

# Colchester Community Updates



Colchester  
City Council

November 2026

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

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

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

# Contents:

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

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

- **Event Diary**
- **Kids & Young Adults**
- **Adults & Older People**
- **Health and Support Services**
- **Legal & Crime**
- **Armed Forces Updates**
- **Cost of Living Support**
- **Community Funding**
- **Our Team**
- **Employment & Training**
- **Unsubscribe**



# EVENT DIARY

# ROLLERWORLD

Foundation

# HALLOWEEN



# 80s

# 90s

# SKATE

## EVENING SESSION

SATURDAY 7TH NOVEMBER 2026

CHARTER HALL - COLCHESTER

7PM TILL 11PM

**TICKETS:**

**£13.50**



FANCY  
DRESS



ALL DAY  
BAR



LIGHT  
SHOWS



RAFFLE



SPEED  
SKATE  
CHALLENGE



DJ'S



AVAILABLE AT  
[WWW.ROLLERWORLD.CO.UK](http://WWW.ROLLERWORLD.CO.UK)

CHARTER HALL, COLCHESTER LEISURE WORLD,  
COWDRAY AVENUE, COLCHESTER CO1 1YH

TOP

# ROLLERWORLD

Foundation

## SKATE & SCARE

SATURDAY 7TH NOVEMBER 2026

CHARTER HALL - COLCHESTER

3 SESSIONS

RELAXED

11AM TILL 12PM



FAMILY

12PM TILL 5PM



OVER 14'S

7PM TILL 11PM



TICKETS:  
£13.50



AVAILABLE AT  
[WWW.ROLLERWORLD.CO.UK](http://WWW.ROLLERWORLD.CO.UK)



FANCY  
DRESS



ALL DAY  
BAR



LIGHT  
SHOWS



RAFFLE



GAMES



DJ'S

CHARTER HALL, COLCHESTER LEISURE WORLD, COWDRAY AVENUE, COLCHESTER CO1 1YH

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# ABCDE Workshop: North Essex



Friday 13th November 2026  
10:00am - 4:00pm



Colchester Rugby Club, Raven Park, Cuckoo Farm  
Way, Colchester, Essex, CO4 5YX



Lunch provided

ABCDE (Asset Based Community Development Essex) is an interactive workshop that explores how a strengths-based approach can help communities thrive. Using practical examples from across Essex, participants will learn how to identify local assets, build on community strengths, and support positive change. Tailored to your audience, the session is ideal for those new to ABCD or looking to refresh their knowledge.



Scan the QR code to  
register your place



Proud to be part of  
**Your Essex  
Community**  
Supporting the Voluntary  
and Community Sector





**Clarion Futures**

## **Emergency First Aid at Work**

**Friday 13<sup>th</sup> November 2026**

**9.30am to 4.30pm**

**Colchester Town House 39-42 East Stockwell Street CO1 1SS**

**Are you NEET aged 16 to 20?**

This Level 3 qualification will teach you how to provide first aid to someone who is injured or becomes ill while at work. It will give you the skills and confidence to respond to a wide range of first aid emergencies. You will develop practical skills to help someone who is: unresponsive and not breathing, including CPR and how to use an AED, having a seizure, choking, bleeding heavily or suffering from shock or burns.

**To book a place or for more info contact: Lisa Judge**

**e-mail: [lisa.judge@essex.gov.uk](mailto:lisa.judge@essex.gov.uk)**

**Programme delivered in association with Essex County Council**

**Transforming lives  
and communities**



**CLARION  
FUTURES**

**↑  
TOP**

# Be More Dandelion

Movement, connection and community

## Strong Mums, Strong Families

Free wellbeing support for mums and female carers in Greenstead

### 1 TOGETHER

#### Relaxed family wellbeing events

Drop-in sessions for mums, carers and children with movement, crafts, play, refreshments and positive time together.



#### Launch Event



Saturday 17 October 2026



11:30–13:30



Greenstead Community Centre

### 2 CONNECT

#### Monthly movement-led wellbeing sessions

A welcoming monthly session for mums and female carers with tea, coffee, connection and a different movement-led wellbeing experience each month.



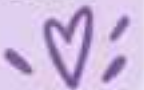
#### Next session



Friday 13 November 2026



09:30–11:30



### 3 RECLAIM

#### 10-week trauma-aware wellbeing programme

A supportive small-group programme to rebuild confidence, reconnect with yourself and feel stronger in everyday life.



#### Launching in 2027

Spring and autumn cohorts



Strong Mums, Strong Families is not a domestic abuse-specific programme. Women do not need to identify as survivors of domestic abuse to take part.



Find out more & book:

[www.bemoredandelion.com/strongmums](http://www.bemoredandelion.com/strongmums)



COLCHESTER FOODBANK  
INVITES YOU TO:

# *Celestial Stars Soirée*

*An Evening Written in the Stars*

SATURDAY 14 NOVEMBER  
2026

STARLIGHT RECEPTION  
6:00 PM

LIVE AUCTION & RAFFLE  
BLACK TIE WITH STAR  
QUALITY

AN EVENING OF DINING, DANCING  
AND DAZZLING GENEROSITY

DELTA MRRRIOTT  
HOTEL  
MARKSTEY



**The University of Essex NIHR Youth Mental Health research team**, in partnership with University of Cambridge, Kings College London and Healthwatch Essex, is pleased to host a full day participatory event **on 25th November** dedicated to catalysing research to help shape the future of youth mental health support across Greater Essex.

This event is aimed at youth mental health practitioners, service providers and commissioners across Essex, Southend and Thurrock. We are working with CLEAR (formerly Healthwatch Essex) to ensure the event is also attended by young people with lived experience of mental distress.

The event is being held **at Firstsite gallery in Colchester** where visitors on the day will be able to view **the “Against the Tide” photo exhibition** by documentary photographer Polly Braden.

**Further details and registration [HERE](#)**



**Clarion Futures**

## **Level 2 Food Safety Qualification**

**Friday 27<sup>th</sup> November 2026**

**9.30am to 4pm**

**Colchester Town House 39-42 East Stockwell Street CO1 1SS**

**Are you NEET aged 16 to 20?**

This qualification is for anyone wishing to work or volunteer in a catering, food manufacturing or retail setting. An asset to anyone looking for work in:

- cafes, pubs, hotels, restaurants
- supermarkets and food retail environments
- food and drink manufacturers
- hospitals, care homes and schools and nurseries

**To book a place or for more info contact: Lisa Judge**

**e-mail: [lisa.judge@essex.gov.uk](mailto:lisa.judge@essex.gov.uk)**

**Programme delivered in association with Essex County Council**

**Transforming lives  
and communities**



**CLARION  
FUTURES**

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**ECL Crafty Drama**  
presents

# MUSIC RULES THE WORLD

Friday 4th  
December  
2026

Ticket price  
**£13** plus  
booking fee

Join us for an unforgettable musical spectacular, celebrating the incredible talents, creativity and achievements of our customers, packed with fantastic performances, great songs and plenty of entertainment, perfect for the whole family!

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

Doors open 6.30pm  
Show starts 7pm – 10pm



**Book now**

[ecl.org/drama-colchester](https://ecl.org/drama-colchester)

**ecl**  
Person-centred care

↑  
**TOP**



University of Essex



# Health, Wellbeing and Care Hub Open Days

To book, scan the QR code above or click the [link here](#).



**Day 1: Thursday 3 December 2026 - 12:30 - 15:00**

**Day 2: Tuesday 8 December 2026 - 10:30 - 13:00**

These open days are designed for both University of Essex staff and external organisations, partners, and professionals.

## What to Expect

- Guided tours of the Hub
- Interactive taster sessions you can watch and participate in
- Opportunities to meet the staff and learn about our services
- A talk from Professor Victoria Joffe, Dean of Integrated Health and Care Partnerships
- Discussions about partnership opportunities and building meaningful connections with our team and partners

**A:** Health, Wellbeing and Care Hub, Clingoe House, Knowledge Gateway,  
University of Essex, Boundary Road, Colchester, CO4 3GS

**E:** [healthwellbeingcare@essex.ac.uk](mailto:healthwellbeingcare@essex.ac.uk)

**W:** <https://www.essex.ac.uk/health-wellbeing-and-care-hub>



# Let's have a CUPPA



**Time for Tea with Helpline 24/7** 



**Tea, coffee,  
pastries**



**Meet the  
Helpline team**



**Learn about  
local support**



**Connect with  
others**



**Wednesday,  
20 January 2027  
2:00pm - 5:00pm**



**The Old Library,  
Colchester Town Hall  
CO1 1HE**

**Everyone Welcome**

**Customers | Families | Carers | Community Organisations | Healthcare Professionals**

**RSVP**



**01206 769779**



**helpline@colchester.gov.uk**



**www.helpline247.co.uk**

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# KIDS & YOUNG ADULTS



For simple, 10-minute  
ideas to get moving  
together, visit:

[nhs.uk/LetsMove](https://nhs.uk/LetsMove)

**Let's Move!**  
**ESSEX**



Funded by  
UK Government

Click [HERE](#) to get started OR





## Making music outside of school

### Colchester Townhouse

Discover music your way!

A new music group for secondary-age students.

All abilities welcome.

**When:** Tuesday evenings, 4pm to 6pm. Starting Tuesday 13 October 2026.

**Try it free:** Enjoy for free until Christmas. (Please register before attending so we know who is coming)

**From January 2027:** £40 per term.



**Email**

[musichub@essex.gov.uk](mailto:musichub@essex.gov.uk)

**When**

Tuesday evenings, 4pm to 6pm

**Location**

Colchester Townhouse Youth Centre  
East Stockwell Street  
Colchester  
UK

**Level**

Beginner, Intermediate, Advanced



Register your interest **[HERE](#)**



Click **[HERE](#)** to find other locations



“We are really pleased to be supporting The Dawn Sailing Barge Trust to safeguard the physical heritage of the barge and strengthen the trust’s connection with the local community ”

Robyn Llewellyn Director, England, Midlands & East at The National Lottery Heritage Fund



**Dawn** is a fully funded community heritage and wellbeing project, supported by the National Lottery Heritage Fund, preparing to launch a 12-month pilot from October across **Harwich, St Osyth, Rowhedge and Maldon.**

Visiting all four ports each month and delivering nine sessions in each port, the project will welcome people aboard free of charge to explore maritime heritage, share skills and experiences, and build meaningful connections.

Here are Dawns Port dates for November 2026:

**8-12 November:** Harwich

**15-19 November:** St Osyth

**22-26 November:** Rowhedge

**29 November-3 December:** Maldon

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





**COLCHESTER  
ICE RINK**  
CULVER SQUARE

*Skate  
Learn  
Make Memories ♥*

# Community Groups

JUST **£10** PER  
PERSON

*Get your group together  
for a fun day on the ice! ♥*

Saturday, 5th December 2026 to Sunday, 3rd January 2027



PERFECT  
FOR COMMUNITY  
GROUPS



A FUN &  
SOCIAL ACTIVITY  
FOR EVERYONE



BRINGS  
PEOPLE TOGETHER  
LOCALLY



A GREAT WAY  
TO ENJOY THE  
FESTIVE SEASON



**BOOK VIA OUR  
WEBSITE**

or get in contact



info@colchestericerink.com



020 7101 4507

*Skate  
Together  
Create  
Memories ♥*

**ColchesterIceRink.com**



# SMART Courses

SMART  
programmes are  
**FREE** for young  
people to join!

Active Essex Foundation (AEF) free SMART programmes (Girls Inspired, Boys Inspired, BoxSmart and SportSmart) provide early intervention support for young people aged 11 to 24 who face social, emotional, behavioural or environmental challenges that may affect their wellbeing, engagement and future opportunities.

Supporting those impacted by exploitation, anti-social behaviour, youth crime, poor mental health, low confidence, school attendance issues or the risk of becoming NEET (Not in Education, Employment or Training). SMART helps young people build resilience, develop positive life skills and achieve their goals.

The SMART framework focuses on five key areas:

**Sport:** encouraging engagement in physical activity

**Motivation:** helping individuals identify future goals and aspirations

**Awareness:** developing knowledge and understanding of risks

**Resilience:** building confidence and decision-making skills

**Trust:** encouraging positive relationships and peer support

## SMART supports young people to:



Build confidence through sport and physical activity



Improve decision-making and problem-solving skills



Develop essential life skills for everyday success



Gain new qualifications and accreditations



Explore real-life topics in a supportive environment



Access leadership and volunteering opportunities



## BoxSmart course for all genders aged 13-16 years



Starting on Thursdays from  
17th September for 12-weeks



The Oak Tree Centre, Harwich  
Road, Colchester, Essex



4pm - 5.30pm



Contact Essex Boys and Girls Club for more info:  
[georges@essexboysandgirlsclubs.org](mailto:georges@essexboysandgirlsclubs.org) or 01245 264783

SCAN  
ME



Scan the QR code to refer and  
complete the form!

Delivered by:





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Explore real-life topics in a supportive environment



Access leadership and volunteering opportunities



## BoxSmart course for all genders aged 14-16 years



On-going weekly sessions  
on Thursdays



Unit P, 12 Moorside,  
Colchester, Essex



4.30pm to 6.30pm



Contact Simply Active Group  
for more information: [07840 959393](tel:07840959393)

Scan the QR code to see the Simply  
Active website and discuss the course!



Delivered by:



**Simply ACTIVE**



# YOUNG PEOPLE'S

## LONELINESS AND SOCIAL ISOLATION

YOUR PERSPECTIVE MATTERS

Local places.  
Real stories. ♥

CREATIVE IDEAS  
REAL CHANGE

Different perspectives  
brighter futures ♥

- ✓ Are you aged 16-24 years?
- ✓ Do you live in or near Clacton, Harwich, Brightlingsea or Southend area?
- ✓ Do you feel lonely or socially isolated?

The University of Essex is looking for people to take part in a creative group research project. This will involve creating images (such as photographs) that represent your experiences of loneliness and/or social isolation.



### GET CREATIVE

You will take part in three group workshops and create images (such as photos).



### SHARE & DISCUSS

You will discuss these images and your experiences in a group with other young people.



### MAKE A DIFFERENCE

There will also be an opportunity to work together to create an output such as a photo exhibition.



### THANK YOU

You will be given a **£20 voucher per workshop** to thank you for your time.

## INTERESTED? →



Email us at:  
[mhla@essex.ac.uk](mailto:mhla@essex.ac.uk)



Message us on WhatsApp:  
**07483 329411**



SCAN ME!

SMALL STORIES  
BIG CHANGE ♥

### Who is doing the research and why?

We are a mental health research team at the University of Essex. Findings from the research will be used to develop solutions to loneliness and improve support for young people.

The research has been approved by the University of Essex ethics committee (ETH2526-0992).

NIHR | Mental Health Research Group



University of Essex



UNIVERSITY OF CAMBRIDGE

healthwatch  
Essex



CREATIVE PEOPLE. STRONGER COMMUNITIES.

↑  
TOP

### 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

**Essex VVU | Colchester**





## 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](http://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**



COLCHESTER  
**ICE RINK**  
CULVER SQUARE

Skate  
Learn  
Make Memories ♥

# Community Groups

JUST **£10** PER  
PERSON

Get your group together  
for a fun day on the ice! ♥

Saturday, 5th December 2026 to Sunday, 3rd January 2027



PERFECT  
FOR COMMUNITY  
GROUPS



A FUN &  
SOCIAL ACTIVITY  
FOR EVERYONE



BRINGS  
PEOPLE TOGETHER  
LOCALLY



A GREAT WAY  
TO ENJOY THE  
FESTIVE SEASON



BOOK VIA OUR  
**WEBSITE**

or get in contact



info@colchestericerink.com



020 7101 4507

Skate  
Together  
Create  
Memories ♥

**ColchesterIceRink.com**

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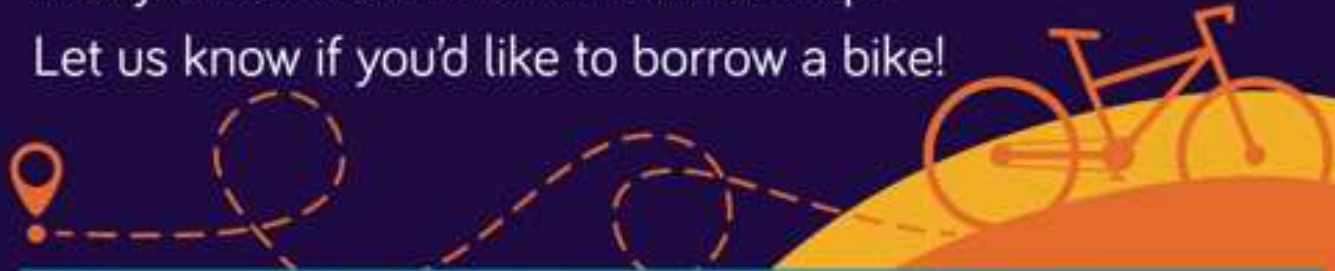


# Join an EPP ride

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

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

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



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

[Essex Pedal Power Recycled Bikes Application form](#)



# DONATE A BIKE. CHANGE A LIFE.

Your used bike can create new opportunities in our community.



Many in our community face barriers getting to work, school, and essential services. Your second-hand bike can provide freedom, independence, and new opportunities.

Together, we can keep wheels turning and lives moving forward.

We accept good-condition adult and child bikes. All donated bikes are refurbished and repaired before being passed on.



## DONATE YOUR BIKE TODAY!

Your donation stays in our community and helps neighbours in need.



**DROP-OFF LOCATION**  
Unity House, Hickory Avenue, CO4 3QJ

**DROP-OFF HOURS**  
Tues - Friday: 9:00 AM - 5:00 PM  
Call: 07842 422047  
Email: Colchesterepp@theaws.org



RIDE. GIVE. EMPOWER.





## 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



# 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



# helpline 24/7

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

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

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

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



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

Follow us



ECONOMIC  
DEVELOPMENT



## Our services

Colchester City Council provides recycling and waste collection services for businesses in the local area.



### Business Waste

Flexible collections, competitive prices and expert local support. Request a free waste review or quote.

Click [HERE](#) to request a free quote or consultation

**We offer a competitive, reliable and compliant waste service, with no hidden charges or ties into lengthy contracts.**

We have a dedicated, professional and reliable team committed to providing an excellent service that **includes:**

- Free, no-obligation on-site waste audit
- Upfront costs with no hidden charges, such as surcharges per kilo for heavy bins
- No VAT Monthly rolling contract, no long-term commitment required
- Cost-effective and sustainable
- Officially certified waste carriers
- Efficient and friendly customer service
- Expert legislation advice

Click [HERE](#) to find out more





# HEALTH & SUPPORT SERVICES

# Flu jab bookings open for eligible people across Essex ahead of winter

## Those eligible from 1 September 2026

- ✓ Pregnant women
- ✓ All children aged 2 or 3 years on 31 August 2026
- ✓ Primary school aged children (Reception to Year 6)
- ✓ Secondary school aged children (Year 7 to Year 11)
- ✓ Young people aged 17+ who meet specific criteria
- ✓ All children from six months of age who are in clinical risk groups

## Those eligible from 1 October 2026

- ✓ Adults aged 65 years and over
- ✓ Those aged 16-64 in clinical risk groups
- ✓ People with certain long term health conditions
- ✓ Residents in care homes
- ✓ Carers in receipt of Carer's Allowance, or those who are the main carer of an elderly or disabled person
- ✓ Close contacts of people who are immunocompromised
- ✓ Eligible frontline health and social care workers

BOOK [HERE](#)  
OR SCAN



# WE SAVE LIVES.

How do we do this?

## RAISING AWARENESS

We educate young people on the signs & symptoms of testicular and ovarian cancers through our award-winning digital campaigns and life-saving educational programmes.

## OFFERING SUPPORT

We provide free materials to newly diagnosed young people going through treatment, helping to make the most difficult time of their life a little easier.

## CONNECTING OUR COMMUNITY

We create meaningful connections with survivors through our Ambassador programme, giving a voice to those affected by these rare forms of cancer.



SCAN TO  
LEARN MORE



The Robin Cancer Trust is a registered charity in England & Wales. Registered charity no. 1046886. Registered charity address: 22 Queen's Rd, Birmingham, B15 2TJ.

# TESTICULAR CANCER

If you have any of the symptoms of testicular cancer, or have discovered anything not normal for you – then you must visit a medical professional.

**Don't let embarrassment kill you,  
don't be afraid to talk bollocks.**

Signs & symptoms:

## LUMPS, HARDNESS SWELLING, PAIN & HEAVINESS



How to check your balls:

1. Check one testicle at a time using both hands (after a hot bath or shower)
2. Firmly but gently roll your testicle between your fingers and thumb (don't squeeze too hard!)
3. Get to know your epididymis (your sperm cord) which can be a bit tender
4. Feel for signs & symptoms of testicular cancer (or anything not normal for you)

REPEAT ONCE A MONTH

**#TALKINGBOLLOCKS**  
testicular cancer campaign

# OVARIAN CANCER



There is no national screening programme for ovarian cancer. It's important to be aware of the symptoms and to visit a medical professional if you are concerned.

**Listen to your body, she knows you best.**

Signs & symptoms:

## BLOATING, FEELING FULL IRREGULAR BLEEDING, PAIN & NEEDING TO PEE



When to be concerned:

1. **PERSISTENT:** The symptoms won't go away
2. **FREQUENT:** The symptoms occur most days
3. **NEW:** The symptoms started within the last 12 months
4. **UNUSUAL:** The symptoms are not normal for you

Keep a record of the symptoms you are experiencing and take this to your appointment, this will help make a speedier diagnosis.

**#NOTOVARYACTING**  
ovarian cancer campaign

**"THERE'S NO  
DOUBT THAT THE  
ROBIN CANCER TRUST  
SAVED MY LIFE"**

John, Testicular Cancer Survivor

**"THE CHARITY  
HAS BEEN A REALLY  
IMPORTANT PART  
OF SURVIVORSHIP  
FOR ME"**

Sara, Ovarian Cancer Survivor

## KEEP IN TOUCH

Please contact us if you'd like to know more about our upcoming fundraising events, volunteering opportunities, Ambassador programme or ways you can support our mission to save lives.

**Darren Couchman**  
Community Engagement Manager  
darren@therobincancertrust.org  
07534209923

Learn more on our website:  
[www.therobincancertrust.org](http://www.therobincancertrust.org)

Follow us on social media at:  
[@rctcharity](https://www.instagram.com/rctcharity)



Learn more by  
scanning the  
QR Code



The Robin Cancer Trust is a registered charity in England & Wales. Registered charity no. 1046886. Registered charity address: 22 Queen's Rd, Birmingham, B15 2TJ.



# HELP US SAVE LIVES!



we save lives.





# Essex Sexual Health Service

**NEW from Essex Sexual Health Service -  
FREE e-Learning to support better conversations  
about relationships and sexual health**

**Essex Sexual Health Service are excited to  
announce the launch of their e-Learning Platform.**

**ESHS e-Learning Platform provides  
FREE, flexible online courses** designed to support  
professionals in developing their knowledge and skills.

**Ready to start learning?**

Build your knowledge.

Boost your confidence.

Support better conversations.

**The first course, Sex, Consent and Confidentiality, is now  
available [HERE](#)**

If you want to learn more on what courses will be  
becoming available on the platform **[CLICK HERE](#)**



# Move Through This

A trauma-aware movement class for women in Colchester..

*Movement  
Connection  
Belonging* 

**“The best  
thing for  
trauma in  
Colchester.”**

Move Through This Participant



SCAN ME  
FIND OUT MORE

Be More  
Dandelion



COMMUNITY  
FUND

@BeMoreDandelionCIC  
[www.bemoredandelion.com](http://www.bemoredandelion.com)



↑  
TOP



## Trusted health advice and guidance for parents

Welcome to Best Start in Life, the new home of Start for Life.

You'll still find the same NHS advice on pregnancy, babies and supporting your toddler's development. Now you can also find out about childcare and education support too!

### 5 steps to potty training

Potty training is an important step for you and your child, but it can take time and patience.

Follow our 5 steps to potty training and find out when to start, how to prepare and where to get help if you need it.

 [Potty training your child](#)

Click [HERE](#) to find out more





**Step by Step**

Supporting you to support them

## **Have Your Voice Heard**

# **Experts by Experience Forum**

We are inviting adults who have experienced domestic abuse or those who have supported someone through domestic abuse to join our **Experts by Experience Forum**.

The forum will bring together people with lived experience to share views, help shape services and improve support for others affected by domestic abuse by:

- Sharing feedback about our services
- Helping improve support for survivors and families
- Influencing future service development
- Contributing to training, policies and awareness activities
- Empowering others through lived experience
- Ensuring the voices of survivors remain at the heart of what we do

Use your voice and experiences to impact real change and make a positive difference to others.

We offer safe, supported and confidential discussions in a respectful and inclusive environment.

**Your Experiences Matter. Your Voice Can Make A Difference.**

**Interested?**

**For more information or to join the forum, please contact:**

**01245 821179, Scan the QR code below or  
[stepbystepessex@barnardos.org.uk](mailto:stepbystepessex@barnardos.org.uk)**





**Step by Step**

Supporting you to support them

**If you are 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 or**

**Scan the QR code below for more information or to request a call back**

**or email us at [stepbystepessex@barnardos.org.uk](mailto:stepbystepessex@barnardos.org.uk)**

**Click HERE to find out more**



IN PARTNERSHIP WITH



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## FIND LOCAL SUPPORT FAST



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**





**Need  
urgent  
mental  
health  
support?**



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



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



# Get the care you need quicker

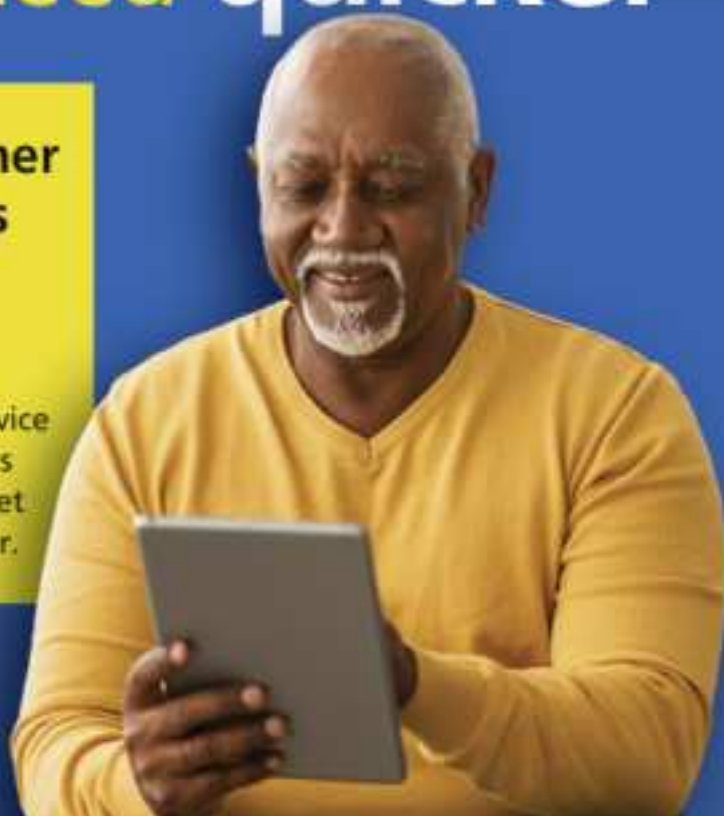


## NHS Essex partner communications toolkit

### Campaign purpose:

Help people across Essex  
choose and access the service  
or support that best meets  
their needs, so they can get  
the care they need quicker.

#GetTheRightCare



Click [HERE](#) to explore this toolkit OR



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](mailto:info@breakeven.org.uk) or visit our website [www.breakeven.org.uk](http://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](http://www.breakeven.org.uk)

Reg charity 1158156

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



↑  
**TOP**



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

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



## 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](http://www.essex.gov.uk/fosterwithEssex)



**FosterEast**  
Foster with your council

# Help vulnerable children and young people reach their full potential

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

Click **HERE** to find out more



# Helping someone home from hospital

## What you need to know



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

Working together for Essex

Action for Family Carers, Carers First, Carers UK,  
Essex Carers Support, Essex Wellbeing Service,  
NHS, Mobilise.



*here to*



Colchester  
City Council

# HELP

This guide offers details of organisations and charities across Colchester (and nationally), that can support you, whatever your needs.

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

To contact the council:

☎ 01206 282222

✉ [customerservices@colchester.gov.uk](mailto:customerservices@colchester.gov.uk)





# LEGAL & CRIME

Misinformation

FAKE

NEWS

### BREAKING NEWS

Nam at justo imperdiet, posuere odio eu, varius  
dila. Etiam vitae dui in risus lobortis rutrum eget  
dila. Dui at ultricies dui. Sed id  
it amet ligula. Duis at placerat eros. Donec arcu  
llementum lacus, vel placerat eros, ultrices et  
arps, tincidunt non sagittis vitae, ultrices et  
serus. Nullam eu ipsum et urna tristique tempus  
ac sit amet metus. Suspendisse dictum imperdiet  
convallis. Nulla volutpat nunc eu velit orna.  
landit. Curabitur orci tellus, luctus  
chicula vitae felis. Pellentesque  
apien sed semper.

Viv  
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tem



Click [HERE](#) to find out more



↑  
TOP

# Modern slavery is happening in Essex

Forced  
Owned  
Controlled  
Abused  
Afraid  
Isolated  
Dehumanised  
Constrained  
Bought & Sold  
Threatened  
In debt

Find out more at



**SOUTHEND  
AGAINST  
MODERN  
SLAVERY  
PARTNERSHIP**



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



**CHELMSFORD  
AGAINST SLAVERY  
PARTNERSHIP**



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



**cam's**

**Colchester Against Modern Slavery**



[www.colchester.gov.uk/modern-slavery](http://www.colchester.gov.uk/modern-slavery)

**Concerned someone could be a victim?  
Do something about it.**

For advice or to report concerns call  
Modern Slavery Helpline **08000 121 700.**

For Essex Police call **101** or in an emergency **999.**



# Survivor Connect

## Survivor Connect

We offer a befriending and mentoring service delivered by trained volunteers to survivors of Modern Slavery and Human Trafficking living in Southend, Chelmsford and Colchester

Some of the benefits of our service are:

- Regular social contact
- Help to build community connections
- Help to access local agencies
- Opportunities to increase skills

The support we provide is not time limited and tailored to individual needs and interests.

Please note we are not a 24hr service and are unable to support clients in crisis.

Information for Organisations: Support for Survivors of Modern Slavery in Southend, Chelmsford, Chelmsford and Colchester.



## What is Modern Slavery?

Modern slavery is when someone is controlled, forced or deceived into doing things they do not want to do, and they are not free to leave or stop what is happening. They may be paid very little or not at all. It can happen to anyone. It is never the survivor's fault.

Exploitation is where someone makes someone else do work for them which they don't want to do or feel they don't have a choice about. The work does not pay them properly or at all.

Modern slavery can take many forms, however the most common are:

**Labour Exploitation** is where a person is forced to work for nothing or low wages, under poor working conditions and/or under a threat of punishment.

**Sexual Exploitation** is when a person is forced to perform sexual acts.

**Domestic Servitude** is when a person is forced to work in someone else's home, perhaps cooking, cleaning and looking after children with little freedom or pay.

**Criminal Exploitation** is when a person is forced into crime such as begging, shoplifting, cannabis cultivation or transporting drugs.

[www.samspartnership.org.uk](http://www.samspartnership.org.uk)  
[www.chelmsfordasp.org.uk](http://www.chelmsfordasp.org.uk)  
[www.colchester.gov.uk/modern-slavery](http://www.colchester.gov.uk/modern-slavery)

## Befriending

A befriender can provide weekly support either in person or via telephone for 1 - 2 hours a week.

A befriender provides:

- Someone to talk to
- Help to get to know the local area
- Help to connect to other community groups
- Help to access local services/agencies
- Develop new hobbies
- Identify practical support needs

For example a befriender could meet a client for a coffee, accompany them to a new community group or activity and direct them to local amenities.

## Mentoring

A mentor could meet with a client on a regular basis or occasionally to:

- Provide goal focussed support
- Help to build confidence
- Increase employability and life skills
- Help to access local agencies
- Improve language skills
- Support with personal administrative tasks

For example, a mentor could help clients to join the library, access healthcare services, research education courses and complete forms.

## How to access the service

**Survivor Connect** is a free and confidential service.

We are unable to accept self referrals. For further information or if you are a professional who would like to refer a client, please contact

[connect@togetherfree.org.uk](mailto:connect@togetherfree.org.uk)

## To make a referral to Survivor Connect...

To request a referral form contact [connect@togetherfree.org.uk](mailto:connect@togetherfree.org.uk)

Once the referral has been received, our Survivor Connect Coordinator will arrange to meet the client and explore the most appropriate support pathway for them.

Please note that our team works part-time hours and may not be able to respond immediately.



**IF SOMEONE IS IN IMMEDIATE DANGER, PLEASE CALL THE POLICE ON 999.**

For advice on Modern Slavery and guidance as to what wider support is available for victims, please call **The Modern Slavery Helpline** on **0800 0121 700**.



SAMS, CASP and CAMS are Antislavery Partnerships held within the charity, The Together Free Foundation, charity number 1185728.

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



An initiative  
of



# caims

## Colchester Against Modern Slavery

With an estimated 122,000 victims of modern slavery in the UK, would you like to join 45 organisations in partnering towards a slavery-free Colchester?

To explore further email: [safer.colchester@colchester.gov.uk](mailto:safer.colchester@colchester.gov.uk)

### Free Modern Slavery Training

Workshops of between 1-2 hours include:

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

The training can be on Teams or in-person and tailored to your organisation / group.  
Contact: [bob.fortt@essex.police.uk](mailto:bob.fortt@essex.police.uk) or  
[safer.colchester@colchester.gov.uk](mailto:safer.colchester@colchester.gov.uk)





CHELMSFORD  
AGAINST SLAVERY  
PARTNERSHIP



SOUTHEND  
AGAINST  
MODERN  
SLAVERY  
PARTNERSHIP

cam's  
Colchester Against Modern Slavery

# *Call for* VOLUNTEERS

Could you promote well-being among local survivors of modern slavery? Training and support provided.

## Survivor Connect Project

Chelmsford, Colchester and Southend



**Befriending:** Meet with a survivor to reduce isolation and encourage community integration (1 - 2 hours per week)



**Mentoring:** Meet with a survivor to provide goal focused support and help increase confidence  
Regular or occasional basis



**Practical Help:** Help with practical support.  
On occasional basis



**Language Support.** To provide translation on occasional basis

FOR MORE INFORMATION EMAIL:

[CONNECT@TOGETHERFREE.ORG.UK](mailto:CONNECT@TOGETHERFREE.ORG.UK)



# 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](https://gov.uk/iaa)

Scan here to use our Adviser Finder



Promoting best practice,  
protecting advice seekers

Click [HERE](#) to find out more





# Child criminal exploitation

Child criminal exploitation is when someone uses a child (under 18 years old) to commit crimes for them.

It includes things like forcing a child to work on a cannabis farm, or targeting, grooming, coercing and exploiting a child to sell drugs in county lines operations.

Click **HERE** to find out more



# Crime prevention advice

**Our advice offers  
best practice for you to follow  
alongside practical crime  
prevention methods:  
from basic hints and tips to more  
detailed strategies.**

Locking doors and windows is one of the simplest but most effective ways to protect your home.

Even a quick trip out can give someone the chance to enter unnoticed. Make locking up part of your everyday routine, whether you're heading out, going to bed or just moving between rooms.

**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

## **Banks will never ask you to transfer money to protect it**

If you're asked to move money to a "safe account",  
**stop immediately.**

Banks will never ask you to transfer money to protect it.  
This is one of the most common tactics used by criminals  
**to steal savings.**

## **Always contact your bank using a trusted phone number**

If you're concerned, use the number on the back of your bank card or the official website. **Never rely on** contact details provided in a text, email, or voicemail.

## **PIN, Passwords and one-time security codes**

**Your bank will never ask for your full PIN.**

Banks already have your details and will not ask you to share them, even to "verify" your account.

If anyone asks for this information, it's a clear sign of a scam and **you should end the contact straight away.**

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

# Hate Incident Reporting Centres: Supporting Victims and Communities

**Hate Incident Reporting Centres (HIRCs)** provide a safe, accessible, and supportive service for individuals who have experienced or witnessed a hate incident or hate crime motivated by race, religion, disability, sexual orientation, or transgender identity.

Located within trusted community settings, HIRCs offer an alternative reporting route for those who may feel uncomfortable reporting directly to the police. They provide information, guidance, and support, helping ensure that victims and witnesses are heard and can access appropriate services.

Click [\*\*HERE\*\*](#) to report hate crime

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



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](http://www.stophateuk.org)



CHARITY NO. 1062692.

↑  
**TOP**

OCTOBER 2014



# ARMED FORCES UPDATES

# FIGHTING WITH PRIDE



## **LGBTQ+ Armed Forces Charity, Fighting With Pride launches Battle for Lost Veterans to right wrongs of 'gay ban' in the military**

**The Battle for Lost Veterans** is a new campaign to reach those missing ex-service personnel who suffered under the ban and are owed justice.

According to latest government data, 1,519 individuals have applied for financial reparations for the hurt and loss experienced under the historic policy.

**The financial recognition scheme closes  
on 12th December 2026.**



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





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](mailto:help@tomharrisonhouse.org.uk) if you are:

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

We are waiting to support you.



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

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

4 Argyle Road, Anfield, Liverpool, L4 2RS

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**

**Make My  
House  
Green**



## **Save money with solar panels in Colchester**

**Looking to save money on your energy bills?**

MakeMyHouseGreen is working with Colchester City Council to help local people find out more about their options for solar panels, battery storage and home EV charge points

Our free online tool shows your options, likely costs and possible savings

Colchester residents, owners of community buildings and businesses can get a £600 discount on installation costs

**Book A Free Consultation [Here](#)**



**TOP**

Freedom from debt  
Hope for the future

**CCDC**  
COLCHESTER CMA  
DEBT CENTRE

# Need help with personal debt?

Free, confidential and sympathetic debt advice in Colchester

## WHAT WE CAN DO TO HELP

- Offer free, confidential, face-to-face debt help
- We listen without judgement and work alongside clients for as long as needed
- Help clients understand their situation and manage their household budget
- Take over dealing with creditors, helping to reduce the pressure of demands for payment
- Work with each client towards a suitable debt-help solution and financial freedom

*Our friendly team are ready to come alongside you and help you find financial freedom*

## EMAIL OR CALL US FOR AN APPOINTMENT

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

**0300 102 4478**

Referrals can also be made  
to us at Colchester  
Frontline

 Colchester  
**Frontline**



CCDC registered charity 1152204 working in partnership with the national charity Community Money Advice 1111436

↑  
**TOP**

## Colchester Foodbank – Opening Times 2026

*Helping local people in crisis with compassion and care*

### Brightlingsea

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

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

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

### Greenstead

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

### Monkwick

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

### Myland

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

### New Town

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

### Rowhedge

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

### Tiptree

 Thursday, 2pm – 4pm  
 United Reformed Church, Chapel Road CO5 0HP

### Tollgate – Main Foodbank Hub

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

### Wivenhoe

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

 Need help urgently? Call 01206 621998 or visit [colchester.foodbank.org.uk](https://colchester.foodbank.org.uk)

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

Registered charity number 1204958 | Registered in England and Wales





# 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](mailto:benefits.advice@colchester.gov.uk)

or call us on:  
01206 505 855

Open Monday - Friday



## Employment Support



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

## Removing Barriers



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

## Benefits and Finances



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

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



# COMMUNITY FUNDING

# Community Funding

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

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





# OUR TEAM

# Meet The Team

## **Tom Tayler**

Community & Partnerships Team Manager

07956 343985

[Tom.Tayler@colchester.gov.uk](mailto: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](mailto: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](mailto: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

# FREE training for YOUR community group

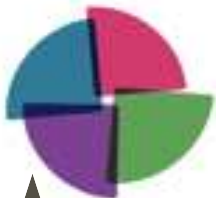
SCAN ME FOR DATES  
AND BOOKING



A series of workshops in Tendring,  
Colchester and Braintree

- AI for beginners
- Managing difficult conversations
- What funders want (monitoring and evaluation)
- How to write a press release
- Working with diverse communities
- Back up your funding bid (demographic data)
- And more to be added

Tel: 07707282907  
[www.cvstendring.org.uk](http://www.cvstendring.org.uk)



Proud to be part of  
**Your Essex  
Community**  
Supporting the Voluntary  
and Community Sector



**CVST**  
BRINGING UNITY TO OUR COMMUNITY





# Become a Trustee of Greenstead Community Association

## Greenstead Community Association (GCA)

is seeking enthusiastic and committed individuals to join our Board of Trustees and help guide the future of Greenstead Community Centre.

**As a Trustee, you will play a vital role in ensuring the organisation continues to thrive, remains financially sustainable, and delivers positive outcomes for local residents.**

### About the Role

**Trustees are volunteers** who provide strategic leadership, governance and oversight of the charity.

Working alongside fellow trustees and staff, **you will help:**

- Set the strategic direction of the organisation.
- Ensure the charity fulfils its charitable objectives.
- Monitor financial performance and sustainability.
- Support good governance and effective decision making.
- Champion the interests of the Greenstead community.
- Promote equality, inclusion and community wellbeing.

No previous trustee experience is required.

We are looking for people who are passionate about making a difference and who can bring their skills, knowledge and enthusiasm to the Board.

### We Would Particularly Welcome Applications From People With Experience In:

- Finance, accounting or business planning
- Legal or governance matters
- Human resources and organisational development
- Marketing, communications or digital engagement
- Community development and voluntary sector leadership
- Property, facilities or asset management
- Health and wellbeing services
- Fundraising and income generation

### Interested?

We would love to hear from you.

To find out more or request an informal conversation with the Chair of Trustees, please contact Cllr Tim Young - [Tim.Young@colchester.gov.uk](mailto:Tim.Young@colchester.gov.uk)

**Join us and help make a lasting difference for Greenstead and its residents.**





UK Government

# YOUTH JOBS GRANT

## *Our offer* to employers

### What is the Youth Jobs Grant?

The Youth Jobs Grant provides businesses across Great Britain with a £3,000 payment per hire when they recruit a young person aged 18–24 who has been unemployed and on Universal Credit for at least six months.

▶ **The Youth Jobs Grant is open to employers** of all sizes and sectors. To apply for the Youth Jobs Grant, simply complete a straightforward online application. The form takes around 20 minutes and you will be asked to accept a short set of terms and conditions as part of the application. Payments will be made in 2 parts: £1,800 after week 6 of employment and £1,200 after week 18.

### Why take part?

▶ Invest in young people today to build the talent pipeline your business will depend on tomorrow. This scheme helps you access motivated candidates who might otherwise be overlooked, while receiving financial support and wraparound support from Jobcentre Plus to do so.

#### ▶ You'll receive:

- £3,000 per eligible hire job
- job matching support via Jobcentre Plus and their local recruitment consultant teams. You will also have the opportunity to meet potential candidates before recruiting them.

#### ▶ In return you'll need to:

- offer a genuine paid job of at least 25 hours per week, that you would otherwise recruit for
- complete a straightforward application
- confirm your organisation meets requirements to ensure roles are safe, fair and good quality (usually via a simple declaration)
- provide a named point of contact and keep DWP informed of anything affecting the role or grant application.



Scan the QR code to apply:



You can also explore the full range of government support offered under the Youth Guarantee at [business.gov.uk/futureworkforce](https://business.gov.uk/futureworkforce)

Eligibility criteria apply.



↑  
TOP

WE'RE HIRING!

SPREAD CHEER  
CREATE MAGIC  
MAKE MEMORIES

# SANTA & FESTIVE ELVES!

*Bring the Magic. ♥  
Create Memories.  
Spread Christmas Cheer! ✨*

JOIN OUR MAGICAL TEAM! ✨



BE POSITIVE, ENERGETIC  
& FULL OF CHRISTMAS CHEER



LOVE WORKING WITH PEOPLE  
& CREATING MAGICAL MOMENTS



RELIABLE, ENTHUSIASTIC  
& A TEAM PLAYER



MUST BE AVAILABLE TO WORK  
**EVERY WEEKEND** FROM  
**29<sup>TH</sup> NOVEMBER**  
UPTO AND INCLUDING  
**CHRISTMAS WEEK** ❄️



SANTA  
STOP

Be part of  
something  
**TRULY  
MAGICAL!** ✨

• Ready to bring the magic? • ✨

SEND YOUR CV & COVER LETTER TO ✨



[beth@heartsdelight.co.uk](mailto:beth@heartsdelight.co.uk)



## Bystander Intervention – Supporting Women & Girls

These interactive online workshops last 1.5 hours and cover:

- **Background & Understanding:** What is unwanted sexual behaviour? What is victim blaming? What stops people getting involved? What are the 5 Fs fear responses?
- **Becoming An Active Bystander:** What is the 4D bystander intervention model and how can you use it to intervene safely? What would you do in various scenarios to intervene using the 4Ds?

These sessions are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find dates and register via our [Bystander Intervention Registration Form](#). [HERE](#)

We can also arrange bespoke online/in person sessions for staff groups if you can meet the minimum number.

**Interested in delivering Bystander Intervention Training yourself? We also offer train-the-trainer sessions!**

These in person sessions last 2.5 hours and are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find out more about what the train-the trainer covers, and how we will support you in delivering the training going forward, the session dates and register via our [BiT Train The Trainer Registration Form](#). [HERE](#)

## Understanding Incel Ideologies and the Manosphere

These online sessions last 1 hour and 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 culture operates, links to other extremist groups, the language, terms and symbols used and what they mean.

These sessions are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find dates and register via our [Incels & Manosphere Registration Form](#). [HERE](#)

## Understanding 764 & The Com Network

These online sessions last 1 hour and 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** – Background, how these groups operate, the tactics used to find and exploit victims, indicators to look out for that could suggest someone is a member or being exploited by the 764 Network.

These sessions are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find dates and register via our [Understanding 764 and The Com Network](#). [HERE](#)

**If you have any questions, or would like to book a bespoke session for your team, please contact us on [community.safety@essex.gov.uk](mailto:community.safety@essex.gov.uk)**

## From Awareness to Action: Tackling Hate Crime Together

These interactive online workshops last 2 hours and cover:

- **Understanding Hate Crime:** What is a hate crime? How can we challenge hate speech whilst protecting free speech? What stops victims from reporting hate crimes? Why is it important to report hate crimes? How can you support someone to report that they have been a victim of hate crime?
- **Becoming An Active Bystander:** What stops people from intervening? What can support people to intervene? What is the 4D bystander intervention model and how can you use it to intervene safely? What would you do in various scenarios to intervene using the 4Ds?

These sessions are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find dates and register via our [Hate Crime Registration Form](#). [HERE](#)

We can also arrange bespoke online/in person sessions for staff groups if you can meet the minimum number.

## Fraud Awareness & Prevention – Practical Tips To Help You Spot, Stop & Report Fraud

These interactive online workshops last 2 hours and cover:

- **Background:** The scale and impact of fraud
- **Stop, Check, Report:** The different ways in which criminals might approach you, some common scams, what to look out for and how you can report it. The approaches we discuss will vary by audience but can include: Phishing (email), Smishing (text message), Quishing (QR codes), Fake Adverts & Websites, Vishing (phone calls), Door Stop Scams, Postal Scams.
- **Further Information:** where to go for more information and advice, what to do if you've been a victim and how to get support

Our scheduled workshops are open to professionals working within the public and voluntary sectors in Essex.

You can find dates and register via our [Fraud Awareness Registration Form](#). [HERE](#)

We can also arrange bespoke online/in person sessions for staff groups or for a community group that you work with (if you can meet the minimum number).

**Interested in delivering Fraud Awareness workshops yourself? We also offer train-the-trainer sessions!**

These in person sessions last 2.5 hours and are open to staff within the public and voluntary/community sectors in Greater Essex.

You can find out more about what the train-the-trainer covers, and how we will support you in delivering the training going forward, the session dates and register via our [Fraud Awareness Train The Trainer Registration Form](#). [HERE](#)

## Understanding Mis, Dis & Mal Information

More information on these sessions will be available soon.

If you have any questions, or would like to book a bespoke session for your team, please contact us on [community.safety@essex.gov.uk](mailto:community.safety@essex.gov.uk)

# Want to work with us?

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



# Colchester City Council's community & Partnership team

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

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



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

