

Welcome to the CVST community e-bulletin for week commencing 30 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

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

Voluntary Sector Forum – Wednesday 11 October, 10am

Walking Groups – most days, various locations (see [CVST website](#) for details)

LAST CHANCE TO BOOK! Relaunch of the Essex Alliance – Tuesday 31st October – 1.30pm to 4.00pm

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

This is the last chance to book your place at 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 NOW 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>

NEW! Stress Awareness Day – Wednesday 1 November

This Wednesday is National Stress Awareness Day so take a few minutes to read through the International Stress Management Association's (ISMA) top 10 tips to reduce stress at <http://isma.org.uk/images/events/nsad-2016/nsad-top-ten-tips-2016.pdf>. Stress is your body's way of responding to any kind of demand or threat. When you feel threatened, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol, which rouse the body for emergency action. There are lots of way to cope with stress and the issues caused by it. Read ISMA's top 10 tips by following the above link or visit the NHS website

<https://www.nhs.uk/conditions/stress-anxiety-depression/pages/understanding-stress.aspx>

NEW! Tendring Diabetes Group – Thursday 2 November, 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/>

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@cvstendring.org.uk Sessions last for around 90 minutes and there are spaces available at 9.30am, 12.15pm or 3.00pm.

NEW! Quiz Night in aid of Clacton British Legion – Monday 6 November, 7:30pm start

Venue: Golf Green Hall,

6 people to a team maximum. Entry is £2.50 per person, all welcome. Donations of raffle prize would be appreciated on the night.

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

NEW! Phone-In Funding Surgery: Community Safety - 8 November

Are you a voluntary organisation which is working to make your community safer and do you need funding? If so, Essex Community Foundation (ECF) will be holding a Phone-in Funding Surgery to help you identify if there are grants available to support your work and talk you through the process of making an application. This phone-in event will be held on Wednesday 8 November between 10am to 12 noon. ECF grant officers will be on hand to discuss your funding options. Please call them, on the day, on 01245 356018. There is no need to book a slot. If you cannot get through, please leave a voicemail with your name, what organisation you are calling from and your phone number. Your call will be returned as soon as possible.

ECF is an independent charitable trust improving the quality of life of people in Essex, Southend and Thurrock by investing and distributing funds on behalf of a wide range of donors. Since 1996, the Foundation has awarded over 7000 grants to support a variety of voluntary organisations and projects. More information can be found on www.essexcommunityfoundation.org.uk.

NEW! Relaxation, Mindfulness and Meditation Classes

Venue: Walton Community Centre, Standley Road, Walton on the Naze. CO1 48PT

Quieten your mind. Relax your body. Learn to manage Anxiety and Stress.

Tuesday afternoons: 14th & 28th November, 1.15-2.30pm

Thursday evenings: 9th & 23rd November, 7-8.15pm

Classes cost £6.50 each. Booking is required. Please contact Nicola 07885 758 196

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

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.healthwatchesessex.org.uk/news/annual-general-meeting-2/>

NEW! Toe-Nail Cutting Service – Thursday 23 November – appointment only

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

Age UK Essex Toe-Nail Cutting Service will be available to cut toe-nails for people who can no longer cut their own. There is a £15 charge for the service. Other venues and dates are available. Please telephone 01245 423333 for an appointment.

NEW! Job Vacancies

Alzheimer's Society are now recruiting for additional staff. The adverts for the roles have now been placed on the Society's website – you can view them here:

- [Dementia Friendly Community Coordinator](#) (Essex)
- [Dementia Support Worker](#) (NE Essex)
- [Dementia Support Manager](#) (NE & West Essex)
- [Dementia Support Worker](#) (Mid Essex)

NEW! Consultation regarding a possible Tending Lottery

Tending District Council is considering introducing a new lottery to allow local charities and good causes to raise funds for themselves. It is likely to operate in a very similar way to the Essex County Council lottery which has recently launched but will be focussed completely on those charities and good causes in the Tending area. Any organisation can join the lottery and raise funds as long as they meet certain criteria and there will be no cost for any organisation that joins the lottery other than perhaps a little time spent publicising how people can play. Tending District Council will not keep any of the funds raised for itself. TDC want to ensure that no small local charities or good causes would be disadvantaged by the introduction of such a lottery and so they would request that you answer a very short questionnaire that should take no more than a couple of minutes to complete.

Closing date for completion of the survey is 30th November 2017.

<https://www.surveymonkey.co.uk/r/G3J3CGG>

NEW! Tendring Community Transport Trips

The list of November trips can be downloaded from the CVST website. They include a day out in Norwich (market day), Saffron Walden (market day), lunch at the “Douglas Bader” Martlesham and tea at the Waitrose café Ipswich, lunch at the “Carriers Arms” East Bergholt and tea stop and Christmas Fair at Stonham Barns Stowmarket.

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

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! Charity Commission Guidance Update

The “Protect your charity from fraud” guidance has recently been updated to help you protect your charity against fraud. Fraud is a serious problem that you can’t afford to ignore. Charities can, and should do more, to be fraud-aware. Charity trustees have a duty to manage their charity’s resources responsibly and ensure that funds are protected, applied and accounted for. It’s essential that trustees put in place suitable counter-fraud measures – even small changes can help protect charities from harm. You can view the guidance, download policy templates, and find links to other anti-fraud sites and advice on the website

<https://www.gov.uk/guidance/protect-your-charity-from-fraud>

NEW! Love Productions - Documentary TV Series in Essex

How well do you know the people and families who live around you? There is an Exciting new TV series looking for people to take part. Multi award winning Love Productions, makers of The Great British Bake Off, are looking for a mix of households in one neighbourhood to appear in a unique and exciting new series, filmed at home for a major UK broadcaster. To find out more with obligation, get in touch. E neighbours@loveproductions.co.uk T: 020 7067 4820 M: 07399 766 752 and ask for one of the Neighbours team.

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!

Friday 3 November – Annual Trustee & Senior Officers Dinner

Saturday 11 November – Victorian Christmas Market

Wednesday 15th November – Police IAG



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