

# Colchester Community Updates



Colchester  
City Council

May 2026

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

**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](mailto: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.

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# EVENT DIARY

Hosted by **Sport for Confidence**  
in partnership with **Colchester City Council**

# COMMUNITY APPOINTMENT DAY

The event will bring together a range of local community partners, including representatives from statutory and non-statutory services, as well as community groups.



**When:**  
Thursday 30th April 2026  
10.00am–1.00pm

**Where:**  
Charter Hall,  
Colchester Leisure World,  
Cowdray Avenue,  
Colchester CO1 1YH



## Aims of the event

To ensure that residents attending receive the right support, in the right place, at the right time.

To support the reduction of occupational, health, and social inequalities.

To minimise challenging time constraints while promoting self-management, collaborative decision-making, and stronger connections to community resources.

## Who will be attending?

Individuals attending will have been referred to Sport for Confidence for Occupational Therapy support. Prior to attending the event, all individuals will have received an initial assessment from an Occupational Therapist, ensuring a person-centred, holistic, and strength-based approach.

Individuals will then be supported to connect with relevant community partners to help achieve the goals and outcomes identified during the initial assessment.

If you would like further information, please contact Sam Studdert  
Tel: 07706 364 224 Email: [sam@sportforconfidence.com](mailto:sam@sportforconfidence.com)

# Compassionate Communities Meet up

May



## Sharing kindness in Colchester...

Be part of a compassionate community network that is supporting people during life's most difficult moments.

Lexden Golf Club  
Bakers Lane  
CO3 4AU

Friday  
1st May

10am - Supporter  
Intros  
11:30 - Walk & Talk

# Open Day

Saturday 9th May  
10am – 3pm



Come and join us for our **Bi-Annual Open Day** on **Saturday 9th May**. Coinciding with Dying Matters Awareness Week.

This year there will be 3 elements to our Open Day:

- Crematorium all-access tours seeing behind the curtains.
- The UK's first 'Heaven can Wait' 5k fun run in the Cemetery.
- A guided 'Heritage' walk through the Cemetery.

For more information on each element of our Open Day please scan the relevant QR codes. Find out more:

**ColchesterCrematorium.co.uk**

## Book Events:

Scan the QR codes to book your timeslot. Hurry, limited places available:



Sign up to the  
Crematorium  
tours



Sign up to the  
Fun Run



Sign up to  
the Heritage  
Walk

Local Funeral Directors, bereavement related organisations, and national industry suppliers will be in attendance throughout the day. Refreshments will be available.

# Sleep Well, Work Well

An interactive 1.5 hour workshop that helps to raise awareness of the importance of sleeping well and how this can affect your work and home life.

**100%**

would recommend this training to a friend or colleague \*

## Training date

**11th May 2026**

**9.30am-11.00am**

**Online  
session**

To book, email [training@mnessexmind.org](mailto:training@mnessexmind.org)  
or visit [mnessexmind.org/training](https://mnessexmind.org/training)





# 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

**12th May 2026**

**9.30am-1.00pm**

### Location

**Lion Walk Church  
Lion Walk Precinct  
Colchester  
CO1 1LX**



Thank you to Colchester City Council for funding the £75 per person session charge, making these workshops FREE for Colchester residents to attend.

To book, email [training@mnessexmind.org](mailto:training@mnessexmind.org)  
or visit [mnessexmind.org/training](https://mnessexmind.org/training)

\*Based on post training feedback from sessions delivered between April 2025 and June 2025.  
[Not to be reproduced without written permission from Mid and North East Essex Mind]  
Mid and North East Essex Mind Registered Charity No. 106430



# Keeping Calm

Better understand your mind and body with this one hour workshop. Learn how breathing can help you to manage your emotions and reduce stress both at work and at home.

**100%**

would recommend this training to a friend or colleague \*

## Training date

**14th May 2026**

**10.00am-11.00am**

**Online  
Session**



To book, please email  
[training@mnessexmind.org](mailto:training@mnessexmind.org)  
or book online at  
[mnessexmind.org/training](https://mnessexmind.org/training)



# Save the date

## Beat the Street Celebration Event

**Venue:** Firstsite, Lewis Gardens, High Street, Colchester

**Date:** Friday 5 June

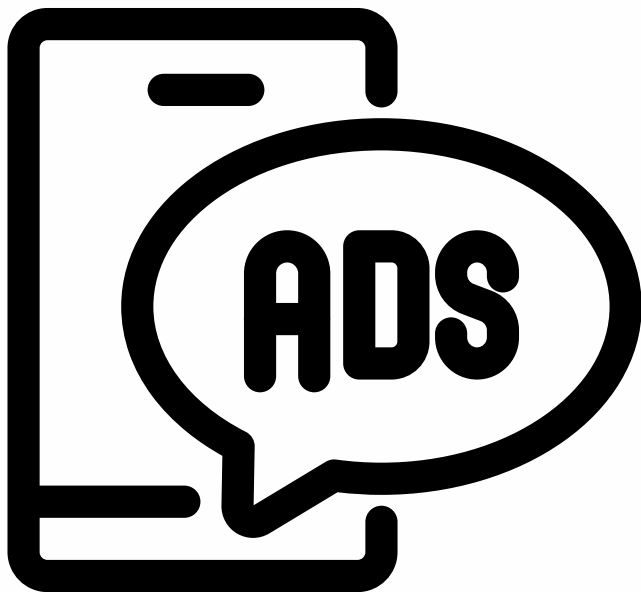
**Time:** 10am - 8pm



in partnership with  
**Firstsite**



Beat the Street Colchester is being delivered by Intelligent Health in partnership with Colchester City Council. As part of the North East Essex Place Partnership Deepening projects, it is funded by Essex County Council's Public Health Funding, Active Essex and the National Lottery via Sport England.



**Have you got an event that you would like us to include?**

**Email a poster to [communities@colchester.gov.uk](mailto:communities@colchester.gov.uk) for consideration**





# Recognising Carers: Listening, Learning and Changing Together

**Tuesday 9 June 2026**

**9am to 4pm**

**JobServe Community Stadium,  
Colchester, CO4 5UP**

This year's Carers Week theme, led by Carers UK, is creating communities where unpaid carers are recognised, supported, and never left to cope alone. We want to build on this important message and explore how we can strengthen our local approach.

People with caring responsibilities make an extraordinary contribution - often balancing care with work, family life, and their own wellbeing. Carers Week offers a vital opportunity to highlight their value, raise awareness of their needs, and strengthen the support around them.

Click **[HERE](#)** to book your place

# BOYS & MEN PRESENTS

# BEATS AND EATS 2



**JOSEF HARLEY**



**RUDEBONE**



**DJ LEXES**



**ISAAC**

JOIN US FOR A FREE COMMUNITY CELEBRATION IN COLCHESTER!  
ENJOY LIVE MUSIC, GLOBAL FLAVOURS, AND INSPIRING FASHION  
DISPLAYS IN A VIBRANT ATMOSPHERE.  
OPEN TO ALL AGES – EVERYONE IS WELCOME!



- HIGHLIGHTS**
- MUSIC PERFORMANCES
  - BREAK DANCING
  - POETRY
  - FAMILY FUN DAY
  - FREE FACE PAINTING,
  - FREE BOUNCY CASTLE
  - SOCIAL CONNECTION

- PURCHASE FOOD & DRINKS AT THE CAFE & STALLS**
- NYAMA CHOMA
  - UGALI / MOKIMO / KACHUMBARI
  - JOLOF RICE
  - SEASONAL SPECIAL MAIN
  - ORGANIC SANDOUGH SANDWICHES
  - BBQ
  - GOOD SOULS BAKERY CAKE

<p><b>SATURDAY</b></p> <p><b>11</b></p> <p><b>JULY</b></p> <p><b>2026</b></p>	<p><b>11AM – 11.30 PM</b></p> <p><b>THE MINORIES</b></p> <p><b>74 HIGH STREET</b></p> <p><b>COLCHESTER</b></p> <p><b>CO1 1UE</b></p>	<p><b>FREE</b></p> <p><b>ENTRY</b></p> <p><b><u>BOOK HERE</u></b></p>
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CONTACT:  
[INFO@BOYSANDMEN.CO.UK](mailto:INFO@BOYSANDMEN.CO.UK)

[WWW.BOYSANDMEN.CO.UK](http://WWW.BOYSANDMEN.CO.UK)



# HAPPY'S CIRCUS

UNITY PRIMARY ACADEMY  
HOSTS THE CIRCUS!



**MONDAY**  
**20TH JULY 2026**  
HICKORY AVENUE  
PLAYING FIELD,  
GREENSTEAD, COLCHESTER



DOORS OPEN:  
**17.30**

SHOW STARTS:  
**18.00**

TICKETS:  
**£12.50**  
per person



SCAN FOR  
TICKETS & INFO



under 2's - free entry



REFRESHMENTS  
ON SALE

FAMILY  
EVENT

THE WHOLE COMMUNITY  
IS INVITED!



# KIDS & YOUNG ADULTS

# COLCHESTER PARKOUR

FREE PARKOUR IN THE CITY

For young people aged 11-18  
(Current Year 7 and above)

NO  
EXPERIENCE  
NEEDED. JUST  
BRING  
ENERGY.

FRIDAYS

3:30PM-5:30PM

STARTING 17<sup>TH</sup> APRIL 2026

MEET AT:

**THE TOWNHOUSE**

THEN HEAD OUT INTO THE  
CITY TO TRAIN REAL PARKOUR  
- USING WALLS, RAILS AND  
URBAN SPACES TO JUMP,  
CLIMB, BALANCE AND PUSH  
YOUR LIMITS.

[CLICK HERE TO  
BOOK YOUR PLACE](#)

TRAIN HARD.  
MOVE DIFFERENT.  
OWN THE CITY.

YOUTH  
SERVICE

Inspire  
Enable  
Achieve

COLCHESTER TOWNHOUSE, 39-42 EAST  
STOCKWELL STREET COLCHESTER CO1 1SS.

PFCC  
POLICE, FIRE AND CRIME  
COMMISSIONER FOR ESSEX



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# How to book

Early bird tickets will be available from 9am Tue 24 Mar.

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

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

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

**Thank you!**



Book online at [firstsite.uk](https://firstsite.uk)  
or call 01206 713700

Scan the QR code to book



# How to find us

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

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



# INTRODUCING...

## YOUNG FELLAS' FORUMS

Looking to make new mates?  
Fancy doing something a bit different?  
Need a space to just talk and be heard?



Come along to the Young Fellas' Forum, a laid-back monthly meet-up for young men across Colchester to connect, have a laugh, and chat about whatever's on their mind.

### Ages 17-25 FREE!

**GAMING**

**FOOD INCLUDED**

**GOLF**

**BBQS**

**SPORTS**

**WALKS**

**AND MORE!**

For more information email  
[Scott.tatum@healthwatchessex.org.uk](mailto:Scott.tatum@healthwatchessex.org.uk)



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# OUTDOOR CREATIVE GROUP THERAPY

FREE

17-25  
YRS



HIGH WOODS  
COUNTRY PARK  
COMMUNITY GARDEN

FRIDAYS  
2:00-3:30

MAKE a REFERRAL

[www.emotionallywellcommunities.com/refer](http://www.emotionallywellcommunities.com/refer)

Click **HERE** to submit the referral form





**COMMUNITY  
FOUNDATION**



Premier League  
**Kicks**



# PREMIER LEAGUE KICKS



SCAN ME

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

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

Registered Charity Number: 1159381

[www.cu-fc.com/cucf](http://www.cu-fc.com/cucf)  
[cucf@colchesterunited.net](mailto:cucf@colchesterunited.net)  
01206 755160  
@CoLU\_CF /CoLUCF  
#enrichourcommunities



# A GUIDE TO SCREEN TIME



How to help little brains develop healthy screen habits

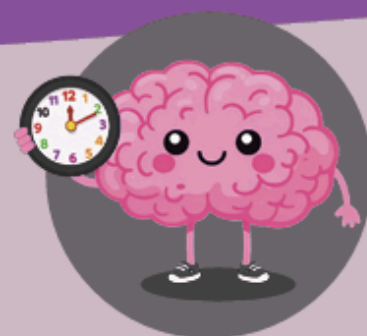


## How much screen time should my child have?

**Limit total screen time, wherever possible.**

**Under 2 yrs:** Avoid screen time except shared activities with family that encourage bonding and interaction.

**2-5 yrs:** Try to keep to 1 hour a day. Less if possible.



Young children's brains are over-stimulated more easily than adults', so they need specifically tailored content.

**Slow paced content:** Choose content with simple stories and clear, slow speech, so emotions are easy to follow.



## What content is better content?



**Safe content:** Use parental controls to block inappropriate, harmful material.

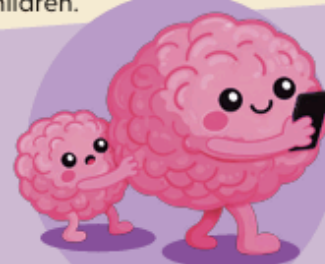
**Social media:** This isn't made for young brains, so it should be avoided.

**AI:** Don't let them use AI toys, tools, or chat-bots until we know more about their effects on children.

**Safe screen swaps:** Switch fast-paced style videos for slower-paced content with simple stories.

## How does my screen use affect my child?

**Lead by example:** Children's brains are like sponges – they'll copy your screen use habits. Be mindful of how often you use screens around your child.



**Set clear boundaries for screen use.** This gives children time for activities and play that help them develop.

Avoid young children using screens alone. Try to keep bedrooms and mealtimes free from screens.

**Why not try...** watching and discussing content with your child? Conversation helps their development.



**Safe screen swaps:**

**Mealtimes:** Swap screens for music, games or conversation – make it social.

**Bedtimes:** Swap screens for bedtime stories 1 hour before sleep.

## When and where is it okay for my child to use screens?

Children with disabilities or special educational needs may benefit from tailored screen use. And for some, assistive technology can be an important tool for communication and everyday participation.

## My child has SEND. Is the advice the same for us?

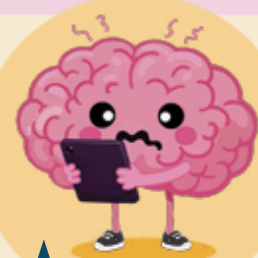
They also need ample time for interaction, play, and sleep. Try to avoid screen time for these activities.



## How does screen time affect my child's development?

**Large amounts of screen time are linked with negative effects on children's health and development. It can affect social, emotional, language & brain development, sleep, eyesight and weight.**

Young children learn best through warm interaction with parents and carers – reading, play and conversation. These early moments build the foundations for life.



**KICK**  
TRANSFORMING LIVES

# » KICK ACADEMY

at St Mathews Church

## KICK Dodgeball and Boxercise

St Mathews will be running weekly sessions in Boxercise and Dodgeball for young people.

### DETAILS

**When:** Every Friday

**Time:** 4:45pm-5:45pm

**Where:** St Mathews Church,  
Harwich Rd, Colchester CO4 3HR

**Age:** 11-15 year olds

### Refreshments

We will offer water and cold drinks but please bring your own snacks.

### ACTIVITIES

Each week we will coach different games and skills in Dodgeball and Boxercise, we will have all equipment needed for the sessions.

Please note that places will be confirmed via email.

Email: [kylemajid@kick.org.uk](mailto:kylemajid@kick.org.uk)

**KICK**  
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# JUNIOR COURSES

NOW LIVE



SCAN FOR  
MORE INFO

BASKETBALL - VOLLEYBALL - CLIMBING - TENNIS



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Essex County Council  
Fostering



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

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

Find a fostering option to suit you.

0800 801 530

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

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





# Parent Support Group

## By PANDAS Foundation

**A FREE, FRIENDLY SPACE FOR PARENTS OR CARERS WHO ARE STRUGGLING WITH PARENTHOOD, OR JUST NEED SOMEWHERE TO TALK AND MEET OTHERS**

### WHAT THIS GROUP IS

- A calm, welcoming space to talk openly
- Run by trained volunteers, often parents themselves who get it
- Peer support from other parents who understand
- A place where you can listen, share, or just be
- No pressure to speak, ever
- Everyone welcome

### WHAT THIS GROUP IS NOT

- Not therapy
- Not a crisis service
- Not judgmental
- Not about “fixing” you
- Not somewhere you have to pretend you’re ok
- No referral needed
- Not clinical
- No need to pay - completely free

**YOU DON'T NEED A DIAGNOSIS. YOU DON'T NEED THE RIGHT WORDS. YOU DON'T NEED TO BE AT BREAKING POINT. JUST COME AS YOU ARE.**

### YOUR LOCAL GROUP

Colchester Library (Imagination Centre),  
21 Trinity Square, Colchester Essex CO1  
1JB

From Monday 30<sup>th</sup> March, 09:00 - 10:00

Meets last Monday of each  
month.  
09:00 - 10:00

Children welcome. Scan here  
for more details



*“It's nice to meet new mums who finally get how overwhelming parenthood can be. I thought I was the only one going through the sadness and guilt. I have finally found my tribe”*

**First-time parent - Pandas Support Group**

*“I felt like I had a proper one-to-one chat for me, which I didn't realise I so desperately needed. Nothing prepares you for becoming a parent, and I walked out feeling that much lighter than I have in weeks”*

**Parent of two - Pandas Support Group**



# PARENT AND TODDLER GROUP

EVERY  
TUESDAY 09:30  
AM - 11:00 AM



HYTHE COMMUNITY  
CENTRE  
CO1 2FG

WEBSITE: [WWW.AFIUK.ORG](http://WWW.AFIUK.ORG)  
EMAIL: [ADMIN@AFIUK.ORG](mailto:ADMIN@AFIUK.ORG)  
PHONE: 07518423139  
07510860926

**AFiUK**





# RE-BREATHE

## Be Hopeful & Rise

Wednesdays

10.30am -12.30pm



**Are you a parent of African heritage with a child on the autistic spectrum or with special educational needs?**

**Re-Breath is a support and respite group (Part of the Diverse Communities Action Plan Project).**

One Colchester Community Hub  
4-6 Long Wyre Street  
CO1 1LH

Email: [admin@rebreathcic.org](mailto:admin@rebreathcic.org) Call: 0120 661 8707

Vist: [www.rebreathcic.org](http://www.rebreathcic.org)



Rebreath CIC



@rebreathgroup





The Minorities Gallery is looking for 12 young people aged between 11 & 16 to take part in a series of free workshops with professional street artist Eyesaw, with their final artworks displayed publicly on the hoarding surrounding the Jumbo water tower.

Do you know a young person / young people who would benefit from this opportunity?


Click [\*\*HERE\*\*](#) for all the details and how to apply



# ADULTS & OLDER PEOPLE

**CONNECT TO WORK**

Funded by **UK Government**



# Work that works for you

Free, personalised support to help you take the next step – at your pace.

Delivered by:

**shaw trust**

Working in partnership:



 [thurrock.gov.uk](http://thurrock.gov.uk)





## Looking to get into work, or stay in work, with support that fits around you?

Connect to Work is a free programme for people who are not currently working or finding it difficult to stay in work. Whether you're living with a health condition or disability, caring for someone, or facing other life challenges, we're here to help.

### You'll get:

- a dedicated employment adviser
- help with CVs, interviews and job searching
- support with workplace adjustments
- up to 12 months of support if you're out of work
- up to four months of support if you're in work

### You could be eligible if you:

- are aged 18 or over
- live in Essex, Southend-on-Sea or Thurrock
- have the right to live and work in the UK
- are not currently in paid work, or at risk of losing your job
- are willing to work

Visit [www.essexopportunities.co.uk/connect-to-work](http://www.essexopportunities.co.uk/connect-to-work) or call **03330 138 337** to learn more.

**Friendly, confidential support whenever you're ready.**

Scan the QR code for more details.





# DIGITAL FRIENDS

- For housebound individuals aged 60 years+ living across Essex.
- Enjoy a chat over a cuppa – discover how being online can make life easier and more connected.
- Learn useful digital skills – from downloading the NHS App to online shopping, video calls, GP bookings and more.
- Friendly, patient volunteers – all DBS-checked and working at your pace, with up to six relaxed sessions.
- Personal support at home – one-to-one help with your device, in the comfort of your own home.



Funded by   
Essex County Council

To  
find  
out  
more

[enquiries@agewelleast.org.uk](mailto:enquiries@agewelleast.org.uk)  
0300 373 3333  
[www.agewelleast.org.uk](http://www.agewelleast.org.uk)

## Digital Friends - bringing digital skills support to the housebound across Essex

### **Bridge the Gap:**

Too many seniors are left behind in a digital world. Your support can help them navigate essential services like GP appointments and NHS apps.



**Connect & Empower:** Help older adults learn basic digital skills to stay connected with family, access shopping online and regain independence.

**Combat Isolation:** Volunteers help open up new possibilities, reduce loneliness and give seniors the opportunity to connect with others beyond the walls of their home.



### **Become a Digital Friend**

0300 37 33 333

[enquiries@agewelleast.org.uk](mailto:enquiries@agewelleast.org.uk)

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

Donate here



Registered Charity Number 1142414

East of  
England  
**COOP**

WELCOME TO  
THE  
COMMUNITY  
HUB

THANK YOU TO EAST OF ENGLAND  
CO-OP FOR THE OPPORTUNITY TO RAISE  
THE PROFILE OF ESSEX AND HERTS AIR  
AMBULANCE - WE CAN'T FLY WITHOUT  
YOU!

Welcome to your  
**Community Hub**

## West Mersea Community Hub has opened!

To find out more, and to book,  
scan the QR code or visit  
[eoe.coop/community/in-branch-hub](http://eoe.coop/community/in-branch-hub)



Click **HERE** to find out more

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# REMEMBERTO

Register to vote

2- Check my  
photo ID

3- Vote at a  
polling station!

No ID? Apply for free voter ID now

Find out more at

[electoralcommission.org.uk/voterID](https://electoralcommission.org.uk/voterID)

or call 0800 328 0280





# 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](mailto:ColchesterEPP@theaws.org)



# FREE

# Cook & Cycle

Join us for a day of cooking, eating and connection. A breakfast will be served on arrival. Together, we'll transform ingredients into a nutritious meal, and while it cooks, you can work up an appetite and enjoy a snack of exercise on a friendly cycle ride. Our experienced ride leaders will guide the group along a safe, enjoyable route, before we return to sit down and enjoy the meal we've made as a community. You even get to take a box of food home too.

First Wednesday of the Month 4th March, 8th April (Easter Children's session) , 6th May

10am - 2pm Meet at Unity House

To Book your space  
07842 422047 or  
[colchesterepp@theaws.org](mailto:colchesterepp@theaws.org)



No bike? Don't worry - use one of ours!



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# Essex Outreach Service

Our Essex Outreach Service service offers free, short term, support to people over 16 who need to develop their skills to live independently.



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## About the service

We provide a range of guidance and support to help you feel more confident and able to manage independently.

We work with you to find out what help you need and how to achieve the things that are important to you.

You can receive one off support or crisis intervention session or up to six months ongoing support.

The level of support you need will be agreed when we first contact you or at your assessment.

## Who can access the service?

Anyone can refer into this service, you just need to be over 16, living in Basildon, Rochford, Rayleigh, Castle Point, Brentwood, Epping, Harlow, Uttlesford, Chelmsford, Colchester, Tendring, Maldon or Braintree and in need of some support.

You can refer yourself, be referred by another agency or professional or by your family or friends.

## What support do we offer?

At the beginning of the service we will go through an assessment with you to find out exactly what help you need.

We can help with a range of different things such as:

- Benefit claims and advice
- Employment, training and volunteering opportunities
- Housing and homelessness issues
- Support for drug and alcohol problems
- Help with managing rent arrears
- Getting support with mental health
- Help with managing money and budgeting
- Care and support options in Essex
- Health and wellbeing

## How else can we help?

We also have regular, free, drop-ins across the districts. For information on times and dates in your area call **0800 288 8883** or email [efsc0-ordinator@peabody.org.uk](mailto:efsc0-ordinator@peabody.org.uk)

[peabody.org.uk](http://peabody.org.uk)





UK Government

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

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



SCAN TO FIND  
OUT MORE



Eligibility criteria apply



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**Need  
urgent  
mental  
health  
support?**



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

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



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## HELP WHEN YOU NEED IT AT THE TOUCH OF A BUTTON

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

### Our trusted Emergency Monitoring and Response service supports:

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



For more information call: 01206 769779  
Email: [helpline@colchester.gov.uk](mailto:helpline@colchester.gov.uk)  
[www.helpline247.co.uk](http://www.helpline247.co.uk)

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Colchester  
AMPHORA TRADING



# IS YOUR BUSINESS READY?

Changes to business waste are coming,  
with Colchester City Council you will have...

**LOCAL SERVICES**

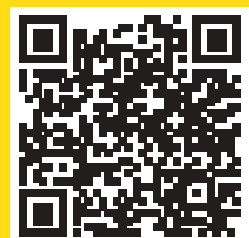
**SIMPLER RECYCLING**

**FULL COMPLIANCE**



Colchester  
City Council

Request your  
free quote 



# What's Changing?

On 1 April 2025, new recycling regulations will come into effect as part of The Environment Act 2021 ensuring Simpler Recycling. It will require businesses across England to ensure recycling and waste material is collected by a licensed waste collection service and separated into:



PAPER & CARD



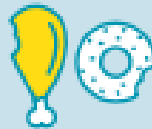
TINS & CANS



GLASS



PLASTIC



FOOD



NON RECYCLABLE



# What Happens Now?

Before 1 April 2025, businesses need to make sure they are compliant with the new Simpler Recycling regulations, including having an appropriate waste contract with a licenced waste carrier. The waste materials are:

- ➡ Recycling: Paper & Card • Plastics  
• Tins, Cans and Aerosols • Glass
- ➡ Food
- ➡ Non-recyclable waste

Recycling will need to be kept separate from non-recyclable waste and food waste.



*Managing refuse before Business Waste was a nightmare, we were overwhelmed and struggling. Now, their efficient service, competitive pricing, and eco-friendly approach let us focus on our food. Highly recommend!*

**– Catering Company located in Colchester High Street**

# Why Choose Colchester City Council for your Business Waste?

We offer a service to help your business stay compliant with the new requirements and avoid unnecessary fines.

Our collections cover non-recyclable waste and all recyclable materials – paper and cardboard, glass, plastic, tins, cans, and food waste. This cost-effective solution ensures your waste is turned into new resources, helps you avoid fines, and boosts your green credentials.

## How We Can Help...



Competitively priced  
– save money with no  
added charges for weight



Community focused  
– profit is reinvested into the  
community



Tailored to your business  
needs, helping you save  
money



Flexible – 30 day rolling  
contract



Reliable and compliant with  
Government law



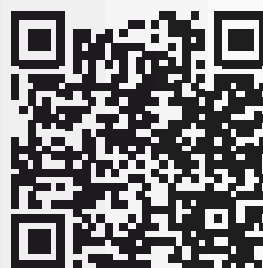
Look after the environment  
with sustainable, long-term  
solutions



Be compliant with the law, we  
will research new policies and  
simplify waste



**REQUEST  
A QUOTE**



It only takes **2 minutes** to  
request a quote, find out  
how we can help your  
businesses future today

Scan the QR code to get started



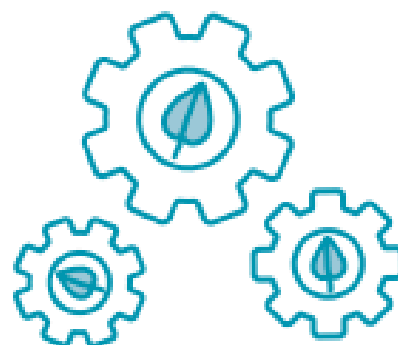
## Business Waste Bag Collections

Our flexible waste bag service is perfect for businesses producing smaller amounts of waste or those with limited space for bins. Business waste bags are ideal for locations where bins cannot be collected, can provide extra capacity for growing businesses and can be used for recycling plastics and paper & card, as well as non-recyclable waste.



## Tailored Solutions for Your Needs

Not sure what's best for your business? We offer tailored solutions, including a mix of bin sizes, collection frequencies and alternatives like waste bags or one-off collections.



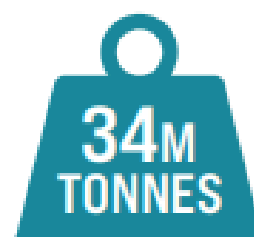
**Request your free consultation**

Scan the QR code to get started



## Are You Ready for Simpler Recycling?

Businesses in England produce 34 million tonnes of waste annually **64% aren't prepared for upcoming reforms.**





Active Essex Foundation are an action steward for The Caring Communities Commission working on Asset Based Community Development and we are seeking insight on your understanding of the Asset Based Community Development approach and any experience using it.

We know that you may have a good knowledge of ABCD and its usage hence why you are part of this network. However, your responses will help provide us with important information about how we can continue the conversation and further develop Essex' offer.

We want to understand:

- Your familiarity with and confidence in ABCD.
- Successful approaches and case studies.
- Any training requirements.

Click **HERE** to take the survey

Closes 4 May 2026



# HEALTH & SUPPORT SERVICES



**Need  
urgent  
mental  
health  
support?**



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

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





## Who can get the spring booster

The spring booster is available to those at highest risk of severe illness from Covid-19, including:

Adults aged 75 years and over

Residents in care homes for older adults

Individuals aged 6 months and over with a weakened immune system

Eligible people will be contacted by the NHS or can book an appointment through the NHS App, online, or by calling 119.

Click [HERE](#) for more information





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](mailto:stevegibbs@forbabysake.org.uk)

Call us at  
07702 537074

[#BreakTheCycle](https://www.instagram.com/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   
TOP



# RE-BREATHE

## Be Hopeful & Rise

**Wednesdays**  
**10.30am -12.30pm**



**Are you a parent of African heritage with a child on the autistic spectrum or with special educational needs?**

**Re-Breath is a support and respite group (Part of the Diverse Communities Action Plan Project).**

**One Colchester Community Hub  
4-6 Long Wyre Street  
CO1 1LH**

**Email: [admin@rebreathcic.org](mailto:admin@rebreathcic.org) Call: 0120 661 8707  
Vist: [www.rebreathcic.org](http://www.rebreathcic.org)**



Rebreath CIC



@rebreathgroup




**↑**  
**TOP**  
Together  
We Thrive

# Breakeven



## About Breakeven

01273 833722 | [info@breakeven.org.uk](mailto:info@breakeven.org.uk)  
[www.breakeven.org.uk](http://www.breakeven.org.uk)

 BreakevenGC  BreakevenGC  BreakevenGC

## 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 works as part of the National Gambling Support Network providing services and treatment to individuals presenting with or affected by gambling harms.

**For a self referral**  
Scan the QR Code



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

# Break Even Gambling Support

Click **HERE** to see full leaflet



# ARE YOU A CARER?

We want to hear from you!



# HAVE YOUR SAY!

Click [HERE](#) to complete the survey



# Let's Talk

...about self-harm

mind  
Mid and North  
East Essex

## Management Toolkit training workshops



Would you like to understand how to use the updated Self-harm Management Toolkit used by Southend, Essex and Thurrock (SET)?

Come along and increase your knowledge, skills, and practical experience to effectively use the updated Self-Harm Management Toolkit.

Join us for a fully funded workshop between 10.00-13.00 on a day that suits you.

For more information:

[SHTKenquiries@mnessexmind.org](mailto:SHTKenquiries@mnessexmind.org)

[01206 764 600](tel:01206764600)

When?	Where?
Thurs 30 April 26	Colchester
Tues 19 May 26	Online
Thurs 11 June 26	Clacton
Mon 22 June 26	Southend
Mon 13 July 26	Online

Book your place: [mnessexmind.org/letstalkaboutselfham](https://mnessexmind.org/letstalkaboutselfham)

↑  
TOP



**AgeWell East**

*Empowering people to age well*

## **Seated Movement Class**

Join our friendly Seated Movement Class every Tuesday, starting **6 January**, from 1:30pm–3:30pm.

Enjoy gentle, guided movement suitable for all abilities, followed by time to relax with a cuppa, biscuits, and a chat.

Castle Methodist Church, 1 Maidenburgh Street, Colchester, CO1 1TT

£5 per session – includes a hot drink and biscuits

For more details: 0300 373 3333  
[enquiries@agewelleast.org.uk](mailto:enquiries@agewelleast.org.uk)

**Come for the exercise, stay for the company!**





**You deserve to feel  
safe and respected  
- at any age**

If something in your relationship doesn't feel right - maybe someone close to you controls your choices, money, or who you see - you're not alone. Love should never leave you feeling scared or isolated.

There are caring people ready to listen and help, whenever you're ready.



**Find out what support is available and get confidential advice.**

**For a confidential chat, call 0330 333 7 444.  
If someone is in immediate danger,  
always call 999.**

Working in partnership with

COMPASS SETDAB



**Look. Listen.**

**Be aware.**

If you know an older person who has become more withdrawn, anxious, or less confident, it could be a sign they are in an unhealthy relationship.

You don't have to solve everything, just knowing where to find information can help you respond and understand.



**Find out where to get confidential advice about domestic abuse in later life.**

**For a confidential chat, call 0330 333 7 444**

Working in partnership with

COMPASS 





**GAMBLING  
HARM UK**

## **Extending gambling harm awareness and support across Essex**

### **The urgency for action**

It is estimated that 1.6 million adults in England could benefit from support for their own gambling, and 900,000 children live in households where an adult may need treatment or support.

When considering the broader group of affected others, over 10% of the population is experiencing some level of gambling harm. As you can see immediate action is necessary, as otherwise Essex residents will continue to experience gambling harm.

### **Current initiatives in Thurrock**

Recently, thanks to a grant awarded by Thurrock Council, we are supporting the council's public health team in implementing a 12-month pilot programme designed to reduce avoidable gambling harm. This pilot, exclusively for Thurrock-based organisations and residents, includes delivering targeted awareness sessions and establishing a straightforward pathway to treatment and support services for those in need.



## Expanding our reach across Essex

While our current efforts are concentrated in Thurrock, our ambition remains to continue raising awareness of gambling harm across Mid & South Essex and to extend these activities more broadly throughout Essex.

## How you can help in a simple practical way

Helping to normalise conversations about gambling harm is a crucial first step you can take. This is critical as stigma and shame continue to be key reasons why many individuals do not seek support.

You can start by incorporating a simple question into your daily work processes and interactions where these come into contact with people:

"Are you worried about your own or someone else's gambling?"

If someone answers yes, you can then assist them in taking the next steps using the support key on our website.



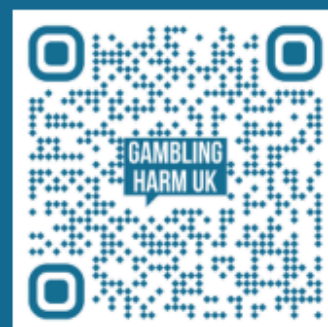
## Invitation to join us on helping reach those in need

To reach our goals, we are inviting you to join us in helping to reach those in need and prevent avoidable gambling harm.

Your involvement can make the significant difference in helping people access available support services.

You can register your interest by emailing [ben@gamlingharm.com](mailto:ben@gamlingharm.com) or request information about our training offerings through our website.

Scan or click the QR code to get in touch and learn how we can support you further.



# ***FIT & FAB WOMEN***

“Empowering women through fun, inclusive sports and wellbeing activities in a safe, supportive space.”



***Let's get Fit together!!***

***organised By:***



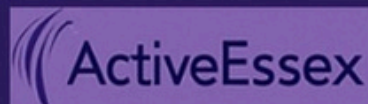
***Activities:*** **Dance, Aerobics, Endurance Training**  
**Light-Weight Lifting, Zumba, etc.**

**Tuesday Mornings 09:15am – 10:15am**

**Thursday Evenings 16:45pm – 17:45pm**

**01206326564**

**[boazproject@divineassemblyministries.com](mailto:boazproject@divineassemblyministries.com)**



**Address: Greenstead Enoch House, Hawthorn Avenue, Colchester, Essex, CO4 3LH**

**TOP**



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.



# 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.

You'll move alongside other women, building tools you can take into everyday life.

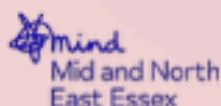
### What to Expect Each Week:

- 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:



# 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





*Shelley Bell*  
CELEBRANT

Hosts

## **Mourning Brew**

Bereavement Friendship  
Group.

**Mourning Brew**, is a new group for people who have experienced Bereavement and want to connect with others who have a shared experience for social interaction, friendship and support. Please join us.

**We meet once a month at First Site Gallery at 10am  
for an hour.**

Scheduled dates are;

January 13th, February 10th, March 10th, April 14th,  
May 12<sup>th</sup> and June 16th.

Sponsored By

**HUNNABALL**



Family Funeral Group





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





# LEGAL & 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](http://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





# REMEMBERTO

Register to vote

2- Check my  
photo ID

3- Vote at a  
polling station!

No ID? Apply for free voter ID now

Find out more at

[electoralcommission.org.uk/voterID](https://electoralcommission.org.uk/voterID)

or call 0800 328 0280



# 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.**

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 35 organisations in partnering towards a slavery-free Colchester?

To explore further contact [kate.cams@togetherfree.org.uk](mailto:kate.cams@togetherfree.org.uk)

### Free Modern Slavery Training

Workshops of between 1-2 hours include:

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

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

Contact: [bob.fortt@essex.police.uk](mailto:bob.fortt@essex.police.uk) or

[kate.cams@togetherfree.org.uk](mailto:kate.cams@togetherfree.org.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.**





# ARMED FORCES UPDATES

↑  
TOP



ARMED FORCES  
COVENANT

EMPLOYER  
RECOGNITION  
SCHEME

GOLD AWARD

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



↑  
TOP

# 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](mailto: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](mailto:info@tomharrisonhouse.org.uk)

4 Argyle Road, Anfield, Liverpool, L4 2RS





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

## What is Op COURAGE?

Op COURAGE: The Veterans Mental Health and Wellbeing Service provides specialist care and support for people who have served in the Armed Forces and are experiencing mental ill health.



## How can Op COURAGE help me?

Op COURAGE provides a range of support and treatment that has been informed by people who have served in the Armed Forces. This includes:

- helping you transition from military to civilian life by providing mental health care with Defence Medical Services (DMS)
- helping you recognise and treat early signs of mental health problems, as well as more advanced mental health conditions and psychological trauma
- providing support and treatment for substance misuse and addictions
- helping you to access other NHS mental health services if you need them, such as NHS [Talking Therapies](#) and eating disorder services
- liaising with charities and local organisations to support your wider health and wellbeing needs, such as help with housing, relationships, finances and employment
- helping your family access local services, where appropriate.



## Who will I speak to?

Op COURAGE is provided by trained professionals who are from, or have experience of working with, the Armed Forces community.

## Who is Op COURAGE for?

Op COURAGE provides support to serving personnel due to leave the UK Armed Forces, reservists and veterans who live in England.

To receive help and support from Op COURAGE, you must:

- be a resident in England and have served in the UK Armed Forces for a full day
- be registered with a GP surgery in England, or be willing and eligible to [register with a GP](#)
- provide your military service number.

It does not matter how long ago you left the Armed Forces or how long you have served for, Op COURAGE is here for you.

## How do I get help?

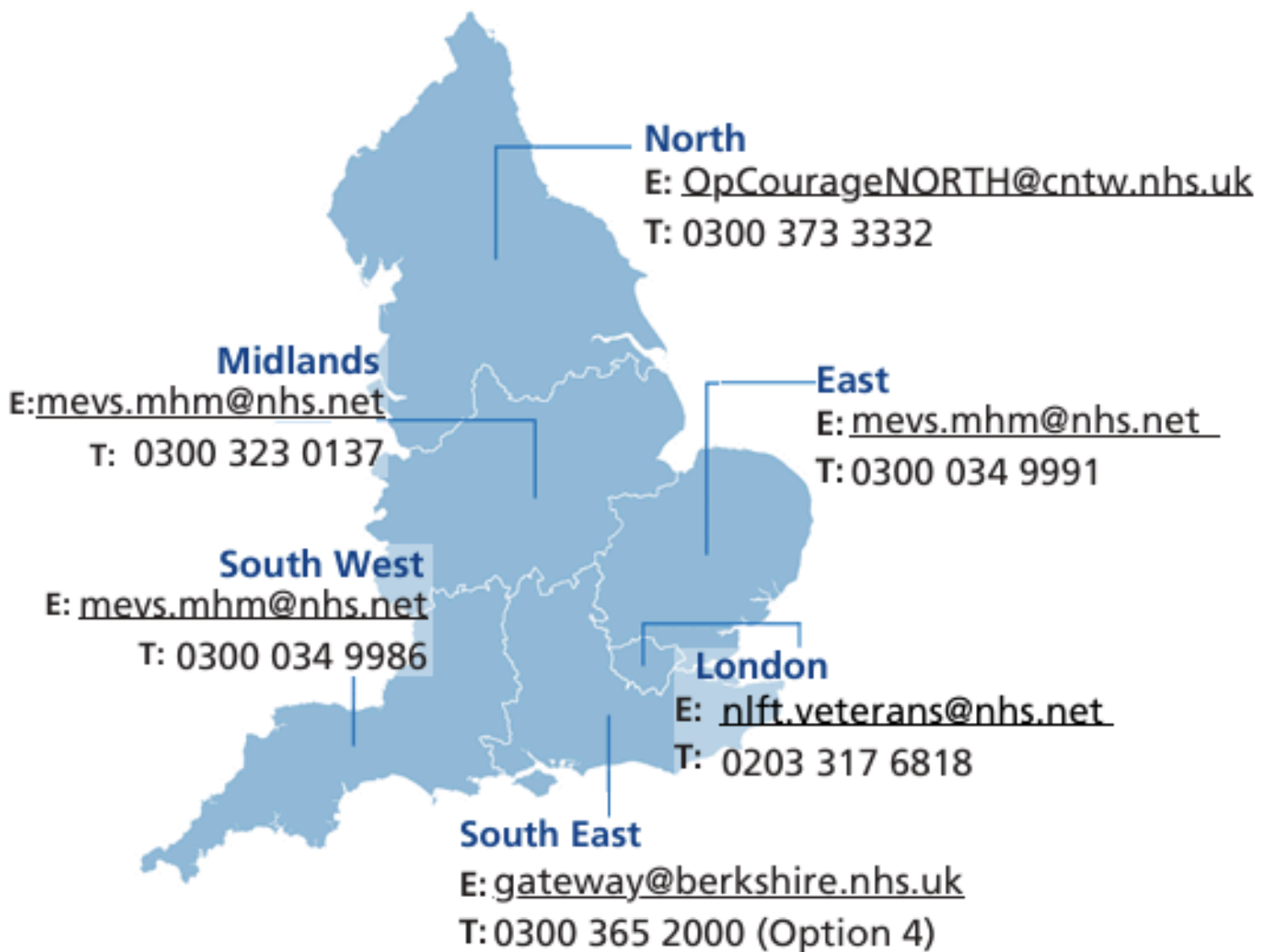
You can contact the service in many ways, including:

- directly getting in touch yourself, or through a family member or friend
- asking a GP or other healthcare professional to refer you (this maybe your military medical officer, if you are due to leave the Armed Forces)
- asking a charity to refer you.

The service will arrange for you to have an assessment, to make sure you get the right care and support.

Please see next page for details of your regional service.

It's important to contact the Op COURAGE service in your region.  
Details of each service are on the map below:



### Urgent and emergency support from other NHS services

If you're having a mental health crisis, you can get help by:

- calling 111 or 999
- booking a GP appointment
- going to your nearest A&E

If you're still serving, you can also call the Military Mental Health Helpline on 0800 323 4444.

For information on healthcare in England for the Armed Forces community, including veterans, [visit www.nhs.uk/armedforceshealth](http://www.nhs.uk/armedforceshealth)



# Independent and confidential support for the Armed Forces Community

Defence Medical Welfare Service (DMWS) are here for serving personnel, reservists, veterans and their family members/carers during stressful and uncertain times.

We know it can be hard to ask for help.  
That's why our support is:



Confidential and  
discreet



One to one and  
unlimited



Tailored and  
personal to you



Face to face or  
over the phone

## We can help you with:

- Healthcare concerns
- Feelings of loneliness/isolation
- Money or housing worries
- Drug or alcohol issues
- Family problems
- Other issues or concerns you may have

## How to get support

You can contact your local DMWS Welfare Officer, **Paul Hazell**, based at **Broomfield Hospital, Chelmsford** via:

- **Mobile:** 07302 009826
- **Email:** [phazell@dmws.org.uk](mailto:phazell@dmws.org.uk)

Or call our National Response helpline on **0800 999 3697** (Monday-Friday 9am-5pm).



# 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



## 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 OHP

### 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](https://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





UK Government

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

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



SCAN TO FIND  
OUT MORE



Eligibility criteria apply



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TOP

# FINANCIAL EQUALITY AND WELLBEING TEAM



## We are here to help you

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

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

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

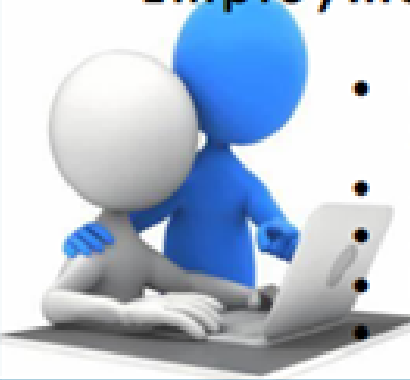
[benefits.advice@colchester.gov.uk](mailto:benefits.advice@colchester.gov.uk)

or call us on:  
01206 505 855

Open Monday - Friday



## Employment Support



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

## Removing Barriers



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

## Benefits and Finances



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

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





# 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.



# How we're helping your local community

**In-branch hosting of charitable organisations**

**We offer small donations for local events**

**Local giving campaigns through our branches**

**We award grants through our Community Cares Fund**

## Find out more

Scan the QR code to find out more about our support options, events and how we're making a difference to our local communities.

[www.eastofengland.coop/community](http://www.eastofengland.coop/community)



Click [HERE](#) to find out more





# OUR TEAM

# Meet The Team

## **Tom Tayler**

Community & Partnerships Team Manager

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Tom.Tayler@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 Persons, Armed Forces, Older Person and Carers

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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 Community Asset Fund,

Compassionate Communities, EDI, and Locality

Budgets

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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

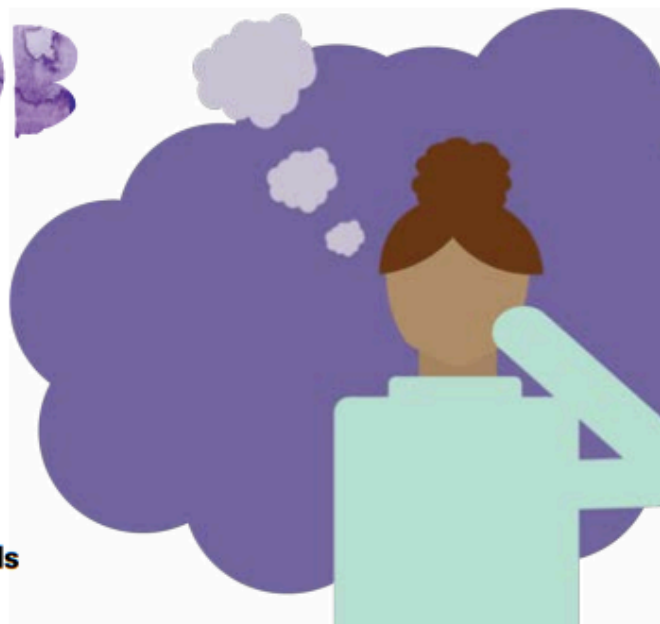


# EMPLOYMENT & TRAINING

# Want to work with us?

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

# LEGITIMATE JOB ADVERT OR SCAM?



When looking for a job online, it is important to know how to stay safe and avoid being deceived. Fraudulent job advertisements are one of the most common methods exploiters use to lure in their victims.

They do this by creating advertisements for jobs that do not exist and posting them on the internet, social media, and employment sites.

## How to spot a fake job advert:



- Vague job requirements and descriptions.
- Spelling errors and unprofessional communication.
- Being offered a job without an application or interview.
- Missing contact information for the employer or the company.
- The company requires payment from you before you are hired.
- The company or employer has no official records on Companies House.
- The employer is using a personal email address and not a company email.

## Top tips for job searching



- Look for jobs on trusted websites.
- Check documents for spelling and grammatical errors.
- Look up the employer on Companies House website to ensure that they are legitimate.
- Do not pay any recruitment fees. It is illegal to charge candidates for finding them work.
- If you find a job posting on social media, email the organisation directly to confirm that the posting is legitimate.
- Do not share your identity documents, bank details or full address with them until you are satisfied with background checks you have done on this employer.

## Useful Links:

**Companies House: Get information about a company** - GOV.UK ([www.gov.uk](http://www.gov.uk))

**Find a job:** <https://www.gov.uk/find-a-job>

**Indeed:** 11 signs a job posting may be a scam | [Indeed.com](https://www.indeed.com) UK



For further guidance on life and employment in the UK, download the Just Good Work app using the QR code on the right.

# Job Club

at 1:30 to 3pm

2nd Thursday of each month

at RAMA House

31 Eld Lane, Colchester, CO1 1LS

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

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

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





## Faith Security Training

A new training scheme available for faith communities in England & Wales.


Learn how to reduce the risk of hate crime, anti-social behaviour, and serious threats.

Click [HERE](#) to sign up



**CONNECT TO WORK**

Funded by **UK Government**



# Work that works for you

Free, personalised support to help you take the next step – at your pace.

Delivered by:

**shaw trust**

Working in partnership:



 [thurrock.gov.uk](http://thurrock.gov.uk)





## Looking to get into work, or stay in work, with support that fits around you?

Connect to Work is a free programme for people who are not currently working or finding it difficult to stay in work. Whether you're living with a health condition or disability, caring for someone, or facing other life challenges, we're here to help.

### You'll get:

- a dedicated employment adviser
- help with CVs, interviews and job searching
- support with workplace adjustments
- up to 12 months of support if you're out of work
- up to four months of support if you're in work

### You could be eligible if you:

- are aged 18 or over
- live in Essex, Southend-on-Sea or Thurrock
- have the right to live and work in the UK
- are not currently in paid work, or at risk of losing your job
- are willing to work

Visit [www.essexopportunities.co.uk/connect-to-work](http://www.essexopportunities.co.uk/connect-to-work) or call **03330 138 337** to learn more.

**Friendly, confidential support whenever you're ready.**

Scan the QR code for more details.



# Colchester City Council's community & Partnership team

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

You can contact our community response team by emailing [communities@colchester.gov.uk](mailto:communities@colchester.gov.uk)



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

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