

Colchester Community Updates



Colchester
City Council

September 2026

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

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



SUNDOWN SERIES

BBQ AND BANTER

**Thursday
27 August**

A men's wellbeing evening with local bands, real lived experience talks, a Q&A panel, free BBQ, and local organisations and charities offering help, support and advice.

FREE EVENT

Community. Conversation. Music. Food. Support.

WORKING IN
SUPPORT WITH



The
Mental Health
Runner

Run. Walk. Talk. Support.



CURRENTLY FUNDED BY CLEVER SCOTTS

**Hollyhock Cafe , New Town Recreation Ground
6pm till 9pm**

↑
TOP

YOU'RE INVITED! FUNDRAISING Evening

GOOD FOOD. GREAT PEOPLE. BIG IMPACT.

TOGETHER
WE CAN
CREATE
CHANGE

FOOD AROUND THE WORLD

A night of culture, community & purpose!

We're raising funds to continue our empowering projects that transform lives and build stronger communities.



WOMEN'S BAKING COURSE

Building confidence, skills and independence for women.



CARPENTRY TRAINING

Practical skills for brighter employment opportunities.



REDUCING BARRIERS
to skills & employment opportunities



REDUCING ISOLATION
and building a stronger community



IMPROVING WELL-BEING
through learning, belonging & support



JOIN US FOR AN
UNFORGETTABLE EVENING!



DATE:
FRIDAY 28TH AUGUST



TIME:
5:00PM – 9:00PM



VENUE:
UNITY PRIMARY ACADEMY
HICKORY AVE, CO4 3QJ



TICKETS:
£20 PER PERSON
DISCOUNT FOR FAMILIES



MUSIC



RAFFLE



ENTERTAINMENT



DELICIOUS FOOD
FROM AROUND
THE WORLD!



*Your support today
helps us empower
women, build skills
and change lives.*

**THANK YOU FOR
MAKING A DIFFERENCE!**

ONE COMMUNITY



ONE GOAL



STRONGER TOGETHER



Come and enjoy a delicious evening,
celebrating cultures and supporting
our community!



S.T.E.P
Skills & Training Engagement Programme



07748757121



info@stepcic.co.uk



STEP CIC

TAKING LIBERTIES



**OPEN
CALL**

Submit your artwork to
be part of our exhibition
*'Taking Liberties:
Detention, Reporting &
Resistance'*

DEADLINE:
**30TH
AUGUST
2026**



BiD

Bail for
Immigration
Detainees

migrants
organise

CARE & CONNECT

Compassionate
Communities Event



Join us
**Friday 4th
September 2026**

10:00am

Talk begins 10:30am

Guest Speakers

**Brie - Sailship & Nikki - Greenstead
Community Centre**

StHelena
Compassionate
Communities
For the people you love

Event Address
**Sailship, Fairclough Avenue,
Clacton-On-Sea, CO16 7EG**
(on street parking only)

Please email confirmation of attendance
compassionatecommunities@sthelena.org.uk



Join us for magical

BEDTIME STORIES

RED
LION
BOOKS

Sunday 6th September 2026

Procession & Story event

Meet 10am · Colchester Library
Trinity Square, Colchester, CO1 1JB

Gruffalo led Procession to
Colchester Arts Centre

- ★ Storytelling
- ★ Family Sound Bath
with Beautiful Boho
- ★ Refreshments
- ★ Guest Authors

FREE
ENTRY



First 50 to register
receive a FREE
goodie bag



Scan for event details

↑
TOP



Looking for your next step? Whether you're searching for a job, apprenticeship, training opportunity, or support with Maths and English qualifications, **Get Sorted is here to help.**

Get Sorted brings together employers, training providers and careers advisers **to help young people** explore opportunities and access the support they need to move forward with confidence.

Date: **Monday 7 September**

Location: **Townhouse Youth Centre,
Colchester, 39-42 E Stockwell St,
Colchester CO1 1SS**

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

Meet the Funder Event



07/09/2026



10:00am-2:30pm



Colchester United Football Club, United Way,
Colchester, CO4 5UP

Join us for a Meet the Funder event designed to support voluntary and community organisations across Essex. This fully funded event will provide:

- A chance to hear from funders who will share insight into their priorities, funding opportunities, and what they look for in strong applications.
 - 121 sessions with funders to discuss your projects and ideas
 - An opportunity to bring your draft bids and receive advice from funding experts
 - Networking opportunities with lunch provided.
 - Funders confirmed: The National Lottery, Postcode Lottery, Colchester Catalysts, Essex Community Fund, Jack Petchey Foundation, CVST Tendring District Council.
- More to be announced soon!



Scan the QR code to book your place!



Proud to be part of

**Your Essex
Community**

Supporting the Voluntary
and Community Sector

↑
TOP

ART | LITERATURE

Opening Event

When Words Become Visible.

A journey into art through reading



WEDNESDAY
SEPTEMBER 10TH



4:00 PM – 7:00 PM



COLCHESTER LIBRARY

Refreshments
will be
provided



Exhibits from:

ST. JOHN'S GREEN SCHOOL • RAMA
ST. FILLAN'S CARE HOME • LOGANBERRY LODGE
LEVEL BEST • AND OTHERS

Celebrating creativity. Inspiring minds. Bringing words to life. ♥

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TOP



Festival of Rescue 2026



Hosted by Essex County Fire & Rescue Service



Join Us in the Community Village!

Clacton PCN have been given the opportunity to create a **Health and Wellbeing Hub** within the Community Village at this exciting national event.

We would love local organisations and groups to join us to showcase the support and services you offer people in our area.



NHS
Primary Care
Network Clacton



Health Checks

Blood pressure,
BMI, lifestyle
advice and more.



Showcase Your Organisation

Raise awareness
of your services
and support.



Connect with the Community

Engage with
residents and
build new links.



Friday 11th Sept
Saturday 12th Sept

8.00am – 5.30pm both days

Essex University Campus

Be part of a fantastic
community event and help
promote health, wellbeing
and local support.

*Stronger Together
for a Healthier
Community*



ABOUT THE EVENT

The Festival of Rescue brings together teams from across the UK to compete in a series of high-intensity disciplines, including vehicle extrication and trauma care.

- Fire Cadets' Challenge
- Community Village with activities and opportunities to get involved
- Fun for all the family



WHY JOIN US?

- Increase visibility for your organisation
- Reach a wide and diverse audience
- Promote health and wellbeing in our community
- Be part of an exciting national event
- Collaborate with other local organisations



INTERESTED IN JOINING US?

We would love to have you on board!

Please contact the Proactive Care Team at Clacton PCN:

elmc.pcnproactivecare.nhs.net

*Let's make a
difference – together!*



Essex University Campus

Proudly hosted by Essex County Fire & Rescue Service (ECFRS)
Working together for a safer, healthier community.



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TOP

HEADWAY ESSEX

Classic

VEHICLE AND VINTAGE SHOW

SUNDAY 20 SEPTEMBER 2026

10:30 - 16:00

*In aid of Headway Essex
the Brain Injury Charity*



**A great
family day
out!**



COLCHESTER CASTLE PARK

£10 per entry - Under 12's go free!

Book your tickets here! www.headwayessex.org.uk

★ CLASSIC CARS, MOTORBIKES, TRUCKS AND OTHER VEHICLES ★
DANCING ★ RETRO MUSIC ★ STALLS ★ FOOD & DRINK ★ ENTERTAINMENT

Registered charity number 1008807



SPONSORED BY

Blackwater



**Reduce
your bills.
Grow your
business.**

Sustainable Futures
Business event

 25 September |  9am-3pm |  Colchester Zoo



FREE - Sustainable Futures - Business Event

Sustainable Futures is a practical event for businesses and not-for-profits, offering clear, actionable advice on improving energy efficiency, cutting running costs, and taking simple, affordable steps towards sustainability.

Click [HERE](#) to reserve a spot
Friday **25 September** 9AM-3PM



KIDS & YOUNG ADULTS

In Colchester targeted interventions in some of the secondary schools

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



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

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

Uturn4support – Motion 4 Change



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

Essex VVU targeted interventions with schools – main aim:

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

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

In Colchester Essex VVU ReRoute intervention

Essex VVU ReRoute

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



Essex VVU ReRoute – main aim:

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

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

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



Knife Bin

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



Making a
difference across the
Colchester City area

Click [HERE](#) to see the full leaflet





Colchester Korban Project is a Christian charity providing Supported Housing for vulnerable young homeless people aged 16-25, of all faiths and none, in the Colchester area.

“I THINK YOU SHOULD KNOW. KORBAN SAVED MY LIFE”
ALI, AGE 20+ FORMER RESIDENT

*Name & age changed for confidentiality

Korban started in 2008 at our main house (see below) and now we have the opportunity to purchase it, giving us a stable base for the next 18 years of service and more.

Since Korban began **we've supported approximately 160 young people and helped the vast majority move on positively.** Research shows the need for Supported Housing will increase in the coming years and we want to be ready. Will you **help us buy Bethany Place** so we have a secure base to grow our work and continue to **break the cycle of homelessness for young people** in Colchester?

We need to raise **£500,000 before November 2027** when the house is due to be sold. We estimate 50,000 bricks were used to build the house - you can help us reach our target and **Buy a Brick for £10.**



A Place to Call Home

Our 'hub house' Bethany Place, a former vicarage that's been home to us, and approx 160 young people since 2008.



www.korban.org.uk | admin@korban.org.uk | 01206 869533
charity no: 1125617 | company no: 06630415

Click [HERE](#) to see the booklet

ANNOUNCING

UNDERDOG CREW STUDIOS' FIRST

PROFESSIONAL MASTERCLASSES

AT OUR NEW HALSTEAD LOCATION

THE UNDERDOG FILM & MEDIA ACADEMY

REAL INDUSTRY SKILLS. REAL EQUIPMENT. REAL PRODUCTIONS.

IN CELEBRATION OF
OUR MOVE TO
HALSTEAD

Launching Saturday 19th September 2026 at
Underdog Crew Studios @ Halstead Youth Centre
Led by multi-award-winning filmmakers

Filmmaking • Acting for Camera • Podcasting • Vlogging • Editing
Animatronics • Professional Puppetry



WEDNESDAY
YOUNG CREATORS STUDIO

5pm–7pm • Ages 10–14 • £15 per session



SATURDAY
FILM PRODUCTION ACADEMY

11am–2pm • Ages 12–18 • £22 per session

Create original films, podcasts and showreels — from first idea to final screening.

HIGHLY LIMITED SPACES

REGISTER YOUR INTEREST NOW

THE UNDERDOG CREW CIC

2025 BBC MAKE A DIFFERENCE AWARD WINNERS

MULTIPLE HIGH SHERIFF OF ESSEX AWARD WINNERS

 www.underdogcrew.org

 db@underdogcrew.org

 07498 606258

 Facebook & YouTube: UnderdogCrewStudios





Online coaching for parents and caregivers of autistic children 18 months - 5 years 11 months

How does it work?

Your personal coach will help you through online coaching and video analysis - to step back, reflect, and explore ideas and ways to support your child, giving you the skills and strategies to integrate changes in day-to-day life.

Everything happens in your home, through a secure video link, with a dedicated coach accompanying you step by step. Coaches are qualified early years practitioners, Occupational Therapists or Child Psychotherapists, with specific training to support Autistic children. Your coach will be allocated based on your child's needs.

Who can join?

If you would like to enroll on the programme, we have a few remaining spaces available to start immediately & we have places available for advanced registration starting in September 2026.

What parents often notice

Every child and every family is different, so outcomes are individual - but families commonly tell us they experience:

For children

More moments of shared attention, connection, and joyful back-and-forth play.

Clearer, more responsive communication.

and interaction with family members.

A growing sense of being understood and supported in everyday life.

For parents

A clearer understanding of your child's communication cues & play initiatives

More confidence in joining your child's play and supporting their engagement

A growing trust in your own intuition — and with that, less stress in the everyday and the ability to resolve day-to-day challenges.





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



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





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
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.

🗣️ Adjuster women groups 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



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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





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



TSA



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



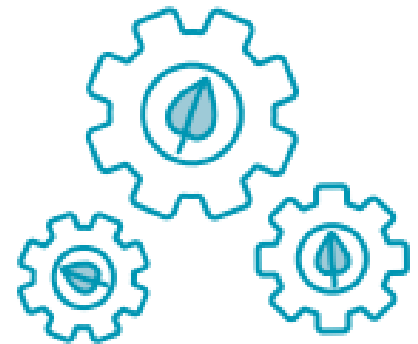
Business Waste Bag Collections

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

NSPCC



Parents1st
UK

Pregnancy in Mind

Expecting a baby can
cause complicated feelings.
Pregnancy in Mind can help.

Find space for you.

Email 'Pregnancy in Mind' to
info@parents1st.org.uk,
or visit our website:

<https://parents1st.org.uk/pregnancy-in-mind>





What is it?

Pregnancy in Mind (PiM) is a free online pregnancy group support group, for you to:

- meet other expectant parents
- learn ways to manage stress and anxiety
- build confidence before your baby arrives

We'll explore:

- coping strategies
- how to understand your mental health
- mindfulness and ways to boost your mood
- relaxation
- connecting with your baby

PiM meets online once a week for eight weeks.

Sessions are for either parent. You can come on your own or bring a support person.

Each week, there's a 1-2-1 chat about your wellbeing, where you'll be able to highlight any concerns you have. Following each session, we'll share resources you can use in your own time.

Once your baby has arrived, there'll be an opportunity for you to meet with the practitioner who runs your group individually to chat and check in on your wellbeing.

Visit our website for more information:
<https://parents1st.org.uk/pregnancy-in-mind>

NSPCC



Parents1st
UK



Click [HERE](#) to find out more





Teen Life North East Essex



Practical support helping families navigate autism in adolescence with confidence, connection and evidence-based guidance.

Teen Life looks at understanding autism and promotes supportive approaches for autistic children between the ages of 10 and 16.

Each session focuses on a different topic:

- Understanding autism – including different profiles, key areas of difference and one-page profiles
- Understanding autistic identity – including talking about autistic identity and disclosing this to others, interests and spending time with other people
- Stress and anxiety/understanding behaviour – including meltdowns/shutdowns, masking and supportive approaches
- Health and wellbeing – including self-esteem, health and wellbeing challenges and supporting health and wellbeing
- Puberty – including bullying, online safety, gender identity, friendships and relationships
- Education/transition to adulthood – including school avoidance, supportive school strategies, independence skills and person-centred planning

Who can access this service

Teen Life North East Essex is open to parents and carers of autistic teens (10–16) with a confirmed autism diagnosis living in North East Essex.

Program delivery

Programmes are delivered by local professionals who are licensed users of the programme and consist of 6 sessions (2 and a half hours long) usually delivered one session per week for 6 weeks.

There will be a maximum of 10 families per programme with each family being offered spaces for up to 2 parents/carers plus, if parents choose, a supporting professional.

Each session is a mixture of information, activities, videos and sharing experiences. There is always time to reflect on how the topic relates to the individual child/family.

Our six-week courses start through out the year. Visit our website by scanning the QR code below for more information.



I am so incredibly grateful to have had a chance to attend this course. Before the course I was overwhelmed and emotional, not knowing how I could help support my son and feeling like a failure. Now I feel so much more confident and have so many ideas and strategies to help him. I am incredibly grateful to your team for this!

Previous parent

Teen Life North East Essex



TeenLifeNorthEastEssex@family-action.org.uk

Family Action. Registered as a Charity in England & Wales no. 264713. Registered as a Charity in the Isle of Man no. 1206. Registered Company Limited by Guarantee in England and Wales no. 01068186.

Scan to visit
our website:



FREE PROSTATE CANCER SCREENING

DON'T GET CAUGHT BY THE NUMBER 1 MEN'S CANCER!

Greenstead Community Centre

Hawthorn Ave, Colchester CO4 3QE

Monday 14 September
10am - 2pm

45 FREE SPACES

Wednesday 7 October
5pm - 9pm

45 FREE SPACES



◀ Scan here or visit chaps.uk.com/book-event-main to book your test
please scroll down the event list and then select this event

BOOK A SIMPLE PSA BLOOD TEST NOW – BOOKING INSTRUCTIONS:



- YOU MUST book an appointment to be tested (no walk-ins)
- YOU MUST book online at chaps.uk.com/book-event-main
- YOU MUST print out and bring your appointment confirmation

NB: PSA screening blood tests are for men aged 40 and over who are not already on treatment or under care for a known prostate condition. Screening is strongly recommended for men of black African and Caribbean heritage and men with a family history of prostate cancer, breast or ovarian cancer who are at high risk from prostate cancer.

Event supported and sponsored by:



Not everything you see online is true.

Help us understand how you decide what's trustworthy online.



Thousands of people across Essex

search online every day for information about symptoms, treatments and healthy living.

Many people now use search engines, social media, websites, online videos, messaging apps and increasingly artificial intelligence (AI) tools **to find health advice.**

The internet has made health information more accessible than ever before.

But with so much information available, it can sometimes be **difficult to know what is accurate, trustworthy and up to date.**

That's why **NHS Essex** is developing **Think. Check. Trust. –**

a new campaign to help people across Essex feel more confident finding and using trusted health information online.

Together, we can help more people find trusted health information, make informed choices and **support our mission of making health services in Essex better.**

Click **[HERE](#)** to find out more and take the survey





National Energy Action's ENERGY ADVICE AND SUPPORT SERVICE 0800 304 7159

Our free, confidential and impartial energy advice service helps you with energy bills and improving energy efficiency in your home. Open to anyone living in England and Wales we offer full support with:



ENERGY EFFICIENCY ADVICE

- Personalised recommendations to make your home more energy efficient
- Tips on reducing your energy usage
- Guidance on selecting energy efficient appliances



MANAGING ENERGY COSTS AND FUEL DEBT*

- Help with budgeting and managing energy costs
- Support in dealing with fuel debt repayments
- Advice on payment plans and financial management



BILLS AND METERS

- Help with understanding your energy bills
- Help with meter readings and getting a smart meter
- Information on tariffs and finding the best energy deals



ADVOCACY

- Support you to talk with energy companies
- Help you resolve a dispute or make a complaint to your supplier



SIGNPOSTING TO SPECIALIST AND FINANCIAL SUPPORT SERVICES

- Referrals to local and specialist organisations for extra support
- Information on grants and financial help for energy costs
- Connections to local resources and community programmes



Web www.nea.org.uk/get-help
Email energy@nea.org.uk
Signvideo <https://neaadvice.signvideo.net>

National Energy Action is the national fuel poverty charity, helping everyone have a warm, safe and healthy home.
*National Energy Action is not licensed to give debt advice and therefore works in partnership with licensed UK debt agencies. Go to www.nea.org.uk. © National Energy Action 2024, independent charity registration number 290511.
Company limited by guarantee. Registered in England and Wales No: 1853927.



COMPASS

A partnership of domestic abuse services providing a response in Essex

THIS ISN'T LOVE, THIS IS CONTROL

Domestic abuse isn't always physical



If you or someone you know needs support, reach out.

You are not alone.

Call the domestic abuse helpline

Essex Compass on **0330 333 7 444**

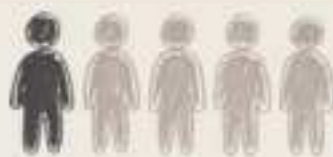
(8.00am to 8.00pm weekdays, 8.00am to 1.00pm weekends)

For help and support click [HERE](#)



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



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.





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

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

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



↑
TOP



www.breakeven.org.uk

01273 833722 | info@breakeven.org.uk



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

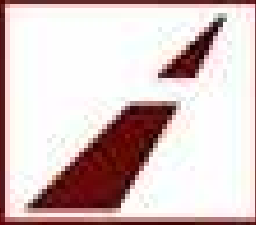
**IN REAL LIFE,
THERE ARE
NO RESPAWNS**

Speeding isn't a game, drive safely.

**YOU CONTROL THE SPEED.
YOU CONTROL THE GAME.**

Don't risk it, drive safely.





SAFERESSEX
roads partnership

**DRIVE
COKED UP**



**GET
LOCKED UP**

DON'T PUT DRUGS IN THE DRIVING SEAT

THINK!

Click [HERE](#) to learn more about
the dangers of drink and drug driving



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TOP

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



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



↑
TOP

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



HELP US, HELP YOU!

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

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

PAY WRONG ONCE, PAY TWICE!

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

Ask these three questions first:

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

No licence, no deal.



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



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TOP



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

The person behind the veteran

Free counselling sessions for anyone supporting a veteran

Life after military service can be tough, both for veterans and the people who support them.

Challenges such as emotional strain, social isolation, financial pressures and relationship difficulties can impact the wellbeing of supporters, especially when the veteran is also living with a mental health condition like PTSD or a physical injury.

Thanks to funding from the Veterans' Foundation, we can provide **free counselling sessions** to those supporting a veteran, this could be their partner, spouse, parent, young people (11+ aged) and carer in Colchester, Tendring, Braintree, Maldon and Chelmsford.



To access **free counselling** scan the QR code, call **01206 764600**

or email enquiries@mnessexmind.org



PLEASE SCAN

bacp | Accredited Service



mind
Mid and North
East Essex

mnessexmind.org

[@mnessexmind](https://www.facebook.com/mnessexmind)

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



**DID YOU SERVE
IN THE UK ARMED FORCES
BETWEEN 1967-2000?**

ARE YOU LGBTQ+?



#BattleForLostVeterans2026

CONTACT **FWP** TO LEARN MORE

YOU COULD BE ENTITLED TO
UP TO £70,000
IN REPARATIONS

fightingwithpride.org.uk | info@fightingwithpride.org.uk | 0203 981 3810



**DEADLINE FOR APPLICATIONS
12/12/2026 23:59**

**FIGHTING WITH
PRIDE**
THE ARMED FORCES LGBTQ+ CHARITY



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TOP

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:

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

Click **HERE** to sign up





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



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

Tom Harrison House is a Registered Charity. Charity number 1154510. Company number 06675134





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



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





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

Deadline for applications is 5PM 6th September.



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

➔ JOIN OUR TEAM

We are *hiring!*



OPEN POSITIONS:

- ☐ ANTISLAVERY COORDINATOR FOR COLCHESTER (CAMS 8-10 HRS/WEEK)
- ☐ ANTISLAVERY COORDINATOR FOR CHELMSFORD (CASP 8-10 HRS/WEEK)
- ☐ OR BOTH ROLES ABOVE (16-20 HRS/WEEK)

FOR AN APPLICATION PACK TO GO TO
WWW.CHELMSFORDASP.ORG.UK/NEWS
OR SCAN THE QR CODE
APPLICATIONS CLOSE 9 SEPTEMBER
2026





Launch of the Whole Family Approach Toolkit

Working Together to Improve Outcomes for Children, Adults and Families

We are delighted to invite you to the official launch of the Whole Family Approach Toolkit.

Developed through partnership working, this toolkit has been designed to support professionals in recognising and responding to the needs of the whole family, helping services work together more effectively to achieve better outcomes for children, young people and adults.



Wednesday 7 October 2026



Online Event



**11:30am - 1pm
(90 Minutes)**



Join us to:

- ✓ Discover the Whole Family Approach Toolkit and its practical resources
- ✓ Learn how the toolkit can be applied across services and agencies
- ✓ Hear about the benefits of adopting a whole family approach
- ✓ Explore opportunities for partnership working and shared learning
- ✓ Ask questions and contribute to the discussion

Together, we can build stronger partnerships, improve coordination of support, and ensure families receive the right help at the right time.

One Family. One Plan. Better Outcomes.

Reserve your place
and be part of the launch
click [HERE](#) to book your place



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](#)



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.

Mid and North East Essex Mind Registered Charity No. 1130704

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

Want to work with us?

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





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

