender, sex, or religion and in any environment.

Essex County Council is interested in exploring carers and safeguarding. If you or the person you care for have been through a safeguarding process and would like to share your experiences please complete our questions.

Click [**HERE**](#) to complete the survey.

Coffee Morning



REACH OUT
For Mental Health

FOR THOSE WHO ARE STRUGGLING



If you are finding life a bit tough, come along to one of our coffee mornings for a chat, some support, understanding and reassurance from our trained volunteers and others feeling a bit low

EVERY MONDAY 11am - 1pm

**One Colchester Community Hub
Long Wyre Street**



TOP

Please Call 07308 069 609 To Book



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



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



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


TOP

An initiative
of the



CAMS

Colchester Against Modern Slavery

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

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

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

Free Modern Slavery Training

Workshops of between 1-2 hours include:

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

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

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





Baha'i



Shinto



Paganism



Sikhism



Islam



Judaism



Christianity



Zoroastrianism



Taoism



Buddhism



Hinduism



Confucianism



Brahma Kumaris



Quakers

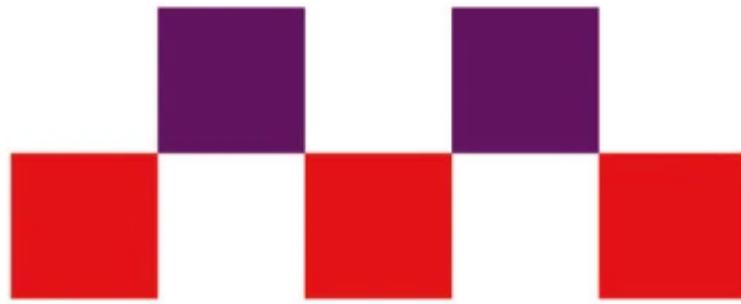
Faith Is Welcome. Hate Is Not.
SEE IT. REPORT IT.

STOP HATE UK

0800 138 1625

24 HOUR HELPLINE

TEXT 07717 989 025.



University
of
Essex

ESSEX LAW CLINIC

Access free legal help

Are you struggling to access
legal help?

The Essex Law Clinic can
support you. Click [HERE](#) to get
in touch today.

↑
TOP



EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

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

↑
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Veterans' News and Communications Hub

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

Click [HERE](#) to read more.

Veterans' Group

Monthly Drop-In

Open to all Veterans of HM Armed Forces

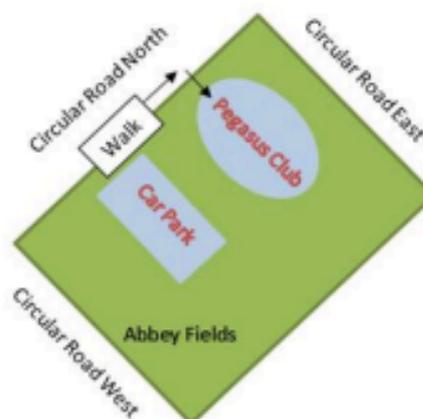
Refreshments generously provided by SSAFA. No booking required.

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

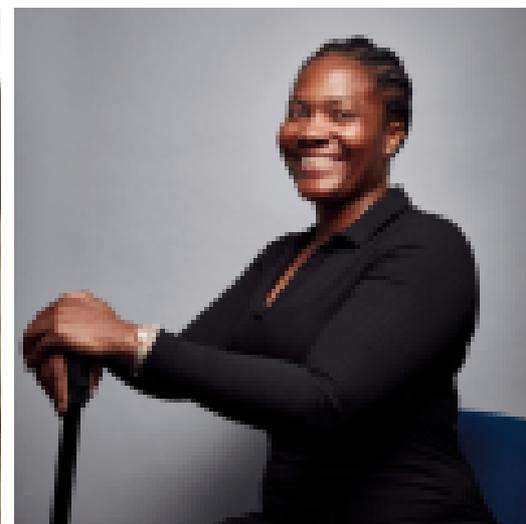
When: Third Wednesday of the month

Time: 10am – 1230pm

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

With support from:





**Mental health and wellbeing
support for veterans,
reservists and Service leavers**

For more information, click **HERE**

Do you want to celebrate 80 years since VE Day with us?

May 2025

Get in touch here



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



UK Government

Could you, or someone you know, be missing out on Pension Credit?

Check your eligibility at
[gov.uk/pension-credit](https://www.gov.uk/pension-credit)
or by calling **0800 99 1234**



SCAN TO FIND
OUT MORE



Eligibility criteria apply

↑
TOP



PENSION CREDIT

How do I apply?

Pension Credit could give you around **£3,900** a year, on average, to help with your living costs if you're over State Pension age and on a low income. Plus, you could get the **Winter Fuel Payment**.*

STEP 1

Check eligibility

Use the quick **online calculator** to check eligibility and how much you could get.

STEP 2

Have the following information ready

- ✓ National Insurance number
- ✓ Information about any income, savings and investments you have
- ✓ Bank details

STEP 3

Apply online

Visit **gov.uk/pension-credit** to apply online.

Alternatively, you can call the **Pension Credit claim line** on **0800 99 1234**.

STEP 4

Wait to hear from us

You will be notified by post when your claim has been assessed.



Worried about energy costs?

Our Community Disability Energy Advice
service is here to help.

Find a free, face to face session near you:

Find out more...

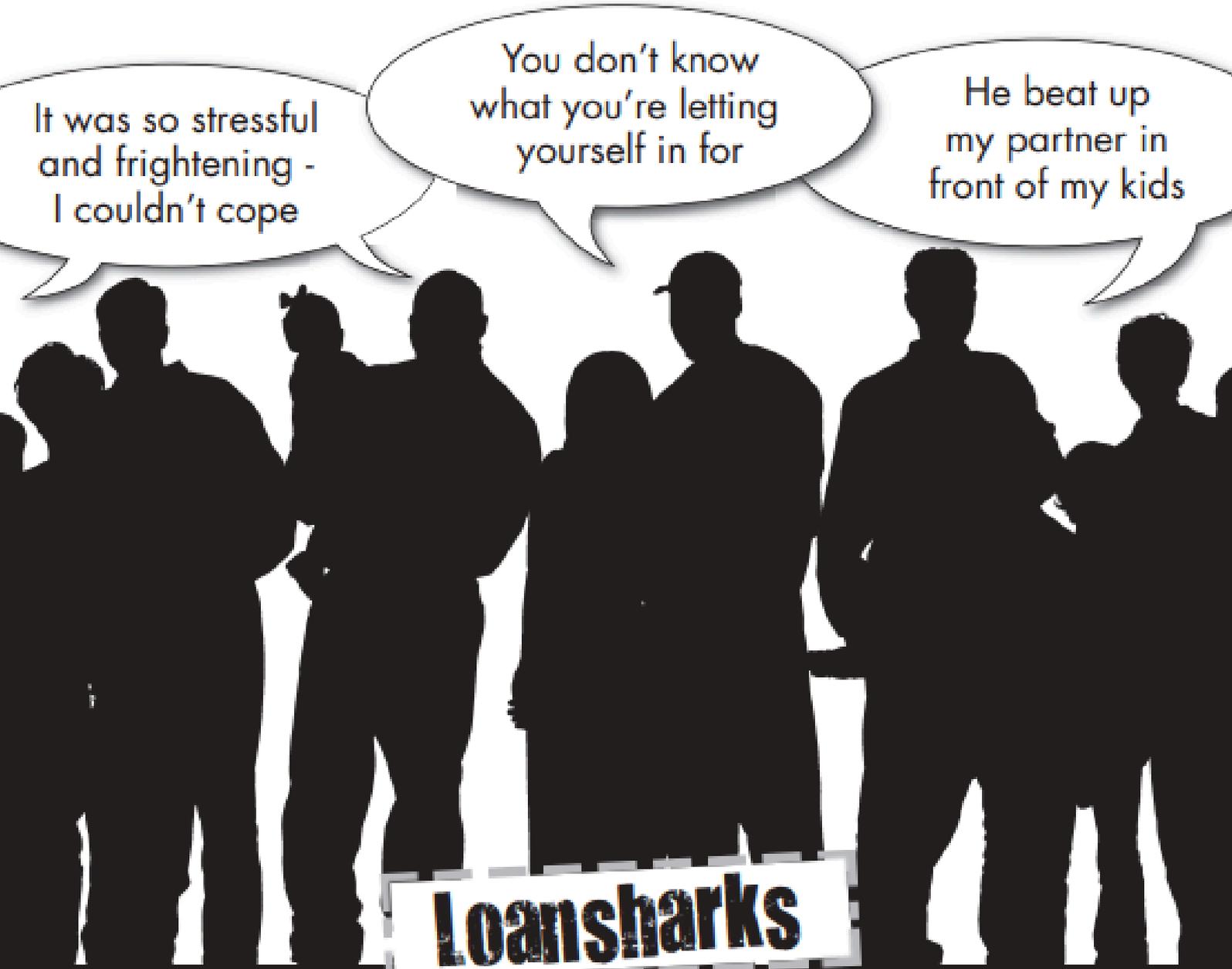


“What are these people talking about?”

It was so stressful and frightening - I couldn't cope

You don't know what you're letting yourself in for

He beat up my partner in front of my kids



Loansharks

To report an illegal money lender please call

0300 555 2222

for help and advice. Stop Loan Sharks

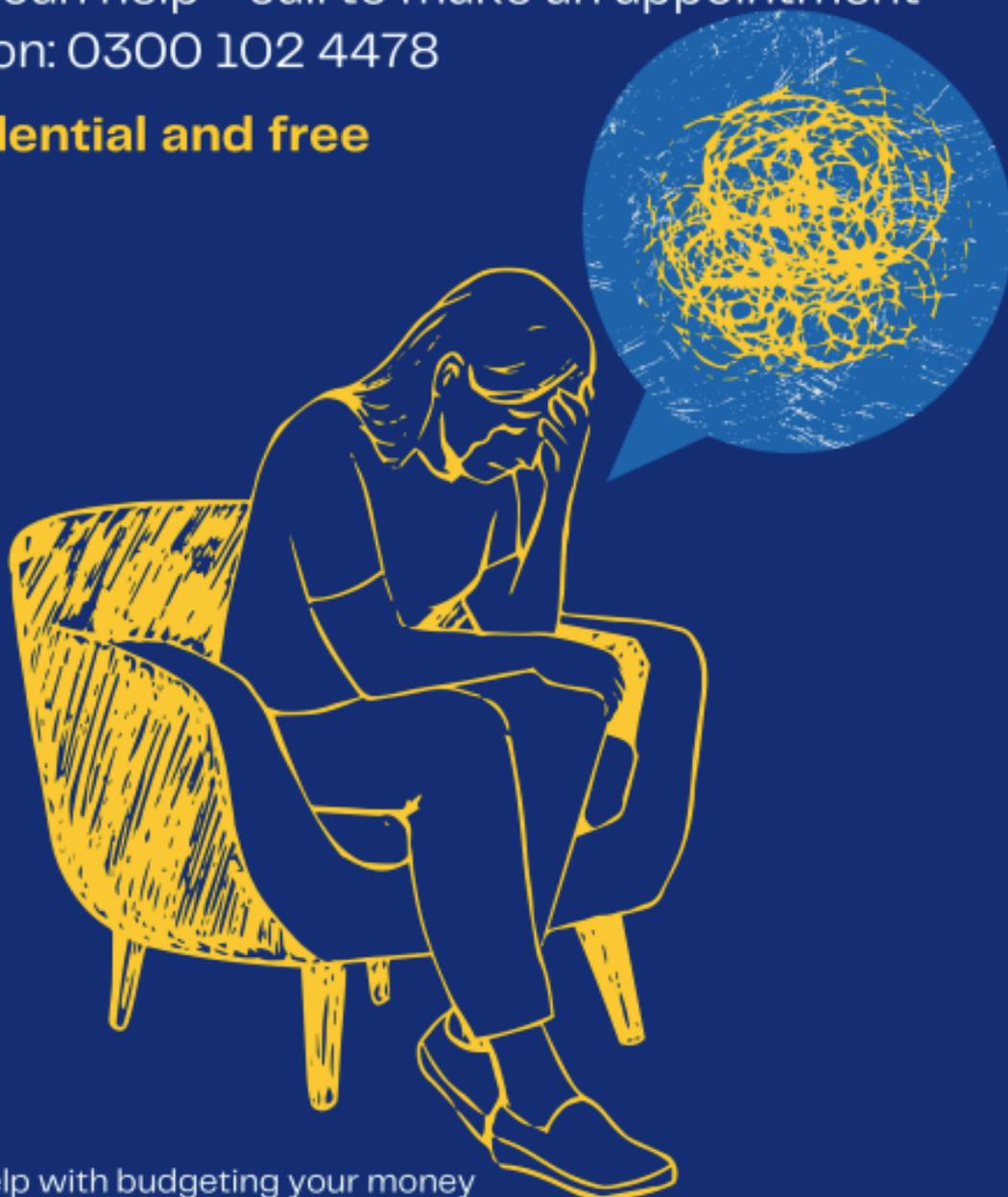


Debt can take its toll on your life.



CCDC can help – call to make an appointment
today on: 0300 102 4478

Confidential and free



Here to help with budgeting your money
and helping you get free from the burden of debt.

Learn more at: colchesterdebtcentre.co.uk

email: hello@colchestercmadebtcentre.co.uk



CCDC registered charity 1152204 working in partnership with the national charity Community Money Advice 1111436

Colchester & Tendring

HOME ENERGY ASSISTANCE SCHEME

UKPN have provided funding for a
free and impartial home visit

This service includes:

- An assessment of energy improvements
- Assistance with funding application
- Income maximisation
- Tariff switching

Each household will receive
4 fitted radiator reflectors FREE



To book your visit contact Christopher 07799 494 797
chris@communityenergycolchester.com
julie@communityenergycolchester.com

COLCHESTER COMMUNITY SUPERMARKET

HOW IT WORKS:

Step 1 - Sign up

Sign up as a member in store or online,
either come in and fill in a form or scan the
QR code to do it online



Step 2 - Receive your membership card

Once we have your form we will create you
an account and assign you a number, bring
this every time you visit.



Step 3 - Shop and Save!

We want everyone to get a share of the savings,
for this reason we limit households to one visit
per week.



Due to being not-for-profit we are able to offer
30% cheaper prices than any supermarket.



Do you live in Colchester?

Would you like support with making your home more energy efficient, understanding energy bills, budgeting, or fuel debt?

The Energy Advice team can help people negotiate fuel debt repayment, apply for grants to reduce, or clear their debts, or help to resolve disputes with energy suppliers.

Click [HERE](#) for more details.



WOULD YOU LIKE

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



**REGISTER
YOUR INTEREST
FOR AN ENERGY
EFFICIENCY
GRANT TODAY!**

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

These could include *:

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

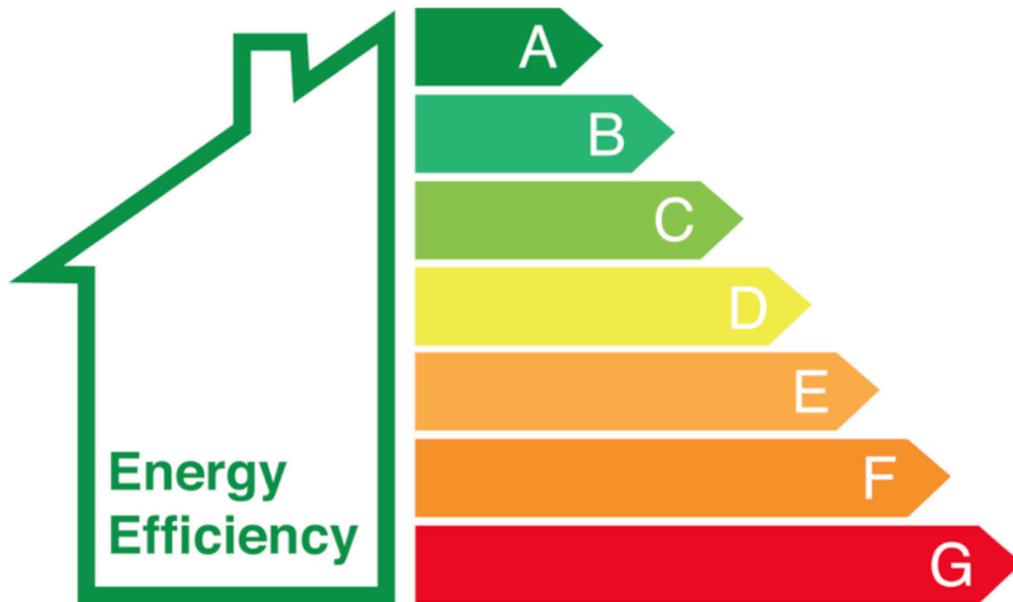
*Not all of these may be suitable for your property. Our surveyors will advise which measures can be installed if eligible.

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

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

**EnergyEfficientHomes
@colchester.gov.uk**





Applications open for eco upgrades to Essex residences

Essex County Council has launched two schemes to help low-income households and vulnerable residents reduce energy costs and emissions.

Residents across Essex can apply to have solar panels, heat pumps and more energy-efficient measures installed for little to no cost.

Click [HERE](#) to read the full details



HELP PAYING FOR YOUR CHILDCARE



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

Find out more [HERE](#) about the
help you are entitled to for
childcare costs.



Save energy Stay Warm



With **FREE** upgrades 

SAVE £££ ON YOUR ENERGY BILL

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

DELIVERED BY:



IN PARTNERSHIP WITH:



Department for
Energy Security
& Net Zero



Colchester
City Council

CAN I APPLY?

You could be eligible if your household:

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

AND

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

AND

- ✓ Live in a hard to heat home

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



WWW.HUGAPPLY.CO.UK



0808 196 8255



SCAN TO APPLY

Old life

New life

Join us on a programme and meet your community

Talking to strangers reduces loneliness, improves well-being, assists learning, and increases creativity.

Psychology today



"I love that everyone in this room is equal"

- 6 weeks, 12 hours, conversation led sessions
- **New friends**
- Shared knowledge on how to stretch your money as far as it can go
- **Vouchers given upon completion of the programme**

hello@trustedmoneyconfidence.com
www.trustedmoneyconfidence.com

Karen Jess
07532253540 07425166069



**TRUSTED
MONEY
CONFIDENCE**

**↑
TOP**

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





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

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



Community Funding

All of the funding you need for your organisation can now be found in one place! **Just click on the image below**, which will take you to our website.

If you are successful in getting a grant, let us know - we can help you promote your project, and inspire others to get involved.





Enovert Community Trust is dedicated to supporting projects that positively impact both the environment and local communities.

Through the Landfill Communities Fund (LCF), the Trust provides grants to a wide range of initiatives designed to enhance community amenities and contribute to environmental conservation.

Click [**HERE**](#) for more details and how to apply



Meet The Team

Tom Tayler

Community & Partnerships Team Manager

07956 343985

Tom.Tayler@colchester.gov.uk

Rachaelle Litwin

Digital Access Support Team Leader – Colchester & Tendring

01206 282452

Digital.AccessSupport@Colchester.gov.uk

Roz Clough

Financial Equality & Wellbeing Team Leader

01206 506440 or 07960 779163

Roz.Clough@colchester.gov.uk

Chrissy Henegan

Community & Partnerships Officer

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

Thematic lead for Children & Young People and Armed Forces

07966 235791

Chrissy.Henegan@colchester.gov.uk

Mark Healy

Community & Partnerships Officer

North – Rural North, Lexden & Braiswick, Mile End, Highwoods,
St Annes & St Johns and Stanway

Thematic lead for Older People, Compassionate Communities,
EDI, and Locality Budgets

07817 889992

Mark.Healy@colchester.gov.uk

Jake Mullinder

Community & Partnerships Officer

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

Thematic Lead for Physical Activity & Public Health

07890 910455

Jake.Mullinder@colchester.gov.uk

Yovone Cook

Community & Partnerships Officer

Thematic lead for Resettlement, Faith Groups and Ethnically
Diverse Groups

07976 794789

Yovone.Cook@colchester.gov.uk

Shaz Peacock

Community Integration Support Officer

Resettlement & Employment Support

01206 506951

07977 823928

sharon.peacock@colchester.gov.uk

Want to work with us?

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



Greenstead Community Supermarket needs volunteers

**Contact the DAM Boaz Project Team for
an application form.**

www.divineassemblyministries.com

Tel:01206326564

Job Club

at 1:30 to 3pm

**2nd Thursday of each month
at RAMA House**

31 Eld Lane, Colchester, CO1 1LS

Get the help and support you need to
prepare for work in the UK

**All refugees and Asylum Seekers who live
in Colchester are WELCOME!**

Any questions? Just email
communities@colchester.gov.uk



Colchester
City Council

Employability for Overseas Nationals (EON)

Supporting overseas nationals
into sustainable work

**Please scan the QR code to
download an information flyer
in a range of languages:**



smp.eelga.gov.uk/migrant-workers/eon/flyers/

BOYS & MEN FREE DIGITAL TRAINING



Free Basic computer & Digital Skills
Training to Clients in Colchester

Learn

- ✓ Emails
- ✓ Office Programs
- ✓ Searching Online
- ✓ Files
- ✓ Study Skills
- ✓ Finding a job



Refreshments Available

CONTACT US

Tel: 01206 617013

info@boysandmen.co.uk

**DIGITAL
ACCESS**

supporting you to get online



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