

CVST would like to wish all of our readers, members, supporters, funders, friends and colleagues a very Happy Christmas and all the very best for 2018!



Welcome to the CVST community e-bulletin for week commencing 18 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

NEW! The Twelve Days of Christmas Wellbeing

Clinicians at the North East Essex Clinical Commissioning Group (CCG) have launched an initiative aimed at highlighting ways people can stay safe and well in the lead up to Christmas. The Twelve Days of Christmas Wellbeing will feature video messages from health, fire safety and the voluntary sector which will be posted on social media and the CCG's website until 25 December.

Among the videos, there'll be messages about: stocking up on remedies to treat common ailments; how to access talking therapies services; using GP online to book appointments; staying warm over winter; looking after yourself during a night out (SOS Bus); being aware of fire safety (Essex Fire and Rescue Service); looking after long term conditions.

The guidance is also designed to help people access the right service for their needs and ease pressure on Colchester Hospital's A&E services during a historically busy time of the year.

As well as appearing on the North East Essex CCG website, the *Twelve Days of Christmas Wellbeing* will feature on their Facebook and Twitter channels.

NEW! Crime Prevention Advice

Over Christmas you may be lucky enough to receive some rather nice gifts. **What do you do with the packaging?** Leave it by the roadside for the recycling collection? What better advert to the thief of where to find some new things to steal. Where possible fold the boxes inside out, or tear the box up, or package it in something else, or take it to the recycling centre yourself. How many of us have thought about recording the serial numbers or property marking it? Be it a cycle, electrical goods, garden equipment or mobile phone it may have a serial number. You can record your serial numbers free or charge at <https://www.immobilise.com/index.php> and there are a number of property marking products available like indelible pens, SelectaDNA, SmartWater, CRE mark by CRE products to name but a few. With jewellery and antiques don't forget to take photographs of it. Some of these property marking products may also be suitable and you can now upload images to Immobilise too.

Mobile phone and personal music devices: Don't forget to make a note of the IME number of a mobile phone, to find it key in *#06#, with this if it's stolen you can block it. Many

TV's, mobile phones, computers and other electronics come pre-loaded with security and/or tracking software, make sure that it is activated. If you are storing valuable college work or other on that nice new laptop don't forget to back up your work elsewhere just in case you lose the laptop. You can download an "App" on mobile phones to find your phone and more importantly wipe that data stored on it, check your "App store" or mobile phone provider. When texting or talking on phones, or listening to music remain "in touch" with your surroundings, a number of road accidents, thefts and assaults occur when we fail to note what's going on around us, don't forget to pass this advice on to children.

If you would like further crime prevention advice "Do it Online": <https://www.essex.police.uk/advice/> or contact your local Crime Prevention Advisor by using the Police Non-Emergency Telephone Number of 101. Another good source of crime prevention advice is: <https://thecrimepreventionwebsite.com/>

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.cvstending.org.uk/support-for-groups/e-bulletin.html> or contact hazel.newton2@essex.gov.uk

NEW! Neighbourhood Watch Newsletter

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

NEW! Colchester and Ipswich Partnership - Engagement Survey

Colchester and Ipswich hospitals are merging to form a new NHS organisation and it is important that partners and supporters help shape the new organisation. Please complete the survey at <https://www.surveymonkey.co.uk/r/RB5LY32>

They would also be delighted to come and talk with you, your community or organisation. Please email hello@colchesteripswich.org and they will get in touch.

You can find out more about the merger and sign up for the newsletter at the website <http://www.colchesteripswich.org/publications/next-steps>

NEW! Survey about experiences of seeking housing advice

The Equality and Human Rights Commission are to review housing advice available for disabled people. The aim of the surveys are to find out peoples' experiences of seeking housing advice. The answers and information will be used to develop a toolkit of resources for housing advice.

Please help with either/both of two surveys; the first for disabled people and their families, and the second for representatives of groups or organisations for disabled people.

1. Survey for individuals, family members, carers and support workers: <https://www.surveymonkey.co.uk/r/SSCKN85>

2. Survey for representatives of groups or organisations: <https://www.surveymonkey.co.uk/r/SSRGN2V>

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! W.R.E.G. Women's Recovery Empowerment group for survivors of abuse

Any abuse is unacceptable. It is not until we are free that we realise how harmful our relationships were. Our aim is to give you back the power to reclaim yourself. Meeting weekly from Thursday 11th January 2018 9am to 11.30am at Clacton Coastal Community Centre, Pathfields Road Clacton on Sea, CO15 3JL. Tel 01255 420707. The group will be totally confidential and safeguarding rules will be adhered to at all times.

NEW! Extra eyes for road safety

The Safer Essex Roads Partnership (SERP) is encouraging road users to submit footage showing dangerous road user behaviour as part of a new campaign to make the region's roads safer for everyone. SERP has launched the 'Extra Eyes' campaign in a bid to reduce crashes – and ultimately save lives – on roads across Essex, Southend-on-Sea and Thurrock.

The Extra Eyes webpage provides a simple method for cyclists, motorcyclists and drivers to upload footage showing dangerous or illegal behaviour.

<https://saferessexroads.org/extraeyes/extra-eyes-what-next/>

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.

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](#)

NEW! Funding Opportunity – Grow Wild

The Royal Botanic Gardens at Kew have teamed up with Lemos&Crane to help community groups around the country transform their local spaces into beautiful, inspiring and colourful wild flower havens. You are eligible to apply if you are a voluntary, youth or community group, which is constituted, not-for-profit or charitable. In particular youth groups, secondary schools, parish, town and community councils, health authorities, health boards and prisons.

Apply for £2000-£4000 funding before January 15th 2018.

<https://www.lemosandcrane.co.uk/lemos&crane/index.php?id=237793>

NEW! GDPR Legal Update Event – Tuesday 16 January, 1pm

Essex CVS and Volunteer Essex have partnered with Russell Cooke Solicitors to offer voluntary and community organisations in Essex the opportunity to attend a legal briefing on the forthcoming changes to the law surrounding Data Protection. The General Data Protection Regulation will come into force in May 2018 and organisations are advised to update their existing policies and procedures to ensure they remain compliant. The forthcoming changes will affect all organisations that collect or use individuals' personal information. Russell-Cooke is recognised as one of the leading law firms advising charities in the UK and one of their Associate Solicitors Carla Whalen will be providing a half day seminar covering the changes and their impact for not for profit organisations, the legal bases for processing data, privacy notices and the rights of individuals.

The seminar will take place at Anglia Ruskin University on the 16th January 2018, 1pm. Places are £45 per person including light refreshments. Book online at <https://gdpr-update.eventbrite.co.uk>

NEW! Recent announcements on Universal Credit

Universal Credit replaces legacy payments with a single monthly payment – merging six benefits into one. It ensures people are better off in work by gradually reducing the benefit payment as earnings increase, so claimants will not lose all their benefits at once, as they would in the old system. As Universal Credit is rolled out, the system is constantly being improved. The recent announcements offer a balanced package of improvements which puts more money into claimants' hands earlier and addresses all of the issues claimants face at the beginning of their claim. Improvements include: Abolishing waiting days; Increasing advances; Support with housing costs; Alternative Payment Arrangements for Landlords; Housing support in Temporary Accommodation (TA); Providing budgeting help; Helping claimants progress in work.

For further information visit <https://www.gov.uk/government/news/more-detail-on-15-billion-package-of-support-for-universal-credit>

NEW! The Tampon Tax Fund

The Tampon Tax Fund allocates funds generated from the VAT on sanitary products to projects that improve the lives of disadvantaged women and girls. Applicants are invited to focus project activities on one of three, broad categories: General programme, Mental health and wellbeing and Violence against women and girls (VAWG)

Who can apply: Charitable, benevolent and philanthropic organisations from across the UK. Applications are particularly welcomed from organisations that support women and girls across multiple regions. The programme will not fund statutory services. However partnership applications with statutory organisations and voluntary organisations are welcome, provided the voluntary organisation is the lead applicant.

Maximum grant: Discretionary

Deadline: 28 January 2018

Visit the website for details <https://www.gov.uk/government/news/15m-of-new-tampon-tax-funding-for-womens-charities>

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 commenced on **Tuesday 28 November** and finishes 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! Challenge Dementia Prize

The Challenge Dementia Prize, worth £100,000, will be launched by Essex County Council in January 2018. The project will be looking for ambitious and innovative products, technologies and services that enable people living with Dementia to remain connected to the people and places around them and to maintain their identity. [Sign up](#) for more information or email essex.challengeprize@essex.gov.uk.

NEW! Patients with neurological long term conditions to have greater say in their health and wellbeing needs

Patients across Colchester and Tendring with neurological long term conditions will soon be able to have more say in the way their healthcare and wellbeing needs are met. Clinicians at the North East Essex Clinical Commissioning Group (CCG) have been working with NHS England to introduce Personal Health Budgets (PHBs) for people living with Multiple Sclerosis or Brain injury.

Under the scheme patients are given a personal budget which, with the support of their clinician or health team, they can then use to buy health and support services of their own choosing. This can include therapies, personal care or equipment to support patients to meet their personal health and wellbeing goals. Over the coming months, commissioners at the CCG will be working in partnership with local healthcare providers and the charitable and voluntary sector to determine the approach and criteria for PHBs. This is to ensure a more personalised service is available for local people. For more information on personal health budgets see <https://www.england.nhs.uk/personal-health-budgets/>

NEW! Online Counselling Service for ALL 11 - 25 year olds in Essex

Kooth, the new online counselling service for young people, recently commissioned across Essex. www.kooth.com is a free, confidential, safe and anonymous way for young people aged 11-26th birthday to ask for help from a team of highly qualified and experienced counsellors and support workers. This is a service that has been commissioned by Southend, Essex & Thurrock CCGs, for all young people who live in Southend, Essex & Thurrock to be able to access. Kooth.com is a well-established, award winning online counselling agency and is accredited by The British Association of Psychotherapy and Counselling (BACP). Founded in 2001, they are leading pioneers of online counselling in the UK, having won a number of prestigious awards.

It is a transformational lifeline that has successfully helped and continues to reach the very vulnerable, many of whom would never have access to face-to-face counselling.

KOOTH service includes:

- drop in chats with counsellors;
- booked 1:1 chats with a counsellor;
- themed message forums;
- secure web-based email;
- articles regarding mental health.

<https://xenzone.com/kooth/> for information about Kooth

<https://kooth.com/> for the site for young people

NEW! Health in Mind courses

'Wellbeing and Diabetes' course

The course will provide the opportunity for people living with diabetes to develop their knowledge, tools and skills. The aim is to help attendees manage physical and/or psychological wellbeing more effectively and to make positive changes.

'Wellbeing and Long Term Conditions' course

The course will provide the opportunity for people living with a long term physical condition to develop their knowledge, tools and skills. The aim is to help attendees manage physical and/or psychological wellbeing more effectively and to make positive changes. Carers of a person living with a long term physical condition are welcome to attend.

Information leaflets for both of these courses can be downloaded from the CVST website
<http://www.cvstending.org.uk/support-for-groups/e-bulletin.html>

NEW! Parkinson's UK rolls out first ever dedicated app and device library

Our Mobile Health and Parkinson's UK have teamed up to create a curated library of health and care apps and devices for people with Parkinson's. The app library is in response to an increasing demand for digital health solutions from people with the condition. People with Parkinson's can expect to find apps that track symptoms and help them to manage their condition within the library, which is expected to launch early next year, all of which have been rigorously assessed by independent experts and tested by users who also have Parkinson's. Parkinson's UK are setting up a user panel who will test and evaluate these new digital tools.

Our Mobile Health are actively looking for app or device developers to submit their products for assessment for this ground-breaking initiative. Organisations or developers who have an app or device that could help support people with Parkinson's can find out more by contacting Our Mobile Health via julie.bretland@ourmobilehealth.co.uk.

Anyone with Parkinson's of any age in any area of the UK can apply to be part of the user panel. People interested in joining should contact the charity or fill in the form at: <http://surveys.parkinsons.org.uk/s/technologypanel/>.

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.cvstending.org.uk/community-centre/view-our-venue.html>

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

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

Kind regards,
Samantha Wootton
Communications and Publicity Officer
Community Voluntary Services Tendring
01255 425692
sam.wootton@cvstending.org.uk
www.cvstending.org.uk

FORTHCOMING EVENTS

*Thursday 25 January 2018 – Community Network Breakfast
Wednesday 14 February 2018 - Tendring Voluntary Sector Forum
Wednesday 7 March 2018 – Tendring Trustee Network*



Community Voluntary Services Tendring is a Charitable Company Limited by Guarantee.
Registered in England 5325167. Registered Charity No. 1108177