

Social Prescriber Newsletter

Autumn
2026

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?

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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



What we have been doing

Essex Pedal Power and HollyHock Cafe

On Thursday, we met with Luke Hayes from Essex Pedal Power. Did you know you can learn to ride a bike with them, go for a social bike ride or even get help repairing your bike? Visit their website to see all that they offer.

<https://www.activeessex.org/essex-pedal-power/essex-pedal-power-colchester/> or follow them on Facebook.

In addition, Luke was telling us about his involvement in the Hollyhock Café with New Town Roots on the Recreation Ground; events, volunteering and good vibes in the Café. Follow them on Facebook.



Suicide Awareness Training

We attended the Suicide Awareness training with Mid and Northeast Essex Mind.
<https://mnessexmind.org/>

The training equips the attendees to identify warning signs and know how to support. Our group included professionals and also the general public.



Abberton Rural Training (ART)

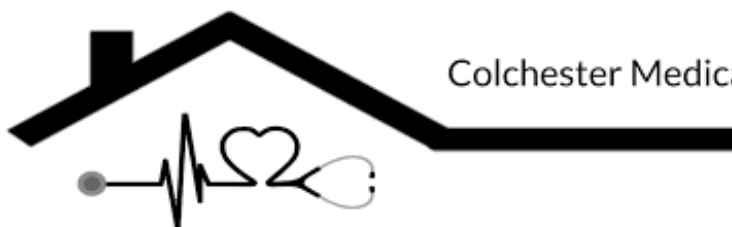


ART is set in a beautiful rural setting just outside Colchester (accessible on the 44 Konnect Bus Colchester to Sudbury).

ART offer free UKRS training in horticulture/countryside and environment as well as an introduction to Carpentry.

They also offer a free wellbeing Tuesday event.

Their courses are a fantastic opportunity to learn new skills, or simply just improve mental and physical health.



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GAME PLAN

Small Steps. Big Difference. Better Life

Every day, you make decisions that shape your life.

Through practical tools and real-world examples,
this three week course helps you make
the **best ones** for you.



1

Making the most of YOU

Discover what drives your decisions, build confidence, and learn small mindset shifts that can make life feel lighter and more manageable.



2

Making the most of your MONEY

Learn practical ways to find money you didn't know you had, manage what you already have, and feel more in control of your finances, whatever your situation.



3

Making the most of your OPPORTUNITIES

Set yourself a goal and we'll help you take it from an idea to a reality. What ever it is, we'll help you see, you've got this.

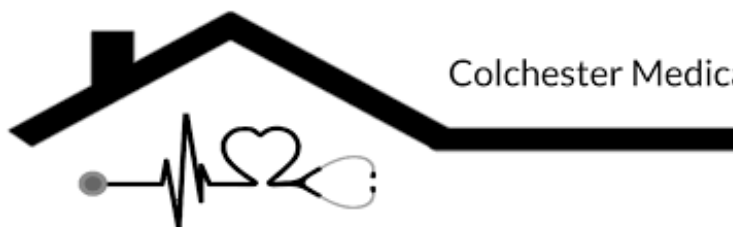
30th Sept, 7th, 14th October, 11am - 2pm

C3, Ypres Rd, Colchester CO2 7FD

To book, go to: thec3.uk/gameplan

For more information contact:

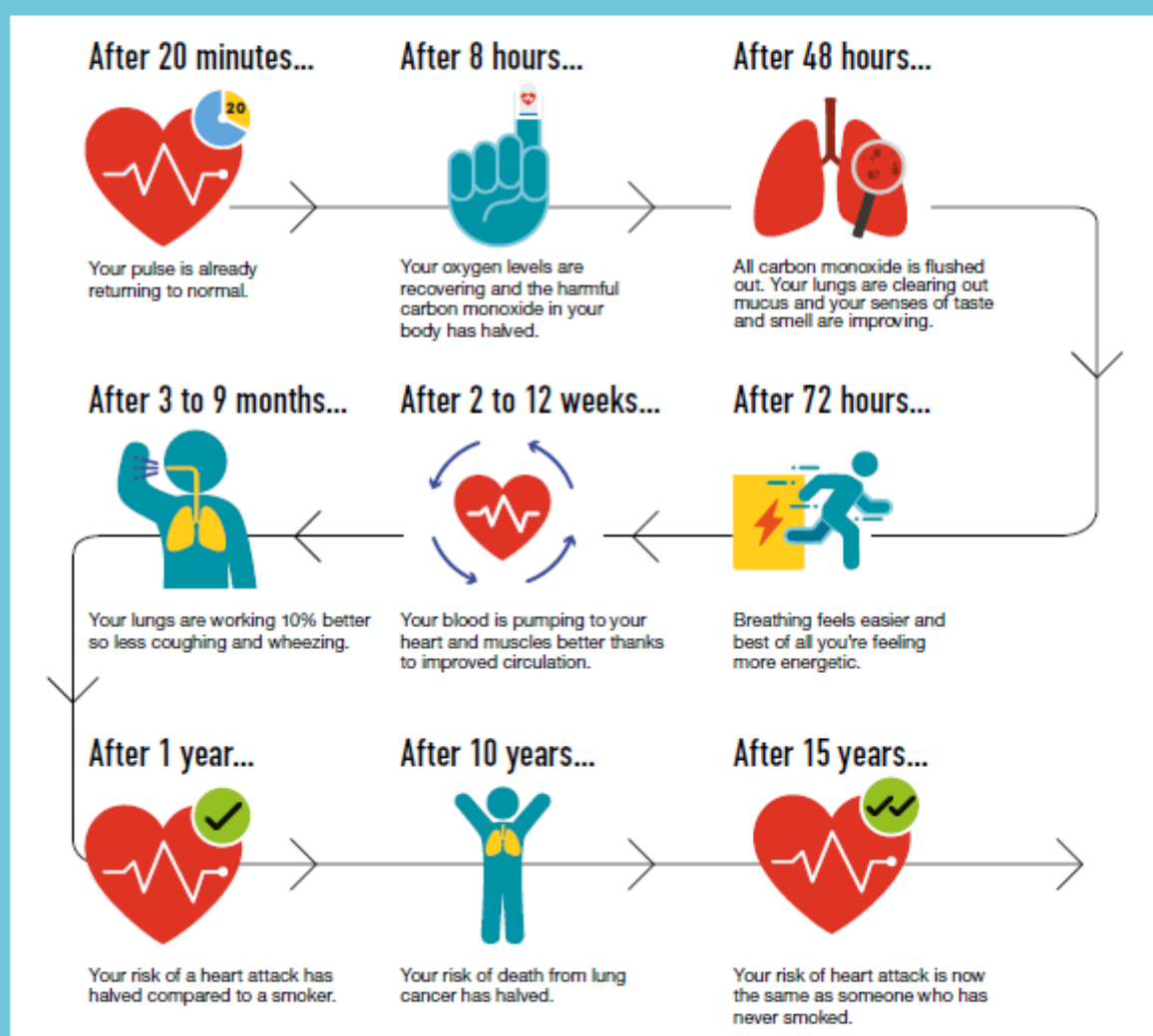
ella.havell@thec3.uk



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What happens when you stop smoking?

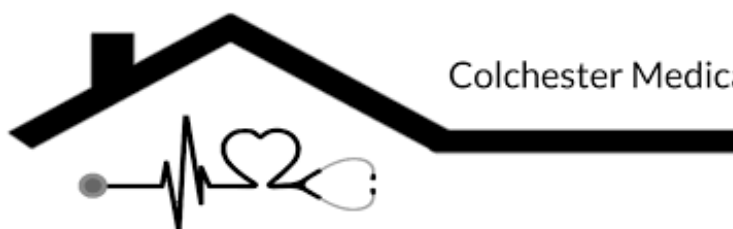
It is never too late to stop smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...



With the right support you're up to three times as likely to quit for good.

search Better Health Quit Smoking now

SF-PD-001



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UPCOMING EVENTS

September 2026

GET ACTIVE. BE HEALTHY.
BE CONNECTED.

TUE

9.30 -
12.30

BIKE KITCHEN

AT UNITY HOUSE - NEXT TO SCHOOL, HICKORY
AVENUE CO4 3QJ



WED

2pm - 3pm

ABBEY FIELDS RIDE -RE START SEPT

BUILD YOUR STAMINA AND CONFIDENCE
WITH EPP - BORROW A BIKE - CALL US!

THUR

10am
-
11.30

SOFA TO SADDLE - LADIES

ELIM CHURCH CARPARK CO4 3PY
BORROW A BIKE OR BRING YOUR OWN

THUR

3.00-
5pm

FIX IT - BIKE REPAIRS

AT UNITY HOUSE, HICKORY AVENUE
CO4 3QJ NEXT TO SCHOOL

THUR 3RD

2pm - 5pm

CommuniTEA at Unity House

Bring your bike for a quick check up and stay for a
cuppa, cake and chat. Sign up to Love to Ride for a
chance to win prizes!

MON 7th

5.30-
7.30pm

EPP MOUNTAIN BIKE RIDE

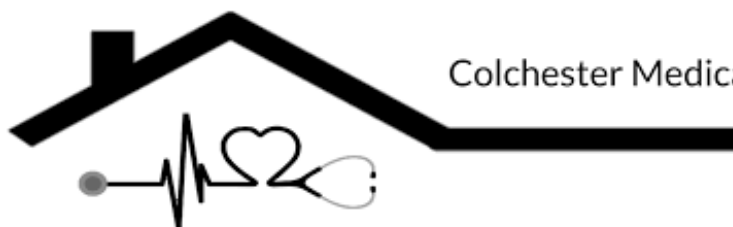
Join Alex and Andy for an off road jaunt around Colchester -
route is challenging
Bring your bike or borrow one!

Bike Giveaway

Wed 16 Sept
10.30 - 12.30

2nd hand adult frames
must have applied
bring ID

To Book and info call 07842 422047



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🎨 **Autistic young people aged 12-18: Join our FREE 10-week Art Journaling course In Colchester**

📅 **Tuesdays, 13th October - 15th December 2026**

📍 **The Connect Centre, 227 Gosbecks Rd, Colchester, Essex, CO2 9JT**

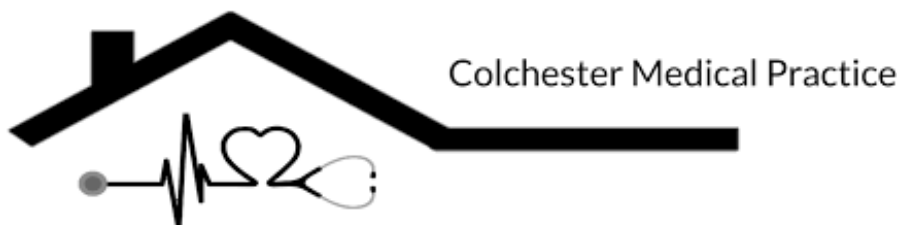
🎟️ **FREE to attend**

Applications are now open for our next [Create & Connect](#) - a FREE creative wellbeing project designed to help autistic young people explore creativity, identity, self-expression, and connection in a safe and supportive environment.

- 🖋️ Create your own art journal
- 🎨 Try a range of creative techniques
- 💬 Connect with others in a welcoming environment
- 🌈 Explore identity, belonging, confidence, and self-expression
- 💖 No art experience needed

Open to 10 autistic young people aged 12-18. A formal autism diagnosis is not required. The course welcomes participants from all backgrounds, identities and experiences, and we especially welcome applications from those in the LGBTQIA+ community.

👉 [Click here to find out more and apply today - Limited spaces available.](#)





**Wellbeing
Tuesdays**

All Welcome

Activities include...

- Wellbeing walks
- Quizzes
- Arts & Crafts
- Access to our allotments
- Community gardening

From 10am every week

Come along to our free sessions...

Socialise, have fun and enjoy the beautiful relaxing environment here at Wormingford

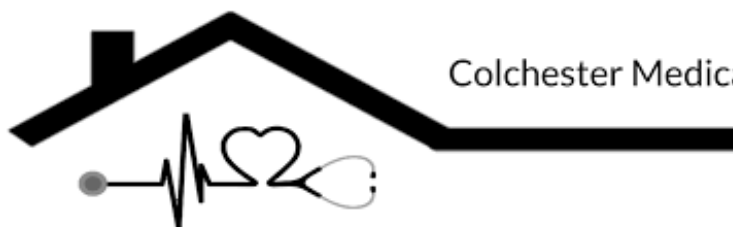
★Free hot lunch for all participants★

 **Contact us: info@abbertonruraltraining.org**

 **01206 584162**

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

**art
RURAL
TRAINING**



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UKRS Introduction to Carpentry



This training course aims to give you the knowledge, understanding, and basic skills in carpentry. Carpenters have one of the highest job satisfaction rates in the construction industry.

Days of the Week

Tuesday 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

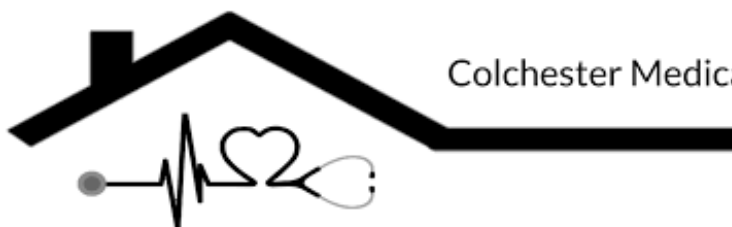
- Gain a qualification
- Learn new skills
- Have fun
- Make new Friends
- Build confidence
- Build employability skills
- Build self-esteem
- Learning support available



Funded by
UK Government



COMMUNITY
FUND



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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

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

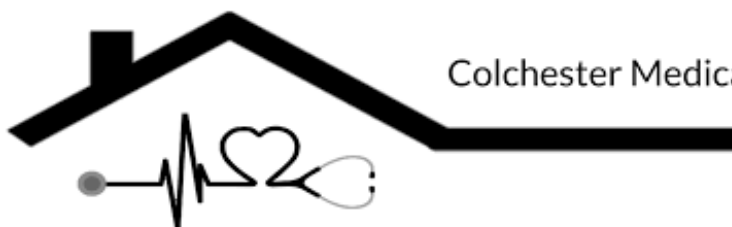
- Gain a qualification
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- Learning support available



**Funded by
UK Government**



**COMMUNITY
FUND**



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As the weather turns colder and energy prices soar, some of us will benefit from the following support:



GREEN DOCTOR

TAKE BACK CONTROL OF YOUR ENERGY BILLS

Are you worried about energy prices?
Groundwork Green Doctors can help you save energy and tackle bills

Who is eligible for free support?

We may be able to support you if you meet any of the following criteria:

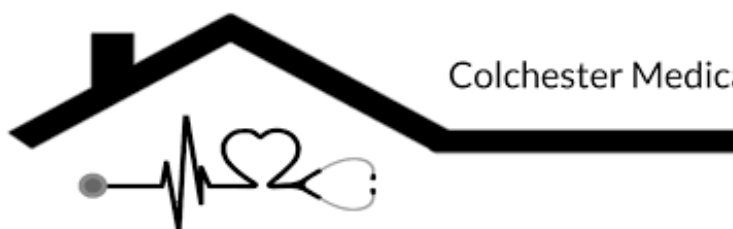
- Over the age of 65
- Energy bills that feel too high
- Feeling confused by energy bills
- Families with children under five
- Owing money to energy suppliers
- Feeling that your home is cold, damp or draughty
- Respiratory problems such as asthma or persistent cough



Register for a free consultation for help with saving energy, installing energy efficiency measures, and accessing financial support.

Groundwork East is a registered charity working across the East of England to change places and lives.

Charity Registration No. 293141 | Registered Office, Mill Green, Hatfield, AL9 5PE
www.groundwork.org.uk/east | east@groundwork.org.uk



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Support can include:



- Free items such as LED light bulbs, draught proofing, insulating radiator foil, hot water bottles, dehumidifiers & water saving devices (*subject to availability*)
- Utility & grocery vouchers of up to £50
- Help with switching suppliers
- Information on home improvement grants
- Guidance on using heating controls effectively

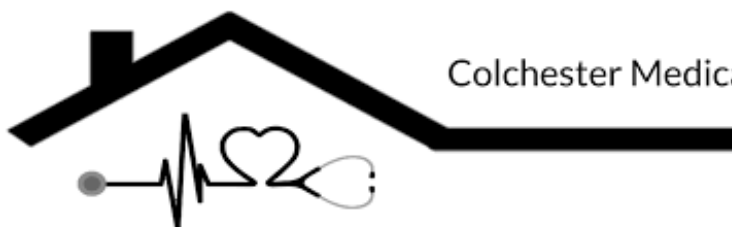
To request support simply scan the QR code below and complete a short online form, call us on 01707 260129 or email GreenDoctorEast@groundwork.org.uk



Scan here to register
for support



GREEN
DOCTOR



Colchester Medical Practice

UK Power Networks Energy Advice East: 0808 189 6550

- Maximising your income to make sure you are receiving all the benefits you are entitled to
- Helping you with fuel debt – if you have already fallen to arrears (in some cases we can apply to trusts and foundations to help pay these off – giving you a fresh start)
- Energy saving around the home
- Energy tariffs - are you on the best one for you?
- Access to grants for energy saving improvements – we can help you find the best scheme and help you apply
- Access to emergency fuel payments
- We can also provide free energy saving devices around the home.

Pension Credit and other associated benefits

(from Age UK: [Pension credit advice | Age UK](#))

free [Advice Line](#) Age UK on [0800 678 1602](#), open 8am-7pm,

Pension Credit claim line on **0800 99 1234**

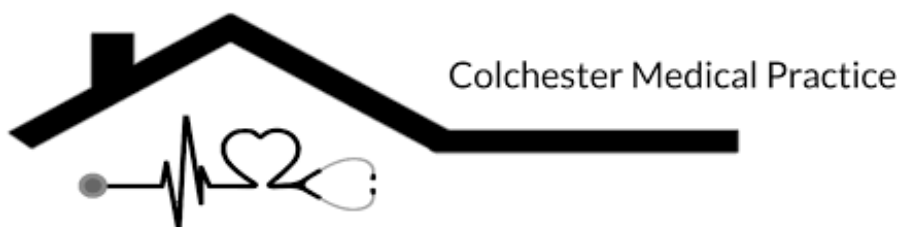
[Pension Credit information guide \(906 KB\)](#)

[Pension Credit factsheet \(665 KB\)](#)

[Apply online for a full Council Tax discount on GOV.UK](#)

If you receive pension credit, you may also be entitled to the following:

- You'll be eligible for the [Winter Fuel Payment](#).
- If you're 75 or over, you can get a [free TV licence](#).
- You'll be eligible for a [Cold Weather Payment](#) during particularly cold weather.
- You are eligible for the Winter Fuel Payment if you have reached State Pension age. Payments are automatic. If your annual income is over £35,000 the Winter Fuel Payment will be recovered through the tax system.



ACL

Adult Learning

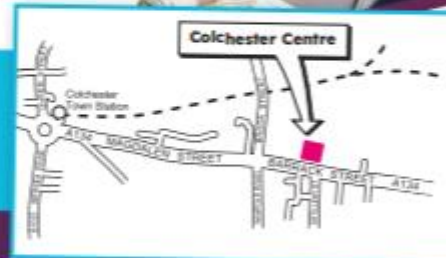
FREE Mental Health & Wellbeing Courses

Colchester & Online

- › Positive Habits for Wellbeing
- › Decluttering for Wellbeing
- › Managing Anxiety
- › Step Towards Confidence
- › Managing Sleep For Wellbeing
- › And Many More!



ACL Colchester: Barrack
Street, CO1 2LR



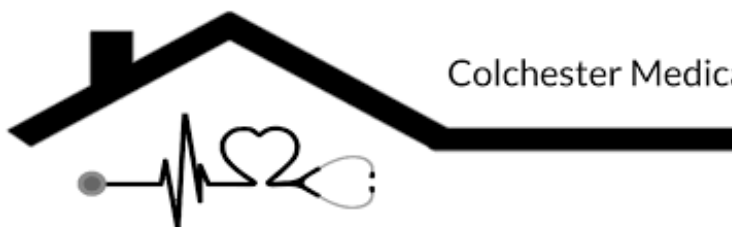
0345 603 7635



aclessex.com/wellbeing



Essex County Council



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What's On?

Day	Start Date	Time	Duration	Weeks	Location	Cost
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Beyond Bullying

Saturday	17/10/26	10:00am	02:30	2	Online Live	Free
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Building Self Confidence

Monday	05/10/26	6:30pm	02:30	6	Online Live	Free
Wednesday	07/10/26	10:00am	02:30	6	Online Live	Free
Friday	09/10/26	10:00am	02:30	6	ACL Colchester	Free

Decluttering for Wellbeing

Saturday	21/11/26	10:00am	02:30	2	Online Live	Free
Friday	27/11/26	1:00pm	02:30	2	ACL Colchester	Free
Monday	07/12/26	6:30pm	02:30	2	Online Live	Free

Introduction to Building Resilience

Friday	11/09/26	10:00am	02:30	2	ACL Colchester	Free
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Goal Setting for Wellbeing

Wednesday	25/11/26	10:00am	02:30	2	Online Live	Free
Tuesday	15/12/26	7:00pm	02:30	2	Online Live	Free

Health and Wellbeing

Tuesday	15/09/26	7:00pm	02:30	6	Online Live	Free
Thursday	05/11/26	6:30pm	02:30	6	Online Live	Free

Introduction to Mental Health

Tuesday	01/09/26	7:00pm	02:30	2	Online Live	Free
Wednesday	09/09/26	6:30pm	02:30	2	Online Live	Free



Mental Health in a Man's World

Friday	25/09/26	10:00am	02:30	2	ACL Colchester	Free
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Self-Care for Carers

Friday	11/12/26	10:00am	02:30	2	ACL Colchester	Free
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Self-Care for Resilience

Friday	09/10/26	1:00pm	02:30	6	ACL Colchester	Free
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Reducing Anxiety and Staying Healthy

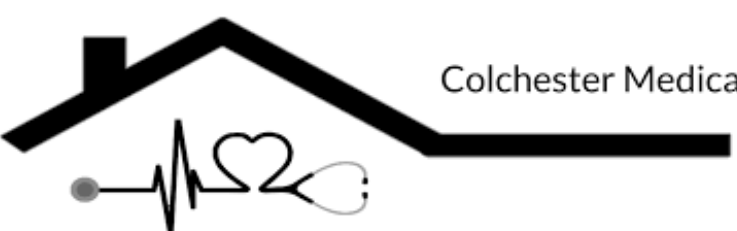
Thursday	17/09/26	6:30pm	02:30	6	Online Live	Free
Wednesday	07/10/26	6:30pm	02:30	6	Online Live	Free

Step Towards Confidence

Friday	11/09/26	1:00pm	02:30	2	ACL Colchester	Free
Monday	21/09/26	6:30pm	02:30	2	Online Live	Free
Wednesday	23/09/26	10:00am	02:30	2	Online Live	Free

Stress Awareness

Monday	07/09/26	6:30pm	02:30	2	Online Live	Free
Wednesday	09/12/26	10:00am	02:30	2	Online Live	Free



Colchester Medical Practice

Day	Start Date	Time	Duration	Weeks	Location	Cost
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Managing Anxiety

Wednesday	09/09/26	10:00am	02:30	2	Online Live	Free
Wednesday	23/09/26	6:30pm	02:30	2	Online Live	Free
Friday	25/09/26	1:00pm	02:30	2	ACL Colchester	Free
Saturday	19/09/26	10:00am	02:30	2	Online Live	Free

Managing Overwhelm

Wednesday	09/12/26	6:30pm	02:30	2	Online Live	Free
Friday	11/12/26	1:00pm	02:30	2	ACL Colchester	Free

Managing Sleep for Wellbeing

Thursday	03/09/26	6:30pm	02:30	2	Online Live	Free
Friday	27/11/26	10:00am	02:30	2	ACL Colchester	Free

Menopause Wellbeing Awareness

Monday	23/11/26	6:30pm	02:30	2	Online Live	Free
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Positive Habits for Wellbeing

Wednesday	25/11/26	6:30pm	02:30	2	Online Live	Free
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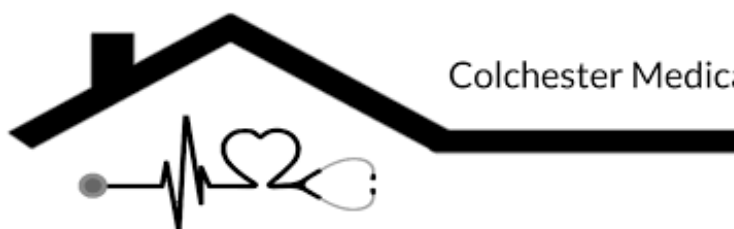


📞 0345 603 7635

🖱️ aclessex.com/wellbeing

Take part in a way that feels right for you!

You're always welcome to share, but there's never any pressure. Feel free to simply sit back, listen, and be with others who understand.



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The Mindful Life Group
Dedicated to older adult mental wellbeing

The Six Week Mindfulness Programme

Join our **FREE** Online Course
Tailored for People Aged 65+

Starting: Tuesday 20th October 2026

Time: 2pm-4pm

Location: Online (accessible from home)

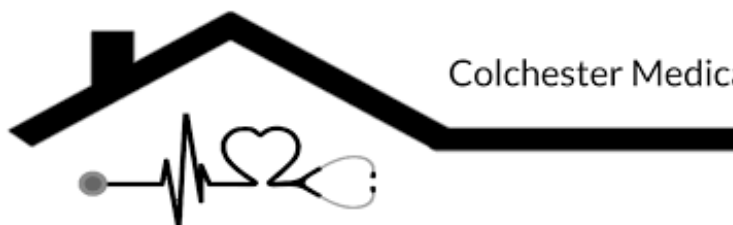
Benefits

- ✓ Enhance sleep quality
- ✓ Ease stress
- ✓ Improve resilience
- ✓ Combat loneliness
- ✓ Improve memory/attention
- ✓ Alleviate low mood/anxiety
- ✓ Help relieve chronic pain
- ✓ Promote relaxation

Feedback from a previous participant:

'I'm an absolutely great believer in the course it really got me through...the relaxation techniques, which I still do, really helped me in quite a profound way'. JB

For more information and to apply, visit
the-mindful-life.com



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The Mindful Life Group
Dedicated to older adult mental wellbeing

Mindfulness for Older Adult Caregivers

Join our Free, Six-Week Online Course
for Essex Residents aged **65 and over**

Starting: **Thursday 5th November 2026**

Time: **10am-11am**

Location: **Online (accessible from home)**

Benefits

- ✓ Enhance sleep quality
- ✓ Ease stress
- ✓ Improve resilience
- ✓ Combat loneliness
- ✓ Improve memory/attention
- ✓ Alleviate low mood/anxiety
- ✓ Help relieve chronic pain
- ✓ Promote relaxation

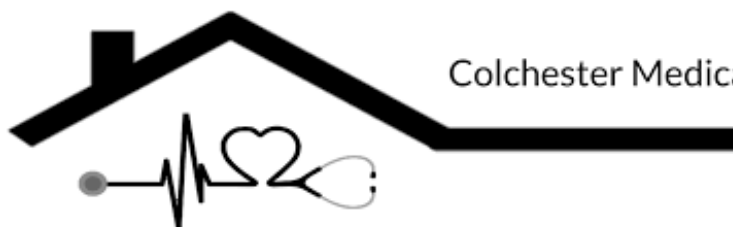
Feedback from a previous participant:

'Doing this course has dropped those stress levels right down. I find it really, really therapeutic... So it's 10 out of 10 from me.'

For more information and to apply, visit
the-mindful-life.com



 **Essex County Council**



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