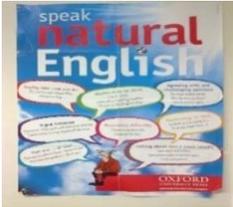


Essex - 10 Local Organisations to help you as an Active Citizen

Organisation	Name & Role	Contact Details	How they can help you
	Citizens Advice Bureau Hub for Essex	http://www.essexcab.org.uk/	They can advise you on becoming a volunteer, and provide you with training as an advisor on welfare benefits, housing and employment rights.
	Sally Bates – Languages Lead	(t) 01206 712451 (e) Sally.bates@colchester.ac.uk	<p>They run courses where you can learn or improve your English.</p> <p>There are lots of other colleges in Essex where you can learn English too – use the link</p>  <p>below: https://www.google.co.uk/search?q=esol+classes+in+essex&sourceid=ie7&rls=com.microsoft:en-GB:IE-Address&ie=&oe=&gfe_rd=cr</p>

			&dcr=0&ei=DMqZWd3HOabH8Afw6YeYDA
	Adult Community Learning 	(t) 0345-603-7635 (e) lifelong.learning@essex.gov.uk http://www.aclessex.com/	They have day time and evening courses for adults to help improve your job prospects, and improve your self-confidence.
Essex County Fire & Rescue Service	Volunteering 	(t) 01376-576209 (e) volunteers@essex-fire.gov.uk http://www.essex-fire.gov.uk/Volunteering/Application_Pack/	They can find you a job as a volunteer, for example doing home safety visits and road safety activities.
Essex Police	Diversity Unit 	(t) 101 ext 130072 (e) iag@essex.pnn.police.uk	 There are opportunities for you to advise the local police about your area.
	Jenna Warr - Information & Signposting Manager	(e) : jenna.warr@healthwatchessex.org.uk	They can involve you as a volunteer in improving health services for your community.

	<p>Sumana Begum - Volunteer Coordinator, Integration Support Services</p>	<p>(t) 07824 557731 (e) sumana@iss.org.uk</p> <p>http://www.iss.org.uk/what-we-do/volunteering/</p>	<p>They can find you a great volunteering opportunity,</p>  <p>such as interpreting or being a play worker.</p>
	<p>National Association of Prison Visitors</p>	<p>(e) info@naopv.com http://www.naopv.com/Interested1.htm</p>	<p>If you have an hour or two a month to spare, they can give you the opportunity to apply to be a prison visitor.</p>
<p>Tendring & Colchester Minority Ethnic Partnership (TACMEP)</p>	<p>Louise Bardell - Administrator</p>	<p>(t) 01206-500471 (e) (e)louise@tacmep.org.uk</p> 	<p>They can help you with your English through informal classes, and help you to fill in forms. They also run community events that you could help with.</p>
	<p>Kelly Osborne – Volunteer Coordinator</p>	<p>(t) 01621 862940 (m) 07583 959 336 (e) volunteering@essexwt.org.uk</p> 	<p>They have more than 2,000 volunteers helping them to protect wildlife and nature. They could find you a really interesting role.</p>



Co-funded by the Rights,
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European Union