

Welcome to the CVST community e-bulletin for week commencing 29 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, 23 March 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! Join North East Essex CCG for the January Board meeting – Tuesday 30 January

The next Board meeting for the North East Essex Clinical Commissioning Group (CCG) will be held in public on Tuesday 30th January in Colchester. The public are welcome and encouraged to attend the meeting, which will take place in rooms Ash & Elm at Aspen House, Stephenson Road, Colchester CO4 9QR. The board will be discussing items including winter pressures, an urgent care overview with a 111 and out-of-hours procurement update, a report from the health forum committee and an update from the Essex health and wellbeing board. There will be 15 minutes dedicated to questions from the public.

There will also be updated items relating to quality and performance issues of health services commissioned by the CCG across Colchester and Tendring.

To view the full agenda and papers, please visit www.neessexccg.nhs.uk/ccg-board-meeting.

NEW! Networking Opportunities!

At last week's Community Network Breakfast, not only were the bacon baps and healthy optional fruit salads (donated by Tesco!) and Danish pastries (donated by ASDA!) extremely popular but so were the opportunities from our speakers! Did you know that Asda have a community champion who can assist charities to apply for a small grant to purchase their products, or apply for a slot to promote charitable causes or fundraise at their Clacton store or apply for their green token scheme? Contact: Adam Baird – Community Champion – [Tel: 07807 697448](tel:07807697448) or 01255 258498 Ext 222. Email: h0s00ha.s04501.uk@walmart.com

Fareshare explained how their scheme works with Tesco. Charities can register to collect unsold food direct from local stores for free! Please see item below for further details or contact Natasha.Dillow@fareshare.org.uk

If you missed the breakfast, do not despair! It is available to watch on our facebook page. Or better still, book onto our next networking opportunities:

The Voluntary Sector Forum (with pastries) is at 10am on Wednesday 14 February, book a place at https://www.eventbrite.co.uk/e/tendring-voluntary-sector-forum-tickets-42316018350?utm_term=eventurl_text

The next Community Network Breakfast is Thursday 12 April, at 8:45am, contact admin@cvstendring.org.uk to book your place. Feedback from last week included "Good information to disseminate to others" and "I intend to pass on information at our monthly coffee mornings and on our website."

NEW! FareShare

The [FareShare Go](#) project connects charities and community groups directly with a local Tesco store that has unsold food. Food can be used as snacks (coffee mornings, preschools), meals (community cafes, lunch clubs) and food parcels (whether formally as a foodbank or informally to those in need). The food you may receive includes bread and bakery items, fruit and veg, tinned and other grocery goods, and possibly chilled food (depending on the store).

How does it work?

1. The charity/organisation nominates one or more mornings per week that they are available to collect surplus food from their local store.
2. On the evening before, at **7:30pm**, they will be notified via text that their donation is available for collection.
3. The fresh surplus food will be packaged and available for collection from the store the following day from **7.00am-10.00am**. Organisations are not obliged to take everything that is available.
4. The food then needs to be taken back to the registered premises, rather than the staff member's house.

There is also the FareShare Membership project, which allows you to select the quantity and type of food you receive. You can find more information [here](#).

If you are interested in receiving food, please contact Natasha.dillow@fareshare.org.uk or 07950626588. You can also register your interest through the [website](#).

NEW! Brightlingsea Winterfest

It is an event that lasts the whole month this year. Winterfest is to raise awareness and funds to Mid and North Essex Mind. There is sure to be an activity or night out to suit everybody. Full details here <https://www.brightlingseawinterfest.co.uk/> everything is free (except the Jazz night).

Tendring Diabetes Group – Thursday 1 February, 10:30am

If you or someone you care for has diabetes and would like to learn more about the condition or would like to meet other people with diabetes, why not go along to the friendly Tendring Diabetes Group. Meetings take place at 10.30am on the first Thursday of every month and include a wide range of speakers and light refreshments. No need to book, just turn up.

<http://diabetesneeds.co.uk/our-services/getting-involved/tendring-forum/>

NEW! Prosecco and Pamper Evening – Saturday 3 February, 7pm

Venue: Weeley Village Hall

Weeley Residents Association are holding a Prosecco and Pamper Evening at Weeley Village Hall 7pm Saturday 3rd February. £5 to include a glass of Prosecco and nibbles. For further info please look at the Events page on their website www.essexinfo.net/weeley-residents-association

NEW! My Weight Matters in Harwich starts Monday 5 February, 11am – 12pm

Venue: Masonic Hall, Main Road, Harwich

A FREE weight loss programme for people who have a BMI greater than 25. It is a 12 week programme, run by ACE Lifestyles, which combines dietary advice and tips to help you gain control. There are structured weekly guides covering a range of topics, printable resources and an online food & activity diary. You don't need to register beforehand, you can just turn up on any Monday and join the programme at any time.

(To work out your BMI you can use the online calculator

<https://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx?Tag=>)

The session is held just before the Harwich Get Moving Walking Group which people are also welcome to attend. The group meets at 12.45pm – 1.30pm at the Harwich & Dovercourt Rugby club.

NEW! Valentines Barn Dance – Saturday 10 February

The Clacton Lions Club are hosting a Valentines Barn Dance to be held at St.Osyth village hall on 10th February. Dancing to the ever popular Jasper Ceilidh Band, suitable for all ages and abilities. Doors open at 7.00pm. The fun starts at 7.30pm. Refreshments available, bring your own nibbles. Tickets £5.00. Tickets available from Brian Birt (carpets) in the High Street, or reserved on 07580764780. Join them for a great social night out.

Tendring Voluntary Sector Forum - Wednesday 14 February, 10am – 12noon

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

Guest Speaker: Nicole Smith NEE Clinical Commissioning Group - 111 Procurement

The Voluntary Sector Forum is open to all organisations who want to find out about funding opportunities, grants or training. Come along and meet the experts! Book your place online at

<https://www.eventbrite.com/e/tendring-voluntary-sector-forum-tickets-42316018350>

NEW! Improved Better Care Fund (iBCF)

The fund has given Tendring an opportunity to recognise the unique and important role that all our partners have in meeting the diverse needs of our communities. This is an exciting opportunity for organisations or collaborations of organisations to apply for a grant to test out ideas, concepts and projects which promote self-care and prevention within the Tendring area. The panel is encouraging partners to consider working together to tackle these issues.

The maximum grant award per project is £20,000. The main outcomes that Essex County Council and North East Essex CCG are hoping to achieve through the bids are:-

- 1. Reduce delayed transfers of care within acute, community and mental health services**
- 2. Reduce the number of attendances and admissions through A&E**
- 3. Reduce reliability on social care particularly in residential care settings**

Key Dates

Wednesday 14 February 2018 - One to one application support (appointments only)

Friday 23 February 2018 5pm - Application deadline

Monday 26 March 2018 - Successful applicants will be notified

To request an application form or to book an application support session please contact Karen Tedder-Ward, Sector Sustainability Officer, CVS Tendring, Imperial House 20-22 Rosemary Road, Clacton on Sea, CO15 1NZ, Tel: 01255 425692

Email: admin@cvstendring.org.uk

The application form and guidance can be downloaded from the CVST website

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

Stay Well This Winter

This winter the NEECCG are encouraging residents in Colchester and Tendring to stay well by getting their flu vaccines and taking appropriate measures to stay healthy, such as eating well, keeping warm and looking out for each other. There is lots of good advice about staying well and what to do if you feel unwell, as well as links to leaflets that you can download to give to your clients and service users.

<http://www.neessexccg.nhs.uk/staywellthiswinterneessex> **The CVST Winter Warmth Project is also available to vulnerable Tendring residents who may qualify to receive FREE warm clothing or home items to help keep out the cold.** Contact us for details or visit <http://www.cvstendring.org.uk/our-services/warmer-homes-project.html>

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**.

NEW! Community Network Speed Dating events

Les Nicoll, Community Builder for Essex County Fire and Rescue Service, has organised 3 Community Network Speed Dating events. These are a fun way of networking and collecting contacts for your organisation as well as raising your groups profile within your chosen areas. The events take place on the following dates:

Tendring: 19 Feb Clacton, fire station

Colchester: 26 Feb, Tesco Hythe Colchester

Mid Essex: 13 March, Fire service HQ

You can download further information about these events from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

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! Dementia Action Alliance Breakfast Event - Monday 26 February, 8:45am—10:30am

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

Cost: £5 Booking is essential for catering purposes. Programme will include Introduction, A personal story - "My dementia experience", Short film, How to communicate with people who have dementia, How to sign up to the DAA online, and information about the Asda Slow Shop.

To book for this event contact us at admin@cvstendring.org.uk

Hate Crime Ambassador training – Monday 5 March

FREE training is being offered for Hate Crime Ambassadors for the Clacton and Tendring area on the 5th March at 22 Rosemary Rd, Clacton-on-Sea CO15 1NZ:

Hate Crime Ambassadors are community members who raise hate crime awareness and promote reporting of hate incidents and crime. Hate Crime Ambassadors complete a half day **accredited** training session run by Essex Police and Victim Support to equip themselves with the knowledge and information to recognise a hate incident or hate crime, take an effective report, and provide advice for victims and ensure they get access to support.

Organisations that want staff to be trained or that want to host a Hate Incident Reporting Centre, as well as community members with an interest in tackling hate crime are asked to contact Neil Monk, Hate Crime Co-ordinator at Victim Support on neil.monk@victimsupport.org.uk to organise attendance to the training.

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.

NEW! PLEASE NOTE: The organisers are happy to accept a contribution toward the event if the full price is deemed unaffordable – please contact AFiUK direct.

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

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

NEW! Challenge Dementia prize opens to applications

On 19 January Essex County Council launched Challenge Dementia - a national search for next generation products, technologies and services that could transform the way people live with dementia across the UK, helping them to remain connected to the people and places around them.

The £150,000 Challenge Dementia prize is open to individuals, groups, organisations or partnerships. They could be close to the problem and its impact, or be seeking to bring a completely new and different perspective to the challenge.

Find out more about the prize and how to get involved <http://challenge-prizes.essex.gov.uk/challenge-dementia/>

NEW! Training opportunity for organisations working in North East Essex with children and families

In conjunction with the ESCB (Essex Safeguarding Children Board) our North East Essex Stay Safe group are delivering a safeguarding conference designed to bring together those working with children and families in North East Essex. The event will be a mixture of speakers and practical workshops to bring you up to date with key themes for safeguarding in 2018.

The event aims to provide an interactive opportunity for colleagues -

- To go away with practical resources to support their work with children and families
- To hear about key projects and new developments that aid early intervention to reduce risks
- To be informed of impact achieved through partnership working
- To have an opportunity to inform priorities going forward

There are 2 events running, the content will be the same at both events

Colchester, 9.30am-3.00pm, 6 March 2018 please click this link to book your place <http://surveys.essexinsight.org.uk/TakeSurvey.aspx?SurveyID=SSeventNEE060318>

Clacton, 9.30am-3.00pm, 21 March 2018 please click this link to book your place <http://surveys.essexinsight.org.uk/TakeSurvey.aspx?SurveyID=SSeventNEE210318>

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:

Brightlingsea Driver for Helping Hands:

<https://www.volunteersex.org/opportunities/driver-in-brightlingsea-with-own-vehicle-8962>

Clacton Lunch Club Helpers:

<https://www.volunteersex.org/opportunities/lunch-club-helpers-9874>

Please share with friends, family, neighbours and colleagues.

NEW! General Data Protection Regulation (GDPR)

According to a survey carried out by the Department for Digital, Culture Media and Sport, only 44% of charities have heard of the General Data Protection Regulation (GDPR). This is a new law which comes into force on 25 May 2018 and affects how charities can process data. It is likely to affect all organisations, but is particularly relevant to fundraising charities. The Information Commissioner's Office, who will be responsible for enforcing the legislation, has some useful advice on its website here: <http://bit.ly/ICO12steps>
In addition, the Charity Finance Group has produced a comprehensive guide to GDP which can be found on our website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

NEW! Neighbourhood Watch News

The latest neighbourhood watch newsletter can be downloaded from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html> This issue includes advice on installing CCTV equipment on your property, get safe online and signal blockers to prevent car thefts.

Adult Cycle training

If you're new to cycling or just want to improve your road skills, you can book a private training session with an instructor. Sessions can be tailored to any level of experience and best of all, you can get them for just £10. Visit <https://saferessexroads.org/road-users/cycling/>

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.

NEW! Charity Commission Update - Charity property matters survey

The [Ethical Property Foundation](#) is a UK charity which offers voluntary organisations free property guidance, advice and workshops. It offers a wide range of expert advice on legal issues and premises management working with property professionals.

The Foundation has just launched its bi-annual [Charity Property Matters Survey 2018](#) which takes around 10 minutes to complete. This is the only sector-led property survey about charities' property issues. You'll need a good understanding of your charity's current property position and any questions about the survey can be emailed to policy@cfg.org.uk

The Charity Commission has been a partner in this research since 2012 and they urge charities to take part.

NEW! Tendring Community Safety Partnership

The Tendring Community Safety Partnership has a New Logo and a brand new website. to make finding information / advice and guidance easy, so by just clicking through from the home screen you are able to access what you are looking for.

<http://www.safercommunitiestendring.co.uk/>

NEW! Add your voice to the Charity Digital Skills Report

As follow-up to the 2017 Charity Digital Skills Report, Skills Platform and partners are looking to analyse the latest trends and report on improvements made in the sector. You can share your views by taking part in the 2018 survey. The survey should take no more than 5-10 minutes to complete.

<https://www.skillsplatform.org/content/charity-digital-skills-report>

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
Communications and Publicity Officer
Community Voluntary Services Tendring
01255 425692
sam.wootton@cvstendring.org.uk
www.cvstendring.org.uk

FORTHCOMING EVENTS

Wednesday 14 February 2018 - Tendring Voluntary Sector Forum

Wednesday 7 March 2018 – Tendring Trustee Network



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