

**Welcome to the CVST community e-bulletin for week commencing 13 November 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 Drop In** – 1<sup>st</sup> Tuesday of each Month 10am – 12.30pm  
**Tendring Diabetes Group** – 1<sup>st</sup> Thursday of each month, 10:30am – 12:30pm  
**Macular Support Group** – 4<sup>th</sup> Wednesday of each month, 1pm – 3pm  
**Epilepsy Support Group** – last Tuesday of each month, 10:30am – 12:30pm  
**Voluntary Sector Forum** – Wednesday 11 October, 10am  
**Walking Groups** – most days, various locations (see [CVST website](#) for details)

**We still need your votes**

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 15th December. Thank you!

**Self Care Week – 13<sup>th</sup> to 19<sup>th</sup> November**

This year's Self Care Week runs between 13 and 19 November and the North East Essex Clinical Commissioning Group will be having stands at the following locations:

- Morrisons Harwich – Monday 13 November, 11am – 1pm
- Colchester Library – Monday 13 November, 2pm – 4pm
- Aldi Stanway – Tuesday 14 November, 10am – 12pm
- Aldi Cowdray Avenue – Tuesday 14 November, 1pm – 3pm
- Asda Harwich – Wednesday 15 November 10am – 12pm
- Tesco Clacton – Thursday 16 November 10am – 12pm
- Colchester Hospital – Friday 17 November 12pm – 2pm

**Free Family Law Advice - Next Session: Wednesday 15 November, 10.30am - 12:30pm**

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](mailto:sarah.calder@lawworks.org.uk) or contact your Barnardo's Family Support Worker.

**Tendring Police Independent Advisory Group - Wednesday 15 November**

Tendring Police Independent Advisory Group is meeting on the evening of Wednesday 15 November. It will include a presentation on Custody procedure and a PREVENT briefing. We would particularly welcome members from minority groups. To book contact CVST 01255 425692 or email [admin@cvstendring.org.uk](mailto:admin@cvstendring.org.uk)

**NEW! CHAPS Prostate Cancer Screening at Ipswich Town Football Club – Saturday 18 November 10.00am to 2.00pm**

Ipswich Town Football Club will be hosting Burnley's Barry Kilby Prostate Cancer Appeal who have got together with local Men's Health Charity CHAPS, the East Suffolk Prostate Cancer Support Group, the Caribbean & African Community Health Support Forum and Ipswich Hospital to stage this unique opportunity for Ipswich men to get screened for Prostate Cancer. Screening will take place at the Sir Bobby Robson Suite, entrance Gate 17, Portman Road, Ipswich. Prostate Cancer is the commonest cancer in UK men and kills over 11,000 every year – that's a death every 45 minutes. Caught early it can be cured! If you are over 40, you are eligible for screening, especially if you have a family history of prostate cancer or breast cancer or are of black African or Caribbean descent, you are at particularly high risk and really should take the opportunity to get screened.

Screening is done by a simple blood test (PSA) and for a minimal charge of just £5. Included in this will be a full, specialist report on the result together with a Men's Health Passport and the comprehensive CHAPS booklet on Men's Health. No appointment is necessary, just turn up – it could save your life!

### **NEW! Homestart Colchester – Job Vacancy**

Homestart Colchester are looking to recruit a Co-ordinator with skills and qualifications to be able to deliver School Readiness interventions, play interventions and behaviour support. Support will be offered in the family home in the community and through facilitated group sessions. Early Years/Education/Health qualification above level 3 required. 8 month contract (initially) £20,456 pro-rata. Closing date 26/11/17. If you would like an application pack or more information on any of the above please contact the Home-Start team: Email. [Office@homestartcolchester.org.uk](mailto:Office@homestartcolchester.org.uk) Tel. 01206 865349 for a full job description and application.

### **NEW! Essex Police Survey**

The funding of Essex Police is an important topic both in the media and through public comments and correspondence. While the demand for greater police visibility is very strong, there is also a clear pressure to manage the impact of any potential rise in funding provided through the police precept. Funding for Essex Police comes from two sources – central Government and local Council Tax. Taking these two funding sources into account, Essex Police receives the lowest funding per resident of any police force in the country and has the sixth lowest council tax for policing. Essex Police wants to provide the best service possible for the people of Essex and increasing investment will help to deliver this. The police are lobbying for an increase in central Government funding for this year and for the freedom to raise the police precept. However, before any decisions are made around increased investment the police would like residents' views on what you would like to see. The survey is available online until midnight on Sunday, November 19 via this link <http://www.essex.pfcc.police.uk/policing-precept-survey>

### **Grants available for groups in Jaywick Sands**

Grants of up to £150 are available to groups in Jaywick Sands including groups that have applied previously - up to 3 grants per year per group can be applied for. So if you are holding a Christmas event, or you need resources for your group or funding to pay for a venue or a speaker then please contact the Jaywick Forum at [forum-jaywick@sky.com](mailto:forum-jaywick@sky.com). Anything that benefits residents of Jaywick Sands will be considered.

### **Improved Better Care Fund (iBCF)**

Do you want to help make a difference to health and social care in our area? The improved Better Care Fund (iBCF) has given North East Essex an opportunity to recognise the unique and important role that all our partners have in meeting the diverse needs of our communities.

This is an exciting opportunity for teams, organisations, collaborations of individuals and organisations and a combination of all of the above to apply for a grant to test out ideas, concepts and projects which promote self-care and prevention within North East Essex, to cover the whole of the Colchester and Tendring area. The maximum grant award per project is £40,000. In order to be considered during the first funding panel meeting at Firstsite in Colchester on 23 November 2017, applications must be submitted by 5pm on 15 November 2017. Download the information sheet from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

### **NEW! Clacton Carnival Association AGM**

The Clacton Carnival Association invite you to join them for their 64th AGM which is being held on Tuesday, 28th November at Sam's Hall, CVST, 20-22 Rosemary Road, Clacton

starting at 7.30pm. Anyone is welcome to attend. They are always actively looking for new committee members and helpers to get involved and help run one of the most successful Carnivals in Essex. It's great fun and very rewarding and they are already planning next year's Carnival. If you are interested or if you have any suggestions and ideas please come along to the AGM or phone the Chairman, Paul Townend on 07967 685709 or Secretary, Pat Stannard on 01255 422179 to find out how you can get involved.

### **NEW! CHHAT (Community Hidden Harm Awareness Team)**

The Community Hidden Harm Awareness Team (CHHAT) is a project of The Children's Society East, working with young carers across Essex aged 8-19 years who are affected by parental substance use (also known as Hidden Harm). **The Children's Society East are really pleased to announce CHHAT recently re-secured a further three years of funding, meaning the project can continue to provide valuable support for this group of vulnerable young carers.** Prior to working with CHHAT many of these young carers are hidden within society not accessing the support they need and deserve. Our work involves supporting these young carers in a variety of ways, to help them understand Hidden Harm, and begin to notice and express their feelings surrounding their individual experiences, building resilience and improving emotional wellbeing and safety. With young people's consent professionals can refer individual young people into CHHAT for support via [www.childrenssocietyeast.org.uk](http://www.childrenssocietyeast.org.uk) or by calling 01245 493311. Under 13 year olds also need parental consent. Information about the type of support and referral criteria can be found on the Children's Society website or by calling The Children's Society East on 01245 493311 and ask to speak to a member of the CHHAT team.

### **Jaywick Forum AGM - Wednesday 29 November, 11:30am**

Venue: Golf Green Hall

The Jaywick Forum AGM will be followed by a special event/light lunch - come along to find out more. All welcome. For further information please contact Gill on [forum-jaywick@sky.com](mailto:forum-jaywick@sky.com) or 01255 221049

### **Wannabe The Musical – Saturday 9 December**

The Mad About Theatre crew are giving the TV talent shows a run for their money. Mad Director Indi Allen has put together an original show- Wannabe The Musical! The story follows the tragedies and triumphs of the TV Talent show, hopeful contestants, celebrity judges, a plot to manipulate the votes and some stand out musical numbers. The company have now been running locally for the last 17 years and always produce original work. The company have raised over £84,000 for good causes and this show is supporting the excellent work Macmillan Cancer Support. The company encourage all their supporters to give a gift to those supported by Macmillan Cancer Support this Christmas and buy a ticket to this fundraising event. Director Indi Allen says: "It has been great fun putting this up to the minute show together and will appeal to all ages, whether you love or loathe X Factor, you will love this very contemporary piece of theatre with lots of audience participation!"

Performances are on 9<sup>th</sup> December 2.30pm and 7.30pm at Clacton County High school. Tickets are just £5 adults and £3 children-matinee madness 10 tickets for just £30, and can be obtained on the day of the performance at the Box Office or from the booking line 07709 315510.

### **REMINDER! ASPIRE: Growing Leadership in the Voluntary and Community Sector - deadline extended!**

**ASPIRE** is a new 12 month leadership programme commissioned by the **Essex Partnership**. It is aimed at **senior professionals** that are currently employed within the **Essex social sector, working for a voluntary or community organisation, a social enterprise or charity**. It is most relevant for aspiring and developing leaders that have the desire to forge a future leadership career in the sector and that may be on the tipping point towards this ambition, including:

- CEOs of smaller organisations
- those fulfilling a senior role within in their organisation in a position that directly affects decision making and influences business direction

**FOR MORE INFORMATION VISIT: [humansbeing.co.uk/aspire](http://humansbeing.co.uk/aspire)**

***The programme commences February 2018. Applications must be received by 18 December 2017. The cost of the programme has been heavily subsidised.***

**REMINDER! Consultation regarding a possible Tendring Lottery**

Tendring District Council is considering introducing a new lottery to allow local charities and good causes to raise funds for themselves. It is likely to operate in a very similar way to the Essex County Council lottery which has recently launched but will be focussed completely on those charities and good causes in the Tendring area. Any organisation can join the lottery and raise funds as long as they meet certain criteria and there will be no cost for any organisation that joins the lottery other than perhaps a little time spent publicising how people can play. Tendring District Council will not keep any of the funds raised for itself. TDC want to ensure that no small local charities or good causes would be disadvantaged by the introduction of such a lottery and so they would request that you answer a very short questionnaire that should take no more than a couple of minutes to complete.

**Closing date for completion of the survey is 30th November 2017.**

<https://www.surveymonkey.co.uk/r/G3J3CGG>

**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.*

*Lisa*

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