Colchester Community Updates



Colchester City Council

December 2026

Welcome to our community newsletter for December.

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

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

Contents:

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

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

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



EVENT DIARY

TOP



WE ARE INVITING RESIDENTS TO SHARE THEIR VIEWS ON SPENDING PRIORITIES AS PART OF OUR ANNUAL BUDGET CONSULTATION. RUNNING **FROM 16 NOVEMBER 2026 TO 9AM ON 14 DECEMBER 2026**, THE CONSULTATION WILL HELP INFORM THE DRAFT BUDGET FOR THE 2027/28 FINANCIAL YEAR.

DON'T MISS YOUR CHANCE TO HELP SHAPE COLCHESTER'S FUTURE.
HAVE YOUR SAY!

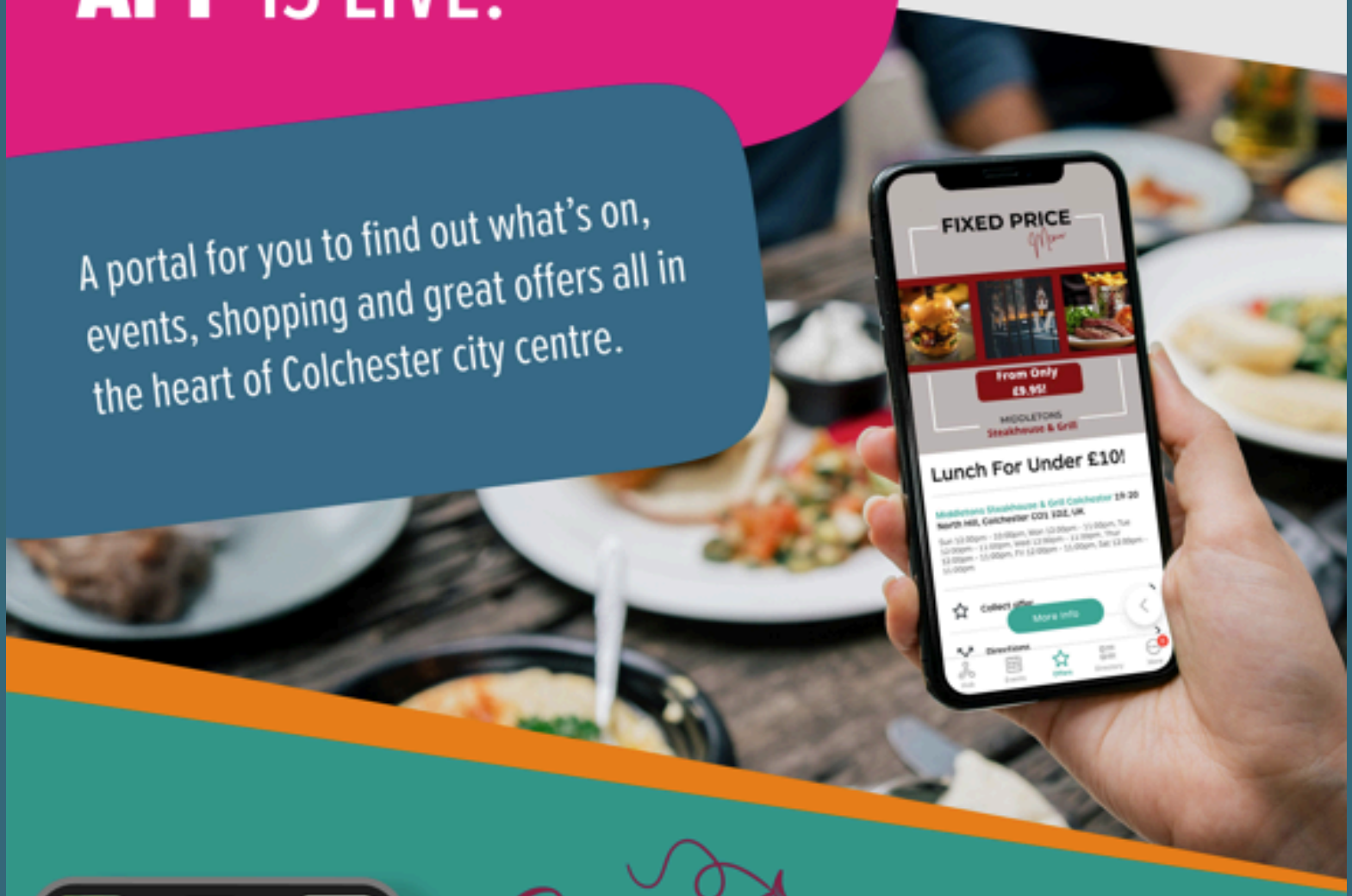
Complete the survey now **HERE**

TOP

THE **INCOLCHESTER APP** IS LIVE!

COLCHESTER

A portal for you to find out what's on, events, shopping and great offers all in the heart of Colchester city centre.





Scan me

For the **best** events, offers, shops or eateries in Colchester

DOWNLOAD **NOW**

GET IN ON Google Play

GET IN ON App Store

OFFERS
get the latest exclusive offers in the city center

WHAT'S ON
be the first to know of things to do

NEWS
get the latest news of whats happening in your city

TOP

❄ A Magical Christmas Celebration ❄

The Snowman – Live in Concert

Live orchestra. 250+ young singers. One magical Christmas experience.



🎄 The Perfect Start to Christmas

Alongside **The Snowman**, enjoy festive favourites and a wonderfully seasonal atmosphere.

It's a chance for family and friends to come together, enjoy live music and begin the Christmas season with something truly special.

🎶 More Than 250 Young Voices

More than **250 young singers from local schools** will come together for this special festive performance.

Combined with the Essex Youth Chamber Orchestra, expect a wonderful sound and a fantastic celebration of young musical talent.

🎟 A Christmas Event Not To Be Missed

Bring family and friends together and experience the magic of The Snowman with live music and hundreds of young voices.

Click **HERE** to find out more

TOP

Kelly's Kafe
Christmas Dinner

"Thursday Christmas Dinner"

Starting From

26th November 3rd, 10th, 17th December

Roast Turkey or Gammon

Veg/Vegan Option

Served with pigs in blanket, Yorkshire Pudding
Roast Potatoes, Stuffing, Parsnips,
Carrots, Brussel Sprouts, Gravy
Followed by tea/ coffee
& mince pie

Table Decorated

£18.00 Per Person



pre-booking & a £5.00 Deposit.

Ideal for work Lunch or meeting with Friends!!

Book At Reception.

TOP

Be More Dandelion

PRESENTS

STRONG MUMS STRONG FAMILIES CONNECT



FREE WELLBEING FOR MUMS & CARERS

MINDFUL MOVEMENT

FRIDAY 27 NOVEMBER

Gentle movement to unwind, reconnect with yourself and enjoy a little breathing space

EXPLORING YOGA

FRIDAY 11 DECEMBER

Explore gentle yoga movements, breathing & relaxation at your own pace. All levels welcome.

SESSION TIMINGS

- **09:30 - 10:00** Arrival & settle in
- **10:00 - 11:00** Wellbeing session
- **11:00 - 11:30** Cuppa & time to chat

GREENSTEAD
COMMUNITY CENTRE

FREE TO ATTEND

SCAN ME
FIND OUT MORE

Be More Dandelion

Essex County Council

@BeMoreDandelionCIC
www.bemoredandelion.com

Click **HERE** to find out more

TOP



Our Compassion Walk is an opportunity for people to step away from the demands of their working lives, enjoy the fresh air, reconnect with nature and spend time with others who may understand something of their experiences.

The morning will include:

- A relaxed, gentle nature walk;
- Time to breathe, reflect and enjoy the natural surroundings;
- An opportunity to meet and connect with like-minded people;
- Refreshments and informal conversation afterwards.

Registration is free and can be completed using the QR code or via the link **HERE**

TOP

Ho Ho Headway Christmas Fayre

£5 PER CHILD FOR SANTA'S GROTTO PAYMENT ON DOOR

Philip Morant School and College
Rembrandt Way,
Colchester, CO3 4QS

SAT 28TH NOVEMBER

11AM-4PM

All proceeds will support Headway Essex - helping people affected by brain injury access the support they need to move forward with their lives.

★TREATS★GIFTS★SANTA GROTTO★CRAFTS★MUSIC

Headway Essex

Registered Charity No. 1008807

Registered with FUNDRAISING REGULATOR

TOP

COMMUNITY HEALTH ORAL HISTORY TRAINING & STORYTELLING WORKSHOP





10AM - 3PM
Thursday 3rd December
University of Essex, Colchester

Save the date for this collaborative workshop for local partners in response to interest from the community archive network. The session will include:

- How to record Oral History interviews: introductory training with colleagues from Essex Record Office and the University of Essex
- Lunch
- Expert panel on using Oral Histories for storytelling projects, including speakers from St Helena Hospice and the University of Essex
- Time to discuss your own potential Oral History project and how a storytelling approach could benefit your organisation, as well as to get tailored advice on developing your ideas

If you'd like to attend some or all of the day, please RSVP to alix.green@essex.ac.uk and let us know any dietary requirements that you may have.

University of Essex

TOP

Writing Successful Small Grant Applications: A Masterclass



North Essex

Thursday 3rd December 2026, 10am-1pm

Marks Tey Parish Hall, Old London Rd, Marks Tey, Colchester CO6 1EJ

Join a free interactive workshop designed for Essex voluntary and community organisations looking to strengthen their fundraising and income generation plans.

You'll explore current fundraising trends, discover new income opportunities, learn where to find grants under £20,000, and gain practical tips to help your applications stand out in an increasingly competitive funding landscape. The session also provides a valuable opportunity to network and share experiences with other local organisations.

Exclusive to North Essex Workshop Attendees: Optional Funding Surgery Session: 1:30pm - 3:30pm

Following the workshop, attendees of the North Essex session only, can access an optional funding surgery and receive tailored one-to-one support, advice, and feedback on any funding applications you're currently developing.

To register, click here and complete the online form. Within the form, you'll be asked to select your preferred workshop date and venue (please see above).

Proud to be part of

Your Essex Community
Supporting the Voluntary and Community Sector

ActiveEssex

TOP

University of Essex

Health, Wellbeing and Care Hub Open Days

To book, scan the QR code above or click the link here.

Click HERE to get a visitor guide



Day 1: Thursday 3 December 2026 - 12:30 - 15:00

Day 2: Tuesday 8 December 2026 - 10:30 - 13:00

These open days are designed for both University of Essex staff and external organisations, partners, and professionals.

What to Expect

- Guided tours of the Hub
- Interactive taster sessions you can watch and participate in
- Opportunities to meet the staff and learn about our services
- A talk from Professor Victoria Joffe, Dean of Integrated Health and Care Partnerships
- Discussions about partnership opportunities and building meaningful connections with our team and partners

A: Health, Wellbeing and Care Hub, Clingoe House, Knowledge Gateway, University of Essex, Boundary Road, Colchester, CO4 3GS

E: healthwellbeingcare@essex.ac.uk

W: https://www.essex.ac.uk/health-wellbeing-and-care-hub

Click HERE

TOP

ECL Crafty Drama
presents

MUSIC RULES THE WORLD

Friday **4th** December 2026



Ticket price **£13** plus booking fee

Join us for an unforgettable musical spectacular, celebrating the incredible talents, creativity and achievements of our customers, packed with fantastic performances, great songs and plenty of entertainment, perfect for the whole family!

St Botolph's Church,
St Botolph's Street,
Colchester CO2 7EE.

Doors open **6.30pm**
Show starts **7pm – 10pm**

Book now

ecl.org/drama-colchester

ecl
Person-centred care

TOP

Be More Dandelion

PRESENTS

STRONG MUMS STRONG FAMILIES TOGETHER



FREE TO ATTEND
BOOK ONLINE!

SUNDAY

13 DECEMBER

16:00 - 18:00

GREENSTEAD
COMMUNITY CENTRE

CREATE	MOVE	PLAY	RELAX
CRAFTS + FACE PAINTING	GENTLE MOVEMENT	TOYS + ACTIVITIES	TEA + COFFEE

Join us for a little Christmas magic!
Enjoy festive fun, family favourites, and
a very special guest!

Be More Dandelion

Essex County Council



SCAN ME
FIND OUT MORE

@BeMoreDandelionCIC
www.bemoredandelion.com

Click **HERE** to find out more

TOP

MAKE YOUR OWN BAUBLE & REINDEER FOOD BAG

Craft Create Be Merry!

Get Crafty This Christmas!

FREE CHILDREN'S ACTIVITY

- Create your own Christmas bauble
- Make a magical reindeer food bag
- Lots of festive fun!

A little magic for the reindeer!

15th December

10:00am - 11:30am

CEESAC Café
Fallowfield Road
Colchester
CO2 9ND

Reindeer Food

No Booking Required - Just Turn Up!

Small Crafts Big Smiles

A Brighter Christmas Together

Kindly supported by:

Amey | CESSAC | Greenpath VENTURES

TOP

CEESAC CAFE

Fallowfield Road, CO2 9ND

Amey

CESSAC

ssafa

Christmas Tree Giving Appeal

Spread a little kindness this Christmas

1. Pick a tag
2. Buy the item
3. Wrap it and return to the Ceesac Cafe

Gifts will be distributed to Veterans and the Local Community by 15th December 2026.

A Brighter Community

Support Veterans

Kindness Matters

Together We Make a Difference

GIVE SUPPORT SHARE KINDNESS

Everyone Welcome

♡ Community
♡ Support
♡ Kindness
♡ Stronger Together

People ♥ Veterans ♥ Community ♥ Hope ♥ Brighter Future

TOP

Colchester WINTER HOLIDAY ACTIVITIES

Essex ACTIVate

Essex County Council

BOYS & GIRLS CLUBS ESSEX







FREE SESSIONS

10am - 2pm

For young people aged 5-13

St Anne's Community Centre
Colchester, CO4 3DH

Bookings Open:
16th November, 12pm

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

If your child/children receive benefit-based free school meals, you can book by clicking the link on your HOLIDAY ACTIVITIES VOUCHER CODE, which will be emailed to you. Follow the link and search for our EBGC Clubs.

If you don't receive a Holiday Activity Voucher code but would like the support over the holiday period please visit the Essex Active HAF website for more information.

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

Dates:
Monday 21ST & Tuesday 22nd December

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

TOP

Let's have a CUPPA



Time for Tea with Helpline 24/7

Tea, coffee, pastries

Meet the Helpline team

Learn about local support

Connect with others

Wednesday, 20 January 2027
2:00pm - 5:00pm

The Old Library, Colchester Town Hall
CO1 1HE

Everyone Welcome

Customers | Families | Carers | Community Organisations | Healthcare Professionals

RSVP

01206 769779

helpline@colchester.gov.uk

helpline 24|7
FALLS RESPONSE SERVICE

www.helpline247.co.uk

TOP

The UK's 1st ***Heaven Can Wait*** 5K Fun Run

takes place on

Sunday 23rd May 2027 at 10.00am

@ Oakfield Wood, Wrabness





raising vital funds for these 3 worthwhile charities

Organised by

COFFINCLUB Colchester

proudly partnered with

JUST ONE TREE

For more info or to book, please go to:
https://coffinclubcolchester.co.uk/heaven-can-wait/ HERE
or scan the QR Code

TOP



KIDS & YOUNG ADULTS

TOP

Better Health healthier families

Games and activities for kids

NHS



For simple, 10-minute ideas to get moving together, visit:

nhs.uk/LetsMove

Let's Move! ESSEX

Funded by UK Government

Click **HERE** to get started OR

TOP

Essex Music Education Hub



Making music outside of school

Colchester Townhouse

Discover music your way!
A new music group for secondary-age students.
All abilities welcome.

When: Tuesday evenings, 4pm to 6pm. Starting Tuesday 13 October 2026.
Try it free: Enjoy for free until Christmas. (Please register before attending so we know who is coming)
From January 2027: £40 per term.



Email	musichub@essex.gov.uk
When	Tuesday evenings, 4pm to 6pm
Location	Colchester Townhouse Youth Centre East Stockwell Street Colchester UK
Level	Beginner, Intermediate, Advanced

Register your interest **HERE**

Click **HERE** to find other locations

TOP

"We are really pleased to be supporting The Dawn Sailing Barge Trust to safeguard the physical heritage of the barge and strengthen the trust's connection with the local community "

Robyn Llewellyn Director, England, Midlands & East at The National Lottery Heritage Fund

Made possible with Heritage Fund

Dawn is a fully funded community heritage and wellbeing project, supported by the National Lottery Heritage Fund, preparing to launch a 12-month pilot from October across **Harwich, St Osyth, Rowhedge and Maldon**.

Visiting all four ports each month and delivering nine sessions in each port, the project will welcome people aboard free of charge to explore maritime heritage, share skills and experiences, and build meaningful connections.

Here are Dawns Port dates for
29 November–3 December: **Maldon**

Click **HERE** to find out more information

TOP


Skate
Learn
Make Memories ♡
COLCHESTER
ICE RINK
CULVER SQUARE
Community
Groups
JUST £10 PER PERSON
Get your group together
for a fun day on the ice! ♡
Saturday, 5th December 2026 to Sunday, 3rd January 2027
PERFECT FOR COMMUNITY GROUPS
A FUN & SOCIAL ACTIVITY FOR EVERYONE
BRINGS PEOPLE TOGETHER LOCALLY
A GREAT WAY TO ENJOY THE FESTIVE SEASON
BOOK VIA OUR WEBSITE
or get in contact
info@colchestericerink.com
020 7101 4507
Skate
Together
Create
Memories ♡
ColchesterIceRink.com

In Colchester targeted interventions in some of the secondary schools

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

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

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

Uturn4support – Motion 4 Change

A 48-week programme supporting vulnerable young people through mentoring, outreach, and a peer-led Youth Ambassador scheme. Focuses on tackling harmful behaviours, exploitation, and gender-based violence, delivered in partnership with local secondary schools.

Essex VVU targeted interventions with schools - main aim:

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

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

In Colchester Essex VVU ReRoute intervention

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

Essex VVU ReRoute – main aim:

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

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

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



Knife Bin



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

ESSEX VIOLENCE & VULNERABILITY UNIT



Click **HERE** to see the full leaflet

Essex VVU | Colchester

TOP



Explore Colchester for Free

Click **HERE** to find out more

Free Events in Colchester

Click **HERE** to check the Whats On pages

Free Attractions

Click **HERE** to find

★★★

TOP



Help vulnerable children and young people reach their full potential

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

Click **HERE** to find out more

TOP



ADULTS & OLDER PEOPLE

TOP

HOME COMFORT SURVEY



Participants Needed
UK residents aged 55+

Maintaining Comfort: What works for you?

🏠 Room Temperature
🌿 Indoor Air Quality

- ✓ Share your experience
- ✓ Anonymous responses
- ✓ It only takes 20–25 minutes
- ✓ Scan the QR code or follow the link 👉

Click **HERE**

https://forms.office.com/e/ThiaTE92Nj

📩 For more information, please email grtn9692@leeds.ac.uk

★

TOP


Skate
Learn
Make Memories ♡
COLCHESTER
ICE RINK
CULVER SQUARE
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JUST £10 PER PERSON
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Click **HERE** to find out more information

TOP



Essex pedal Power Colchester



Join an EPP ride

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

Cycling with our Ride Leaders is the perfect way to start your well-being journey. Our friendly, experienced Ride Leaders will guide you on safe, enjoyable routes—and always include a coffee and chat stop.
Let us know if you'd like to borrow a bike!

Contact us: 07842 425184 or ColchesterEPP@theaws.org

Essex Pedal Power Recycled Bikes Application form

Essex pedal Power Colchester

DONATE A BIKE.

CHANGE A LIFE.



Your used bike can create new opportunities in our community.

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

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

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

DONATE YOUR BIKE TODAY!

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

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

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

RIDE. GIVE. EMPOWER.

TOP



Explore Colchester for Free

Click **HERE** to find out more

Free Events in Colchester

Click **HERE** to check the Whats On pages

Free Attractions

Click **HERE** to find

★★★

TOP

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

TOP

helpline 24/7

HELP WHEN YOU NEED IT AT THE TOUCH OF A BUTTON

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

Our trusted Emergency Monitoring and Response service supports:

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



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

Follow Us

Colchester AMPHORA TRADING

TSA

★★★

TOP

Our services

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

Colchester City Council

Business Waste

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

Click **HERE** to request a free quote or consultation

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

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

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

Click **HERE** to find out more

★★★

TOP



HEALTH & SUPPORT SERVICES

TOP

Essex County Council
Children and Families



NEW!

Introducing the

Children and Families Directory

A new, digital, easy to use directory

Find help and support for children, young people and their families

For parents and carers, young people and practitioners

Visit the directory here:

essex.gov.uk/children-and-families/find-support-service Click **HERE**

TOP



New crisis text service launches across East of England to provide round-the-clock mental health support

Free, confidential support will be available via SMS, WhatsApp and online chat, 24 hours a day, seven days a week.

The service offers an alternative for people who feel more comfortable communicating through text rather than speaking on the phone or in person.

Click **HERE** to find out more

TOP



Click **HERE** to access support

TOP



NHS Essex

WorkWell

Helping your employees stay healthy and in work

WorkWell Essex is a free, UK Government-funded programme that helps people overcome health-related challenges affecting their employment.

Whether you run a small business or a larger organisation, WorkWell can provide additional support to help you retain valued employees, manage sickness absence and create a healthier workforce.

Click **HERE** to discover how **WorkWell Essex** can help employers support staff with health-related challenges, reduce the risk of sickness absence and retain valued employees.

TOP

NHS Essex



Flu jab bookings open for eligible people across Essex ahead of winter



BOOK HERE

OR SCAN

TOP

WE SAVE LIVES.

How do we do this?

RAISING AWARENESS
We educate young people on the signs & symptoms of testicular and ovarian cancers through our award-winning digital campaigns and life-saving educational programmes.

OFFERING SUPPORT
We provide free materials to newly diagnosed young people going through treatment, helping to make the most difficult time of their life a little easier.

CONNECTING OUR COMMUNITY
We create meaningful connections with survivors through our Ambassador programme, giving a voice to those affected by these rare forms of cancer.

ROBIN CANCER TRUST

SCAN TO LEARN MORE

The Robin Cancer Trust is a registered charity in England & Wales. Registered charity no: 1148999 | Registered charity address: 29 Queens Rd, Wivenhoe, Essex, CO7 9JJ

TESTICULAR CANCER

If you have any of the symptoms of testicular cancer, or have discovered anything not normal for you – then you must visit a medical professional.

Don't let embarrassment kill you, don't be afraid to talk bollocks.

Signs & symptoms:

LUMPS, HARDNESS SWELLING, PAIN & HEAVINESS

How to check your balls:

1. Check one testicle at a time using both hands (after a hot bath or shower)
2. Firmly but gently roll your testicle between your fingers and thumb (don't squeeze too hard!)
3. Get to know your epididymis (your sperm cord) which can be a bit tender
4. Feel for signs & symptoms of testicular cancer (or anything not normal for you)

REPEAT ONCE A MONTH

#TALKINGBOLLOCKS
testicular cancer campaign

OVARIAN CANCER

There is no national screening programme for ovarian cancer. It's important to be aware of the symptoms and to visit a medical professional if you are concerned.

Listen to your body, she knows you best.

Signs & symptoms:

BLOATING, FEELING FULL IRREGULAR BLEEDING, PAIN & NEEDING TO PEE

When to be concerned:

1. **PERSISTENT:** The symptoms won't go away
2. **FREQUENT:** The symptoms occur most days
3. **NEW:** The symptoms started within the last 12 months
4. **UNUSUAL:** The symptoms are not normal for you

Keep a record of the symptoms you are experiencing and take this to your appointment, this will help make a speedier diagnosis.

#NOTOVARYACTING
ovarian cancer campaign

KEEP IN TOUCH

Please contact us if you'd like to know more about our upcoming fundraising events, volunteering opportunities, Ambassador programme or ways you can support our mission to save lives.

Darren Couchman
Community Engagement Manager
darren@therobincancertrust.org
07534209921

Learn more on our website:
www.therobincancertrust.org

Follow us on social media at:
@rctcharity

Learn more by scanning the **QR Code** >>>

ROBIN CANCER TRUST

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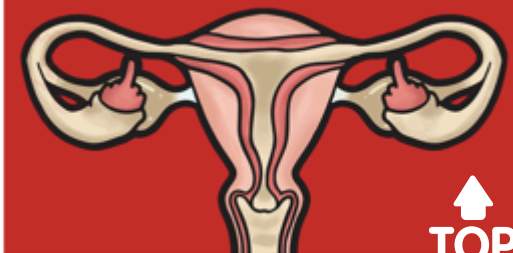
HELP US SAVE LIVES!

ROBIN CANCER TRUST | we save lives.



"THERE'S NO DOUBT THAT THE ROBIN CANCER TRUST SAVED MY LIFE"

John, Testicular Cancer Survivor

"THE CHARITY HAS BEEN A REALLY IMPORTANT PART OF SURVIVORSHIP FOR ME"

Sara, Ovarian Cancer Survivor

TOP

Essex Sexual Health Service

NEW from Essex Sexual Health Service -

FREE e-Learning to support better conversations about relationships and sexual health

Essex Sexual Health Service are excited to announce the launch of their e-Learning Platform.

ESHS e-Learning Platform provides

FREE, flexible online courses designed to support professionals in developing their knowledge and skills.

Ready to start learning?

Build your knowledge.

Boost your confidence.

Support better conversations.

The first course, Sex, Consent and Confidentiality, is now available HERE

If you want to learn more on what courses will be becoming available on the platform **CLICK HERE**

TOP


Move Through This
A trauma-aware movement class for women in Colchester..
BIN IT
KILL IT
Movement
Connection
Belonging
“The best thing for trauma in Colchester.
Move Through This Participant
SCAN ME
FIND OUT MORE
Be More Dandelion
COMMUNITY FUND
@BeMoreDandelionCIC
www.bemoredandelion.com
TOP

Essex Frontline

FIND LOCAL SUPPORT FAST



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

Click **HERE** to explore **Frontline**

★★★

TOP



Need urgent mental health support?

Call 111

And select the option for mental health crisis

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

TOP

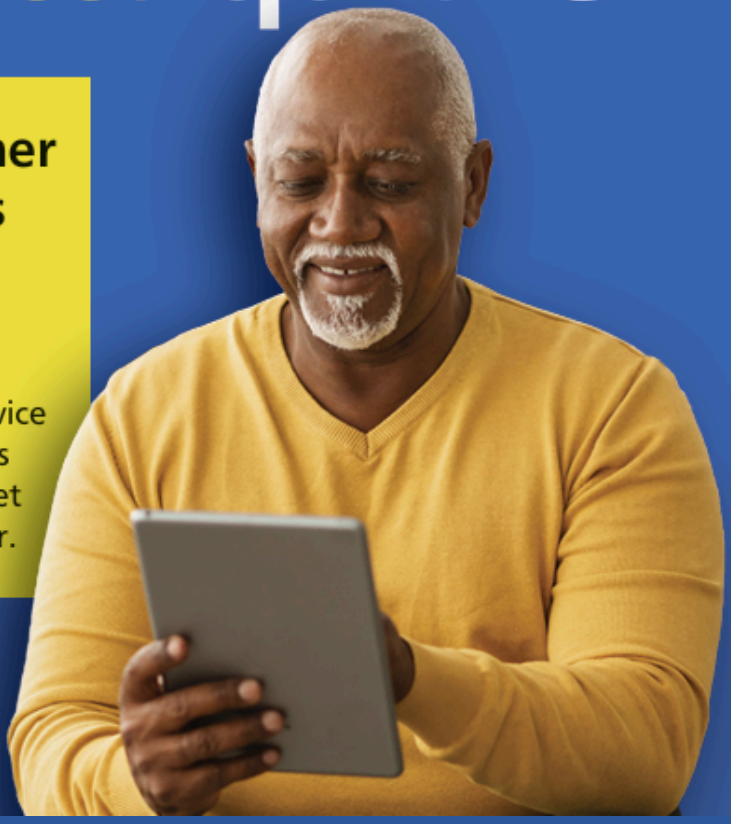
Get the care you need quicker

NHS Essex

NHS Essex partner communications toolkit

Campaign purpose:
Help people across Essex choose and access the service or support that best meets their needs, so they can get the care they need quicker.

#GetTheRightCare



Click **HERE** to explore this toolkit OR

TOP

Breakeven

Our Offer

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

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

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

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

For a self referral
Scan the QR Code

Breakeven

Where to reach us

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

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

Breakeven



About Breakeven

Click **HERE** to find out more

Treatment

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

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

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

Prevention

The Breakeven Prevention Programme

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

Armed Forces Programme

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

Criminal Justice Programme

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

South Asian Programme

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

Support Groups & After Care

Support for Women

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

Green Shoots Recovery

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

Peer Aid

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

The Breakeven Podcast

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

Scan the QR Code to watch on Youtube

for baby's sake
break the cycle

Charity registration: 1126459

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@forbabyssake.org.uk

Call us at
07702 537074

#BreakTheCycle

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

About For Baby's Sake

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

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

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

Criteria

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



Scan to complete our referral form

Charity registration: 1126459

#BreakTheCycle

TOP



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

Apply online for NHS Healthy Start.



www.healthystart.nhs.uk

SCAN ME

TOP

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

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

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

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

Click **HERE** to get started OR

Join the Bump to Baby programme

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

TOP



Help vulnerable children and young people reach their full potential

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

Click **HERE** to find out more

TOP

Essex County Council
Adult Social Care

Making the difference every day

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.

TOP

here to

HELP

Colchester City Council

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



TOP



LEGAL & CRIME

TOP



Click **HERE** to find out more

TOP

Modern slavery is happening in Essex

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

Find out more at

SOUTHEND AGAINST MODERN SLAVERY PARTNERSHIP
www.samspartnership.org.uk

CHELMSFORD AGAINST SLAVERY PARTNERSHIP
www.chelmsfordasp.org.uk

cams
Colchester Against Modern Slavery
www.colchester.gov.uk/modern-slavery

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

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

TOP

Survivor Connect

Information for Organisations: Support for Survivors of Modern Slavery in Southend, Chelmsford, Chelmsford and Colchester.

Survivor Connect

We offer a befriending and mentoring service delivered by trained volunteers to survivors of Modern Slavery and Human Trafficking living in Southend, Chelmsford and Colchester

Some of the benefits of our service are:

- **Regular social contact**
- **Help to build community connections**
- **Help to access local agencies**
- **Opportunities to increase skills**

The support we provide is not time limited and tailored to individual needs and interests.

Please note we are not a 24hr service and are unable to support clients in crisis.

What is Modern Slavery?

Modern slavery is when someone is controlled, forced or deceived into doing things they do not want to do, and they are not free to leave or stop what is happening. They may be paid very little or not at all. It can happen to anyone. It is never the survivor's fault.

Exploitation is where someone makes someone else do work for them which they don't want to do or feel they don't have a choice about. The work does not pay them properly or at all.

Modern slavery can take many forms, however the most common are:

Labour Exploitation is where a person is forced to work for nothing or low wages, under poor working conditions and/or under a threat of punishment.

Sexual Exploitation is when a person is forced to perform sexual acts.

Domestic Servitude is when a person is forced to work in someone else's home, perhaps cooking, cleaning and looking after children with little freedom or pay.

Criminal Exploitation is when a person is forced into crime such as begging, shoplifting, cannabis cultivation or transporting drugs.

SOUTHEND AGAINST MODERN SLAVERY PARTNERSHIP

CHELMSFORD AGAINST SLAVERY PARTNERSHIP

cams Colchester Against Modern Slavery

www.samspartnership.org.uk
www.chelmsfordasp.org.uk
www.colchester.gov.uk/modern-slavery

Befriending

A befriender can provide weekly support either in person or via telephone for 1 - 2 hours a week.

A befriender provides:

- Someone to talk to
- Help to get to know the local area
- Help to connect to other community groups
- Help to access local services/agencies
- Develop new hobbies
- Identify practical support needs

For example a befriender could meet a client for a coffee, accompany them to a new community group or activity and direct them to local amenities.

Mentoring

A mentor could meet with a client on a regular basis or occasionally to:

- Provide goal focussed support
- Help to build confidence
- Increase employability and life skills
- Help to access local agencies
- Improve language skills
- Support with personal administrative tasks

For example, a mentor could help clients to join the library, access healthcare services, research education courses and complete forms.

How to access the service

Survivor Connect is a free and confidential service.

We are unable to accept self referrals. For further information or if you are a professional who would like to refer a client, please contact

connect@togetherfree.org.uk

To make a referral to **Survivor Connect**...

To request a referral form contact **connect@togetherfree.org.uk**

Once the referral has been received, our Survivor Connect Coordinator will arrange to meet the client and explore the most appropriate support pathway for them.

Please note that our team works part-time hours and may not be able to respond immediately.

IF SOMEONE IS IN IMMEDIATE DANGER, PLEASE CALL THE POLICE ON 999.

SOUTHEND AGAINST MODERN SLAVERY PARTNERSHIP

CHELMSFORD AGAINST SLAVERY PARTNERSHIP

cams Colchester Against Modern Slavery

SAMS, CASP and CAMS are Antislavery Partnerships held within the charity, The Together Free Foundation, charity number 1185728.
www.togetherfree.org.uk

For advice on Modern Slavery and guidance as to what wider support is available for victims, please call **The Modern Slavery Helpline** on **0800 0121 700**.

TOP

Need trusted immigration advice?



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

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

Finding a registered adviser is easy

Visit gov.uk/iaa

Scan here to use our Adviser Finder

Immigration Advice Authority

Promoting best practice, protecting advice seekers

Click **HERE** to find out more

★★★

TOP

ESSEX POLICE
Protecting and serving Essex

Crime prevention advice

Personal safety while running or exercising

If you are going for a run or exercising outdoors, let someone know your route if you can. Choose well-used areas, stay aware of what is around you and consider carrying your phone. If you listen to music, keep the volume low enough to hear traffic and people nearby.

Keep valuables out of sight

Where possible, try not to leave laptops, tablets, jewellery or car keys where they can be seen from outside. In the evenings, close curtains or blinds to stop passers-by from spotting what's inside. Burglars often look for easy opportunities, and visible valuables can make a home more appealing. Keeping things out of sight reduces temptation and helps keep your belongings safe.

Click **HERE** for more advice

TOP

ESSEX POLICE
Protecting and serving Essex

Be fraud smart

Messages designed to scare or rush you are a warning sign

Messages designed to scare or rush you are a warning sign.
Threats of account closure or legal action are commonly used to pressure people into reacting quickly.

Report suspicious emails and texts when possible

Report suspicious emails and texts when possible.
Reporting helps protect others and reduces the chances of criminals targeting more people.

Avoid paying by bank transfer or gift cards

These payment methods offer little protection and are difficult to recover if the seller disappears.

Click **HERE** for more advice

TOP

ESSEX POLICE

Protecting and serving Essex



Child criminal exploitation

Child criminal exploitation is when someone uses a child (under 18 years old) to commit crimes for them.

It includes things like forcing a child to work on a cannabis farm, or targeting, grooming, coercing and exploiting a child to sell drugs in county lines operations.

Click **HERE** to find out more

TOP

STOP THE HATE



BEING TARGETED FOR ANY OF THE BELOW
COULD BE HATE CRIME

- DISABILITY
- TRANSGENDER IDENTITY
- RACE OR ETHNICITY
- RELIGION (belief or none-belief)
- SEXUAL ORIENTATION
- SEX OR GENDER (misogyny or misandry)

HOW TO REPORT A HATE CRIME

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

In an emergency call **999.** Otherwise call **101.**
If you've pre-registered with the emergencySMS service then text **999.**
Deaf or hard of hearing, use our textphone service **18000.**
British Sign Language (BSL) users please use the **999BSL** app.

SCAN TO REPORT

ESSEX POLICE
Protecting and serving Essex

999 BSL

TRUE VISION

Digital 101
essex-police.uk

TOP



Spotted Fly-Tipping?

REPORT IT!



HELP US, HELP YOU!

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

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

PAY WRONG ONCE, PAY TWICE!

Paying for rubbish removal? **Ensure it's legal.**
Ask these three questions first:

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

No licence, no deal.



Colchester City Council

★★★

Report fly tipping through this link:
colchester.gov.uk/recycling-and-rubbish/fly-tipping

Or email our fly tipping team on:
fly.tipping@colchester.gov.uk

TOP



Baha'i



Shinto



Paganism



Sikhism



Islam



Christianity



Zoroastrianism



Judaism



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.

CHARITY NO. 1062692.

www.stophateuk.org

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OCTOBER 2014



ARMED FORCES UPDATES

TOP

FIGHTING WITH PRIDE



LGBTQ+ Armed Forces Charity, Fighting With Pride launches Battle for Lost Veterans to right wrongs of 'gay ban' in the military

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

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

The financial recognition scheme closes on 12th December 2026.

★★ Click **HERE** to find out more

TOP



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

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Women Veterans Project

THE ARMED FORCES COVENANT FUND TRUST

SALUTE HER UK

Do you need help with addiction?

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

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

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

We are waiting to support you.

Tom Harrison House
"Honour, Hope, Healing"

0151 909 8481
info@tomharrisonhouse.org.uk
4 Argyle Road, Anfield, Liverpool, L4 2RS

Tom Harrison House is a Registered Charity. Charity number 1154510. Company number 08675134

★★★

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Veterans' News and Communications Hub

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

Click **HERE** to read more

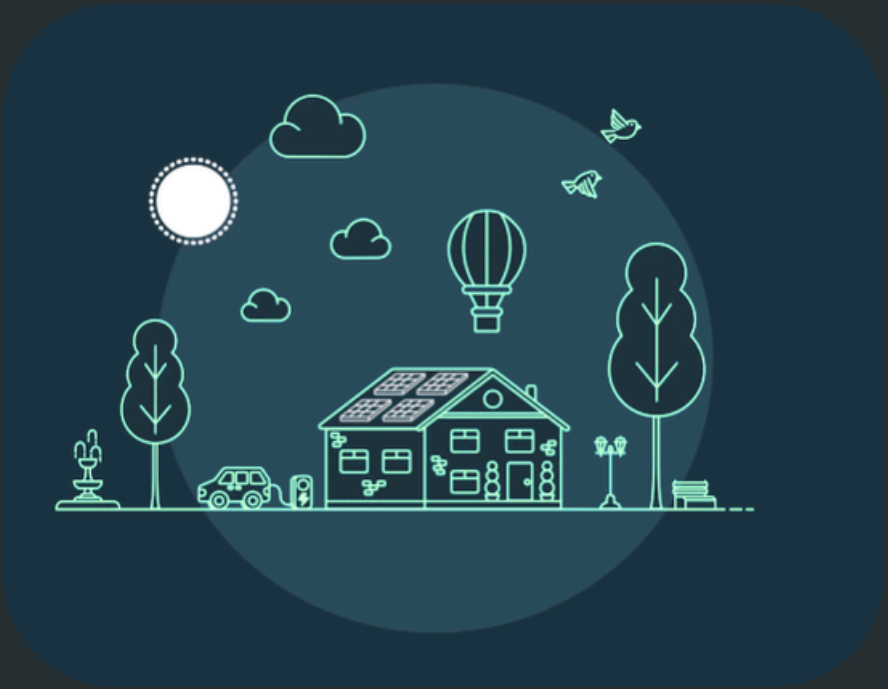
★★★

TOP



COST OF LIVING SUPPORT

TOP



Save money with solar panels in Colchester

Looking to save money on your energy bills?

MakeMyHouseGreen is working with Colchester City Council to help local people find out more about their options for solar panels, battery storage and home EV charge points

Our free online tool shows your options, likely costs and possible savings

Colchester residents, owners of community buildings and businesses
can get a £600 discount on installation costs

Book A Free Consultation **Here**

TOP

Colchester Foodbank – Opening Times 2026

Helping local people in crisis with compassion and care

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

Central (St Peter's Church Hall – New Venue)
🗓️ Tuesday, Wednesday & Friday, 11am – 1pm
🏠 St Peter's Church Hall, North Hill, Colchester CO1 1DZ

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

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

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

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

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

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

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

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

💚 **Need help urgently? Call 01206 621998 or visit colchester.foodbank.org.u**

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

Registered charity number 1204958 | Registered in England and Wales

TOP

Colchester Community Debt Support

HELPING YOU MASTER YOUR MONEY

Personal debt worries?

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

When & Where

In partnership with Colchester Foodbank

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

Every Monday 10am to 12pm

Colchester Foodbank @ Stanway
Tollgate Retail Park, CO3 8RG

Every Tuesday 10am to 2pm

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

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

No appointment needed, just turn up

How we can help

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

https://colchestercds.org.uk/

Click HERE to find out more

Funded by:

grassroots

Essex County Council

The Tudwick Foundation

FSJ Charities

Arnold Clark COMMUNITY FUND

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

TOP

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

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 or call us on: 01206 505 855

Open Monday - Friday

Colchester City Council

colchester.gov.uk

TOP

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

★★★

TOP



COMMUNITY FUNDING

TOP

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.



★★★

TOP

How you can support us

We need your help to continue our vital work and bring the magic of Camp Jojo to more families. On average it costs £1855 for one family to attend camp.

Become a volunteer

Camp Jojo is only possible because of the many amazing volunteers who give up their time to fundraise or help run camp.



To find out more about ways you can volunteer at Camp Jojo and make life long memories visit www.campjojo.org/volunteer

Support our Fundraising

As a charity, Camp Jojo relies on the generosity of its fundraisers to allow us to continue supporting as many families as possible.

You can help by holding a fundraising event, taking on a sponsored challenge, supporting us through your business or making a regular gift to us.



With thanks to all our supporters

campjojo.org

07494 193207

fundraising@campjojo.org.uk

What our families say!

"The experience you gave us is something that I'll treasure in my heart forever. To see the kids all playing outside, free and without the constraints of having a sibling with complex disabilities was mind blowing! What you've created at Camp Jojo is literally life changing to families like ours! Thankyou!"

Parent, 2026





"Camp Jojo, the family you never knew you had. from arrival the camp felt familiar the people comforting the food warming, the love, care, smiles, activities and warmth all natural like you had come home from being away... Camp Jojo thank you for being the family we didn't know we had"

Parent, 2026

"We made memories to last a lifetime and can't thank you enough for everything you did for us. Our volunteer was so much fun and we laughed so much which was much needed after a challenging period."

Parent, 2026





Camping experiences for families of children with complex needs and disabilities

Visit www.campjojo.org to find out more.

Click HERE

CAMP JOJO IS A REGISTERED CHARITY 1189163

Our story

In 2017, three parents of children with complex needs and the owners of a farm offering day visits for disability groups dreamed up Camp Jojo: an inclusive camping experience for families of children with complex needs.

They understood from experience how difficult it could be for families to enjoy outdoor activities together. Specialist equipment, accessibility barriers and the demands of caring for a child with complex needs can make even a short break feel out of reach. With little time for siblings and costs adding further pressure, many families miss out on experiences that other families and friends take for granted.

Camp Jojo was created to make these experiences possible: a welcoming place where families can try new activities, spend time together and meet others who understand their lives, with the support, equipment and expertise they need.

Our first pilot camp in 2018 brought together our five founders, a team of committed volunteers and six families. We borrowed and hired specialist disability and camping equipment to help make it happen. The parents, children and volunteers who joined that first camp helped shape how Camp Jojo works, and many remain involved today. Their experiences continue to guide our approach, keeping families at the heart of everything we do.

That first camp gave us the confidence to grow. In 2026, we ran ten camps across two sites: **Ivy Farm in Essex** and our new site at **Nags Head Farm in Cumbria**. Together, we supported more than 50 families to enjoy the Camp Jojo experience. From a shared idea to a growing community, our purpose remains the same: helping families enjoy the outdoors, make memories and feel supported.

COMMUNITY FUND

We are thankful to receive funding from a number of charitable and grant making organisations.

Why?

- A family with disabled children faces average extra costs of £1,095 a month (Scope Survey 2025)
- Activity Alliance research found that only 26% of young disabled people say they can take part in sport and activity at school all the time, compared to 38% of non-disabled young people. (Activity Alliance, November 2025)
- 37% of people living in families that include disabled children and no disabled adults are in poverty. (Social Metrics Commission, Measuring Poverty 2024)

The challenges of raising a child with complex needs can be very isolating. Often a break away from home, or something as simple as a visit to the beach is just not feasible financially or logistically, meaning the whole family miss out on simple experiences such as going into the sea, sharing laughs around a campfire and making friends with other families.

Camp Jojo creates inclusive camping and outdoor experiences for children with complex or life-limiting conditions. Through specialist equipment, accessible environments, and experienced support staff, Camp Jojo removes barriers that often prevent disabled children from taking part in outdoor adventures. Every child deserves the opportunity to build confidence, friendships, independence, and prescious memories through accessible and inclusive experiences.

Applications for families open in January of each year. Please visit the website for more inforamtion and how to apply.

What we offer

Specialist equipment we provide:

- Adapted tents with hoists
- Accessible bathroom with hoist
- All terrain buggies and wheelchairs
- Medical profiling beds
- Indoor and outdoor sensory spaces
- Specialist seating – such as P-pod chairs
- Boccia and other accessible sporting equipment



We also provide:

- Open days and welcome packs
- Volunteer support for each family
- All meals provided for the duration of camp
- Accessible activities including sports, crafts, and outdoor adventures!
- Music and massage therapists
- Photographers to capture those precious memories and shared in a printed photo book for each family
- Ongoing support networks

TOP



OUR TEAM

TOP

Meet The Team

Tom Tayler

Community & Partnerships Team Manager
07956 343985
Tom.Tayler@colchester.gov.uk

Chrissy Henegan

Community & Partnerships Officer
Central – Shrub End, Prettygate, Newtown & Christchurch, Berechurch and Castle
Thematic lead for Children & Young Persons, Armed Forces, Older Person and Carers
07966 235791
Chrissy.Henegan@colchester.gov.uk

Jake Mullinder

Community & Partnerships Officer
South – Marks Tey & Layer, Mersea & Pyefleet, Tiptree, Wivenhoe, Old Heath & The Hythe and Greenstead
Thematic Lead for Physical Activity & Public Health
07890 910455
Jake.Mullinder@colchester.gov.uk

Mark Healy

Community & Partnerships Officer
North – Rural North, Lexden & Braiswick, Mile End, Highwoods, St Annes & St Johns and Stanway
Thematic lead for Community Asset Fund, Compassionate Communities, EDI, and Locality Budgets
07817 889992
Mark.Healy@colchester.gov.uk

Yovone Cook

Community & Partnerships Officer
Thematic lead for Resettlement, Faith Groups and Ethnically Diverse Groups
07976 794789
Yovone.Cook@colchester.gov.uk

Shaz Peacock

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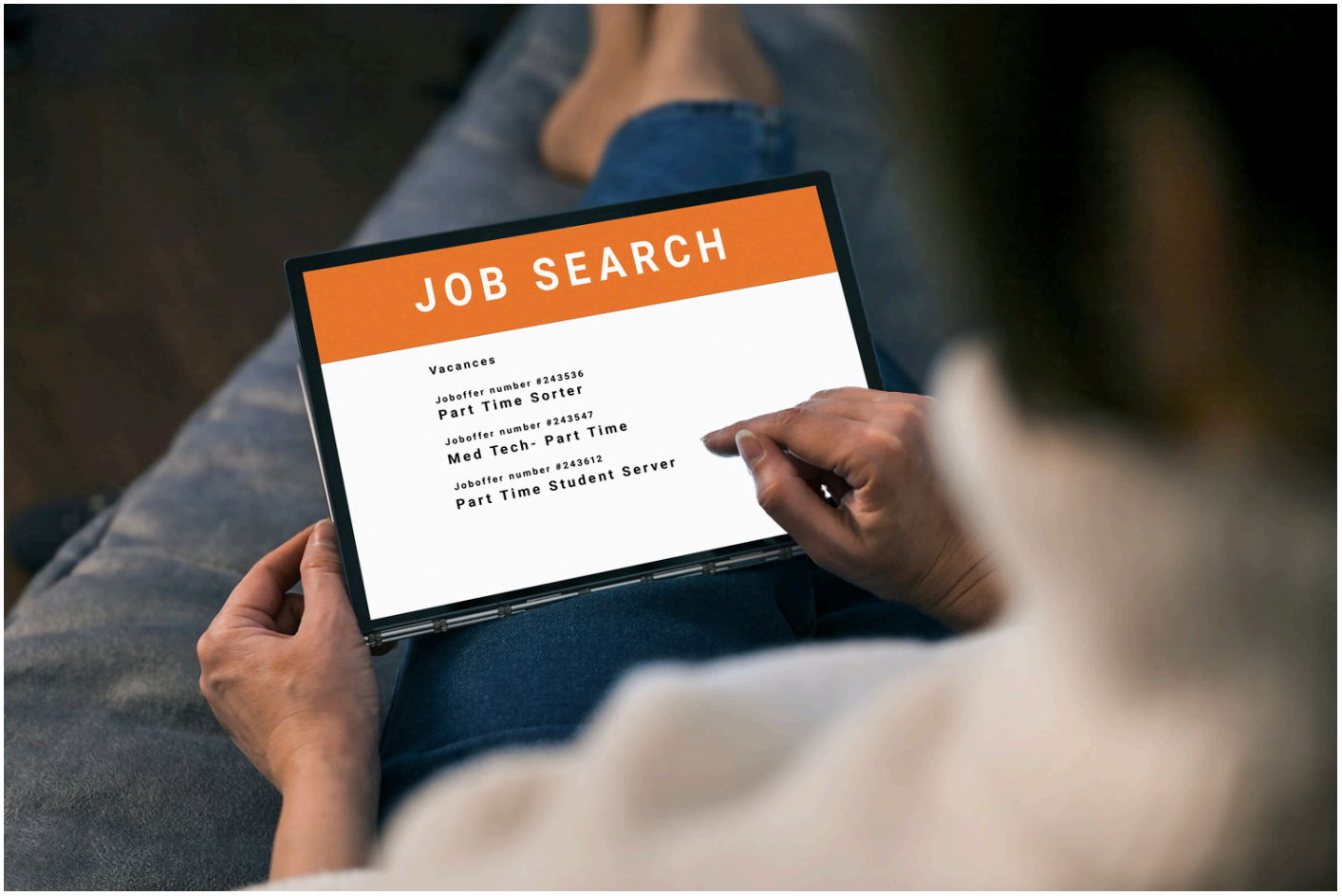

EMPLOYMENT & TRAINING

TOP

Suicide Awareness Training

mind Mid and North East Essex

If someone were to talk about suicide, would you know what to say?



Training Dates 2026/27

03 December	Colchester
05 January	Tiptree
23 February	Colchester
02 March	Mersea

Whether at work or in your personal life, this fully funded workshop will help you recognise warning signs, feel more confident talking about suicide and understand how to connect someone with the right support.

Choose a date that suits you and book your free place.

Click HERE

mnessexmind.org/suicideawareness

training@mnessexmind.org | 01206 764600

Colchester City Council

Thank you to Colchester City Council for funding these workshops for local residents.

Mid and North East Essex Mind | Charity no. 1064309

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ENDING LIFE'S TABOO

Charity Registration 1184537



2-Day Training for Counsellors (Trainee and Qualified Counsellors & Psychotherapists)

~~£300~~ **20% discount**

£240

Lunch included

Scan to book

HELLO...

SPECIALIST TRAINING

15th & 16th May 2027 | 09:30 - 16:00

University of Suffolk, Waterfront Building

Working Therapeutically with Young Adults (18-45) Living with Cancer & Life Shortening Illnesses

Suitable for trainee and qualified counsellors and therapists - no prior hospice/oncology or palliative care experience required.

Training equates to 10 hours CPD

This specialist training builds your confidence to work safely, ethically and compassionately with young adults whose lives have been disrupted by diagnosis, uncertainty and loss.

WHAT YOU'LL GAIN:

- **Confidence working with cancer, palliative illness and grief**
- **Insight into the impact of diagnosis in young adulthood**
- **Approaches to anticipatory grief, uncertainty and difficult conversations**
- **Understanding of family/relational dynamics and ethical practice**

Course content enquiries: Tracey Swinburne | 07899912855 | traceyswinburne@hotmail.com

Booking enquiries: Tracy Davies | 07710628913 | endinglifestaboo@outlook.com

endinglifestaboo@outlook.com

www.endinglifestaboo.com

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SAFER ESSEX Community Safety Training 2026

Bystander Intervention – Supporting Women & Girls

These interactive online workshops last 1.5 hours and cover:

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

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

You can find dates and register via our Bystander Intervention Registration Form. HERE

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

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

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

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

Understanding Incel Ideologies and the Manosphere

These online sessions last 1 hour and cover:

- **The Manosphere** – What is meant by the 'manosphere' and some of the different groups and influencers within it.
- **Incels** – What is meant by the term Incel, the narratives and ideology surrounding it, how the sub culture operates, links to other extremist groups, the language, terms and symbols used and what they mean.

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

You can find dates and register via our Incels & Manosphere Registration Form. HERE

Understanding 764 & The Com Network

These online sessions last 1 hour and cover:

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

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

You can find dates and register via our Understanding 764 and The Com Network. HERE

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

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SAFER ESSEX Community Safety Training 2026

From Awareness to Action: Tackling Hate Crime Together

These interactive online workshops last 2 hours and cover:

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

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

You can find dates and register via our Hate Crime Registration Form. **HERE**

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

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

These interactive online workshops last 2 hours and cover:

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

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

You can find dates and register via our Fraud Awareness Registration Form. **HERE**

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

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

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

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

Understanding Mis, Dis & Mal Information

More information on these sessions will be available soon.

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

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Bystander Intervention Training: Supporting Women & Girls

One in eight women in England and Wales in the year ending March 2025 experienced domestic abuse, sexual assault, or stalking. A survey for the Angiolini Inquiry found that 48% of women had experienced an incident in the last three years where they felt unsafe in a public space due to the actions or behaviour of (an)other person(s), rising to 87% for women aged 18–24. 76% of women aged 18–24 had specifically felt unsafe in a public space due to the actions or behaviour of a man or men.

Tackling Violence Against Women & Girls needs all of us to play a part, whether by challenging harmful behaviours when we see them, reflecting on our own actions, or setting a positive example.

Through this training, you will learn how to recognise what sexual assault and unwanted sexual behaviour, as well as understanding how you can help someone who has been a victim. This training also aims to support you in becoming an active bystander, equipping you with the skills to intervene safely and effectively if you witness an incident, either in your professional or personal life.

Who can take the training?

This training is open to professionals working within the public and voluntary sectors in Essex.

These sessions are very interactive and may not be right for you if that approach is outside of your comfort zone or not your best learning style. We ask that you only sign up if you are going to feel able participate fully in the session.

We understand that in these sessions we may talk about something that you have personally experienced. We do not set out to cause distress or upset in our sessions but the things we will talk about may feel personal and some discussions may feel upsetting. You will not be called upon to share any personal experiences in relation to this topic and there is no expectation for anyone to disclose personal details.

What will the training cover?

Background

- What is sexual violence? What is unwanted sexual behaviour?
- What is victim blaming?
- What stops people getting involved?
- What are the 5 Fs defensive fear responses?

Becoming An Active Bystander

- What is the 4D bystander intervention model and how can you use it to intervene safely?
- What would you do in various scenarios to intervene using the 4Ds?

How can I find dates and register for the training?

You can register onto one of the sessions via our Registration Form **HERE**

All sessions are held via MS Teams and calendar invite with the joining link will be sent to you upon registration. You can also use this form to tell us about any accessibility needs ahead of the session.

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

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Want to work with us?

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

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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



To **UNSUBSCRIBE** to this newsletter please email communities@colchester.gov.uk

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