

**Welcome to the CVST community e-bulletin for week commencing 23 October 2017**  
**\*\*Funding opportunities \*\*\* Events \*\*\* Volunteering \*\*\* Advice \*\*\* Information\*\***  
**Please forward to your contacts!**

**Forthcoming events (for further information, see below or click 'reply' and ask for details)**

**Friday, 27<sup>th</sup> October – ECC Communities Strategy Event (limited places available)**

**Tuesday, 31<sup>st</sup> October – Relaunch of the Essex Alliance**

**Friday, 3<sup>rd</sup> November – Virtual Dementia Tour (FREE training limited places available)**

**Tuesday, 7<sup>th</sup> November – Voluntary Sector Workshop**

**Thursday, 16<sup>th</sup> November – Fighting Rural Crime Event**

**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)

**NEW! Sydney House Family Open Day - Tuesday 24th October, 11:00am-3:00pm**

Venue: Sydney House Family Hub, 61a Langham Drive, Clacton on Sea

Families with children of all ages welcome. Come along (no need to book) and join us for some autumn fun and a visit from our local fire brigade who will be bringing their engine along for you to explore! Activities available: Messy Play, Arts & Crafts, Den Building, Stories, Sensory Fun, Baby Corner, & lots more! Free Gifts and refreshments available!  
[Tel:01255 479386](tel:01255479386).

**Crossroads Tendring & Colchester AGM – 24 October, 7pm**

Crossroads Tendring & Colchester cordially invite you to join us for our AGM on the 24th October 2017. Time 6.45 for a 7.00 start. Held at the Tendring Stroke Specialist Hall, 85 Frinton Road, Holland on Sea. Guest speakers Stephanie Grant and Rodney Appleyard from Colchester Catalyst. Please call on 01255 860960 if you would like to attend.

**NEW! Macular Support Group – Wednesday 25 October, 1pm – 3pm**

**Venue:** Imperial House, 20-22 Rosemary Road, Clacton

Macular conditions can cause loss of central vision. The Macular Society support groups are there so that no one has to face macular disease alone. Groups offer support and help in understanding macular disease and coming to terms with sight loss. They often share information about obtaining treatment, other services and staying independent. The Clacton group meets on the 4th Wednesday of every month at Imperial House, Rosemary Road, Clacton, 1pm - 3pm.

**NEW! IntoUniversity Family Open Day – Wednesday 25 October 2pm – 5pm**

Venue: Imperial House, 20-22 Rosemary Road, Clacton on Sea

IntoUniversity are holding a family Open Day on Wednesday 25th October from 2pm - 5pm. This is an opportunity for young people and their families to visit the IntoUniversity centre, find out more about what IntoUniversity has to offer and also to take part in some exciting activities. There will be refreshments and a free raffle for all those who attend, as well as a cupcake decorating contest and a tower building challenge. There are lots of volunteering opportunities including one off roles and regular term time academic support. You can download further information about the volunteering opportunities from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

**NEW! Essex County Council Communities Strategy Event – Friday 27th October – 10.00am to 12 noon**

ECC will be holding an informal engagement session next Friday at County Hall. The purpose of the session is to work with Kirsty O'Callaghan, Head of Strengthening Communities at ECC to help to pull together their future approach to Communities – which they cannot do without our input as co-creators. This will inform their future strategy and thinking. There is only capacity for 35 people at the session so if you can attend, please can you confirm your attendance to [julie.nash@essex.gov.uk](mailto:julie.nash@essex.gov.uk) at your earliest convenience.

**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](http://www.chaps2.simplybook.me) or contact [trish.binks@chaps.uk.com](mailto:trish.binks@chaps.uk.com) 07734 747 854. Walk in appointments available between 1:30pm - 3pm.

**NEW! Mad Mystery Night – Saturday 28 October**

Venue: Sam's Hall, Imperial House, 20-22 Rosemary Road, Clacton

For a spooky Saturday Night treat- come along to the last mystery night of the year by the ever popular Mad About Theatre Company. This time Miss Pearl, helps a local business man to try and find clues to the unsolved mystery of his wife's disappearance. Events as always, take an unexpected turn and this leaves Miss Pearl with a few dilemmas that are very close to home. Come along on Saturday 28th October at Sam's Hall, doors open at 6.30pm, the action starts at 7pm- tickets available on the door or call 07709 315510. Tickets £5 adults children free.

**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](mailto:garyperryman1@hotmail.co.uk)

**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.

**Relaunch of the Essex Alliance – Tuesday 31st October – 1.30pm to 4.00pm**

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. This event will showcase the great things happening across the county and will provide an opportunity to share 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 if you would like to attend, please book your place at

<http://www.artofthepossiblefestival.com/events/braintree-area/relaunching-the-essex-alliance/>

**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>

### **Knife Crime Community Fund – CLOSING DATE: 31 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>

### **NEW! Virtual Dementia Tour – Friday 3 November, 9.30am, 12.15pm or 3.00pm**

**CVST, Imperial House, Rosemary Road, Clacton, CO15 1NZ**

A few FREE places are available on The Virtual Dementia Tour taking place at CVST next month. This is a unique interactive experience that provides an opportunity to experience life through the eyes of someone with dementia. If you would like to book a place, please contact [richard.perkins@cvstending.org.uk](mailto:richard.perkins@cvstending.org.uk) Sessions last for around 90 minutes and there are spaces available at 9.30am, 12.15pm or 3.00pm.

### **NEW! Voluntary Sector Workshop – Tuesday 7th November – 9.30am to 1.30pm**

**Venue: St Helena Hospice, Tendring Centre, Jackson Road, Clacton CO15 1EU**

North East Essex CGG is holding a workshop, the purpose of which is to give local organisations an overview on some early ideas relating to a new service model that is being developed to provide community services closer to people's homes. The model, known as hub and spoke, will see new and existing services delivered around a series of 'hubs' across Colchester and Tendring, each being linked to the other via primary and community care services in that area as spokes. It is envisaged that this model would support the delivery of localised and personalised care where possible, maintaining close geographical proximity to the patient's GP. The vast majority of primary care needs are managed within the GP environment, however when patients do require a specialist opinion or a diagnostic

test they are currently, on the whole, requested to make long and often multiple journeys to do so. This model will seek to address this by accommodating other healthcare specialists within the hub including mental health professionals, pharmacists and nursing practitioners. Therefore, the purpose of this workshop is to truly engage at a very early stage with local experts to get their perspectives and also embed lessons learnt from the different procurements that have happened elsewhere across the NHS. If you are able to attend, please confirm your attendance by email to [j.gusterson@nhs.net](mailto:j.gusterson@nhs.net)

### **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](mailto:suzanne.harris@essexrcc.org.uk)

### **NEW! Healthwatch Essex Annual General Meeting - Tuesday 21 November, 5.30pm to 7pm**

Venue: Oaklands Museum, Moulsham Street, Chelmsford, CM2 9AQ.

Chief Executive, David Sollis, will be giving an update, in which he will be making reference to a number of documents that are available to read in advance. Visit the website for more information <https://www.healthwatchessex.org.uk/news/annual-general-meeting-2/>

### **NEW! Essex Community Messaging**

Fraudsters claiming to be from HMRC Fraudsters are contacting the elderly and vulnerable claiming to be from HM Revenue & Customs. Victims are being told they have arrest warrants, outstanding debts or unpaid taxes in their name. The fraudsters are asking victims for cash or to purchase iTunes gift cards as payment. There are a variety of methods being used including calls, texts and voicemails. How to protect yourself: HMRC will never use texts to tell you about a tax rebate or penalty or ever ask for payment in this way. Telephone numbers and text messages can easily be spoofed. You should never trust the number you see on your telephones display. If you receive a suspicious cold call, end it immediately. <http://www.actionfraud.police.uk/news/alert-fraudsters-claiming-to-be-from-hmrc-jun17>

### **NEW! Can you help? DJ wanted**

InterAct need a fun & exciting DJ for their Christmas Party. It takes place on Friday 8th December 2017 from 6pm—9pm at Great Baddow Parish Hall, 19 Maldon Road, Great Baddow, Chelmsford, CM2 7DW. They would ideally like someone who can play all the party favourites and has lights, smoke, special effects or similar, if possible. Reasonable rates can be paid.

If you think you can help, please get in touch with Andrew Denny: Mobile 07976 781054 or email [andrew.denny@interact.org.uk](mailto:andrew.denny@interact.org.uk)

### **NEW! Neighbourhood Watch Newsletter**

The latest newsletter is available to download from the CVST website. The latest Burglary Dwelling Hot Spots in Tendring can also be downloaded, along with the National Neighbourhood Watch October newsletter.

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

### **NEW! Tackling Domestic Abuse Survey**

Tackling Domestic Abuse is a national priority for the Home Office, Police, Neighbourhood Watch and Crimestoppers. Neighbourhood Watch is working with Crimestoppers to raise

awareness about domestic abuse and what our supporters and volunteers can do to help prevent and report it. They would be grateful if you could spend **just 3 minutes** completing this survey, the results of which will help to signpost people to the right place to report their concerns. Your responses are **completely anonymous**. You can complete the survey by clicking on the link below.  
<https://www.surveymonkey.co.uk/r/NWN-DV-Survey>

### **NEW! Beware Of Council Tax Scams**

Residents across Tendring are being warned not to get caught out by Council Tax scams. A company has been actively calling people in the area and offering to get a reduction in bills – but at a cost. What residents need to be aware is that if they are entitled to a lower charge then they can take action themselves without having to pay a third party. Callers may well insist that residents are definitely in the wrong band and are owed back payments, when this is not true. They may also say that they are from the Council or VOA and ask for bank details so they can process a refund – and then take money from the account. For further advice on scams and how to avoid being caught out go to <http://www.tendringdc.gov.uk/council-tax/council-tax-and-business-rates-scams-be-aware>

### **NEW! Sexual Violence and Child Sexual Abuse: Dispelling the Myths**

A conference hosted by CARA (Centre for Action on Rape and Abuse) – **Sexual Violence and Child Sexual Abuse: Dispelling the Myths** will take place on **Tuesday 6<sup>th</sup> February 2018, 9am-4pm** at Firstsite Gallery, Colchester CO1 1JH. The conference aims to: increase understanding of sexual violence and child sexual abuse; challenge myths and misconceptions; help professionals to support victims and survivors.

Further information can be found on the poster available to download from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>  
You can register at [www.cara-conference.eventbrite.co.uk](http://www.cara-conference.eventbrite.co.uk)

### **NEW! Tips published for people with long term conditions on how to stay well over winter**

Clinicians across Colchester and Tendring have published some tips for local people living with long term conditions to stay well over winter. They relate to a range of conditions including chronic obstructive pulmonary disease (COPD), asthma, heart failure and diabetes and are available from North East Essex Clinical Commissioning Group's website. Dr Phil Brown, GP and Emergency Physician, helped developed them. He said: "Long term conditions can be exacerbated over winter and these simple easy to use sheets are designed to help people during what is widely predicted to be a very challenging winter period." Dr Brown added: "It is vital that anyone with a long term condition gets vaccinated against flu to protect themselves against this nasty condition and to ensure they know what to do if they do fall ill."

Copies of the sheets are available at <http://www.neessexccg.nhs.uk/staywellthiswinterneessex>

**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 31<sup>st</sup> October – Relaunch of the Essex Voluntary & Community Sector Alliance

Saturday 11<sup>th</sup> November – Victorian Christmas Market

Ring 01255 425692 or email [admin@cvstendring.org.uk](mailto:admin@cvstendring.org.uk) to book or for more information

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Have you seen our new short film yet? Click on the link below to watch it.



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