

# Colchester Community Updates



Colchester  
City Council

August 2025

Welcome to our newsletter for August.

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](#)
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- [Cost of Living Support](#)
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# KIDS & YOUNG ADULTS





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



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

## ANGUS STEAKHOUSE

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

## ASDA

Kids eat for £1 daily, with no adult spend

## ASK ITALIAN

Kids under 10 eat for £1 during school holidays

## BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

## BELLA ITALIA

Children eat for £1 with any adult main

## BILLS

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

## BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

## BREWDOG

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

## BURGER KING

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

## CHIQUITO

Kids eat FREE Daily Until August 31st

## DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

## FRANKIE & BENNY'S

Kids Eat Free from 14<sup>th</sup> July – 31<sup>st</sup> August 2025

## FUTURE INNS

Under 5s eat for free with any adult meal

## GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

## HARVESTER

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

## HUNGRY HORSE

Kids eat for £1 on Mondays

## IKEA

Kids get a meal from 95p daily from 11am

## LAS IGUANAS

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

## MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

## MORRISONS

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

## PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

## PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

## PRETO

Kids up to age 10 eat free with 1 paying adult

## PUREZZA

Kids under 10 get free pizza with every adult meal

## SA BRAINS PUBS

Kids eat for £1 on Wednesdays

## SIZZLING PUBS

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

## TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

## TESCO

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

## TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

## THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

## TOBY CARVERY

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

## WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

## YO! SUSHI

Kids eat free all day (weekdays) in school holidays

## ZIZZI

Kids eat free this summer holidays (ex Saturdays)

Copyright of MONEY SAVING CENTRAL



For families - come along for healthy breakfast food, drinks, crafts and outdoor games (weather permitting)

All are welcome for no charge – a donation is optional – but children **must** be accompanied by a parent/carer



Have a look at our website!



# SUMMER Holiday Family Breakfast Club

Wednesday **30<sup>th</sup> July**

Wednesday **27<sup>th</sup> August**

**9:30 - 11:30 am**

St Anne's  
Church  
Compton Road

Call Rev Sue if you  
have any dietary  
requirements:



**07305 759679**





**BRICK**



**CAFE**

Starts 6th Sept

**St Botolph's Church**  
**10.00 – 11.30am**

**First Saturday of the month**

**Come and create**

**Free entry**

**Children must be  
accompanied by an adult**

[stbotolphs.org](http://stbotolphs.org)



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**TOP**





## BRINGING UP TEENS

Are you looking for ways to better support your teen children? Enrol in our FREE courses: **Understanding Teen Stress** and **Self-Esteem for Teens**. These courses are designed to help you navigate the challenges your teens face and empower them to thrive.

Sign up today and make a positive impact on your teen's life!  
Scan the QR code, or  
Visit our website [aclessex.com](https://www.aclessex.com) and type 'TEENS' in to the  
'Find a course...' box



COMMUNITY &  
FAMILY LEARNING



Essex County Council





# FREE ACTIVITIES FOR ALL AGES & ABILITIES!

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

*What's On?*

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



leisure world  
*in the Community*

*Spaces Limited*  
BOOK NOW



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

# Drama Workshops for Young and Adult Unpaid Carers

**FREE**  
drama  
classes



**MERCURY**

From Sep 2024 to  
Mar 2026





# Carers Workshops

Free drama classes for local, unpaid carers



Sessions are free and designed for carers who may have never taken part in Drama sessions before. As well as theatrical skills, our workshops will develop **communication, confidence, teamwork** and **leadership**.

**There are two weekly workshops;  
one for 8-15s and the other for 18+**

## WHERE?

Greenstead  
Community Hall

## WHEN?

Every Monday  
between 5-6.30pm



Find out more via the QR code  
or visit **[mercurytheatre.co.uk](https://mercurytheatre.co.uk)**

**MERCURY**



**fiducia**  
Premier Partners



Colchester  
City Council

Essex County Council



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



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# MERCURY

**FREE**  
**drama classes**  
**for 13-17s!**



## **Mercury Young Company** **in the Community**

Basildon • Clacton • Colchester



# Mercury Young Company in the Community

Thanks to funding through the National Lottery and in partnership with Essex Youth Service, we are expanding our Mercury Young Company to new venues across Essex. For young people aged 13-17, free spaces available on a first come first served basis.



Our MYC sessions will be practical workshops from our Mercury teaching artists, in which they will develop:

- Confidence • Working in a team/ensemble • Voice • Movement
- Scene work • Creating a character • Improvisation skills

## Basildon



## Clacton



## Colchester



Find out more via the QR codes or visit [mercurytheatre.co.uk](https://mercurytheatre.co.uk)

**YOUTH  
SERVICE**



**fiducia**  
Premier Partners



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



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



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

## SOCIAL CARE

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

### Topics include:

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

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

## HEALTHCARE

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

### Topics include:

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


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

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

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







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

Social Worker.

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

Nurse, NHS Foundation Trust

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

Family Worker

**Ygam**





# ADULTS & OLDER PEOPLE






## Empower Yourself with Essential First Aid Skills

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

### Why Attend?

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

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

 Online and in person

Don't miss out—sign up today!

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





# Free Oral Health Training for those working with children

Community  
Dental  
Services

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



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

1:00pm-2:30pm

[Click here to access training](#)

Tuesday 7th October 2025

1:00pm-2:30pm

[Click here to access training](#)

Tuesday 18th November 2025

1:00pm-2:30pm

[Click here to access training](#)

Tuesday 2nd December 2025

1:00pm-2:30pm

[Click here to access training](#)

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

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

Gain valuable knowledge on:

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

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

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

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

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



E-Portal-Essex

# E-Portal & AI Chatbot Webinar

## Introducing the E-Portal and Our AI Chatbot

The E-Portal is an online resource supporting the voluntary and community sector across Essex.

The webinar will cover

- Exploring the site and topics
- Demo the self assessment tools
- Using the AI chatbot
- Future developments
- Feedback and questions

Dates are

- Thursday 24<sup>th</sup> July at 10:00 - 11:30
- Friday 8<sup>th</sup> August at 10:00 - 11:30
- Monday 18<sup>th</sup> August at 13:00 - 14:30



To book visit [bit.ly/EPortalWebinar](https://bit.ly/EPortalWebinar)

[e-portal-essex.co.uk](https://e-portal-essex.co.uk)  
[youressexcommunity.org](https://youressexcommunity.org)



Proud to be part of

**Your Essex Community**

Supporting the Voluntary and Community Sector







# Waste Less Challenge

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

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

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

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



# FREE VULNERABILITY TRAINING

ASK FOR  
ANGELA

## FREE ONLINE VULNERABILITY TRAINING FOR LICENSED PREMISES IN COLCHESTER!



Creates a safe environment for yourself & everyone around you.



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



Supports you through uncomfortable & difficult situations.



Helps you recognise the signs of vulnerability.



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

Enter the access code:

‘Colchester-City-Council-VT’.



Colchester  
City Council

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# FREE ONLINE VULNERABILITY TRAINING

ASK FOR  
ANGELA



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

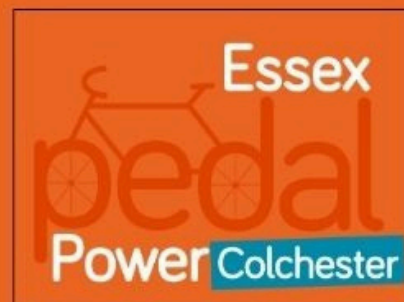
Enter the access code:

**'Colchester-City-Council-VT'**



Colchester  
City Council





# Sofa to Saddle Let's get cycling!

**Ladies - Join Sally**

**Thursday's 10am**

**and together lets find our cycle legs.**

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

Feel tired and  
lacking energy?

Have difficulty  
sleeping?

Want to meet  
new friends?

For further information please contact  
07842 422047  
or email [colchesterepp@theaws.org](mailto:colchesterepp@theaws.org)







Proud to be part of

**Your Essex Community**

Supporting the Voluntary and Community Sector

## Join our Community Of Practice

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

Scan the QR code below - its free!



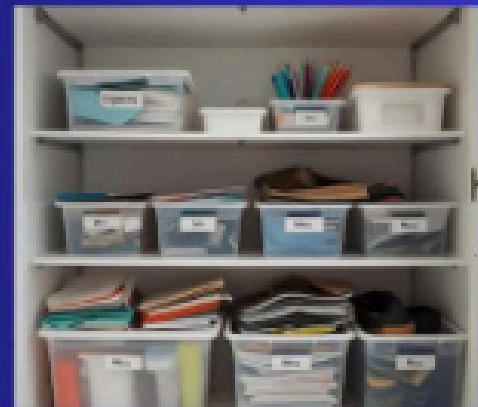
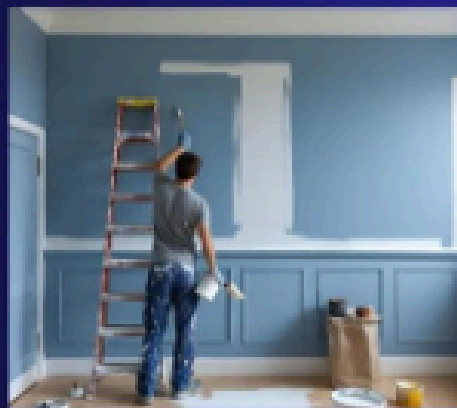
SCAN ME

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



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

*Please contact us at:  
[CIFICasting@curvemediacom](mailto:CIFICasting@curvemediacom)  
or scan our QR code*



**curve**media



**BBC one**

Clean it, Fix it application \$5



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# Creative Wellness

## Mind Body Spirit Event

Saturday 23rd August

10am – 4pm

At Unity Primary Academy, Hickory Avenue,  
Greenstead, Colchester CO4 3QJ

£1.50 Entry (Children under 15 free)

- ♥ Reflexology & Reiki
- ♥ Spinal flow Technique
- ♥ St Andrews Church & friends
- ♥ Crystals and Jewellery
- ♥ Oracle/Tarot cards
- ♥ Printed bags/scarfs
- ♥ Gong vibrations
- ♥ Ayurvedic Walking massage
- ♥ Aromatherapeutic massage
- ♥ Plants/terrariums
- ♥ Ear seeds
- ♥ Plus many more lovely stalls

Free Workshops throughout the day

Gongs, Grounding and Forest schooling camp fire,  
Shamanic Drumming and a Meditation ♥

**FOR MORE DETAILS CONTACT NIKI on:**

Café on site run by Robert @  
RKT Catering and Events  
Hot and Cold Drinks  
Snacks, Homemade Cakes  
Wraps, Bacon butties  
Jacket potatoes plus fillings



[ruttie50@hotmail.com](mailto:ruttie50@hotmail.com)



07587 802136



@Reflexology with Niki



# Supported Lodgings with Essex County Council



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

## Why become a Supported Lodgings provider?

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

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

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

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







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

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

Find a fostering option to suit you.

0800 801 530

[www.essex.gov.uk/foster](http://www.essex.gov.uk/foster)

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

# FREE INTERVIEW SKILLS WORKSHOP



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

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

12 March / 23 April / 14 May / 11 June

9 July / 6 August / 3 September

1 October / 29 October / 26 November

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

**To book a place please call 01206 861800**  
**or email [spg@sign-post.info](mailto:spg@sign-post.info)**





# *Songs of Praise*

Sing your favourite hymns  
with a live orchestra

**6.30pm - St Botolph's Church**

**Sunday 5th October 2025**

**Free Entry - All Welcome**



Brought to you by St Botolph's Church & St Botolph's Music Society  
[stbotolphs.org](http://stbotolphs.org)

# Upcoming Events 2025:

## **Dino Train**

**29th July**

Join us and the dinosaurs on the 10.34 Witham to Braintree train heading to the grand opening of Braintree Museum's 'Extinction' exhibition.

## **Seaside Special**

**31st July & 28th August**

Catch the 09.59 train from Colchester North to join our ever popular Seaside Special to Walton on the Naze, returning at your leisure. Magician, goodie bags and all sorts of treats included, booking is a must!

## **The Smugglers Shanty Special**

**11th October**

Pirates and Shanty singers aboard on two trains from Manningtree to Harwich Shanty Festival leaving Manningtree at 11.00 and 12.00.

## **The Halloween Train**

**31st October**

Witches and wizards, ghosts and ghouls, join the 16.00 Manningtree to Harwich train for a spooky return journey ending at 16.48.

To book this and other events, please go to [www.esscrp.org.uk/events](http://www.esscrp.org.uk/events) or click on the QR code



Essex & South Suffolk  
Community Rail  
Partnership





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

Check your eligibility at  
**gov.uk/pension-credit**  
or by calling **0800 99 1234**



SCAN TO FIND  
OUT MORE



Eligibility criteria apply



**Need  
urgent  
mental  
health  
support?**



**And select the option for mental health crisis**

**Support available 24/7 for all ages**



  
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# 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](https://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](mailto:helpline@colchester.gov.uk)  
[www.helpline247.co.uk](http://www.helpline247.co.uk)

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Scan the QR code to  
take part in our survey



# HAVE YOU HAD A TRIP OR FALL?

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

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

# Join us this summer at our groups in North Essex

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

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

## Singing for the Brain® Colchester

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

Second and fourth Thursday of the month 2—3.30pm

## Singing for the Brain® Mersea

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

First and third Wednesday of the month 2—3.30pm

## Singing for the Brain® Takeley

Priors Green Community Hall, Takeley. CM6 1YE

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

## West Clacton Memory Cafe

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

Second Tuesday of the month 10.30am—12noon

## Harwich Memory Cafe

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

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

## Manningtree Memory Cafe

Manningtree Library, High Street, Manningtree. CO11 1AD

Last Friday of the month 10—11am

## Memory Café

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

Alternate Mondays 1—3pm starting 4 August 2025

**Get in touch to find out more**

**Email: [essexgroups@alzheimers.org.uk](mailto:essexgroups@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.





# FALLEN OR HURT YOURSELF ON THE STAIRS AT HOME?

Help is  
available for  
Colchester  
Residents



If you have fallen on your stairs or do not feel safe using them, you could get a free stairlift grant through **Colchester City Council**. No means test required as part of our Disabled Facilities Grant service - just support when you need it most.

## WHO CAN APPLY?

- ✓ Homeowners and tenants
- ✓ Landlords (for disabled tenants)
- ✓ Parents/guardians of disabled children

## WHAT'S COVERED?

Stairlifts may be funded if you:

- need access to essential rooms such as a bedroom or bathroom
- the property is suitable for a stairlift and it suits your needs.

## HOW TO APPLY

- **Step 1:** Get an Occupational Therapist Assessment with Essex County Council.  
**For adults:** Call 0345 603 7630 or email [socialcaredirect@essex.gov.uk](mailto:socialcaredirect@essex.gov.uk).  
**For Children:** Contact 0345 603 7627 (Children and Families Hub).
- **Step 2:** Once the assessment is complete, our Healthy Homes team will guide you through the application and installation process.





# HEALTH & SUPPORT SERVICES



# SURVIVOR Steps



## EMPOWER | HEAL | THRIVE!

Helping women who have survived domestic abuse rediscover their confidence, strength and purpose through exercise.

Movement | Mindfulness | Community

Every Friday | 10 - 11:30  
Greenstead Community Centre

[www.thedandelionproject.co.uk](http://www.thedandelionproject.co.uk)

REGISTER NOW



in partnership with

Next Chapter

Funded by



## Cancer Awareness on the move with the SOS & Community Bus

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

### What's It All About?

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

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

- Encourage **Very Important Cancer Conversations**, giving you the opportunity to share your experiences,
- Share **information** about early detection and prevention, and how to book a screening appointment or check up,
- Offer **support resources** for those affected by cancer,
- Share **information** on how to take care of your health and wellbeing.

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

### You will find us here -

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







A new digital tool to help public and professionals refer and signpost to health and wellbeing services has been launched in north east Essex.

The Essex Frontline platform provides a library of local health and wellbeing services for the public and professionals to access. Services on the platform range from debt advice, support for addiction and mental health and housing advice.

Click **HERE** to see the full statement.





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

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



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

### Why join?

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

### Who can join?

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

### Find out more on Let's Talk SNEE:

[www.letstalksnee.co.uk/diabetes-service-user-group](http://www.letstalksnee.co.uk/diabetes-service-user-group)

Feel free to contact the team:

[long.term.conditions@snee.nhs.uk](mailto:long.term.conditions@snee.nhs.uk) / 01473 770261







# Time to Talk...

## About Men's Mental Health

Tuesday 10th June 2025

08.00am - 10.30am

Colchester Rugby Club (Raven Bar)

CO4 5YX

Tickets: £5 per person

**Book now at [mnessexmind.org/mens-health](https://mnessexmind.org/mens-health)**

Tickets £5pp  
Breakfast Bap  
& Hot Drink  
Included



Mid and North  
East Essex



The Colte Partnership®  
At The Heart of Primary Care



ESSEX  
RECOVERY  
FUND

# Boys & Men

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

COLCHESTER



*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](mailto:customerservices@colchester.gov.uk)



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TOP



# Support for Ukrainians

**We offer free, confidential advice on the following:**

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

**For any further enquiries, please contact us:**

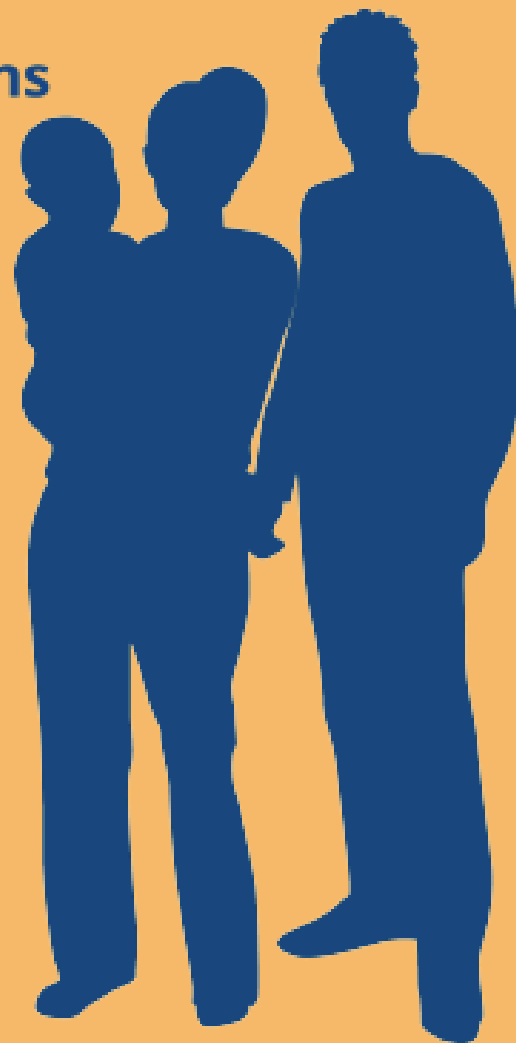
**Online:**

[www.colchestercitizensadvice.org.uk](http://www.colchestercitizensadvice.org.uk)

**Email:** [advice@colchestercab.org.uk](mailto:advice@colchestercab.org.uk)

**Freephone:** 0808 278 7853

**Support with translation is available.**



**citizens  
advice**

**Colchester**



**Essex  
Community  
Foundation**

**↑  
TOP**



# Підтримка для українців

Ми пропонуємо безкоштовні, конфіденційні консультації з наступного:

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

Маєте інші запитання- звертайтеся до нас:

Онлайн:

[www.colchestercitizensadvice.org.uk](http://www.colchestercitizensadvice.org.uk)

Ел.пошта: [advice@colchestercab.org.uk](mailto:advice@colchestercab.org.uk)

За телефоном: 0808 278 7853

Доступна підтримка з перекладом.



Colchester



Essex  
Community  
Foundation

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# ENHANCED SUPPORT & ACCESS TEAM



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

## **DO YOU OR SOMEONE YOU SUPPORT STRUGGLE WITH:**

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

## **OUR TEAM CAN OFFER:**

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

## **WE WILL OFFER:**

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

**CONTACT US AT: [ECTU@ESSEX.GOV.UK](mailto:ECTU@ESSEX.GOV.UK)  
[WWW.PHOENIXFUTURES.ORG.UK](http://WWW.PHOENIXFUTURES.ORG.UK)**



**PHOENIX  
FUTURES**





# LEGAL & CRIME

# # JUST HERE TO WORK

LET'S KEEP OUR WORKPLACE A SAFE SPACE FOR ALL

FIND OUT MORE



**ESSEX  
POLICE**

Protecting and serving Essex

HOW TO REPORT



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**TOP**

The "manosphere" is an umbrella term referring to a set of interconnected misogynistic online communities. It encompasses multiple types and degrees of misogyny – from broader male supremacist discourse to men's rights activism and "incels".

Incels (short for involuntary celibates) forge a sense of identity around a perceived inability to form sexual or romantic relationships, blaming themselves, society at large and specifically women for these perceived failures, and therefore feel a bitterness towards women and themselves.

There is a high risk of self-harm for those involved in incel subcultures, and there have also been incidents of mass-casualty violence committed by self-proclaimed incels. It is important that we understand this ideology, and the narratives and terminology used, [in order to](#) protect and support those we work with.

## Who can take the training?

This training is open to professionals working within the public and voluntary sectors in Essex, as well as elected members.

Please note that these sessions are aimed at improving your understanding of incel ideologies and will not provide guidance on addressing the topic directly with young people, however links to additional resources will be provided.

## What will the training cover?

- **The Manosphere** – What is meant by the 'manosphere' and some of the different groups and influencers within it.
- **Incels** – What is meant by the term incel, the narratives and ideology surrounding it, how the [sub-cultures](#) operate, links to other extremist groups and some case studies.
- **Incel Symbols & Terminology**– The language, terms and symbols used by incels and what they mean.

Please note that this session will include content of an extremist and sexually explicit nature, including visuals.

## When is the training?

- Thursday 29<sup>th</sup> May 2025, 10:00-10:45
- Wednesday 4<sup>th</sup> June 2025, 14:00-14:45
- Tuesday 10<sup>th</sup> June 2025, 14:00-14:45

All sessions are held via MS Teams and calendar invite with the joining link will be sent to you upon registration. Due to the content of the training, we strongly advise that you only book onto a session at a time when you can join from a private space.

You can register onto one of the sessions (or join our wait list for future sessions) via our [registration form](#).

You can also use this form to tell us about any accessibility needs ahead of the session.

If you have any questions, please contact us on [community.safety@essex.gov.uk](mailto:community.safety@essex.gov.uk)



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](mailto: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](mailto:bob.fortt@essex.police.uk) or  
[dan.pratt@colchester.gov.uk](mailto:dan.pratt@colchester.gov.uk)



HOW TO SPOT

# county lines exploitation

and where to go for help



A guide for parents, carers  
and people working with children



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

↑  
TOP



Baha'i



Shinto



Paganism



Sikhism



Islam



Judaism



Christianity



Zoroastrianism



Taoism



Buddhism



Hinduism



Confucianism



Brahma Kumaris



Quakers

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

**STOP HATE UK**

**0800 138 1625**

**24 HOUR HELPLINE**

**TEXT 07717 989 025.**







# ARMED FORCES UPDATES

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EMPLOYER  
RECOGNITION  
SCHEME

GOLD AWARD

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



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# WARNING: THIS COURSE CHANGES LIVES!

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



Are you wanting a bit more  
out of life

Do you want to improve your  
career or job prospects

Are you thinking of starting  
your own business

Wondering what job or  
business could move with you



Image by Stock Snap from Pixabay

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

Ready to change your life for the better?

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

**Want to find out more?**



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

**<https://yournewwings.com>**



Proudly  
supporting  
those  
who serve



**THE ARMED FORCES  
COVENANT FUND TRUST**





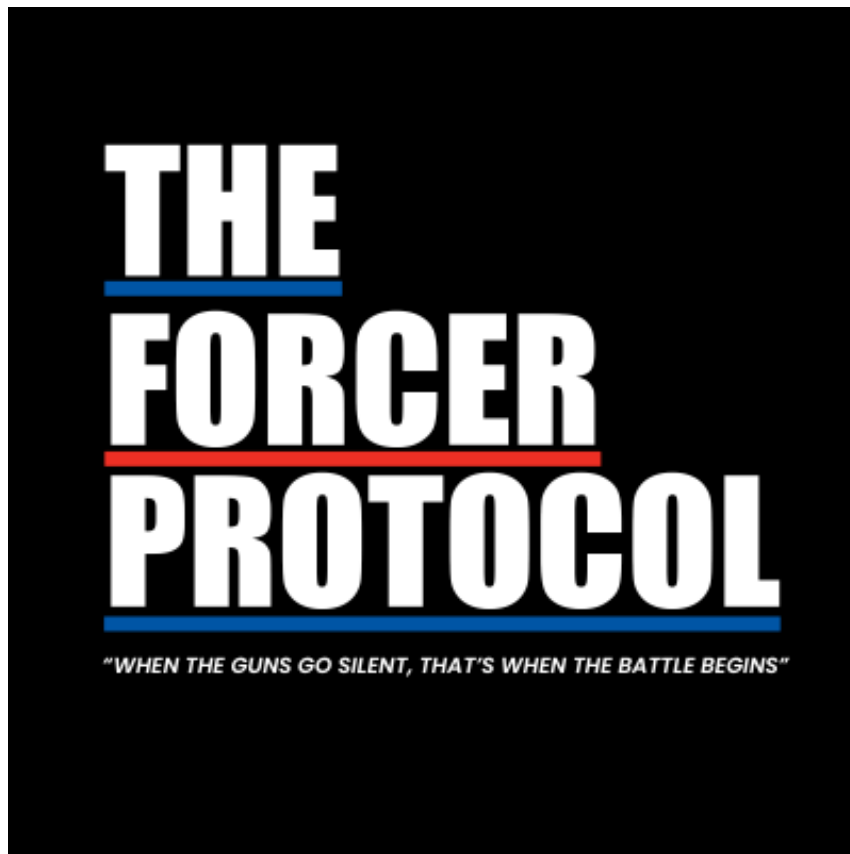


# Veterans' News and Communications Hub

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

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





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

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



# Emotional health and wellbeing for Service leavers and veterans

Life after the  
Armed Forces

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

**SAMARITANS**





# The Airborne Soldier Statue Colchester City

2000

2025



Follow us:  
The Colchester  
Airborne Soldier  
Statue 2025

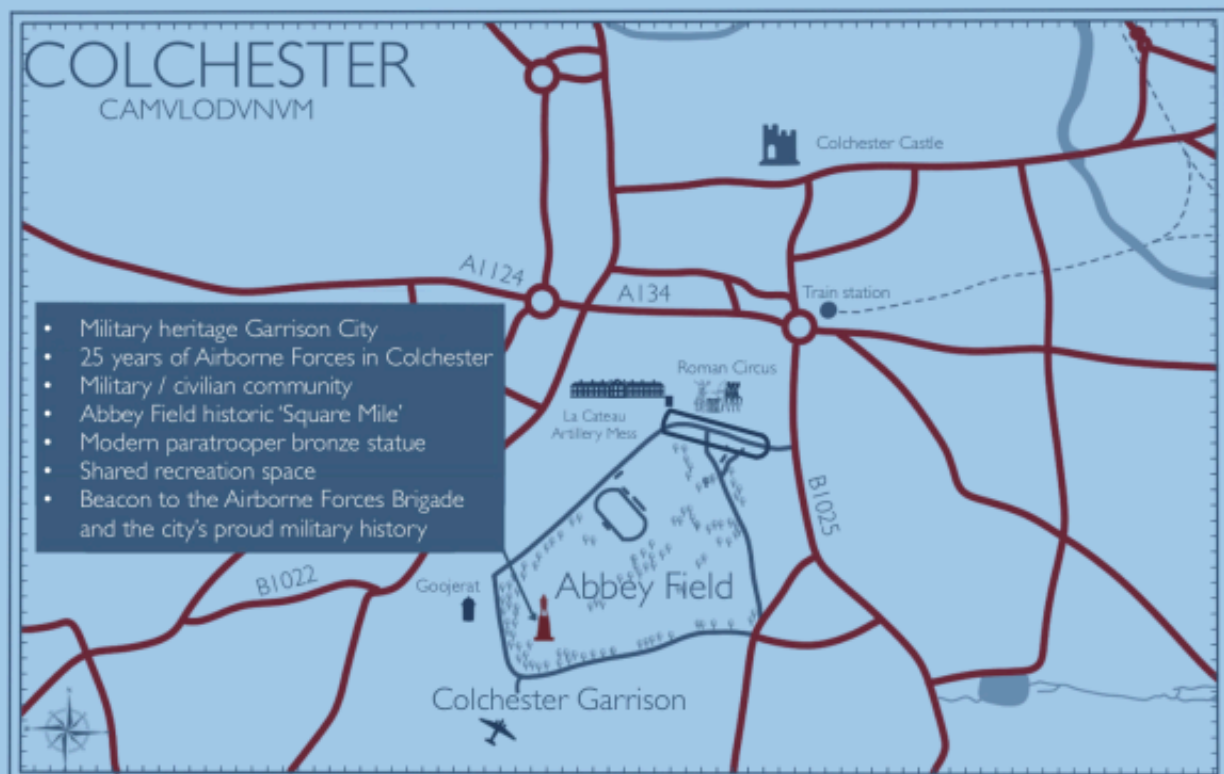


DONATE HERE

Support our fund raising campaign for this fantastic  
project, a life sized bronze paratrooper statue,  
commemorating 25 years of

**Airborne Forces in Colchester Garrison City.**

To be unveiled at the Armed Forces Garrison Show, 27 June 2026





# The Royal British Legion Admiral Nurse service

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Supporting carers and families of those living  
with dementia



ROYAL BRITISH LEGION



## How can this service help you?

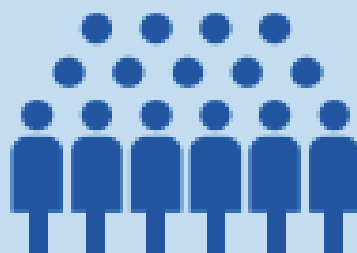
RBL Admiral Nurses work in partnership with carers, families and people living with dementia. The services they offer include:



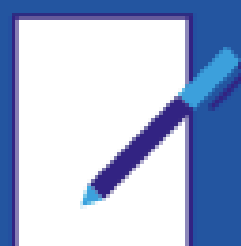
**Person-centred assessments** of the needs of the carers, families and individuals living with dementia



**Psychological support** to help with feelings and emotions



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



**Helping carers** to develop and improve skills in care giving



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



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



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

## We're here to help

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

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

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

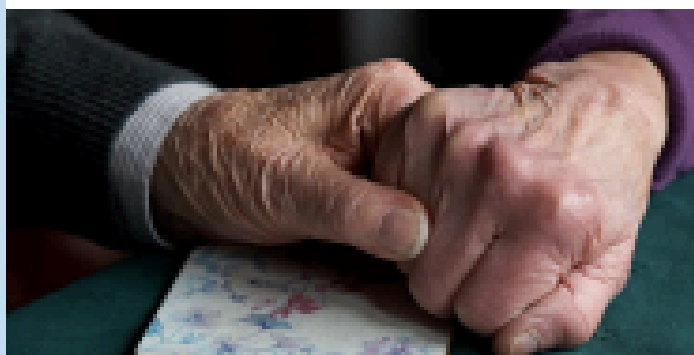
We work with our partner Dementia UK, a national charity focused on supporting carers of people living with dementia.



## Are you eligible?

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

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



# RBL Helpline

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

## 0808 802 8080

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

Alternatively, you can email us on  
**[ANSupport@britishlegion.org.uk](mailto:ANSupport@britishlegion.org.uk)**



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







# COST OF LIVING SUPPORT

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

Check your eligibility at  
**gov.uk/pension-credit**  
or by calling **0800 99 1234**



SCAN TO FIND  
OUT MORE



# FINANCIAL EQUALITY AND WELLBEING TEAM



## We are here to help you

We offer a range of free, confidential financial and employment support to all our residents in Colchester, including:

- Support paying your rent and Council Tax
- Money and debt advice
- Employment and job search
- Accessing food
- Welfare benefit advice and support
- Maximising benefit entitlement

If you need support you can contact us at Colchester City Council by emailing:

[benefits.advice@colchester.gov.uk](mailto:benefits.advice@colchester.gov.uk)

or call us on:  
01206 505 855

Open Monday - Friday





## Employment Support



- CV and Personal Statements
- Job seeking
- Job applications
- Interview Preparation
- Volunteering opportunities

## Removing Barriers



- Wellbeing and life skills
- Confidence and motivation
- Travel and clothing support for interviews if eligible
- Childcare cost advice
- Multi agency working to ensure maximum support

## Benefits and Finances



- Signpost to any relevant financial support
- Review Council Tax account
- Identify housing support needs, to include sustaining tenancies
- Family welfare  
Household income maximisation

Click **[HERE](#)** to see how to access these services from Colchester City Council Financial Equality & Wellbeing Team





**STOP**

# Does your client:

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



**GET  
READY**

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

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



**GO**

**Call:** 0300 555 2222

**Email:** [reportaloanshark@stoploansharks.gov.uk](mailto:reportaloanshark@stoploansharks.gov.uk)

**Web:** [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)

**Text:** 07860022116 with your message

Any information is given in the strictest of confidence

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

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

**STOPLOANSHARKS**  
Intervention . Support . Education



↑  
**TOP**



# COMMUNITY FUNDING



# Community Funding

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

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





# OUR TEAM

# Meet The Team

## **Tom Tayler**

Community & Partnerships Team Manager

07956 343985

Tom.Tayler@colchester.gov.uk

## **Rachaelle Litwin**

Digital Access Support Team Leader – Colchester & Tendring

01206 282452

Digital.AccessSupport@Colchester.gov.uk

## **Roz Clough**

Financial Equality & Wellbeing Team Leader

01206 506440 or 07960 779163

Roz.Clough@colchester.gov.uk

## **Chrissy Henegan**

Community & Partnerships Officer

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

Thematic lead for Children & Young People and Armed Forces

07966 235791

Chrissy.Henegan@colchester.gov.uk



## **Mark Healy**

Community & Partnerships Officer

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

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

07817 889992

Mark.Healy@colchester.gov.uk

## **Jake Mullinder**

Community & Partnerships Officer

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

Thematic Lead for Physical Activity & Public Health

07890 910455

Jake.Mullinder@colchester.gov.uk

## **Yovone Cook**

Community & Partnerships Officer

Thematic lead for Resettlement, Faith Groups and Ethnically  
Diverse Groups

07976 794789

Yovone.Cook@colchester.gov.uk

## **Shaz Peacock**

Community Integration Support Officer

Resettlement & Employment Support

01206 506951

07977 823928

sharon.peacock@colchester.gov.uk



# EMPLOYMENT

# Want to work with us?

click **HERE** to view  
the latest  
Colchester City  
Council vacancies



# More Opportunities...



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

Click **HERE** for details

# Job Club

at 1:30 to 3pm

**2nd Thursday of each month**

**at RAMA House**

31 Eld Lane, Colchester, CO1 1LS

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

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

Any questions? Just email  
[communities@colchester.gov.uk](mailto: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](mailto:communities@colchester.gov.uk)



Colchester  
City Council



Keep up to date visit [colchester.gov.uk](http://colchester.gov.uk)

To **UNSUBSCRIBE** to this  
newsletter please email  
[communities@colchester.gov.uk](mailto:communities@colchester.gov.uk)