

# Colchester Community Updates



Colchester  
City Council

April 2026

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

**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](#)
- [Legal](#)
- [Armed Forces Updates](#)
- [Cost of Living Support](#)
- [Community Funding](#)
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# KIDS & YOUNG ADULTS

Colchester

Essex **ACTIVE** at



ESSEX

# EASTER HOLIDAY ACTIVITIES

FREE SESSIONS



10am - 2pm

### Dates:

- 30<sup>th</sup> March    8<sup>th</sup> April
- 1<sup>st</sup> April      9<sup>th</sup> April
- 2<sup>nd</sup> April     10<sup>th</sup> April
- 7<sup>th</sup> April

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

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

**Bookings Open:**  
3rd March, 12pm

**All sessions include Games, Sports, Arts & Crafts, Easter 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** e-voucher (this will come through your school).

Follow the link, search for "Essex Boys and Girls Clubs - [Area]."

If you don't receive a WONDE code from your school, please call us at **01245 264783** to help you book on.



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 Boys and Girls Clubs Harway House, Chelmsford, CM1 1RQ  
Tel: 01245 264783 Charity No: 1163658 Web: [essexboysandgirlsclubs.org](http://essexboysandgirlsclubs.org)



# Firstsite Holiday Fun

April Holiday 2026

Sat 28 Mar, Tue 31 - Sat 4 Apr  
Tue 7 Apr - Sat 11 Apr

Activities take place at:  
**Firstsite**  
Lewis Gardens, High St  
Colchester, Essex  
CO1 1JH



**FREE**



**Make**  
Free creative  
art activities

10:00 am -  
2:30 pm



**Move**

Free fun sport and  
social activities

10:45 am - 11:45 am  
& 12:00 pm - 1:00 pm



**Canteen**

Free freshly made  
hot meals for  
all the family  
11:45 am &  
1:00 pm

Our Holiday Fun activities are for families facing economic challenges or who require additional support during the school holidays, including those that qualify for benefit-based free school meals.

- Advanced booking is essential for Move activities and Canteen
- Activities most suitable for 4-11 years, but all ages welcome
- Caregivers are required to stay on site throughout the activities
- Menus and lists of activities available at [www.firstsite.uk](http://www.firstsite.uk)

in partnership with:



Level  
**BEST**  
ENTERPRISES



# How to book

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

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

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

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

**Thank you!**



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

Scan the QR code to book



# How to find us

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

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



# FOOTBALL ACADEMY

APRIL 26<sup>TH</sup>  
12pm

FOR BOYS & GIRLS 8-16YRS

**BOOK NOW**  
**LIMITED SPACE**

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





**COMMUNITY  
FOUNDATION**



Premier League  
**Kicks**



# PREMIER LEAGUE KICKS



SCAN ME

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

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

Registered Charity Number: 1159381

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



SCAN ME

# VENUES & TIMES

DAY	TIME	VENUE	GENDER	AGE
Monday	17:30-18:30	The Gilbert School	Mixed	11-17
Tuesday	17:00-18:00	Colchester Academy Greenstead	Mixed	11-14
Tuesday	17:00-18:00	Colchester Academy Greenstead	Mixed	14-17
Wednesday	17:00-18:00	Clacton Leisure Centre	Mixed	8-11
Wednesday	17:00-18:00	Clacton Leisure Centre	Mixed	11-14
Wednesday	17:00-18:00	Clacton Leisure Centre	Girls	14-17
Wednesday	17:00-18:00	Clacton Leisure Centre	Mixed	11-17
Thursday	18:00-19:00	Harwich and Dovercourt High School	Mixed	8-11
Thursday	18:00-19:00	Harwich and Dovercourt High School	Mixed	11-14
Thursday	18:00-19:00	Harwich and Dovercourt High School	Mixed	14-17
Friday	17:00-18:00	Shrub End Community & Sports Centre	Mixed	11-14
Friday	17:00-18:00	Shrub End Community & Sports Centre	Mixed	14-16
Friday	17:00-18:00	Shrub End Community & Sports Centre	Mixed	16-17
Friday	20:00-21:00	Witham Sports Ground	Mixed	11-17

To sign up, either visit the link below or scan the QR code above:  
[www.abler.io/shop/colchesterunited/healthandinclusion](http://www.abler.io/shop/colchesterunited/healthandinclusion)

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

Registered Charity Number: 1159381

www.cu-fc.com/cucf  
 cucf@colchesterunited.net  
 01206 755160  
 @ColU\_CF /ColUCF  
 #enrichourcommunities



# A GUIDE TO SCREEN TIME



UNDER 5s

How to help little brains develop healthy screen habits

BEST START IN LIFE

## How much screen time should my child have?

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

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

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



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

### Slow paced content:

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



## What content is better content?



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

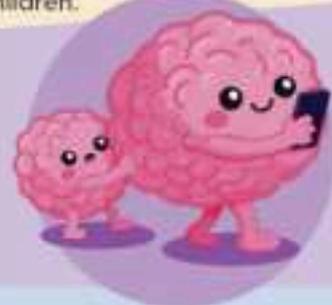
**Social media:** This isn't made for young brains, so it should be avoided.

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

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

## How does my screen use affect my child?

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



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

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

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



### Safe screen swaps:

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

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

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

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

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

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



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

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

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



# THE WIV HUB

**RE-OPENING!**

Thursday 9th April • 1-4pm

**LASER TAG!**



**PIZZA MAKING!**



**BOARD GAMES!**



*Come and join us for some holiday fun!*

Open to all secondary school age children.

To secure a place email: [thewivhub@gmail.com](mailto:thewivhub@gmail.com)

# KICK

TRANSFORMING LIVES

## » KICK ACADEMY

at St Mathews Church

### KICK Dodgeball and Boxercise

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

#### DETAILS

**When:** Every Friday

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

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

**Age:** 11-15 year olds

#### Refreshments

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

#### ACTIVITIES

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

Please note that places will be confirmed via email.

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

**KICK**  
Dola AI

# ROLLERWORLD

FOUNDATION

## EGGSTRAVAGANZA

SATURDAY 4<sup>TH</sup> APRIL

CHARTER HALL - COLCHESTER

### SESSION TIMES

Relaxed - 11am till 12pm

Family - 12pm till 5pm

Over 14's - 7pm till 11:30pm

### HOURS OF FAMILY FILLED FUN

TONS OF GAMES

PRIZES TO BE WON

LIVE DJ'S + LIGHTSHOW

SEPARATE BEGINNERS RINK

BAR (for over 18's)



Tickets Available at  
[www.rollerworld.co.uk](http://www.rollerworld.co.uk)

## EGG-SPRESS YOURSELF

# 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](https://www.facebook.com/essexadoptandfoster)





# Parent Support Group

## By PANDAS Foundation

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

### WHAT THIS GROUP IS

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

### WHAT THIS GROUP IS NOT

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

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

### YOUR LOCAL GROUP

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

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

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

Children welcome. Scan here  
for more details



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

First-time parent - Pandas Support Group

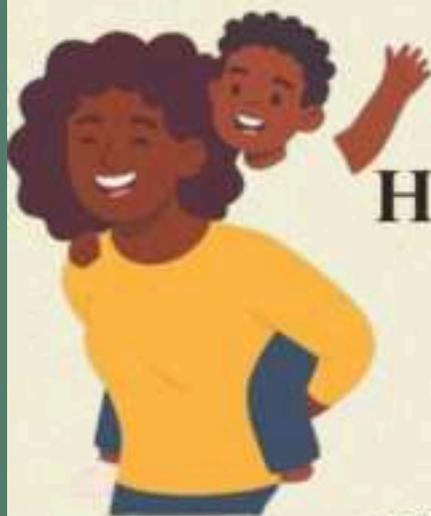
*"I felt like I had a proper one-to-one chat for me, which I didn't realise I so desperately needed. Nothing prepares you for becoming a parent, and I walked out feeling that much lighter than I have in weeks"*

Parent of two - Pandas Support Group



# PARENT AND TODDLER GROUP

EVERY  
TUESDAY 09:30  
AM - 11:00 AM



HYTHE COMMUNITY  
CENTRE  
CO1 2FG

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

**AFiUK**



# ABBHEY FIELDS Community Cycle

WEDNESDAY'S 2<sup>ND</sup>, 15<sup>TH</sup> &  
22 APRIL @ 1.15PM

From Circular North Road Carpark /  
Playground at 1:15pm.

Join us for a relaxed cycle around Abbey  
Fields, a chance to enjoy nature and  
have a chat and get a bit fitter!

LET US KNOW  
IF YOU NEED  
TO BORROW A  
BIKE OR  
HELMET!



For further information and to book please call  
07842 422047 or 07842 425184

# Where kids can eat free or for £1 this Easter



## **ANGUS STEAKHOUSE**

Kids eat free Mon-Thu 12-5pm with a full-paying adult

## **ASDA CAFÉ**

Kids eat for £1 all day, seven days a week, no adult spend required

## **ASK ITALIAN**

Up to two kids eat free with one adult main during Easter via app code

## **BEEFEATER**

Kids eat free at breakfast with a full-paying adult; free kids' meals in holidays with adult main

## **BELLA ITALIA**

Kids eat for £1 Sun-Wed 4-6pm and free all day Thu with an adult main

## **BILL'S**

Up to two kids eat free all day during school-holiday dates with one adult main

## **BREWDOG**

Kids eat free when an adult orders a main; valid school-holiday dates only, booking required

## **CAFÉ ROUGE**

Kids eat free daily 12-4pm with any adult main

## **CHIQUITO**

Kids eat free with an adult main

## **COCONUT TREE**

One child eats free with each adult main during Easter-holiday dates

## **COOKHOUSE & PUB**

Kids eat free at breakfast with a full-paying adult; extra kids' meal offers via newsletter

## **DOBBIES GARDEN CENTRES**

Kids' meal is £1 with any adult main or breakfast, includes drink

## **DUNELM PAUSA CAFÉ**

Kids eat free Mon-Fri after 3pm with every £4 adult spend

## **FARMHOUSE INNS**

Two kids eat free per adult Mon-Fri

## **FRANKIE & BENNY'S**

Kids eat free with an adult main

## **GORDON RAMSAY RESTAURANTS**

Kids eat free with an adult à-la-carte main, selected restaurants only

## **IKEA RESTAURANT**

Kids' pasta meal is 95p daily (except Fridays); other kids' meals £1.50 with drink and fruit

## **LAS IGUANAS**

Kids eat free any day with a full-price adult main via the app

## **MARCO PIERRE WHITE RESTAURANTS**

Kids eat free with an adult main during school holidays, excluding certain days

## **MORRISONS CAFÉ**

Kids eat free all day with an adult meal over £5; free Kellogg's breakfast in school holidays

## **PIZZA HUT RESTAURANT**

Kids eat free with code; free buffet before 3pm with £9.99 adult spend, free meal deal after 3pm

## **PRETO**

Kids eat free with an adult meal on weekdays from 4pm and all weekend with voucher

## **PREZZO**

Kids eat for £1 with app voucher during promotional periods, usually school holidays

## **PUREZZA**

Kids under 10 eat free with a full-paying adult

## **SAINSBURY'S CAFÉ**

Kids' meal is £1 with an adult hot main daily

## **SIZZLING PUB & GRILL**

Kids' main is £1 Mon-Fri 3-7pm with an adult main; from midday in school holidays

## **SUBWAY**

Kids eat free with any full-price Footlong

## **TABLE TABLE**

Kids eat free at breakfast with a full-paying adult

## **TGI FRIDAYS**

Kids eat free all day with an adult main for Stripes Rewards members

## **TESCO CAFÉ**

Kids eat free Mon-Fri with any adult purchase, Clubcard required

## **THE REAL GREEK**

Kids eat free every Sunday with £10 adult spend

## **TURTLE BAY**

Kids eat free with an adult spend of £15 or more

## **VILLAGE HOTELS PUB & GRILL**

Kids eat free Mon-Fri 12-5pm during Easter-holiday dates with an adult main

## **WHITBREAD INNS**

Kids eat free at breakfast with a full-paying adult

## **YO! SUSHI**

Kids under 12 eat free Mon-Fri during holidays with a £10 adult spend

Source: [thepennypincher.co.uk](http://thepennypincher.co.uk)



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

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

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



# ADULTS & OLDER PEOPLE

# THE COLCHESTER DOG SHOW 2026!

SATURDAY 18TH APRIL • 10AM - 4PM

OLD HEATH RECREATION GROUND  
COLCHESTER CO1 2ER



- 🐾 Dog Show & Fun Rings
- 🐾 Food Stalls & Craft Fair
- 🐾 Bouncy Castles & Face Painter
- 🐾 All breeds welcome!

**FREE ENTRY!**

SPONSORED BY  
MERSEA MUTTS

REGISTER  
ON THE  
DAY!



**AgeWell East**

*Empowering people to age well*

# 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



# REMEMBERTO

Register to vote

2- Check my  
photo ID

3- Vote at a  
polling station!

No ID? Apply for free voter ID now

Find out more at

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

or call 0800 328 0280



BSL users can contact us using [SignLive](#) or Contact Scotland BSL.  
Your photo ID needs to be the original version and not a photocopy.

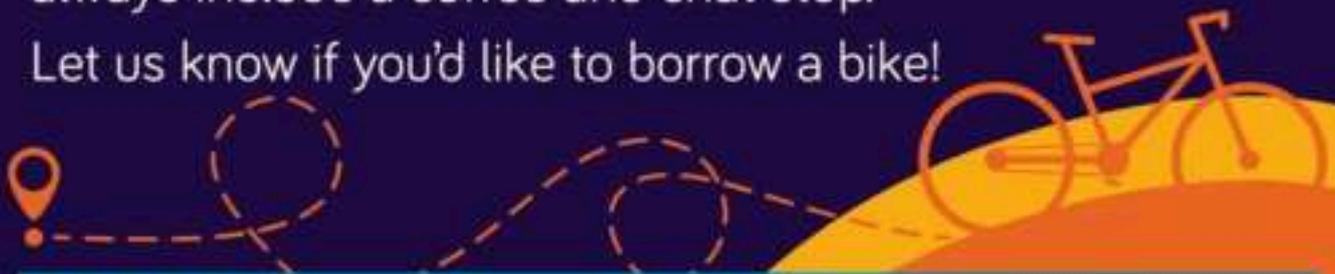


# Join an EPP ride

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

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

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



Contact us: 07842 425184 or [ColchesterEPP@theaws.org](mailto:ColchesterEPP@theaws.org)



# ABBHEY FIELDS Community Cycle

WEDNESDAY'S 2<sup>ND</sup>, 15<sup>TH</sup> &  
22 APRIL @ 1.15PM

From Circular North Road Carpark /  
Playground at 1:15pm.

Join us for a relaxed cycle around Abbey  
Fields, a chance to enjoy nature and  
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LET US KNOW  
IF YOU NEED  
TO BORROW A  
BIKE OR  
HELMET!



For further information and to book please call  
07842 422047 or 07842 425184

# FREE

# Cook & Cycle

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

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

10am - 2pm Meet at Unity House

To Book your space

07842 422047 or

[colchesterepp@theaws.org](mailto:colchesterepp@theaws.org)



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



↑  
TOP





# 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**



# 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**



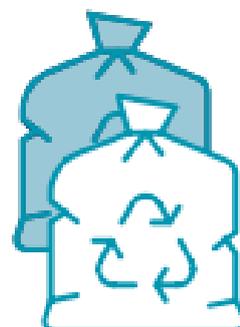
It only takes **2 minutes** to  
request a quote, find out  
how we can help your  
businesses future today

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



**Need  
urgent  
mental  
health  
support?**



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

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

# Breakeven



## About Breakeven

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

 BreakevenGC  BreakevenGC  BreakevenGC

## Breakeven

### Our Offer

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

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

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

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

**For a self referral**

Scan the QR Code



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

# Break Even Gambling Support

Click **HERE** to see full leaflet



Let's Talk  
...about self-harm

mind  
Mid and North  
East Essex

## Management Toolkit training workshops



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

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

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

For more information:

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

[01206 764 600](tel:01206764600)

### When?

Thurs 30 April 26

Tues 19 May 26

Thurs 11 June 26

Mon 22 June 26

Mon 13 July 26

### Where?

Colchester

Online

Clacton

Southend

Online

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

↑  
TOP

# Experiences of cervical screening

## Cervical Screening Survey

Cervical screening (previously called a smear test) checks the health of your cervix (the opening to your womb). It helps find problems early and prevent cervical cancer. It saves about 5,000 lives each year.

Everyone with a cervix aged 25 to 64 is invited for cervical screening every 5 years. You will be invited by letter, text message, or through the NHS App.

This survey asks about:

- How you felt when you were invited
- What encourages you to go for screening
- What makes it difficult for you to go
- How we can make screening easier and more comfortable

Your answers will help improve cervical screening in Essex and make it better for others.

The survey takes about 8 to 10 minutes to complete.

Your answers are anonymous (no one can identify you).

Click **[HERE](#)** to take the survey.

**This survey closes on 23 April 2026.**



**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.



# DANCING *with* DEMENTIA

Dance classes for older adults

## Where?

**St John's & Highwoods  
Community Centre**  
Highwoods Square, CO4 9SR



## When?

Once a month  
on a Monday  
**10:00 - 11:30**

23 February | 23 March  
27 April

## FREE

Tea, talk, and tasty  
biscuits included!

Spaces are limited.  
**Book your space via our  
website / email / phone**

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

[info@dancenetworkassociation.org.uk](mailto:info@dancenetworkassociation.org.uk) | 07490 37 47 17

# DANCING *with* DEMENTIA

“ The feeling of **joy** for someone living with dementia **can live on for three whole days!** ”  
- *Claire Kerrigan*

## Who can attend?

Classes are appropriate for anyone living with Dementia alongside their carers and companions.

## What to expect?

- Music spanning the decades
- Warm up exercise
- Repetitive creative movement & dance
- Props and musical timelines
- Cool down exercise
- Refreshments & chat

## Benefits

1. Brain stimulation and alertness!
2. Support for general well-being
3. Time to socialise and refocus before your afternoon ahead.



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](https://www.alzheimers.org.uk/find-support-near-you)**



Email us at **[enquiries@alzheimers.org.uk](mailto: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](https://www.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](mailto:enquiries@alzheimers.org.uk)**

**[alzheimers.org.uk](https://www.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**





# 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 attendees delivered between April 2023 and March 2024. 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:***



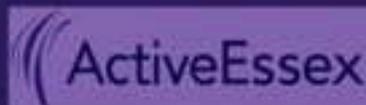
***Activities:*** ***Dance, Aerobics, Endurance Training***  
***Light-Weight Lifting, Zumba, etc.***

***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**



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

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

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



# Be More Dandelion Greenstead Community Centre



## Reconnect. Reflect. Reclaim.

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

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

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

### What to Expect Each Week:

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

### Our Weekly Themes:

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

### Our Supporters:



### Our Funders:



# Why “Be More Dandelion”?



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

## A Safe Space, Always

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

## Location:

Greenstead Community Centre  
Hawthorn Ave,  
Colchester  
CO4 3QE

Easily accessible by bus or car

Wheelchair accessible

Parking available

## Got questions?

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



SCAN ME



*sign up now*

For our next **6-week** programme



*Shelley Bell*  
CELEBRANT

Hosts

**Mourning Brew**

Bereavement Friendship  
Group.

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

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

Scheduled dates are;

January 13th, February 10th, March 10th, April 14th,  
May 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



# REMEMBERTO

Register to vote

2- Check my  
photo ID

3- Vote at a  
polling station!

No ID? Apply for free voter ID now

Find out more at

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

or call 0800 328 0280



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



## HELP US, HELP YOU!

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

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

## PAY WRONG ONCE, PAY TWICE!

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

Ask these three questions first:

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

**No licence, no deal.**



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

# Women Veterans Project

 THE ARMED FORCES  
COVENANT FUND TRUST



Do you need help with addiction?

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

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

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

We are waiting to support you.



**Tom Harrison House**  
"Honour, Hope, Healing"

**0151 909 8481**  
[info@tomharrisonhouse.org.uk](mailto:info@tomharrisonhouse.org.uk)

4 Argyle Road, Anfield, Liverpool, L4 2RS





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

## What is Op COURAGE?

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



## How can Op COURAGE help me?

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

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



## Who will I speak to?

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

## Who is Op COURAGE for?

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

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

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

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

## How do I get help?

You can contact the service in many ways, including:

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

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

Please see next page for details of your regional service.



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



### Urgent and emergency support from other NHS services

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

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

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

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



# Independent and confidential support for the Armed Forces Community

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

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



Confidential and  
discreet



One to one and  
unlimited



Tailored and  
personal to you



Face to face or  
over the phone

## We can help you with:

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

## How to get support

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

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

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





# Veterans' News and Communications Hub

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

Click [HERE](#) to read more.





# COST OF LIVING SUPPORT

## Colchester Foodbank – Opening Times 2026

*Helping local people in crisis with compassion and care*

### Brightlingsea

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

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

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

### Greenstead

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

### Monkwick

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

### Myland

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

### New Town

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

### Rowhedge

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

### Tiptree

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

## **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



# 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.



## Job Vacancy: Programme Lead for P2P and Dads & Partners programmes

Are you looking for a challenging yet rewarding role? Parents 1st UK is looking for a Programme Lead to lead and develop our Peer to Parent (P2P) and Dads & Partners programmes across Essex.

Click **HERE** for more details, and to apply

Deadline for applications 7th April 2026

**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)