

Welcome to the CVST community e-bulletin for week commencing 16 October 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 – 1st Tuesday of each Month 10am – 12.30pm
Tendrings 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
Voluntary Sector Forum – Wednesday 11 October, 10am
Walking Groups – most days, various locations (see [CVST website](#) for details)

Art of the Possible Festival - 14 to 31 October

Coming soon to an Essex town or village near you are more than 200 events and activities all for the good of the local community. With both bookable and 'just turn up' events happening across the county, there's something to appeal to everyone.

From the 14 to 31 October, the Art of the Possible is about promoting the good things that happen locally and to celebrate how these activities make real differences to peoples' lives. Bringing together communities across Essex, the festival will inspire and support a culture of 'shaping the places that we live' – you decide what you would like to see happen locally to you, and why not have a go this October? Follow #AotP2017 on twitter and Facebook to be a part of the conversation – everyone's input is welcome. www.artofthepossiblefestival.com

NEW! It's Hate Crime Awareness Week 14 October to 21 October

Victim Support have produced three narrated presentations that cover what hate crime is, how to report it, and how to get involved with hate crime work across Essex. These are quite brief so would be suitable for people to look at during the day to just to get to know about these key issues.

These are accessible on the following link: <https://www.victimsupport.org.uk/essex>

Harwich Community Consortium emotional wellbeing event - Wednesday 18 October

The event takes place on Wednesday 18th October at the Park Pavilion in Harwich and in split into two sessions; the morning being for families and the afternoon being for anybody who works with young people. There will be workshops run by EWMHS which will look at a variety of things. The family workshop includes information on anxiety, low mood, self-harming, anger and strategies to manage this. The workshop for people working with YP's is aimed at referral routes, early signs and tools. There will be an opportunity for all to ask questions. There will also be a number of exhibition stalls that also provide support to young people in the area. This event is specifically aimed at services that are provided in Harwich. You can download the event flyers from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

Free Family Law Advice - Next Session Thursday 19th October, 10.30am until 1pm

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.

Clacton Lions Club Quiz Night – Friday 20 October, 8pm start

Venue: St James Church, Tower Road, Clacton

The Clacton Lions Club are holding a quiz in aid of the Parkinson's Society. Teams of up to 6 players at £3.50 per person. Please bring your own refreshments, Come along and join us

for a fun social evening for a well deserving Charity. For more information and to register your team please contact Adrian 01255 426262.

NEW! Half Term Fun And Activities In Tendring

A whole week of fun and leisure activities for youngsters has been drawn up at sports centres and pools across Tendring for the coming half term. An extensive programme of indoor and outdoor sessions has been organised by staff at sites run by Tendring District Council (TDC) in Brightlingsea, Clacton, Dovercourt, Harwich, Manningtree and Walton. The activities include football, basketball, trampolining, tennis, netball, gymnastics, all day madness, soft play and cheerleading at **Clacton Leisure Centre** as well as pool fun, games and swimming courses.

There is a whole range of pool sessions organised for both **Dovercourt Bay Lifestyles** and **Walton-on-the-Naze Lifestyles**. All Day Madness - with a range of games and activities – soccer stars, taster squash and cheerleading are all on offer at **Harwich Sport Centre**. At **Brightlingsea Sports Centre** there are family racket sports, indoor football fun, children's non-contact boxing, morning madness and bouncy castle. Full details of the activities, venues, costs and timings are available from TDC's centres and on TDC's website, www.tendringdc.gov.uk Information can also be found on Facebook under 'Tendring Leisure Centres'. Just click on 'Like' for updates.

MS Food And Craft Fair – Saturday 21 October, 10.00am till 14.30pm,

Venue: St James's Church Hall, Tower Road , Clacton on Sea

Food and Craft Fair in aid of the Clacton and District branch of the Multiple Sclerosis Society. Stalls include cakes, artisan breads, savouries, cards, handmade gifts, jewellery, textiles, collectables , perfumes, memorabilia, plus a prize Raffle, tombola stall, and much more. 50p entrance fee includes free cup of tea or coffee .

NEW! CHAPS Prostate cancer Screening - Friday 27 October, 9:30am - 3pm

Venue: Colvin Memorial Temple, 7 Holland Road, Clacton CO 15 6EG

Prostate tests are for men aged 40 plus and who are not already on treatment for a prostate condition. Prostate cancer screening is strongly recommended for black african and caribbean men and men with a family history or prostate cancer or breast cancer who are thus at considerably higher risk from prostate cancer. EARLY DETECTION SAVES LIVES! Free parking onsite, voluntary donations gratefully received.

Book your morning appointment online at www.chaps2.simplybook.me or contact trish.binks@chaps.uk.com 07734 747 854. Walk in appointments available between 1:30pm - 3pm.

Guide Running Taster Morning – Saturday 28 October, 9:30am – 12:30pm

Venue: Essex University, Colchester Campus, CO4 3SQ

British Blind Sport are supporting Tiptree Road Runners to deliver a guide running taster morning. This event is an introduction to guided running in a friendly, supportive environment with experienced guide runners and coaches. Suitable for all ability and fitness levels. Contact Gary Perryman to find out more or to book a place 07549 191221 garyperryman1@hotmail.co.uk

NEW! Halloween Fancy Dress Party and Disco - Saturday 28 October, 7pm onwards

Venue: Parkeston Railway Club

Tickets £3 adult, £1.50 child, £6 family (2 adults, 2 children) Fancy dress optional, all proceeds to Welfare park and Football Club. Tel: 07506 212 377 for details.

NEW! Citizenship and Civic Engagement Event - Tuesday 31 October, 1pm – 4pm

Venue: Imperial House, 20-22 Rosemary Road, Clacton CO15 1NZ

Do you feel disengaged and disconnected with the political system? What barriers are preventing you from being more involved, locally and nationally? Come to this event

organised by the UK Parliament Outreach and Engagement Service and let them know what you think. Your views will help shape the [House of Lords inquiry into citizenship and civic engagement](#).

The big issue

British society is changing. People have low levels of confidence in the political system. We now need to find new ways of building bridges within and between communities.

At the event, you will be asked:

- If you feel connected to the local community
- If you feel government listens to you
- How you could be supported to participate more in public life

How can you help?

Are you someone who feels disconnected and disengaged with the political system? If so, come to our event and help shape the inquiry.

The event is free to attend, but please book using the eventbrite page as places are limited.

<https://www.eventbrite.co.uk/e/citizenship-and-civic-engagement-event-tickets-38621468853>

Relaunching the Essex Alliance - Tuesday 31 October, 1.30pm to 4pm

Venue: The Archer Centre, East Street, Braintree, CM7 3JJ

Places are still available for the relaunch of the Essex Alliance which exists to raise the voice of the community sector and, by extension, the voice of the people of Essex. Join us as we relaunch the alliance and showcase the great things happening across our county. Share our successes, learn from each other, and understand more about just what is possible. The event is open to organisations across the whole of Essex so book your place now at <http://www.artofthepossiblefestival.com/events/braintree-area/relaunching-the-essex-alliance/>

NEW! Knife Crime Community Fund – CLOSING DATE: 31ST October 2017

A fund has been set up to support community projects which reduce knife crime and have a positive impact on young people at risk of carrying a knife and committing crime. The fund is open to voluntary and community sector groups and the Home Office has made £500,000 available in 2017 to 2018. They are inviting bids for funding for projects of up to £20,000 although they will consider bids for greater funding for projects with collaboration between partners.

Bids will be assessed on the extent to which they demonstrate:

- delivery of outcomes to stop knife crime
- a proven track record of delivering local interventions
- ability to work with children and young people
- value for money
- how they will work in partnership with other projects and services already being delivered in the local area

For more information, visit: <https://www.gov.uk/guidance/knife-crime-community-fund>

Stress Awareness day – Wednesday 1 November

Health In Mind will be hosting two free Stress Management Workshops in Tendring and Jaywick as part of Stress Awareness Day on Wednesday 1st November, 2017. There are also two sessions scheduled for Colchester. Further information plus registration details can be found on Eventbrite: www.stressawareness.eventbrite.com

NEW! Job Opportunity with The Children's Society – closing date: 3rd November

The Children's Society run local services that support children when they are at their most vulnerable and in desperate need of help. They currently have a job available on a 3 year fixed term contract for a Structured Intervention Service (SIS) Worker. The role sits within their children and families directorate, which works to provide immediate one-to-one and group support for children who urgently need support. The role will be to help maintain and

develop innovative practice to support their work in the Essex Area. They are currently looking for an experienced practitioner to their team. A key part of this role will be your ability to provide Drug & Alcohol interventions to young people identified as either using or vulnerable to using substances. The SIS Worker will be fully integrated into the Essex Treatment System requiring you to work closely with the All Age Recovery Coordination Service (AARCS) supporting the delivery of individual recovery plans. Training will be provided around drugs and alcohol. For more information visit: <https://careers.childrenssociety.org.uk/recruitment/vacancy/structured-intervention-service-worker-north-2609/2627/description/>

Fighting Rural Crime Event - Thursday 16 November, 1pm - 4pm

Venue: Stow Maries Great War Aerodrome, CM3 6RN

The event is arranged in partnership by Essex Police, Office of the Police Fire and Crime Commissioner and Essex Rural Partnership. There will be a number of information stands, which will include: Environment Agency, National Farmers Union, Essex Agricultural Society, Community Agents, Diocese of Chelmsford, Rural Community Council of Essex.

There will be a demonstration of the Essex Police Drones (weather permitting) and an opportunity to meet the new countywide Essex Police Gypsy Traveller and Rural Engagement Team, and to find out about how Essex Police will work to address issues in rural areas. Free admission. For queries, contact suzanne.harris@essexrcc.org.uk

NEW! Exciting Job Opportunities within CAVS

Essex Coordinators x 4

CAVS Children & Young People's Service (ECYPS) are currently recruiting for four roles within the new CAVS Children and Young People's Service (ECYPS). This new scheme aims to support children, young people, and their families in Essex. Please see the link to the website for more details. <http://www.castlepointavs.org.uk/home/vacancies.html>

NEW! Neighbourhood Watch News

The latest newsletter is available to download from the CVST website. The latest Burglary Dwelling Hot Spots in Tendring can also be downloaded.

<http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

NEW A chance to win £25,000 with the Essex Lottery

Buy your ticket for the exciting weekly Essex Lottery to be in with the chance to win a £25,000 jackpot. The lottery will support community projects across the county: raising money within the community, for the community. To win the £25,000 jackpot, all six numbers need to be matched in the same order. There's also a guaranteed prize raffle draw each week. Each ticket is unique and has an equal chance of winning, irrespective of the Game Numbers chosen. 50p of the £1 ticket price goes direct to the player's chosen cause; 10p in every pound goes to a central Essex Lottery fund to be distributed as small grants to a wide range of good cause projects.

Buy your lottery tickets now via the website or by calling 0300 302 32 32. Anybody buying a ticket for the first draw will also be entered into a draw for the chance to win an iPad.

<https://www.essexlottery.co.uk/>

NEW! Essex Community Messaging

- Essex Youth Offending Team are looking for community projects to help out with! In particular we are looking out for charities/voluntary organisations we can help do work in the office with ie. Charity goodie bags, putting these together, labelling envelopes, etc etc.

Also we would love to hear from any Christmas projects across Essex that may need our help! Please contact Karen Sinclair on 07921 912509 or

karen.sinclair@essex.gov.uk

- **WANTED** – Your unwanted latches, locks, bells, door handles, hinges, hooks and other bits and bobs! Essex Youth Offending Service are collecting good quality unwanted items for their Dementia project. Young people at the Youth Offending Service are making sensory latch boards which dementia patients in Essex Care homes can play with. The young people have made the wooden latch boards they just need the items such as locks and bells and hooks to put on the boards before we can send them out to the care homes! Contact Karen Sinclair on 07921 912509 or karen.sinclair@essex.gov.uk

NEW! Petition warns of rural GP shortage

The Rural Services Network is encouraging people to sign a petition, warning that GP practices in rural areas are struggling to recruit doctors. Launched on 19 September, the petition calls on the government to put general practitioners on the Home Office's "shortage occupation list". At 10,000 signatures, the government will respond to the petition. At 100,000 signatures, the petition will be considered for debate in Parliament.

Earlier this year, it emerged that a shortage of doctors meant patients in part of rural Lincolnshire must wait four weeks to see a GP. Other rural communities are also suffering from a shortage of doctors. Please sign the petition at the link here: <https://petition.parliament.uk/petitions/200523>

The petition will run until 19 March 2018.

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

FORTHCOMING EVENTS

Tuesday 31st October – Relaunch of the Essex Voluntary & Community Sector Alliance

Saturday 11th November – Victorian Christmas Market

Ring 01255 425692 or email admin@cvstendring.org.uk to book or for more information

Lisa Andrews
Deputy Chief Officer
CVS Tendring
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Have you seen our new short film yet? Click on the link below to watch it.



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