

Welcome to the CVST community e-bulletin for week commencing 2 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
(EXCLUDING January)

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! Mad About Theatre Winter Workshop – Saturday 6 and Sunday 7 January

The Mad About Theatre Company are kicking off the new year with a youth workshop for young people from 5 to 18 years old. The workshop will focus on improvisation, learning theatre skills, building confidence and friendship circles. The company has worked in the area for the last 17 years and inspires young people to develop a range of life and stage skills, with their innovative productions and workshops, as well as raising funds for good causes. The workshop is always a great springboard to their April musical, an original production "Right Up Your Street" about the life and times of a community- the ups, downs and curve balls of life. The workshop will be held at Clacton County High School on 6th and 7th January 2017 from 10.30am to 4pm, with a show for family and friends at 3pm on the Saturday. The Mad About Theatre Youth workshops welcomes all abilities and ages and costs just £20 for the two days. Call 07709 315510 to book your place. The Mad About Theatre crew look forward to welcoming you!

NEW! Tendring Community Transport January Trips

The latest trip list can be downloaded from the CVST website. Trips include lunch at the "Court House" Great Bromley and tea stop, lunch at the "Gardeners Arms" Stutton and tea stop, Chelmsford town centre, Romford town centre, Colchester shopping trip with lunch at the "Dog and Pheasant" and lunch at the "Brantham Bull" and tea stop.

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

NEW! Reaching Communities - pause in applications

In England, the Big Lottery Fund are changing the application process for Reaching Communities. This is an important part of their ambition to make it easier for groups and communities to apply for National Lottery funding, and to help improve their ability to make the best funding decisions possible. In order to deliver this, they are implementing a temporary pause on the submission of Reaching Communities applications between Monday 15 January and Monday 2 April. This will enable them to train-up new team members and embed new ways of working before reopening the offer. All applications received before 15 January will be processed in the existing manner.

If your current grant is coming to an end soon and you are working on an application for continuation funding, or if you have any other questions, please contact the Big Advice team on 0345 4 10 20 30 or email general.enquiries@biglotteryfund.org.uk

NEW! News from Colchester and Ipswich hospitals

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 Name

Two trusts, one future - help us find our new name. We need to find a name for the new trust and would appreciate your help. Our choice is restricted by national NHS identity guidelines and there are currently two options being considered:

- Colchester and Ipswich NHS Foundation Trust
- East Suffolk and North Essex NHS Foundation Trust

This title will only be used for the over-arching trust and both sites remain Ipswich Hospital and Colchester General Hospital.

You can vote in the survey <https://www.surveymonkey.co.uk/r/ZNN3GQH>

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,

NEW! Alzheimer's Family Navigators

Help for people with dementia and their families. Get the practical and emotional support you need in Essex. The navigators can help you find the exactly what local support is best for you. They will listen to your needs and offer tailored information and advice and link you up with local professionals and services. To find out more contact essex@alzheimers.org.uk Tel: 01245 260911 www.alzheimers.org.uk

NEW! Neighbourhood Watch Advice

The two most common entry points for burglars are either the front door or from the back of your property here are some tips to help keep you from becoming a victim:-

- Most UPVC doors as with windows use a multi locking system, make sure you know how to use it. When inside pulling the handle up will engage all the locks but will only lock the centre lock. To lock them all in place you must use the key (if in doubt try it before the burglar does, and then he only needs a small screwdriver for force that centre lock on its own). **Fire Safety** you must have the key readily available in case of fire, but not in view of any windows or letterbox.
- Is there clear unobstructed access to the rear? Burglars will prefer to gain access out of sight at the rear. Where possible fence and gate access to rear (and lock that gate), top this with some trellis or spiky toppings (NB: the spiky topping requires a warning notice). Looking forward, how about some defensive planting, something like Berberus, Pyracantha or Hawthorn around perimeter fencing or anything else you wish to protect i.e. domestic fuel tank (some garden centres sell more established plants).

NEW! Smokefree Health Harms has launched

The Smokefree Health Harms campaign was recently launched with a new TV ad to encourage smokers to quit. The campaign provides free, proven support to help smokers quit! Read more at <https://www.nhs.uk/smokefree#kwzYe5FriTwAXJTg.99>

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.

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>

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! Charity Commission update - safeguarding and governance arrangements

The Charity Commission is alerting all charities to the importance of providing a safe and trusted environment for anyone who comes into contact with them, including staff and volunteers. The [new alert](#) follows a number of recent reports to the Commission of serious incidents involving concerns about the welfare of charity volunteers and beneficiaries, and media reports of safeguarding incidents in charities. The alert reminds charities that, if something goes wrong in a charity, trustees are accountable and responsible for putting things right. The Commission says trustees should therefore assure themselves that their safeguarding practices are robust.

It is specifically advising trustees to:

- review their charity's safeguarding governance and management arrangements and performance if they have not done so within the last 12 months.
- contact the Commission about safeguarding issues, or serious safeguarding incidents, complaints or allegations which have not previously been disclosed to the regulator or the appropriate authorities.

The Commission's recently revised safeguarding strategy makes clear that safeguarding should be a key governance priority for all charities, not just those working with groups traditionally considered at risk.

<https://www.gov.uk/government/publications/strategy-for-dealing-with-safeguarding-issues-in-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](#).

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.

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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