



THE HEART OF GREENSTEAD



Edition 5— WINTER WARMTH

As we transition into winter with darker evenings and colder nights, we are all considering the cost of living crisis and how this will effect us. Many of us will be making small changes in our home's and workplaces, to be energy efficient. We are being mindful with food shopping and additional expenses. We will attempt to be brave and find solutions for ourselves, our families, and those less fortunate

we support through Community360. Tough choices will be made by some this winter to eat a meal or stay warm. Our duty is to share as much information with the community as possible about services available in Colchester to ensure people don't go without and have options. The Heart of Greenstead team continue engagement work, completing surveys with local residents and building external relationships, also taking part in new activities which we will share with you in this newsletter. Our Intern Matt remains focused on Essex University and the student population of Greenstead.

Hello, my name is Leila Harrison...

I am an Engagement Officer with Community360. I was inspired to work for the organisation for their endless vision to improve the quality of peoples lives and their values they continue to demonstrate in service. Previously I worked as a domestic abuse practitioner, and I continue to support victims of domestic abuse and violence in a much smaller role. I have also worked as a health care assistant with the elderly, including dementia and palliative care. My employment journey started in 1995 leaving school to work for Marks & Spencer, and since then my entire work history has involved providing customer service and care to others. I am very passionate about helping people, and especially individuals affected by trauma. I enjoy that I meet new people every day.



Winter Warmer Event at Elim Church.

On the 19th October, a Winter Warmer event was held at Elim Church in Greenstead. Free pre-loved warm winter clothes, coats, shoes, school uniform and bedding was available. Support services were on hand with advice and guidance to attendees. Utilita energy suppliers shared much needed energy saving tips. The event was very successful.



People attending—447+ (Last year 427)
 Number of people supported by service/advice—791
 (last year 427)
 Comprising of 355 adults and 436 Children
 Number of lone parent households 54
 Total items collected by attendees—Over 7400

Feedback From The Winter Warmer Event:

"I am struggling financially so I appreciate any help. I will be calling the debt help lady for advice. All really friendly and helpful. Thank you so much".

"It helps keep my kids and myself warmer during winter leaving more money free for food and heating. Thank you so much".

"The cost of things on our budget, find it hard to get new clothes. Very organised and lovely helpers".

'I didn't know some of the things the energy people told me about. I'm going to try them to see if it helps'

"I now don't need to worry about school uniform and warm coats, and can focus on food and bills".

On your bike!



**SAFER
GREENER
HEALTHIER**

Sign up for our FREE adult cycling training

Liveable Neighbourhoods Workshop. Monday 5th December.

Members of Essex County Council, Colchester City Council and C360 met at Colchester Town Hall to discuss the Town Deal's Liveable Neighbourhood project. The aim is to deliver sustainable "safer, greener & healthier" travel by walking, cycling, wheeling and public transport. The desire is a future road network that is safer and encouraging of residents to cycle and use other means of travel. New walking and cycle paths can be created as part of the project. Residents can access free adult and family cycling training, including information on park & ride services and discount on bus fair. Also discussed was the theme of green spaces and how these untapped natural spaces can be utilised to create community gardens, allotments and places that will bring activity and joy into the entire neighbourhood. It was also considered how we can gain the interest of young people into community activity and nature.



Christmas Fair at Greenstead Community Centre, on Saturday 26th November.

The community centre was festively decorated by community centre manager Nicola Davey. The main hall was lined with stalls featuring Christmas ornaments and other decorative, home made arts and crafts for sale. C360's table offered a raffle, guess how many sweets in the jar and guess the name of the bear, which was available for one lucky child. The bear's name was Ludwig!

Father Christmas arrived to entertain and gift local children. Mayor of Colchester Cllr. Tim Young, and Cllr. Julie Young made an appearance with Santa. The staff at Kelly's Kafé were busy serving food and refreshment's. The fun family event was visited by many, with the Community Centre raffle raising over £400 for local projects!

Community360

Winsley's House, High Street, Colchester, CO1 1UG

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Out and about in Greenstead:

- Conversation being had with local people have been focused around the chemist situated in Tamarisk way. There is a general feeling of being unsatisfied with the service as people are left waiting for extended periods to collect their prescription and when the medication is dispensed it is being done so in separate parts, this is not ideal to many people. There is also complaint about having to wait outside the front of the medical facility for long periods especially to those with physical health and anxiety issues. Data being collected from the surveys will be collated.
- Community Taskforce– 10th January–2 pm– guest from Colchester City Council Dan Barton.

Anyone wishing to speak about our work, please contact Leila: leilaharrison@community360.org.uk

Join us for a community-led workshop with the
University of Essex
5th and 6th December
Innovation Centre, University Campus
We would like to invite Greenstead residents to a workshop
to develop projects to tackle
local health and wellbeing concerns

Talk and work directly with the NHS, Colchester Borough Council, local organisations and the University to develop projects for benefiting health and wellbeing among the Greenstead community

Topics being discussed include:
Access to health services
Promoting health and wellbeing
Young people
Environment & health
History, community and perceptions of Greenstead
Greenstead and University of Essex connection

Residents are welcome to join us on both days, whenever and however is convenient

Morning 5th: generating ideas
Afternoon 5th: developing ideas into projects
Morning 6th: developing project proposals
Afternoon 6th: presenting project proposals

Your ideas and voice are important, and we want to hear from you!
If you're not able to come, you're very welcome to email your ideas to us or send us a video!

Thank you!
Join us for dinner (on us) at Wivenhoe House Hotel on Monday 5th December!
We have a few rooms available at Wivenhoe House Hotel for the night of 5th December, first come first served
Travel costs covered
£40 gift voucher each day

For more details, please contact Victoria: vinolan@essex.ac.uk

A Community-Led Workshop

5th & 6th Dec.

The Innovation Centre, on Essex, University campus.



A two day health and well-being workshop designed to bring together peoples ideas to develop community projects that will be beneficial to the residents of Greenstead.

Day one was growing and building ideas around challenging issues identified by the community of Greenstead and recognising opportunities where clear achievable long term projects can be developed and maintained.

Everyone was working to ensure residents designed and established a sense of ownership in the projects that may be implemented. The large group of people attending the event were separated into four groups. There was a strong combined skill set, education and employment background, that yielded a varied pool of ideas. On day two the teams created projects and then presented to the panel and the rest of the group what they proposed as a community project. . In January there will be further discussions ahead of decisions on which projects to support. Watch this space for more news.

And finally...

The Heart of Greenstead Team would like to wish you all a Merry Christmas!

What's Next?

**Community Health Day : Essex University on 21st March
Raising awareness of support services in the area. An event will be held linking with the Neighbourhoods programme*

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