

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

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?

Colchester Medical Practice



What we have been doing

Our social prescribers have been out visiting Greenpath ventures located off Peartree avenue. It was a great opportunity to learn more about the provision. It is a wonderful hive of activity with volunteers able to grow vegetables in the community garden, feed and tend to the animals (goats, pigs, sheep and alpacas), as well as learn skills such as deadwood fencing and garden maintenance. There is also a shed for woodwork! There are plenty of seats dotted about to just be at one and watch nature and others at work. No expectations just a chance to be out in the fresh air and contribute to the space if you want.

https://www.facebook.com/greenpathventures/?locale=en_GB



We have visited Open Road, learning about the services on offer and the pathways available once on the recovery journey with them.

<https://www.openroad.org.uk/our-services/our-centres/colchester-centre/>



All Saints with St Cedds

Julie attended the St Cedd's community coffee club to talk to its members about social prescribing and to find out a little more about what it's like to attend their fortnightly social group.



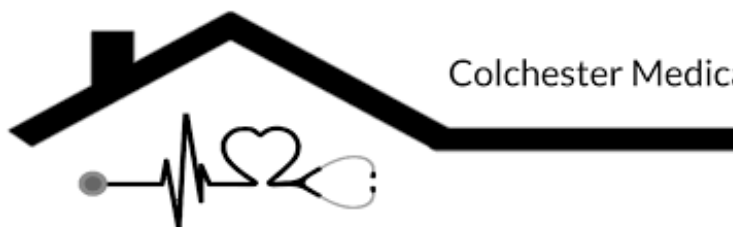
We met the Green Doctor to find out what support they can offer our patients to help with anything energy related!

Here are a few things they can

help with (subject to eligibility criteria):

- Heat loss in your home and looking at ways to combat this
- Tackling problems with damp or mould
- Energy saving and Water saving tips
- Help with switching energy providers to save money
- Energy and water debt guidance
- Help applying for government subsidies or grants and emergency heating

<https://www.groundwork.org.uk/getenergyhelp/>



Colchester Medical Practice

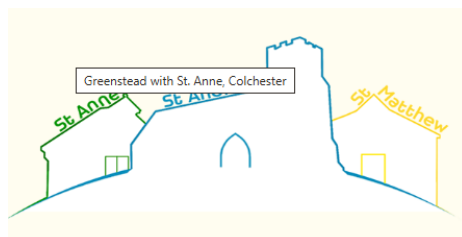


Tracy, one of health and wellbeing coaches from the Health and Wellbeing Hub, joined us at Parson's Heath, Castle Gardens and Wimpole Road to promote the practices' health walks and the dementia café. As well as the other healthy lifestyles support they offer.

Loneliness Week in Open Access

15th – 19th June

At Parson's Heath we were also joined by Marie, Martin and Carolyn from the Well at St Anne's, promoting the Friday 10am to 12pm drop-in free activities group. Not only can you have some refreshments but you can also help to develop their new garden area.



The Well, St Anne's
Church, Compton
Road, CO4 0BQ



Rob Mann from Greenpath ventures joined us at our Shrub End surgery to share the benefits of visiting the community garden on Stanway Green. It is open Mondays, Fridays and Saturdays. All welcome



The Young at Heart Forum, at the Lakeland centre (Stanway) was represented by its founder, Tony Dutch at Castle Gardens. This is a great social group where you can meet others. Each week there is a talk or an activity. They have hosted a wide variety of speakers since it was set up.



Colchester Medical Practice

Loneliness Week 15-19 June 2026

Have you considered ...

Joining a social group

- THE WARM AND TOASTY CLUB - Home
- St John's Colchester : Thursday Generation
- Colchester | Events by Location | Events | Essex Library Service
- What's On - Mercury Theatre Colchester
- Age Well East
- Groups & Activities – St Stephen's Church
- Andy, Anne & Matt - One Church in Greenstead, Colchester.

Starting a new hobby or learning a new skill

- Chapter 25 Book Club Colchester | A Safe Space to Connect,
- Red Lion Books Events – Red Lion Books,
- Welcome to Brewkulele – Brewkulele
- Colchester Makerspace
- The Creative Workshop Company | Craft workshops Colchester
- Board games Club - ukgamesexpo.co.uk/community/uk-games-community/333/
- E2-E4 Colchester Chess Club | Chess for All Ages and Abilities
- Colchester - ACL Essex
- Groups & Activities – St Stephen's Church

Joining a gym or exercise class

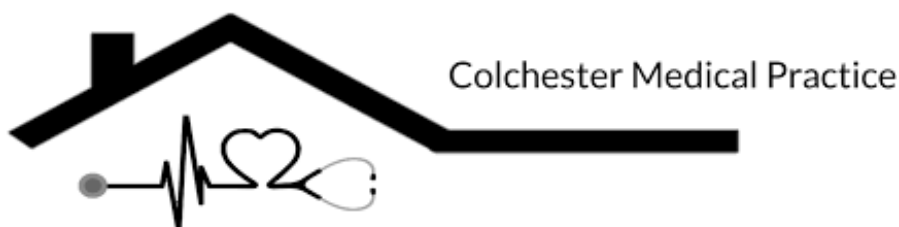
- The Ramblers Walking Association <https://www.ramblers.org.uk>
- CMP Health Walks on CMP website and FB
- Walk Colchester <https://www.walkcolchester.org.uk>
- Cycle Colchester <https://cyclecolchester.co.uk>
- Colchester United Community Foundation <https://www.cu-fc.com/cucf/>
- Check out local church and village halls for exercise classes

Having a call companion or befriender

Re-Engage - Get a call companion with our free phone befriending service
Social Isolation - Essex Wellbeing Service
Essex Home Help services - Telephone Befriending | My Site 31794

Volunteering

GoodGym - Workout for the future | Colchester
Volunteer Essex - Volunteering opportunities throughout Essex
Volunteer | Colchester Foodbank
Volunteering | Essex Wildlife Trust
TCV | The Conservation Volunteers
Volunteers | Essex Police
Volunteering - Essex Child and Family
MyImpactPage - East Suffolk and North Essex NHS Foundation Trust
Become a call companion: befriending service for older people



St. Andrew, St. Anne, and St. Matthew

The Well at St. Anne's



Come and find a quiet, safe place. A free event where it's OK not to be OK.

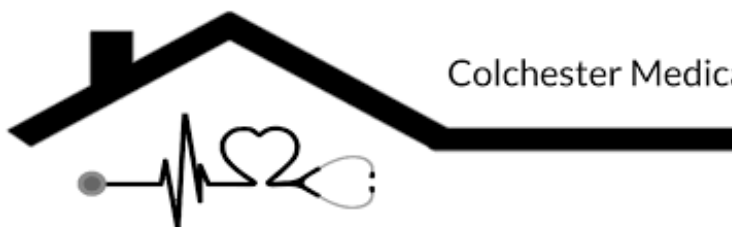
Share hobbies and activities.
Talk and be heard.
Reflect and refresh.

Free activities for any adults
(Sorry but because this is a wellbeing space for adults, we are unable to cater for children at this event).

Every Friday
10:00am-12:00 midday

St. Anne's Church
Compton Road
Colchester, CO4 0BQ

In partnership with Renew Wellbeing.



Colchester Medical Practice

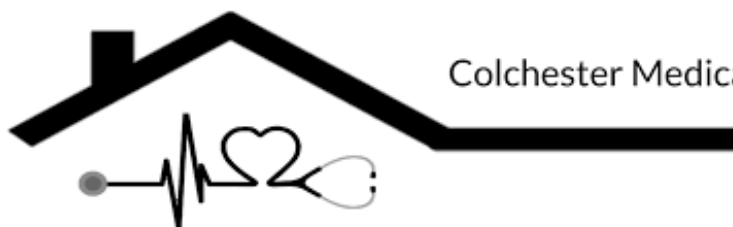
St. Anne's Church
Compton Road, CO4 0BQ

COMMUNITY CHAT & CHILL

Open for refreshments
& company

Every other Saturday
10am – 12pm

'Come in for a cuppa'



Colchester Medical Practice



'From Forces to NHS'

Are you a Veteran, Reservist, or Armed Forces Family? Thinking of a career in the NHS?

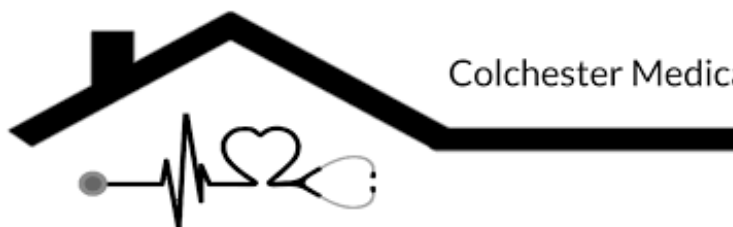
EPUT have roles ranging from healthcare posts to support services, and we want your skills!

If you'd like to learn more about the roles and training opportunities available, sign up with our QR code below to be notified of our virtual events calendar.

This event will cover:

- EPUT as an Armed Forces friendly employer
- Apprenticeship opportunities
- Our one-of-a kind Healthcare Assistant Academy
- The diverse range of clinical and non-clinical roles on offer
- How to apply
- Q&A

Sign up:



Colchester Medical Practice



Armed Forces & Veterans Breakfast Clubs

Colchester Armed Forces & Veterans Breakfast Club

is a dedicated and welcoming community
where military veterans come together to share their
experiences, build lasting connections,
and savor a delectable food.

Our club is committed to creating a safe,
inclusive space for veterans of all ages,
backgrounds, and branches of the armed forces.

Join us

in the Colchester Armed Forces & Veterans Breakfast Club

for a warm and inviting atmosphere
where the camaraderie of service endures.

Whether you're a seasoned veteran or recently retired,
our club offers a place

where you can connect with like-minded individuals
who appreciate your service.

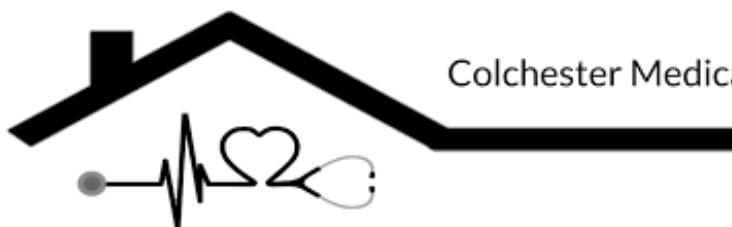
Experience the bond of military fellowship while enjoying a
hearty breakfast.

Be a part of

Colchester Armed Forces & Veterans Breakfast Club,
where we provide you with a sense of belonging.

Click **HERE** to find out more

[Colchester AFVBC Armed Forces & Veterans Breakfast Clubs | Colchester AFVBC By Veterans For Veterans](#)



Colchester Medical Practice



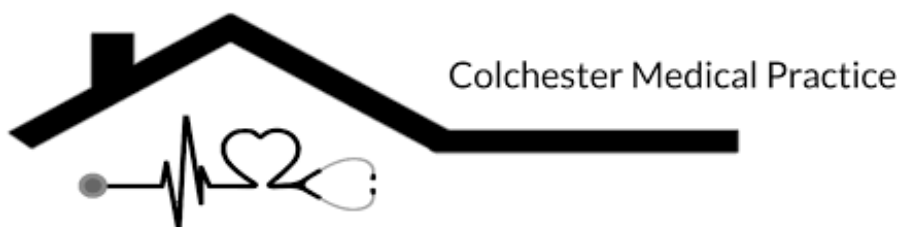
Reserves Day

**In 2026, Reserves Day is being celebrated on
Wednesday 24 June.**

Reservists give up their spare time to serve in the Reserve Forces, balancing their civilian life with a military career to ensure that should their country require them, they would be ready to serve as part of the military.

The Reserve Forces make up approximately one sixth of our Armed Forces personnel and as such are integral to protecting the nation's security at home and overseas, particularly providing capability in specialist areas such as medical and cyber.

Click here for further information: [Reserves Day – Armed Forces Day](#)





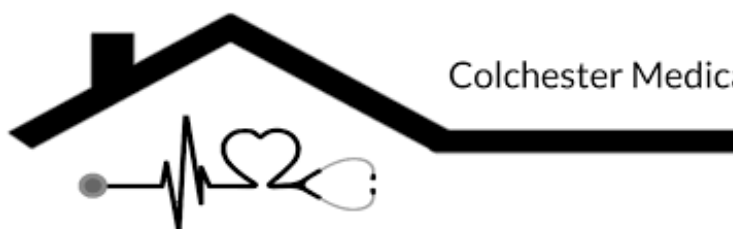
ARMED FORCES DAY
27 JUNE 2026

11am to 5pm

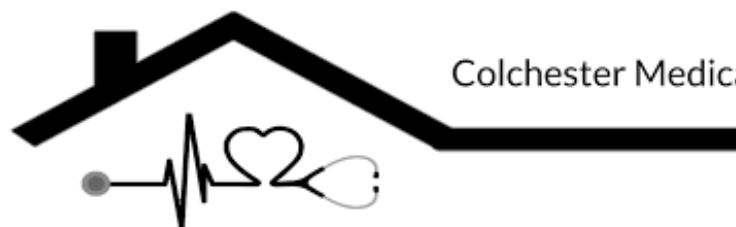
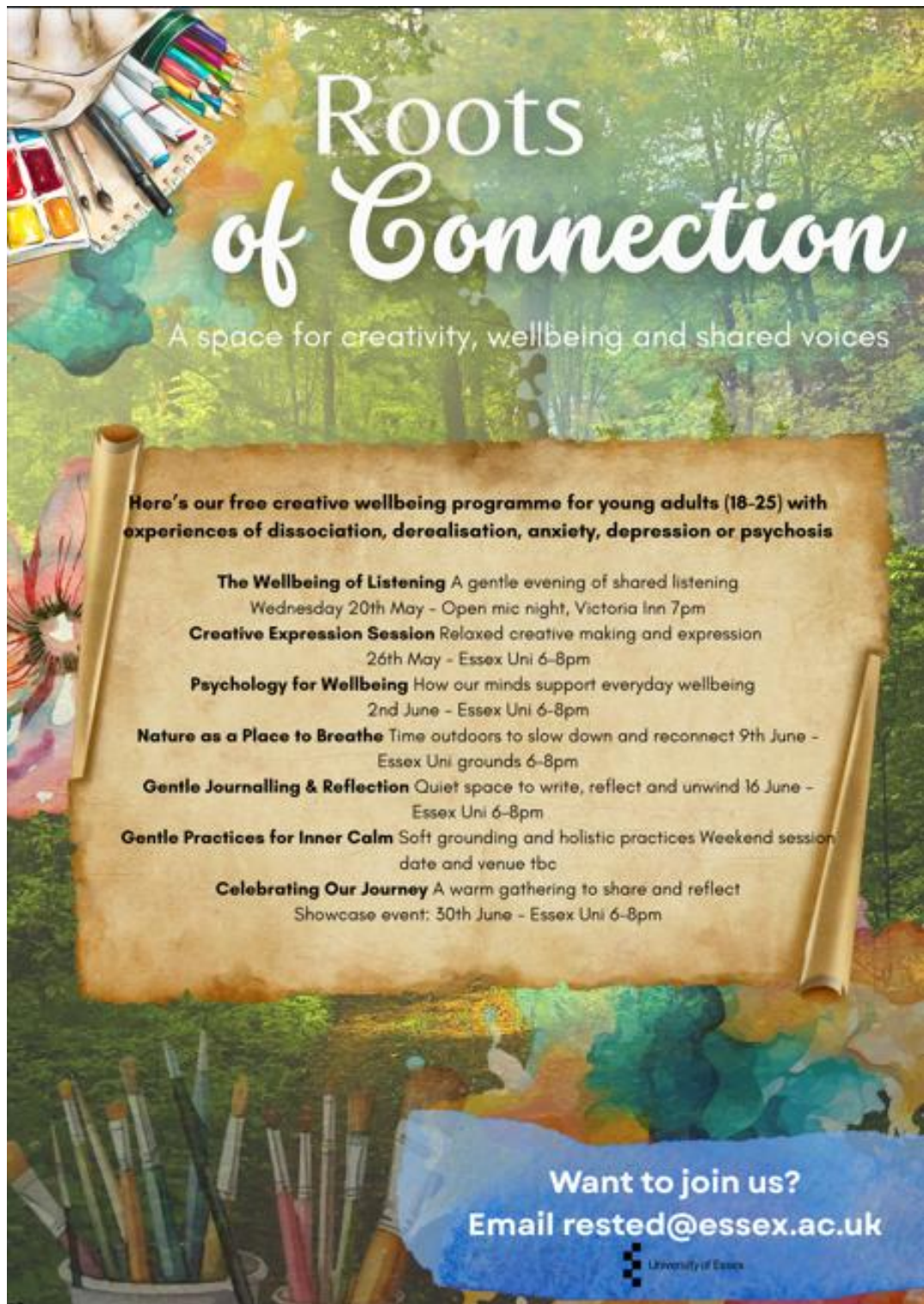
HOSTED BY THE
NORTH ESSEX AND SUFFOLK
VETERANS SUPPORT GROUP (CIO)

- Military Stands
- Military Vehicles
 - Classic Cars
 - Hot Food
- Bouncy Castles
- Craft & Trade Stands
- Entertainment and Attractions
 - Licensed Bar
 - Live Music

Mistley Village Hall and Playing Fields CO11 1HS



Colchester Medical Practice



Colchester Medical Practice

UKRS Introduction to Horticulture



This training course is an introduction to the basic skills in horticulture. Techniques include bed preparation, sowing, weed identification and weed removal.

Days of the Week

Tuesdays & Wednesdays
10am -3pm

Location

The Old St Andrews Primary
School
Church Road
Wormingford, Colchester
CO6 3AZ

Website: abbertonruraltraining.org

Call: 01206 584162

Email: Info@abbertonruraltraining.org

Benefits

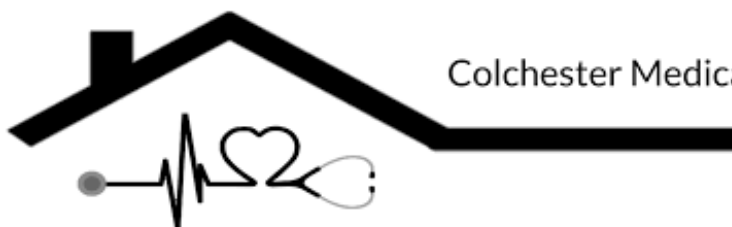
- Gain a qualification
- Learn new skills
- Have fun
- Make new friends
- Build confidence
- Build employability skills
- Build self-esteem
- Learning support available



Funded by
UK Government



COMMUNITY
FUND



Colchester Medical Practice



FLOATING SOUND BATH
EXPERIENCE

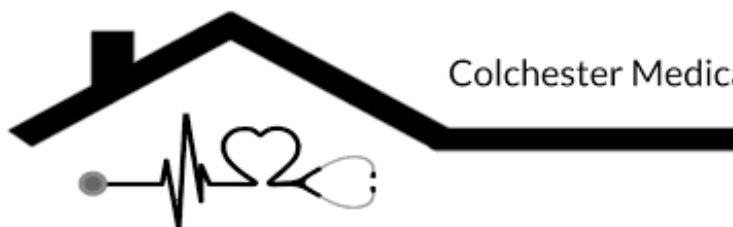
SAVE THE DATE

FRIDAY 10 JULY
12:15PM | 2:15PM



For more information and to book your place:

<https://www.eventbrite.co.uk/e/1989915848871?aff=oddtcreator>



Colchester Medical Practice



Join an EPP ride



**Boost your
Health , Happiness and Confidence**

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

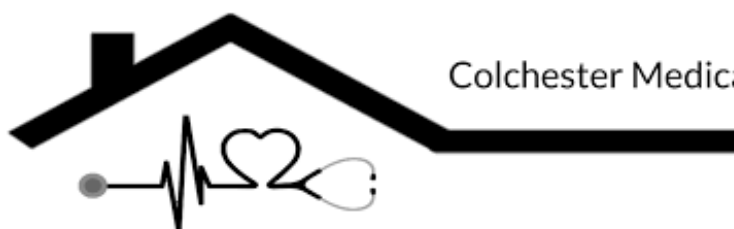
**Cycling with our Ride Leaders is the perfect way
to start your well-being journey.**

Thurs 10am – ladies only ride

Saturday social rides – 1.30pm

One off rides: off road/ along the coast

Contact Us at 07842 422047 or ColchesterEPP@theaws.org



Colchester Medical Practice

EPP



Mountain Bike Ride

...NEW FOR PEDAL POWER - ENJOY A
CHALLENGING OFF ROAD RIDE WITH ALEX AND
RIDE LEADERS - EXPLORING THE HIDDEN TRAILS
OF COLCHESTER!

Monday 29 June
6pm - 7.30pm

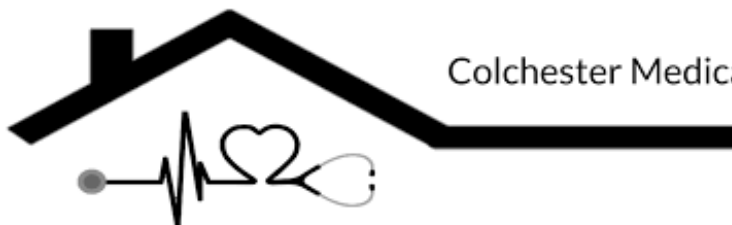
Meet at Unity House,
Hickory Avenue CO4 3QJ

14 miles round ride
route - challenging



Are you ready to up the challenge?
A few bikes can be borrowed or bring your own off road bike

Contact us on 07842 422047 or 07834 826909
if you'd like to join in and explore!



Colchester Medical Practice

Previous attachment



WARM WELCOME, WARM SPACE COFFEE MORNING

Come along and join us Wednesday mornings
- free refreshments, a warm space and
friendly faces!



From 8.45am



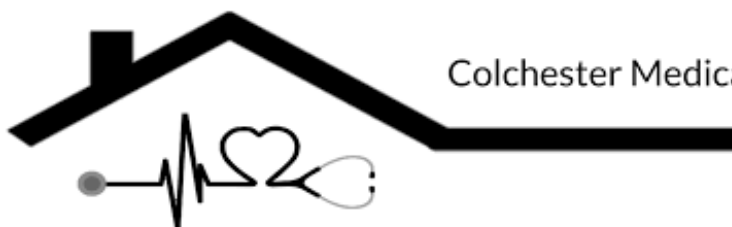
Lunch served from 12.30pm



Second Monday of the month (unless
otherwise stated)

If you would like to come along, please
call Jill on 01206 572605

Cost £6 per person

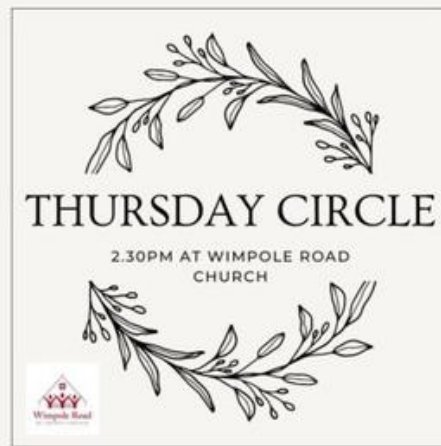


Colchester Medical Practice

We welcome you to our Thursday Circle group.

Starts at 2.30pm, there is a programme on our website for weekly activities.

£1 subscription, tea and coffee and an enjoyable afternoon for those who attend!



SILVER THREADS

A warm welcome awaits you on Wednesday afternoon!

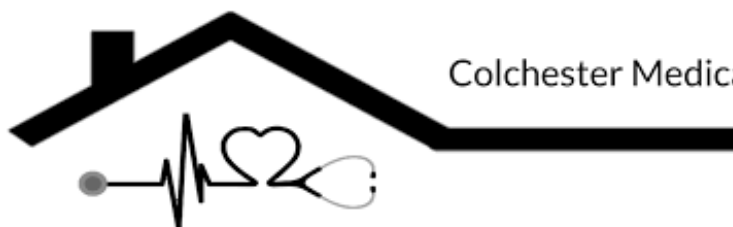
1st Wednesday of the month- Tea & Company. 1.30-3pm

2nd Wednesday of the month- Knit & natter. 1.30-3.30pm

3rd Wednesday of the month - Fun & games! 1.30-3pm

4th Wednesday of the month - Food for Thought 12.30-1.45pm
(booking essential)

5th Wednesday of the month (where is one) - Tea&chatter 1.30-3pm



Colchester Medical Practice

*All
Welcome*

St Stephen's
CHURCH

The Hub

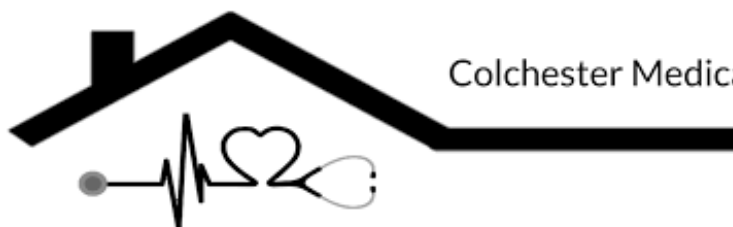
St. Stephen's cafe & community hubbub
Saturdays 10am - 12 noon

- Coffee and cake
- Knit and natter
- Lego club
- Warhammer club

**BRICKS
AND
BEER**

St Stephen's
CHURCH

**COME ALONG ON THE LAST FRIDAY OF THE MONTH FOR A GROWN UPS EVENING OF
BEING CREATIVE AND BUILDING LEGO!
BRING ALONG A FEW DRINKS OF YOUR CHOICE (DOESN'T HAVE TO BE ALCOHOLIC!)
AND SPEND SOME TIME WITH US!
7.30-9.30PM AT ST STEPHENS CHURCH.**



Colchester Medical Practice



SINGING FOR FUN

COME ALONG TO ST STEPHENS CHURCH FOR AN
AFTERNOON OF MUSICAL SINGING FUN!

JOIN US FOR A SING ALONG TO LOTS OF THE OLD TIME
FAVOURITE SONGS FROM STAGE, SCREEN AND
EVERYTHING IN BETWEEN!

4TH MONDAY OF THE MONTH

12-1.30PM



Community Cafe

in conjunction with Colchester FoodBank

All are welcome to our weekly cafe for free refreshments in the church hall - come along for a warm safe space and welcome!

If you require help from the Foodbank there will be support and representatives available each week.

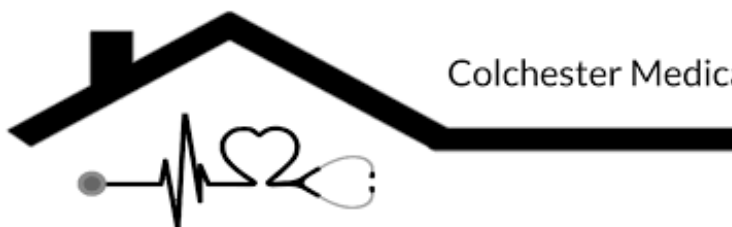
We are often visited by Citizens Advice, Digital Access, Colchester Borough Homes, Essex Well Being and many more. Please keep an eye on our website and social media pages for updated information.



FRIDAYS 11-1PM IN THE CHURCH HALL



St Margaret's
Berechurch



Colchester Medical Practice



Little Lambs –

Parent/carers and preschool group

Monday mornings in term time 9.30 – 11am
£1.50 per family

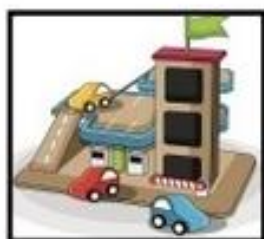
Playdough



Crafts



Physical Play



Small world –

Cars and garage
Kitchen and food
Animals



Houses and people
Baby toys

10.30 am **Snack time**

followed by

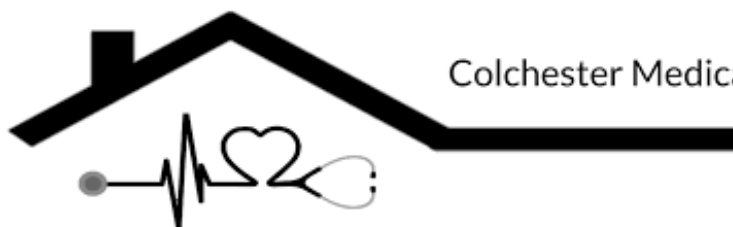
Carpet time - story and rhymes

Starting again

on Monday 6th January 2025

St. Margaret's Church
CO2 8RA

Contact:
Carolyn
07748795926



Colchester Medical Practice



Baby & Toddler Group

Coffee morning

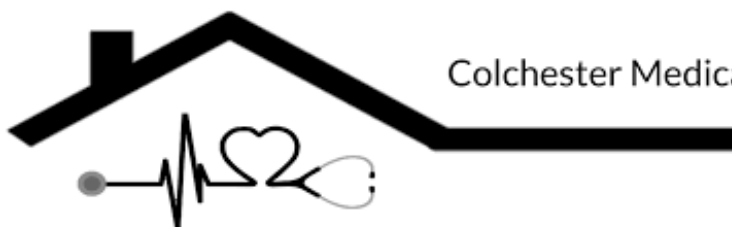
**Mondays 9 – 11 am
(term time)**

**Toys, singing,
fun and refreshments**



Contact us at: wimpoleroadmc@gmail.com /

Facebook message / 07847 846292



Colchester Medical Practice



Rainbow Tots

A warm and friendly group for you and your little one to meet and make friends in your local area.

**Wednesdays
(term time)**

**Fun free play
sessions with
rhyme time to
finish!**

1.15pm-2.30pm

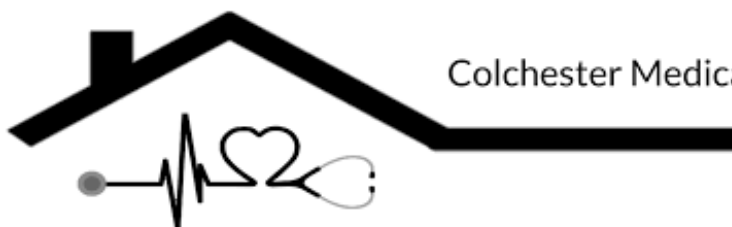
**St Stephen's
Church Canterbury
Road
CO2 7RY**

**Snacks for the tots
& refreshments for
the adults**

**£1.50 per child
(+50p
additional
child)**


St Stephen's
CHURCH CENTRE

be
belong
encounter
grow



Colchester Medical Practice




ST STEPHEN'S BADMINTON CLUB FOR ADULTS

MEETING IN THE HALL ON
THE LAST FRIDAY OF THE
MONTH

7:30 - 9:30 pm



Come along to a Warhammer club for all ages and all abilities...whether new to the game or a pro.

Space to build and paint models, learn new techniques, play games and much more!

Saturday mornings 10am - 12noon
at St Stephens church, running along side
The Hub, free to attend.
Children to be supervised.







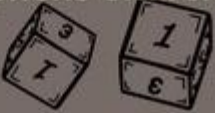
WARHAMMER GAMES NIGHT



Come along with your army and join us for a game's night - adults only.

You are welcome to turn up or get in touch us or the Warhammer Club leaders for more information.

8pm, 3rd Friday of the month at
St Stephens Church.

St Stephen's
CHURCH

Neurospicy

Support and information for the neurodivergent and their families



Join us for a cuppa and a chat
Tuesday 10am - 12pm (term time)
St Stephen's Church, Canterbury Road, CO2 7RJ

St Stephen's
CHURCH

Neurospicy

Starting Tuesday 5th November 2024

Neurospicy has been set up to offer help, encouragement, and ideas for anyone who is struggling to be heard or for anyone who has experience to share or help to give.

You might be the Parent/carer of a diagnosed child or the parent of a child you suspect of being neurodivergent, or perhaps a neurodiverse adult finding their way into the job market? Our doors are open to all as you will all have ideas to share or are looking for some help.

Everyone is Welcome

As we only meet during term-time many children are at school, but pre-school age and home-schooled children are always welcome. Drinks and biscuits provided for all!

We have great relationships with Autism Anglia and the Citizen's Advice Bureau, who will be available at different times to give advice. Over time we want to invite representatives from other organisations to visit and perhaps start some holiday activities as well.

We want to provide a safe space where we can share experiences about...

- Diagnosis
- Benefit entitlement
- EHC plan
- Managing meltdowns
- Working with your school SENCO
- Home schooling

...and so much more!

But mainly this is an informal group where you can come along for a coffee and a chat with others who will understand.

By the way, Neurospicy is a phrase common amongst the neurodiverse community used, along with a rainbow, to express the awesomeness of diversity represented by the term neurodivergent.

St Stephen's
CHURCH

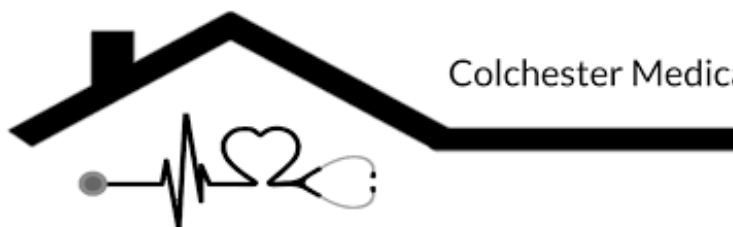
The Hub

POKEMON TCG

Do you play or collect Pokemon Trading Cards?
Would you like to learn how to play the card game?

Come along between 10-12midday during The Hub to take part, join the team and learn how to play.
Some card packs available to use and practise with each week.

Come along Saturday mornings - alternate weeks starting from 15th March



Colchester Medical Practice

6 Week Coaching Programme

A chance to slow down, think about what's important, and work out what's next.

This small group coaching programme is led by trained coaches who've had cancer too.

Over six weekly, 2 hour sessions, you'll:

- Explore your identity, values, goals and mindset
- Gain practical tools and structured support to rebuild life after treatment
- Move forward in a way that feels manageable and right for you

We'd love for you to join us.



In our 6 week coaching programme, we explore lots of questions, one of them is:

What matters most to you, now you've finished treatment?

We use this as a starting point to help you pause, reconnect with yourself, and begin shaping life after treatment on your terms.

Your Story After Cancer Starts Here

You didn't choose cancer, but you *can* choose what comes next.

Visit our website to book a free session, connect with others, or find helpful resources.

Website: Life-aftercancer.co.uk
Email: Hello@life-aftercancer.co.uk
Instagram: @Life_aftercancer



Free support
for adults
post cancer

life after cancer

You've Finished Cancer Treatment. What's Next?

Here's how we can support you.

Life After Cancer Is Often Overlooked

We're here to change that.

We offer kind, practical support and a community that truly gets it, to help you rebuild a life that feels right for you after treatment.

We support people with the challenges many face after cancer, from fear of recurrence and identity shifts to brain fog, relationship changes, and working out what really matters now.

All our sessions are led by trained coaches with personal cancer experience or experts in their field.

Free Support

To help you rebuild your life after treatment.

- Expert Sessions
- Support Groups
- Wellbeing Walks
- Online Resources
- 6 Week Programme
- Coaching Workshops
- WhatsApp Community



Scan to explore our free sessions.

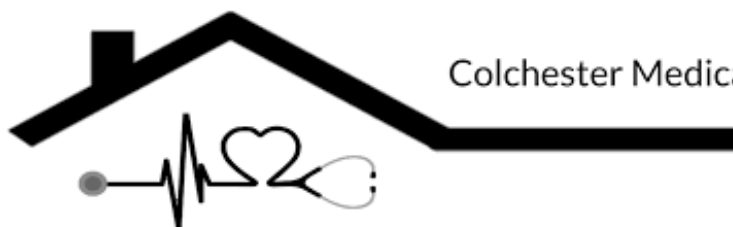
Tips From Our Community

What helped others most after finishing treatment:

- Take time to rest and recover
- Remind yourself: it's okay not to have everything figured out
- Talk to others who've been through it too
- Do one small thing each day that helps you feel more like yourself
- Don't be afraid to ask: 'What do I want next?'



"People kept saying, 'You must be so relieved it's over' - but for me, the hardest part had just begun."



Colchester Medical Practice

Understanding and Managing Stress & Anxiety

Wednesday 15th July

Are you aged 65 or over and looking for practical ways to manage stress and anxiety? Join our four-week online programme designed to help older adults understand how stress affects the brain and develop emotional regulation skills. Delivered in a friendly, supportive small-group setting via Zoom, this fully funded course offers valuable tools to help you build resilience and improve your emotional wellbeing.

Healthy Ageing For Life

Tuesday 21st July

Are you aged 50 or over and keen to learn how to live well throughout later life? In our four-week online programme we will explore the key pillars of healthy ageing - Sleep, Physical Activity, Nutrition and Cognitive Wellbeing - and provide practical strategies that can be applied in everyday life.

The Mindful Life Group

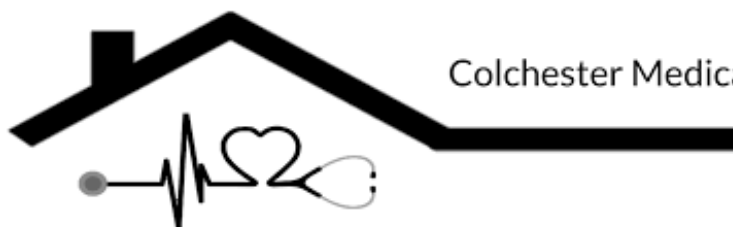
Dedicated to older adult mental wellbeing

OUR MISSION

To enhance quality of life in later years through compassionate, evidence-based psychological programmes that support meaningful connection, mental wellbeing, and emotional balance.

Visit the Mindful Group website to sign up to their free courses

<https://www.the-mindful-life.com/>



Colchester Medical Practice