

Colchester Community Updates



Colchester
City Council

August 2026

Welcome to our community newsletter for August.

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**
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EVENT DIARY

Family Summer Fun!

Wednesday 29th July 10am till 11:30am
Brightlingsea, Millennium Garden

Join us for **FREE** family activities. Follow the World Cup themed trail and see if you can find all the items on our picture list. Can you find a hidden pre-loved book to take home too? Or join in with some fun physical games? Don't forget your drink, sun hat, suncream and why not bring a picnic snack?

All ages welcome. Children must be accompanied by a parent/carer.

No need to book – Just turn up!

t. 0300 247 0015



Services commissioned by:

Family Summer Fun!

Wednesday 29th July 2pm till 3:30pm
Bath House Meadow, Walton on the Naze

Join us for **FREE** family activities. Follow the World Cup trail and see if you can find all the items on our picture list. Can you find a hidden pre-loved book to take home too? Or join in with some fun physical games? Don't forget your drink, sun hat, suncream and why not bring a picnic snack?

All ages welcome. Children must be accompanied by a parent/carer.

No need to book – Just turn up!

t. 0300 247 0015



Services commissioned by:



Heart of
Greenstead

Saturday 1st August

12pm to 4pm
Magnolia Fields



**FREE
ENTRY!**
EVERYONE IS
WELCOME!

Greenstead COMMUNITY fun day

What's on:

AXE THROWING | **BOUNCY CASTLE** | **LIVE PERFORMANCES** | **LOCAL BUSINESS STALLS**
FREE HEALTH CHECKS | **BBQ** | **JOLLOF RICE COMPETITION** | **AND MORE...**

About the Heart of Greenstead

The community day event is being organised by The Heart of Greenstead, a local project bringing new investment into the area, improvements to the community centre and an expanded doctors' surgery.



JOIN US
FOR A DAY
OF FUN FOR
THE WHOLE
COMMUNITY!

Come along on the day to ask questions, meet the team and find out what's happening in your community.

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”

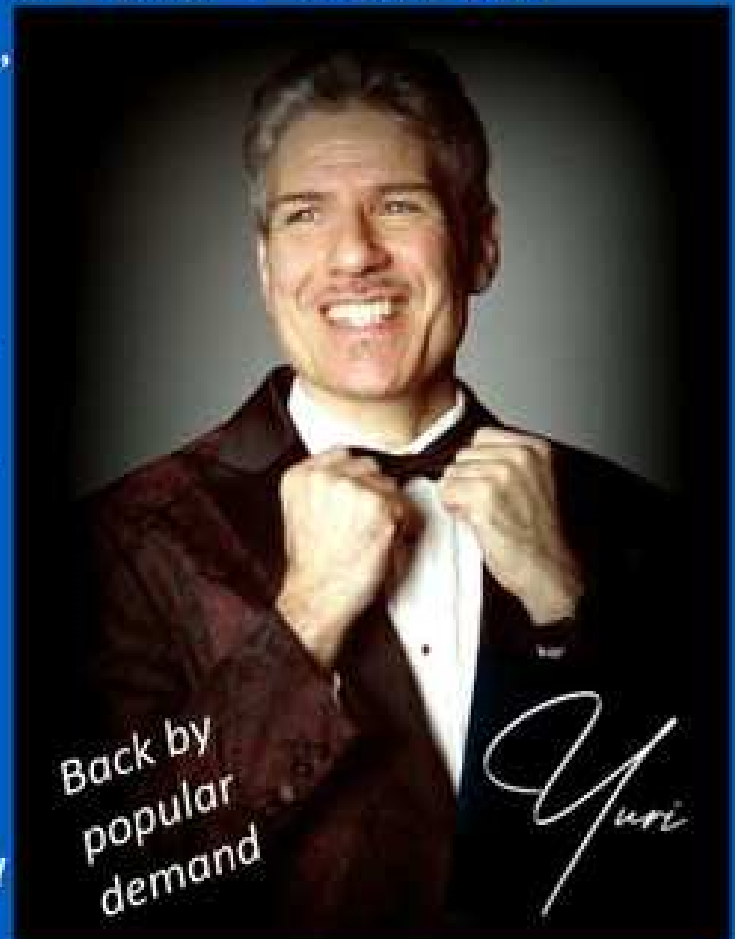
“a special night with Mum too as her request meant so much to her”

“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

YOUTH FEST

ALL
ACTIVITIES
FREE OF
CHARGE!



4 AUGUST 2026
ACTIVITIES AVAILABLE 11AM – 3PM

LOWER CASTLE PARK

ARTIZART live DJ performances • PREMIER LEAGUE KICKS football sessions with Colchester United • REBELS basketball activities • POLICE AND FIRE SERVICE vehicles and interactive ROAD SAFETY stalls • SOS BUS • Range of YOUTH-FRIENDLY STALLS, SUPPORT SERVICES and GIVEAWAYS • ICE CREAM VAN (with a charge)

COLCHESTER CASTLE

Free CASTLE TOURS at 2pm and 3pm (first come, first served)

FIRSTSITE

YAK art and craft workshops • TEAM KINETIX parkour sessions • DRY SKATE PROJECT • BREAKDANCING and DJ SESSIONS • MUSIC TECHNOLOGY experiences
ICE CREAM VAN (with a charge)

OTHER LOCATIONS (OFF-SITE ACTIVITIES)

URBAN XTREME axe throwing sessions • SIMPLY ACTIVE free gym activities and boxing sessions • ECC YOUTH SERVICE TOWNHOUSE gaming and climbing wall activities • MARKET STALLS at St Nicholas Square, including BUSINESS KIDS YOUNG ENTREPRENEURS!





Crafty Drama Open Day



Tuesday 11 August 10am - 2pm

- Come and meet the team
- See the facilities
- Join interactive drama workshops
- Meet our management and discuss progress pathways



Event address

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

**I love coming to
Crafty Drama!**

I have made loads of friends
and good fun. Since coming
here my confidence has
grown- it's through the
roof now!

Joe



**Watch this short video
about Crafty Drama**



Find out more about crafty drama
at **ecl.org/drama-colchester**
or call **07909 088 252**

ecl
Person-centred care



Apprenticeship Workshop

Worried about tuition fees? Or just looking for suitable alternative to university?



13
AUG

11:00 AM – 2:00 PM
Dice & Slice, 37 Queen St,
Colchester CO1 2PQ

Essex County Council

Essex
ACTIVE

Colchester

SUMMER HOLIDAY ACTIVITIES



FREE SESSIONS



10am - 2pm



For young people aged **5-13**

St Anne's Community
Centre
Colchester, CO4 3DH

Bookings Open:
22nd June, 12pm

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

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

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

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

Dates:

**Monday - Thursday
Weeks commencing**

27th July

3rd August

10th August

17th August

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

SUMMER PROGRAMME

21/7 28/7 30/7
6/8 11/8 13/8 18/8 20/8 25/8

12-3PM

BASKETBALL



**TABLE
TENNIS**



**HOCKEY
TABLE**



**TABLE
FOOTBALL**



**POOL
TABLE**



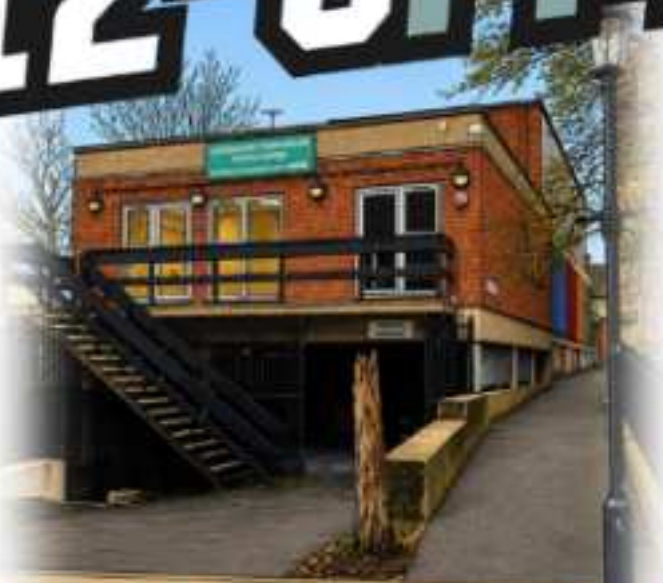
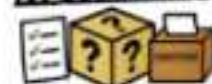
**VR &
GAMING**



**MUSIC
& DJING**



**STRUCTURED
ACTIVITIES**



**39-42 EAST STOCKWELL ST,
COLCHESTER CO1 1SS**

**Ages
11-19**



**REGISTER
HERE!**

TOP



HIGHWOODS Youth Club



Summer Programme



27 July

24 August

10 August

1-4pm

Scan here to
register



For ages 11-19

Highwoods Youth Centre,
Highwoods Approach, CO4 9BA
molly.christie@essex.gov.uk

SUMMER PROGRAMME

29/7 5/8

1-4PM

**POOL
TABLE**

**TABLE
TENNIS**

**HOCKEY
TABLE**

**SNOOKER
TABLE**

**TABLE
FOOTBALL**

**OUTDOOR
ACTIVITIES**

**STRUCTURED
ACTIVITIES**

**MAIN RD, HARWICH, CO12 4AH
(NEXT TO MAYFLOWER PRIMARY SCHOOL)**

**Ages
11-19**



**REGISTER
HERE!**

Clacton

SUMMER PROGRAMME

Greenledge, 180 Old road,
CO15 3A9

- Ages 11-19, up to 25 with SEND
- 1-4PM
- FREE ENTRY

Fun sports

Learn life Skills

Make new friends

- ✓ 12/08/2026
- ✓ 19/08/2026
- ✓ 26/08/2026

Sign up here!

FOR MORE INFORMATION PLEASE
CONTACT:

Charlotte.Hewitt@essex.gov.uk





KIDS & YOUNG ADULTS



For fun, affordable ways to keep children entertained this summer,

look no further than ACL!

Suitable for ages 5-11, there are sessions across Essex – at Colchester and Clacton.

Click [HERE](#) to find out more



There are over 7000 groups/activities in Essex, with over 290,000 places for young people to join in!

Click [the Essex youth map](#) to find out about youth groups/ activities near you





Life Skills Development Workshops

YES
Supporting Young People



EVEN MORE SESSIONS.... ADDED!
HELP WITH BECOMING AN ADULT?

16 - 24 YEARS?



FREE SESSIONS ON VITAL 'LIFE SKILLS' AND A SPRINKLE OF CREATIVITY!

- Thursday 16th July 4pm 'Adulting 101' CH
- Tuesday 21st July 4pm 'Exploring effects of sexual language and stereotyping'
- Tuesday 28th July 2pm 'Music interactive workshop' iRock (session at Colchester Townhouse)
- Thursday 30th July 2pm 'Music interactive workshop' Part 2 iRock (Session at Colchester Townhouse)
- Tuesday 4th August 3.30pm 'Changes & Choices' Natwest JK
- Tuesday 11th August 4pm 'Career Pathways' KN
- Tuesday 18th August 4pm 'How to survive your job' SB
- Tuesday 25th August 3.30pm 'Frauds & Scams' Natwest JK
- Thursday 27th August 3.30pm 'Photography - Theory & career' TD
- Tuesday 8th September 3.30pm Photography - London Camera Exchange & TD (Eld Lane)

Sessions will end approx 5pm

Only sign up to sessions you can attend!

Any questions before booking please email:

chloe.haggerty@colchesteryes.org.uk

LEARN MORE

For more information & booking

ESSEX

WE ARE FUNDED BY

VIOLENCE & VULNERABILITY

UNIT

SCAN HERE

Life Skills Development Booking Form



Supporting Young People



TOP

Firstsite Holiday Fun

Summer Holiday 2026
Sat 18 Jul - Sat 29 Aug

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 14 Jul.

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





Explore Colchester for Free

Click [HERE](#) to find out more

Free Events in Colchester

Click [HERE](#) to check the Whats On pages

Free Attractions

Click [HERE](#) to find





MenB Vaccine

Available for a limited time from late July 2026

Who is eligible?



All current year 13 students
(or of equivalent age)



Anyone aged under 25 starting university
or moving into further education halls of
residence for the first time this autumn

Two doses are ✓✓
essential for protection



WOODLAND
TRUST

FREE TREES

for schools and communities

Trees help people and nature thrive. Getting more in the ground will give us all a greener, healthier future, so we're giving thousands away free to schools, councils, clubs and community groups.

Request a free tree pack for your school or community [HERE](#)



YOUTH JOBS GRANT

What is it?

£3,000 grant for employers who hire eligible Young People.

Is my business eligible?

Yes! There are no restrictions on which businesses can get the grant.

How do I find eligible Young People?

Your local JCP Recruitment Consultants can support you with the recruitment process and help to find suitable, eligible candidates.

Who can I hire?

Young people aged 18-24 on Universal Credit, who have been out of work for at least 6 months.

How do I sign up?

The grant goes live on the 30th of June. To register your interest and be put in touch with a local recruitment consultant, input your details here [Recruit the right people with Jobcentre Plus](#)



To get involved and for more information visit:
business.gov.uk/recruit



Department
for Work &
Pensions



YOUTH GUARANTEE
Funded by UK Government

job
centre
plus

↑
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Call for Participants: Community in Harmony Workshops by OccuMind

A Creative Music Project for Young People Aged 16–19 Across Essex

We are reaching out to organisations, networks, and community partners across Essex who work with young people aged 16–19 to help us share an exciting opportunity: **Community in Harmony**.

Community in Harmony is a creative workshop programme that brings young people together through music, conversation, and shared experiences. Taking place in **Basildon and Colchester between 24 July and 3 August**, these workshops are designed to offer a welcoming and inclusive space where participants can connect with others, build confidence, and explore self-expression.

Through engaging activities such as icebreakers, music-based games, creative songwriting tasks, and discussions about the music and artists that inspire them, young people will have the chance to develop new skills, express themselves creatively, and meet peers from across Essex. No previous musical experience is needed, just an interest in taking part.

Refreshments will be provided during sessions, and travel cost subsidies will be available where needed to help make participation as accessible as possible.

We would greatly value your support in sharing this opportunity with young people in your networks who may benefit from a positive, creative, and community-focused experience.

For registration details, and workshop updates, please visit our website or scan the QR code.



Click [HERE](#) to find out more

GREENSTEAD YOUTH CLUB

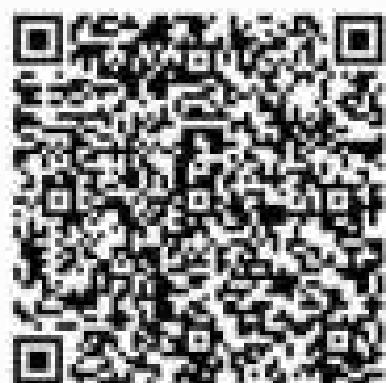
Refreshments - Art - Music

Sports

50p entry

First time free!

Ages 11+



Scan to
sign up



Thursdays 6-8pm

contact@eastangliayouthclub.co.uk
St John Payne Hall, Blackthorn Ave



Sponsored by

YOUTH
SERVICE



↑
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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





**ADULTS &
OLDER
PEOPLE**



07842 422047



colchesterepp@theaws.org



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**

Contact Us at 07842 422047 or ColchesterEPP@theaws.org

31 New bikes

16 Recycled bikes

53 Schools/ orgs engaged
*some schools may have been engaged more than once

60 People trained

25 Training sessions

64 Community engagement events

172 Social media posts

Successes

- Increased attendee numbers at Bike Fix It sessions, ladies-only activities and launching the new partner-led ride programme.
- Strong engagement with schools families and partner projects.
- Delivery continued through social rides, half-term activities for children and bike distribution.

Summary

- Continuation of strong bike distribution, inclusive cycling events and various training and learning opportunities.
- Despite operational challenges due to the weather and staffing capacity there was a strong period of project delivery.

Challenges

- Difficulty in event uptake amongst recipients due to weather.
- Staff capacity and scheduling clashes between EPP events such as Bike Fix and school SATs practice.
- Alternative provision such as indoor workshops lacked community uptake in the earlier months of this quarter.

Stories

Struggled to capture stories from community members. The quote below demonstrates the challenges shared by delivery staff.

🗣️ The weather meant that there was a lack of participants, as they were suited to cycle in the rain. However, the offer of indoor workshops didn't work either.

Other stories

🗣️ A lady who is on dialysis received a discretionary bike to help her stay fit. She is supporting her daughter who is training for the London Marathon using money for Kidney Cancer - she cries when her daughter runs.

🗣️ Adjusted weekend classes are getting involved in workshops and rides. They may not speak the same language as each other, but they get by and support each other.

SCORE BIG
at **EVERY AGE**

Women's walking football at Stanway



Whether you're navigating the hot flushes, the brain fog, or just looking for a way to feel like you again, our Walking Football sessions are designed for you. It's everything you love about the beautiful game, just played at a pace that's kind to your joints and great for your heart.



Manage Menopause:
Weight-bearing, bone density

No running, no stress:
Low impact, meet women who get it



Mental clarity:
Brain fog, fresh air

Join us every Wednesday
from 7-8.30 pm
Where? Stanway Rovers FC
(50 New Farm Road,
Colchester, CO3 0PG)
£4 per session



University
of Essex

Ethics ETH2526-0907

TOP



Explore Colchester for Free

Click [HERE](#) to find out more

Free Events in Colchester

Click [HERE](#) to check the Whats On pages

Free Attractions

Click [HERE](#) to find



SUMMER SERIES GIVEAWAY

Text
GIVEAWAY
to **70560** to
donate **£10**.

Texts will cost the donation amount plus one standard network rate message, and you'll be opting into hearing more from us.

If you would like to donate, but don't wish to hear more from us, please text **GIVEAWAYNOINFO** instead.

Open Road are running a huge giveaway in support of our SOS Bus, with one winner taking home a prize bundle worth over £500.

VIP Billy Ocean tickets, hotel stay, food, shopping vouchers and proper Colchester summer energy.



**COMPETITION ENDS
4TH AUGUST**

open road
your journey to recovery





WOODLAND
TRUST

FREE TREES

for schools and communities

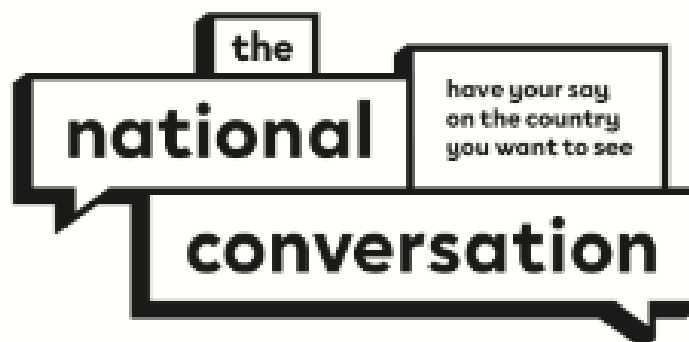
Trees help people and nature thrive. Getting more in the ground will give us all a greener, healthier future, so we're giving thousands away free to schools, councils, clubs and community groups.

Request a free tree pack for your school or community [HERE](#)





Nuffield
College
UNIVERSITY OF OXFORD



THE NATIONAL CONVERSATION,

led by researchers at the University of Oxford, has launched a UK-wide survey exploring community life, belonging and national identity.

Open to anyone aged 16 and over, the anonymous survey aims to build one of the largest evidence bases on social cohesion in the UK.

Click [HERE](#) to start the survey

Group Conversations — an invitation for community partners

The Independent Commission on Community and Cohesion is inviting you to join its **National Conversation** on the UK's communal life.

This is an exciting opportunity to take part in a major public listening exercise and shape a national 'shared vision' of how we can live well together.



Click [HERE](#) to find out more





Essex Home Help Service

understands the secret to being happy is accepting where you are in life and making the most out of every day

Essex Home Help Service

now offers **Free** telephone befriending calls to help combat the loneliness and isolation so many elderly and vulnerable people experience.

Click **HERE** to find out more





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.





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;
June 10th, July 8th, August 5th,
September 2nd, October 7th, November
11th and December 2nd.





Shelley Bell
CELEBRANT

Hosts

Mourning Brew

Bereavement Friendship Group.

Mourning Brew, is a group for people who have experienced Bereavement and want to connect with others who have a shared experience for friendship and support.

We meet once a month at Janet C. Davies Funeral Directors, 233 High Street, Kelvedon, CO5 9JD at 10:30am for an hour.

Scheduled dates for 2026 are; June 23rd,
July 28th, August 25th, September 22nd,
October 27th, November 24th

Sponsored By

HUNNABALL



Family Funeral Group



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

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



SCAN TO FIND
OUT MORE





**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



ECONOMIC
DEVELOPMENT



IS YOUR BUSINESS READY?

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

LOCAL SERVICES
SIMPLER RECYCLING
FULL COMPLIANCE



**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



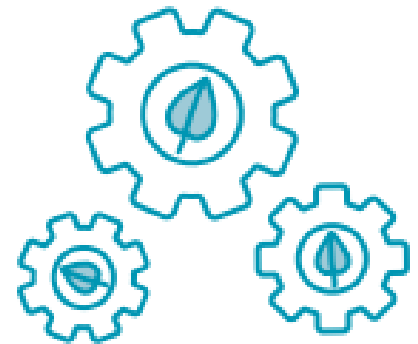
Business Waste Bag Collections

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.**

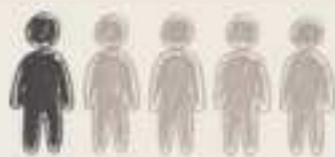




HEALTH & SUPPORT SERVICES

IS YOUR BUSINESS PREPARED?

EDUCATING & EMPOWERING EMPLOYERS ON DOMESTIC ABUSE



1 in 5 employees will experience domestic abuse during their working lives?

It doesn't stop at the workplace door!

For SMEs, even one employee experiencing domestic abuse can affect attendance, productivity, performance, wellbeing and team morale.

Domestic abuse is a strategic priority across Essex, and employers have a vital role to play in creating safer workplaces through awareness, prevention and early intervention. EmployerED is fully funded by the Police, Fire and Crime Commissioner for Essex and The National Lottery Community Fund, enabling eligible Essex employers to **access expert training and consultancy at no cost**. Bespoke fee services are available for organisations outside Essex.



Why do SMEs need support?

SMEs are people-led businesses, but often lack dedicated HR or safeguarding expertise.

EmployerED gives you the confidence, knowledge & practical tools to respond.

Common questions we hear:

- What are our legal responsibilities?
- How should managers respond if someone discloses abuse?
- Do we need a workplace policy?
- How can we support staff while protecting the business?

UK businesses lose £316m annually due to work absences linked to domestic abuse.

(KPMG, 2019)

Your EmployerED Journey

We provide a **tailored approach** based on the structure and size of your business or organisation. From displaying and sharing information through to training or policy development; every journey may differ, but even **small actions can lead to significant impact and even save lives**.

STEP 1

Free 1hr Online Awareness Session with access to resources

STEP 2

CPD and Enhanced Training Offering incl. Line Manager and Domestic Abuse Champions

STEP 3

Review and/or Development of Policies, Procedures, and Guidelines

STEP 4

Needs Assessment with Bespoke Training Package, Toolkit and Resources

STEP 5

Ongoing Support

Why EmployerED?

- ✓ To enhance protection of employees
- ✓ To build confident managers and teams
- ✓ To reduce organisational risk
- ✓ To enhance wellbeing, retention and culture
- ✓ To strengthen your reputation as an employer of choice



Ready to get started?

Book your **FREE 1-hour online EmployerED awareness session today**, or contact us for a free 30-minute consultation to discuss how we can support your organisation.



enquiries@alphavesta.com
www.alphavesta.com

FOR SMES

EmployerED
• ENGAGE • EDUCATE • EMPOWER •

TOP



Essex Early Years and Childcare Survey for Parents 2026

Essex County Council is committed to providing outstanding childcare services.

If you are a parent or carer of a child aged 0-19 years (or 0-25 years for children with SEND), then we want to hear from you!

The survey includes questions about:

- Childcare needs for children aged 0-5 years
- Wraparound care for school-aged children
- Childcare during the school holidays (holiday clubs)
- Your child's experience with starting school
- Where you find information about Essex Services

The result of the survey will help Early Years and Childcare teams understand the needs of parents and carers in Essex

If you would like to contact us further about any of the questions asked, please email us at ccdl@essex.gov.uk.

The survey will be open until Friday **the 31st of July**

Click **HERE** to start the survey





Department for
Work & Pensions

Press release

Views sought to transform benefit paid to carers

Opening today (Tuesday 7 July 2026) the six-week call for evidence will gather views on: modernising the earnings limit to reduce the impact of the current cliff edge, improving predictability for carers with varying incomes, and better supporting those with work and caring responsibilities.

Click [HERE](#) to find out more

Carer's Allowance: call for evidence

This call for evidence is being administered by the Department for Work and Pensions (DWP) to gather information and views to build on the Department's existing evidence. What we hear will help shape future thinking about how Carer's Allowance can be modernised.

This call for evidence closes at
11:59pm on 18 August 2026

Click [HERE](#) to find out more





Simply ACTIVE



MAKE EVERY STEP COUNT

**DOWNLOAD THE SIMPLY
ACTIVE APP TODAY!**

Track your activity, join challenges
and earn points for every step,
workout and achievement.



EARN REWARDS

Collect points for your
steps, workouts and
achievements.



JOIN CHALLENGES

Take part in exciting
challenges and
compete with others.



TRACK YOUR PROGRESS

Set goals, monitor your
stats and see how far
you've come.



**SCAN TO DOWNLOAD
FOR FREE**

FREE REWARDS.
EXCLUSIVE OFFERS.
A STRONGER YOU.



FITNESS FOR ALL.



**COMMUNITY
FOR LIFE.**



**STRONGER
TOGETHER.**





NHS

MenB Vaccine

Available for a limited time from late July 2026

Who is eligible?



All current year 13 students
(or of equivalent age)



Anyone aged under 25 starting university
or **moving into further education halls of residence** for the first time this autumn

Two doses are ✓✓
essential for protection





Step by Step is a new service supporting friends and family who are worried about someone experiencing domestic abuse. Developed by professionals and people with lived experience, it offers practical advice and emotional support to help others respond early, safely and with confidence.

Our offer to family and friends:

- A telephone advice line: 01245 821179
- A self-serve website with information and guidance
- Web chat support
- One-to-one appointments with a support advisor
stepbystepessex@barnardos.org

We also offer workshops for community groups to build awareness of domestic abuse and strengthen the role that friends and family can play in helping victims get access to early help and support.

If you would like to find out more or arrange a workshop, please get in touch.

We can discuss more about your group and what would be most useful, so we can tailor the session to your needs.



Are you worried about someone's relationship, for example:

- **their relationship doesn't feel safe or healthy**
- **you've noticed changes in their behaviour**
- **you've seen or heard things that don't feel right**

Trust your instincts, support is available for you

Supporting someone in an abusive relationship can feel overwhelming

You might not know what to say or how to help and that's okay

If you're worried about someone, please don't ignore it

Talking, listening and staying alongside them can make a real difference

You don't have to have all the answers, but we can help you think things through. Step by Step is here for you. We offer advice and support to help you understand what's happening and how you can help your friend or family member safely

Call one of our support advisors on 01245 821179

Scan the QR code below for more information or to request a call back or email us at stepbystepessex@barnardos.org





**Essex Safeguarding
Adults Board**

**Share your views to help
the Essex Safeguarding Adults Board
understand the barriers to speaking up
about harm, abuse and neglect.**

This survey is open to all,
but we're especially keen to hear from
underrepresented groups and communities
as well as individuals who may face additional
barriers to accessing support - whether for
themselves or someone they know.

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



Click **[HERE](#)** to share your views





Essex Home Help Service

understands the secret to being happy is accepting where you are in life and making the most out of every day

Essex Home Help Service

now offers **Free** telephone befriending calls to help combat the loneliness and isolation so many elderly and vulnerable people experience.

Click **HERE** to find out more





**Need
urgent
mental
health
support?**



And select the option for mental health crisis



Support available 24/7 for all ages



Breakeven

Our Offer

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

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

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

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

For a self referral

Scan the QR Code



Breakeven

Where to reach us

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

You can also use the 24/7 free National Gambling Helpline for support **0800 8021 133**



Breakeven



About Breakeven

www.breakeven.org.uk

Reg charity 1158156

01273 833722 | info@breakeven.org.uk
www.breakeven.org.uk

Reg charity 1158156

BreakevenGC BreakevenGC BreakevenGC

Click [HERE](#) to find out more

Treatment

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

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

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

Prevention

The Breakeven Prevention Programme

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

Armed Forces Programme

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

Criminal Justice Programme

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

South Asian Programme

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

Support Groups & After Care

Support for Women

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

Green Shoots Recovery

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

Peer Aid

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

The Breakeven Podcast

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

Scan the QR Code to watch on Youtube



www.breakeven.org.uk

01273 833722 | info@breakeven.org.uk

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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

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





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

Apply online for NHS Healthy Start.



www.healthystart.nhs.uk





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.

Click **HERE** to get started

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.





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





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 explore Frontline



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

Community Roots **Accounting Services**



Our team are charity Accounts specialists with over 40 years' experience between them, and our approach reflects our depth of knowledge of the sector. We're pleased to offer a variety of services to support the needs of Charities, Community organisations or small businesses and our pricing structure is both accessible and competitive.

Our Services

- **Payroll**
- **Independent Examinations**
- **Accounts preparation**
- **Bookkeeping**
- **Personal Tax (Making Tax Digital)**



crservices@community360.org.uk



01206 216606



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TOP

Need trusted immigration advice?



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

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



Finding a registered adviser is easy

Visit gov.uk/iaa

Scan here to use our Adviser Finder



Promoting best practice,
protecting advice seekers

Click [HERE](#) to find out more



Dealing with “auditors”

Identifying “auditors”

Many key figures in the far right are or have previously been so-called “auditors.” These agitators, who often previously called themselves “citizen journalists,” seek to stir up anger and outrage by “investigating” the issues the far right often focuses on, and publishing clickbait videos. They often seek to film at places like hotels that house people seeking asylum, large-scale asylum accommodation sites and migrant support organisations, as well as at protests.

Is it illegal for “auditors” to film?

It is not generally illegal to photograph, video or otherwise record locations or individuals in public, even if it is without the individual's consent. It is not even illegal to take photographs of children in a public setting without their consent.

However, private locations require the permission of the owner, registered user or those who have a legal claim to the title of the location used. That permission can be withdrawn.

Recording someone with the intent to harass, intimidate, or stalk them can be illegal. Similarly, recording someone in a private setting where they have a reasonable expectation of privacy may be considered intrusive and potentially illegal.

The difficulty arises as the claim of reasonable expectations of privacy may not apply. For example, places such as hotels, shared office buildings and conference or event venues will have both public areas (e.g. the foyer/ reception and grounds) and private areas (e.g. guest rooms, areas marked private, staffrooms).

“Auditors” are careful to ensure they do not cross the line into criminality. They have been coached in understanding the relevant laws. They may sometimes overstep the line and commit offences under the Public Order Act, but this is generally rare.

While “auditing” may not cross the line into criminality, you should report all instances to senior management at your organisation. Building up a picture of ongoing auditing over a period of time, including any concerning or harassing behaviour, can be helpful if the targeting escalates in future.

What to do when “auditors” are filming

It is important that all personnel remain polite and professional if responding to a situation where someone is recording premises and/or staff. When engaging, remember that your first words will often dictate the tone of the interaction. It is vital that you never volunteer information, and never attempt to change their mind by engaging with them.

A common tactic used by auditors is to force the conversation towards “straw man” arguments.

Straw man arguments simplify and twist what someone is saying. For example, if a teacher says that many accidents involving children happen when they are playing, somebody might then in bad faith claim that "the schoolteacher wants to ban everything fun."

To avoid being drawn into this, stick to a scripted reply and always be polite. Although some may seem to be simply asking polite questions, it is wise to remember that everything you say can be re-edited to have a meaning that suits their political ends. Every question will be designed to mislead or trick you into feeding their agenda.

While it may seem a good approach, saying "I don't know" or "Can't comment" will fuel the citizen journalist, as these statements can be easily manipulated to show either incompetence or naivety. It is easier to stick to a scripted statement such as "I am not in a position to answer your questions. Please look at our website or speak to our press officer." If your organisation does not have these, you can simply say, "I am not in a position to answer your questions, thank you."

Remember that the goal is often to generate controversial content. The best defence is to make their interactions with you forgettable. Even the most innocent of statements can be twisted, and any hint of annoyance, aggression or impoliteness will be used to discredit not only you but your organisation as well.

If you are not comfortable engaging with the person filming, and it would not further endanger others, consider simply walking away or returning to the last place of safety. These individuals can be intimidating, and ultimately your safety takes precedence.

If the questioning becomes threatening and aggressive, return to your last safe location, and call for help.

Conflict management

When interacting with suspected auditors, we recommend a **CALM** approach – Chat, Assess, Limit, Monitor.

Chat in a friendly manner – be polite but not forthcoming with information

Assess for hostile intent – be mindful of their agenda

Limit interactions beyond what's essential – do you have to interact?

Monitor risk of escalation – be situationally aware



Do you want to have your say in how your neighbourhood is policed?



Are you willing to be a critical friend of the police to help them improve?



Are you passionate about voicing the needs and concerns of your community?



If the answer is yes, your local Independent Advisory Group (IAG) may be the platform for you.



Be part of a two-way conversation with your local police to discuss significant incidents, shape and influence policy and procedure, give feedback on neighbourhood policing matters.



Partner with
your local
policing team

Provide
constructive
criticism

Receive
updates on
local operations
and plans

Support sharing of
important information
and messages to and
from your community

**You can join an Independent
Advisory Group local to you in
the areas below:**

- Braintree
- Basildon
- Castle Point
and Rochford
- Chelmsford
and Maldon
- Colchester
- Epping and
Brentwood
- Harlow
- Southend
- Tendring
- Thurrock

**Scan the QR code
to find out more:**





Essex County Council Trading Standards
are actively targeting high street sellers of
illicit tobacco and vapes.

These businesses frequently sell harmful products to children, have links to other criminality, immigration offences, money laundering and undermine legitimate businesses.

We work in partnership with Police, HMRC, Immigration and District Councils to seize goods, close or disrupt premises and pursue those behind the shops.

Residents are encouraged to report concerns
about the sale of illegal tobacco,
vapes or underage sales to Trading Standards:

By phone: call the Citizens Advice Consumer Helpline on 0808 223 1133
By email: tobacco.vapes@essex.gov.uk

Click **HERE** to report online.





Community Safety Survey 2026

This survey is aimed at helping the Community Safety Partnerships working across Southend, Essex and Thurrock to identify the impacts of crime and anti-social behaviour in the county.

You can complete the survey about any area in Essex, whether you live, work or study there.

You can also complete this survey more than once to give us your views about a different area if you wish to do so.

The survey closes on 2nd August

The results will be used by the Community Safety Partnerships for each area, and Safer Essex, to inform their work for the next year.

Click **[HERE](#)** to complete this survey



Crime prevention advice

Key safes can be a simple way to give access to family or carers,

but if they're not used carefully, they can make it easier for someone to get into your home, especially when they're easy to spot or still using the original code.

Placing them out of sight, changing the code regularly, using a high-quality, police-approved model, and only sharing the code with people you trust can make a big difference.

Take a moment to check yours today and make sure it's as secure as it can be.

Click [HERE](#) for more advice



Be fraud smart

Watch out for investment scams

Investment and pension scams can be very convincing, especially if you're new to investing.

Fraudsters often contact people out of the blue, claiming to offer high returns on things like rare metals, land, wine or new energy projects.

These “opportunities” are often worthless or don't exist at all.

Be cautious of anyone who pressures you to invest quickly or keeps contacting you to build a relationship.

Always check a company is registered with the Financial Conduct Authority and get independent financial advice before investing.

If you've already lost money, be wary of anyone offering to recover it for a fee, as this could be another scam.

Click **[HERE](#)** for more advice



Crime prevention advice

Keep it safe

If you have high value items such as jewellery, watches, passports, credit cards, computer data and identification documents, you may want to consider storing them in a safe.

There are two options – either a home safe or a safety deposit vault.

Click [HERE](#) to see [**SECURED BY DESIGN**](#) for more information on safes

Be fraud smart

Are you aware of the latest scams?

[**FRIENDS AGAINST SCAMS**](#)

is a quick online learning programme that can help you understand the different types of fraud there are.

Click [HERE](#) to find out more



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



↑
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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

Armed Forces Community Working Group

A group designed to enhance collaborative working, to ensure the Armed Forces Community are at the forefront of services' minds.

The meeting provides a platform for attendees:

- to share latest research, new services, funding opportunities, and updates
- to improve joint working, identify service gaps, and resolve issues locally.



Scan the QR code or sign up here:

healthwatchessex.org.uk/armed-forces-community/

Click **HERE** to sign up



↑
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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
Together with Trussell



SCHOOL UNIFORM



**WE ARE NEEDING LOGO UNIFORM
FOR LOCAL SECONDARY SCHOOLS**



If you have any you are
rehomeing due to kids leaving
school or outgrown

please think of us!



*Good clean
condition
please*

WE ESPECIALLY NEED

THE ACADEMY • THE GILBERD • ST HELENA

Gratefully accept other schools also

DROP OFF



**GREENSTEAD
FOODBANK**

MON • TUE • THUR • FRI
10AM – 12PM



**TOLLGATE
FOODBANK**

MON – SAT
10AM – 2PM

Thank you for supporting local families





Anglian Water Summer Water Demand Community Toolkit

Protecting every drop

Why we need your help

Following a prolonged period of hot, dry weather, water demand across the region has remained exceptionally high for several weeks. We are putting in around 62 million **extra** litres a day at peak demand.

Our treatment works, pumping stations and wider network have been operating at peak levels for an extended period to keep water flowing to homes and businesses, but continued high demand is placing significant pressure on supplies and the wider water system.

We need everyone to act now to help protect water for essential needs. By encourage simple water saving actions your organisation can play a vital role in helping communities use water wisely and reduce pressure on the network during this challenging time.

Our key messages

If we all do a little, we can make a big difference!

Reduce non-essential
water use where
possible

Delay activities like
car washing
Or don't use a hose
pipe

Limit garden watering

Take shorter showers

Reuse water where
you can – e.g. cooking
water can be used in
the garden

Small changes make a
big difference



Click [**HERE**](#) to find out more **water-saving tips**



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

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**



SCAN TO FIND
OUT MORE



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

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



Grants for targeted early intervention support for children, young people and families

The programme is funded through the Department for Education's Families First Partnership Policy.

Applications are invited from voluntary and community organisations and non-for-profit organisations.

**Eligible organisations can apply for a grant from
£15,000 up to £60,000.**

All funding projects and programmes will run for 30 months (two and a half years).

**They are required to start 1 October 2026
and finish 31 March 2029.**

The application window is open from Thursday 9 July 2026 until Monday 17 August 2026.

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





Colchester
City Council

Public Health Funding 2026 -2027

This funding aims to address health inequality and the wider determinants of health in Colchester. **Applications up to £10,000.**

Our priorities are :

- Addressing the Healthy Weight Strategy for Essex and Colchester
- Addressing and improving Mental Health
- Addressing Health Inequalities
- Improving the lives and independence Older People

Application Window

Open from 9:00 AM on
8th July until 5:00 PM on
6th September 2026



APPLY NOW

Scan
here

Please note - this portal may close early due to number of applications received.



Click [HERE](#) to apply for



↑
TOP



**LLOYDS BANK
FOUNDATION**
ENGLAND & WALES

Good Place to Live: New Beginnings Fund

This fund will work with community organisations that are supporting people at key turning points in their lives when the risk of homelessness is highest including people

- leaving the prison system
- domestic abuse survivors
- young adults leaving care
- individuals leaving the asylum system on securing leave to remain in the UK

By providing the right support at the right time, organisations can help prevent homelessness before it happens and reduce the need for crisis intervention.

The deadline for applications is 5pm, Wednesday 9 September 2026

Click [HERE](#) to find out more



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

Chrissy Henegan

Community & Partnerships Officer

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

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

07966 235791

Chrissy.Henegan@colchester.gov.uk

Jake Mullinder

Community & Partnerships Officer

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

Thematic Lead for Physical Activity & Public Health

07890 910455

Jake.Mullinder@colchester.gov.uk

Mark Healy

Community & Partnerships Officer

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

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

07817 889992

Mark.Healy@colchester.gov.uk

Yovone Cook

Community & Partnerships Officer

Thematic lead for Resettlement, Faith Groups and
Ethnically Diverse Groups

07976 794789

Yovone.Cook@colchester.gov.uk

Shaz Peacock

Community Integration Support Officer

Sharon.Peacock@colchester.gov.uk

Salim Higah

Community Integration Support - Intern

Salim.Higah@colchester.gov.uk

Alina Fedyushshenko

Community Integration Support - Intern

Alina.Fedyushshenko@colchester.gov.uk



EMPLOYMENT & TRAINING

The 'Com Network' is an online community that consists of interlocking groups with thousands of users, including hundreds of hard-core participants who victimise children. The Com Network primarily exists for the purposes of sharing child abuse, extreme violence and gore material.

They also have strong links to Neo Nazi and satanic groups, creating a risk for those involved. It is therefore important that we understand how these groups operate, in order to protect and support those we work with, and recognise when this presents a Safeguarding or a Prevent concern.

Who can take the training?

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

Please note that these sessions are aimed at improving your understanding of The Com Network and will not provide guidance on addressing the topic directly with young people, however links to additional resources will be provided.

What will the training cover?

- **The Com Network** – What the 'Com Network' is, how these groups operate online and details about some of the most prevalent groups.
- **The 764 Network** – Some background, how these groups operate online and the tactics used to find and exploit victim.
- **What To Look Out For** – Indicators to look out for that could suggest someone is a member or being exploited by the 764 Network.
- **Impact in the UK** – Assessment of the threat and some case studies.

Please note that this session will include content of an extremist, violent and disturbing nature, including visuals. Due to the content of the training, we strongly advise that you only book onto a session at a time when you can join from a private space.

How can I find dates and register for the training?

You can register onto one of the sessions via our [registration form](#).

You can also use this form to tell us about any accessibility needs ahead of the session.

All sessions are held via MS Teams and calendar invite with the joining link will be sent to you upon registration.

Due to the content of the training, we strongly advise that you only book onto a session at a time when you can join from a private space.

If you have any questions, please contact us on community.safety@essex.gov.uk

Registration form [HERE](#)



The "manosphere" is an umbrella term referring to a set of interconnected misogynistic online communities. It encompasses multiple types and degrees of misogyny – from broader male supremacist discourse to men's rights activism and "incels".

Incels (short for involuntary celibates) forge a sense of identity around a perceived inability to form sexual or romantic relationships, blaming themselves, society at large and specifically women for these perceived failures, and therefore feel a bitterness towards women and themselves.

There is a high risk of self-harm for those involved in Incel subcultures, and there have also been incidents of mass-casualty violence committed by self-proclaimed Incels. It is important that we understand this ideology, and the narratives and terminology used, in order to protect and support those we work with.

Who can take the training?

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

Please note that these sessions are aimed at improving your understanding of Incel ideologies and will not provide guidance on addressing the topic directly with young people, however links to additional resources will be provided.

What will the training cover?

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

Please note that this session will include content of an extremist and sexually explicit nature, including visuals.

How can I find dates and register for the training?

You can register onto one of the sessions (or join our wait list for future sessions) via our [registration form](#).

You can also use this form to tell us about any accessibility needs ahead of the session.

All sessions are held via MS Teams and calendar invite with the joining link will be sent to you upon registration.

Due to the content of the training, we strongly advise that you only book onto a session at a time when you can join from a private space.

If you have any questions, please contact us on community.safety@essex.gov.uk

Registration form [HERE](#)



➔ JOIN OUR TEAM

We are
hiring!



OPEN POSITIONS:

- ☐ SURVIVOR CONNECT COORDINATOR
FOR CAMS AND CASP (20 HRS/WEEK)
- ☐ ANTISLAVERY COORDINATOR FOR
CASP (8-10 HRS/WEEK)

FOR AN APPLICATION PACK TO GO TO
WWW.CHELMSFORDASP.ORG.UK/NEWS

OR SCAN THE QR CODE
APPLICATIONS CLOSE 31ST JULY 2026



SCAN ME

Suicide Awareness Training

 **mind**
Mid and North
East Essex

Do you know how to help someone in crisis?



This workshop helps you have life-saving conversations, stay calm, respond confidently, and know what to say when someone may be at risk.

It helps you spot warning signs, use supportive language, and signpost people to help.

Join us for a funded Suicide Awareness training session on a date that suits you. ★

Training Dates

15 July	Colchester
9 September	Clacton
10 November	Chelmsford

Book your place today at
mnessexmind.org/suicideawareness
Email training@mnessexmind.org
Or call 01206 764600



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

15th October 2026

9.30am-1.30pm

Online via Zoom



To book, email training@mnessexmind.org
or visit mnessexmind.org/training

*Based on post-training feedback from sessions delivered between April 2023 and June 2024. Not to be reproduced without written permission from Mid and North East Essex Mind.



Careers in Plant Machinery



Colchester Institute and L Lynch Hire are working in partnership, to support Sizewell C and other projects, by offering free courses to those who wish to gain the necessary qualifications, knowledge and practical training to work in plant machinery within the construction sector.

Two new programmes are available, both courses run throughout the academic year:

Course:	Qualification achieved:	Requirements:
Plant Operator Programme	CPCS A09A Dumper and A31 Roller	Full driving licence required
Traffic Marshall and Roller Programme	CPCS A73 Traffic Marshall and A31 Roller	No driving licence required

Additional Information:

- You must have a valid CSCS card (this can be achieved at Colchester Institute)
- You will be required to undertake a drug/alcohol testing

Here is an example of what you could learn:

- Understand the purpose and function of different plant machinery
- How to carry out pre-use and running checks
- How to set up each machine for both site and road travel
- How to travel safely over different ground types
- Understand the correct power mode for daily activities
- How to place each machine in and out of service condition
- Explain loading and unloading procedures from a transporter



Department
for Education

For further information or to book your place:
Tel: 01206 583333 or Email: acs@colchester.ac.uk



ONLINE TRAINING ON HOW TO SPOT A LOAN SHARK

BOOK

Introductory.
training

BOOK

Follow on
training

intro training to be
completed first



Click [HERE](#) to book free



YOUTH JOBS GRANT

What is it?

£3,000 grant for employers who hire eligible Young People.

Is my business eligible?

Yes! There are no restrictions on which businesses can get the grant.

How do I find eligible Young People?

Your local JCP Recruitment Consultants can support you with the recruitment process and help to find suitable, eligible candidates.

Who can I hire?

Young people aged 18-24 on Universal Credit, who have been out of work for at least 6 months.

How do I sign up?

The grant goes live on the 30th of June. To register your interest and be put in touch with a local recruitment consultant, input your details here [Recruit the right people with Jobcentre Plus](#)



To get involved and for more information visit:
business.gov.uk/recruit



Department
for Work &
Pensions



YOUTH GUARANTEE
Funded by UK Government

job
centre
plus

↑
TOP

JOBS GUARANTEE PHASE ONE

A guide for employers



WHAT IS THE JOBS GUARANTEE?

The Jobs Guarantee helps young people who have been out of work or education for a period of time take their first steps into employment, as part of the government's Youth Guarantee.

In its first phase, the scheme is open to eligible* 18–21 year olds who have been on Universal Credit and seeking work for 18 months and live in Hertfordshire & Essex.

The Department for Work and Pensions (DWP) will fully fund employers to offer six months of paid work at 25 hours a week covering 100% of wage costs – reimbursed at the age relevant National Minimum Wage, including associated employer NICs and pension contributions – and up to £250 per young person for onboarding. Each young person will receive tailored training and DWP-funded support from a DWP appointed Delivery Partner helping them prepare for, engage with, and progress in their job.

WHY SHOULD YOUR BUSINESS TAKE PART?

Taking part lets you grow your business and strengthen your workforce while making a real difference to someone's life. In addition to the financial benefits above, you will also have access to untapped talent in your local community and the opportunity to trial a candidate for six months, with the option to retain them afterwards.

In return, you will need to:

- Offer a genuine paid job you would otherwise recruit for, with day-to-day support for the young person.
- Confirm your organisation meets reasonable requirements to ensure roles are safe, fair and good quality (usually via a simple declaration).
- Work with your Delivery Partner to support a young person, providing a named point of contact and notifying them of any changes affecting the young person's role.

WHAT TO EXPECT

Young people on the scheme can **bring fresh perspectives, diversity and loyalty to your organisation**. They may also face barriers to employment, which is why Reed in Partnership will provide them with personalised support specific to the needs of the young person and your business. Young people typically want to gain confidence through secure stable employment, feel valued and develop skills for a long-term career. Although some of these young people face barriers, securing a job can help increase motivation and confidence, give them solid experience in work and ultimately transform their lives.

The young person is most likely to thrive with a supportive employer offering clear structure, on-the-job training, flexible working where possible, and access to a workplace buddy or mentor.

THINGS YOU NEED TO KNOW

Delivery Organisation for Hertfordshire & Essex: Reed in Partnership

To recruit a young person, you should contact the Delivery Partner for your area. [Contact Reed in Partnership](#)

MEANINGFUL WORK

Jobs must be equivalent to roles not funded by the scheme and must not involve significant classroom or online training beyond what is offered to regular employees. To qualify, a job must:

- Offer work for up to six months at a minimum of 25 hours a week (unless fewer hours are agreed to meet individual needs).
- Pay at least the age relevant National Minimum Wage, in line with similar roles at your organisation.
- Not replace existing staff or reduce their hours.
- Give the young person the opportunity to develop skills that support progression into sustained employment.

KEY DATES

The first phase of the scheme runs from April 2026 – April 2027. The last start date for employing a young person in the first phase is 31 October 2026.

NEXT STEPS

1. Start by contacting [Reed in Partnership](#) and they will provide more detail on what to expect and get you onboarded.
2. You'll be notified when your vacancy has been matched with a young person.
3. The young person will start the job, and you can claim relevant onboarding costs up to £250.
4. The Delivery Partner will provide ongoing in-work support for the young person and you as the employer.
5. After 6 months, you can decide to retain the young person and continue to fund the role after this period.

FOR MORE INFORMATION

VISIT [GOV.UK](#) OR SCAN BELOW



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





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!**



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

