

Welcome to the CVST community e-bulletin for week commencing 15 January 2018
****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

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

NEW! Community Network Breakfast – Thursday 25 January, 8:45am – 10:30am – BOOK YOUR PLACE

Venue: Community Information Centre, 20-22 Rosemary Road, Clacton

Cost: £5 register in advance, pay on the day

Guest Speakers:

- Sally Capaldi, Community Champion, Tesco
- Adam Baird, Community Champion, Asda
- Dr Holly Williams, Health in Mind (Colchester and Tendring) will speak about Carers Focus
- Clare McInerney, NEE CCG will speak about Doctors partnerships

Join in the Network! Come along and have breakfast with colleagues, friends, volunteers, trustees and staff from voluntary groups and the local community. You can find out about services you didn't know existed, and enhance your own service. There will be the opportunity for all those attending to briefly promote their service! **Booking is essential for catering purposes.** To book for this event contact us at admin@cvstendring.org.uk

NEW! Local Health Matters meetings to be held as follows:

Colchester - Wednesday 24th January 2018 – 2pm to 4pm

RCCG Stillwaters Centre, House Heath Business Park, Whitehall Road, Colchester, CO2 8GU

Please note that the minutes for the December 2017 Local Health Matters meetings are available on the North East Essex Clinical Commissioning Group's website under the Health Forum section of the Library; <http://www.neessexccg.nhs.uk/library> The agenda can be downloaded from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

#Essexdementiaday – 19 January 2018

The aim for the day is to showcase the commitment across Essex to raise awareness of dementia, develop dementia friendly communities and work together to transform the lives of people living with dementia follow #Essexdementiaday on twitter to find out more.

Male Volunteers sought - Applications to be received by Jan 22nd 2018.

Lads Need Dads CIC is a Tendring based project set up to prevent potential problems and address existing ones where boys age 11-15 are missing a father-figure in their lives. We deliver a range of long-term early interventions, including, a personal development group-work programme, outdoor activities, practical life-skill training and community volunteering opportunities. We are looking for Male Volunteers to join our team to train as group-work

mentors for our forthcoming school-based programmes. Venues: Colchester and Thorpe Le Soken

Start date: March 2018 onwards. (Training in February).

Please note: this programme will take place in schools. Schools are exempt from the rehabilitation of Offenders Act, so we cannot consider applicants with previous convictions. Successful applicants will be required to complete an enhanced DBS check and provide two references. Full training and travel expenses provided. This opportunity may interest people with a background in youth work, counselling, psychology, etc. but this is not essential as full training will be provided.

Email: admin@ladsneeddads.org for an application pack or call **01255 764603**

www.ladsneeddads.org

News from Colchester and Ipswich hospitals - Public information about the merger

There are opportunities for the public to find out more about our hospitals and the plans for our merger coming up in January and February. Further drop-in sessions and events are planned with details to follow.

Board meetings in public

25 January, 9:30am - Edith Cavell meeting room, education centre, Ipswich Hospital

25 February, 9:30am - Postgraduate medical centre, seminar rooms 2/3, Colchester Hospital

Public information sharing

1 February - Public information point, Senses restaurant, Colchester General Hospital

5 February - Public information point, Courtyard Restaurant, Ipswich Hospital

Interact Job Vacancy – Closing date for applications 17 January 2018 (5pm)

Accounts and Administration Assistant

Hours: 37½ hrs per week **Salary:** £19,000- £21,000 per annum (dependent on experience)

Opportunity to join the team at Chelmsford based charity, InterAct. They are looking for an energetic and enthusiastic individual to join the dedicated team at InterAct. In this interesting and varied role you will work as part of the Business Support Team providing finance services and administrative support across the organisation. The ideal candidate will be an enthusiastic team player, with strong organisational skills and proven experience. Visit the website for further details <http://www.interact.org.uk/vacancies/detail/accounts-and-administration-assistant>

NEW! Get into Customer Services – FREE training opportunity

Princes Trust are pleased to announce an exciting opportunity has arisen for young people aged 18-30 who are currently not in education, employment or training. Young people that live near or can get to Stratford, Liverpool Street and the surrounds can join this free 8 week traineeship. Get into Customer Services traineeship in partnership with Greater Anglia and ESP as the training provider.

Interviews for this programme will commence week beginning 29th Jan 2018

Taster day to be confirmed but will be around 7th Feb 2018 at the Stratford Training Academy. (Young people must attend the Taster Day to be considered a place on the programme) The programme runs from Monday 12th Feb – Friday 6th April 2018

This programme will involve 4 weeks training at the Greater Anglia Academy in Stratford where young people can gain a **Diploma in Customer Services** alongside 4 weeks hands on experience during a work placement at a local station. Placements include ticket office roles, help and advice for commuters based on the platform along with much more.

Excellent progression opportunities at the end of the programme for the right young people including employment, apprenticeships and training opportunities. You don't need any qualifications or experience. You just have to be willing to give it a go. Finally, the course is **free**, travel will be refunded throughout the duration of the programme and if you claim any benefits you will still receive these whilst on the course (and not have to sign on).

If you are interested in taking part in this or know of anyone eligible please contact Claire Burgess 07984005934 or email Claire.burgess2@princes-trust.org.uk

NEW! Heritage Lottery Fund - Advice Sessions - Tuesday 30 January

Heritage Lottery Fund are holding sessions to talk about any project ideas or for you to find out more about their funding programmes. If you are interested please call to book a 30 minute slot with the funding adviser. They will be at the Thurrock CVS Office, The Beehive Centre, West Street, Grays RM17 6XP between 11am and 3pm. You can book your slot by calling Sally Page on 01223 224884, or by sending an email to sally.page@hlf.org.uk Download further information from the CVST website <http://www.cvstending.org.uk/support-for-groups/e-bulletin.html>

Heritage can include anything that people value and want to pass on to future generations. For example, they can help groups with funding to research the history of their local high street, or restore an historic building or monument, like an existing war memorial. They can also give funds to help record memories, undertake small archaeological digs, digitise archives and with improvements to and displays for wildlife sites. The grants available range in size from £3,000 to over £100,000 and more information about our grant programmes can be found on the website <https://www.hlf.org.uk/looking-funding/our-grant-programmes/our-heritage>

NEW! Carnival 2018 Main Charity Search

Having had its first meeting of the year the Clacton Carnival Committee is already busy planning this year's fun-packed Carnival Week which is 11th -19th August.

They are now looking for a Clacton based Charity or Organisation, which needs funds in the region of £2,000 - £3,000 for a project which will directly benefit people locally, to be the Main Charity for the Carnival Procession which is on Saturday 11th August, with the theme of 'THROUGH THE AGES'. For full details of how to be considered for the main charity please write to the Carnival Secretary, Mrs Pat Stannard, 55 Crown Road, Clacton on sea CO15 1AU. Full details of the criteria are also available on the Carnival website: www.clactoncarnival.org. All applications need to be sent to the Secretary by **Monday 19th February**.

Migration in Essex Seminar - Tuesday 6 March

On Tuesday 6th March 2018 from 10am to 4pm African Families in the UK(AFiUK)CIC and Integrating Families(IF) would like to invite you to the upcoming Social Statistics seminar on the topic of Essex Migration. The seminar is set to take place at Firstsite Gallery Auditorium High Street, Lewis Gardens Colchester, CO1 1PG . (see links for booking your space below)

The seminar will start with a presentation on statistics by the Head of Migration Statistics from the Office for National Statistics (ONS). This will be followed by a presentation about city approaches to the inclusion of newcomers from the Centre on Migration, Policy, and Society (COMPAS), then BAME strategy positioning ourselves (Solma) and practical knowledge about the provision of services to BAME groups from 10 local BAME organizations. There will be over 10 BAME stalls on that day to showcase their services and for the participants to engage with them.

There will be multicultural food & Halal (on sale) and networking opportunity.

<https://www.eventbrite.co.uk/e/migration-in-essex-seminar-tickets-41334104419>

<http://africanfamiliesuk.wixsite.com/afiuk/calendar>

Clacton Carnival Quiz Night – Friday 23 February

Carnival 2018 actually gets underway with a Quiz Night, run by local Quizmaster Adrian Robinson, on Friday 23rd February at St James' Church Hall, Clacton to raise funds for the dresses for this year's new Carnival Queen and her Princesses who will be chosen on March 23rd. Teams of 4 – 6 at £3.50 per person. To book in for the Quiz please phone 01255 426262 or e-mail:- entry@quizline.org.uk.

NEW! – Focus on Volunteering:

If you know anyone who is interested in volunteering please direct them to the Volunteer Essex website where there are over 100 active volunteering opportunities. The following are urgently needed:

Clacton Lunch Club Cook:

<https://www.volunteersex.org/opportunities/lunch-club-cook-9873>

Home Library Service Volunteers for Essex Library Service (and Clacton in particular):

<https://www.volunteersex.org/opportunities/home-library-service-volunteers-7197>

Please share with friends, family, neighbours and colleagues.

NEW! Neighbourhood Watch News

The latest neighbourhood watch newsletter can be downloaded from the CVST website <http://www.cvstending.org.uk/support-for-groups/e-bulletin.html> This edition includes information about a Fake Government Grants Fraud Alert and the Harwich and District Community Speed Watch Partnership.

NEW! Building Better Opportunities (BBO) programme

Details of the new Building Better Opportunities (BBO) programme for unemployed, unpaid Carers within Essex can be downloaded from the CVST website. Support can be given for education, training and employment options including CV writing, improving self esteem and strengthening interview technique. <http://www.cvstending.org.uk/support-for-groups/e-bulletin.html>

NEW! Pier Ward Forum meetings

The Pier Ward Forum meetings take place on the 1st Monday of the month (excluding August) at 5:30pm at the Baptist Church, Pier Avenue, Clacton. Meetings are free & are a chance to speak to a councillor about any concerns you have.

Get Up To Date With The Real Dangers Posed To Children

How much do you know about the apps your children are using? Tendring Community Safety Partnership (TCSP) is putting on three special information sessions to help parents, guardians and carers get up to date with the Dark Web and internet safety.

They are being staged at Clacton's Princes Theatre on March 1, 8 and 15 and are free to attend.

The sessions are aimed at those with children in Years 6, 7, 8 and 9 across the Tendring District. Tickets can be booked by using the link

<https://princetheatre.ticketsolve.com/shows/873586044>

NEW! Carers Rights and Entitlements: What was new in 2017 and what's changing in 2018?

A briefing developed by Carers UK, gives professionals an overview of different rights and entitlements across care, health, welfare rights and employment. It is designed to help professionals advising carers review and refresh knowledge of what has changed over the last year and what they need to be prepared for. You can download a copy of the briefing from the CVST website <http://www.cvstending.org.uk/support-for-groups/e-bulletin.html>

NEW! Can you help?

Parkinson's UK Clacton & District Branch are in need of someone to join the committee and organise the fund raising. It is a flourishing branch of around 140 members and they have lots of people who are willing helpers with fund raising. They meet once a month for activities at Holland-on-Sea Methodist Church, Kings Avenue, Holland-on-Sea CO15 5EP. If you would like further information please contact Joy Collins, Secretary, 01255 220897 or email joycolli4@aol.com

NEW! Police Fire and Crime Commissioner Annual Conference 15th March

The title of this year's conference is 'Partnerships in Action'. The conference will welcome high profile keynote speakers and offer a number of interactive workshops. This year, for the first time, the conference will also feature a set of 2 minute lightning talks which is your opportunity to show case the excellent partnership work you are doing in your communities. If you would like to see your project highlighted please contact liane.edwards@essex.pnn.police.uk with a brief outline.

The event will take place on the 15th March 2018, at Boreham House, Main Road, Boreham, Chelmsford CM3 3HY. It will run from 9.00am until 3.00pm and includes refreshments, lunch and networking opportunities.

To register your place on the conference please follow the Eventbrite link:

<https://goo.gl/d83QBp>

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



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