

Colchester Community Updates



Colchester
City Council

October 2025

Welcome to our newsletter for October.

To celebrate Black History Month, we have a supplement dedicated to these events.

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

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

Contents:

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

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

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





KIDS & YOUNG ADULTS



Little Explorers Pre-School

Greenstead Community Centre
Hawthorn Avenue
CO4 3QE

Term time childcare
OFSTED Rated Good

Providing high quality childcare for children 2 years+
2 and 3 year old funding accepted
Indoor and Outdoor provision
All staff first aid trained

Enquire today for a viewing

07902 000264

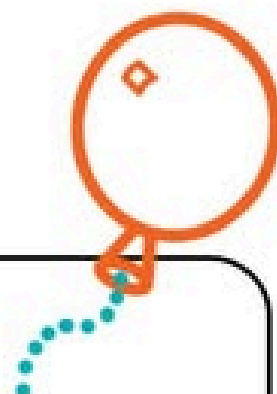
Email: littleexplorers@sky.com

Registered Charity: 1031055





Colchester Current Toddler and Baby Groups



Colchester – The Ark Methodist Church, Jack Andrews Drive, Highwoods, CO4 9FF

Tuesday– Play Town under 4 years 9.30—11.00am (booking needed)

Wed— Tiny Toes Baby Stay and Play —newborn to babies up to 1year. 9.30—11.00am (No booking required for this one just drop in. No older siblings)

Colchester – Cessac Community Centre, Fallowfield Rd, CO2 9ND

Tuesdays– Hungry Little Minds 12.30—2.00 pm. 0-5yrs 1 (No booking required for this one just drop in)

Colchester – St John Payne Church Hall, 21 Blackthorn Avenue, Greenstead, Essex, CO4 3QD.

Wed-Greenstead Stay and Play– 9.30—11.00) - 4 years-

Wed Greenstead Little Stars= 11.30 –12.15 18 months plus

Colchester – Forest School– Highwoods Country Park Colchester CO4 5JR

Wednesdays– 10.00—11.30 am (booking needed) Suitable for toddlers and above.

Colchester – Kingsland Church, 86 London Road, Stanway CO3 9DW

Thursday 10.00—12.00 Parents2B group and new babies up to 1 year. (No booking required for this one just drop in)

Colchester – The Community Hall at Abbots - Ladbroke Drive, CO2 8RW

Wednesday 12.30—2 pm Parents2B group and new babies up to 1 year. (No booking required for this one just drop in)

Thursday 10.00—11.30am +1 Fun-Start group for children 1- 4 years

For more information and to book a place: email Office@homestartcjc.co.uk



NSPCC 'Learning'

Free series of webinars

In partnership with Vodafone, we have put together a series of webinars from safeguarding experts based on the voices of children and young people.

Starting in September, this eight-part series will cover essential topics that young people face today, including online grooming, scams and exposure to harmful content.

Sign up today to learn how to keep children safe in the digital world.

For more info, and to book your place, click [HERE](#)

NSPCC



NEW YOUTH CLUB IN GREENSTEAD

6-8PM EVERY THURSDAY

AGES 11-16 WELCOME!

• Games • Arts & Crafts • ⚽ Sports
☺ Chill Zone • 🎵 Music & Talent Nights
🎵 Snacks

OPENING WEEK: SEPTEMBER

ST JOHYN PAYNE CHURCH HALL

4TH

21 Blackthorn Ave, Colchester CO4 3QD

50p ENTRY

**SIGN UP
HERE →**



**Weekly Sessions • Safe, Friendly, and
Super Fun**

contact@eastangliayouthclubs.co.uk

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TOP

BLUE SKY CIC



CREATIVE WRITING WORKSHOP

Starting with a stroll, finishing with a story.
Creative writing sessions for young people,
Combining gentle exercise, play and
imagination to create new stories of your own

WEDNESDAY FORTNIGHTLY SESSIONS

Age 8+ From 430pm to 530pm

Fully funded by
Anglian Community Trust

SAVE YOUR SPOT!

Quaker Meeting House, 6 Church St, CO1 1NF

Register - contact@blueskycic.com

Whataspp: 07450960897

GET ON TRACK

Helping 16–18 year olds move
into education, employment, or
training.



Come and see us at
Drop-ins located all
over Essex!

**Southernhay Youth Centre,
Basildon**

Every Thursday · 12pm – 3pm

**Highwoods Youth Centre,
Colchester**

10 Sept, 24 Sept, 8 Oct, 22 Oct
10am – 1pm

**Green Lodge Youth Centre,
Clacton**

17 Sept, 1 Oct, 15 Oct, 29 Oct
10am – 12pm

**Loughton Youth Centre,
Loughton**

22 Sept, 6 Oct, 20 Oct · 1.30pm – 4.30pm

**Hare Street Youth Centre,
Harlow**

15 Sept, 29 Sept, 13 Oct · 1.30pm – 4.30pm

**Chapel Hill Youth Centre,
Braintree**

17 Sept, 1 Oct, 15 Oct · 10am – 1pm

**Chelmergate Youth Centre,
Chelmsford**

Every Monday · 11am – 2pm



0800 707 6384

**Call us for more
information!**



Youth Voice Day

SAFETY IN ESSEX - You're invited!

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

Saturday **11th October 2025** **ARU Chelmsford** **9.35am - 3.30pm**

Sign in from 9.15am



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!

This is a great chance to get involved in fun and interactive workshops, unleash your creativity at our Creation Stations, and share your thoughts with a range of inspiring Essex Leaders whose aim is to implement your ideas. Whether you want to speak up, get creative, or just be part of something exciting – we'd love to see you there!

Come along and make your voice heard and impact your community.

Includes...FREE lunch and FREE Youth Voice Goodies!



For more information please contact Rebecca at rebeccas@essexboysandgirlsclubs.org / 01245 264783



Scan to book!



ARU Chelmsford

The Essex Youth Voice Day

SAFETY IN ESSEX

11.10.25

Running order

- 9.15-9.30:** Arrival and collect your FREE goodie bag
- 9.35-9.50:** Welcome and Introduction to the day! Enter our FREE Youth Voice Day Raffle to be in with a chance to win a £20.00 Amazon voucher!
- 10.00-10.45:** Workshop 1 - Attend your first workshop! Share ideas and be listened to!
- 11.00-11.45:** Workshop 2 - It's time to choose your second topic! Join another theme of discussion and have your say!
- 11.45-1.00:** Lunch, Creative stations, Interactive Activities & Information Fair
- 1.00-1.50:** Presentation workshop - Choose which topic you want to focus on and head back to that classroom. As a group reflect on your ideas and concerns, come up with solutions and questions (RSQ'S) to present to Essex Leaders! What changes do you want them to make...let them know! Tell us whatever you want, however you want...we're listening. During this time Essex Leaders to meet in the Lecture Theatre
- 2.00-3.20:** Raffle prize winners announced! Presentations to leaders in Essex about your topic; the issues and how you think things should be changed so young people feel safer. Followed by a Q&A/discussion with Essex leaders about what needs to be change and what they can do about it
- 3.30:** Home time!

There's more!

We have over 20 organisations joining our information fair including Kids Inspire, The Children's Society, Essex County Fire and Rescue Services, YMCA and more!

Take part in Creative Stations and Interactive Activities including... A good mental well being breathing and sound bath taster session, Voice through Art stand, Voice through Music Drumming Therapy taster session, meet the Essex Therapy Dogs and more!

Leave a message on our Youth Voice Day phone! What do you want to see changed...let us know!



What's the point?

This is a really important (but fun!) event for young people aged 11-24yrs living in Essex (including Southend & Thurrock) to have their say about issues and concerns that make them feel unsafe in their communities, AND to help Essex leaders understand what needs to change in order for young people to feel safer, and how these changes could be made.

What to expect!

We thank all of our Essex Leaders in attendance on the day and look forward to welcoming many to our event! Some of the people joining us ready to listen to young people include...



Deputy Lieutenant Of Essex, Sir Stephen Kavanagh KCMG, QPM, DL, M.Phil (Cantab)



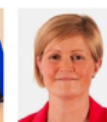
The High Sheriff of Essex Julie Fosh



Deputy Chief Constable Rachel Nolan



Deputy Police, Fire and Crime Commissioner Jane Gardner



Chief Executive and Monitoring Officer at Police, Fire and Crime Commissioner Pippa Brent Isherwood

Your views will be taken seriously to implement positive change around safety concerns that will impact everyone in Essex!

Collect your FREE Goodie Bag and enjoy a FREE Lunch!



Join our FREE Raffle for a chance to win a £20.00 Amazon Voucher!





St Stephen's Youth Club



St Stephen's Church, Canterbury Road,
Colchester CO2 7RY

Thursdays

term-time only

6.30 - 8pm

School years 5 - 8

8 - 9.15pm

School years 8 - 12

FREE!



SCAN ME



Sign up
here

YMCA

Here for young people
Here for communities
Here for you

- Meet new people
- Learn new skills
- Access support & advice
- Sports, baking, gardening, music, quizzes, craft & more!

Any questions, please contact: **TOP**
becky.whitaker@ymcaessex.org.uk



AUTUMN HOLIDAY CLUB

DELIVERED BY ESSEX BOYS
AND GIRLS CLUBS
COLCHESTER

FREE HOLIDAY SESSIONS

ACTIVE

Essex County Council



St Anne's Community Centre
Colchester, CO4 3DH
28th-30th October: 10 am - 2 pm

AGES:
5-13

Sports, arts,
games,
activities &
more!

Lunch
included

If your child /children receive benefit-based free school meals, or your family could use the extra help this half-term, you can book by scanning the QR code or visiting this link:
<https://forms.office.com/e/4rSf4WjCzR>



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

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

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Free School uniform is now available at Greenstead Foodbank

Come and pick up free school uniform
Monday, Tuesday, Thursday and Friday 10-12.





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



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TOP



**ADULTS &
OLDER
PEOPLE**



Winter vaccinations and winter health

There are some things you can do to help yourself stay well in winter. This includes getting your flu and COVID-19 vaccinations.

Click **HERE** for more
information of who is eligible





ACL

FREE!

Parental Mental Health Online Live

Explore the importance of looking after your mental health as a parent/grandparent or carer. This course will give you strategies to work on to look after you.

Date: 9/10/2025 to 16/10/2025 Time: 09:30 - 11:30

Scan the QR code, or
Visit our website
aclessex.com and type
'PARENTAL MENTAL
HEALTH' in the 'Find a
course...' box



aclessex.com
0345 603 7635



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Community Kitchen

BRINGING UNITY TO THE COMMUNITY



Now Open for Community Hire!

We're proud to launch our brand new Community Kitchen and spaces for hire at Unity Primary Academy.

 **Community Kitchen** – Fully equipped with 7 hobs/ovens, commercial catering facilities. Perfect for cooking classes, community meals, and food education.

 **Main Hall** – Beautiful parquet floor, ideal for sports clubs, dance, fitness, or functions. Direct kitchen access.

 **Outside Grounds** – Available for sports and clubs.

 **Small Meeting Room** – Cosy sofas for informal or family meetings. Tea/coffee facilities.

 **Conference room** – With TV, tea/coffee making facilities with small fridge

Why hire our spaces?

Because together we build skills, confidence, and connection for everyone in Greenstead and beyond.

Hiring fees start at just £10 an hour for small meeting room or £25 per hour for community kitchen use



View kitchen facilities at:
**[unityprimaryacademy.com/
community-kitchen](https://unityprimaryacademy.com/community-kitchen)**



**BOOK NOW OR FIND OUT MORE:
CALL 01206 864226 OR EMAIL
NIKI.RUTT@UNITYPRIMARYACADEMY.COM**





Mercury Theatre
Balkerne Gate,
Colchester CO1 1PT



Fri 3rd October
10am – Café Intro's
11am – Network & Walk

Compassionate Community Meetup *October*

*Supporting kindness
in Colchester* 🧡

*Be part of a
compassionate
network that is
supporting others
during life's most
difficult moments*



Includes intro from the Mercury Theatre Team



StHelena
Compassionate
Communities

01026 646275

www.sthelenas.org.uk/compassion



MIGREFHEALTH

ART *and* ACCESS

Come join the
MigRefHealth Team and
Art Refuge for an art
workshop talking about
access to services



12TH NOVEMBER | 10AM-2PM

**RAMA HOUSE, ELD LANE, COLCHESTER,
CO1 1LS**

FREE EVENT

LUNCH PROVIDED



Arts and
Humanities
Research Council

Booking Essential:

<https://www.localgoveasteng.gov.uk/event/colchester-cf7-art-access-to-services/#book-tickets>



The Council is consulting on its new draft Hackney Carriage and Private Hire Policy, and we would welcome your views.

The Council is responsible for the licensing and enforcement of the private hire and hackney carriage vehicle trades within its area to ensure public safety. The Policy outlines how the Council will carry out these functions.

The Licensing Committee has decided that the installation of closed-circuit television (CCTV) cameras in all licensed vehicles should not be mandatory but encouraged as part of the Policy.

Your views on this aspect are specifically sought and therefore the Council is consulting both on its decision that CCTV should not be mandatory but encouraged and on the draft Policy in general.

If you would like to provide feedback on either of these consultations, please send your comments via email to:
licensing.team@colchester.gov.uk

The consultation ends on 6 November 2025. All responses will be included in the report to the Licensing Committee at its meeting on 11th November 2025. Your name, address and contact details will not be included, only the comments you have made.

Be More Dandelion

Greenstead
Community Centre



Reconnect. Reflect. Reclaim.

Join a welcoming, **women-only space** where you can move, breathe, and begin to reconnect with yourself and others.

It's not therapy, but a creative and mindful space to recharge, reflect, and reconnect with yourself and others.

Join a supportive, women-only group where you can move, breathe, and grow together.

What to Expect Each Week:

- Grounding breathwork
- Gentle movement
- Creative prompts & mindfulness
- A calming mantra and short meditation
- Time for self-reflection
- Refreshments and warm conversation

Our Weekly Themes:

- Introduction
- Self-Reflection
- Connection
- Trust
- Empowerment
- New Beginnings

Our Supporters:



Our Funders:



www.thedandelionproject.co.uk

@BeMoreDandelion | @_TheDandelionProject

Why “Be More Dandelion”?



The dandelion is a symbol of survival, strength, and resilience. For anyone who's ever had to rebuild after being broken, the dandelion is you. **Are you ready to Be More Dandelion?**

A Safe Space, Always

- For women only, aged 18 and above
- Fully funded and free to attend
- No expectation to share or perform
- LGBTQ+ inclusive
- All backgrounds, all bodies, all welcome

📍 Location:

Greenstead Community Centre
Hawthorn Ave,
Colchester
CO4 3QE

Easily accessible by bus or car

Wheelchair accessible

Parking available

Got questions?

Visit our website or use the QR code to get in touch through our contact form. We'd love to hear from you.

SCAN ME



sign up now

For our next
6-week programme

Urgent Care Dental Service

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



Contact NHS 111



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 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 or visit our website: [Community Dental Services - OHI](#)



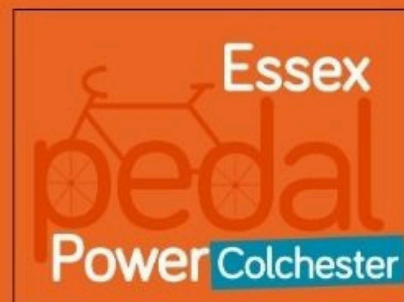
Essex Child and Family Wellbeing Services Pre-Birth to 19 Years (ECFWS)

Title: Colchester Housing & ECFWS
Pathway for Practitioners

Date: August 2025

Click [HERE](#) for the full PowerPoint
Presentation





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





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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TOP



ann craft trust

**A Leading UK Authority
on Safeguarding Adults**

Safeguarding Adults Week 2025 Events

click **HERE** to see a list of FREE
courses and to enrol



BLUE SKY CIC



SOLO PARENTS COFFEE & CHAT

Solo Parents Coffee & Chat is a welcoming space for single parents - by choice, separation, or bereavement - to connect, share, and support one another.

Join us for a relaxed coffee and chat. Whether you're navigating life after loss, embracing solo parenting by choice, or adjusting after separation, you'll find understanding and community here.

We support each other in setting personal goals - big or small - one step at a time. Together, we aim to stay positive, feel motivated, and build a healthier, more balanced life.

EVERY WEDNESDAY 1030AM - 12PM

Available support:

- Life Coaching
- Advocating for Single Parents and Their Children
- Access Employment Support
- Goal Setting and Achievement
- Personalised image guidance and professional clothing support for job interviews



The Salvation Army

Butt Rd, Colchester CO2 7BG



contact@blueskycic.com



www.blueskycic.com



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

Need help to get online?



Join us for a free event during Get Online Week and find out how we can support you. Everyone is welcome. Drop in and get online!

Event:

Log On Join In!

Location:

Signpost, 1st Floor Greenstead
Library Hawthorn Avenue
Colchester

Date:

23 October 2025

Time:

10.00am to 2.00pm



 **Get Online
Week**

a campaign by  Good Things

FREE CV WRITING WORKSHOP

Gain the skills you need to create a professional CV



- **Tailor your CV to specific job roles**
- **Highlight your skills & achievements**
- **Find out what employers are looking for**

**The workshop session runs 10.00am to 12 noon
on the following dates in 2025:**

9 April / 30 April / 28 May / 25 June

23 July / 20 August / 17 September

15 October / 12 November / 10 December

Signpost Greenstead

First Floor, Greenstead Library,

Hawthorn Avenue CO4 3QE

To book a place please call 01206 861800

or email spg@sign-post.info

(These workshops are funded by The National Lottery Community Fund)



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

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

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



SCAN TO FIND
OUT MORE



Eligibility criteria apply



**Need
urgent
mental
health
support?**



And select the option for mental health crisis

Support available 24/7 for all ages





DIGITAL ACCESS

supporting you to get online



**WE ARE
PROVIDING
A FREE SERVICE
TO HELP YOU
GET ONLINE**

The North East Essex Digital Access Support Team (NEE DAST) provide a **FREE**

service that helps individuals gain basic skills and confidence they need in order to use today's technology.

This support is via **online** and **in-person** activity, including chat and support sessions, ad-hoc one-to-ones, group gatherings, tutorials, and workshops.

We can help with:

- Understanding how your device works
- Being safe, legal, and secure online
- Using social media and other communication apps
- Online shopping and Online banking
- Accessing and using Council Services and GP Services
- Uploading and downloading applications

Get in touch today:

Colchester 01206 282452
Clacton 01255 686497
Mobile 07970 551153

@ Digital.AccessSupport@colchester.gov.uk
DigitalAccessSupport@tendringdc.gov.uk

colchester.gov.uk/dast



helpline 24/7

HELP WHEN YOU NEED IT AT THE TOUCH OF A BUTTON

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

Our trusted Emergency Monitoring and Response service supports:

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



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

Follow Us



Colchester
AMPHORA TRADING



TOP



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.





Colchester



Foodbank

Together with Trussell

COLLECTION POINTS FOR RECYCLING BATTERIES AND INK CARTRIDGES



TOLLGATE FOOD BANK
OPEN MONDAY TO SATURDAY
10 TILL 2

GREENSTEAD FOOD BANK
CREDIT UNION BUILDING NEXT TO THE CO-OP
OPEN MONDAY TUESDAY THURSDAY FRIDAY 10 TIL 12



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Changing Lives
Community Services
Colchester

CLOTHING WANTED



DROP-OFF LOCATION 47 CROUCH STREET, CO3 3EN

To donate clothes, ensure they are gently used, clean, and in good condition. Please email D.Simmons@clcs.org.uk if you're able to donate some clothing. Thank you!





HEALTH & SUPPORT SERVICES

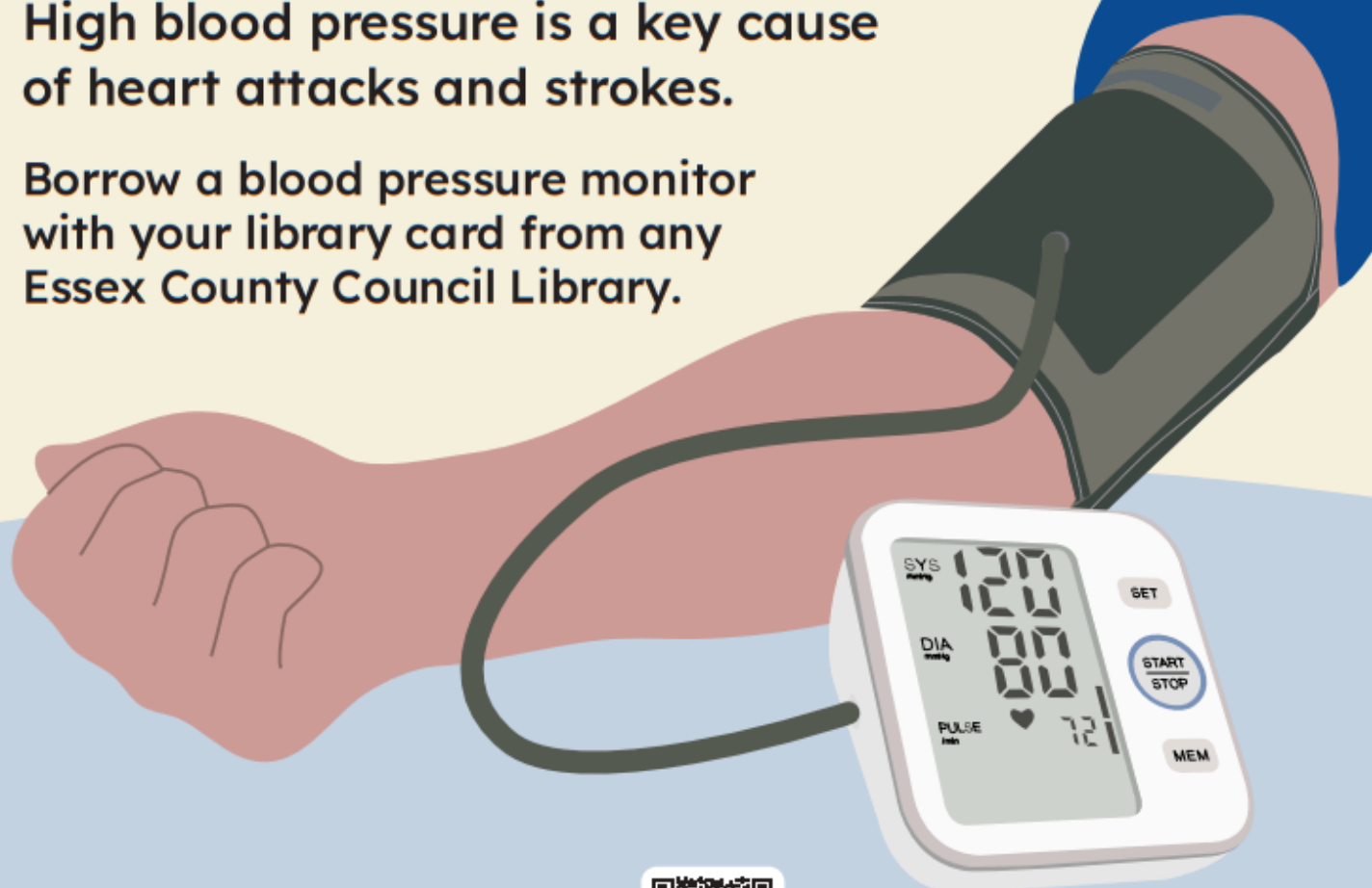
Full details can be found [HERE](#)

Blood Pressure Monitor Library Loan Scheme

**Empowering communities to
take control of their health.**

High blood pressure is a key cause
of heart attacks and strokes.

Borrow a blood pressure monitor
with your library card from any
Essex County Council Library.



Your feedback is important
to us, please scan the QR code



consultations.essex.gov.uk/libraries/essex-library-service-blood-pressure-monitor-loan

Supported by



01 - 30 NOV 2025

BIG BALLSY CHALLENGE

 VIRTUAL RUN OR WALK



Run or walk
10k, 50k, or 100k
throughout
November

Earn your medal
and join us in the
race against
testicular
cancer!

Feeling ballsy enough?
SIGN UP NOW!



in aid of
**ROBIN
CANCER
TRUST**



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SAMARITANS

116 123 (free to call)
(Open 24/7)
samaritans.org

**Rethink
Mental
Illness**

0808 801 0525
(Open 9:30am - 4pm, weekdays)
rethink.org

THE MIX

Online chat service
(Open 4pm - 11pm)
themix.org.uk

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58
(Open 5pm - midnight,
everyday)
thecalmzone.net

shout
85258

here for you 24/7

Text SHOUT to 85258
(Free and open 24/7)
giveusashout.org

YOUNGMINDS

Parents helpline
0808 802 5544
(Open 9:30am - 4pm,
weekdays)
youngminds.org.uk

Creating communities that *care*





Essex County Council
Libraries

This is a digital poster, please do not print



Seated Exercise

Greenstead Library

Every Thursday, 10.30am to 11.15am

- **Boosts strength, flexibility and mobility in our adult community**
- **Booking required. Book your place online, at the library or by emailing: greenstead.library@essex.gov.uk**
- **Free sessions funded by Active Essex**



libraries.essex.gov.uk



Bereaved by Suicide Support Service

Support for anyone living in North East Essex or Suffolk
who has been impacted by the loss of someone to suicide



Have you or someone you know been impacted by the loss of someone to suicide?

You are not alone. We're here to support you through
the pain and complexity of suicide bereavement.

This free, confidential service is available to adults,
young people and families across North East Essex
and Suffolk.



0300 330 1389



info@bereavedbysuicidesupport.org



mnessexmind.org/bereavedbysuicide

Registered charity number 1064309



How we can help

- Practical support tailored to your needs through 1:1 sessions
- A safe, non-judgemental space through our grief support programme
- Drop-in, online and in person, peer support groups for those affected by the loss of someone to suicide
- Signposting to other helpful services

Scan the QR code for
more information





New Colchester Friendship Group



Meet new people, share a cuppa and a chat and maybe take part in a quiz or activity at our Friendship Group?

Join us every Wednesday, 1:30pm – 3:30pm
from October 1st

The Parnell room,
The Quaker Meeting House,
Church Walk, CO1 1NF

For more information call 0300 37 33 333 or email
enquiries@agewelleast.org.uk





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

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

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



here to



Colchester
City Council

HELP

This guide offers details of organisations and charities across Colchester (and nationally), that can support you, whatever your needs.

Click **HERE** to see the full leaflet

To contact the council:

☎ 01206 282222

✉ customerservices@colchester.gov.uk



#LookCloser Programme of Learning

The
Children's
Society

October 2025- December 2025

We're delighted to invite you to join us for our latest #LookCloser programme of learning. These sessions draw from The Children's Society's expertise working around child exploitation and abuse and the rich insights gained from consulting with strategic partners and young people across England and Wales.

All sessions are free of charge and delivered on Microsoft Teams Live which means:

- Interaction with the presenters and participants will be limited
- There will however, be a Q&A function
- We will use tools such as Menti to provide opportunities for engagement and discussion.

The timetable below has links to each learning event on EventBrite, where you can book on to as few or as many events as you please. All of our sessions have been designed for various professional audiences, so please share these events with anyone you think would benefit from attending.

If you have any questions about our learning events, please contact prevention@childrenssociety.org.uk

Date	Time	Session
Tuesday 14 October	13:00 - 15:00	Language Matters
Tuesday 18 November	10:00 - 12:00	Safeguarding transgender young people from exploitation
Thursday 11 December	13:00 - 15:00	Anti-racist practice to tackle child exploitation

Learning Session Information: These sessions are aimed at upskilling professionals in the topic area and identifying points of reflection for individuals' own practice and to take back to their wider teams and networks. The audience is expected to be varied and therefore the session has been written to engage professionals at different levels of knowledge and seniority and across a range of setting and sectors.

You may want to read some of our [resources](#) prior to attending our sessions in order to get the most out of these, but this is not a requirement.

Session Descriptions

Language Matters

This learning session will highlight the importance of using appropriate language when working with children and young people who are victims of exploitation and abuse.

What is victim blaming language?

Victim blaming language refers to any language that implies, intentionally or unintentionally, that a victim is responsible for the abuse they have experienced. As language evolves, phrases that were once commonly accepted may no longer be appropriate. Therefore, it is crucial to maintain an open and reflective attitude to make sure that our language evolves in a way that supports and respects all individuals.

Why is this important?

Victim blaming language exacerbates the trauma experienced by survivors of abuse and hinders their access to justice and support. Serious case reviews highlight the profound negative effect of victim blaming language on victims themselves and on professional and public perceptions of victims, often leaving them in unsafe and abusive circumstances.

What will I learn?

This session will discuss key themes within 'child exploitation and abuse: an appropriate language guide' co-developed by The Children's Society and NAPAC to explore the critical importance of avoiding victim blaming language in all forms of communications and ensure that the language we use as professionals supports, rather than harms, victims of child exploitation.

Who should join this session?

This session is suitable for any professional who may come into contact with a victim of exploitation and abuse, both directly and indirectly.

Session Descriptions

Safeguarding transgender young people from exploitation

This session will explore how barriers in society, including discrimination, can lead to us failing to protect transgender (trans) and non binary young people from exploitation and harm, and what we can do to overcome these in our practice and in our systems.

This session will draw on our recent consultation with young people from across England and Wales, existing literature and learning from various LGBTQ+ organisations.

From this evidence, it is clear that gender identity is fundamental to children and young people's lives, but that sadly trans young people in our society today still face systemic discrimination and disadvantage, demonstrated by the high rates of homelessness which trans young people experience. Discrimination against the trans community creates opportunities for perpetrators to exploit transgender young people, as they can prey on isolation, low self-esteem and offer access to gender affirmation.

In this session, we will explore the risks which trans young people are facing in 2025 and share the views and experiences of professionals who specialise in working with these young people. We will examine the specific risks trans young people face and how building more inclusive services will better protect them from harm. We are grateful to have had the support of trans specialist charity Gendered Intelligence in developing this session.

This session for professionals aims to:

- Support professionals to understand trans identities and how to respect these in their work with children and young people

Session Descriptions

Anti-racist practice to tackle child exploitation

We are making progress in our fight against exploitation, but it is clear that responses and outcomes are often not the same for all children and young people. Racially and ethnically minoritised young people are more likely to face disadvantage because of our assumptions and biases, siloed working, exclusionary practice, and wider social inequalities which impact our ability to protect them from harm.

In this session we will explore what it means to take a proactive 'anti-racist' approach to tackling child exploitation and why this is essential to ensuring we can support and safeguard every young victim.

In this session for professionals, we will:

- Consider how our assumptions and biases can influence our efforts to identify, prevent, and disrupt the exploitation of children and young people and the impact of disproportionality and discrimination on protecting young people from these forms of harm
- Further consider how institutional racism compromises our efforts to prevent exploitation by impacting on young people and communities trust in services and their likelihood to seek help or report exploitation and abuse concerns
- Explore 'adultification' and the importance of recognising victimhood in older children and young adults
- Explore how we can improve practices to protect and respect young people, and take an intersectional and holistic approach to working with them, in order to ensure that all children and young people receive the support they need
- Demonstrate the value of anti-racist practice in the fight against child exploitation and abuse and the importance of taking a person-centred, holistic approach.



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:

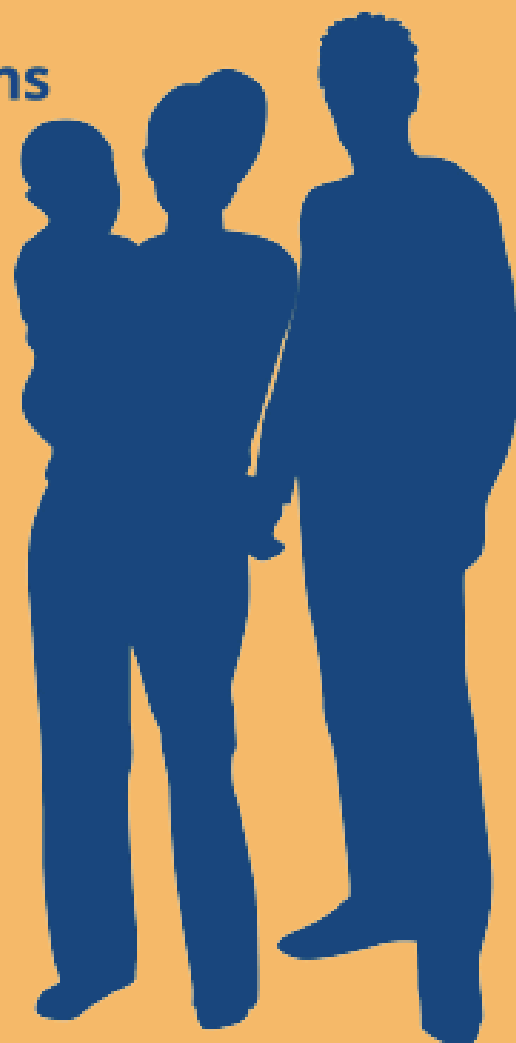
Online:

www.colchestercitizensadvice.org.uk

Email: advice@colchestercab.org.uk

Freephone: 0808 278 7853

Support with translation is available.



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

Ел.пошта: advice@colchestercab.org.uk

За телефоном: 0808 278 7853

Доступна підтримка з перекладом.



Colchester



Essex
Community
Foundation

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LEGAL & CRIME

cam's

Colchester Against Modern Slavery



Breaking the Silence:

The Impact of Modern Slavery on Women and Girls

Date: **16 October 2025**

Time: **09h00 - 14h30**

Location: **Firstsite
Lewis Gardens
High Street
Colchester
CO1 1JH**

Contributors include
Essex Police and **national
and local organisations**
who work with vulnerable and
exploited women and girls.

Other details:

Coffee from 09h00.

Programme from 09h30 until 13h00, following by a complementary lunch and
networking until 14h30.

Free tickets available from:

<https://breakingthesilenceessex.eventbrite.co.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

Free Modern Slavery Training

Workshops of between 1-2 hours include:

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

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

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





The Domestic Abuse Perpetrator Programme (DAPP) is for individuals who want to stop being abusive towards their (ex) partners and are motivated to change their behaviour.

For more details and access to the referral form, click **HERE**

both agency and self-referrals are welcome.



KEEP ON THE RIGHT SIDE OF THE LAW

The law protects the right to lawful protest, and policing supports your right to legally make your voice heard. However, the law also protects people from racist and religious abuse and from terrorism being promoted.

Whilst the majority of people are complying with these rules, a minority have crossed the line.



To avoid ending up in a police cell...

DON'T use words or images:



That are racist or incite hatred against any faith



That support Palestine Action, Hamas, or any other banned organisation - it is illegal under UK law to support such terrorist organisations.

For further information see

counterterrorism.police.uk/proscription



That celebrate or promote acts of terrorism, such as the killing or kidnap of innocent people.

Do not display this on any material. Bin it immediately



Don't cause fear or be violent, including using flares or fireworks, or using threatening words or aggressive behaviours that could be considered intimidating



Don't deface or damage statues, monuments or other property.



Check with your local police force if legal restrictions are in place for the protest you wish to join or have joined. Don't breach these measures which are there to keep everyone safe.



Please help other protesters to stay on the right side of the law too. If you see behaviour that has crossed the line into criminality, please report it immediately to one of the officers policing the protest.



**COUNTER
TERRORISM
POLICING**

↑
TOP

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

↑
TOP



EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

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



↑
TOP

Giving military spouses and partners the confidence to succeed



Image © Crown copyright


**Forces
Employment**
Families

The Forces Employment Charity stands by ex-Forces personnel and their families through an unrivalled range of programmes and one-to-one, personalised support.

Our programmes provide practical tools and advice for gaining employment, including:

- Advice on career choices
- Researching the job market
- Job matching
- Training
- Recommendations for courses and education opportunities
- Support with writing a CV
- Advice on interview techniques
- Expert industry knowledge and updates
- Events and employment fairs

This support is delivered by our expert Advisors, many of whom served or are military spouses. Put simply, we understand.

The skills and qualifications acquired as a military spouse are in demand and the employers we work with recognise the value that you offer. By working with us, you're in the best position to transfer these skills into other sectors.

Find out more:

0121 262 3058
forcesemployment.org.uk

Registered charity 1061212 & SC039262

Connect with us





Working together on the path to employment

If you've served in the Armed Forces and you have a health condition, our Veterans Employment Service can help you on your journey towards employment.

Our specialist team will help you to change your life and take positive steps forward on your own terms.

poppyfactory.org/employment
support@poppyfactory.org



Helping Simon get back on track

“If it wasn’t for Andrew, my Employment Consultant, I wouldn’t be doing what I am now.

“The difference between how things were for me, and how they are now, is like night and day.

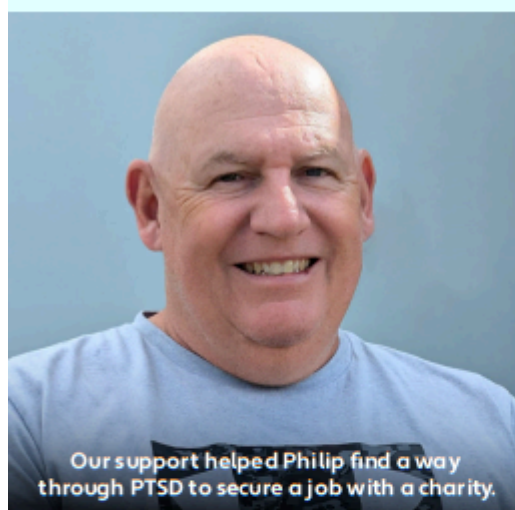
“I have so much more confidence, and the support I’ve had around jobs has helped in other parts of my life, too.”



Simon, Army veteran who we supported to get a job at Merseyrail.

Our Employment Consultants are based regionally across England and Wales, with local knowledge that can help you take your next step towards employment.

They offer regular one-to-one contact to help you become healthier, more resilient, better connected and more independent.



Our support helped Philip find a way through PTSD to secure a job with a charity.

Support includes:
Skills assessment
Confidence building
Training advice
Networking support
Health services connection
Interview prep
Encouragement



poppyfactory.org/employment

support@poppyfactory.org





**THE
POPPY
FACTORY**



Employment support for Forces Families

If you're 18+ and your career has been affected by a family member's time in the Forces, the Families Employment Service can help you build a brighter working future.

poppyfactory.org/families
familiesinfo@poppyfactory.org



Registered Charity No. 225348

Helping Fiona fight for her family's future

After her husband developed a debilitating illness, mum Fiona needed to go back to work to support their family life.

“The Poppy Factory are good at helping you pull out your skills and experience and guiding you through applications and interviews.

“It’s hugely supportive when your confidence might be at rock bottom”.



Fiona’s partner served in the RAF. We helped her find a better work-life balance.

The Poppy Factory’s Families Employment Specialists will empower you to overcome obstacles and support you to build a career that suits your individual circumstances and personal aspirations. Specialist, adaptable support is delivered over the phone, by email and video call.

Our partner charity, The Ripple Pond, will also help you connect to others in the wider Armed Forces community. Whether you are partner, parent, sibling, adult child or chosen family, you will be seen, heard and supported.

poppyfactory.org/families

familiesinfo@poppyfactory.org

Support includes:

- Skills assessment
- Confidence building
- Training advice
- Networking support
- Health services connection
- Interview prep
- Encouragement & reassurance





SERVING
THE ARMED FORCES
COMMUNITY

JOBS > TRAINING > CAREER & CV SUPPORT

CAREERS FAIR 2025



SCAN
FOR MORE INFO

UK MOD © Crown copyright 2025

Colchester
Corporal Budd VC
Gymnasium
CO2 9RQ

Thursday
16th October
10.00hrs – 13.00hrs

EXCITING
OPPORTUNITIES
for Royal Navy, Army,
Royal Air Force, Reserves,
Veterans and Military Families



From Parachute Regiment to Arborist

📞 02476 939931
✉ info@bfrss.org.uk
💻 www.bfrs.org.uk

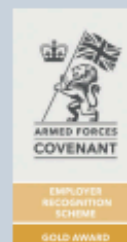
📱 [X](#) [f](#) [in](#) [@](#) [d](#) #BFRS #BFRSevents

EVENT CHARITY

Proud to support
**Army
Benevolent
Fund**

SPONSOR

3t – Training
Technology
Transformation



↑
TOP



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.



Emotional health and wellbeing for Service leavers and veterans

Life after the
Armed Forces

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

SAMARITANS





The Royal British Legion Admiral Nurse service

Supporting carers and families of those living
with dementia



ROYAL BRITISH LEGION

How can this service help you?

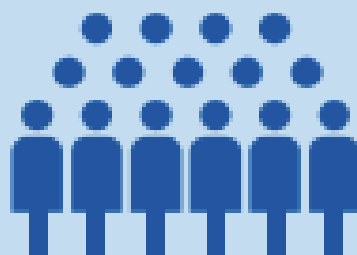
RBL Admiral Nurses work in partnership with carers, families and people living with dementia. The services they offer include:



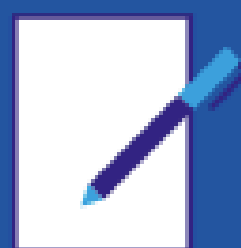
Person-centred assessments of the needs of the carers, families and individuals living with dementia



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.

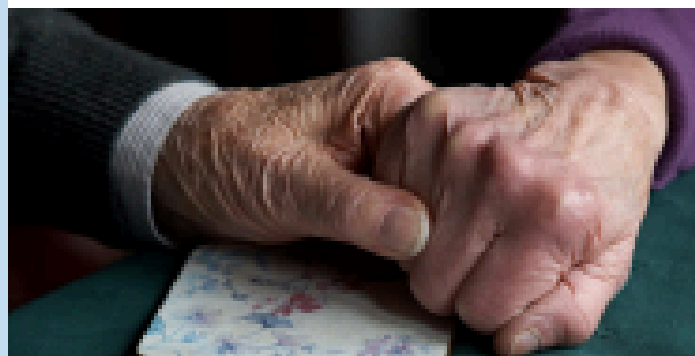
We work with our partner Dementia UK, a national charity focused on supporting carers of people living with dementia.



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



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





COST OF LIVING SUPPORT

Worried about your Energy Bills?



Our energy
advice service is
here to help

We can:

- Help you find ways to increase your income
- Help you deal with any debts which may have built up
- Advise you how to use energy more efficiently and about grants to make your home warmer
- Provide you with emergency support
- Advise you about gas safety in the home

And much more...

Contact us:

energy@colchestercab.org.uk
0808 278 7853



**citizens
advice**

Colchester



The logo features a central circular emblem with two hands reaching upwards, surrounded by a grey ring. The background of the emblem is split into teal and yellow brushstrokes. The text "Colchester Community Debt Support" is centered over the emblem in a bold, dark grey font. A faint, circular watermark with the text "HELPING YOU MASTER YOUR MONEY" surrounds the central emblem.

Colchester Community Debt Support

Company Registration Number: 16276340

Funded by:



The Tudwick
Foundation



Colchester Community Debt Support

*Personal debt worries? We're here to listen,
no judgement, just support*

Free drop in sessions

Confidential and friendly

Practical steps to get you back in control

Where? Greenstead Community Centre, Greenstead Estate and

St Margarets Church Hall, Monkwick Estate

When? Every Monday at Greenstead 9.30am to 1pm
from 8th September 2025 and

Fridays (except the first one in the month) at Monkwick
11am to 1pm from 12th September 2025

No appointment needed - just turn up

✓ Budgeting and income
maximisation

✓ Help you understand your debt
options

✓ Guidance on debt solutions

✓ Signposting to trusted
organisations

STAY WARM. SAVE MONEY BE ENERGY SMART



KEEP THE HEAT IN

- ✓ Draught-proof doors and windows
- ✓ Use thermal curtains
- ✓ Add insulation where possible

CUT YOUR ENERGY BILLS

- ✓ Lower your thermostat by 1°C = Save up to £100/year
- ✓ Use LED bulbs – 80% less energy than old bulbs
- ✓ Smart meters help track usage

BE MORE ENERGY EFFICIENT

- ✓ Unplug unused electronics
- ✓ Wash clothes at 30°C
- ✓ Only boil the water you need

For more tips and support to reduce your energy bills
speak to our Energy Champions Jane & Phil:

01206 861600/spg@sign-post.info

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



Colchester



Foodbank



Together with Trussell

OUR WINTER COAT RAIL IS OPEN EARLY

With the temperature dropping, we've launched our winter coat rail a little earlier this year.

If you have a coat at home that could use a new lease of life, we'd love to rehome it and gift it to someone in need this winter.

- We are especially in need of Children's coats right now.
- We are also on the lookout for 2 clothes rails to help us display donations.



Every coat donated is one more person kept warm this winter. Thank you for helping us spread kindness and warmth across our community. ❤️

#WinterCoatRail #CommunitySupport
#ShareTheWarmth



↑
TOP



Welcome to your free toolkit

Helping local communities save money on water and avoid costly clean-ups from blocked pipes.

By working together we can keep taps flowing and toilets flushing across our region – today, tomorrow and far into the future.

click **HERE** to get a full guide to help our community save water and save money



Free heaters!

Are you struggling to heat your home?

Join us on:

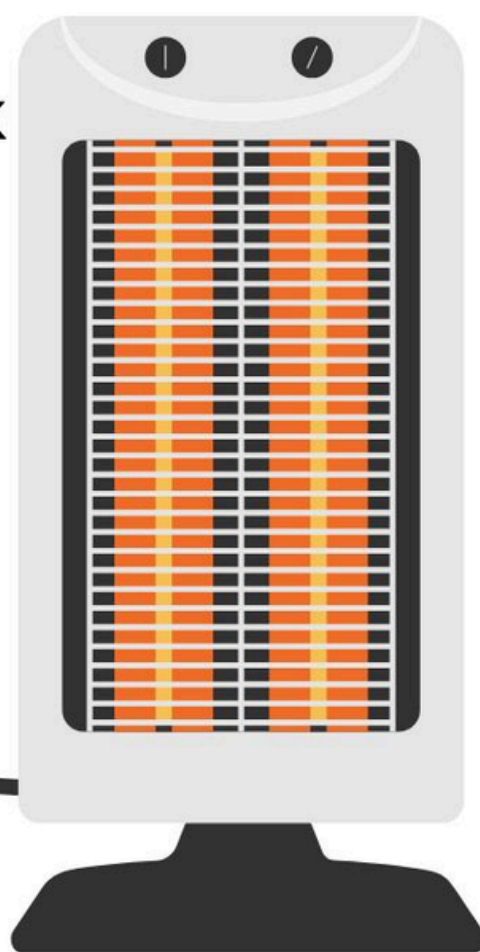
03/10 @ Monkwick Foodbank

06/10 @ Greenstead Foodbank

09/10 @ New Town Foodbank

14/10 @ Wivenhoe Foodbank

15/10 @ Tollgate Foodbank



**The only criteria is
being cold!**

(and agreeing to speak to Citizens Advice)





DIVINE ASSEMBLY
MINISTRIES

Community Fridge

*A little helping hand for all!
Come, help yourself to some*

Where?

Customs House, Hythe Quay,
Colchester. CO2 8JB

Who?

Everyone is welcome to take
from the fridge

When?

Wednesday: 11am - 1pm
Saturday: 10:30am - 1pm

What do I need?

Please come with your own
bags and take as much as
you and your family needs.
Don't forget to consider
other families!



LEVELLING UP Funded by UK Government

COLCHESTER COMMUNITY SUPERMARKET

✓Community Led ✓Affordable ✓Diginified ✓Sustainable



*£5 Membership for a year

*Affordable shopping

**WE ARE OPEN:
THURSDAYS TO
SATURDAYS 9.30AM
TO 12.30PM**



01206326564 (option 2)

Email:

colchestercommunityshop
@gmail.com





UK Government

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

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



SCAN TO FIND
OUT MORE



Eligibility criteria apply



↑
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FINANCIAL EQUALITY AND WELLBEING TEAM



We are here to help you

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

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

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

benefits.advice@colchester.gov.uk

or call us on:
01206 505 855

Open Monday - Friday



Employment Support



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

Removing Barriers



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

Benefits and Finances



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

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





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

Job Club

at 1:30 to 3pm

2nd Thursday of each month

at RAMA House

31 Eld Lane, Colchester, CO1 1LS

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

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

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



Colchester City Council's community & Partnership team

Our community & Partnership team provides support, advice, and assistance to those who need it across the city.

You can contact our community response team by emailing
communities@colchester.gov.uk



Keep up to date visit colchester.gov.uk

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