

Welcome to the CVST community e-bulletin for week commencing 6 November 2017

****Funding opportunities *** Events *** Volunteering *** Advice *** Information****

Please forward to your contacts!

Forthcoming events (for further information, click 'reply' and ask for details)

Victorian Christmas Market – THIS SATURDAY! 11th November – SEE BELOW!

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)

NEW! We need your votes

Our inspirational HILL Project film has been entered into the Charity Film Awards. Please vote for our film on the Charity Film Awards website. Public voting is open until 15th December. <https://www.charityfilmawards.com/videos/the-hill-project> Thank you!

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.

TOMORROW! Voluntary Sector Workshop – Tuesday 7th November – 9.30am to 1.30pm

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

Don't miss out on the North East Essex CGG Voluntary Sector workshop tomorrow. If you haven't already booked your place – please book NOW! The purpose of the workshop 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

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! Victorian Christmas Market – This Saturday, 11 November 9.30am to 3.00pm

Stars of the Princes Theatre's Christmas Pantomime will be joining local charities to help raise thousands of pounds at CVST's ever popular Victorian Christmas Market with an international flavour from town twinnings from France, Germany and Poland. Check out and share the event on our [Facebook page](#) and come along to bag yourself a bargain! Entry is £1 for adults and free for children. Guest appearances on stage from Alton Park School Choir and Holland Park School Choir and Cast of Beauty and the Beast with Dan Osborne from TOWIE.

NEW! Remembrance Sunday parade and service - Sunday 12 November

A parade – led by Colchester Scout Band - will head off from Clacton Town Hall at 10.25am and the salute will be taken by Cllr Platt and other dignitaries. It will march to the seafront gardens for the service at 11am.

Deputy Parade Marshal Paul Cave will be taking charge this year in the absence of Parade Marshal Jamie Robinson who is taking part in the Remembrance Day Parade in London. Rev David Lower of St Paul's Church, Clacton, will lead the service.

NEW! Self Care Week – 13th to 19th November

This year's Self Care Week runs between 13 and 19 November and the North East Essex Clinical Commissioning Group will be having stands at the following locations:

- Morrisons Harwich – Monday 13 November, 11am – 1pm
- Colchester Library – Monday 13 November, 2pm – 4pm
- Aldi Stanway – Tuesday 14 November, 10am – 12pm
- Aldi Cowdray Avenue – Tuesday 14 November, 1pm – 3pm
- Asda Harwich – Wednesday 15 November 10am – 12pm
- Tesco Clacton – Thursday 16 November 10am – 12pm
- Colchester Hospital – Friday 17 November 12pm – 2pm

NEW! Free Family Law Advice - Next Session: Wednesday 15 November, 10.30am - 12:30pm

Has your relationship broken down? Problems with access to your children? Are you suffering domestic violence? If you need help and advice about a family law matter, our volunteer solicitors offer a FREE half hour of face-to-face advice at: Hemington House, 51-53 Broadway, Jaywick Sands, CO15 2EX. Appointment only - NO DROP-INS – contact: Gill Elkins on 01255 221049 (9am-4pm) or email sarah.calder@lawworks.org.uk or contact your Barnardo's Family Support Worker.

NEW! Tendring Police Independent Advisory Group - Wednesday 15 November

Tendring Police Independent Advisory Group is meeting on the evening of Wednesday 15 November. It will include a presentation on Custody procedure and a PREVENT briefing. We would particularly welcome members from minority groups. To book contact CVST 01255 425692 or email admin@cvstendring.org.uk

NEW! improved Better Care Fund (iBCF)

Do you want to help make a difference to health and social care in our area? The improved Better Care Fund (iBCF) has given North East Essex 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 teams, organisations, collaborations of individuals and organisations and a combination of all of the above to apply for a grant to test out ideas, concepts and projects which promote self-care and prevention within North East Essex, to cover the whole of the Colchester and Tendring area. The maximum grant award per project is £40,000. In order to be considered during the first funding panel meeting at Firstsite in Colchester on 23 November 2017, applications must be submitted by 5pm on 15 November 2017. Download the information sheet from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

NEW! Jaywick Forum AGM - Wednesday 29 November, 11:30am

Venue: Golf Green Hall

The Jaywick Forum AGM will be followed by a special event/light lunch - come along to find out more. All welcome. For further information please contact Gill on forum-jaywick@sky.com or 01255 221049

NEW! Wannabe The Musical – Saturday 9 December

The Mad About Theatre crew are giving the TV talent shows a run for their money. Mad Director Indi Allen has put together an original show- Wannabe The Musical! The story follows the tragedies and triumphs of the TV Talent show, hopeful contestants, celebrity judges, a plot to manipulate the votes and some stand out musical numbers. The company have now been running locally for the last 17 years and always produce original work. The company have raised over £84,000 for good causes and this show is supporting the excellent work Macmillan Cancer Support. The company encourage all their supporters to give a gift to those supported by Macmillan Cancer Support this Christmas and buy a ticket to this fundraising event. Director Indi Allen says: "It has been great fun putting this up to the minute show together and will appeal to all ages, whether you love or loathe X Factor, you will love this very contemporary piece of theatre with lots of audience participation!" Performances are on 9th December 2.30pm and 7.30pm at Clacton County High school. Tickets are just £5 adults and £3 children-matinee madness 10 tickets for just £30, and can be obtained on the day of the performance at the Box Office or from the booking line 07709 315510.

NEW! ASPIRE: Growing Leadership in the Voluntary and Community Sector - deadline extended!

ASPIRE is a new 12 month leadership programme commissioned by the **Essex Partnership**. It is aimed at **senior professionals** that are currently employed within the **Essex social sector, working for a voluntary or community organisation, a social enterprise or charity**. It is most relevant for aspiring and developing leaders that have the desire to forge a future leadership career in the sector and that may be on the tipping point towards this ambition, including:

- CEOs of smaller organisations
- those fulfilling a senior role within in their organisation in a position that directly affects decision making and influences business direction

FOR MORE INFORMATION VISIT: humansbeing.co.uk/aspire

The programme commences February 2018. Applications must be received by 18 December 2017. The cost of the programme has been heavily subsidised.

NEW! Help shape the future of chairmanship

The Association of Chairs are undertaking a national survey into the work of a Charity Chair - if you Chair a charity, please help shape the future and take 5 - 10 minutes to complete the following survey: https://www.surveymonkey.co.uk/r/SCP_2017

NEW! Dementia Friendly Travel Survey

The Dementia Action Alliance is working to improve the lives of people living with dementia. They want to make Essex a dementia friendly county; to enable people to get out and about, to enjoy life to the full with their friends and loved ones, to pursue leisure activities and other personal interests. They want to hear from people living with dementia about: their needs and wishes to travel and to access their communities; what stops them from doing so; what helps them to do so.

<https://surveys.essexinsight.org.uk/TakeSurvey.aspx?PageNumber=1&SurveyID=7IL1n78M&Preview=true#>

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)

Consultation regarding a possible Tendring Lottery

Tendring 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 Tendring 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. Tendring 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! 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! Mistley Kids Club Newsletter

The winter holidays newsletter is available to download from the CVST website

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

NEW! Healthwatch Essex Dementia Handbook for Carers

The Healthwatch Essex Dementia Handbook for Carers is now available in hard copy. It brings together information about dementia, and about the sources of care and support in Essex that are available to people living with dementia, or who care for someone living with the condition. To request a free copy, please contact the Information Service info@healthwatchessex.org.uk. You can download a copy from the website

<https://www.healthwatchessex.org.uk/what-we-do/topics/dementia-project/dementia-handbook/>

NEW! Become a Mentor

Inclusion Ventures aim to improve the lives of vulnerable young people from the most disadvantaged areas of Jaywick & West Clacton supporting them to discover a wider

prospective and positive future that fulfils their potential. Inclusion Ventures are looking for volunteer Mentors. They are looking for committed, well rounded individuals to listen and help guide our young people. Mentoring is listening; friendship; motivation; inspiring; trust; self awareness.

Inclusion ventures offer training; matching the right mentor to young person; expenses; guidance and support.

Please email your interest to natashabourgaize.iv@gmail.com or call 01255 688685
www.inclusionventures.co.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!

Friday 3 November – Annual Trustee & Senior Officers Dinner

Saturday 11 November – Victorian Christmas Market

Wednesday 15th November – Police IAG



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