

**Welcome to the CVST community e-bulletin for week commencing 5 February 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** – 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

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

**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

**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).

**NEW! Severe Winter Weather and Winter Warmth Plus**

There is a 60% probability of severe cold weather/icy conditions/heavy snow between 1500 on Friday 02 Feb and 1500 on Tuesday 06 Feb in the East of England. This weather could increase the health risks to vulnerable people. You can download the cold weather alert from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

**NEW!** CVST is providing information, advice and practical items to distribute to the most vulnerable residents in the Tendring District. The items include hats, scarfs, gloves, thermals, hot water bottles and oil filled radiators where residents have no heating. Discretionary fuel bill payments can be made directly to fuel provider and lunch club vouchers may also be given to those who need a hot meal. Contact CVST for details 01255 425 692 [admin@cvstendring.org.uk](mailto:admin@cvstendring.org.uk)

**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.

**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.

**NEW! Talent Match - Tuesday 13 February, 9:00am to 11:30am**

Venue: Colne Room, Hythe Community Centre, 1 Ventura Drive, Colchester, Essex, CO1 2FG Please join The Princes Trust for a morning and hear about the plans for the final year of Talent Match whilst networking with other local organisations!

Please RSVP by Tuesday February 6th: Sophie Sheppard – Mobile: 07483 951 510

Email: [sophie.sheppard@princes-trust.org.uk](mailto:sophie.sheppard@princes-trust.org.uk)

Download an information sheet about Talent Match from the CVST website

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

**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! Local Health Matters Meetings**

**Tendring - Wednesday 14th February 2018 – 2pm to 4pm**

The Council Chamber, Tendring District Council Offices, Thorpe Road, Weeley, Essex, CO16 9AJ

**Colchester - Wednesday 28th February 2018 – 2pm to 4pm**

RCCG Stillwaters Centre, House Heath Business Park, Whitehall Road, Colchester, CO2 8GU

Please note that the minutes for the January 2018 Local Health Matters meetings are available on the North East Essex Clinical Commissioning Group's website under the Health Forum section of the Library; <http://www.neessexccg.nhs.uk/library>

**NEW! Valentine's Afternoon Tea - Friday 16 February, 2pm - 4pm**

Venue: Beaumont House, Arthur Ransome Way, Walton-on-the-Naze, CO14 8FA

Everyone is welcome to come and enjoy an afternoon filled with cakes, prosecco, music and entertainment. Guests please RSVP to: [info@seasonhomes.co.uk](mailto:info@seasonhomes.co.uk) Tel: 0300 123 7294

**NEW! New Group Starts Monday 19th February 2018**

Venue: Walton Community Centre, Standley Road, Walton on the Naze, Essex, C014 8PT

“All Around The Board” is a social group for playing a range of board and card games. Meets every Monday morning from 10.00 -11.30, only £1.00 includes Tea / coffee and a warm welcome.

**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](mailto: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>

### **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](mailto:entry@quizline.org.uk).

### **NEW! Charity Quiz Night - Friday 23 February, Doors open 6:30pm**

Venue: Walton Community Centre, Standley Road, Walton on the Naze

Teams of up to 6 people, entry fee £7.50 per person, bring your own drink. Ploughmans Supper 7pm - 8pm. Raffle with all proceeds to improve the facilities at the Community Centre.

Tel: 01255 850600 for tickets.

### **NEW! Healthwatch Vacancies**

Would you like to work for Healthwatch? They're currently recruiting for a [Marketing Communications Lead](#) and [Marketing and Insight Officer](#). Closing date for applications for both roles is **Friday 23rd February 2018**.

### **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](mailto:admin@cvstendring.org.uk)

### **NEW! Community Heroes**

Roger Hirst, the Police, Fire and Crime Commissioner for Essex wants to hear about your community heroes – people from across Essex who make an 'Outstanding Contribution to Community Safety'.

Do you know somebody in your community who goes the extra mile to support vulnerable people, prevent crime and make their communities safer? If so then why not nominate them for the award. The process is simple to complete, and winners will be recognised at the PFCC Annual Conference on Thursday, March 15th March 2018 which is being held at Boreham House in Chelmsford. The winner will receive £500 to go towards their work in the community and two highly commended winners will also receive £300. There will also be a chance for the people of Essex to vote for the winner of a People's Choice category from a shortlist of entrants selected by a judging panel. The People's Choice winner will receive £100.

To win an award, you have to demonstrate that the nominee is an exceptional person or group that have gone above and beyond to keep their community safe. They also have to have delivered a project or scheme that has improved the safety of those around them. Nominees can be volunteers or those who work in a professional capacity, delivering a service to the public to keep people safe, prevent crime and protect the most vulnerable people in our communities.

**The deadline for nominations is 12 noon on Monday, February 26th.**

Nominations are open to individuals and teams from across the statutory, community, voluntary and business sectors, where an outstanding contribution has been made to improve community safety, prevent crime or protect vulnerable people. Nominations can be submitted by anyone who has benefitted from or witnessed the efforts of the nominees and their work, including managers, colleagues, or members of the public.

The nomination form is simple to complete, and is attached and can be downloaded from the PFCC website here: <http://www.essex.pfcc.police.uk/news/police-fire-crime-commissioner-essex-looking-community-heroes/>

Nominations must be made on the form and sent via email to [pfcc@essex.pnn.police.uk](mailto:pfcc@essex.pnn.police.uk) with "PFCC Award" in the subject line.

**NEW! Jaywick Forum Meeting - Wednesday 28 February, 10am**

Venue: Resource Centre

All welcome. For further information please contact Gill on [forum-jaywick@sky.com](mailto:forum-jaywick@sky.com) or 01255 221049

**NEW! Act F.A.S.T. Stoke Campaign**

Acting FAST as soon as you see any single sign of a stroke not only save lives but potentially limit any long-term effects. The faster you act the better their chances.

The **FAST** acronym is a simple test to help people identify stroke symptoms:

**Face** – has their face fallen on one side? Can they smile?

**Arms** – can they raise both arms and keep them there?

**Speech** – is their speech slurred?

**Time** to call 999 if you see any one of these signs

Other stroke symptoms people should be aware of include:

- Sudden loss of vision or blurred vision in one or both eyes
- Sudden weakness or numbness on one side of the body
- Sudden memory loss or confusion
- Sudden dizziness, unsteadiness or a sudden fall, especially with any of the other symptoms

Stroke is a medical emergency. The public is being urged to take the above symptoms seriously and call 999 without delay if they notice any one of them in themselves or others, even if they are unsure.

You can download and print an information leaflet from the CVST website to keep as a handy reminder <http://www.cvstending.org.uk/support-for-groups/e-bulletin.html>

**NEW! Energy Best Deal workshops - every Monday in March at 2pm - 3pm**

Venue: 18 Carnarvon Road, Clacton, CO15 6QF

These workshops include tips and advice on changing energy suppliers and information on energy saving in the home. Please call Citizens Advice Tendring 01255 377080 ext 111 to book a place as these are number limited.

**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](mailto: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! Tendring Older People's Forum**

Did you miss the latest meeting of the Tendring Older People's Forum? If so, then you missed a couple of great speakers from the Clinical Commissioning Group and Essex County Council. Nicole Smith from the CCG spoke about the new 111/Urgent Care procurement (which you can hear again at the Voluntary Sector Forum next week) and Simon Williams from EEC spoke about how technology can enable people to remain independent in their own homes for longer. If you feel you would like to find out more about this in your own organisation or group, Simon would be happy to come along to any meetings or events or work with you on anything that Technology Enabled Care may be able to support. Simon can be contacted by email: [simon.williams@essex.gov.uk](mailto:simon.williams@essex.gov.uk)

The next TOPF meeting will be held on Friday, 23<sup>rd</sup> March at Weeley Council Offices at 10am and our guest speaker will be Councillor John Spence, Essex County Council Cabinet Member for Health and Social Care.

### **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! – 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:

**Befriender for One Housing Group:**

<https://www.volunteersex.org/opportunities/befriender-8876>

### **Driver in Clacton with own vehicle for Helping Hands:**

<https://www.volunteeressex.org/opportunities/driver-with-own-transport-clacton-on-sea-helping-hands-7153>

Please share with friends, family, neighbours and colleagues.

### **NEW! Volunteer with MS-UK at the Colchester Half Marathon this year - Sunday 25 March**

Now in its eighth year, the Colchester half marathon sees thousands of runners come together to support local charities. You could be part of this brilliant day by being a volunteer with MS-UK and help make it happen! Call Catherine on 01206 226 500 or email [catherinev@ms-uk.org](mailto:catherinev@ms-uk.org) Download a flyer from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

### **NEW! Free resource for charities, social enterprises and community organisations**

Mergers, prioritising, cross-sector working, core funding... These areas and more are all explored in a [free new website](#) for CEOs and trustees, published by the Institute for Voluntary Action Research (IVAR). The resource is designed to make useful and usable insights quick to find and digest. By sharing findings developed over 17 years of close collaboration with the voluntary, public and funding sectors, IVAR is aiming to help leaders make informed, confident decisions about the future. [View the new website now.](#)

Source: NAVCA Lynx 505

### **NEW! Jaywick Sands Law Clinic - Free Legal Advice For Families**

Has your relationship broken down? Problems with access to your children? Threatened with eviction or dismissal from work? The Jaywick Law Clinic offers legal advice on a wide variety issues affecting families, such as divorce, access to children, consumer disputes housing, and employment, housing and benefit problems. All advice is given by University of Essex law students in strictest confidence under the supervision of a qualified solicitor.

Appointment only - NO DROP-INS – contact: Gill Elkins on 01255 221049 (9am-4pm)

Organised by Jaywick Sands Law Clinic in collaboration with the Essex Law Clinic.

### **NEW! The Essex Crowd**

Got an idea in mind to improve your local area? Will it bring people together? If your answer is yes to both, then read on...

Essex has a new way to offer funding support to local projects - [the Essex Crowd](#) is a crowdfunding movement for you to share your ideas within your local community, amongst your friends or neighbours, or even with local businesses and other interested parties.

Through the Essex Crowd we want to support as many of your ideas as possible, so once your campaign is live, share widely to gain community backing – pledges start from as little as £2 – and your idea will be in line for a pledge of up to £5,000 from Essex County Council.

This is not a regular grants programme so to help you on your way to getting your project onto the Essex Crowd, we are running a workshop. Join us for this interactive workshop and you will:

- Learn how to define your project idea
- Get tips for presenting your project page clearly
- Start creating your campaign plan
- Discover how to identify potential backers
- Get advice on marketing and communicating your project
- Receive a free guide to running a successful campaign

Whether your project is big or small, this is your chance to make a real difference in your local area. [Learn more about The Essex Crowd here.](#)

**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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[www.cvstendring.org.uk](http://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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