

# Colchester Community Updates



Colchester  
City Council

February 2026

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

**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.

- [Kids & Young Adults](#)
- [Adults & Older People](#)
- [Health and Support Services](#)
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- [Community Funding](#)
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# KIDS & YOUNG ADULTS



# STAY & PLAY

EVERY TUESDAY, 10AM – 2PM

ELIM CHURCH COLCHESTER  
CLEMATIS WAY, GREENSTEAD  
CO4 3PY

- Play Session
- Food & Refreshments
- Song Time
- Story Time



[outreach@elimcolchester.co.uk](mailto:outreach@elimcolchester.co.uk)



# ELIM YOUTH CLUB

**Fun, Friends & Friday Nights  
for School Years 5-8**

**Location:** Elim Church Colchester  
Clematis Way, Greenstead,  
Colchester, CO4 3PY

**Time:** 6:00 PM - 8:00 PM

**When:** Last Friday of Every Month

## **What to Expect:**

- Games & Activities
- Movies
- Snacks & Refreshments
- Make New Friends
- A Safe & Welcoming Space

☎ 07729 836953

✉ outreach@elimcolchester.co.uk

🌐 elimcolchester.co.uk





Check us out



# New Year

# New Youth Club

**Greenstead Youth Club 2026**

St John Payne Hall, Blackthorn Avenue

● **Thursdays term-time 6pm-8pm**

**Only 50p Entry**

Sign Up



[contact@eastangliayouthclubs.co.uk](mailto:contact@eastangliayouthclubs.co.uk)

**HALF TERM  
HOLIDAY CLUB**  
DELIVERED BY ESSEX BOYS  
AND GIRLS CLUBS

**FREE  
HOLIDAY  
SESSIONS**



**COLCHESTER**  
**St. Anne's Community Centre, Colchester, CO4 3DH**  
**18th, 19th, 20th February**

**10AM - 2PM**

Sports, arts, games, activities & more!

**AGES: 5 - 13**

Tasty, healthy lunch included

If your child/children receive benefit-based free school meals, or your family could use the extra help this half-term, you can book by scanning the QR code or by visiting this link:  
<https://forms.office.com/e/U51HDLdmKM>



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



# Essex ACTIVate

**Free holiday clubs, fun activities and food  
across Essex and Thurrock!**

- ✓ Specialist SEND, mental wellbeing and youth clubs
- ✓ Sports and games, arts and crafts, cooking and so much more!
- ✓ Nutritious snacks and tasty meals
- ✓ Run by qualified, local club providers
- ✓ Family support, resources and guidance
- ✓ Discretionary paid and paid for spaces



## What is Essex ActivAte?

Essex ActivAte is the name for the exciting activity clubs run by Active Essex! During school holidays, local club providers across the county deliver free holiday clubs and fun activities to get eligible primary and secondary children active, as well as support young people to make friendships and learn new skills, helping to enhance their wellbeing.

Please only book your child/ren a space at an Essex ActivAte club if they will attend. If they are booked on and do not attend, other children may miss out on this beneficial opportunity across the holidays.

[www.activeessex.org](http://www.activeessex.org)



@EssexActivAte



↑  
TOP





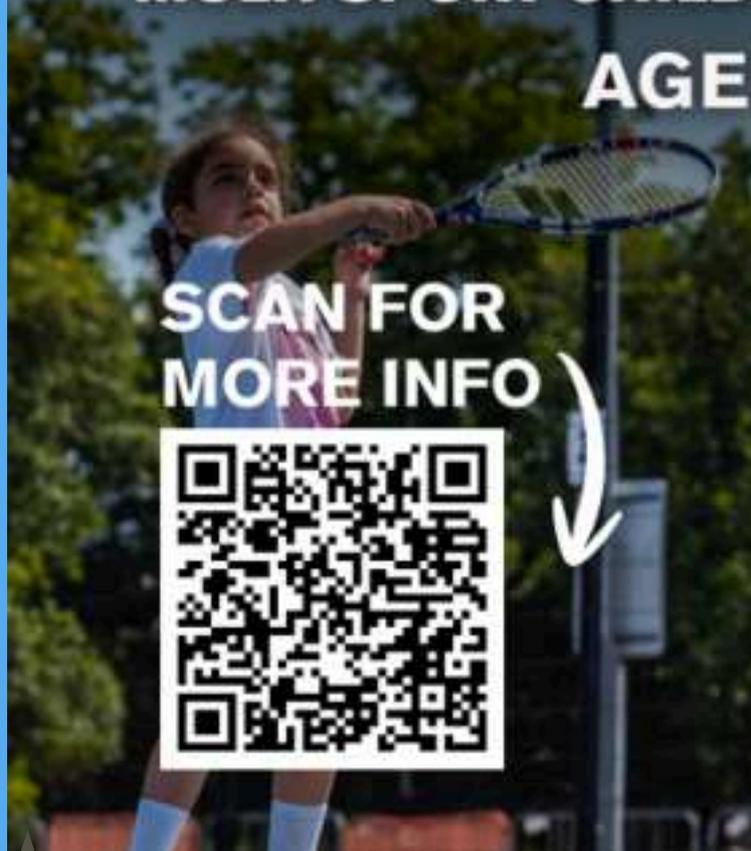
ESSEX  
SPORT  
FUN OF

MONDAY 30 MARCH - FRIDAY 10 APRIL

# EASTER CHUMS

MULTI-SPORT CHILDREN'S HOLIDAY CAMP

AGES 5-16



SCAN FOR  
MORE INFO



# JUNIOR COURSES

NOW LIVE

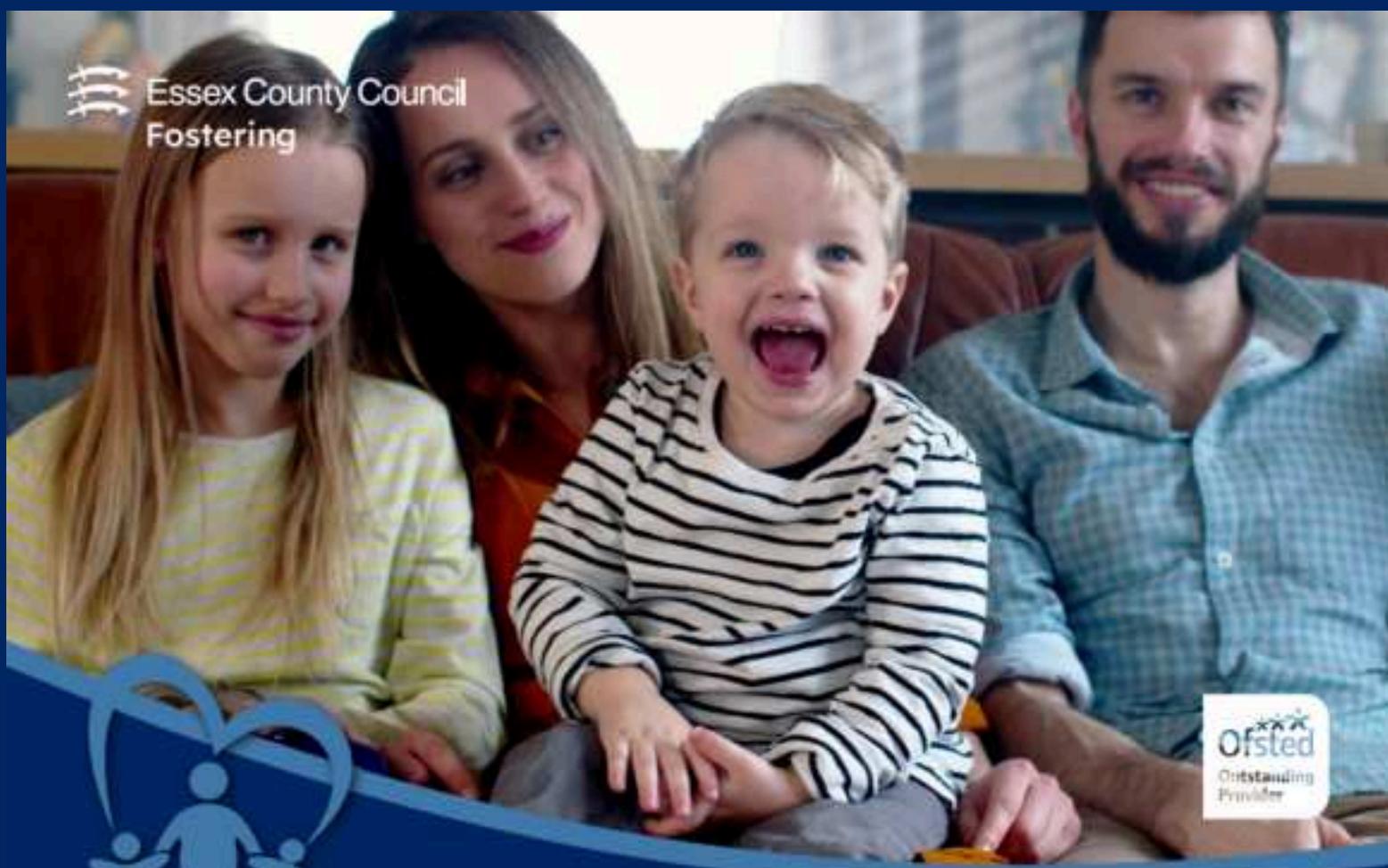


SCAN FOR  
MORE INFO

BASKETBALL - VOLLEYBALL - CLIMBING - TENNIS



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



## Safer sleep for babies

Safer sleep reduces the risk of sudden infant death syndrome (SIDS, previously known as cot death) occurring. Sadly, we don't know how to completely prevent SIDS but we do know that following the safe sleep advice significantly reduces the risk to your baby.

Following the safe sleep advice day and night until your child is 12 months old is very simple and will keep your baby safer as well as bringing you some reassurance.

Click **HERE** to read the advice in full



# MISINFORMATION, COMMUNITY AND ONLINE SAFETY

## WORKSHOP FOR PARENTS!

- Do you want more information about how the online space impacts what your children and young people are seeing online?
- Are you unsure of what you can and cannot trust when you are browsing the internet?
- Are you worried about you and your children's safety in the community?

This workshop is an opportunity to discuss these issues with trained, knowledgeable youth workers, who care about keeping your children safe on and offline.

## WHAT CAN YOU EXPECT FROM THIS WORKSHOP?

- ✓ You will better understand what we mean by **'mis' and 'disinformation' and the platforms** where they are most likely to encounter them
- ✓ You will be able to recognise symbols of **hate** that regularly feature in fake news campaigns
- ✓ You will know more about what is **legal** and **illegal** both on and offline in relation to hate in our communities
- ✓ You will have some **ready made questions** to ask your children to learn about what they are seeing online
- ✓ You will have a chance to **share your concerns** with skilled and trained facilitators

## WHY CHOOSE US?

We've worked with **313,306** young people, communities and practitioners to challenge hate, violence and prejudice

Our team consists of professionals, researchers and youth workers with over 50 years of experience

We provide post-course support, free resources and ongoing support

### About the sessions

- Content tailored to Essex parents
- 90 mins workshops to fit around busy schedules
- Post-session resources available to all attendees

Dates AND REGISTRATION LINK BELOW: (CLICK THE DATE & choose one)

- [14.01.26](#) | 12:00 -13:30
- [14.01.26](#) | 18:00 -19:30
- [19.01.26](#) |12:00 -13:30
- [19.01.26](#) | 18:00 -19:30
- [03.02.26](#) | 12:00 -13:30
- [03.02.26](#) | 18:00 -19:30
- [12.02.26](#) | 12:00 -13:30
- [12.02.26](#) | 18:00 -19:30
- [24.02.26](#) | 12:00 -13:30

Contact below for more information.



*I didn't appreciate before this workshop how broad a topic this is. I understand so much more now about the kinds of exploitation that happen online, related to misinformation. I understand the language more; the difference between disinformation and misinformation and how to talk about these issues with students.*

**Jenni, LONDON**  
Participant

Explore our bespoke and tailored programmes for schools, communities, and workplaces.  
Contact us: [info@connectfutures.org](mailto:info@connectfutures.org)



# ADULTS & OLDER PEOPLE

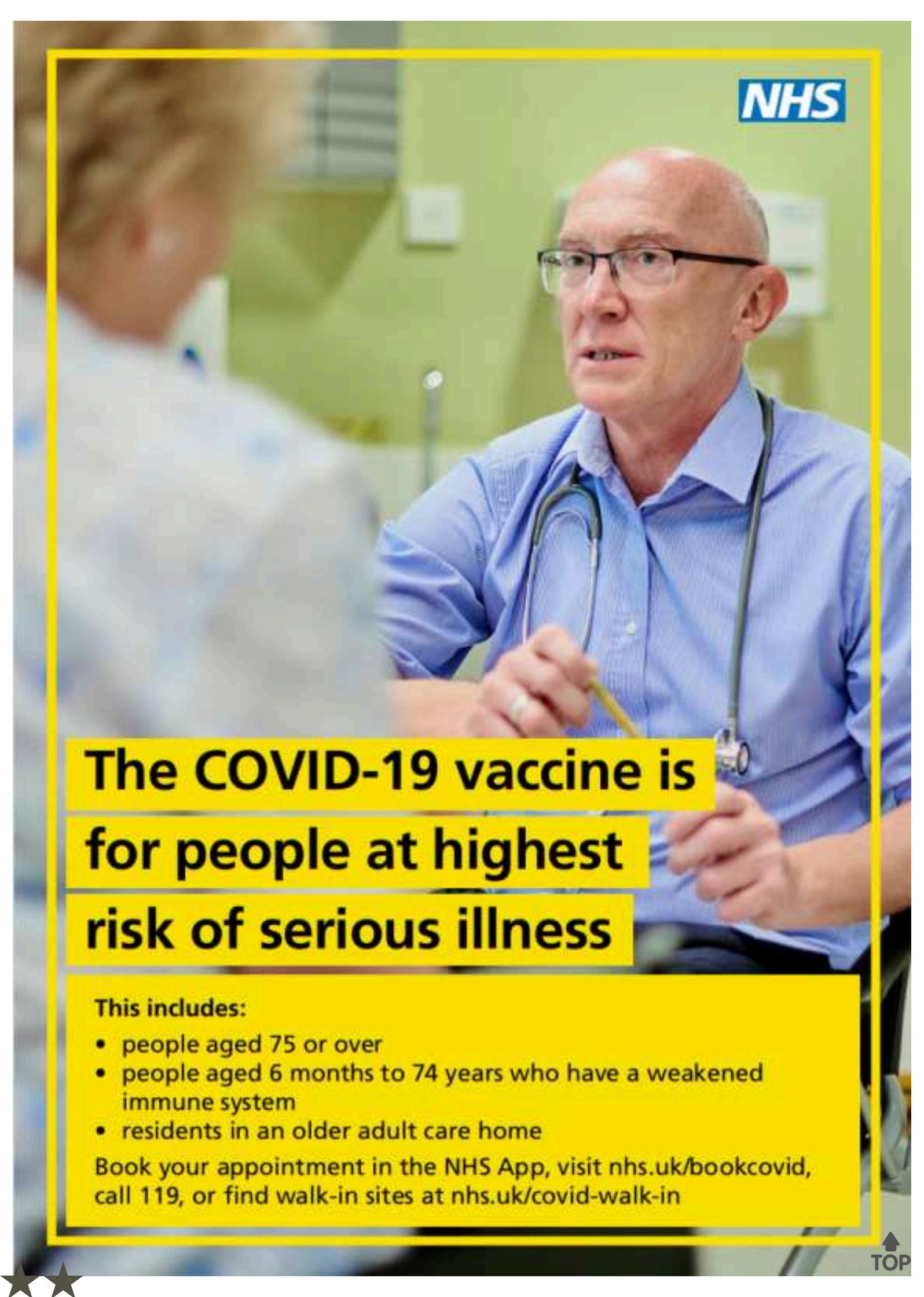


# Winter vaccinations and winter health

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

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





## The COVID-19 vaccine is for people at highest risk of serious illness

### This includes:

- people aged 75 or over
- people aged 6 months to 74 years who have a weakened immune system
- residents in an older adult care home

Book your appointment in the NHS App, visit [nhs.uk/bookcovid](https://nhs.uk/bookcovid), call 119, or find walk-in sites at [nhs.uk/covid-walk-in](https://nhs.uk/covid-walk-in)

**VACCINES  
CAN HELP  
PROTECT  
YOU AND  
YOUR BABY**

Pregnant women are eligible for the flu, RSV & whooping cough vaccines. Speak to your midwife, GP practice or pharmacist about vaccinations. Visit [nhs.uk/pregnancyvaccinations](https://nhs.uk/pregnancyvaccinations)

**STAY STRONG.  
GET VACCINATED.**

# COMMUNITY OF HEARTS

FESTIVAL

snacks

make a peace

dove art!

+stone

painting

**LIVE BANDS**

5 TO Midnight !

+

The Oyster Girls

Pride in your  
community

info and  
speeches

Greenstead Community Centre

28<sup>th</sup> February 2026

11.30 am to 4pm

Afro Beats dance  
session



For the past 10 years, the **Women's Conference** has brought together visionaries, community leaders, change-makers, and organisations committed to empowering women and strengthening communities. This special anniversary event will reflect on the journey so far while looking ahead with renewed purpose.

The day will feature:

Inspiring speakers

Engaging and thought-provoking sessions

Opportunities for networking and collaboration

Transformative discussions focused on empowerment, wellbeing, leadership, and community change

 Book your **FREE** place **HERE** (Eventbrite)



**Women Together Colchester**

# **COFFEE MORNING**

**Join us for a drop in session to  
connect with others and create  
new friendships**

**\* Wednesday**

**• 11am - 1pm •**

**Dice & Slice, Queen Street  
Colchester •**

St. Andrew, St. Anne, and St. Matthew

# The Well at St. Anne's



Come and find a quiet place  
where it's OK not to be OK.

Share hobbies and activities  
Talk and be heard  
Reflect and refresh

Free and for everyone  
Every Friday  
10:00am-12:00 midday

St. Anne's Church  
Compton Road  
Colchester, CO4 0BQ

**Starting on Friday  
9th January 2026**



In partnership with Renew Wellbeing.



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# Wild About Essex: Faith-Based Communities Survey

Colchester's Natural History Museum is being transformed through a major redevelopment project called Wild About Essex. This exciting project will reimagine the museum's spaces, exhibitions, and programmes with a strong focus on climate, biodiversity, and community connection. We want to make the museum more welcoming, inclusive, and relevant for everyone. This survey is part of an early-stage consultation being led by Tricolor Collective. Your views will help shape the museum's future – from the stories we tell, to how people access and experience nature, science, and heritage.

click **[HERE](#)** to complete the survey

# SPOTTING TRAPS, SCAMS AND MISINFORMATION ONLINE

WORKSHOP OPEN TO MEMBERS OF THE PUBLIC  
SPECIFICALLY OLDER ADULTS

There's so much to discover online—but not everything you find is trustworthy. This welcoming workshop is designed to help older adults feel safer, more confident, and better equipped when navigating the digital world.

Join us to learn:

- How to spot common tricks used in misleading posts, viral rumours and emotionally charged content
- How images, algorithms and headlines can push us towards strong reactions without us realising it
- How scams, fraud, and misinformation often overlap, and the easy ways to keep you and your loved ones safe online
- How online rumours fuel real-world tensions, and what you can do to calm conversations and protect your community
- Easy tools and questions you can use to check whether something is trustworthy before sharing it

You do not need technical skills, just curiosity. The session is welcoming, interactive, and jargon-free.

## WHAT CAN YOU EXPECT FROM THIS WORKSHOP?

- ✓ Friendly, non-judgmental facilitators who **care about your safety**
- ✓ **Practical tips** and tools to help you stay safe online
- ✓ Gain a clearer understanding of UK laws governing online behaviour
- ✓ You will have some **ready made questions** to ask your friends and family when you are unsure about online information

## WHY CHOOSE US?

We've worked with **313,306** young people, communities and practitioners to challenge hate, violence and prejudice

Our team consists of professionals, researchers and youth workers with over 50 years of experience

We provide post-course support, free resources and ongoing support

### About the sessions

- It's free.
- Content tailored to Essex older adults
- 90 mins workshops to fit around busy schedules
- Post-session resources available to all attendees

Dates and Eventbrite registration links include: (choose one date and time )

- **12.01.26** Online [11:00-12:30](#) | [13:00-14:30](#)
- **29.01.26** Online [11:00-12:30](#) | [13:00-14:30](#)
- **26.02.26** Online [11:00-12:30](#) | [13:00-14:30](#)

Contact below for more information



*It was a very powerful session. There is so much more to unpick, and in particular for the adult to think about. We cannot use our lack of knowledge or confidence to avoid discussing fear and hate-speech.*

*We need to find a common language to speak in informed ways about what is happening in the world.*

**Jenni, Slough,**  
Adult participant

Explore our bespoke and tailored programmes for schools, communities, and workplaces.  
Contact us: [info@connectfutures.org](mailto:info@connectfutures.org)

**FREE**

 **Awarding Body**  
NCFE / CACHE / TQUK

 **Course Duration**  
6 / 12 Weeks

# Mental Health First Aid Level 2

## Course Overview

Welcome to the Mental Health First Aid Level 2 course, designed to equip you with the knowledge and skills to support individuals with mental ill health. In this course, we will explore the topic of mental health in-depth, delving into the various mental health conditions that individuals may face, and understanding how to support and provide appropriate assistance to those who are experiencing mental ill health.

Throughout the course, we will cover the essential aspects of creating a mentally healthy environment, identifying risk factors, and offering support and signposting to appropriate resources. You will learn how to approach conversations about mental health, recognize signs of distress, and respond appropriately to individuals experiencing mental health difficulties.

By the end of the course, you will have a comprehensive understanding of mental health and how to support individuals experiencing mental ill health, ensuring you are equipped with the knowledge and confidence to help those around you. Let's begin the journey towards creating a more mentally healthy community together.

## What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

## How do learners benefit?

Taking the Mental Health First Aid Level 2 course will benefit learners by equipping them with the skills and knowledge to support individuals experiencing mental ill health.

By understanding the signs and symptoms of different mental health conditions, learners will be able to recognize when someone is in distress and provide appropriate support and signposting to resources. The course will also cover how to create a mentally healthy environment and identify risk factors that can impact an individual's mental health. Overall, learners will develop a deeper understanding of mental health and feel more confident in their ability to support others, creating a more supportive and inclusive community.

 01226 958 888

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

 [Info@wefindanylearner.co.uk](mailto:Info@wefindanylearner.co.uk)

**WE FIND ANY  
LEARNER.co.uk**



**TOP**

**FREE**

 **Awarding Body**

NCFE / CACHE / TQUK

 **Course Duration**

6 / 12 Weeks

# Counselling Skills Level 2

## Course Overview

Welcome to the Counselling Skills Level 2 course! This course will provide you with an introduction to the core counselling skills that can be used in a counselling relationship and in other helping activities. You will learn how to effectively communicate with clients, build rapport, and create a safe and supportive environment.

In addition to learning the practical skills, you will also explore how counselling theory underpins the use of counselling skills. Understanding the theoretical principles behind counselling can help you to better apply the skills in practice and develop a deeper understanding of the client's needs.

This course will also cover the ethical framework that informs the use of counselling skills. You will learn about the importance of maintaining boundaries, confidentiality, and informed consent when working with clients.

Finally, the course will help you develop the skills and qualities necessary to be an effective counsellor. You will learn how to reflect on your practice, receive feedback, and develop your self-awareness. Whether you are new to counselling or looking to enhance your existing skills, this course will provide you with a solid foundation in counselling skills.

## What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

## How do learners benefit?

Taking the Counselling Skills Level 2 course can benefit learners by providing a solid foundation for those interested in pursuing a career in counselling or other helping professions.

It can also help individuals to develop stronger personal relationships, improve their existing skills and knowledge, potentially leading to better job performance and career opportunities, and develop a deeper understanding of ethical principles and their application in counselling.

By taking this course, learners can develop the necessary skills, knowledge, and principles that are essential for success in counselling and related fields.

 01226 958 888

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

 [Info@wefindanylearner.co.uk](mailto:Info@wefindanylearner.co.uk)

**WE FIND ANY  
LEARNER.co.uk**



**TOP**

**FREE**

 **Awarding Body**  
NCFE / CACHE / TQUK

 **Course Duration**  
6 / 12 Weeks

# Understanding Autism Level 2

## Course Overview

This Understanding Autism Course covers the following topics:

**Sensory Processing:** How individuals with autism process sensory information, affecting their behaviour and communication.

**Characteristics:** The social interaction and communication difficulties and repetitive behaviours or interests that may be present in individuals with autism.

**Co-occurring Conditions:** The common conditions that occur alongside autism, such as anxiety, ADHD, and sensory processing disorder.

**Misconceptions:** The common misconceptions surrounding autism that can impact individuals with autism and their families.

**Speech, Language, and Communication:** The communication difficulties that individuals with autism may experience, and how to support effective communication.

**Legal Frameworks:** The legal frameworks that underpin support for individuals with autism, such as the Equality Act 2010 and guidance from organizations like NICE.

Completing this course will provide you with a comprehensive understanding of autism and equip you with the knowledge to provide effective support.

## What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

## How do learners benefit?

This Level 2 Autism Course is an excellent way to enhance your professional development and prepare for careers in Education and Childcare. This course is particularly useful for job roles such as Teaching Assistant, Training Officer, and Nursery Worker. By gaining a comprehensive understanding of autism and how to support individuals with autism, you can contribute to making the workplace a more inclusive environment.

Completing this course can help your CV stand out and increase your chances of securing employment in many different job roles. The salary information for these job roles, ranging from £11,500 to £35,000 per year, is taken from the National Careers Service.

 01226 958 888

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

 [Info@wefindanylearner.co.uk](mailto:Info@wefindanylearner.co.uk)

**WE FIND ANY  
LEARNER.co.uk**



TOP



# 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



**Essex Safeguarding**  
Adults Board

Help us understand what stops people from seeking help or raising concerns about harm, abuse, or neglect. This survey is open to all, but we're especially keen to hear from underrepresented groups and communities as well as individuals who may face additional barriers to accessing support - whether for themselves or someone they know.

Your experience matters. Whether you've sought help before or not, your voice can help us make support more inclusive and accessible for everyone. It's quick (around 5 minutes) and anonymous. Share your views. Help us make a difference.

Share your views **HERE**:





# 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.



## 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)



# 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**



Eligibility criteria apply



**Need  
urgent  
mental  
health  
support?**



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

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





# DIGITAL ACCESS

supporting you to get online



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

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

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

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

### We can help with:

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

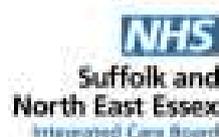
### Get in touch today:

 Colchester 01206 282452  
Clacton 01255 686497  
Mobile 07970 551153

 DigitalAccessSupport@colchester.gov.uk

DigitalAccessSupport@tendringdc.gov.uk

 [colchester.gov.uk/dast](https://colchester.gov.uk/dast)



# helpline 24/7

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

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

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

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



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

Follow us



# 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



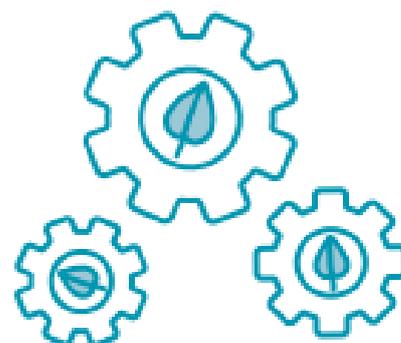
## Business Waste Bag Collections

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.**





# HEALTH & SUPPORT SERVICES



**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 SETDAB





**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@gamblingharm.com](mailto:ben@gamblingharm.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.



For people living with or affected by dementia

# Essex Community Dementia Support Services

Our community support services are here for anyone living with or affected by dementia. We're here for you, providing support and guidance throughout every stage of your journey.



This leaflet was created in collaboration with people living with dementia.

Call us **0333 150 3456**

Email us **[enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk)**



**Alzheimer's  
Society**

It will take a society to beat dementia

## Get support

We can provide direct support for you, your loved ones and your carer. We can signpost you to activities and support groups local to you. If you are struggling with memory loss and awaiting formal diagnosis, or if you've had a diagnosis and have unanswered questions, our fully trained and compassionate team can talk you through any worries and concerns.

### Call our Dementia Support Line:

- Gain advice on healthcare, benefits and legal matters.
- Receive calls from our 'Companion Call' service.
- Access our on-line forum to share experiences and develop connections.
- Get a wide range of leaflets developed with people with a lived experience of dementia.

This service is available in England, Wales and Northern Ireland.

### Meet a local Dementia Adviser in person:

- In the comfort of your own home.
- In a place of your choosing.
- In some memory clinics and healthcare settings across Essex.

Our local Dementia Advisers are a unique team, with a wealth of experience and extensive knowledge about all forms of dementia. They will listen to what is important to you, and provide personalised support and guidance. They'll also inform you about what's available locally, and put you in touch with other organisations that can help.

This service is available for all residents of Essex, except for Southend, which is covered by Southend City Council.

### If you are admitted to hospital:

- Our Dementia Advisers can work closely with you, your family, and healthcare specialists, to ensure that your discharge is smooth.
- We can help you to avoid future unplanned admissions, but if this does occur, you'll be better prepared.

This service is available for residents of Essex, except for those living in Southend or Thurrock.

## Dementia at a younger age

Being diagnosed with dementia earlier in life can bring different challenges. If you are living with dementia and under the age of 65, we can help to guide you through these difficult times.

- Get support directly from one of our Dementia Advisers.
- We can put you in touch with other people sharing similar experiences.
- You can participate in local or national projects, helping us to shape future services and improve our community's understanding of dementia.

This service is available for all residents of Essex, except for those living in Southend.

## Support for carers

- One to one support, in person or on the telephone.
- Courses, in person or on-line, to provide information and advice.
- Peer support – join a group to make new friends, gain knowledge and share experiences.

This service is available for all residents of Essex, except for those living in Southend.



Call 0333 150 3456



## Engage with your community

We offer a variety of activity groups and information sessions across Essex, to help you stay connected and active. These are available for people with dementia, their loved ones and carers. Our current groups include;

- Singing for the Brain groups
- Walk and talk groups
- Low impact exercise
- Memory Cafes
- Online groups

We are always looking for people to help out with groups and events. Please contact us if you are interested in volunteering with us.

This service is available for all residents of Essex, except for those living in Thurrock or Southend.

“

**There is no judgement when you attend a group. Whether you are living with dementia or supporting someone with dementia, it's a great way to meet people and feel part of a community. You can be yourself. You know you're not on your own.**

One of our attendees

”

## Your voice matters

By sharing the barriers and frustrations you have faced, you can help us to inspire organisations and communities to better understand, adapt and include people living with dementia.

No one understands the experience of living with dementia better than those who are living with it or caring for someone with it. We want to hear about and understand your experiences, and we promise to listen to what you have to say. Your opinion counts.

Many people tell us that they feel there is a stigma around dementia. With your help we can break this cycle and improve people's awareness and knowledge of the condition.

**By raising awareness, we aim to foster a better understanding of what it's like to live with dementia, promoting a more accessible and inclusive community. Together, we can make a positive impact.**

Call 0333 150 3456



Call us on **0333 150 3456**

Monday to Wednesday **9am – 8pm**

Thursday and Friday **9am – 5pm**

Saturday and Sunday **10am – 4pm**



Go online

**alzheimers.org.uk/find-support-near-you**



Email us at **enquiries@alzheimers.org.uk**

Alzheimer's Society is the UK's leading dementia charity, and the only one to tackle all aspects of dementia by giving help and hope to people living with dementia today and in the future.

We give vital support to those living with dementia, fund groundbreaking research, and campaign to make dementia the priority it should be. We're working towards a world where dementia no longer devastates lives.

These services are delivered in partnership with:



Hertfordshire and  
West Essex  
Integrated Care Board



Mid and South Essex  
Integrated Care Board



Essex County Council



Mid and South Essex  
Integrated Care  
System



thurrock.gov.uk



**Alzheimer's  
Society**

It will take a society to beat dementia

Alzheimer's Society  
43-44 Crutched Friars  
London EC3N 2AE

**0330 333 0804**  
**enquiries@alzheimers.org.uk**  
**alzheimers.org.uk**

Registered charity no. 296646



# 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

**10<sup>th</sup> March 2026**

**9.30am-1.00pm**

### Location

**Greenstead Community Centre  
Hawthorne Avenue  
Colchester  
CO4 3QE**



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

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

\*Based on post-training feedback from sessions delivered between April 2025 and March 2026. Not to be reproduced without written permission from Mid and North East Essex Mind, a registered charity. Mid and North East Essex Mind Registered Charity No. 1145205





# 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

**24<sup>th</sup> March 2026**

**9.30am-1.00pm**

### Location

**C3 Church  
Ypres Road  
Colchester  
CO2 7FD**



Colchester  
City Council

Thank you to Colchester City Council for funding the £75 per person session charge, making these workshops FREE for you 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 2023 and March 2025. Not to be reproduced without written permission from Mid and North East Essex Mind Registered Charity No. 1130750



# ***FIT & FAB WOMEN***

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



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

***organised By:***



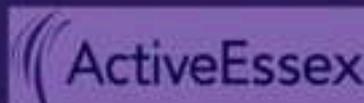
***Activities:*** ***Dance, Aerobics, Endurance Training***  
***Light-Weight Lifting, Zumba, etc.***

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

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

***01206326564***

***boazproject@divineassemblyministries.com***



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

**↑  
TOP**

# MOVE THROUGH THIS

A weekly, trauma-informed movement class for women who've been through tough relationships, stress, or trauma.



## Weekly from:

Tuesday 6th January 2026, 12:30-13:30 PM

## Location:

Greenstead Community Centre

## Suggested donation: £5 per class

Open to all – your donation keeps us moving!

## Be More Dandelion

No mirrors. No pressure. Just movement, music and moments to breathe again.

- Reconnect with your body
- Find confidence and energy
- Learn tools to calm your mind
- Find community and support

Classes are **gentle, beginner-friendly**, and built for real life. This is not your average dance class.

If you've wanted to find a way back to yourself after something you went through, perhaps **movement holds the key?**

SCAN TO REGISTER  
YOUR INTEREST



# WHY MOVEMENT MATTERS

When you've lived in survival mode, it's easy to feel disconnected from your body, from people, from joy. Movement helps you come back home to yourself.

## THE BEST PART? YOU DON'T NEED TO BE A DANCER

Just bring comfortable clothes, water, and yourself.

## WHAT TO EXPECT

- A calm, welcoming space, no judgment, no comparison
- A new theme each month
- Simple, feel-good routines in different styles
- Practical tools you can use when life feels heavy
- Led by trauma-informed coaches with backgrounds in yoga and a mix of dance styles there's something for everyone!

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

[hello@thedandelionproject.co.uk](mailto:hello@thedandelionproject.co.uk)

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



# DON'T FORGET ABOUT ME

A programme for carers and relatives supporting a loved one with acquired brain injury



4  
Headway Essex

## Are you supporting someone with an acquired brain injury?

Caring for someone with an acquired brain injury can be challenging. Often a loved one takes on the role of an unpaid carer with little time to prepare or understand how this may impact their lives.

We have designed this programme based on feedback from carers and relatives with lived experience of acquired brain injury to ensure the content is appropriate, useful, and supportive.

## The content of this programme includes:

- Exploring the physical, emotional, and cognitive changes involved in supporting a loved one, how these changes can make you feel, and strategies for managing these changes.
- Understanding changes in roles, relationships, and responsibilities for both you and your loved one with a brain injury.
- An opportunity to look at the functions of the brain and the effects of acquired brain injury.
- Advice and presentations from relevant experts in the field of brain injury care and social care.
- Invaluable peer support through sharing experiences and coping strategies with other unpaid carers.

*"I struggled for months – alone – trying to support my loved one. Headway was the first to ask how I was."*

For more information, please contact:  
[abisupport@headwayessex.org.uk](mailto:abisupport@headwayessex.org.uk). Telephone 01206 845945  
[www.headwayessex.org.uk](http://www.headwayessex.org.uk)

Registered charity number 1008807



↑  
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.





*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 12th<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

GOV·UK



Home Office



Department  
for Culture,  
Media & Sport



Department  
for Work &  
Pensions



HM Treasury

# Open consultation

A Fairer Pathway to Settlement: click **HERE** to read the full statement and accompanying consultation on earned settlement

Deadline for consultation is  
12<sup>th</sup> February 2026

# CHILDREN AND EXPLOITATION ONLINE CONFERENCE



**MARCH, 10  
9 AM - 12 PM**

Scan to register



**CHELMSFORD  
AGAINST SLAVERY  
PARTNERSHIP**

**cam's**  
Colchester Against Modern Slavery



**SOUTHEND  
AGAINST  
MODERN  
SLAVERY  
PARTNERSHIP**



**ESSEX  
POLICE**

**BARNARDO'S**

**National  
Counter  
Trafficking  
Centre**



**The  
Children's  
Society**

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

## HELP US, HELP YOU!

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

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

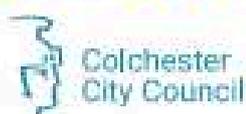
## PAY WRONG ONCE, PAY TWICE!

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

Ask these three questions first:

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

**No licence, no deal.**



Report fly tipping through this link:  
[colchester.gov.uk/recycling-and-rubbish/fly-tipping](https://colchester.gov.uk/recycling-and-rubbish/fly-tipping)  
Or email our fly tipping team on:  
[fly.tipping@colchester.gov.uk](mailto:fly.tipping@colchester.gov.uk)



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



EMPLOYER  
RECOGNITION  
SCHEME

GOLD AWARD

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



↑  
TOP

# Veterans' Group

## Monthly Drop-In

Open to all Veterans of HM Armed Forces

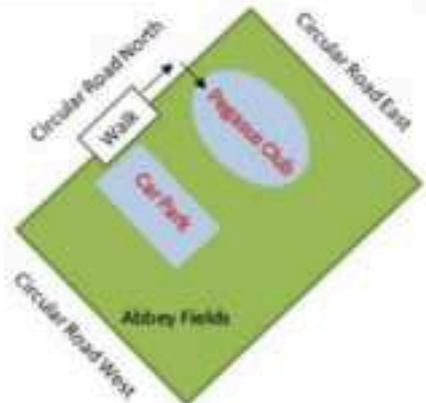
*Refreshments generously provided by SSAFA. No booking required.*

### Venue:

The Pegasus Club  
Circular Road North  
Colchester, Essex  
CO2 7SU

(Garrison Athletics/Hockey Club House)

### Directions



Car Park: Sign posted as "MOD Property"

Disabled Parking: Available in front of club house

Bus Stops: Napier Road and Salisbury Avenue Stop

When: Third Wednesday of the month

Time: 10am – 1230pm

Contact: 01206 228 774 or [mevs.mhm@nhs.net](mailto:mevs.mhm@nhs.net)

With support from:





# 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 0HP

### Tollgate – Main Foodbank Hub

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

### Wivenhoe

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

📞 Need help urgently? Call 01206 621998 or visit [colchester.foodbank.org.uk](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

# 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**



# 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





## 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  
Starting 17th November 2025***

***Colchester Foodbank @ Stanway  
Tollgate Retail Park, CO3 8RG***

***Every Tuesday 10am to 2pm  
Starting 25<sup>th</sup> November 2025***

***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**





# COMMUNITY FUNDING

# Community Funding

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

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





# OUR TEAM

# Meet The Team

## **Tom Tayler**

Community & Partnerships Team Manager

07956 343985

Tom.Tayler@colchester.gov.uk

## **Rachaelle Litwin**

Digital Access Support Team Leader – Colchester & Tendring

01206 282452

Digital.AccessSupport@Colchester.gov.uk

## **Roz Clough**

Financial Equality & Wellbeing Team Leader

01206 506440 or 07960 779163

Roz.Clough@colchester.gov.uk

## **Chrissy Henegan**

Community & Partnerships Officer

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

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

07966 235791

Chrissy.Henegan@colchester.gov.uk

## **Mark Healy**

Community & Partnerships Officer

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

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

07817 889992

Mark.Healy@colchester.gov.uk

## **Jake Mullinder**

Community & Partnerships Officer

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

Thematic Lead for Physical Activity & Public Health

07890 910455

Jake.Mullinder@colchester.gov.uk

## **Yovone Cook**

Community & Partnerships Officer

Thematic lead for Resettlement, Faith Groups and Ethnically  
Diverse Groups

07976 794789

Yovone.Cook@colchester.gov.uk

## **Shaz Peacock**

Community Integration Support Officer

Resettlement & Employment Support

01206 506951

07977 823928

sharon.peacock@colchester.gov.uk



# EMPLOYMENT

# Want to work with us?

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

# 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.

# We're hiring an intern!

click [HERE](#) for more info!

Jack & Pamela  
Foundation

INTERNSHIP  
PROGRAMME

THE  
OUT  
HORSE



**CONNECT TO WORK**

Funded by UK Government



## Work that works for you

Living with a health condition or disability? Connect to Work offers free, flexible and understanding support to help you prepare for work, find the right job, and succeed on your terms.

Visit

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



# PARTNER WITH US ON THE RESTART SCHEME

Supporting unemployed individuals into sustainable employment

## Colchester Volunteering Pathway

### About the Restart Scheme

Helping unemployed individuals find sustainable employment

- ✓ Skills training
- ✓ Job application & interview preparation
- ✓ Financial assistance
- ✓ Online tools
- ✓ Health and wellbeing support
- ✓ Recruitment team sourcing local job opportunities

### We want to hear from you!

Volunteering organisations, charities and support services to partner

Get in touch to explore how we can work together to make a difference

### Contact us

[graham.campion@reed.com](mailto:graham.campion@reed.com)

[chloe.cheung@reed.com](mailto:chloe.cheung@reed.com)

[pedro.lopes@reed.com](mailto:pedro.lopes@reed.com)



### What's the Pathway?

- ✓ One-to-one advisor support
- ✓ RTW document checks & CV preparation
- ✓ Bespoke skills workshop
  - ✓ First Days at Work
  - ✓ Transferable Skills
  - ✓ Proactivity
  - ✓ Self-Awareness
  - ✓ Workplace Ethics
  - ✓ Customer
  - ✓ Retail

**Reed in Partnership**  
•••



# Job Club

at 1:30 to 3pm

2nd Thursday of each month

at RAMA House

31 Eld Lane, Colchester, CO1 1LS

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

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

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



# Colchester City Council's community & Partnership team

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

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



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