

Colchester Community Updates



Colchester
City Council

October 2026

Welcome to our community newsletter for **October**.

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

Our Team's contact details are at the end of the newsletter, so please do let us know if you'd like us to promote an event for you, or if you have anything you'd like us to share with all our readers.

Contents:

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

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

- **Event Diary**
- **Kids & Young Adults**
- **Adults & Older People**
- **Health and Support Services**
- **Legal & Crime**
- **Armed Forces Updates**
- **Cost of Living Support**
- **Community Funding**
- **Our Team**
- **Employment & Training**
- **Unsubscribe**



EVENT DIARY

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

We want your views on youth vaping.

Take our survey.



Essex County Council ran a campaign for parents and carers of children 9 to 14 year olds.

The campaign enables parents and carers to have a non-judgemental conversation about the risks of vaping for young people.

This survey is for parents/carers of 9-14 year olds in Essex. The survey should take no longer than 10 minutes to complete. Responses will be anonymous as we will not ask for any personal information.

It is live now until

Thursday 1 October.

The survey can be completed [here](#).



'From Forces to NHS'

Are you a Veteran, Reservist, or Armed Forces Family? Thinking of a career in the NHS?

EPUT have roles ranging from healthcare posts to support services, and we want your skills!

If you'd like to learn more about the roles and training opportunities available, sign up with our QR code below to be notified of our virtual events calendar.

This event will cover:

- EPUT as an Armed Forces friendly employer
- Apprenticeship opportunities
- Our one-of-a kind Healthcare Assistant Academy
- The diverse range of clinical and non-clinical roles on offer
- How to apply
- Q&A

Sign up:



This event will be taking place 1 October 2026 at 11am



The Future of Social Psychiatry Seminar:
debate and conversation
with leading international voices
in social psychiatry exploring
how socially informed approaches can drive
meaningful improvements in mental health.
Refreshments will be available.

University of Essex Colchester Campus

1st October 2026, 2-5pm

Further details and registration [HERE](#)



COME HAVE YOUR SAY

11 am - 1 pm



**FRIDAY 9TH
OCTOBER 2026**

Have you ever needed help, advice or support
and not known where to turn?

If you knew then what you know now,
what would have helped?

What services, support or advice do you wish
you had known about sooner?

Join a friendly creative workshop to share your
experience and help improve support for others.



Tollgate Stanway Foodbank

Upstairs on the mezzanine



Lunch provided



Colchester

Foodbank

Together with Trussell



**£40 CASH PAYMENT
FOR YOUR TIME**

University of
Kent

TOP



Launch of the Whole Family Approach Toolkit

Working Together to Improve Outcomes for Children, Adults and Families

We are delighted to invite you to the official launch of the Whole Family Approach Toolkit.

Developed through partnership working, this toolkit has been designed to support professionals in recognising and responding to the needs of the whole family, helping services work together more effectively to achieve better outcomes for children, young people and adults.

Click [HERE](#) to book your place



Wednesday 7 October 2026



Online Event



11:30am - 1pm

(90 Minutes)



YOU'RE INVITED...

YOUTH VOICE DAY

SAFETY IN ESSEX

SATURDAY 17TH OCTOBER 2026

CHELMSFORD : 9.00AM - 3.30PM

If you are a young person aged 11+ living in Essex (including Southend and Thurrock) or an adult working with young people we want to hear from you!

The Youth Voice Day is an opportunity for you to share your concerns, opinions, reflections and solutions surrounding keeping young people safe in Essex, from travelling, to violence against women and girls, risk taking behaviour and building resilience, whatever your concern is we want to hear from you! Get involved in fun and engaging workshops, take part in interactive activities, visit our information fair and share your thoughts with a range of Essex Leaders whose aim is to implement your ideas.

Be part of something exciting, be listened to and help make positive changes in your community!

For more information contact Rebecca or Jess:

rebeccas@essexboysandgirlsclubs.org / jpease@essexboysandgirlsclubs.org / 01245 264783



Includes...FREE lunch and FREE Youth Voice Goodies! Tickets are FREE but booking is essential!

SCAN TO BOOK



HOSTED BY ESSEX BOYS AND GIRLS CLUBS & ESSEX COUNCIL FOR VOLUNTARY YOUTH SERVICES



The 2026 Youth Voice Day funded by:

Essex Violence & Vulnerability Unit (VVU)

Essex VVU works across Essex to prevent serious violence, intervening early to reduce knife crime, using proven approaches – helping to make Essex even safer.

Since its inception in 2019, Essex VVU has brought over £11m into Essex to invest in local delivery. The investments made through the programme bring 3.5 times more benefit than they cost, by keeping young people away from crime. This preventative approach is working and making a difference. Since 2019/20, knife crime across Essex has been sustainably reduced, with reductions in knife crime of 25% and over 50% reduction in young people entering hospital accident and emergency departments with knife related injuries. These outcomes demonstrate that early, targeted intervention is an effective tool for preventing violence and keeping communities safe.

To find out more about Essex VVU, please visit www.essexvvu.co.uk

Essex VVU is proud to deliver projects and interventions across Essex and partner with a wide range of amazing local organisations – work that makes a real difference to children, young people, families and wider communities – reducing knife crime and contributing to safer communities. A key element of the approach taken by Essex VVU is listening to the experiences of young people and ensuring that their voices inform and shape the delivery of the Essex VVU work programme.

Essex VVU is proud to be able to work with EBGC and ECVYS on the 2026 Youth Voice Day.



The outcomes from this day will be used to inform Essex VVU delivery.



The Essentials

Half-Day Workshop

Learn a practical 'Toolkit' approach for thinking about, managing and talking about your mental health.

100%

Agreed they would recommend this training to a friend or colleague *

95%

Agreed they could see themselves applying the content of the session in their personal lives.*

Training date

15th October 2026

9.30am-1.30pm

Online via Zoom



To book, email training@mnessexmind.org
or visit mnessexmind.org/training

*Based on post training feedback from sessions delivered between April 2025 and June 2025
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Mid and North East Essex Mind Registered Charity No. 1064209



The UK's Leading Network for
the Armed Forces Community.
Real Careers. Real Training.
Real Support. Real Outcomes.

HEADLINE SPONSOR

**e-on
next**

EVENT CHARITY

Proud to support
**Army
Benevolent
Fund**

Colchester Careers Fair

Real Careers. **Real** Training. **Real** Support. **Real** Outcomes.

Join us for a dedicated careers event supporting the Armed Forces Community. Meet top employers, explore training opportunities and get expert advice to take the next step in your career.



**THURSDAY
22 OCTOBER 2026**



10:00 – 13:00



**CORPORAL BUDD VC
GYMNASIUM
CO2 9RQ**

**CV & Interview
Workshop**
with

sodexo

09:30 – 11:30

**Exciting
opportunities
for the Armed
Forces Community**

Serving personnel,
service leavers, veterans,
reservists, military spouses,
partners, dependants
and families



REGISTER TODAY



**SUPPORTING THE ARMED FORCES
COMMUNITY INTO REWARDING
CIVILIAN CAREERS**

Register [HERE](#) for the BFRS National
Career Fair and embark on a new
journey of limitless possibilities.

Got ideas to improve bus travel?

We want to hear from
everyone, including
people who never
use the bus.

Tell us:

- ✓ What's working well
- ✓ What needs to improve
- ✓ What would get you on the bus more often

Your feedback will help shape future bus travel campaigns and improvements across Colchester and surrounding communities.

SCAN THE QR CODE OR
FOLLOW THE LINK TO
SHARE YOUR VIEWS IN
OUR SHORT SURVEY.



<https://forms.cloud.microsoft/e/yqNZMMfQp9>



**Survey Closes
31 October 2026**



ROLLERWORLD

Foundation

HALLOWEEN



80s

90s

SKATE

EVENING SESSION

SATURDAY 7TH NOVEMBER 2026

CHARTER HALL - COLCHESTER

7PM TILL 11PM

TICKETS:

£13.50



FANCY DRESS



ALL DAY BAR



LIGHT SHOWS



RAFFLE



SPEED SKATE CHALLENGE



DJ'S



AVAILABLE AT
WWW.ROLLERWORLD.CO.UK

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

TOP

ROLLERWORLD

Foundation

SKATE & SCARE

SATURDAY 7TH NOVEMBER 2026

CHARTER HALL - COLCHESTER

3 SESSIONS

RELAXED

11AM TILL 12PM



FAMILY

12PM TILL 5PM



OVER 14'S

7PM TILL 11PM



TICKETS:
£13.50



AVAILABLE AT
WWW.ROLLERWORLD.CO.UK



FANCY
DRESS



ALL DAY
BAR



LIGHT
SHOWS



RAFFLE



GAMES



DJ'S

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

TOP

ABCDE Workshop: North Essex



Friday 13th November 2026
10:00am - 4:00pm



Colchester Rugby Club, Raven Park, Cuckoo Farm
Way, Colchester, Essex, CO4 5YX



Lunch provided

ABCDE (Asset Based Community Development Essex) is an interactive workshop that explores how a strengths-based approach can help communities thrive. Using practical examples from across Essex, participants will learn how to identify local assets, build on community strengths, and support positive change. Tailored to your audience, the session is ideal for those new to ABCD or looking to refresh their knowledge.



Scan the QR code to
register your place



Proud to be part of
**Your Essex
Community**
Supporting the Voluntary
and Community Sector



COLCHESTER FOODBANK
INVITES YOU TO:

Celestial Stars Soirée

An Evening Written in the Stars

SATURDAY 14 NOVEMBER
2026

STARLIGHT RECEPTION
6:00 PM

LIVE AUCTION & RAFFLE
BLACK TIE WITH STAR
QUALITY

AN EVENING OF DINING, DANCING
AND DAZZLING GENEROSITY

DELTA MRRRIOTT
HOTEL
MARKSTEY



The University of Essex NIHR Youth Mental Health research team, in partnership with University of Cambridge, Kings College London and Healthwatch Essex, is pleased to host a full day participatory event **on 25th November** dedicated to catalysing research to help shape the future of youth mental health support across Greater Essex.

This event is aimed at youth mental health practitioners, service providers and commissioners across Essex, Southend and Thurrock. We are working with CLEAR (formerly Healthwatch Essex) to ensure the event is also attended by young people with lived experience of mental distress.

The event is being held **at Firstsite gallery in Colchester** where visitors on the day will be able to view **the “Against the Tide” photo exhibition** by documentary photographer Polly Braden.

Further details and registration [HERE](#)



KIDS & YOUNG ADULTS

Colchester

HALF TERM HOLIDAY ACTIVITIES

FREE SESSIONS



10am - 2pm



For young people aged: **5-13**

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

Bookings Open:
21st September 12pm

**All sessions include Games, Sports, Arts &
Crafts, Spring fun & Lunch and Snack!**

If your child/children receive income-related free school meals, or are from a low-income working family and need extra support, you can book by scanning the QR code or by visiting this link:

<https://forms.cloud.microsoft/e/jB6GBQ67j1> **HERE**

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

Dates:

Tuesday 27th October
Wednesday 28th October
Thursday 29th October
Friday 30th October



SMART Courses

SMART
programmes are
FREE for young
people to join!

Active Essex Foundation (AEF) free SMART programmes (Girls Inspired, Boys Inspired, BoxSmart and SportSmart) provide early intervention support for young people aged 11 to 24 who face social, emotional, behavioural or environmental challenges that may affect their wellbeing, engagement and future opportunities.

Supporting those impacted by exploitation, anti-social behaviour, youth crime, poor mental health, low confidence, school attendance issues or the risk of becoming NEET (Not in Education, Employment or Training), SMART helps young people build resilience, develop positive life skills and achieve their goals.

The SMART framework focuses on five key areas:

Sport: encouraging engagement in physical activity

Motivation: helping individuals identify future goals and aspirations

Awareness: developing knowledge and understanding of risks

Resilience: building confidence and decision-making skills

Trust: encouraging positive relationships and peer support

SMART supports young people to:



Build confidence through sport and physical activity



Improve decision-making and problem-solving skills



Develop essential life skills for everyday success



Gain new qualifications and accreditations



Explore real-life topics in a supportive environment



Access leadership and volunteering opportunities



BoxSmart course for all genders aged 13-16 years



Starting on Thursdays from
17th September for 12-weeks



The Oak Tree Centre, Harwich
Road, Colchester, Essex



4pm - 5.30pm



Contact Essex Boys and Girls Club for more info:
georges@essexboysandgirlsclubs.org or 01245 264783

SCAN
ME



Scan the QR code to refer and
complete the form!

Delivered by:





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SMART supports young people to:



Build confidence through sport and physical activity



Improve decision-making and problem-solving skills



Develop essential life skills for everyday success



Gain new qualifications and accreditations



Explore real-life topics in a supportive environment



Access leadership and volunteering opportunities

BoxSmart course for all genders aged 14-16 years



On-going weekly sessions
on Thursdays



Unit P, 12 Moorside,
Colchester, Essex



4.30pm to 6.30pm



Contact Simply Active Group
for more information: [07840 959393](tel:07840959393)

Scan the QR code to see the Simply
Active website and discuss the course!



Delivered by:



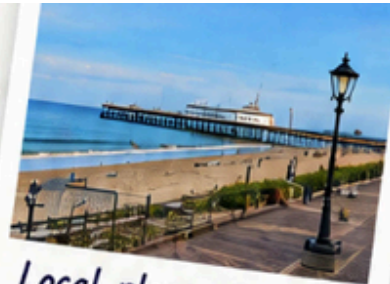
Simply ACTIVE



YOUNG PEOPLE'S

LONELINESS AND SOCIAL ISOLATION

YOUR PERSPECTIVE MATTERS



Local places.
Real stories. ♥

CREATIVE IDEAS
REAL CHANGE



Different perspectives
brighter futures ♥

- ✓ Are you aged 16-24 years?
- ✓ Do you live in or near Clacton, Harwich, Brightlingsea or Southend area?
- ✓ Do you feel lonely or socially isolated?

The University of Essex is looking for people to take part in a creative group research project. This will involve creating images (such as photographs) that represent your experiences of loneliness and/or social isolation.



GET CREATIVE

You will take part in three group workshops and create images (such as photos).



SHARE & DISCUSS

You will discuss these images and your experiences in a group with other young people.



MAKE A DIFFERENCE

There will also be an opportunity to work together to create an output such as a photo exhibition.



THANK YOU

You will be given a **£20 voucher per workshop** to thank you for your time.

INTERESTED? →



Email us at:
mhla@essex.ac.uk



Message us on WhatsApp:
07483 329411



SCAN ME!

SMALL STORIES
BIG CHANGE ♥

Who is doing the research and why?

We are a mental health research team at the University of Essex. Findings from the research will be used to develop solutions to loneliness and improve support for young people.

The research has been approved by the University of Essex ethics committee (ETH2526-0992).

NIHR | Mental Health Research Group



University of Essex



UNIVERSITY OF CAMBRIDGE

healthwatch
Essex

CREATIVE PEOPLE. STRONGER COMMUNITIES.

↑
TOP

In Colchester targeted interventions in some of the secondary schools

Essex Youth Service
– pro-social sessions and knife crime awareness



Working in small groups, with young people who are experiencing challenges which are impacting school engagement.

Structured youth worker led early intervention designed for young people who display violent or aggressive behaviours and are at risk of disengaging from school. Structured curriculum of six sessions, including problem solving and consequential thinking; risk awareness and behaviour regulation. Delivered in school.

Uturn4support – Motion 4 Change



A 48-week

programme supporting vulnerable young people through mentoring, outreach, and a peer-led Youth Ambassador scheme. Focuses on tackling harmful behaviours, exploitation, and gender-based violence, delivered in partnership with local secondary schools.

Essex VVU targeted interventions with schools – main aim:

- To act earlier, identify emerging risks and strengthen protective factors proven to reduce violence.
- Mentoring and positive activities to build long-term resilience and help young people reach their potential.

For more information please contact:
Ellie.Frost@essex.police.uk

In Colchester Essex VVU ReRoute intervention

Essex VVU ReRoute

intervention, works with young people aged 17 to 25 arrested for 'trigger offences', these include violent disorder, weapon and drug possession. ReRoute supports young people who live in Essex and have been arrested in Essex. Following a referral, a VVU practitioner makes contact within 24 hours.



Essex VVU ReRoute – main aim:

- Reducing the harm caused by young adults whose needs are often complex, overlapping and not easily addressed (and in the post arrest / pre-court period – often are not open to other agencies).
- Skilled practitioners (Probation and Youth Justice backgrounds) intensive 1-1 intervention.

For more information please contact:
Kirsty.Gibbons@essex.police.uk

Monthly data pack provided by Essex VVU to Colchester Community Safety Partnership.



Knife Bin

Essex Violence and Vulnerability Unit (VVU) funds knife bins across the county, recognising the importance of providing safe and secure ways to dispose of knives. These bins play a key role in reducing knife crime in Essex, alongside wider work on early intervention, prevention and enforcement. The Colchester knife bin is located outside Colchester Police Station, Southway.



Making a
difference across the
Colchester City area

Click [HERE](#) to see the full leaflet

Essex VVU | Colchester





Colchester Korban Project is a Christian charity providing Supported Housing for vulnerable young homeless people aged 16-25, of all faiths and none, in the Colchester area.

“I THINK YOU SHOULD
KNOW, KORBAN SAVED
MY LIFE”
ALI, AGE 20+ FORMER RESIDENT

*Name & age changed for confidentiality

Korban started in 2008 at our main house (see below) and now we have the opportunity to purchase it, giving us a stable base for the next 18 years of service and more.

Since Korban began **we've supported approximately 160 young people and helped the vast majority move on positively.** Research shows the need for Supported Housing will increase in the coming years and we want to be ready. Will you **help us buy Bethany Place** so we have a secure base to grow our work and continue to **break the cycle of homelessness for young people** in Colchester?

We need to raise **£500,000 before November 2027** when the house is due to be sold. We estimate 50,000 bricks were used to build the house - you can help us reach our target and **Buy a Brick for £10.**



A Place to Call Home

Our 'hub house' Bethany Place, a former vicarage that's been home to us, and approx 160 young people since 2008.



www.korban.org.uk | admin@korban.org.uk | 01206 869533
charity no: 1125617 | company no: 06630415



Click [HERE](#) to see the booklet





Online coaching for parents and caregivers of autistic children 18 months - 5 years 11 months

How does it work?

Your personal coach will help you through online coaching and video analysis - to step back, reflect, and explore ideas and ways to support your child, giving you the skills and strategies to integrate changes in day-to-day life.

Everything happens in your home, through a secure video link, with a dedicated coach accompanying you step by step. Coaches are qualified early years practitioners, Occupational Therapists or Child Psychotherapists, with specific training to support Autistic children. Your coach will be allocated based on your child's needs.

Who can join?

If you would like to enroll on the programme, we have a few remaining spaces available to start immediately & we have places available for advanced registration starting in September 2026.

What parents often notice

Every child and every family is different, so outcomes are individual - but families commonly tell us they experience:

For children

More moments of shared attention, connection, and joyful back-and-forth play.

Clearer, more responsive communication.

and interaction with family members.

A growing sense of being understood and supported in everyday life.

For parents

A clearer understanding of your child's communication cues & play initiatives

More confidence in joining your child's play and supporting their engagement

A growing trust in your own intuition — and with that, less stress in the everyday and the ability to resolve day-to-day challenges.



Click [HERE](https://transformingautism.org) to register





Explore Colchester for Free

Click [HERE](#) to find out more

Free Events in Colchester

Click [HERE](#) to check the Whats On pages

Free Attractions

Click [HERE](#) to find





Fostering

**You have everything
it takes to change a
child's life.**

More children than ever need a safe
place to call home.

Find a fostering option to suit you.

0800 801 530

www.essex.gov.uk/fosterwithEssex



FosterEast
Foster with your council



Help vulnerable children and young people reach their full potential

Foster carers and Supported Lodgings
carers offer safe homes for children,
when they need it the most.

Click **HERE** to find out more





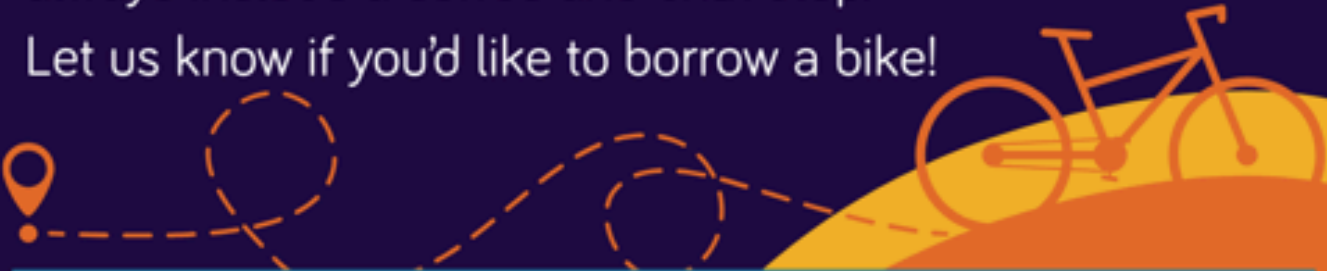
**ADULTS &
OLDER
PEOPLE**

Join an EPP ride

Do you want to get active, feel great and connect with others?

Cycling with our Ride Leaders is the perfect way to start your well-being journey. Our friendly, experienced Ride Leaders will guide you on safe, enjoyable routes—and always include a coffee and chat stop.

Let us know if you'd like to borrow a bike!



Contact us: 07842 425184 or ColchesterEPP@theaws.org

[Essex Pedal Power Recycled Bikes Application form](#)



DONATE A BIKE. CHANGE A LIFE.

Your used bike can create new opportunities in our community.



Many in our community face barriers getting to work, school, and essential services. Your second-hand bike can provide freedom, independence, and new opportunities.

Together, we can keep wheels turning and lives moving forward.

We accept good-condition adult and child bikes. All donated bikes are refurbished and repaired before being passed on.



DONATE YOUR BIKE TODAY!

Your donation stays in our community and helps neighbours in need.



DROP-OFF LOCATION
Unity House, Hickory Avenue, CO4 3QJ

DROP-OFF HOURS
Tues - Friday: 9:00 AM - 5:00 PM
Call: 07842 422047
Email: Colchesterepp@theaws.org

RIDE. GIVE. EMPOWER.





Explore Colchester for Free

Click [HERE](#) to find out more

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Click [HERE](#) to check the Whats On pages

Free Attractions

Click [HERE](#) to find



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



↑
TOP



**Need
urgent
mental
health
support?**



And select the option for mental health crisis

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

**↑
TOP**

helpline 24/7

HELP WHEN YOU NEED IT AT THE TOUCH OF A BUTTON

Helpline is a falls response service. If you fall in your home or garden and are unable to get back up, at the push of a button, our dedicated responding team will attend to help you back on your feet using our specialist lifting equipment.

Our trusted Emergency Monitoring and Response service supports:

- Older people and those living with dementia
- People with a physical disability or restricted mobility
- Those living with conditions such as epilepsy or arthritis
- People recovering from illness or returning from hospital
- Those prone to falls
- We attend to customers in Coggeshall, Clacton, Colchester, Dedham, Halstead, Harwich, Manningtree, Mersea, Nayland, Tiptree and more.



For more information call: 01206 769779
Email: helpline@colchester.gov.uk
www.helpline247.co.uk

Follow Us



Colchester
AMPHORA TRADING



↑
TOP

Our services



Colchester City Council provides recycling and waste collection services for businesses in the local area.

Business Waste

Flexible collections, competitive prices and expert local support. Request a free waste review or quote.

Click [HERE](#) to request a free quote or consultation

We offer a competitive, reliable and compliant waste service, with no hidden charges or ties into lengthy contracts.

We have a dedicated, professional and reliable team committed to providing an excellent service that **includes:**

- Free, no-obligation on-site waste audit
- Upfront costs with no hidden charges, such as surcharges per kilo for heavy bins
- No VAT Monthly rolling contract, no long-term commitment required
- Cost-effective and sustainable
- Officially certified waste carriers
- Efficient and friendly customer service
- Expert legislation advice

Click [HERE](#) to find out more





HEALTH & SUPPORT SERVICES

NSPCC



Parents1st
UK

Pregnancy in Mind

Expecting a baby can
cause complicated feelings.
Pregnancy in Mind can help.

Find space for you.

Email 'Pregnancy in Mind' to
info@parents1st.org.uk,
or visit our website:

<https://parents1st.org.uk/pregnancy-in-mind>





What is it?

Pregnancy in Mind (PiM) is a free online pregnancy group support group, for you to:

- meet other expectant parents
- learn ways to manage stress and anxiety
- build confidence before your baby arrives

We'll explore:

- coping strategies
- how to understand your mental health
- mindfulness and ways to boost your mood
- relaxation
- connecting with your baby

PiM meets online once a week for eight weeks.

Sessions are for either parent. You can come on your own or bring a support person.

Each week, there's a 1-2-1 chat about your wellbeing, where you'll be able to highlight any concerns you have. Following each session, we'll share resources you can use in your own time.

Once your baby has arrived, there'll be an opportunity for you to meet with the practitioner who runs your group individually to chat and check in on your wellbeing.

Visit our website for more information:
<https://parents1st.org.uk/pregnancy-in-mind>

NSPCC



Click **[HERE](#)** to find out more





Trusted health advice and guidance for parents

Welcome to Best Start in Life, the new home of Start for Life.

You'll still find the same NHS advice on pregnancy, babies and supporting your toddler's development.

Now you can also find out about childcare and education support too!

5 steps to potty training

Potty training is an important step for you and your child, but it can take time and patience.

Follow our 5 steps to potty training and find out when to start, how to prepare and where to get help if you need it.

➔ **Potty training your child**

Click [HERE](#) to find out more





Teen Life North East Essex



Practical support helping families navigate autism in adolescence with confidence, connection and evidence-based guidance.

Teen Life looks at understanding autism and promotes supportive approaches for autistic children between the ages of 10 and 16.

Each session focuses on a different topic:

- Understanding autism – including different profiles, key areas of difference and one-page profiles
- Understanding autistic identity – including talking about autistic identity and disclosing this to others, interests and spending time with other people
- Stress and anxiety/understanding behaviour – including meltdowns/shutdowns, masking and supportive approaches
- Health and wellbeing – including self-esteem, health and wellbeing challenges and supporting health and wellbeing
- Puberty – including bullying, online safety, gender identity, friendships and relationships
- Education/transition to adulthood – including school avoidance, supportive school strategies, independence skills and person-centred planning

Who can access this service

Teen Life North East Essex is open to parents and carers of autistic teens (10–16) with a confirmed autism diagnosis living in North East Essex.

Program delivery

Programmes are delivered by local professionals who are licensed users of the programme and consist of 6 sessions (2 and a half hours long) usually delivered one session per week for 6 weeks.

There will be a maximum of 10 families per programme with each family being offered spaces for up to 2 parents/carers plus, if parents choose, a supporting professional.

Each session is a mixture of information, activities, videos and sharing experiences. There is always time to reflect on how the topic relates to the individual child/family.

Our six-week courses start through out the year. Visit our website by scanning the QR code below for more information.



I am so incredibly grateful to have had a chance to attend this course. Before the course I was overwhelmed and emotional, not knowing how I could help support my son and feeling like a failure. Now I feel so much more confident and have so many ideas and strategies to help him. I am incredibly grateful to your team for this!

Previous parent

Teen Life North East Essex



TeenLifeNorthEastEssex@family-action.org.uk

Family Action. Registered as a Charity in England & Wales no: 264713. Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.

Scan to visit
our website:



FREE PROSTATE CANCER SCREENING

DON'T GET CAUGHT BY THE NUMBER 1 MEN'S CANCER!

Greenstead Community Centre

Hawthorn Ave, Colchester CO4 3QE

Monday 14 September
10am - 2pm

45 FREE SPACES

Wednesday 7 October
5pm - 9pm

45 FREE SPACES



◀ Scan here or visit chaps.uk.com/book-event-main to book your test
please scroll down the event list and then select this event

BOOK A SIMPLE PSA BLOOD TEST NOW – BOOKING INSTRUCTIONS:

Prostate
Cancer
Screening

- YOU MUST book an appointment to be tested (no walk-ins)
- YOU MUST book online at chaps.uk.com/book-event-main
- YOU MUST print out and bring your appointment confirmation

NB: PSA screening blood tests are for men aged 40-80 who are not already on treatment or under care for a known prostatic condition. Screening is strongly recommended for men of black African and Caribbean heritage and men with a family history of prostate cancer, breast or ovarian cancer who are at high risk from prostate cancer.

Event supported and sponsored by:



**EARLY
DETECTION
SAVES
LIVES**

Not everything you see online is true.

Help us understand how you decide what's trustworthy online.



Thousands of people across Essex

search online every day for information about symptoms, treatments and healthy living.

Many people now use search engines, social media, websites, online videos, messaging apps and increasingly artificial intelligence (AI) tools **to find health advice.**

The internet has made health information more accessible than ever before.

But with so much information available, it can sometimes be **difficult to know what is accurate, trustworthy and up to date.**

That's why **NHS Essex** is developing **Think. Check. Trust. –**

a new campaign to help people across Essex feel more confident finding and using trusted health information online.

Together, we can help more people find trusted health information, make informed choices and **support our mission of making health services in Essex better.**

Click **[HERE](#)** to find out more and take the survey





National Energy Action's ENERGY ADVICE AND SUPPORT SERVICE 0800 304 7159

Our free, confidential and impartial energy advice service helps you with energy bills and improving energy efficiency in your home. Open to anyone living in England and Wales we offer full support with:



ENERGY EFFICIENCY ADVICE

- Personalised recommendations to make your home more energy efficient
- Tips on reducing your energy usage
- Guidance on selecting energy efficient appliances



MANAGING ENERGY COSTS AND FUEL DEBT*

- Help with budgeting and managing energy costs
- Support in dealing with fuel debt repayments
- Advice on payment plans and financial management



BILLS AND METERS

- Help with understanding your energy bills
- Help with meter readings and getting a smart meter
- Information on tariffs and finding the best energy deals



ADVOCACY

- Support you to talk with energy companies
- Help you resolve a dispute or make a complaint to your supplier



SIGNPOSTING TO SPECIALIST AND FINANCIAL SUPPORT SERVICES

- Referrals to local and specialist organisations for extra support
- Information on grants and financial help for energy costs
- Connections to local resources and community programmes



Web www.nea.org.uk/get-help

Email energy@nea.org.uk

Signvideo <https://neaadvice.signvideo.net>

National Energy Action is the national fuel poverty charity, helping everyone have a warm, safe and healthy home.
*National Energy Action is not licensed to give debt advice and therefore works in partnership with licensed UK debt agencies. Go to www.nea.org.uk. © National Energy Action 2024, independent charity registration number 290511.
Company limited by guarantee. Registered in England and Wales No: 1853927.



COMPASS

A partnership of domestic abuse services providing a response in Essex

THIS ISN'T LOVE, THIS IS CONTROL

Domestic abuse isn't always physical

We have to have sex everyday or they'll be angry.

They often put me down but they say I'm too sensitive.

I'm not allowed to eat after 6pm, they say it's unhealthy.

They track me all day to make sure I'm safe.

I can't spend any money unless I check with them.

I miss friends and family. I don't ever get to see them.



SETDAB

If you or someone you know needs support, reach out.

You are not alone.

Call the domestic abuse helpline

Essex Compass on **0330 333 7 444**

(8.00am to 8.00pm weekdays, 8.00am to 1.00pm weekends)

For help and support click [HERE](#)





Step by Step

Supporting you to support them

Have Your Voice Heard

Experts by Experience Forum

We are inviting adults who have experienced domestic abuse or those who have supported someone through domestic abuse to join our **Experts by Experience Forum**.

The forum will bring together people with lived experience to share views, help shape services and improve support for others affected by domestic abuse by:

- Sharing feedback about our services
- Helping improve support for survivors and families
- Influencing future service development
- Contributing to training, policies and awareness activities
- Empowering others through lived experience
- Ensuring the voices of survivors remain at the heart of what we do

Use your voice and experiences to impact real change and make a positive difference to others.

We offer safe, supported and confidential discussions in a respectful and inclusive environment.

Your Experiences Matter. Your Voice Can Make A Difference.

Interested?

For more information or to join the forum, please contact:

**01245 821179, Scan the QR code below or
stepbystepessex@barnardos.org.uk**





Step by Step

Supporting you to support them

If you are worried about someone's relationship, for example:

- **their relationship doesn't feel safe or healthy**
- **you've noticed changes in their behaviour**
- **you've seen or heard things that don't feel right**

Trust your instincts, support is available for you

Supporting someone in an abusive relationship can feel overwhelming

You might not know what to say or how to help and that's okay

If you're worried about someone, please don't ignore it

Talking, listening and staying alongside them can make a real difference

You don't have to have all the answers, but we can help you think

things through. Step by Step is here for you. We offer advice and support to help you understand what's happening and how you can help your friend or family member safely

Call one of our support advisors on 01245 821179 or

Scan the QR code below for more information or to request a call back

or email us at stepbystepessex@barnardos.org.uk

Click HERE to find out more





**Need
urgent
mental
health
support?**



And select the option for mental health crisis



Support available 24/7 for all ages



Breakeven Our Offer

Breakeven provides **FREE** confidential treatment and Support across the East of England, Sussex, Kent and Medway.

We have a wide variety of programmes supporting a range of individuals who may be suffering with gambling related harms.

Lived experience plays a major part in everything Breakeven do. **Over a third** of our team have lived experience of gambling related harms

Breakeven provides services and treatment to individuals presenting with or affected by gambling harms.

For a self referral
Scan the QR Code



Breakeven Where to reach us

To find out more information about the support offered at Breakeven please give us a call on **01273 833722** or email **info@breakeven.org.uk** or visit our website **www.breakeven.org.uk**

You can also use the 24/7 free National Gambling Helpline for support **0808 8021 133**



Breakeven



About Breakeven

www.breakeven.org.uk

Reg charity 1158156

01273 833722 | info@breakeven.org.uk
www.breakeven.org.uk

Reg charity 1158156

[BreakevenGC](#) [BreakevenGC](#) [BreakevenGC](#)

Click HERE to find out more

Treatment

The aim of gambling counselling at Breakeven is to provide an opportunity for you to work toward increasing your well-being by becoming free of gambling related harm. We offer treatment for:

- The person experiencing gambling related harm, whether their aim is to stop gambling completely, or to control and better manage their gambling behaviour.
- Anyone affected by someone else's gambling behaviour (family member, friend, colleague)

We will work quickly by getting you assessed as soon as possible so we can understand the extent of your gambling.

Prevention

The Breakeven Prevention Programme

The Breakeven Prevention Programme is a free training programme which aims to educate learners, using an accredited, uniform, and consistent set of messaging regarding Gambling Related Harms and the associated issues, through an ethos that emphasises a Public Health Approach.

Armed Forces Programme

Breakeven are proud to support the Armed Forces community with the 'Armed Forces Programme'. This programme provides free gambling-related harms training for professionals supporting the Armed Forces community, and free and confidential specialist treatment and support for any currently serving personal or veterans who may be experiencing gambling-related harms. Breakeven offer this programme to any organisations or individuals supporting the Armed Forces community.

Criminal Justice Programme

The Breakeven Criminal Justice Programme offers accredited interventions designed to support individuals in prison or probation services, who are adversely affected by gambling. Participants who complete the course modules can earn accreditation through the AQA Unit Award Scheme achieving a Level 1 certification.

South Asian Programme

People from minoritized communities often experience disproportionate levels of gambling harm, often up to 5 times in comparison to someone from a white ethnic background. The Breakeven South Asian Programme works in the heart of communities to break the shame, and stigma by providing training, awareness and culturally relevant support to VCSFE groups in a variety of community languages.

Support Groups & After Care

Support for Women

Women In Need of Gambling Support (WINGS) is an online platform, facilitated by a counsellor, where you can talk with other women in a similar situation. A safe place to feel understood, share experiences, and gain support, while gaining insights from listening to others.

Green Shoots Recovery

As part of our After Care, we offer a 7 week recovery course. The Green Shoot recovery programme will give closure to gambling, and address unhelpful thinking patterns. The programme aims to draw out skills and values to create goals that move you forward in life.

Peer Aid

Peer Aid is a service providing one-to-one and group support to individuals harmed by gambling by connecting them to Peer Supporters who have personal experience of gambling harms and have moved into recovery.

The Breakeven Podcast

A podcast showcasing a variety of lived experience with gambling related harms.

Scan the QR Code to watch on Youtube



www.breakeven.org.uk

01273 833722 | info@breakeven.org.uk



Scan to learn more
about For Baby's Sake



Did you know domestic abuse often begins or escalates in pregnancy?

For Baby's Sake is a specialist, therapeutic programme for expectant co-parents where domestic abuse is a concern. The programme is delivered by The For Baby's Sake Trust, a domestic abuse charity that specialises in pregnancy and early years.

For Baby's Sake is for co-parents who:

**Are
expecting a
baby and
are in
pregnancy**

**Want to
change the
behaviours
that cause
harm**

**Want to safely
co-parent their
baby (whether
in a relationship
or not)**

We welcome contact and referrals from multi-agency professionals and parents. We complement, not duplicate, safeguarding and statutory services in your area.

To make a referral to our East of England team:

Email us at
stevegibbs@forbabysake.org.uk

Call us at
07702 537074

#BreakTheCycle

Your safety is our priority. If you're self-referring, please let us know how best to contact you so you will be safe and free to have an informal chat.

About For Baby's Sake

For Baby's Sake is a modular programme for expectant co-parents where domestic abuse is a concern. It takes a whole-family, trauma-informed approach, starting in pregnancy and continuing up until the baby is two.

The long-term therapeutic relationship is the core of the programme, addressing the root causes of harm, and giving parents the tools they need to make positive changes for their baby. Each parent works separately with their own Therapeutic Practitioner, and sessions are delivered within a hybrid online and face-to-face model.

Therapeutic Practitioners work closely with each other and with multi-agency partners to safeguard the baby and manage risk.

Criteria

- Expectant co-parents - we work with both those who experience harms, and those who use harmful behaviour
- Currently based in the East of England
- A commitment to co-parent where it is safe to do so (no expectation to be in or stay in a relationship)
- A history of domestic abuse in the relationship
- Consent to receive long-term, therapeutic support
- A willingness to seek our support



Scan to complete
our referral form



Charity registration: 1126459

#BreakTheCycle





If you are pregnant or you have children under the age of four, you could get help to buy food and milk.

Apply online for NHS Healthy Start.



www.healthystart.nhs.uk





Bump to Baby: feel-good pregnancy and postnatal weight support

Pregnancy (and life after baby!) is a wild, beautiful ride - and you deserve to feel supported every step of the way.

Bump to Baby is a **free programme for pregnant people living in North East Essex** who may benefit from extra support with weight, nutrition, movement and wellbeing during pregnancy.

We focus on real-life support: safe movement, balanced nutrition for weight management, emotional wellbeing, connection and kindness - not diets, judgment or pressure.

Click **HERE** to get started

Join the Bump to Baby programme

This free service is available to pregnant people registered with a GP in North East Essex, and is designed to support those who may benefit from extra help with weight during pregnancy. Check your eligibility below and get started today.





Fostering

**You have everything
it takes to change a
child's life.**

More children than ever need a safe
place to call home.

Find a fostering option to suit you.

0800 801 530

www.essex.gov.uk/fosterwithEssex



FosterEast
Foster with your council



Help vulnerable children and young people reach their full potential

Foster carers and Supported Lodgings
carers offer safe homes for children,
when they need it the most.

Click **HERE** to find out more





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 explore Frontline



Helping someone home from hospital

What you need to know



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

Working together for Essex

Action for Family Carers, Carers First, Carers UK,
Essex Carers Support, Essex Wellbeing Service,
NHS, Mobilise.



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





LEGAL & CRIME

Modern slavery is happening in Essex

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

Find out more at



**SOUTHEND
AGAINST
MODERN
SLAVERY
PARTNERSHIP**



www.samspartnership.org.uk



**CHELMSFORD
AGAINST SLAVERY
PARTNERSHIP**



www.chelmsfordasp.org.uk



cam's

Colchester Against Modern Slavery



www.colchester.gov.uk/modern-slavery

**Concerned someone could be a victim?
Do something about it.**

For advice or to report concerns call
Modern Slavery Helpline **08000 121 700**.
For Essex Police call **101** or in an emergency **999**.



An initiative
of



cams

Colchester Against Modern Slavery

With an estimated 122,000 victims of modern slavery in the UK, would you like to join 45 organisations in partnering towards a slavery-free Colchester?

To explore further email: safer.colchester@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
safer.colchester@colchester.gov.uk





CHELMSFORD
AGAINST SLAVERY
PARTNERSHIP



SOUTHEND
AGAINST
MODERN
SLAVERY
PARTNERSHIP

cam's
Colchester Against Modern Slavery

Call for VOLUNTEERS

Could you promote well-being among local survivors of modern slavery? Training and support provided.

Survivor Connect Project

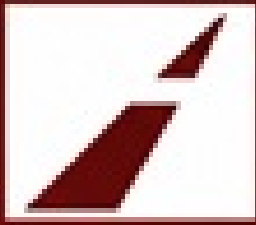
Chelmsford, Colchester and Southend

- ☐ **Befriending:** Meet with a survivor to reduce isolation and encourage community integration (1 - 2 hours per week)
- ☐ **Mentoring:** Meet with a survivor to provide goal focused support and help increase confidence
Regular or occasional basis
- ☐ **Practical Help:** Help with practical support.
On occasional basis
- ☐ **Language Support.** To provide translation on occasional basis

FOR MORE INFORMATION EMAIL:

CONNECT@TOGETHERFREE.ORG.UK





SAFERESSEX
roads partnership

**DRIVE
COKED UP**



**GET
LOCKED UP**

DON'T PUT DRUGS IN THE DRIVING SEAT

THINK!

Click [HERE](#) to learn more about
the dangers of drink and drug driving



Need trusted immigration advice?



If you're looking for immigration advice, the **Immigration Advice Authority (IAA)** is here to help you.

We hold a register of regulated advisers who can provide trusted immigration advice and services. Check if your adviser is IAA registered or search for an adviser through us.



Finding a registered adviser is easy

Visit gov.uk/iaa

Scan here to use our Adviser Finder



**Immigration
Advice
Authority**

Promoting best practice,
protecting advice seekers

Click **HERE** to find out more



Crime prevention advice

**Our advice offers
best practice for you to follow
alongside practical crime
prevention methods:
from basic hints and tips to more
detailed strategies.**

Locking doors and windows is one of the simplest but most effective ways to protect your home.

Even a quick trip out can give someone the chance to enter unnoticed. Make locking up part of your everyday routine, whether you're heading out, going to bed or just moving between rooms.

Take a moment to check yours today and make sure it's as secure as it can be.

Click **[HERE](#)** for more advice



Be fraud smart

Banks will never ask you to transfer money to protect it

If you're asked to move money to a "safe account",
stop immediately.

Banks will never ask you to transfer money to protect it.
This is one of the most common tactics used by criminals
to steal savings.

Always contact your bank using a trusted phone number

If you're concerned, use the number on the back of your bank card or the official website. **Never rely on** contact details provided in a text, email, or voicemail.

PIN, Passwords and one-time security codes

Your bank will never ask for your full PIN.

Banks already have your details and will not ask you to share them, even to "verify" your account.

If anyone asks for this information, it's a clear sign of a scam and **you should end the contact straight away.**

Click **[HERE](#)** for more advice



Hate Incident Reporting Centres: Supporting Victims and Communities

Hate Incident Reporting Centres (HIRCs) provide a safe, accessible, and supportive service for individuals who have experienced or witnessed a hate incident or hate crime motivated by race, religion, disability, sexual orientation, or transgender identity.

Located within trusted community settings, HIRCs offer an alternative reporting route for those who may feel uncomfortable reporting directly to the police. They provide information, guidance, and support, helping ensure that victims and witnesses are heard and can access appropriate services.

Click **[HERE](#)** to report hate crime



STOP THE HATE

BEING TARGETED FOR ANY OF THE BELOW
COULD BE HATE CRIME



DISABILITY



TRANSGENDER
IDENTITY



RACE OR
ETHNICITY



RELIGION
(belief or
none-belief)



SEXUAL
ORIENTATION



SEX OR GENDER
(misogyny or
misandry)



HOW TO REPORT A HATE CRIME

Report online: www.essex.police.uk/hatecrime

In an emergency call **999**. Otherwise call **101**.

If you've pre-registered with the emergencySMS service then text **999**.

Deaf or hard of hearing, use our textphone service **18000**.

British Sign Language (BSL) users please use the **999BSL** app.

SCAN TO REPORT



↑
TOP

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



HELP US, HELP YOU!

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

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

PAY WRONG ONCE, PAY TWICE!

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

Ask these three questions first:

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

No licence, no deal.



Report fly tipping through this link:
colchester.gov.uk/recycling-and-rubbish/fly-tipping
Or email our fly tipping team on:
fly.tipping@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.

www.stophateuk.org



CHARITY NO. 1062692.

↑
TOP

OCTOBER 2014



ARMED FORCES UPDATES

Job Opportunity:

Essex Partnership University NHS Foundation Trust

Op COURAGE Peer Support Worker

Job summary:

The Peer Support Worker will use their lived **experience of the British Armed Forces** and mental health recovery to provide hope, encouragement and practical guidance to veterans accessing Op COURAGE.

The role requires a good understanding of **Armed Forces** culture and the unique challenges that veterans, reservists, service leavers and their families may experience during service life, transition and recovery.

Closing date is 05 October 2026

Click **[HERE](#)** to apply for this role



FIGHTING WITH PRIDE



**LGBTQ+ Armed Forces Charity,
Fighting With Pride**

**launches Battle for Lost Veterans
to right wrongs of 'gay ban'
in the military**

The Battle for Lost Veterans is a new campaign to reach those missing ex-service personnel who suffered under the ban and are owed justice.

According to latest government data, 1,519 individuals have applied for financial reparations for the hurt and loss experienced under the historic policy.

**The financial recognition scheme closes
on 12th December 2026.**



Click **[HERE](#)** to find out more



The person behind the veteran

Free counselling sessions for anyone supporting a veteran

Life after military service can be tough, both for veterans and the people who support them.

Challenges such as emotional strain, social isolation, financial pressures and relationship difficulties can impact the wellbeing of supporters, especially when the veteran is also living with a mental health condition like PTSD or a physical injury.

Thanks to funding from the Veterans' Foundation, we can provide **free counselling sessions** to those supporting a veteran, this could be their partner, spouse, parent, young people (11+ aged) and carer in Colchester, Tendring, Braintree, Maldon and Chelmsford.

To access free counselling scan the QR code, call **01206 764600** or email enquiries@mnessexmind.org

bacp | Accredited Service

VETERANS' FOUNDATION



PLEASE SCAN



mind
Mid and North
East Essex

mnessexmind.org

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

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



**DID YOU SERVE
IN THE UK ARMED FORCES
BETWEEN 1967-2000?**

ARE YOU LGBTQ+?



#BattleForLostVeterans2026

CONTACT **FWP** TO LEARN MORE

YOU COULD BE ENTITLED TO
UP TO £70,000
IN REPARATIONS

fightingwithpride.org.uk | info@fightingwithpride.org.uk | 0203 981 3810



DEADLINE FOR APPLICATIONS
12/12/2026 23:59

FIGHTING WITH
PRIDE
THE ARMED FORCES LGBTQ+ CHARITY





EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

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



Women Veterans Project

 THE ARMED FORCES
COVENANT FUND TRUST



Do you need help with addiction?

Tom Harrison House, in partnership with Salute Her, are delivering a women-only veteran focused project to support individuals to embrace a drug- and alcohol-free life.

Please contact Annie or Alison by telephone 0151 9098 481 or by email to help@tomharrisonhouse.org.uk if you are:

- A woman over 18 years old
- Have served or are still serving in the British Armed Forces
- Experiencing dependency on legal or illegal drugs or alcohol

We are waiting to support you.



Tom Harrison House
"Honour, Hope, Healing"

0151 909 8481
info@tomharrisonhouse.org.uk

4 Argyle Road, Anfield, Liverpool, L4 2RS

Tom Harrison House is a Registered Charity. Charity number 1154510. Company number 06875134





Veterans' News and Communications Hub

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

Click [HERE](#) to read more





COST OF LIVING SUPPORT

Freedom from debt
Hope for the future

Need help with personal debt?

Free, confidential and sympathetic debt advice in Colchester

WHAT WE CAN DO TO HELP

- Offer free, confidential, face-to-face debt help
- We listen without judgement and work alongside clients for as long as needed
- Help clients understand their situation and manage their household budget
- Take over dealing with creditors, helping to reduce the pressure of demands for payment
- Work with each client towards a suitable debt-help solution and financial freedom

Our friendly team are ready to come alongside you and help you find financial freedom

EMAIL OR CALL US FOR AN APPOINTMENT

hello@colchestercmadebtcentre.co.uk

0300 102 4478

**Referrals can also be made
to us at Colchester
Frontline**



Colchester Foodbank – Opening Times 2026

Helping local people in crisis with compassion and care

Brightlingsea

📅 Wednesday, 10am – 12:30pm
🏠 Brightlingsea Town Hall

Central (St Peter's Church Hall – New Venue)

📅 Tuesday, Wednesday & Friday, 11am – 1pm
🏠 St Peter's Church Hall, North Hill, Colchester CO1 1DZ

Greenstead

📅 Monday, Tuesday, Thursday & Friday, 10am – 12 noon
🏠 Colchester Credit Union, 7 The Centre, Hawthorn Avenue CO4 3PX

Monkwick

📅 Friday, 11am – 1pm
🏠 St Margaret's Church Hall, Stansted Road (off Mersea Road) CO2 8RA

Myland

📅 Friday, 8:30am – 12 noon
🏠 Myland Parish Hall, Mile End Road CO4 5DY

New Town

📅 Monday 7:30pm – 8:30pm | Thursday 11am – 1pm
🏠 St Stephen's Church Centre, Canterbury Road, Colchester CO2 7RY

Rowhedge

📅 Monday, 4pm – 6pm
🏠 Mariners Chapel, Chapel Street CO5 7JS

Tiptree

📅 Thursday, 2pm – 4pm
🏠 United Reformed Church, Chapel Road CO5 0HP

Tollgate – Main Foodbank Hub

📅 Monday to Saturday, 10am – 2pm
🏠 Unit 3 Tollgate Retail Park, Stanway, Colchester CO3 8RG

Wivenhoe

📅 Tuesday, 11am – 1pm
🏠 Wivenhoe Congregational Church, High Street CO7 9AB

♥ Need help urgently? Call 01206 621998 or visit colchester.foodbank.org.uk

Colchester Foodbank provides individuals & families who find themselves in sudden crisis, emergency food parcels.

Registered charity number 1204958 | Registered in England and Wales





Personal debt worries?

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

When & Where

In partnership with Colchester Foodbank

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

Every Monday 10am to 12pm

Colchester Foodbank @ Stanway
Tollgate Retail Park, CO3 8RG

Every Tuesday 10am to 2pm

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

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

No appointment needed, just turn up

How we can help

- ✓ Budgeting and income maximisation
- ✓ Guidance on priority and non priority debts
- ✓ Understanding your debt options
- ✓ Signposting to trusted organisations

<https://colchestercds.org.uk/>

Funded by:



Authorised and Regulated by the FCA: (FRN 1035606)
Company Registration Number: 16276340
ICO registration Number: ZB911136



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

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



SCAN TO FIND
OUT MORE



FINANCIAL EQUALITY AND WELLBEING TEAM



We are here to help you

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

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

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

benefits.advice@colchester.gov.uk

or call us on:
01206 505 855

Open Monday - Friday



Employment Support



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

Removing Barriers



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

Benefits and Finances



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

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



COMMUNITY FUNDING

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

Chrissy Henegan

Community & Partnerships Officer

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

Thematic lead for Children & Young Persons, Armed Forces, Older Person and Carers

07966 235791

Chrissy.Henegan@colchester.gov.uk

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

Mark Healy

Community & Partnerships Officer

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

Thematic lead for Community Asset Fund, Compassionate
Communities, EDI, and Locality Budgets

07817 889992

Mark.Healy@colchester.gov.uk

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

Sharon.Peacock@colchester.gov.uk

Salim Higah

Community Integration Support - Intern

Salim.Higah@colchester.gov.uk

Alina Fedyushshenko

Community Integration Support - Intern

Alina.Fedyushshenko@colchester.gov.uk



EMPLOYMENT & TRAINING

FREE training for YOUR community group

SCAN ME FOR DATES
AND BOOKING



A series of workshops in Tendring,
Colchester and Braintree

- AI for beginners
- Managing difficult conversations
- What funders want (monitoring and evaluation)
- How to write a press release
- Working with diverse communities
- Back up your funding bid (demographic data)
- And more to be added

Tel: 07707282907
www.cvstendring.org.uk



Proud to be part of
**Your Essex
Community**
Supporting the Voluntary
and Community Sector



CVST
BRINGING UNITY TO OUR COMMUNITY





Become a Trustee of Greenstead Community Association

Greenstead Community Association (GCA)

is seeking enthusiastic and committed individuals to join our Board of Trustees and help guide the future of Greenstead Community Centre.

As a Trustee, you will play a vital role in ensuring the organisation continues to thrive, remains financially sustainable, and delivers positive outcomes for local residents.

About the Role

Trustees are volunteers who provide strategic leadership, governance and oversight of the charity.

Working alongside fellow trustees and staff, **you will help:**

- Set the strategic direction of the organisation.
- Ensure the charity fulfils its charitable objectives.
- Monitor financial performance and sustainability.
- Support good governance and effective decision making.
- Champion the interests of the Greenstead community.
- Promote equality, inclusion and community wellbeing.

No previous trustee experience is required.

We are looking for people who are passionate about making a difference and who can bring their skills, knowledge and enthusiasm to the Board.

We Would Particularly Welcome Applications From People With Experience In:

- Finance, accounting or business planning
- Legal or governance matters
- Human resources and organisational development
- Marketing, communications or digital engagement
- Community development and voluntary sector leadership
- Property, facilities or asset management
- Health and wellbeing services
- Fundraising and income generation

Interested?

We would love to hear from you.

To find out more or request an informal conversation with the Chair of Trustees, please contact Cllr Tim Young - Tim.Young@colchester.gov.uk

Join us and help make a lasting difference for Greenstead and its residents.





YOUTH JOBS GRANT

Our offer to employers

What is the Youth Jobs Grant?

The Youth Jobs Grant provides businesses across Great Britain with a £3,000 payment per hire when they recruit a young person aged 18–24 who has been unemployed and on Universal Credit for at least six months.

▶ **The Youth Jobs Grant is open to employers** of all sizes and sectors. To apply for the Youth Jobs Grant, simply complete a straightforward online application. The form takes around 20 minutes and you will be asked to accept a short set of terms and conditions as part of the application. Payments will be made in 2 parts: £1,800 after week 6 of employment and £1,200 after week 18.

Why take part?

▶ Invest in young people today to build the talent pipeline your business will depend on tomorrow. This scheme helps you access motivated candidates who might otherwise be overlooked, while receiving financial support and wraparound support from Jobcentre Plus to do so.

▶ You'll receive:

- £3,000 per eligible hire job
- job matching support via Jobcentre Plus and their local recruitment consultant teams. You will also have the opportunity to meet potential candidates before recruiting them.

▶ In return you'll need to:

- offer a genuine paid job of at least 25 hours per week, that you would otherwise recruit for
- complete a straightforward application
- confirm your organisation meets requirements to ensure roles are safe, fair and good quality (usually via a simple declaration)
- provide a named point of contact and keep DWP informed of anything affecting the role or grant application.



Scan the QR code to apply:



You can also explore the full range of government support offered under the Youth Guarantee at business.gov.uk/futureworkforce

WE'RE HIRING!

SPREAD CHEER
CREATE MAGIC
MAKE MEMORIES

SANTA & FESTIVE ELVES!

*Bring the Magic. ♥
Create Memories.
Spread Christmas Cheer! ✨*

JOIN OUR MAGICAL TEAM! ✨



BE POSITIVE, ENERGETIC
& FULL OF CHRISTMAS CHEER



LOVE WORKING WITH PEOPLE
& CREATING MAGICAL MOMENTS



RELIABLE, ENTHUSIASTIC
& A TEAM PLAYER



MUST BE AVAILABLE TO WORK
EVERY WEEKEND FROM
29TH NOVEMBER
UPTO AND INCLUDING
CHRISTMAS WEEK ❄️



Be part of
something
**TRULY
MAGICAL!** ✨

★ • Ready to bring the magic? ★ •

SEND YOUR CV & COVER LETTER TO ✨



beth@heartsdelight.co.uk

Hearts
Delight
♥

TOP

Bystander Intervention – Supporting Women & Girls

These interactive online workshops last 1.5 hours and cover:

- **Background & Understanding:** What is unwanted sexual behaviour? What is victim blaming? What stops people getting involved? What are the 5 Fs fear responses?
- **Becoming An Active Bystander:** What is the 4D bystander intervention model and how can you use it to intervene safely? What would you do in various scenarios to intervene using the 4Ds?

These sessions are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find dates and register via our [Bystander Intervention Registration Form](#). [HERE](#)

We can also arrange bespoke online/in person sessions for staff groups if you can meet the minimum number.

Interested in delivering Bystander Intervention Training yourself? We also offer train-the-trainer sessions!

These in person sessions last 2.5 hours and are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find out more about what the train-the trainer covers, and how we will support you in delivering the training going forward, the session dates and register via our [BIT Train The Trainer Registration Form](#). [HERE](#)

Understanding Incel Ideologies and the Manosphere

These online sessions last 1 hour and 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 culture operates, links to other extremist groups, the language, terms and symbols used and what they mean.

These sessions are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find dates and register via our [Incels & Manosphere Registration Form](#). [HERE](#)

Understanding 764 & The Com Network

These online sessions last 1 hour and cover:

- **The Com Network** – What the 'Com Network' is, how these groups operate online and details about some of the most prevalent groups.
- **The 764 Network** – Background, how these groups operate, the tactics used to find and exploit victims, indicators to look out for that could suggest someone is a member or being exploited by the 764 Network.

These sessions are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find dates and register via our [Understanding 764 and The Com Network](#). [HERE](#)

If you have any questions, or would like to book a bespoke session for your team, please contact us on community.safety@essex.gov.uk



From Awareness to Action: Tackling Hate Crime Together

These interactive online workshops last 2 hours and cover:

- **Understanding Hate Crime:** What is a hate crime? How can we challenge hate speech whilst protecting free speech? What stops victims from reporting hate crimes? Why is it important to report hate crimes? How can you support someone to report that they have been a victim of hate crime?
- **Becoming An Active Bystander:** What stops people from intervening? What can support people to intervene? What is the 4D bystander intervention model and how can you use it to intervene safely? What would you do in various scenarios to intervene using the 4Ds?

These sessions are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find dates and register via our [Hate Crime Registration Form](#). [HERE](#)

We can also arrange bespoke online/in person sessions for staff groups if you can meet the minimum number.

Fraud Awareness & Prevention – Practical Tips To Help You Spot, Stop & Report Fraud

These interactive online workshops last 2 hours and cover:

- **Background:** The scale and impact of fraud
- **Stop, Check, Report:** The different ways in which criminals might approach you, some common scams, what to look out for and how you can report it. The approaches we discuss will vary by audience but can include: Phishing (email), Smishing (text message), Quishing (QR codes), Fake Adverts & Websites, Vishing (phone calls), Door Stop Scams, Postal Scams.
- **Further Information:** where to go for more information and advice, what to do if you've been a victim and how to get support

Our scheduled workshops are open to professionals working within the public and voluntary sectors in Essex.

You can find dates and register via our [Fraud Awareness Registration Form](#). [HERE](#)

We can also arrange bespoke online/in person sessions for staff groups or for a community group that you work with (if you can meet the minimum number).

Interested in delivering Fraud Awareness workshops yourself? We also offer train-the-trainer sessions!

These in person sessions last 2.5 hours and are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find out more about what the train-the trainer covers, and how we will support you in delivering the training going forward, the session dates and register via our [Fraud Awareness Train The Trainer Registration Form](#). [HERE](#)

Understanding Mis, Dis & Mal Information

More information on these sessions will be available soon.

If you have any questions, or would like to book a bespoke session for your team, please contact us on community.safety@essex.gov.uk



Want to work with us?

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



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

