

Welcome to the CVST community e-bulletin for week commencing 11 December 2017
****Funding opportunities *** Events *** Volunteering *** Advice *** Information****
Please forward to your contacts!

Forthcoming events (for further information, click 'reply' and ask for details)

Essex Carers Support Carers Wellbeing Group – 1st Tuesday of each month 10am – 12pm

Tendring Diabetes Group – 1st Thursday of each month, 10:30am – 12:30pm

Macular Support Group – 4th Wednesday of each month, 1pm – 3pm

Epilepsy Support Group – last Tuesday of each month, 10:30am – 12:30pm (no meeting in December)

Walking Groups – most days, various locations (see [CVST website](#) for details)

Community Network Breakfast - Thursday 25 January 2018

Tendring Older People's Forum – Friday, 26 January 2018, 10am to 12 noon

Tendring Voluntary Sector Forum - Wednesday 14 February 2018

Dementia Action Alliance Breakfast - Monday 26 February 2018

Tendring Trustee Network - Wednesday 7 March 2018

Just 4 days left to vote!

If you haven't voted yet, PLEASE visit <https://www.charityfilmawards.com/videos/the-hill-project> and vote for our inspirational HILL Project film in the Charity Film Awards. Public voting is open until midnight on 15th December. Thank you!

NEW! Cold Weather Alert

Please be aware that the Met Office have issued a level 3 Cold Weather alert and if members have vulnerable clients, winter warmth packs are available from CVST. The Met office states, 'There is a 90% probability of severe cold weather/icy conditions/heavy snow between 0900 on Monday 11 Dec and 0900 on Thursday 14 Dec in parts of England. This weather could increase the health risks to vulnerable patients and disrupt the delivery of services.'

Please contact 01255 425692 or email hill@cvstendring.org.uk for more information about the winter warmth packs. You can read the alert on the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

Local Health Matters meetings

Tendring - Wednesday 13 December, 2pm to 4pm

Venue: Sams Hall, CVST, Rosemary Road, Clacton on Sea, CO15 1NZ

Colchester - Wednesday 20 December, 2pm to 4pm

Venue: RCCG Stillwater Centre, House Heath Business Park, Grange Way, Colchester, CO2 8GU

Come and be involved in patient issues that affect you. You can download the agendas from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

NEW! Jaywick Sands Law Clinic - Wednesday 13 December from 10am

Has your relationship broken down? Problems with access to your children? Are you suffering domestic violence? If you need help and advice about a family law matter, our volunteer solicitors offer a FREE half hour of face-to-face advice at: Hemington House, 51-53 Broadway, Jaywick Sands, CO15 2EX. Appointment only - NO DROP-INS – contact: Gill Elkins on 01255 221049 (9am-4pm) or email sarah.calder@lawworks.org.uk or contact your Barnardo's Family Support Worker.

NEW! North East Essex Clinical Commissioning Group's (CCG) GP Commissioning Committee - Wednesday 13 December, 4pm

Venue: North East Essex CCG's offices at Aspen House, Stephenson Road, Severalls Business Park, Colchester, CO4 9QR

Representatives from the CCG and NHS England will be attending – and members of the public are welcome to come along to hear discussions and to ask questions. The committee, which meets in public between 4pm and 5pm on 13 December, discusses the planning, buying and monitoring of primary care – GP services – across Colchester and Tendring. This process, called commissioning, is carried out jointly by NHS England and North East Essex CCG. You can download the meeting papers from the link below. (Please note, visitor parking at Aspen House is limited. There is alternative parking at Balkern Gate, Ipswich Road, Colchester CO4 9WP – if parking there, access to Aspen House is past the barrier behind the Premier Inn).

To view the full agenda, please visit the CCG's website www.neessexccg.nhs.uk (click on "Library" then "GP Commissioning Committee").

Local Charities Day - Friday 15 December 2017

This year's Local Charities Day will highlight the work of small charities that are making remarkable differences in their communities. Please let us know your good news so that we can shine a spotlight on the unsung heroes and celebrate the commitment of those amazing volunteers who devote their time to improving the lives of others.

Email admin@cvstendring.org.uk or share on our facebook page @CVSTendring

MS Society Christmas Food and Craft Fair – Saturday 16 December, 10am – 2:30pm

Venue: St James Church Hall, Tower Road, Clacton

Hand-made Christmas gifts, cards, handicrafts, jewellery, textiles, collectables, artisan fresh bread, cakes and savouries Christmas tombola and raffle. Entrance 50p, includes a free tea or coffee.

ASPIRE leadership programme - apply by 18 December 2017

ASPIRE is a 12 month leadership development programme that will bring 15 people from the Voluntary and Community Sector in Essex together to create a strong cohort that will learn together through an accelerated development journey. The programme is aimed at senior professionals that are currently employed within the Essex social sector, working for a voluntary or community organisation, social enterprise or charity. It is most relevant for aspiring and developing leaders that currently fulfil a senior role within their organisation, directly affect decision making and influence business direction.

ASPIRE offers a chance for individuals to design a bespoke leadership plan building specific personal leadership skills and practicing them through on the job experience. Everyone will benefit from a mix of group residential days, 1:1 coaching, group webinars and optional external placements. Individually, participants will receive additional development aligned to their personal goals and leadership vision.

For further information and to apply by **18 December 2017**, please visit www.humansbeing.co.uk/aspire

Christmas Hat Walk - Monday 18 December, 12.45pm - 1.30pm

Meet at Harwich & Dovercourt Rugby Club for a festive walk with our friendly Get Moving walking group. Contact hill@cvstendring.org.uk for more details. Other weekly walks take place throughout the Tendring area, visit our website for dates and meeting points <http://www.cvstendring.org.uk/hill-projects/get-moving-walking-group.html>

NEW! Stock up on medication before Christmas

Clinicians at North East Essex Clinical Commission Group (CCG) have today published details of pharmacies and dentists that will be open during the Christmas and new year bank holiday. They are also advising people to stock up on necessary medicines during this period. Many pharmacies will be closed for days over Christmas so getting supplies in

advance will mean you're more likely to enjoy the bank holiday. You can download suggestions of medications for your medicine cabinet and the details of pharmacies from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

The dentist rota can be viewed on the CCG website <http://www.neessexccg.nhs.uk/christmas-and-new-year-opening-times>

Tendring Fear Of Crime Survey

Residents across Tendring are being urged to make their views known about their fear of crime. Tendring Community Safety Partnership (TCSP) is preparing a list of issues it aims to tackle and prioritise over the next year. Based on crime statistics and information from agencies, including the police, it has identified tackling anti-social behaviour and acquisitive crime; protecting vulnerable people from hidden harms; and reducing reoffending as the key priorities. Now the TCSP wants to find out whether residents agree with those priorities and is offering them the chance to help shape the way forward. It has produced an on-line survey in an effort to gather as many people's views as possible. The survey is very quick and simple to complete and looks at how safe people feel during the day or after dark; has their perception changed over the past year; have they or their family been a victim of crime; and what do they feel is the main source of crime in Tendring.

To take part visit <https://www.surveymonkey.co.uk/r/focrime2017>

The closing date for people to have their say is December 31, 2017.

NEW! Mental Health Wellbeing & Recovery Courses – Spring Term 2018

ACL is running free mental health wellbeing & recovery courses in Clacton, Harwich and Jaywick starting in January and February. Each course runs for 6 weeks. You can download further information from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html> or contact hazel.newton2@essex.gov.uk

NEW! Essex Trading Standards Christmas Advice

Essex Trading Standards is wishing residents and businesses across Essex a happy and safe Christmas, please take care when purchasing goods online to be sure that you are purchasing from [legitimate reputable websites](#) - be aware of the return policy before you buy. Take extra care this year when purchasing electrical goods online particularly when you can see the trader is based outside the EU – as there are often instances of safety issues particularly around plugs and chargers. You can find some handy shopping tips on electrical goods [here](#).

NEW! Neighbourhood Watch Newsletter

The latest newsletter is available to download from the CVST website. <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

An invitation for budding choristers

Clacton Choral is hosting another 'Saturday Sing' on 6th January 2018, to start the preparations for its Springtime concert on 28th April – and if you have ever wondered what it would be like to sing with them, then this is your chance to come along and find out – ladies and gents all welcome! The doors are open at St James' Church Hall for a 1.00pm start, and it finishes at 4.00pm. The music for the concert, 'Four Great Composers', will be introduced, with recordings and background explained, and everyone will 'have a go' at singing it all through together. They are beautiful, well-known pieces such as Zadok the Priest by Handel; Jesu, Joy of Man's Desiring by Bach; the beautiful Laudate Dominum by Mozart (from Solemn Vespers) and new pieces to discover by Haydn from his Little Organ Mass - plus Mozart's Ave Verum Corpus. And further to tempt new singers, the concert itself will be accompanied by the reputed orchestra 'Kingfisher Sinfonietta', led by Beth Spendlove.

New singers will need to book a place, so please contact Gill Osborne on 01255 427691 or gill@gilljohn.co.uk; then, if you enjoy your 'Saturday Sing', we hope you will stay to learn the music with the choir in our regular rehearsals, which take place every Monday evening in St James' Church hall from 7.15pm to 9.30pm, with a refreshment break.

Do visit our brand new website www.clactonchoral.org.uk which will give you a real sense of what it means to sing with Clacton Choral, plus news and views and booking details for all our concerta.

NEW! Age UK Essex Toe-Nail Cutting Service – Thursday 11 January 2018

Venue: Imperial House, 20-22 Rosemary Road, Clacton

Age UK Essex will be available to cut toe-nails for people who can no longer cut their own. Appointment only, call 01245 423333. There is a £17.50 charge for this service. Other dates and venues are available.

Tools for Trustees

A series of short films are now available and are specifically aimed at supporting and developing the skills and knowledge of trustees and committee members. They have been published by the FSI and come highly recommended!

<http://www.thefsi.org/services/essential-trustee-series/>

Raising concerns and making complaints about health, social care or education

This NHS survey is for children, young people and adults with a learning disability, autism or both, their families and paid carers. The NHS is carrying out this survey to add to what has been learned at events and meetings about people's experiences of raising concerns and making complaints. Your feedback will help with a new project about raising concerns and making complaints called Ask Listen Do. They need your help to make a difference.

Survey https://www.engage.england.nhs.uk/survey/ask-listen-do/?mc_cid=30bd619d80&mc_eid=628b0a3a3e

The survey ends on 12 January 2018.

[An easy read version of this survey is available to download here](#)

Consultation to develop a response to hate crime in Essex

All people deserve to live in safe and secure communities, where they are free to prosper and live rewarding lives that contribute to the general wellbeing of our county.

Safer Essex partners – the Community Safety Partnerships, Essex County Council, Essex Police, the Office of the Police, Fire, and Crime Commissioner, Essex Fire and Rescue Service, the Association of Community Voluntary Services, Essex Community Rehabilitation Company, Essex Drug and Alcohol Team, Essex Youth Offending Service, Essex Trading Standards, and other partners - are developing a Hate Crime Strategy that will set out our commitment to tackling hate crime in Essex. Partners envisage a strategy that will coordinate their existing and future work to deliver a more effective and impactful response to support victims and perpetrators.

They would like to know your views on how the Hate Crime Strategy could make a difference in your community. A public consultation will commence on **Tuesday 28 November** and finish on **Friday 2 February 2018**.

Take part in the [consultation](#) To view the proposals and consultation in an Easy Read format, download the [Easy Read version here](#).

NEW! Save money with the Essex Energy Switch

Save over £250 on your gas and electric bills by joining the Essex Energy Switch. With the costs of heating our homes over winter appearing to rise every year, the Essex Energy Switch is a free, easy and secure way to cut energy bills. The county's collective switching initiative has already saved thousands of us £2,297,539 over the past five switches. **Registration opens on Tuesday 5 December, and closes on Tuesday 13**

February 2018, before the one-day auction. One email address can be used up to five times to register for the scheme to help out those who don't have access to the internet. Everyone who registers will receive a personalised offer on 23 February 2018, which details how much they could save by switching to the winning provider, or cheaper tariff. [Register for the next auction online](#) or call 0800 0488285.

NEW! New Year, new skills

Landing on doormats throughout Essex over the next few weeks, the new ACL adult learning course guide is packed full of intriguing and exciting courses. And with courses set to start in the New Year, why not consider booking one as the perfect Christmas gift for someone who has everything, or simply as a way of getting some quality “you time” to learn or perfect a new skill. From floristry to photography; sewing to sugar craft; aromatherapy to art classes, there are hundreds of opportunities to learn a new hobby, have a go at being creative and stimulate mind and body. With venues all across Essex and a discount of 10% off non accredited courses with production of a valid Essex Library Card, it's never been easier to try something new. [Read more information about the courses online](#), including academic opportunities and qualifications or call 0345 603 7635.

NEW! 15 ways to boost your charity's cyber security

Charity Digital News reported that one of the defining technology-related talking points of 2017 has been security. And with reason – earlier this year Government research found that nearly half of all UK organisations suffered a cyber breach or attack in the past 12 months. The fact is that all organisations – including charities – are at risk of attack. Charities can be a prime target for attacks as they hold or process extensive databases of personal information and payment details.

With that in mind, what can charities do to protect themselves from fraud? Visit the Charity Digital News website for their 15 top tips <https://www.charitydigitalnews.co.uk/2017/12/07/15-ways-to-boost-your-charitys-cyber-security/>

NEW! Charity Commission Guidance Update

The guidance on how to *prepare a charity annual return* has recently been updated - You can now submit your 2017 annual return. You will need to submit your annual return for 2016 before you can do the return for 2017. Visit the website for full details <https://www.gov.uk/guidance/prepare-a-charity-annual-return>

Don't forget to check out the CVST website and watch our new short film! Or for more information about:

Room hire in Clacton - <http://www.cvstendring.org.uk/community-centre/view-our-venue.html>

Our online local funding portal - <http://www.cvstendring.org.uk/funding/funding-information.html>

Or to spread your news - <http://www.cvstendring.org.uk/contact-us.html>

Kind regards,
Samantha Wootton
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FORTHCOMING EVENTS

Thursday 25 January 2018 – Community Network Breakfast

Wednesday 14 February 2018 - Tendring Voluntary Sector Forum
Wednesday 7 March 2018 – Tendring Trustee Network

We've been nominated for a



PLEASE VOTE FOR US

charityfilmawards.com



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