

Welcome to Social Prescribing: A holistic way to support your health and wellbeing

At our surgery, we understand that health is about more than just medicine. Many things in life such as stress, loneliness, housing issues, or money worries—can affect how we feel, both physically and emotionally. We are pleased to offer **social prescribing** as part of your care.

Meet your Social Prescribers:

Julie Harris and Helen Duah work across all 4 surgeries.



So, what is social prescribing?

Social prescribing looks at **what matters to you**. It's a way of helping you improve your health and wellbeing by discussing anything non-medical you're struggling with and working out a plan with you to address these issues.

- Physical and mental wellbeing
- Healthy Lifestyles
- Loneliness and social inclusion
- Weight management
- Carer support/care needs
- Addiction
- Bereavement
- Falls prevention and home adaptations
- Money worries, unemployment
- Abuse/Domestic violence
- Supporting independence

How can I be referred to Social Prescribing?

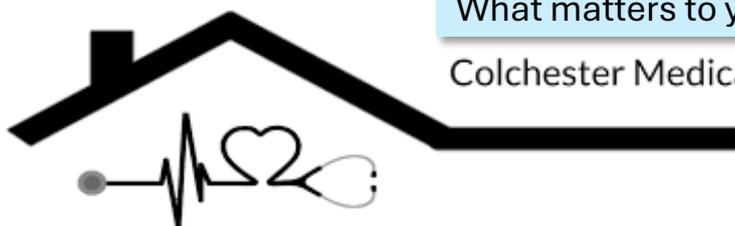
- Self-refer
- During open access
- Contact the surgery to request a telephone or face to face appointment.
- GP or clinician referral

It may include connecting you with local services and activities that can offer support, advice, and opportunities to get involved in your community. Instead of focusing only on medication or treatments, it helps you find practical, social, and emotional support to improve your day-to-day life.

Social prescribing is personal - it's about finding the right support for **your** needs.

What matters to you?

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Spring Highlights



Sign up for the Priority Services Register (PSR)

Energy and water companies must make sure that their services are accessible to you.

There are many ways they can support you when you are on the Priority Services Register (PSR), including:

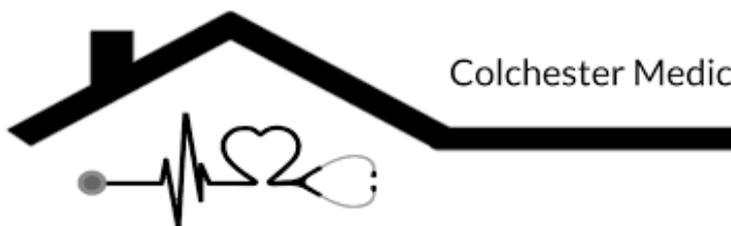
- providing information in accessible formats
- helping you with meter readings and bill payments
- letting you know how they will help when there are planned cuts to supply

You can register if you or someone in your household:

- relies on medical equipment
- have refrigerated medicines
- have a serious or chronic illness
- have a disability
- is living with dementia
- are of pensionable age
- have children under five in your household
- have mental health difficulties

We recognise that people may also need support because of life-changing events such as bereavement, relationship breakdown, job loss, recovery from hospital treatment or living independently for the first time. If you or someone in your household is experiencing any of these circumstances, you can register to receive extra help on a temporary basis.

If you need help with registering for the PSR, need advice on energy Tariffs, cold, damp or draughty homes, retrofit suggestions or want to explore energy grants please contact us as we can put you in touch with Community Energy Pathways – Energy Champions. You can also find a representative at either Shrub End or Parsons in person once per month to talk you through options and offer advice.



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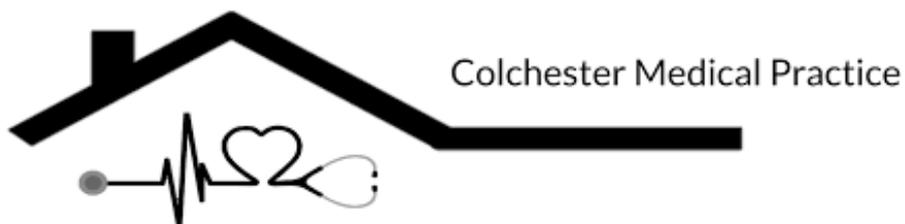
ART IN THE COMMUNITY



Art in the community is a group of diverse artists whose goal is to challenge the stigma and barriers associated with mental health or physical issues whilst improving their well being through creativity. Free creative sessions with basic materials provided are held at Firstsite and we welcome new members to this friendly and supportive group. They run from 1pm–3pm on Tuesdays

Date	Room	Date	Room
3-03-2026	Studio 2	1-09-2026	Studio 2
17-03-2026	Check with reception	15-09-2026	Studio 2
31-03-2026	Check with reception	29-09-2026	Studio 2
14-04-2026	Studio 2	13-10-2026	Studio 2
28-04-2026	Studio 2	27-10-2026	Check with reception
12-05-2026	Studio 2	10-11-2026	Studio 2
26-05-2026	Check with reception	24-11-2026	Studio 2
9-06-2026	Studio 2	8-12-2026	Studio 2
23-06-2026	Check with reception		

Please contact lead artist Clive Wakeford if you want to know more about this ground-breaking group. Email: artbyclive@yahoo.co.uk



A night club event poster. The background is a photograph of a DJ in a white t-shirt with a Miami International University logo, wearing sunglasses, performing at a club. The lighting is purple and blue. The text is overlaid on the image.

**NIGHT CLUB EVENT
FOR ADULTS WITH ADDITIONAL NEEDS**

ALB PRESENTS

SHINE

FRIDAY 27th March 6.30-9.30

**AT TRILOGY NIGHT CLUB
CLUB CLASSICS & PARTY TUNES BY RESIDENT DJ BRIANJAY**

Join us to launch Beat the Street in Colchester

Day: Wednesday 11 March

Time: 9.30am

Venue: Outside Colchester Castle,
Castle Park, Colchester, CO1 1TJ



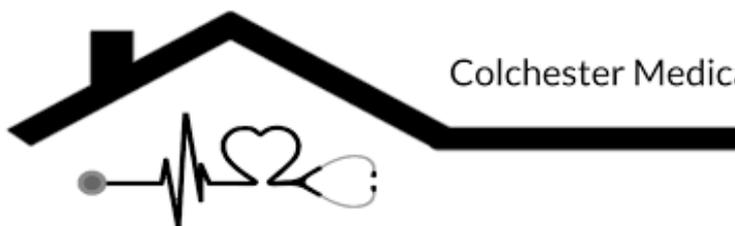
Invitation

to the launch of Beat the Street

You are invited to the launch of Beat the Street Colchester:
a free, fun game that will get the whole community moving!

Hear from Colchester Mayor, Michael Lilley as the Town Cryer tolls the bell to officially launch the game! Join us for a demonstration of the game and for a walk led by mental health runner Shawn Leek. Come and join us!

RSVP to tracey.davies@intelligenthealth.co.uk



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COMPASSIONATE COMMUNITIES

Meet Up March 2026

Lexden Gardens* (Former Essex County Hospital) Lexden Road,
Colchester, Essex CO3 3NB – Entrance Via Gray Road at rear of
site



Friday
6th March 2026



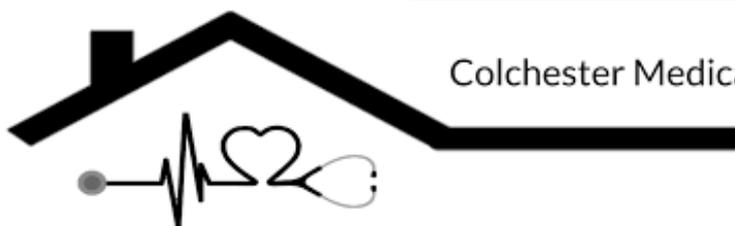
10:00 Meet, greet and
refreshments

10:30 Presentation
and walk around the
site

StHelena
Compassionate
Communities

For the people you love

compassionatecommunities
@sthelena.org.uk



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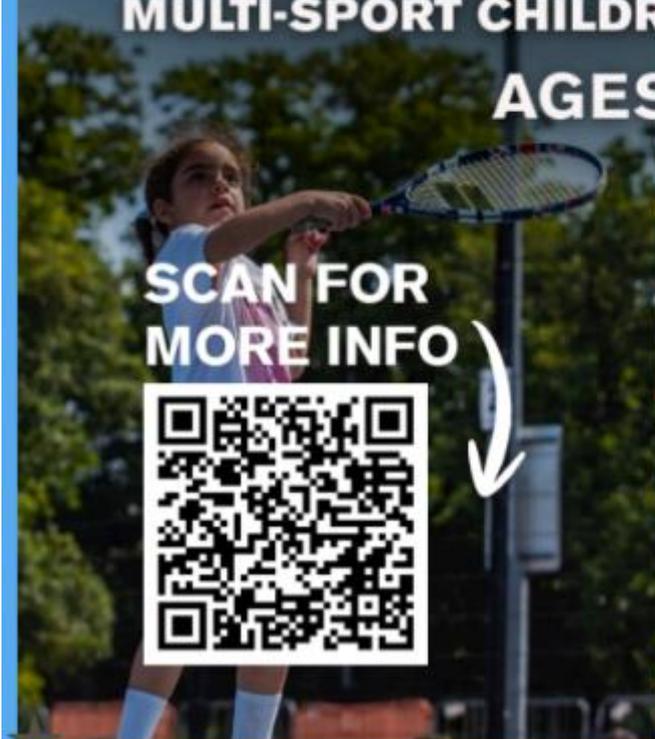
ESSEX
SPORT
Junior

MONDAY 30 MARCH - FRIDAY 10 APRIL

EASTER CHUMS

MULTI-SPORT CHILDREN'S HOLIDAY CAMP

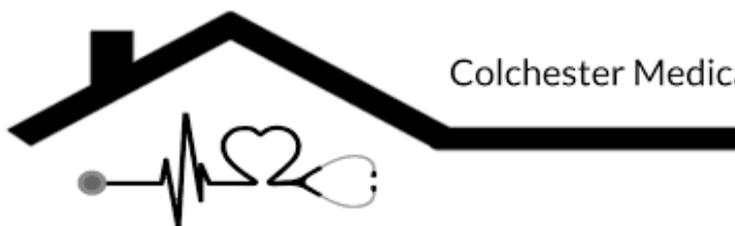
AGES 5-16



SCAN FOR
MORE INFO



TOP



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A DECADE OF INSPIRATION, EMPOWERMENT & CHANGE®

WOMEN'S CONFERENCE
11TH MARCH 2026
9.30 AM - 2 PM

AFUK In partnership with:

BREAK THE CHANGE, CIC
There's no time to waste when you're not a doctor

Colchester City Council

Rafiki

cafn

Firstsite, LEWIS GARDENS, HIGH STREET, COLCHESTER, CO1 1JH

For the past 10 years, the **Women's Conference** has brought together visionaries, community leaders, change-makers, and organisations committed to empowering women and strengthening communities. This special anniversary event will reflect on the journey so far while looking ahead with renewed purpose.

The day will feature:

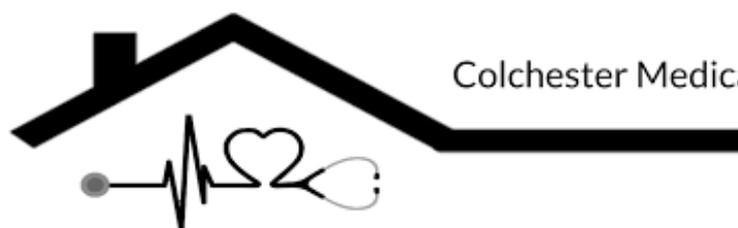
Inspiring speakers

Engaging and thought-provoking sessions

Opportunities for networking and collaboration

Transformative discussions focused on empowerment, wellbeing, leadership, and community change

 Book your FREE place **HERE** (Eventbrite)



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Shelley Bell
CELEBRANT

Hosts

Mourning Brew

Bereavement Friendship
Group.

Mourning Brew, is a new group for people who have experienced Bereavement and want to connect with others who have a shared experience for social interaction, friendship and support. Please join us.

**We meet once a month at First Site Gallery at 10am
for an hour.**

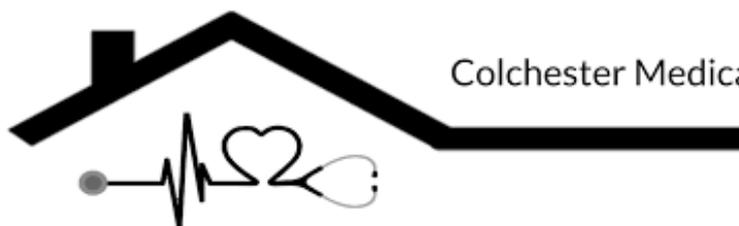
Scheduled dates are;

January 13th, February 10th, March 10th, April 14th,
May 12thth and June 16th.

Sponsored By

HUNNABALL

Family Funeral Group



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Monthly Coffee Mornings



The Umbrella Hub and Arc SEN Family Support are running monthly coffee mornings for parents/carers of children and young people with SEND at Stratford St. Mary's Institute Hall (The Row Higham Road, C07 6JU) from January 2026.

What we offer:

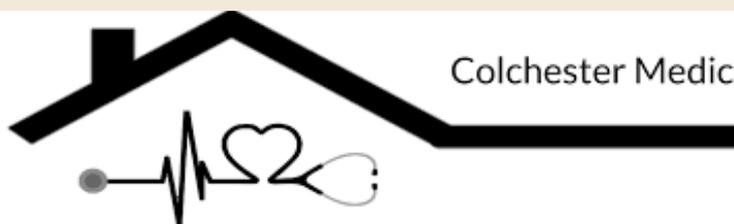
- Free refreshments.
- A warm welcome from our friendly team of local Parent Mentors.
- Free advice from a range of professionals, including Sue Anderton (MAZE) and emotional support from a trained professional.
- A range of other services and professionals attending from time to time.

FREE TO ATTEND - NO NEED TO BOOK

We look forward to seeing you there!

DATES AND TIMES

Thursday 8th January 9:30am- 11:30am	Thursday 5th February 9:30am- 11:30am	Thursday 5th March 9:30am- 11:30am	Thursday 2nd April 9:30am- 11:30am
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The Essentials

Half-Day Workshop

Learn a practical 'Toolkit' approach for thinking about, managing and talking about your mental health.

100%

Agreed they would recommend this training to a friend or colleague.*

95%

Agreed they could see themselves applying the content of the session in their personal lives.*

Training date

10th March 2026

9.30am-1.00pm

Location

**Greenstead Community Centre
Hawthorne Avenue
Colchester
CO4 3QE**

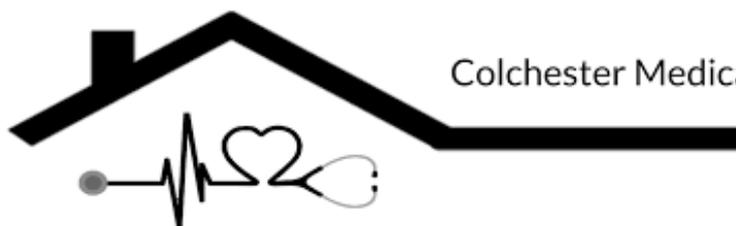


Colchester
City Council

Thank you to Colchester City Council for funding the £75 per person session charge, making these workshops FREE for you to attend.

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

*Based on post-training feedback from sessions delivered between April 2025 and March 2026. Not to be reproduced without written permission from MfE and North East Essex Mind. MfE and North East Essex Mind Registered Charity No. 1194749



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 ACL

Mental Health & Wellbeing Courses

ACL Colchester

Course	Start Date	End Date	Time	Fee
Health and Wellbeing	30/01/2026	13/03/2026	13:00-15:30	Free
Mental Health in a Man's World	20/03/2026	27/03/2026	10:00-12:30	Free
Managing Overwhelm	20/03/2026	27/03/2026	13:00-15:30	Free

 **ACL Colchester**

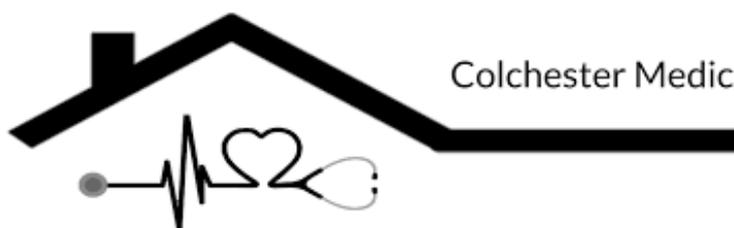
Wilson Marriage
Barrack Street

acessex.com

0345 603 7635



Essex County Council



Colchester Medical Practice



Community Antenatal classes

Free antenatal class with pregnancy health, wellbeing and education to help prepare for pregnancy, birth and parenthood. Peer parent support.

4 weekly sessions starting Tuesday 10th March '26

...continuing weekly on 17th, 24th & 31st March.

10.00—12.00 pm.

Venue: Abbots Community Centre,
39 Ladbrook Dr, Colchester CO2 8RW

**HOME
START**



Suffolk and
North East Essex
Maternity and
Neonatal Services

A baby gift at each session for expectant parents attending.

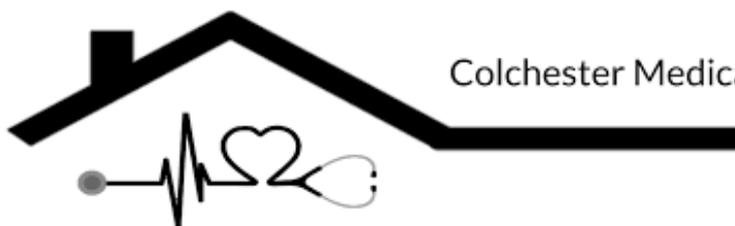


For more information

Email- Victoria.Jacobs@homestartcjc.co.uk>



Commissioned partners of Suffolk and Northeast Essex maternity services



Colchester Medical Practice

Be More Dandelion Greenstead Community Centre



Reconnect. Reflect. Reclaim.

Join a welcoming, **women-only space** where you can move, breathe, and begin to reconnect with yourself and others.

It's not therapy, but a creative and mindful space to recharge, reflect, and reconnect with yourself and others.

You'll move alongside other women, building tools you can take into everyday life.

What to Expect Each Week:

- Grounding breathwork
- Gentle movement
- Creative prompts & mindfulness
- A calming mantra and short meditation
- Time for self-reflection
- Refreshments and warm conversation

Our Weekly Themes:

- Introduction
- Self-Reflection
- Connection
- Trust
- Empowerment
- New Beginnings

Our Supporters:

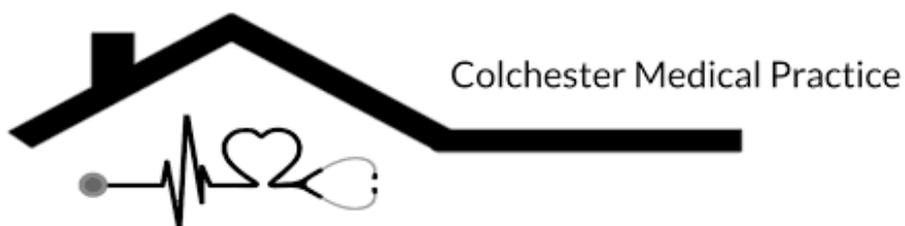


Our Funders:



www.BeMoreDandelion.com

@BeMoreDandelion | @_TheDandelionProject



Why “Be More Dandelion”?



The dandelion is a symbol of survival, strength, and resilience. For anyone who’s ever had to rebuild after being broken, the dandelion is you. **Are you ready to Be More Dandelion?**

A Safe Space, Always

- For women only, aged 18 and above
- Fully funded and free to attend
- No expectation to share or perform
- LGBTQ+ inclusive
- All backgrounds, all bodies, all welcome

Location:

Greenstead Community Centre
Hawthorn Ave,
Colchester
CO4 3QE

Easily accessible by bus or car
Wheelchair accessible
Parking available

Got questions?

Visit our website or use the QR code to get in touch through our contact form. We’d love to hear from you.



Programme Two: Friday 17 April - Friday 22 May

Programme Three: Friday 05 June - Friday 10 July

Programme Four: Friday 11 September - Friday 16 October

SCAN ME



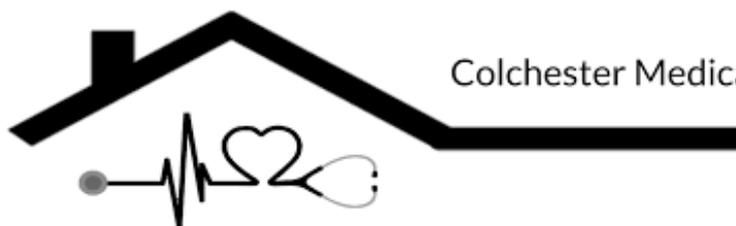
sign up now

For our next **6-week** programme



www.BeMoreDandelion.com

@BeMoreDandelion | @_TheDandelionProject



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