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Colchester Lunch & Learn

The final Lunch and Learn of 2017 will be held on **Monday 11th December from 12noon until 1pm**. As usual, we will be providing refreshments.

Our Guest Speaker will be Marie Edgar from Epilepsy Action. Marie is the local services manager for South East England and works with local volunteers to provide support and information to people affected by epilepsy. We will receive information regarding local support groups who meet monthly and on occasions arrange social events.

Events are delivered in the south east to provide awareness and information about epilepsy to both those who are affected by epilepsy as well as interested professionals.

The presentation will be about Epilepsy Awareness. It features what epilepsy is; what are its causes; how is it treated; what help is available and includes some short films showing examples of seizures (using actors) and how to help someone having a seizure.

There will be information available regarding specific features of epilepsy, as well as document about local groups in Essex.

My Life Programme

This program was co-produced with young people. It enables individuals and groups of young people to take charge to improve their own health and wellbeing by exploring skills, goal setting and becoming more emotionally resilient. This programme will be aimed at young people who are at risk of disengagement and marginalisation.

The scheme will be launched in January 2018 with full information about criteria for referral.

As part of the Brook team induction they will be looking to meet with young people and staff working with this group to identify need and inform training priority. Your contact details to assist in this initial scoping and induction are greatly welcomed.

If you would like to register your interest or have any questions please contact Joanne Quinn, Education and Wellbeing Coordinator for Brook

at : joanne.quinn@brook.org.uk

For more information on Brook please [click here](#).

Volunteer Opportunities

Colchester & Tendring Women's Refuge provides community support to Women, Men and Children & crisis accommodation for Women & their children and who have or are currently experiencing domestic abuse.

They currently have three volunteer opportunities available;

- Fundraising and Marketing Volunteer
- Website Social Media Volunteer
- Volunteer Donations Co-Ordinator

Full details can be found on the website, [click here to visit](#).

Application process:

Application form

Interview

Reference

DBS

Trial period

Roles open to women only (section 7(2)(e) Sex Discrimination Act
1975) applies

Carols On The Farm

Friday 8 December

6:30 pm - 8:00 pm

A very special festive evening for all the family!

The evening will feature a performance by STARZ Performing Arts Academy and carol singing in the barn amongst our adorable animals.

Complimentary glass of mulled wine and mince pie included in ticket price.

For a small additional fee of £3 (payable on the day) children can also visit Santa.

[Tickets can be bought online here](#) via Paypal using the credit/debit card of your choice.

(You do not need to have a Paypal account to pay via Paypal)

New £15 million grant scheme to improve mental healthcare

The [Beyond Places of Safety](#) scheme will improve support services for those needing urgent and emergency mental healthcare. This includes conditions such as psychosis, bipolar disorder, and personality disorders that could cause people to be a risk to themselves or others.

The Beyond Places of Safety scheme will focus on:

- preventing people from reaching crisis point in the first place
- helping to develop new approaches to support people who experience a mental health crisis

[Click here](#) for more information.

Disabled pool access available at leisure centres

A unique system to improve swimming pool access designed for those who are disabled, less mobile or pregnant have become available at leisure centres in the Braintree District.

Braintree Swimming & Fitness Centre and Halstead Leisure Centre have recently installed the PoolPod; an innovative mobile lift mechanism that fits to the side of swimming pools to help individuals with reduced mobility in and out of the water with ease.

The pod has been installed at Witham Leisure Centre since 2014 and proved to be extremely popular with increased swimming participation and usability.

The ODA (Olympic Delivery Authority), which was committed to finding a new way of improving poolside accessibility, first introduced the PoolPod at the London 2012 Olympic and Paralympic Games with the aim to expand future sporting and leisure participation. [Read more](#)

Nationally recognised qualification in Volunteer Management

This one day course is aimed at anyone responsible for recruiting volunteers to work in their organisations. The course explores the role of volunteer workers within organisations and looks at the processes for successful recruitment. This course is taking place in Braintree on 16 January 2018 from 10:00 - 16:30.

We'll cover:

- How recruiting volunteers can help an organisation meet its aims and objectives
- Understanding volunteers' motivations and how they can match what your team needs to achieve
- The different roles and responsibilities volunteers can take on within an organisation and how these complement those of employed staff
- Volunteer role descriptions including the skills and qualities needed
- Different approaches to recruiting volunteers

- How to assess the resources needed within the recruitment process

You'll feel much more confident in your ability to recruit volunteers after this course and in addition to the training, you will also have the opportunity to meet and network with other individuals, share ideas and gain valuable support. [Read more](#)

“On-Line Today” Workshop
Tuesday 20th February 2018 10am–1pm

Do you have a sensory impairment?
Would you like to get on-line and surf the web?
Do you know your Twitter from your Facebook?
Ever wondered what “Skype” was?

RNIB will be at Essex Sight, 40 Osborne Street, Colchester, CO2 7DB
with the latest smartphones and tablets to show you how to start your
on-line journey.

Refreshments will be provided.

This is a free event, but places are limited.

For information or to book a place tel. 01206 548196

email: carol@essexsight.org.uk

HMRC and the Health and Safety Executive

(HSE) working together for you – growing your business

Tuesday 5th December - 10am to 11am

If it's the first time you're taking on an employee, your business is growing or you fancy a refresher, this webinar is for you.

Discover the importance of gathering accurate employee information, notifying HMRC of a new employee and how to include them in your payroll.

Highlighting how to identify risks in the workplace and protecting the welfare of new employees, we will also signpost you to further information on basic employer responsibilities.

[Book here](#)

2017 Community360.

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