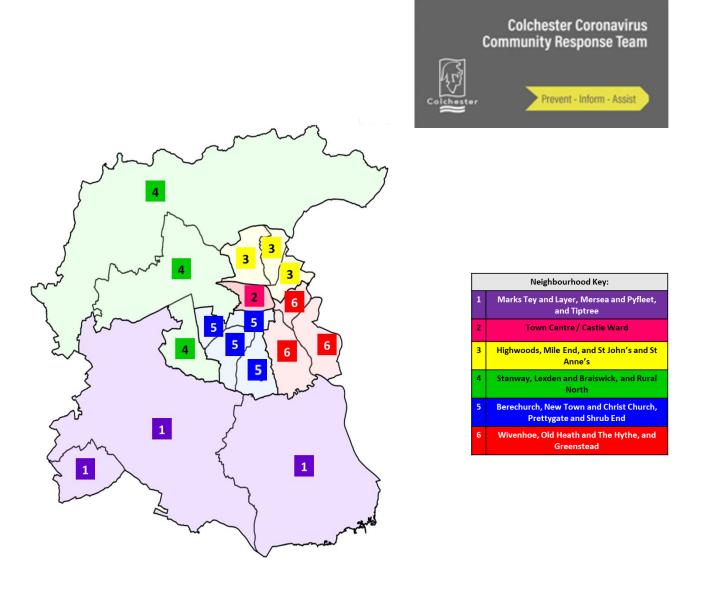
Responding to Community Enquiries Regarding Coronavirus



This guide provides information on what help and support is available in your local area.

CBC are not affiliated nor associated with anyone, or any group within this document. We are providing this as further assistance to you during the COVID-19 situation.

Areas are split via Neighbourhoods as per map and at the end of the document you will find a section for Colchester Boroughwide information.

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Neighbourhood 1 (Marks Tey & Layer, Mersea & Pyfleet and Tiptree)

Important Contacts		
COMMUNITY RESPONSE	Yovone Cook	
TEAM CONTACTS	Yovone.Cook@colchester.gov.uk	
	07976 794786	
NEIGHBOURHOOD	Fiona McDonald	For additional information in regards to
MANAGER CONTACT	07866 896614	Neighbourhood 1 visit this <u>link</u> and to find out more about your Neighbourhood Team visit this <u>link</u> .
DIGITAL ACCESS SUPPORT TEAM	people to communicate with friends and famil	e offering over the phone and virtual 1-2-1s to assist ly using the devices they have as well as assisting NHS app to manage medicines, prescriptions and line queries you have. Indicate the devices they have as well as assisting NHS app to manage medicines, prescriptions and line queries you have. Indicate the devices of the devices

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Ward Councillors			
	Marks Tey and Layer		
Name:	Kevin Bentley		
Contact No:	01206 382405		
Email:	cllr.kevin.bentley@colchester.gov.uk		
Name:	Andrew Ellis		
Contact No:	01206 735166 / 07768 986611		
Email:	cllr.andrew.ellis@colchester.gov.uk		
Name:	Jackie MacLean		
Contact No:	01206 212128		
Email:	cllr.jackie.maclean@colchester.gov.uk		
	Mersea and Pyefleet		
Name:	Robert Davidson		
Contact No:	07973 760344		
Email:	cllr.robert.davidson@colchester.gov.uk		
Name:	John Jowers		
Contact No:	01206 382975		
Email:	cllr.john.jowers@colchester.gov.uk		
Name:	Patricia Moore		
Contact No:	01206 385361		
Email:	cllr.patricia.moore@colchester.gov.uk		
	Tiptree		
Name:	Barbara Wood		
Contact No:	07375 928972		
Email:	cllr.barbara.wood@colchester.gov.uk		
Name:	Derek Loveland		
Contact No:	07786 321749		
Email:	cllr.derek.loveland@colchester.gov.uk		
Name:	John Elliott		

Contact No:	01621 817234		
Email:	cllr.john.elliott@colchester.gov.uk		
	Parish Councils		
	Abberton and Langenhoe		
Clerk:	Carolyn McSweeney		
Contact No:	07396 331678		
Email:	Parishclerk.al@hotmail.com		
	Birch		
Clerk:	Mrs E Bowtle		
Contact No:	01206 330388		
Email:	<u>birchparishclerk@aol.com</u>		
	Copford with Easthorpe		
Clerk:	Kate Palmer		
Contact No:	07939 597176		
Email:	copfordwitheasthorpepc@gmail.com		
	East Mersea		
Clerk:	Sue Pullen		
Contact No:	01206 735367		
Email:	pullenrosesue@yahoo.co.uk		
	Fingringhoe		
Clerk:	Mrs R Harvey		
Contact No:	01206 729321		
Email:	fingringhoepc@btinternet.com		
Layer Breton			
Clerk:	Chris Beesley		
Contact No:	01206 332904		
Email:	layerbretonparishclerk@hotmail.co.uk		
	Layer de la Haye		
Clerk:	Grahame Walkinshaw		

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Contact No:	01206 734657		
Email:	layerclerk@hotmail.com		
	Layer Marney		
Clerk:	Elsie Chapman		
Contact No:	01206 330887		
Email:	layermarneyparishclerk@btinternet.com		
	Marks Tey		
Clerk:	Gemma Humphries		
Contact No:	01206 213250		
Email:	parish.clerk@marksteyparish.org.uk/		
	Messing		
Clerk:	Fraser Ward		
Contact No:	07928 055 604		
Email:	messingandinworthparishclerk@gmail.com		
	Tiptree		
Name:	Rob Williams		
Contact No:	01621 817 030		
Email:	Clerk@Tiptreeparishcouncil.gov.uk		
	West Mersea		
Clerk:	Petra Palfreyman		
Contact No:	01206 382128		
Email:	info@westmersea.org		
Winstred Hundred			
Clerk:	Sue Pullen		
Contact No:	01206 735367		
Email:	susiepullen@btinternet.com/		

	Community Groups & Volunteer Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details	
Abberton & Langenhoe Parish Council	The Parish Council and Neighbourhood Watch have put in place arrangements to assist any resident in the villages who need help. Since July, the COVID-19 Action Group has its services. If you require continued assistance you can get in contact.	Call: 01206 735683 Or 01206 735980 Email: alcovidhelp@gmail.com Web: https://www.abbertonandlangenhoepc .org.uk/covid-19-update/	
Birch Village Facebook Community group	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> group.	
Copford and East Thorpe Parish Council	They have a Volunteer Response Scheme in place for residents needing support and volunteers who wish to help. They offer help with collecting food, prescriptions, help with the garden and befriending service. Complete a form on their website if you requite help or would like to volunteer.	Call: 07939 597176 Email: copfordwitheasthorpepc@gmail.com Web: https://www.copfordwitheasthorpepari shcouncil.co.uk/covid-19-community- response/	
Easthorpe, Copford & surrounding areas Facebook group	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a private Facebook group which you must join to access content.	
Layer Parish Council	Layer Parish Council can be contacted by local residents if they have any concerns about the virus, especially if they are self-isolating.	Contact Ann Hughes by email or visit the website below for more information. Email: mrsmushroom@keme.co.uk Web: https://layerdelahayepc.com/parish-council/	

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Marks Tey Parish Council	Offering assistance to those residents who may need prescriptions and shopping collected. They are also offering a befriending service. (As of May 2020)	Call: Councillor Maureen Callen on 07928 810404 or Kate Evans on 07850 695154. This is a public Facebook group.
Mersea Island Coronavirus Community Support Group	Organised by West Mersea Town Council, this is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public Facebook group.
Secret Layer Facebook Group	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> group.
St Luke's Volunteers: Church Group of Volunteers	This is a group of volunteers that can help pick up prescriptions and shopping, as well as any other support (as of May 2020).	Call: St Luke's Church on 01206 598234 option 1 Email: hannah@stlukescolchester.org.uk
Tiptree Good Neighbours Private Facebook Group	This group is designed to offer a helping hand to Tiptree residents who may find themselves in need.	This is a private Facebook group which you must join to access content.

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	Shop Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Contact Details	Support &/or What's Available	
An Ethical Life	Email: ZeroWaste@AnEthicalLife.co.uk Web: https://www.anethicallife.co.uk/	Delivering shopping to all CO post codes, they offer a multi-range of products not only food for you or your pet but also personal hygiene items. Please visit their website to see the full range of products available for delivery and collection from their shops.	
Blackwell's Farm	Call: 01376 562500	Delivering general groceries, meat and dairy around	
Shop	Email: orders@blackwellsfarmproduce.co.uk	Colchester with a £50 minimum order for delivery.	
	Web: https://www.blackwellsfarmproduce.co.uk		
	This is a public <u>Facebook</u> group.	Please visit their website to see the full range of products available.	

	Food Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Contact Details	Support &/or What's Available	
Bungalow Diner	Address: 45 London Road, Marks Tey, CO6 1DY	Bungalow Diner are offering takeaway.	
_	Call: 01206 210972 or 07930368019	For their menu look on their website.	
	Web: http://www.bungalowdiner.co.uk/		
Charley Lewis	Address: Gainsborough Close, West Mersea, CO5 8PR	Are delivering mixed boxes of fresh	
Fresh Produce	Call: 07738 229290	produce with a £10 minimum order and free	
	This is a public <u>Facebook</u> group.	delivery.	
China Kitchen	Address: 13 High Street, West Mersea, CO5 8QD	Chinese takeaway.	
	Call: 01206 386363		
Mersea Barns	Address: East Road, East Mersea, Colchester CO5 8TQ	Offering essential food items as well as	
	Call : 01206 384198	collection of ready-to-cook meals, meat and	
	Email: info@merseabarns.com	vegetable boxes.	

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	Web: https://www.merseabarns.com/	
Mersea Island Fish Bar	Address: 37 High Street, West Mersea, CO5 8QA Call: 01206 381999 Web: https://www.merseaislandfishbar.co.uk/	Fish and chips delivery and collection.
Nupur	Address: 37 Kingland Road, West Mersea, CO5 8RA Call: 01206 384823 or 01206 383090 Web: http://nupur.org.uk/	Indian, pizza, chicken and chips, delivery and collection.
Picketts Farm	Address: Church Road, Fingringhoe, CO5 7BL Call: 07966 138647 Web: https://www.pickettsfarm.co.uk/	They are offering a delivery service of fresh produce directly to your doorstop.
Richard Howard's Oysters	Web: https://richardhawardsoysters.shop/	Delivery of oysters.
The Company Shed	Address: 129 Coast Road, West Mersea, CO5 8PA Call: 01206 382700 Email: Thecompanyshed@yahoo.co.uk Web: http://www.thecompanyshed.co/	Offering a variety of fresh uncooked and cooked dishes for collection and delivery.
The Deck – Mersea Seafood Co.	Call: 07835 533675 Email: merseaseafoodcompany@gmail.com	Delivery of fresh fish.
Tiptree Food Bank	Email: thurstableteamadmin@btinternet.com	This is a small food bank who can provide food parcels to anyone in financial difficulty in Tiptree, Tolleshunt Knights, Messing, Inworth and Great Braxted.
		They are willing to take referrals from any public service. No voucher is required.
Tiptree Meals	Call: 01621 816963 Email: info@tiptree-meals.co.uk Web: https://www.tiptree-meals.co.uk/	Offering delivery of hot meals. For their menu look on their website.
Tiptree Patisserie	Address: Tiptree Patisserie, The Olympic Building, Crittall Road Witham, CM8 3DR Call: 01376 509101 Email: tiptreepatisserie@tiptree.com Web: https://www.tiptreecakes.com/	Offering a home delivery or collection service. For their menu look on their website.

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Titash	Address: 408 High Street West Mersea CO5 8QA Call: 01206 381778	Indian takeaway, delivery and collection options available.
Unique Fish and Kebab Bar	Address: 10-12 Church Road, West Mersea, CO5 8QH Call: 01206 386773	Fish, chips and kebabs for collection only.

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Neighbourhood 2 (Town Centre / Castle Ward)

	Important Contacts	
COMMUNITY RESPONSE TEAM	Yovone Cook Yovone.Cook@colchester.gov.uk 07976 794786	
NEIGHBOURHOOD MANAGER	Sam Lancaster 07770 365331	For additional information in regards to Neighbourhood 2 visit this <u>link</u> and to find out more about your Neighbourhood Team visit this <u>link</u> .
DIGITAL ACCESS SUPPORT TEAM		ering over the phone and virtual 1-2-1s to assist ing the devices they have as well as assisting people manage medicines, prescriptions and pharmacies, nave. chnical needs. support/ support/

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Ward Councillors	
	Castle
Name:	Nick Barlow
Contact No:	01206 570753/07981 986375
Email:	cllr.nick.barlow@colchester.gov.uk
Name:	Simon Crow
Contact No:	07870 154554
Email:	cllr.simon.crow@colchester.gov.uk
Name:	Mark Goacher
Contact No:	07504 252323
Email:	cllr.mark.goacher@colchester.gov.uk

Community Groups & Volunteer's Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
St James the Great	The community of St. James the Great have a small team of	Call Father James McCluskey:
Church Volunteers	volunteers including a safeguarding officer. They can help with	01206 860419
	shopping online and medicine delivery (as of May 2020).	Email:
		officestjamescolchester@btinternet.com
St Peters Church	Offering chats to those who need to talk over Zoom. For more	Website:
	information please look at their website.	www.stpeterscolchester.org/
		This is a public <u>Facebook</u> group.

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Shop Information All information is correct as of November 2020 unless stated otherwise		
Organisation	Contact Details	Support &/or What's Available
Baltic Fine Foods	Address: 11 East Hill, Colchester CO1 2QL	Offering fine gourmet ingredients
Choice Foods	Address: 37 St Botolph's St, Colchester, CO2 7DU	Offering African, Caribbean & Asian
Colchester	Call : 01206 766182	popular Foods You can shop online and
	Web: https://choicefoodscolchester.co.uk/	pay in store. You can also text your order. Open Monday to Saturday 10am to 7pm.
Continental	Address: 14 Crouch St, Colchester CO3 3ES	The Continental Supermarket in
supermarket	Call : 01206 763458	Colchester is set up as a continental convenience store.
Day Lewis	Address: 77 Crouch St, Colchester CO3 3EZ	Offering pharmacy services, collect
Pharmacy	Call : 01206 541203	prescriptions and medication.
	Web: https://www.daylewis.co.uk/	
Feng Huang Asian	Address: 6 Queen Street, Colchester CO1 2PJ	Asian Grocery Shop which sells exotic
Grocery Shop	Call : 01206 549029	groceries of China, Korea, Thailand, Philippines, Japan, Malaysia, Vietnam,
		and Indonesia).
Guntons, Crouch	Address: 81-83, Crouch St, Colchester CO3 3EZ	Traditional family grocers and coffee
Street	Call: 01206 572200	roasters who are offering a collection and
	Website: https://www.guntons.co.uk/	delivery service in the CO3 area by
		telephone between 9am to 12am Monday
		to Friday.
		Open Monday to Friday 9am to 2pm &
		Saturday 9am to 4pm closed on Sunday.
iChina Chinese	Address: 96 High Street, Colchester CO1 1LE	This is a Chinese supermarket; they sell a
Supermarket	Call: 01206 765320	variety of Chinese and Asian products.
		·
May May Oriental	Address: 30 St Botolph's St, Colchester, CO2 7EA	Offering a variety of oriental food, open
Supermarket	Call : 01206 769668	Monday to Saturday 9am to 5:00pm &
Na an Own word of	Address 47.40 Drism Well Cold of CO.4.41 C	Sunday 10am to 4:00pm.
Noor Supermarket	Address: 17-19 Priory Walk, Colchester CO1 1LG	Halal butchers' shop

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	Call : 01206 520879	
Osbourne	Address: 37 Osborne Street, CO2 7DB	Are offering a delivery service for
Convenience Store	Call : 01206 370664	general groceries.
	This is a public <u>Facebook</u> group.	
Polski Sklep Food	Address: 29 Priory Walk, Colchester CO1 1LG	This is a Polish deli supermarket.
Basket-Deli Shop	Call : 01206 767546	
	This is a public Facebook group	
Queen Street	Address: 38 Queen Street, CO1 2PL	Sell a wide range of Eastern European,
Continental	Call : 01206 765119	Persian and Middle Eastern foods as well
Supermarket		as many of your daily essentials.
Sam's Convenience	Address: 43 St. John's street	Selling various food, Wine, Spirits, Beers,
Store	CO2 7AD	Soft drinks and cigarettes.
Store	CO2 7AD Call: 01206 760171	Soft driffiks and digarettes.
SPAR	Address: 121 High St, Colchester CO1 1SZ	Shop is open to visit Monday to Sunday
SPAIN	Call: 01206 367460	7am to 11pm.
	Website: https://www.spar.co.uk/store-locator/afb14727-spar-	This store does deliver items via
	colchester	Deliveroo please visit their website for
	<u>COICHESTEI</u>	more details.

Food Information

All information is correct as of January 2021 unless stated otherwise

Delivery may be offered via <u>Deliveroo</u>, <u>Just Eat or UberEATS</u>, please check all websites for accurate information: <u>Deliveroo: https://deliveroo.co.uk/</u> <u>Just Eat: https://www.just-eat.co.uk/</u> <u>UberEATS: https://www.ubereats.com/gb</u>

Organisation	Contact Details	Support &/or What's Available
Na Ree Thai	Address: 10 North Hill, Colchester CO1 1DZ Call: 01206 560633 Web: https://www.nareethairestaurant.co.uk/	Offering Thai cuisine for delivery and collection Wednesday to Saturday 6pm to 9:30pm. To view the menu and order visit their website or Deliveroo.
Acropolis	Address: Osborne St, Colchester CO2 7DP Call: 07594 649444	Offering a wide selection of Greek food for collection or delivery, to view the

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		menu and order visit Deliveroo or call to arrange collection.
Bon Appetite	Address: 29a Crouch St, Colchester CO3 3EN Call: 07476 000086	Café and sandwich bar offering delivery, to view the menu and order visit UberEATS.
Chicago's	Address: 8 Eld Ln, Colchester CO1 1LS Call: 01206 767984	Café and sandwich bar offering collection and delivery, to visit their menu and order go to Deliveroo or Just Eat call to arrange collection.
Dough and Co	Address: 48 St John's Street, Colchester CO2 7AD Call: 01206 548331 Web: https://colchester.doughandcopizza.co.uk/	Offering a takeaway and delivery service for pizzas and pasta. For their menu and delivery options look on their website.
Dr Chippy	Address: 3 St Botolph's Street, Colchester, CO2 7DX Call: 01206 369990	Are delivering food via Deliveroo or Just Eat where you will find a full menu of what they have on offer.
Fais Noodle	Address: 27 St Botolph's Street, Colchester CO2 7EA Web: http://www.fais-noodle-bar.co.uk/	Are delivering food via Deliveroo where you will find a full menu of what they have on offer.
Feast	Address: 32 North Hill, Colchester CO1 1QR Call: 01206 562922	Offering hot and cold breakfast and lunch food, drinks, crisps and more for collection and delivery. To view the menu and order visit Just Eats or UberEATS.
Istanbul Delight	Address: 9 St Botolph's St, Colchester CO2 7DU Call: 01206 579251	To view the menu and order visit Deliveroo or Just Eat. Or call to arrange collection.
Maharani Tandoori	Address: 102 High St, Colchester CO1 1TH Call: 01206 367800	Offering Indian and Tandoori dishes for Collection and delivery service through their website and Just Eat there is a £2 fee for orders that are delivered.
Miseria e Nobiltá Ristorante Italiano	Address: 11 Queen Street, Colchester CO1 2PG Call: 01296 760757 Web: https://www.miseriaenobilta.co.uk/	For free delivery in Colchester there is a minimum spend of £10 required. For their menu look at their website.
North Hill Noodle Bar	Address: 2 North Hill, CO1 1DZ Call: 01206 368889 Web: https://www.northhillnoodlebar.co.uk/	All food deliveries are to be ordered through Deliveroo or ring ahead to collect

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		from the restaurant. For their menu look at their website.
Piccollo	Address: 42 North Hill, Colchester CO1 1PY Call: 01206 547519 Web: https://www.facebook.com/42northhill/	Offering delivery service through Just Eat, you can view the menu and order.
Quality Diner	Address: 49 St Botolph's Street, Colchester CO2 7EB Call: 01206 544413 Web: https://qualitydinercolchester.com/	Offering a range of Mediterranean and soul food for takeaway and delivery. For their menu look on their website.
Shawarma	Address: 11 St Botolph's St, Colchester CO2 7DU Call: 01206 974543	To view their menu and order visit Deliveroo or Just Eat. Or call the to arrange collection.
Southern Fried Chicken	Address: 37A St Botolph's St, Colchester CO2 7EA Call: 01206 769181	To view their menu and order visit Deliveroo or Just Eat.
The Nourish Co	Address: 23 Crouch Street, Colchester CO3 3EN Web: www.thenourishco.co.uk/collections/takeaway-menu	The Nourish Co have takeaway nights, offering freshly cooked plant-based meals which are ready to eat after collection from the Crouch Street premises. For their menu look on their website.
Triple Two	Address: 14 - 16 Long Wyre St, Colchester CO1 1LH Call: 01206 768463 Web: https://tripletwocoffee.com/	Offering coffee, gluten free food, vegetarian food, alcohol and more for collection or delivery, to order and view their menu visit their website or Deliveroo.
Wild and Spirit	Address: 21-23 Eld Ln, Colchester CO1 1LS Web: https://deliveroo.co.uk/menu/colchester/colchester/wild-at-spirit	Offering Breakfast, Burgers, Jacket Potatoes, Sandwiches, Toastie, Wraps & more. Delivery only to view their menu and order visit Deliveroo.
Yummy Grill	Address: 120 High St, Colchester CO1 1SZ Call: 01206 617250	Food can be order through Deliveroo and Just Eat.

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Other Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Contact Details	Support &/or What's Available
Beacon House	Address: 24 Crouch Street, Colchester CO3 3ES	Are a charity that supports homeless people and is mainly for those that are
	Call : 01206 761960	still on the streets.
	Email: office@beaconhouseministries.org.uk	They are providing medical care, hot drinks, hot lunch, and in partnership with
	Web: https://beaconhouseministries.org.uk/	Colchester Soup Run, sandwiches to take away for the evening, alongside working
	This is a public Facebook group.	to secure accommodation if needed.
Open Door	Call: 07934 907998	Support for homeless people.
	Email: hello@opendoorcolchester.co.uk/	
	Web: https://www.opendoorcolchester.co.uk/	

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Neighbourhood 3 (Mile End, Highwoods, and St John's & St Anne's)

Important Contacts		
COMMUNITY RESPONSE TEAM	Siobhan McLeod Siobhan.Mcleod@colchester.gov.uk 07966 240457	
NEIGHBOURHOOD MANAGER	Jay Regan 07966 238915	For additional information in regards to Neighbourhood 3 visit this <u>link</u> and to find out more about your Neighbourhood Team visit this <u>link</u> .
DIGITAL ACCESS SUPPORT TEAM	For support on how to get online the team are offer people to communicate with friends and family using people with online purchasing and using the NHS pharmacies, as well as any other digital or online of this service is bespoke to individual digital and teat Call: 01206 282452 Email: Digital.AccessSupport@Colchester.gov.uk Web: https://www.colchester.gov.uk/digitalaccesss Facebook: https://www.instagram.com/northessex Twitter: https://twitter.com/DigitalAccessNE	ering over the phone and virtual 1-2-1s to assisting the devices they have as well as assisting app to manage medicines, prescriptions and queries you have. chnical needs. Support/ Support/ Support/

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Ward Councillors	
	Mile End
Name:	Phil Coleman
Contact No:	07808 530587
Email:	cllr.phil.coleman@colchester.gov.uk
Name:	Martin Goss
Contact No:	07912 396335
Email:	cllr.martin.goss@colchester.gov.uk
Name:	David King
Contact No:	07738 522641 / 01206 852373
Email:	cllr.david.king@colchester.gov.uk
	St Anne's and St John's
Name:	Helen Chuah
Contact No:	01206 865864
Email:	cllr.helen.chuah@colchester.gov.uk
Name:	Chris Hayter
Contact No:	07817 000710
Email:	cllr.chris.hayter@colchester.gov.uk
Name:	Mike Hogg
Contact No:	01206 865864
Email:	cllr.mike.hogg@colchester.gov.uk
	Highwoods
Name:	Beverley Oxford
Contact No:	01206 845545
Email:	cllr.beverley.oxford@colchester.gov.uk
Name:	Gerard Oxford
Contact No:	01206 845545

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Email:	cllr.gerard.oxford@colchester.gov.uk
Name:	Philip Oxford
Contact No:	07585 552801
Email:	cllr.philip.oxford@colchester.gov.uk
	Parish Councils Myland
Claula	
Clerk:	Katherine Kane
Contact No:	01206 853400
Email:	clerk@mylandcommunitycouncil.gov.uk

Community Groups & Volunteer's Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
Chesterwell Community Hub	This is a group intended for residents of the Chesterwell community, where information and support are shared.	This is a private <u>Facebook</u> group which you must join to access content.
Friends of New Braiswick Park	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> group.
Friends of Northfields, Colchester	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a private <u>Facebook</u> group which you must join to access content.
Highwoods Colchester Community Group	This is a group for local residents offering support, general news.	This is a private <u>Facebook</u> group which you must join to access content.
Hugh Dickenson Road Neighbours Mile End	This is a local noticeboard for residents of Hugh Dickson Road, Golden Dawn Way, Prior Way, Longacre, Rose Crescent and Enid Way. The group is for neighbours who are offering	This is a private Facebook group which you must join to access content.

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	cooperation & support to help each other get through this together.	
Kingswood Heath Residents Group	This is a group intended for residents of the Kingswood Heath community, where information and support is shared.	This is a private <u>Facebook</u> group which you must join to access content.
Mile End & Braiswick Community Hub	The group is providing up to date information for the neighbourhood, with people offering support for residents of the area.	This is a private Facebook group which you must join to access content.
Mile End Road neighbours' group (Colchester)	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> group.
Northern Approach Group	This is a group for residents of the Northern Approaches development, where information and support is shared.	This is a private <u>Facebook</u> group which you must join to access content.
Rosewood community Group	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a private Facebook group which you must join to access content.
The gateway axial way	This is a community run group where people who reside on the Persimmon Gateway development can join discussions, ask for advice, provide information, and share local events.	This is a private <u>Facebook</u> group which you must join to access content.
The Oak Tree Centre, St Anne's. Colchester	Community centre group providing information and support for residents.	This is a public <u>Facebook</u> group.
Turner Rise estate community Group	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a private <u>Facebook</u> group which you must join to access content.

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Shop Information

All information is correct as of January 2021 unless stated otherwise

0	On at and Date He	O
Organisation	Contact Details	Support &/or What's Available
Dhaulagiri Asian Grocery Shop	Address: Store 7, Century House North, Station Road, Colchester CO1 1RE Call: 01206 619264	They mainly sell Asian spices and food, rice and meat.
M K News	Address: 28A Turner Rd, Mile End, Colchester CO4 5LB Call: 01206 851900	Local convenience store selling chilled and grocery food also alcohol and newspapers,
One Stop	Address: 1 and 2, Century House, North Station Road, Colchester CO1 1RE Web: https://www.onestop.co.uk/ Call: 01206 575712	Local convenience store selling chilled and grocery food also alcohol and newspapers.
One Stop	Address: 1 and 2, Century House, North Station Road, Colchester CO1 1RE Call: 01206 575712 Web: https://www.onestop.co.uk/	Local convenience store selling chilled and grocery food also alcohol and newspapers.
St. Johns Food & Wine	Address: St. Johns Post Office, 291, Ipswich Rd, Colchester, CO4 0HW Call: 01206 855812	Local convenience store selling chilled and grocery food also alcohol and newspapers, post office also available inside.
St. Johns Food & Wine	Address: St. Johns Post Office, 291, Ipswich Rd, Colchester, CO4 0HW Call: 01206 855812	Local convenience store selling chilled and grocery food also alcohol and newspapers, post office also available inside.

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Food information

All information is correct as of November 2020 unless stated otherwise

Organisation	Contact Details	Support &/or What's Available
Frydays Fish and chips	Call: 01206 868630	Are delivering food via <u>Deliveroo</u> where you will find a full menu of what they have on offer. Please note you do have to check their website to see if they will deliver in your area.
The Master Chef	Address: 44 St Christopher Road, Colchester CO4 0NA Call: 01206 851665	This is a takeaway that is offering delivery within 4-mile radius £2 extra charge.

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Neighbourhood 4 (Stanway, Lexden & Braiswick and Rural North)

Important Contacts		
COMMUNITY RESPONSE TEAM	Cathy Doyle Catherine.Doyle@colchester.gov.uk 07970 991601	
NEIGHBOURHOOD MANAGER	Aaron Hunter 07940 021042	For additional information in regards to Neighbourhood 4 visit this <u>link</u> and to find out more about your Neighbourhood Team visit this <u>link</u> .
DIGITAL ACCESS SUPPORT TEAM		ing the devices they have as well as assisting people manage medicines, prescriptions and pharmacies, as e. chnical needs. support/ DigitalAccessSupportTeam

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Ward Councillors		
Rural North		
Name:	Christopher Arnold	
Contact No:	07703 168125	
Email:	cllr.christopher.arnold@colchester.gov.uk	
Name:	Nigel Chapman	
Contact No:	01206 272908	
Email:	cllr.nigel.chapman@colchester.gov.uk	
Name:	Peter Chillingworth	
Contact No:	01206 240230	
Email:	cllr.peter.chillingworth@colchester.gov.uk	
Lexden and Braiswick		
Name:	Lewis Barber	
Contact No:	07876 237137	
Email:	cllr.lewis.barber@colchester.gov.uk	
Name:	Brian Jarvis	
Contact No:	01206 852563	
Email:	cllr.brian.jarvis@colchester.gov.uk	
Name:	Dennis Willets	
Contact No:	01206 240314	
Email:	cllr.dennis.willetts@colchester.gov.uk	
	Stanway	
Name:	Lesley Scott-Boutell	
Contact No:	01206 549630	
Email:	cllr.lesley.scott-boutell@colchester.gov.uk	
Name:	Fiona MacLean	
Contact No:	07809 229529 - Contact other Stanway Cllrs first	

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Email:	cllr.fiona.maclean@colchester.gov.uk		
Name:	Paul Dundas		
Contact No:	07885 808065		
Email:	cllr.paul.dundas@colchester.gov.uk		
	Parish Councils		
	Aldham		
Chairperson:	Jackie Daines		
Contact No:	01206 242 538		
Email:	jackiedaines@btinternet.com		
	Boxted		
Clerk:	Karen Thompson		
Contact No:	07971 525688		
Email:	Boxtedparishcouncil@gmail.com		
	Chappel		
Clerk:	Helen Cook		
Contact No:	01206 589095		
Email:	wormingford@outlook.com		
	Dedham		
Clerk:	Emma Cansdale		
Contact No:	01255 871483		
Email:	clerk@dedhamparishcouncil.co.uk		
	Eight Ash Green		
Clerk:	Katherine Kane		
Contact No:	07811 254163		
Email:	parish.clerk@eightashgreen.com		
	Fordham		
Clerk:	George Branagh/ Kathryn Cameron		
Contact No:	07966 442337 / 07453 160831		

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Email:	George.b@fordham-pc.gov.uk / clerk@fordham-pc.gov.uk			
Great Horkesley				
Clerk:	Penny Mutch			
Contact No:	07375 095486			
Email:	parish-clerk@greathorkesley-pc.gov.uk -			
	Great Tey			
Clerk:	David Williams			
Contact No:	01787 224895			
Email:	greatteyparishcouncil@outlook.com			
	Langham			
Clerk:	Carol Harbach			
Email:	carolharbach@hotmail.co.uk			
	Little Horkesley			
Clerk:	Joanna Petersen			
Contact No:	07747 803870 / 01206 273145			
Email:	clerk@littlehorkesleypc.com			
	Mount Bures			
Clerk:	Liz Malvisi			
Contact No:	07891 018162 / 01787 374348			
Email:	mountburespc@outlook.com			
Web:	http://mountburesparishcouncil.org.uk/			
	Stanway			
Clerk:	David Lines / Amanda Ward			
Contact No:	01206 542221 or 07485 151248 / 07849 089527			
Email:	clerk@stanwaypc.org.uk / amanda.ward@stanwaypc.org.uk			
	Wakes Colne			
Clerk:	Diane Jacob			
Contact No:	07508 787869			

Email:	parishclerk@wakescolne.org	
West Bergholt		
Clerk:	Laura Walkinshaw	
Contact No:	01206 240772	
Email:	westbergholtpc@gmail.com	
	Wormingford	
Clerk:	Helen Cook	
Contact No:	01206 589095	
Email:	parishclerk@chappel.org	

Community Groups & Volunteer Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
Aldham Parish	They have volunteers and are co-ordinating support for local	Address: Marks Tey Rectory, Church
Church Council	residents, a WhatsApp support group for the Ford Street area	Lane, CO6 1LW
	has also been created.	Email: ian.scott-thompson@virgin.net
		Web: http://www.aldham-church.co.uk/
Ardleigh and	Helpline for residents of Dedham and Ardleigh.	Call : 01206 322025
Dedham Help line		Email: stmaryda@gmail.com if you would
	Leave a message with your name, phone number and what	like to volunteer
	you would like help with, and someone will get back to you the	
	same day. For example, you may like help to get shopping, or	
	a prescription, or just to have a friendly chat with someone.	
Boxted Community	Are offering support for any elderly and vulnerable residents	Address: Cage Lane, Boxted,
Hub	who may need help with essentials like food, prescriptions, dog	Colchester, CO4 5RE
	walking, phone call support and meals on wheels.	Call : 01206 272129 or
		07488 345019
		Web: https://the-boxted-community-
		hub.business.site/

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Chappel and Wakes	This is a community run group where people can join	This is a private Facebook group which
Colne Local Events	discussions, ask for advice, provide information, and share	you must join to access content.
and Local Matter	local events.	,
Chappel and Wakes	A group for residents to share useful information about events,	This is a public Facebook group.
Colne Local	concerns and to ask questions.	
Information	·	
Chappel Parish	Are offering support for the local community including essential	Call Helen Cook: 01206 589095
Council	shopping, prescription collection and delivery.	Email: parishclerk@chappel.org
		Email: wormingford@outlook.com
	Residents can also call if they are self-isolating and in need of urgent supplies.	Web: https://chappel.org/
Dedham Vale Voice	This is a community run group where people can join	This is a public <u>Facebook</u> group.
	discussions, ask for advice, provide information, and share local events.	
Eight Ash Green &	This is a community run group where people can join	This is a private Facebook group which
Fordham Heath	discussions, ask for advice, provide information, and share	you must join to access content.
	local events.	
Eight Ash Green	This is a community run group where people can join	This is a private Facebook group which
Community Group	discussions, ask for advice, provide information, and share	you must join to access content.
	local events.	
Fordham Parish	This is a community run group where people can join	This is a public <u>Facebook</u> group.
Council Essex	discussions, ask for advice, provide information, and share	
	local events.	
Good Neighbours	Are offering an assistance and support service, which does not	Web:
Langham & Boxted	involve food or grocery orders and deliveries.	www.langhamessex.org.uk/community/go
		od-neighbours/
Great Horkesley	This is a community run group where people can join	This is a private <u>Facebook</u> group which
and Boxted	discussions, ask for advice, provide information, and share	you must join to access content.
Community	local events.	A II 07075005400
Great Horkesley	Great Horkesley Parish Council have organised a Volunteer	Call: 07375095486
Parish Council	Support group to help anyone that is self-isolating in the	Email: parish-clerk@greathorkesley-
	village.	pc.gov.uk This is a public Facebook Group.
	If you are self-isolating due to symptoms, being high risk, age,	This is a public <u>racebook</u> Group.
	or any other reason, they can help you for free by: Picking up	
	Tot any other reason, they can help you for hee by. Ficking up	

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	food or shopping Collecting urgent supplies or medicines Posting mail Finding contacts for mental health support, financial support, animal care, social care etc. If you, or anyone else you know in Great Horkesley may need their help please contact them by one of the following methods so they can put you in touch with your Contact.	
Great Tey - All Street / Village Matters	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> group.
Kingsland Church	Are offering a variety of virtual activities using Zoom. The have activities range from an online playgroup to the Community Gospel Choir. Check their website to join and for more information.	Web: https://kingsland.org.uk/virtual-church/
Lexden and Prettygate Community Hub	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> group.
Mile End and Braiswick Community Hub Colchester	This is a community run Facebook group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> group.
St Albrights Church	Are supporting elderly residents by offering daily phone calls, collecting prescriptions and shopping.	Address: Stanway Rectory, Church Lane, Stanway, CO3 8LR Email: vicar@stalbrights.org
St Andrews Church	Each week the church publishes a Benefice Bulletin, with details of the services in Wormingford, Mount Bures and Little Horkesley, upcoming events and points for prayer.	Call: 01206 855040 Email: office@mylandchurch.org.uk Web: https://www.wormingford.com/
Stanway Evangelical Church	Family church are there if you need them.	This is a public <u>Facebook</u> group.
Stanway Parish Council	They are offering help and support with collecting shopping, posting mail, urgent supplies/meal service delivery as well as a friendly phone call.	Address: Victory Hall, Villa Road, Stanway, CO3 0RH Call Catherine Clouston (Deputy Clerk): 01206 542221

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get in contact. Please call Monday to Friday 9am to 5pm. Their group allows for sharing key information with residents as well as enabling the ability to contact them easily for assistance.	Web: www.stanwaypc.org.uk This is a public Facebook group
This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> group.
This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> Group.
Are offering a service where they will assist those isolating with things like collecting shopping and prescriptions.	Call: 07508 787869 Dianne Jacobs Email parishclerk@wakescolne.org Web: https://e-voice.org.uk/wakescolne/
Are offering a service to help collect prescriptions and shopping for residents within the West Bergholt area. They can help people who are self-isolating with a range of different things, for example cutting the grass or whatever people may require.	Call: 03007773100 Web: http://westbergholt.net/
This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> .
Are offering support for the local community including essential shopping, prescription collection and delivery. Residents can also call if they are self-isolating and in need of	Email: wormingford@outlook.com Web: https://wormingford.org/
	Their group allows for sharing key information with residents as well as enabling the ability to contact them easily for assistance. This is a community run group where people can join discussions, ask for advice, provide information, and share local events. This is a community run group where people can join discussions, ask for advice, provide information, and share local events. Are offering a service where they will assist those isolating with things like collecting shopping and prescriptions. Are offering a service to help collect prescriptions and shopping for residents within the West Bergholt area. They can help people who are self-isolating with a range of different things, for example cutting the grass or whatever people may require. This is a community run group where people can join discussions, ask for advice, provide information, and share local events. Are offering support for the local community including essential

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Shop Information All information is correct as of January 2021 unless stated otherwise				
Organisation	Contact Details	Support &/or What's Available		
Colletts Farm Shop	Address: Wormingford, Colchester CO6 3AU	Convenience store selling a range of		
and Dairy	Call: 01787 227292 Web: http://www.collettsfarm.co.uk/	everyday essentials.		
Great Horkesley Village Stores	Address: Great Horkesley Delivery Office, The Causeway, Great Horkesley, Colchester CO6 4BJ Call: 01206 272293	Convenience store selling a range of everyday essentials.		
Lexden Food and	Address: 16 Church Ln, Colchester CO3 4AF	Convenience store selling a range of		
News	Call: 1206 766615	everyday essentials.		
Park Street Stores and Post Office	Address: Park St, Stoke-by-Nayland, Stoke by Nayland CO6 4SE	Convenience store selling a range of everyday essentials.		
	Call: 01206 262335			
Rose's General Store	Address: 13 Bridge St, Bures CO8 5AD Call: 01787227297	Convenience store selling a range of everyday essentials.		
Stanway Post Office /	Address: 277A London Road, Stanway, Colchester, Essex CO3 8LU	Convenience store with a post office selling a range of everyday essentials.		
Convenience Store	Call: 01206 210626	selling a range of everyday essentials.		
	Web: https://www.postoffice.co.uk/branch-finder/1091166/stanway			
Wakes Colne	Address: Colchester Road, Wakes Colne, Colchester, Essex	Convenience store with a post office		
Shop/Post Office	CO6 2DF	selling a range of everyday essentials.		
	Call : 01787 222449			
	Web: www.postoffice.co.uk			

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Food Information All information is correct as of January 2021 unless stated otherwise				
Organisation	Contact Details	Support &/or What's Available		
Brick Kiln Farm Shop	Address: Brick Kiln Farm, Turkey Cock Lane, Stanway CO3 8ND Call: 07949 180957	Please look at the public <u>Facebook</u> group for more information.		
Cricketers Pub	Address: Spring Lane, Fordham Heath, CO3 9TG Call: 01206 240666 Email: Info@thecricketerscolchester.co.uk Web: http://www.thecricketerscolchester.co.uk/index-2.html	For their menu and delivery options look on their website.		
Langham Community Shop	Address: Langham Community Shop, Langham Community Centre, School Road, CO4 5PA Call: 01206 272431 Email: communityshoplangham@gmail.com Web: http://www.langhamcommunityshop.org.uk/	Sell a variety of produce including dairy, local and seasonal produce, fresh fruit & vegetables as well essential store cupboard items.		
The Lexden Crown	Address: 235 Lexden Road, Colchester, CO3 4DA Call: 01206 548490 Web: http://thelexdencrown.com/	For their menu look on their website.		
The Live and Let Live	Address: 12 Millers Lane, Colchester CO3 0PS Call: 01206 574071 Web: http://www.theliveandletlive.co.uk/	For their menu look on their public Facebook group.		

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Neighbourhood 5 (Berechurch, New Town and Christ Church, Prettygate and Shrub End)

Important Contacts				
COMMUNITY RESPONSE TEAM	Chrissy Henegan Chrissy.Henegan@colchester.gov.uk 07966 235791			
NEIGHBOURHOOD MANAGER	Peter Stewart 07811 348855	For additional information in regards to Neighbourhood 5 visit this <u>link</u> and to find out more about your Neighbourhood Team visit this <u>link</u> .		
DIGITAL ACCESS SUPPORT TEAM	For support on how to get online the team are offering over the phone and virtual 1-2-1s to assist people to communicate with friends and family using the devices they have as well as assisting people with online purchasing and using the NHS app to manage medicines, prescriptions and pharmacies, as well as any other digital or online queries you have. This service is bespoke to individual digital and technical needs. Call: 01206 282452 Email: Digital.AccessSupport@Colchester.gov.uk Web: https://www.colchester.gov.uk/digitalaccesssupport/ Facebook: https://www.facebook.com/NorthEssexDigitalAccessSupportTeam Instagram: https://www.instagram.com/northessexdigitalaccesssupport/ Twitter: https://twitter.com/DigitalAccessNE			

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Ward Councillors			
	Berechurch		
Name:	Dave Harris		
Contact No:	01206 545889		
Email:	cllr.dave.harris@colchester.gov.uk		
Name:	Chris Pearson		
Contact No:	01206 562020		
Email:	cllr.chris.pearson@colchester.gov.uk		
Name:	Martyn Warnes		
Contact No:	07422 575685		
Email:	cllr.martyn.warnes@colchester.gov.uk		
	New Town and Christ Church		
Name:	Lorcan Whitehead		
Contact No:	07789 224655		
Email:	cllr.lorcan.whitehead@colchester.gov.uk		
Name:	Nick Cope		
Contact No:	01206 576024		
Email:	cllr.nick.cope@colchester.gov.uk		
Name:	Theresa Higgins		
Contact No:	01206 523501 / 07881 370626		
Email:	cllr.theresa.higgins@colchester.gov.uk		
	Prettygate		
Name:	Roger Buston		
Contact No:	07770 305977		
Email:	cllr.roger.buston@colchester.gov.uk		
Name:	Sue Lissimore		
Contact No:	07540 328316		
Email:	cllr.sue.lissimore@colchester.gov.uk		

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Shrub End	
Name:	Sam McCarthy
Contact No:	07570 270630
Email:	cllr.sam.mccarthy@colchester.gov.uk
Name:	Pauline Hazel
Contact No:	07754 741315
Email:	cllr.pauline.hazell@colchester.gov.uk
Name:	Lyn Barton
Contact No:	01206 766171
Email:	cllr.linda.barton@colchester.gov.uk

Community Groups & Volunteer Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
Berechurch Labour	They are offering support and information via an on-line advice surgery. Appointments can be made via the Berechurch Labour Team Facebook Group.	This is a public <u>Facebook</u> group.
	They are also offering to give Foodbank vouchers to residents who need help.	
Berechurch and area COVID - 19 community self-	A community self-help group to coordinate assistance as and where they can to the most vulnerable in the area.	This is a public <u>Facebook</u> group.
help group	Staying safe and following guidance and health professional advice.	
	Lots of local people are offering help. (As of October 2020)	
Birch Glen	This is a community run group where people can join	This is a private Facebook group which
Neighbourhood Watch	discussions, ask for advice, provide information, and share local events.	you must join to access content.

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Blenheim Park Residents	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a private Facebook group which you must join to access content.
New Town, Old Heath and Hythe Mutual Aid Group - COVID 19	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> group.

Shop Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Contact Details	Support &/or What's Available
Budgens	Address: 87 Drury Rd, Colchester CO2 7UU Call: 01206 575606	Convenience store selling a range of everyday essentials.
Food INC	Address: 66 Barrack St, Colchester CO1 2LS Call: 01206 868588 Facebook: https://www.facebook.com/foodinconline/	A supermarket, which specialises in world foods. This includes Asian, Afro-Caribbean, Middle eastern and Mediterranean foods. There is also an onsite independent halal butchery.
Hitesh Store	Address: 32 Berechurch Rd, Colchester CO2 7QB Call: 01206 572681	Convenience store selling a range of everyday essentials.
Jan & Phil's	Address: 83 Barrack St, Colchester CO1 2LW Call: 0844 507 5554	Convenience store selling a range of everyday essentials.
Londis	Address: 83 Barrack St, Colchester CO1 2LW Call: 0800 298 0758	Convenience store selling a range of everyday essentials.
News Plus	Address: 59-61 Barrack St, Colchester CO1 2LL Phone: 01206 870511	Convenience store selling a range of everyday essentials.

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Food information All information is correct as of January 2021 unless stated otherwise		
Organisation	Contact Details	Support &/or What's Available
Crazy Chef	Address: 81 The Commons, Colchester CO3 4NN Call: 01206 514989 This is a public Facebook group	To view the menu please visit their Facebook site.
GO4 Social Enterprises	Call: 07531 207677 Email: pepidepiter@gmail.com	GO4 Social Enterprises provides a food parcel for those families in need.
The Munch Club	Email: maureenpowell1952@yahoo.co.uk This is a private Facebook group so you must be logged on to your account to access it.	The Munch Club provides a food parcel for those families in need.
The Prettygate Pub	Address: 100 The Commons, Colchester, CO3 4NW Call: 01206 563497 Email: lisa@theprettygate.com This is a public Facebook group.	Delivery is within a 1-mile radius from the pub.

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Neighbourhood 6 (Wivenhoe, Old Heath & The Hythe, and Greenstead)

Important Contacts		
COMMUNITY RESPONSE TEAM	Siobhan McLeod Siobhan.Mcleod@colchester.gov.uk 07966 240457	
NEIGHBOURHOOD MANAGER	Andy Williams 07950 862979 For additional information in regards to Neighbourhood 6 visit this link and to find out more about your Neighbourhood Team visit this link.	
DIGITAL ACCESS SUPPORT TEAM	people to communicate with friends and family	offering over the phone and virtual 1-2-1s to assist using the devices they have as well as assisting HS app to manage medicines, prescriptions and ne queries you have. technical needs. uk sssupport/ sexDigitalAccessSupportTeam

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Ward Councillors		
Greenstead Greenstead		
Name:	Tina Bourne	
Contact No:	07837 735165	
Email:	cllr.tina.bourne@colchester.gov.uk	
Name:	Julie Young	
Contact No:	07905 403188	
Email:	cllr.julie.young@colchester.gov.uk	
Name:	Tim Young	
Contact No:	07949 066915	
Email:	cllr.tim.young@colchester.gov.uk	
	Wivenhoe	
Name:	Mark Cory	
Contact No:	07988 800301	
Email:	cllr.mark.cory@colchester.gov.uk	
Name:	Cyril Liddy	
Contact No:	01206 825276	
Email:	cllr.cyril.liddy@colchester.gov.uk	
Name:	Andrea Luxford-Vaughan	
Contact No:	01206 822097	
Email:	cllr.andrea.luxfordvaughan@colchester.gov.uk	
	Old Heath and Hythe	
Name:	Adam Fox	
Contact No:	07790 099940	
Email:	cllr.adam.fox@colchester.gov.uk	
Name:	Mike Lilley	
Contact No:	01206 576024 / 07776 257891	
Email:	cllr.mike.lilley@colchester.gov.uk	

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Name:	Lee Scordis		
Contact No:	07947 541573		
Email:	cllr.lee.scordis@colchester.gov.uk		
	Parish Councils		
	East Donyland Parish Council - serving Rowhedge		
Clerk:	Elizabeth Nelson-Hayes		
Contact No:	01206 729200		
Email:	info@eastdonylandpc.co.uk		
	Wivenhoe Town Council		
Name:	Jo Beighton-Emms		
Contact No:	07738 493524		
Email:	townclerk@wivenhoe.gov.uk		

Community Groups & Volunteer Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
Rowhedge COVID- 19 Support	This group has been set up to support those self-isolating in order to pick up shopping, post mail, have a friendly phone call, get urgent supplies, medicines delivered and any other help that they can offer.	This is a private <u>Facebook</u> group which you must join to access content.
Rowhedge Village	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a public <u>Facebook</u> group.
Rowhedge Wharf Bloor/Hills "residents" Development Group	This is a community run group where people can join discussions, ask for advice, provide information, and share local events.	This is a private <u>Facebook</u> group which you must join to access content.

Wimpole Road	They are proving information and support via their blog as well	·
Methodist Church	as online services. If you would like a chat you can also contact	CO1 2DL
	them.	Call : 07847 846292
		Email: wimpoleroadmc@gmail.com
		Website:
		https://wimpoleroadchurch.org.uk/
		This is the link to their blog.
Wivenhoe Mutual	A network of local volunteers are able to deliver essentials,	Call : 01206 657685 or 07394 910486
aid	give you a call and walk your dog.	Email: HelpWiv@gmail.com
		This is a public Facebook.

Shop Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Contact Details	Support &/or What's Available
J Burgess & Sons Ltd	Address: 197 Old Heath Rd, Colchester CO2 8AY Call: 01206 795929 Web: http://www.jburgessandsons.co.uk/	Fresh and locally grown produce supplied and delivered in Colchester.
Premier	Address: Bridge House, Hythe Quay, Colchester CO2 8JB Call: 01206 866339 Web: https://www.premier-stores.co.uk/	Convenience store selling alcohol, cigarettes, bread, milk, food etc.
Starry Mart	Address: 143 Caelum Dr, Colchester, CO2 8FN Call: 01206 865438 Web: https://starrymart.co.uk/	A convenience store offering Chinese, Japanese, Korean, Indonesian, Malaysian, Singapore, Vietnamese, Filipino and Thai Cuisines.
The Willows Convenience Store	Address:14 The Willows, Colchester CO2 8PZ Call: 01206 547156 Web: https://thewillowsstore.wixsite.com/website	A local convenience store selling, alcohol, takeaway coffee, sweets, crisps etc.
The Wivenhoe Fish Company	Address: 80 Ernest Rd, Wivenhoe, Colchester CO7 9LQ Call: 07513761181 Web: http://www.thewivenhoefishcompany.co.uk/	We are providers of locally caught, and locally sourced fresh and frozen fish, and seafood as well as providing seafood platters to order for our customers.

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Wivenhoe Butchers	Address: Unit 20, Wivenhoe Business Centre, Wivenhoe,	Outdoor reared, grass-fed, ethical, local
	Colchester CO7 9DP	meats brought to Wivenhoe.
	Call: 07984420925	Homemade sausages, charcuterie, pies,
		freezer food and more.

Food Information All information is correct as of January 2021 unless stated otherwise			
Organisation	Contact Details	Support &/or What's Available	
GO4 Enterprises: Café on the Rec:	Café on the Rec: Address: Recreation Park, near the basketball pitch, dog agility and exercise equipment, CO1 2HE Call: 07581 135091 Web: https://www.go4enterprises.org/ This is a public Facebook group.	Are an emergency point where they are collecting as well as donating food products to create food parcels for those in need. Donations can be left onsite at the cafe or collected from the cafe team. Providing a food delivery service to the most vulnerable residents on Old Heath & Hythe.	
The Filling Station at Greenstead Community Centre	Call: 07967 550167 Email: info@saintycateringsolutions.co.uk Web: http://www.greensteadcommunitycentre.org.uk/cafe/	The Filling Station café is run by Sainty Catering Solutions who provides a variety of hot and cold food Monday to Friday 8:30am-2:30pm.	

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Colchester Boroughwide

To access all of the Neighbourhood links and information on Colchester Borough Council's website please click https://www.colchester.gov.uk/info/category/?id=neighbourhood-teams

Boroughwide Contacts All information is correct as of January 2021 unless stated otherwise			
Age Concern Colchester & North	Contact No:	01206 368420	
East Essex	Email / Web:	communitycare@ageconcerncolchester.org.uk https://www.ageconcerncolchester.org.uk/	
	Support available:	A local independent charitable company providing services and support for older people in the Colchester area such as telephone befriending service, as well as advice and information.	
		 Call and select option 1 for care, food, or medical needs. They have adjusted their approach considering COVID-19 and supplied a call centre team who can provide practical guidance for those who are struggling with food, medical supplies and who have unmet care needs in their home. Call and select option 2 for bereavement support. Call and select option 3 to link to a befriender. Call and select option 4 for help with forms and advice. Call and select option 5 for dementia support, speak to an advisor who can guide you through some practical hints and tips to try and help at this time 	
Essex Wellbeing Service	Contact No:	0300 303 9988	
Email / Web:		www.essexwellbeingservice.co.uk	
	Support available:	Supports people in the community and at work with a range of health, wellbeing, and welfare needs. They help people access information and support to stay healthy, safe, and well from help to quit smoking to supporting families adapt to 'new normal'.	

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		They also coordinate requests and referrals for support and connect them to our volunteers.
Mutual Aid	Email / Web:	https://covidmutualaid.org/resources/
	Support available:	COVID-19 Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the COVID-19 outbreak in the UK.
		They focus on providing resources and connecting people to their nearest local groups, willing volunteers and those in need.
Homeless Charities Contacts	Name:	Beacon House
	Contact No:	01206 761960
	Web:	https://beaconhouseministries.org.uk/
	Name:	Colchester Night Shelter
	Contact No:	01206 549885
	Web:	http://colchesternightshelter.org.uk/
	Name:	Streetlink
	Web:	https://www.streetlink.org.uk/
	Name:	Open Door
	Contact No:	07934 907998
	Email / Web:	hello@opendoorcolchester.co.uk/
		https://www.opendoorcolchester.co.uk/
Essex Police	Contact No:	101 or 999
Essex Fire & Rescue	Contact No:	999
East of England Ambulance	Contact No:	999
ECC Schools/Education Queries	Contact No:	03457 430 430
	Email:	contact@essex.gov.uk
Domestic Abuse Support	Name:	Compass (24/7 Helpline)
	Contact No:	0330 333 7444
	Name:	Next Chapter (Colchester)
	Contact No:	01206 500585
	Name:	National Centre for Domestic Violence

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	Contact No:	Call 0800 970 2070 or Text "NCDV" to 60777
	Web:	https://www.ncdv.org.uk/
	Name:	National Domestic Abuse Helpline
	Contact No:	0808 2000 24
	Name:	Essex Police
	Web:	https://www.essex.police.uk/advice/advice-and-information/daa/domestic-abuse/
	Contact No:	999
Childline	Contact No:	0800 1111 (Helpline number)
	Web:	https://www.childline.org.uk/
	Support available:	Have tips and support on how to cope with the current situation as well as calming activities.
LiveWell	Web:	https://www.livewellcampaign.co.uk/
	Support available:	Provide information about all that is on offer in Essex to improve health and wellbeing.
MacMillan	Contact No:	01206 745347
	Web:	https://www.macmillan.org.uk/coronavirus https://www.macmillan.org.uk/get-involved/campaigns/telephone- buddies
	Support available:	Telephone buddy support service, weekly phone calls from your Telephone Buddy. Sign up to register your interest on the website.
St Helena Hospice Single Point	Contact No:	01206 890360
24/7 helpline.	Support available:	Support and advice relating to end of life.
Action on Hearing Loss	Contact No:	07442 538939 Information Line call: 0808 8080 0123 or Text: 0808 8080 9000
	Email:	Angela.Baker@hearingloss.org.uk or information@hearingloss.org.uk
	Web:	www.actionhearingloss.org.uk

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	Support available:	Free support service. Working hearing aids are essential when communicating with loved ones over the phones or receiving the news over the TV or radio for those that are encouraged to self-isolate that have hearing aids. If have hearing loss/tinnitus, are worried about your hearing/hearing aids, are adjusting to hearing aids, are uncertain where to obtain batteries and new tubes, not sure how to retube you can contact Angie.
Essex Sight	Contact No:	01206 548196 (This is a helpline)
	Web:	https://www.essexsight.org.uk/
	Email:	services@essexsight.org.uk
	Support available:	Essex Blind Charity has been caring for the blind and visually impaired of Essex since the 1920s. Their aim is to deliver a range of excellent support services to visually impaired people in Essex and the adjacent East London Boroughs.

Colchester Borough Homes Information All information is correct as of January 2021 unless stated otherwise				
		FOR TENANTS OF COLCHESTER BOROUGH HOMES		
Community Housing Officer's	Locality:	Old Heath / Tiptree		
	Name:	Amanda Mayhew		
	Contact No:	01206 282736		
	Locality:	Greenstead East		
	Name:	Jane Graham-Watson		
	Contact No:	01206 505347		
	Locality:	Berechurch / New Town		
	Name:	Emma Schofield		
	Contact No:	01206 506427		
	Locality	Greenstead West		
	Name:	Rob Ward		
Contact No: 01206 506691		01206 506691		
	Locality:	St Anne's / Mile End / Highwoods		

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Name:	Karen Green
Contact No:	01206 506023
Locality:	Rural North/Castle/Lexden
Name:	Michelle Longhurst
Contact No:	01206 508091
Locality:	Mersea & Pyefleet / Prettygate / Stanway / Wivenhoe
Name:	Julie Prior
Contact No:	01206 506595
Locality:	Shrub End and Marks Tey
Name:	Rachel Bushell
Contact No:	01206 508771

	Community Groups & Volunteer Information All information is correct as of January 2021 unless stated otherwise				
Organisation	Support &/or What's Available	Contact Details			
British Red Cross	Are there for you if you need them, they believe that it is kindness that will keep us together.	Web: https://reserves.redcross.org.uk/			
Colchester's Anti Loo Roll Brigade	This group has been put together by Peter Dutch to help local people reach out for whatever they may need, and members of public will help as they can.	This is a public <u>Facebook</u> group			
Colchester business advertisements	This group is for anyone to join and support businesses around Colchester. Follow their deals, offers, availability and to advertise your own businesses, please invite friends and family to follow for support, this is a great way to boost our businesses to success.	This is a public <u>Facebook</u> group			
Colchester Community Mask / Face Covering Tree	The community group has set this up to provide masks for those that need them. A small donation can be made at the tree's location.	This is a public <u>Facebook</u> group			

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		I
Colchester	Are reposting advice from both the NHS and Government as	This is a public <u>Facebook</u> group
Community, News	well as reposting anything that local businesses may be	
& Events	offering.	
Colchester	This group is for helping the community with local volunteers.	This is a public Facebook group
Community		
Volunteer Group		
Colchester For	A mixed community Facebook group for the Colchester area	This is a private Facebook group which
Fogies and Old	and is aimed at older people offering information and support.	you must join to access content.
Farts MK II		,
Colchester	They are continuing to support people with learning disabilities	Address: Wilson Marriage Centre
Gateway	and their families during lockdown. They are putting art	Barrack Street, CO1 2LR
	challenges on their Facebook group as well as sharing	Web:
	information. They are also hosting Facebook lives including	http://www.colchestergatewayclubs.org/
	quizzes and music.	This is a public <u>Facebook</u> group.
Community-360	Have a team of volunteers, along with other services, they are	Call : 01206 505250
	able to help you with food provision, signposting and many	Email:
	other areas for those who find themselves in need.	information@community360.org.uk
		Web: https://www.community360.org.uk/
		This is a public Facebook group.
Essex Coronavirus	A space for Essex residents to connect and discuss a variety	This is a public Facebook group.
Action Support	of issues during the Coronavirus / Covid-19 outbreak.	group.
Gracious Givers	A community Facebook group created to help the elderly in	This is a public Facebook group.
for Golden agers	and around Colchester with shopping, meals or to pick up a	This is a pasie <u>racebook</u> group.
lor colden agers	prescription.	
Health Service	Information for Health workers detailing about lots of business	This is a public Facebook group, that you
Discounts	posting things like free coffee for NHS workers and discounts	do have to sign up for.
Discounts	in supermarkets.	do have to digit up for.
It all happens in	This is an open access group whereby you can find out lots of	This is a public Facebook group.
Colchester	information about what's going on in Colchester.	This is a public <u>I accook</u> group.
Let's Talk	On this group you may find information that is community	This is a public Facebook group.
Colchester!	related for example, businesses may post about offers of free	This is a public <u>racebook</u> group.
COICHESIEH:	delivery / takeaways.	
Noighbourg	A Facebook group to provide local information and support in	This is a public Faceback group
Neighbours		This is a public <u>Facebook</u> group.
Information	the local communities, paying attention to their neighbours.	

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Colchester Essex (NICE)		
NextDoor	A social network which aims to bring neighbours closer together, encouraging social interaction as well as making people aware of crime in their area. To join every neighbour must use their real name and verify their address.	Web: https://nextdoor.co.uk/
North Colchester's	A dynamic group of men who share a common goal in	This is a private <u>Facebook</u> group, which
Men Shed Facebook Group	supporting one another, learn new skills together and grow old disgracefully.	you must join to access content.
Salvation Army	They have daily affirmations and support on their website.	Address: Butt Road, Colchester, CO3 3DA Web: https://www.salvationarmy.org.uk/colchester-citadel
The Prayer Shelter	This is a place where anyone can come for prayer and feel supported and safe without being judged, give thanks to god for everything and all that he gives us. A space for sharing testimonies, scripture, church events, services and much more.	This is private <u>Facebook</u> group which you must join to access content.
Warm & Toasty Club	Is a unique life-affirming intergenerational community group working in music, arts and history with people over 60. Watch live videos such as singing performances via the	Email: thewarmandtoastyclub@gmail.com This is a public Facebook group.
	Facebook group.	

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	Food Bank Information All information is correct as of January 2021 unless stated otherwise.					
Organisation	Support &/or What's Available	Contact Details				
Organisation Colchester Food Bank Open Monday to Saturday: 10am to 2pm (Sunday - Colchester Food Bank The process for obtaining a food voucher is: Resident a referral agency, who will then take some basic deta complete the voucher application. This will help to identify the cause of the crisis and off practical guidance. It also means they can prepare sure emergency food for the right number of people. Once someone has been issued with a voucher, they exchange this for three days of emergency food at the nearest foodbank centre. The latest version of the Community Response Pack can be found via Colchester Borough Council website		Website: https://colchester.foodbank.org.uk/ Email: info@colchester.foodbank.org.uk Phone: 01206 621 998 Address: 33 Moorside Business Park (Off East Hill, past Rollerworld onto the Moorside Estate), Moorside, Colchester CO1 2ZF				
	Other Food Provision Providers					
Organisation	Support &/or What's Available	Contact Details				
Tiptree Churches Food Bank	Supporting those in need within Tiptree, Tolleshunt Knights, Messing, Inworth and Great Braxted	Please contact The Revd Annee-Marie Renshaw Email: amlrenshaw@btinternet.com				
The Munch Club	New clients will need proof of Universal Credit or low income. Colchester.	Phone: 07974 113341 Email: maureenpowell1952@ yahoo.co.uk				
GO4 Social Enterprises	New clients will need proof of Universal Credit or low income. Colchester.	Phone: 07531 207677 Email: pepidepiter@gmail.com				

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West Mersea Porch	Supporting West Mersea residents	Phone: 07593 429114
Pantry		Email admin@freshsalt.uk

General Supermarket Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
Aldi	Due to changing circumstances please view the website for information relating to your store's health and hygiene measures, click and collect and opening times.	Web: www.aldi.co.uk/
Asda	Due to changing circumstances please view the website for information relating to your store's health and hygiene measures, click and collect and opening times.	Web: https://www.asda.com/
CO-OP	Due to changing circumstances please view the website for information relating to your store's health and hygiene measures, click and collect and opening times.	Web: https://www.coop.co.uk/
Iceland	Due to changing circumstances please view the website for information relating to your store's health and hygiene measures, click and collect and opening times.	Web: https://www.iceland.co.uk/
John Lewis and Waitrose	Due to changing circumstances please view the website for information relating to your store's health and hygiene measures, click and collect and opening times. They are also providing a card service that can be purchased on-line, the website will give you more details.	Web: https://www.waitrose.com/
Lidl	Due to changing circumstances please view the website for information relating to your store's health and hygiene measures, click and collect and opening times.	Web: https://www.lidl.co.uk/
Marks and Spencer	Due to changing circumstances please view the website for information relating to your store's health and hygiene measures, click and collect and opening times. They are also offering a service which allows you to reserve a shopping slot, to find out more visit their website.	Web: https://www.marksandspencer.com/ https://www.marksandspencer.com/c/boo k-and-shop

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Morrisons	Due to changing circumstances please view the website for information relating to your store's health and hygiene measures, click and collect and opening times.	Web: https://groceries.morrisons.com/webshop/startWebshop.do
	They are also providing a food box service to find out more visit their website.	https://www.morrisons.com/food-boxes/
Sainsbury's	Due to changing circumstances please view the website for information relating to your store's health and hygiene measures, click and collect and opening times.	Web: https://www.sainsburys.co.uk/ https://www.sainsburys.co.uk/ https://www.sainsburys.co.uk/
	They are also offering a delivery pass service where you can pay an upfront fee and then pay no delivery charge on your online grocery orders for the next 3, 6 or 12 months, for more information visit their website.	-collection/ what-is-delivery-pass
Shopping Slot	Site that enables you to search for available home delivery slots.	Web: https://shoppingslot.co.uk/
Tesco	Due to changing circumstances please view the website for information relating to your store's health and hygiene measures, click and collect and opening times.	Web: https://www.tesco.com/

Shop and Food Delivery Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
Allen & Son Butchers	They have a delivery service of fresh meat in Colchester and surrounding areas Monday to Friday.	Address: 13 St Botolph's Street, CO2 7DU Call: 01206 573443 There is a public Facebook group.
Anglia Produce	Are delivering fresh vegetables and fruit, as well as some store cupboard items. Visit the website for a full list of produce on offer.	Address: Anglia Produce Limited, Foxash Estate, Harwich Road, Lawford, Essex, CO11 2LR Call: 01206 233471

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		Fracili coloc@ongliones describes
		Email: sales@angliaproduce.com or
		homedeliveries@angliaproduce.com
		Web: http://angliaproduce.com/
G & J Barron Farms	They are delivering fruit and vegetables. Please see their	Address: Pattocks Farm, Pattocks Lane
	website or Facebook page for delivery routes and further	CO6 2EG
	information.	Call: 01206 210383
		Email: orders@barronfarms.co.uk
		Web: https://www.barronfarms.co.uk/
		This is a public <u>Facebook</u> page.
Birchwood Farm	A variety of fruit and vegetable boxes available for more	Address: Birchwood Road, CO7 6HX
Shop	information visit their Facebook group.	Call: 01206 323797
•		This is a public Facebook group.
	Visit the Facebook group for a full list of products available.	
Direct Meats	Delivers meats and store cupboard items, for more information	Address: Direct Meats, Knights Farm,
	visit their website.	Swan Street, Chappel, CO6 2EE
		Call: 01787 223364
		Web: http://www.directmeats.co.uk/ and
		https://directmeats-foodstore.co.uk/
Fairfield Farm	Are delivering a Vegetable Box which includes a variety of	Address: Fordham Road, Wormingford,
	seasonal vegetables, for more information visit their website.	CO6 3AQ
	3 ,	Call: 01026 241613
		Web: https://fairfieldsfarmcrisps.co.uk/
Heinz Beans	Are offering the Essentials Bundle which consists of a variety	Call: 0116 235 5000
	of beans, soup and hoops, for £10. Visit the website for a full	Web: www.heinztohome.co.uk
	list of products available.	
Isolation Deliveries	The purpose of this site is to support you at home and	Call: 0330 6061467
	struggling to get a delivery slot with a Supermarket. This	Email: info@isolationdeliveries.co.uk
	includes a list of business that are delivering food in Colchester	Web:
	who provide you a range of groceries.	https://www.isolationdeliveries.co.uk/
Jack & Toms	They are currently not doing deliveries due to lack of demand.	Call : 07706 160862
Isolation Essentials	Visit their Facebook page for updates.	Web: https://isolationessentials.uk/
	and the control of th	This is a public <u>Facebook</u> group.
J Burgess and Sons	Are a local greengrocer who are delivering produce.	Address: 197 Old Heath Road, CO2 8AY
		Call : 01206 795929

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	Visit the website_for a full list of products available.	Email: burgessfruit@hotmail.co.uk Web: https://www.jburgessandsons.co.uk/ This is a public Facebook group.
John Coleman Butchers	Delivery of Meat, Fresh fruit & Veg, Bread, Milk & Eggs, subject to availability. Delivery in a 10-mile radius of Boxted shop.	Address: Langham Road, Boxted, Colchester, CO4 5HU Call: 01206 272270 Email: jcwbonline@btconnect.com Web: www.johncolemanbutchers.co.uk/ This is a public Facebook group
Layer Marney Lamb	Have a variety of meats available for delivery. Visit the website for a full list of products available.	Address: Unit 1 Heath Rd, Stanway, CO3 0QR Call: 01206 331179 or 07976 225965 Email: layermarneylamb@msn.com Web: https://www.layermarneylamb.co.uk/
Norwegian Bakers	A tiny bakery located in Wivenhoe offering delivery of authentic Norwegian and 100% vegan bakes. Visit the website for more information.	Address: Brook street, CO79DP Wivenhoe Web: www.norwegianbakers.com
Raynor's Fresh Food Delivery	They are delivering fresh fruit & veg boxes to your doorstep in their own fleet of refrigerated vans. Visit the website for a full list of products available.	Call: 01245 353249 Web: www.freshfooddeliveries.co.uk/ This is a public Facebook group.
Sonali Indian Takeaway	Offering freshly prepared Indian meals for collection and delivery. Minimum order of £12. They deliver to CO1, CO2, CO3 and CO4 postcodes. For their menu look on their website.	Address: 22 East Hill, Colchester CO1 2QX Call: 01206 867000 Web: http://www.sonaliindian.com/
Wiltshire Farm Foods	They offer a pre-paid meal delivery service and if customers have been identified as extremely vulnerable, they will do their best to help them by delivering frozen ready meals. Visit their website for more information.	Call: 0800 077 3100 Web: https://www.wiltshirefarmfoods.com/

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Online Meal Delivery Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
Deliveroo	This is a website where you can order food from a range of	Web:
	different restaurants and takeaways. Please note you do have	https://deliveroo.co.uk/restaurants/colche
	to check their website to see if they will deliver in your area.	ster/colchester
Dinners Direct	Established home-meal delivery for Colchester, Wivenhoe and	Address: Unit 9, Wivenhoe Business
	Alresford areas, providing a range of freshly prepared meals,	Centre, Brook Street, CO7 9DP
	on a daily basis, to those who are maybe finding cooking etc. a	Call : 01206 826681
	little more difficult.	Web: www.dinnersdirectcolchester.co.uk
Just Eat	This is a website where you can order food from a range of	Web: https://www.just-eat.co.uk/
	different restaurants and takeaways. Please note you do have	
	to check their website to see if they will deliver in your area.	
Uber Eats	This is a website where you can order food from a range of	Web: https://about.ubereats.com/en/
	different restaurants and takeaways. Please note you do have	
	to check their website to see if they will deliver in your area.	

Bank Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
Barclays	Due to changing circumstances please view the website for information relating to opening hours, health and hygiene measures, and further information.	Address: 9 High Street, Colchester CO1 1DA Call: 03457 345345 Web: https://www.barclays.co.uk/
Halifax	Due to changing circumstances please view the website for information relating to opening hours, health and hygiene measures, and further information.	Address: 22-26 Head Street, Colchester CO1 1NG Call: 03457 203040 Web: https://www.halifax.co.uk/

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HSBC	Due to changing circumstances please view the website for information relating to opening hours, health and hygiene measures, and further information.	Address: 26 High Street, Colchester CO1 1DQ Call: 03457 404404 Web: https://www.hsbc.co.uk/
Leeds Building Society	Due to changing circumstances please view the website for information relating to opening hours, health and hygiene measures, and further information.	Address: 30 High Street, Colchester CO1 1DB Call: 01206 563788 Web: https://www.leedsbuildingsociety.co.uk/
Lloyds	Due to changing circumstances please view the website for information relating to opening hours, health and hygiene measures, and further information.	Address: 27 High Street, Colchester CO1 1DU Call: 03456 021997 Web: https://www.lloydsbank.com/
Metro	Due to changing circumstances please view the website for information relating to opening hours, health and hygiene measures, and further information.	Address: 31-32, High Street, Colchester CO1 1DB Call: 02034 027950 Web: https://www.metrobankonline.co.uk/
Nationwide	Due to changing circumstances please view the website for information relating to opening hours, health and hygiene measures, and further information.	Address: 10 Culver Street West, Colchester CO1 1JG Call: 0800 554 0601 Web: htps://www.nationwide.co.uk/
NatWest	Due to changing circumstances please view the website for information relating to opening hours, health and hygiene measures, and further information.	Address: 25 High Street, Colchester, Essex, CO1 1DG Call: 03457 888444 Web: https://personal.natwest.com/personal.html
Royal Bank of Scotland	Due to changing circumstances please view the website for information relating to opening hours, health and hygiene measures, and further information.	Address: 45 Head Street, Colchester CO1 1NW Call: 03457 242424 Web: https://www.bankofscotland.co.uk/
Santander	Due to changing circumstances please view the website for information relating to opening hours, health and hygiene measures, and further information.	Address: 48 High Street, Colchester CO1 1DH Call: 0800 912 3123 Web: https://www.santander.co.uk/

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Other Information All information is correct as of January 2021 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
Citizens Advice	 Offering support and guidance on: Debt and money advice helpline 07984 405190 available 9am to 5pm Monday to Wednesday. Help to Claim Universal Credit helpline 0800 144 8 444 available 8am to 6pm Monday to Friday. 	Call: 0300 330 2104 (for all telephone advice) Email: advice.colchester@cabnet.org.uk Web: www.citizensadvice.org.uk
	And much more, visit their website for more information.	
GOV.UK	Visit the GOV.UK website for all information relating to the coronavirus situation including: • All recent and upcoming changes • What you can and cannot do • Self-isolating and testing • Work and financial support • Businesses and self-employed • School, education, and childcare • Travel and transport • The latest announcements • The latest statistics Workers across the United Kingdom will benefit from increased support with a five-month extension of the furlough scheme into Spring 2021.	Web: https://www.gov.uk/coronavirus
	Part of the Support for businesses and self-employed people during coronavirus. This information is updated daily on the gov website	

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NHS App	Download the NHS to help you manage your own and your family's health and wellbeing. You can book appointments, order repeat prescription, nominate your preferred pharmacy and see what available medicines there are for you. For more information visit their website.	Web: https://www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/
North East Essex COPD Health	Free COPD coaching which is normally in person, is now offered on a 1-2-1 basis or group based online.	Call: 0300 3039 988
Coaching		This is a private Facebook group so you
	You can join the group and contact and share to let others	must be logged on to your account to
	know the service is available.	access it.
Colchester	This is somewhere independent retailers and makers can	This is a <u>Facebook</u> group which you must
Community Market	share their wares and local people can come and find things	join to access content.
(Previously South	they might not be able to get hold of while investing in their	
Lanes)	local community.	

Children & Family Activities and Information All information is correct as of November 2020 unless stated otherwise		
Organisation	Support &/or What's Available	Contact Details
BBC CBeebies	CBeebies is designed for 0-6-year olds and includes a range of activities (animation, drama, entertainment, factual and live action).	Web: https://www.bbc.co.uk/cbeebies
BBC Bitesize	BBC Bitesize can be used to help with homework, revision, and learning.	Web: https://www.bbc.co.uk/bitesize
CBBC	Starting on Monday 11 January, CBBC will broadcast three hours of primary school programmes from 9am every weekday. They will include BBC Bitesize Daily, as well as other muchloved shows with an educational twist, such as Our School, Celebrity Supply Teacher, Horrible Histories and more.	Web: https://www.bbc.co.uk/iplayer/group/p093 cv85 or https://www.bbc.co.uk/bitesize/articles/zvr yp4j
	Secondary students will be able to watch two hours of programmes supporting the curriculum on BBC Two every	

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	weekday. These will be complemented by drama adaptations, as well as relevant BBC science, history and factual programmes.	
Colchester Arts Centre	They are providing online poems, door to door poems, poems on the phone.	Call: 01206 500900 Web: https://www.colchesterartscentre.com/ This is a public Facebook group.
Colchester Borough Council - Colchester and Ipswich Museums	Museum from Home: Over the coming weeks the team will be sharing a variety of activities to help educate and entertain. Inspired by the collections across Colchester and Ipswich, from art to nature, archaeology to social history, they hope to bring the museum to you!	Web: https://cimuseums.org.uk/museumfromho me/
Colchester Zoo	Please check the website for the current open/closed status of the Zoo. When the Zoo is closed, they are sharing some of what the team and the animals get up to across their social media channels.	Web: https://www.colchester-zoo.com/bringing-the-zoo-to-you/ This is a public Facebook group. Press here for the Twitter link. Press here for the Instagram link.
Essex Child and Family Wellbeing Service	Are supporting children, young people, and their families, and providing access to support and services to help children and families achieve the best start in life.	Call: 0300 247 0015 Web: https://essexfamilywellbeing.co.uk/ This is a public Facebook group.
Essex County Council	Free school meals assistance during school closures. Parents and carers of eligible children will need to contact their child's school in the first instance to discuss how they can access Free School Meals assistance during the current national lockdown and school closures. For more information and to find out how to apply please visit the website.	Web: https://www.essex.gov.uk/free-school-meals
Essex Libraries	Please check the Essex Library website for the current open/closed status of the Zoo. When the libraries are closed, different activities are current information is uploaded to the website.	Web: https://libraries.essex.gov.uk/ https://libraries.essex.gov.uk/children-and-young-adults/babies-and-toddlers/
Essex Youth Service	Helping young people in Essex to get the most out of school, work, and life. Weekly activities available via Zoom.	Web: https://youth.essex.gov.uk/young-people/online-activities/

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		This is a public Facebook group
First Site	Are offering some online activities including downloadable	Address: Lewis Gardens, Colchester,
	artist packs.	CO1 1JH
		Call : 01206 713700
		Web: https://firstsite.uk/
		This is a public <u>Facebook</u> group
La Leche League	Advice on breastfeeding whilst in isolation for families. Free	This is a public <u>Facebook</u> group
Colchester	online courses can be accessed via their Facebook group.	
PE With Joe	Free live PE sessions on The Body Coach YouTube channel at	YouTube:
	9am on Mondays, Wednesdays and Fridays starting Monday	https://www.youtube.com/channel/UCAx
	11 th January.	W1XT0iEJo0TYIRfn6rYQ
Precious Bundles	Providing free quality clothing and equipment for children aged	This is a public Facebook group
	0 to 5 and new-born starter packs to anyone who needs them.	
Tots to Teens	A volunteer based and run community group bringing clothes	This is a Facebook group so you must be
	and accessories and essentials to families that need them due	logged on to your account to access it.
	to circumstances. They cater for new-born to 16 years of age.	
Wild Time	Wilderness Foundation has created Wild Time to help	Web:
	everyone through lock down! With activities to keep the whole	https://wildernessfoundation.org.uk/wildti
	family engaged in nature and the outdoors and activities to	me/
	keep your mind healthy with Mindfulness and Reflections!	This is a public <u>Facebook</u> group.
		Instagram: Wilderness Foundation UK
		Instagram: Chatham Green
		Twitter: Wilderness Foundation
Multi Schools	This is a free podcast discussing how the group is adapting to	To access the podcast search for 'Multi
Lowdown	the impacts of coronavirus pandemic, information on SEND	Schools Lowdown' on Spotify and other
	(Special Education Needs Department) education and targeted	podcast providers.
	support for young people's mental health.	Spotify: Multi Schools Lowdown

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Black, Asian And Minority Ethnics (BAME) & Faith Groups Information All information is correct as of November 2020 unless stated otherwise

Religion/Group	Support &/or What's Available	Contact Details
Buddhism	Buddhist Door: Senior Thai Monk offers a Buddhist perspective	Web:
	on dealing with COVID-19.	https://www.buddhistdoor.net/news/senior
		-thai-monk-offers-a-buddhist-perspective-
		on-dealing-with-covid-19
The Catholic Church	Guidance for collective worship.	Web:
England and Wales		https://www.cbcew.org.uk/home/our-
		work/health-social-care/coronavirus-
		guidelines/guidance-collective-worship/
Gov UK COVID-19 -	Guidance for the safe use of places of worship.	Web:
19		https://www.gov.uk/government/publicatio
		ns/covid-19-guidance-for-the-safe-use-of-
		places-of-worship-during-the-pandemic-
		from-4-july/covid-19-guidance-for-the-
		safe-use-of-places-of-worship-during-the-
		pandemic-from-4-july
Colchester Chinese	Are delivering a gift of groceries to their Colchester Chinese	Address: 1-3 Bloomfield Place, 25 St
association	Association senior members aged 65 or above who do not live	Botolph's Street, CO2 7EA
	with extended family and helping them in any other way that	Web:
	they can.	https://www.colchesterchineseassociation
		<u>.co.uk/</u>
		This is a public <u>Facebook</u> group.
Christianity	Find out information on church coronavirus guidance and	Web:
	information via the website.	https://www.churchofengland.org/more/m
		edia-centre/coronavirus-covid-19-
		<u>guidance-churches</u>
		Or
		https://www.chelmsford.anglican.org/
	Christian Aid exists to create a world where everyone can live	Web: https://www.christianaid.org.uk/
	a full life, free from poverty.	

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Hinduism	Hindu Council UK represents an amalgamation of various Hindu denominations in the UK through their temple bodies and cultural organisations. Temple management for temples across the UK have been encouraged to close temples and take steps that elder devotees are being looked after.	Web: http://www.hinducounciluk.org/2020/04/01 /temples-lock-down-advice/ Or http://www.hfb.org.uk/
Islam	Colchester Islamic Cultural Association. They have a group on their website with COVID-19 updates and information. For more updates visit their Facebook group.	Address: 1-3 Bloomfield Place, 25 St Botolph's Street, CO2 7EA Web: https://colchestermosque.co.uk/ This is a public Facebook group.
	The Muslim Council of Britain regularly updates their guidance to help inform a range of groups. Including individuals, mosques, and educational institutions.	Web: https://mcb.org.uk/mcb- updates/coronavirus-guidance-for- mosques-and-madrassas/
	The British Islamic Medical Association has put together an information leaflet to help inform the decision making for those responsible for administering religious burials.	Web: https://www.gmcvo.org.uk/system/files/BI MA%20Ghusl%20guidelines%20QA.pdf.p df
Judaism	The Jewish Leadership Council brings together the major British Jewish organisations to work for the good of the Jewish community.	Web: https://www.thejlc.org/
	Union of Jewish Students along with most of the world are responding to the needs of our community, alongside the challenges faced by the necessary restrictions imposed.	Web: https://www.ujs.org.uk/
Sikhism	Sikh coalition. A range of resources and guides from the Sikh Coalition, including travel restrictions and an e-learning resource. Most resources available in both English and Punjabi.	Web: https://www.sikhcoalition.org/our-work/empowering-the-community/covid-19-response-resources/
	Sikh Helpline. Free professional and confidential counselling over telephone or email.	Call: 08456 440704 Web: https://www.sikhhelpline.com/coronavirus/

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Further information is available in other languages via the <u>GOV.UK website</u> they have a variety of public health messages related to COVID-19.

Alternatively you can visit the AskDoc <u>website</u> which has a number of short videos translating the NHS England COVID-19 advice in various languages via <u>here</u>.

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