

Colchester Community Updates



Colchester
City Council

June 2026

Welcome to our community newsletter for June.

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

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

Contents:

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

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

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



EVENT DIARY



How are we doing?
Air Quality Action Plan Progress

Help Us Make Colchester's Air Cleaner

We want to hear your thoughts on:

Air pollution awareness | The importance of taking action on air pollution
Our current air pollution campaigns | Future air quality projects

Scan the QR code, complete the survey and be in with a chance to **WIN** one of five **£50** shopping vouchers.

Or use this link
www.colchester.gov.uk/help-us-make-air-cleaner
Survey closes 31 May 2026



How to use a QR code: open your phone camera and hover over the square - when a yellow box covers the code, click it and it should take you straight to the survey.

Click **HERE** to complete the survey

Survey ends midnight Sunday 31 May 2026



Firstsite Holiday Fun

May Holiday 2026

Sat 23 May, Tue 26 - Sat 30 May

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




FREE

Make

Free creative
art activities


10:00am -
2:30pm



Move

Free fun sport and
social activities

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



Canteen

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

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

Delivered in partnership with:



How to book

Early bird tickets will be available from 9am Tue 19 May.

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
or call 01206 713700

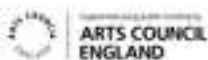
Scan the QR code to book



How to find us

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

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



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.

Wednesday 3 June 10am - 2pm

Call 07842 422047

Scan to book your place

Borrow a bike if you don't have one

Unity House next to Unity School Hickory Ave
CO4 3QJ



Save the date

Beat the Street Celebration Event

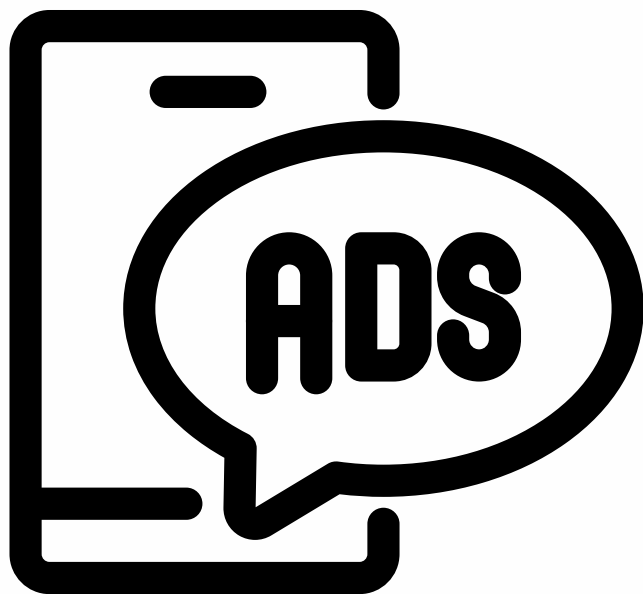
Venue: Firstsite, Lewis Gardens, High Street, Colchester

Date: Friday 5 June

Time: 10am - 8pm



Beat the Street Colchester is being delivered by Intelligent Health in partnership with Colchester City Council. As part of the Health and Wellbeing Plan Partnership (Pawing) project, it is funded by Essex County Council's Public Health funding, Active Essex and the National Lottery via Sport England.



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

Email a poster to communities@colchester.gov.uk for consideration



Summer Bug Hunt

Free Fun for the family
Come and explore our Church yard
and see what bugs you
can find!

Saturday 6th June
St Andrew's Church
Forest Road, Greenstead.

Children must be accompanied by adults
Refreshments, crafts and basic bug hunting
equipment available.



Recognising Carers: Listening, Learning and Changing Together

Tuesday 9 June 2026

9am to 4pm

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

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

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

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

The Unknowns

Refugee Muscian Band



Free Tickets

Tickets at <https://headgatetheatre.co.uk/whats-on>

The Headgate Theatre

14 Chapel Street North

CO2 7AT

Saturday 13th of June

7.15pm

DIASPORA

[THE REFUGEE SESSIONS]

The Romany Diamonds

[Refugee Musician Band]



FREE TICKETS

Tickets at: www.theminories.org/event/romany-diamonds
The Minories, High Street, Colchester, CO1 1UE
6:45pm Sunday 21st June

Part of...

DIASPORA

[THE REFUGEE SESSIONS]

BOYS & MEN PRESENTS

BEATS AND EATS 2



JOSEF HARLEY



RUDEBONE



DJ LEXES



ISAAC

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



HIGHLIGHTS

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

PURCHASE FOOD & DRINKS AT THE CAFE & STALLS

- NYAMA CHOMA
- UGALI / MOKIMO / KACHUMBARI
- JOLOF RICE
- SEASONAL SPECIAL MAIN
- ORGANIC SANDOUGH SANDWICHES
- BBQ
- GOOD SOULS BAKERY CAKE

SATURDAY

11

**JULY
2026**

11AM - 11.30 PM

**THE MINORIES
74 HIGH STREET
COLCHESTER
CO1 1UE**

**FREE
ENTRY**

BOOK HERE

CONTACT:

INFO@BOYSANDMEN.CO.UK

WWW.BOYSANDMEN.CO.UK



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TOP

HAPPY'S CIRCUS

UNITY PRIMARY ACADEMY
HOSTS THE CIRCUS!

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

DOORS OPEN:
17.30

SHOW STARTS:
18.00

TICKETS:
£12.50
per person

SCAN FOR
TICKETS & INFO

under 2's - free entry



REFRESHMENTS
ON SALE



FAMILY
EVENT



THE WHOLE COMMUNITY
IS INVITED!

Messing Summer Concert

Messing Church, Saturday, 1 August 2026 at 7 pm

Yuri Sabatini *The Italian Tenor*

“AMORE”

Romantic arias and lyrical favourites that speak of love, longing, hope, tenderness and strength.

FEEDBACK FROM LAST YEAR'S CONCERT

“brought to tears by his emotive expressions and very passionate vocals”

“a truly magical experience”

“a charming man as well as a phenomenal singer”

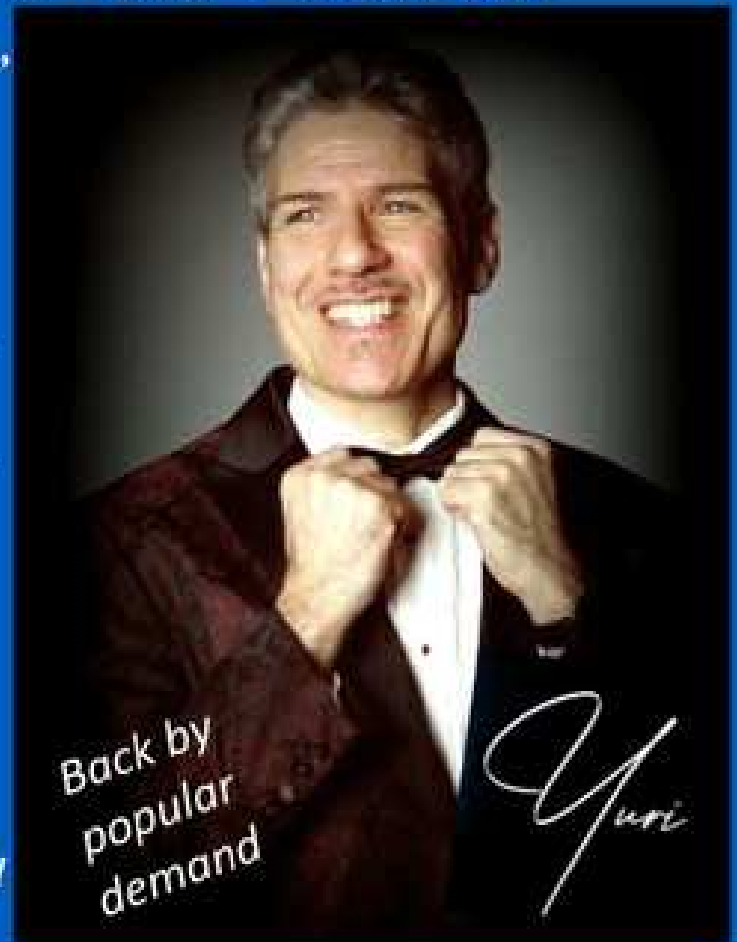
“a special night with Mum too as her request meant so much to her”

“I don't think I'll be able to hear that song again without welling up!”

“absolutely brilliant, thanks for a wonderful evening!!”

“Yuri exceeded our expectations by miles”

“I did not expect to cry or laugh but did both! I hope we can see him again”



Refreshments will be available from 6:15 pm and afterwards

**EARLY
BOOKING DISCOUNT**

Tickets

Advance tickets (up to 20 July) : £15

from Paul p4ul.marven@gmail.com or text 07842464812

After that, pay cash at the door on the day: £18

Children 12 and under free



KIDS & YOUNG ADULTS



Join an EPP ride

Boost your

Health, Happiness and Confidence

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.

Thurs 10am – ladies only ride

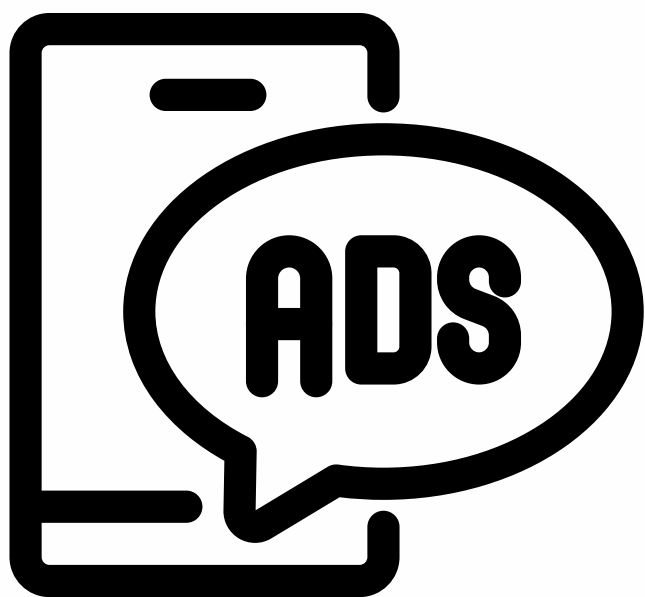
Saturday social rides – 1.30pm

One off rides: off road/ along the coast

CALL FOR INFO

Essex
pedal
Power Colchester

Contact Us at 07842 422047 or ColchesterEPP@theaws.org



Have you got any information that you would like us to include?

Email a poster to communities@colchester.gov.uk for consideration



SHOOTING

STARS

CHILDREN'S CLUB

LEARN, PLAY, EXPLORE, SHINE!

A fun and safe space to make friends,
try new things and be your best you!



**CREATIVE
ACTIVITIES**

Crafts, art
and imagination



**FUN &
GAMES**

Play, teamwork
and challenges



**MAKE
FRIENDS**

Kindness, respect
and fun together



**DISCOVER
& GROW**

Build confidence
and try new things



**COMPLETE
CHALLENGES**

and earn
badges!



FOR CHILDREN AGES 4 AND UP



MON TO FRI SESSIONS

1-3 ★ 4-6



KINGSLAND CHURCH,
COLCHESTER



CONTACT - 07748 514083 Amanda

**JOIN THE
ADVENTURE!**

WHERE EVERY CHILD
SHINES BRIGHT

TOP

COLCHESTER PARKOUR

FREE PARKOUR IN THE CITY

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

NO
EXPERIENCE
NEEDED. JUST
BRING
ENERGY.

FRIDAYS

3:30PM-5:30PM

STARTING 17TH APRIL 2026

MEET AT:

THE TOWNHOUSE

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

[CLICK HERE TO
BOOK YOUR PLACE](#)

TRAIN HARD.
MOVE DIFFERENT.
OWN THE CITY.

**YOUTH
SERVICE**

Inspire
Enable
Achieve

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

PFCC
POLICE, FIRE AND CRIME
COMMISSIONER FOR ESSEX



↑
TOP

INTRODUCING...

YOUNG FELLAS' FORUMS

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



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

Ages 17-25 FREE!

GAMING

FOOD INCLUDED

GOLF

BBQS

SPORTS

WALKS

AND MORE!

For more information email
Scott.tatum@healthwatchessex.org.uk



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TOP

OUTDOOR CREATIVE GROUP THERAPY

FREE

17-25
YRS



HIGH WOODS
COUNTRY PARK
COMMUNITY GARDEN

FRIDAYS
2:00-3:30

MAKE a REFERRAL

www.emotionallywellcommunities.com/refer

Click **HERE** to submit the referral form



RE-BREATHE

Be Hopeful & Rise

Wednesdays
10.30am -12.30pm



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

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

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



Email: admin@rebreathcic.org Call: 0120 661 8707
Visit: www.rebreathcic.org



Rebreath CIC



@rebreathgroup



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TOP



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





Fostering

**You have everything
it takes to change a
child's life.**

More children than ever need a safe
place to call home.

Find a fostering option to suit you.

0800 801 530

www.essex.gov.uk/fosterwithEssex



FosterEast
Foster with your council

Help vulnerable children and young people reach their full potential

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

Click [HERE](#) to find out more





ADULTS & OLDER PEOPLE



Join an EPP ride

Boost your



Health, Happiness and Confidence

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

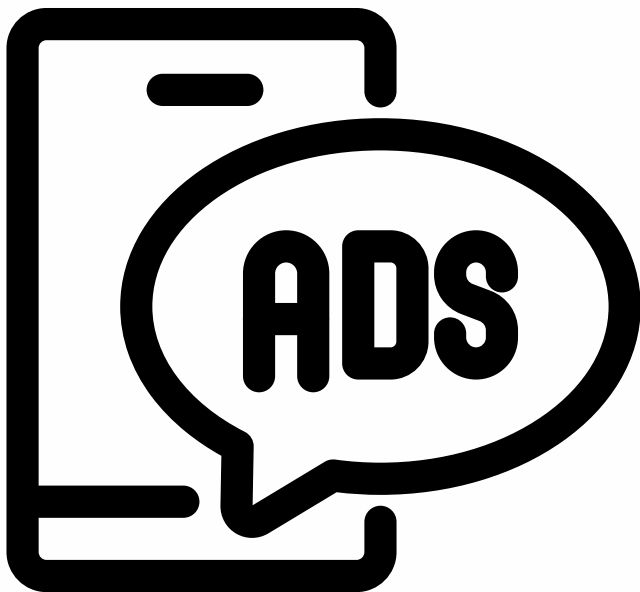
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Saturday social rides – 1.30pm

One off rides: off road/ along the coast

Contact Us at 07842 422047 or ColchesterEPP@theaws.org



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for consideration



The Mindful Life Group

Dedicated to older adult mental wellbeing

OUR MISSION

To enhance quality of life in later years through compassionate, evidence-based psychological programmes that support meaningful connection, mental wellbeing, and emotional balance.

Better Sleep Programme for Caregivers

Thursday 18th June 2026 2pm-3pm

FREE six-week online programme
for carers over 65

Places limited to 15

Based on Cognitive Behavioural Therapy -
The first-line NHS treatment for insomnia

- ✓ Clinical Psychology-Led
- ✓ Evidence-Based Interventions
- ✓ Tailored for over 65s
- ✓ Designed to improve sleep for both the carer and the person they care for

"The course has made a big difference... my sleep has improved!"



Essex County Council

Visit our website

www.the-mindful-life.com

to find out more and apply

The Mindful Life Group

Dedicated to older adult mental wellbeing

Click **HERE** to find out more and apply



TOP



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 The
OutHouse, East Hill, Colchester at
6pm for an hour.**

Scheduled dates are; May 19th,
June 29th, July 28th, August 28th,
September 28th, October 27th and
November 24th.





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Shelley Bell
CELEBRANT

Hosts

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Sponsored By

HUNNABALL



Family Funeral Group



↑
TOP

CONNECT TO WORK

Funded by **UK Government**



Work that works for you

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

Delivered by:

shaw trust

Working in partnership:





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

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

You'll get:

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

You could be eligible if you:

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

Visit www.essexopportunities.co.uk/connect-to-work or call **03330 138 337** to learn more.

Friendly, confidential support whenever you're ready.

Scan the QR code for more details.



East of
England
COOP

WELCOME TO
THE
COMMUNITY
HUB

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

Welcome to your
Community Hub

West Mersea Community Hub has opened!

To find out more, and to book,
scan the QR code or visit
eoe.coop/community/in-branch-hub



Click **HERE** to find out more





Community Kitchen

BRINGING UNITY TO THE COMMUNITY

Now Open for Community Hire!

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

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

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

Outside Grounds - Available for sports and clubs.

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

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

Why hire our spaces?

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

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

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

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



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

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





**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
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.



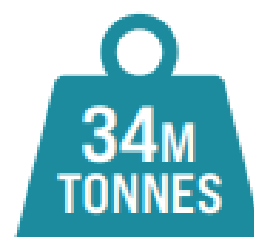
Request your free consultation

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





Building Carer
Friendly Communities

Carers Week

8-14 June 2026



Together we're building carer friendly communities

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face, and recognise the contribution they make to families and communities throughout the UK.

It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. Carers Week is led by Carers UK with the support of a number of other charities.

Click **[HERE](#)** to see the schedule





The J9 Initiative is not about asking businesses or individuals to resolve complex situations or replace specialist services.

The initiative is about fostering informed, compassionate environments where someone feels acknowledged, understood, and encouraged to access professional support.



Public Awareness

Our one-hour public awareness sessions are available to book every month at no cost.

Anyone can complete the session and receive the supporting resources which includes the option to request a CPD Accredited Certificate and/or use our J9 Email Banner valid for one year.

Private sessions available depending on the size/structure of organisation.

Click [**HERE**](#) to find out more



The logo for NHS Essex, featuring the letters 'NHS' in a bold, blue, sans-serif font inside a white rectangular box.

Essex

Insight bank

Hearing from people and communities across Essex is vital in helping shape better, more joined-up health and care services.

To support this, we have now introduced **a simple online form** that allows partners to submit insight they would like included within the Insight Bank. We will continue adding new insight over time as it becomes available.

To help ensure good accessibility and improve the usability of the Insight Bank, we will publish a summary of the insight findings alongside a link to the full report or research document. When submitting insight, please therefore ensure you include a link to where the full report is hosted on your organisation's website.

Click **HERE** to submit an insight





CoSign

Community-based signposting tool

Helping you find support for emotional distress



Emotional distress, depression, anxiety, worries and stress can sometimes be caused or made worse by aspects of our lifestyle, our home or social life, our work, money problems, our relationships or issues to do with where we live.



CoSign is designed to identify these kinds of areas in your life which might be causing your difficult feelings or making you feel unable to cope.



CoSign asks questions about different aspects of your life and then provides a list of community-based services or resources that offer relevant support for the challenges in those areas of your life.



CoSign is designed for adults living in Essex.

Scan QR code to access **CoSign**



CoSign is maintained, developed and managed by the University of Essex. The process of creating and piloting CoSign was financially supported by NIHR ARC East of England and the University of Essex.

Supported by
NIHR | National Institute for
Health and Care Research



Click **[HERE](#)** to start using CoSign





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Family Funeral Group



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To enhance quality of life in later years through compassionate, evidence-based psychological programmes that support meaningful connection, mental wellbeing, and emotional balance.

Better Sleep Programme for Caregivers

Thursday 18th June 2026 2pm-3pm

FREE six-week online programme
for carers over 65
Places limited to 15

Based on Cognitive Behavioural Therapy -
The first-line NHS treatment for insomnia

- ✓ Clinical Psychology-Led
- ✓ Evidence-Based Interventions
- ✓ Tailored for over 65s
- ✓ Designed to improve sleep for both the carer and the person they care for

"The course has made a big difference... my sleep has improved!"



Essex County Council

Visit our website

www.the-mindful-life.com

to find out more and apply

The Mindful Life Group

Dedicated to older adult mental wellbeing



Click **HERE** to find out more and apply



TOP



Scan to learn more
about For Baby's Sake

Did you know domestic abuse often begins or escalates in pregnancy?

For Baby's Sake is a specialist, therapeutic programme for expectant co-parents where domestic abuse is a concern. The programme is delivered by The For Baby's Sake Trust, a domestic abuse charity that specialises in pregnancy and early years.

For Baby's Sake is for co-parents who:

**Are
expecting a
baby and
are in
pregnancy**

**Want to
change the
behaviours
that cause
harm**

**Want to safely
co-parent their
baby (whether
in a relationship
or not)**

We welcome contact and referrals from multi-agency professionals and parents. We complement, not duplicate, safeguarding and statutory services in your area.

To make a referral to our East of England team:

Email us at
stevegibbs@forbabysake.org.uk

Call us at
07702 537074

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

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

About For Baby's Sake

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

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

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

Criteria

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



Scan to complete
our referral form



Charity registration: 1126459

#BreakTheCycle





East Suffolk and
North Essex
NHS Foundation Trust

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

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

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

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

Join the Bump to Baby programme

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

Click **[HERE](#)** to get started



RE-BREATHE

Be Hopeful & Rise

Wednesdays
10.30am -12.30pm



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

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

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



Email: admin@rebreathcic.org Call: 0120 661 8707
Visit: www.rebreathcic.org



Rebreath CIC



@rebreathgroup



TOP



Fostering

**You have everything
it takes to change a
child's life.**

More children than ever need a safe
place to call home.

Find a fostering option to suit you.

0800 801 530

www.essex.gov.uk/fosterwithEssex



**Help vulnerable children and
young people reach their full
potential**

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

Click **HERE** to find out more



Breakeven



About Breakeven

01273 833722 | info@breakeven.org.uk
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

Break Even Gambling Support

Click **HERE** to see full leaflet



ARE YOU A CARER?

We want to hear from you!



HAVE YOUR SAY!

Click [HERE](#) to complete the survey

Let's Talk
...about self-harm

mind
Mid and North
East Essex

Management Toolkit training workshops



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

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

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

For more information:

SHTKenquiries@mnessexmind.org

01206 764 600

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

Book your place: mnessexmind.org/letstalkaboutselfharm

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





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





LEGAL & CRIME

Need trusted immigration advice?



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

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



Finding a registered adviser is easy

Visit gov.uk/iaa

Scan here to use our Adviser Finder



**Immigration
Advice
Authority**

Promoting best practice,
protecting advice seekers

Click [HERE](#) to find out more



Crime prevention advice

Easy wins to protect your bike from thieves

Bike thieves look for easy targets, so a few simple steps can make a big difference.

Always lock your bike with two good-quality locks, securing the frame and both wheels to a solid stand. Park in busy, well-lit areas, take removable parts like lights or seats with you, and register your bike's frame number so it can be traced if stolen.

The harder you make it, the more likely thieves are to move on.

Click [HERE](#) for more advice



Be fraud smart

How to spot a scam

Scammers often try to rush or pressure you.

They may send unexpected messages, ask you to act quickly, or request money or personal details.

Take a moment before you respond.

Pausing can help you spot the warning signs and avoid falling victim.

Click [HERE](#) for more advice



STOP THE HATE

BEING TARGETED FOR ANY OF THE BELOW
COULD BE HATE CRIME



DISABILITY



TRANSGENDER
IDENTITY



RACE OR
ETHNICITY



RELIGION
(belief or
none-belief)



SEXUAL
ORIENTATION



SEX OR GENDER
(misogyny or
misandry)



HOW TO REPORT A HATE CRIME

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

In an emergency call **999**. Otherwise call **101**.

If you've pre-registered with the emergencySMS service then text **999**.

Deaf or hard of hearing, use our textphone service **18000**.

British Sign Language (BSL) users please use the **999BSL** app.

SCAN TO REPORT



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
Or email our fly tipping team on:
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

Free Modern Slavery Training

Workshops of between 1-2 hours include:

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

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

Contact: bob.fortt@essex.police.uk or
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.

www.stophateuk.org



CHARITY NO. 1062692.

↑
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OCTOBER 2014



ARMED FORCES UPDATES

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EMPLOYER
RECOGNITION
SCHEME

GOLD AWARD

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



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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 if you are:

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

We are waiting to support you.



Tom Harrison House
"Honour, Hope, Healing"

0151 909 8481
info@tomharrisonhouse.org.uk

4 Argyle Road, Anfield, Liverpool, L4 2RS





Veterans' News and Communications Hub

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

Click [HERE](#) to read more.







COST OF LIVING SUPPORT



Colchester Foodbank – Opening Times 2026

Helping local people in crisis with compassion and care



Brightlingsea

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



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

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



Greenstead

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



Monkwick

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



Myland

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



New Town

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



Rowhedge

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


Tiptree

 Thursday, 2pm – 4pm
 United Reformed Church, Chapel Road CO5
OHP

Tollgate – Main Foodbank Hub

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

Wivenhoe

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

 Need help urgently? Call 01206 621998 or visit colchester.foodbank.org.uk

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



Registered charity number 1204958 | Registered in England and Wales





Personal debt worries?

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

When & Where

In partnership with Colchester Foodbank

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

Every Monday 10am to 12pm

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

Every Tuesday 10am to 2pm

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

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

No appointment needed, just turn up

How we can help

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

<https://colchestercds.org.uk/>

Funded by:



The Tudwick
Foundation



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



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

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



FINANCIAL EQUALITY AND WELLBEING TEAM



We are here to help you

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

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

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

benefits.advice@colchester.gov.uk

or call us on:
01206 505 855

Open Monday - Friday



Employment Support



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

Removing Barriers



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

Benefits and Finances



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

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





COMMUNITY FUNDING

Securing Large Grants Workshops



Multiple Dates



10:00am-1:00pm



- Rayleigh Parish Centre, Rayleigh 4th June
- Chelmsford Rugby Football Club, 9th June
- Wat Tyler Country Park, Basildon - 23rd June
- Colchester Rugby Club, Colchester, 1st July
- West Essex, Date TBC

Securing large grants for £50,000+ for medium and large voluntary organisations is an important part of any fundraising plan.

This workshop will provide top tips on making a strong case for large grants, who provides these grants and a deep dive into one of the main large grant funds.

Increase your chances of securing a large grant by attending this free, specialist workshop!



Book your fully funded space here:

www.activeessex.org/your-essex-community/securing-large-grants-workshops/



Proud to be part of
**Your Essex
Community**

Supporting the Voluntary
and Community Sector



★ Click **HERE** to book your fully funded space 
TOP



COMMUNITY FOUNDATION



ENRICH OUR COMMUNITIES

IMPACT REPORT 2025

TO INSPIRE, ENRICH AND UNITE OUR COMMUNITIES

www.colchesterunited.com/cucf
cucf@colchesterunited.net
01206 755160
@ColU_CF /ColUCF

Click [HERE](#) to read full report



Community Funding

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

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



How we're helping your local community

In-branch hosting of charitable organisations

We offer small donations for local events

Local giving campaigns through our branches

We award grants through our Community Cares Fund

Find out more

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



www.eastofengland.coop/community

Click [HERE](#) to find out more





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 & TRAINING

Want to work with us?

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



Job Club

at 1:30 to 3pm

2nd Thursday of each month

at RAMA House

31 Eld Lane, Colchester, CO1 1LS

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

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

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





Faith Security Training

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

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

Click [HERE](#) to sign up





The J9 Initiative is not about asking businesses or individuals to resolve complex situations or replace specialist services.

The initiative is about fostering informed, compassionate environments where someone feels acknowledged, understood, and encouraged to access professional support.



Public Awareness

Our one-hour public awareness sessions are available to book every month at no cost.

Anyone can complete the session and receive the supporting resources which includes the option to request a CPD Accredited Certificate and/or use our J9 Email Banner valid for one year.

Private sessions available depending on the size/structure of organisation.

Click [**HERE**](#) to find out more





Based in **Essex**? Work with **young people**?
Or do you work in a position where you might
discuss **relationships** or **sexual health**?

FREE online training modules

What sessions are available?

- **LGBTQ+ Inclusivity:** Build safe, welcoming spaces.
- **RSE Guidance Updates:** Stay up to date with new standards.
- **Sexual Health & Contraception:** Master the basics on STIs and prevention.
- **Sexist Language:** Explore its impact on young people.
- **Chemsex Introduction:** Understand emerging risks and trends.
- **Parent and Carer Online Workshops:** Supporting young people with SEND around relationships and sexual health
- **And more!**

Why Sign Up?

- 100% Free
- Flexible online learning
- Tailored for Essex practitioners

Click **[HERE](#)** to view dates of sessions
and secure your free place **today!**





FREE Easy AI For All - Google AI Professional Certificate 2026-27

What you'll learn:

Adopt a collaborator mindset: Learn to give AI clear instructions so it acts as a professional collaborator, not just a simple task completer.

Use AI responsibly: Understand how AI works so you can use these tools confidently and responsibly.

Master in-demand skills: Focus on the domains where AI is transforming work the most, including data analysis, research, and communication.

Build custom apps: Use vibe coding to create a custom app that solves your unique workplace challenges, no coding experience required.

Skills you'll gain:

Artificial Intelligence - Brainstorming - Business Communication - Business Modelling - Content Creation - Data Analysis - Machine Learning - Planning - Presentations - Project Management - Research - Tools you'll learn - Generative AI - Vibe coding

Contact one of our friendly Advisors to find out more:

T: 01255 688 683 / E: spt@sign-post.info

Or visit our centre:

**Signpost Tendring
Unit 5 Jaywick Enterprise Centre
Lotus Way
Jaywick CO15 2LU**

We look forward to meeting you.



WE ARE HIRING



VACANCY AT COMMUNITY 360

GREENSTEAD PRIDE IN PLACE – PROJECT LEAD

Salary £ Negotiable and competitive

📍 Colchester - with a strong on site presence in Greenstead

Vacancy listed 18/05/2026

Application deadline 29/06/2026

Click **HERE** to find out more detail and
apply for



CONNECT TO WORK

Funded by **UK Government**



Work that works for you

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

Delivered by:

shaw trust

Working in partnership:



 thurrock.gov.uk





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

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

You'll get:

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

You could be eligible if you:

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

Visit www.essexopportunities.co.uk/connect-to-work or call **03330 138 337** to learn more.

Friendly, confidential support whenever you're ready.

Scan the QR code for more details.



Colchester City Council's community & Partnership team

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

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



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

