

Welcome to the CVST community e-bulletin for week commencing 8 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, 26 January 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! Local Health Matters meetings to be held as follows:

Tendring - Wednesday 10th January 2018 – 2pm to 4pm

CVST, Rosemary Road, Clacton on Sea, CO15 1NZ

Colchester - Wednesday 24th January 2018 – 2pm to 4pm

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

Please note that the minutes for the December 2017 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> Agendas can be downloaded from the CVST website <http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html>

NEW! Local health and care services under significant pressure

Health and care services across north east Essex are currently experiencing significant pressure, with unprecedented levels of demand for Accident and Emergency (A&E) and GP services. Clinicians at Colchester Hospital say they're seeing many more patients than they have space for. They are reminding local people with minor illnesses or non-life threatening conditions to seek alternative treatment or to visit their local pharmacist for advice and support if they need it.

Pharmacists are medicines experts who can advise on the treatment of a range of minor ailments and many are open late and at weekends. <http://www.neessexccg.nhs.uk/christmas-and-new-year-opening-times>

If you do not have internet access or a smartphone, and need health help when it's not an emergency, NHS 111 can give you free health advice, 24 hours a day, 365 days a year.

You can view further details of walk in centres, minor injuries unit, dentists and mental health support on our website <http://www.cvstendring.org.uk/news/435-local-health-and-care-services-under-significant-pressure.html>

NEW! Clinicians ask people not to go to A&E if they're experiencing diarrhoea or vomiting

Clinicians at the North East Essex Clinical Commissioning Group (CCG) are urging the public to help prevent the spread of the highly contagious diarrhoea and vomiting bug, Norovirus.

Over recent days, there have been some cases confirmed by health professionals at Colchester Hospital. They're now asking the public for their help to stop the spread of the winter bug by staying away from the hospital, where possible, if they've had any diarrhoea or vomiting symptoms. If you do have to visit hospital wards, please ensure you wash your

hands thoroughly using soap and warm water and use the alcohol-based hand rub that is available at the entrance to hospital wards.

In addition, clinicians are asking people to follow the below advice:

- Wash your hands frequently and thoroughly with soap and warm water. If you are in an NHS facility as well as washing your hands you should use the hand gels available.
- Ensure that toilet areas in your home are kept clean, particularly if you have been experiencing symptoms of diarrhoea and vomiting.
- Wash any clothing or linen that could be contaminated with norovirus.
- Disinfect any hard surfaces that could be contaminated (this includes toilet door handles, sinks and taps).
- Stay away from hospitals, work, school or social gatherings until you have been free of symptoms for at least 48 hours.

Read more on our website <http://www.cvstending.org.uk/news/436-clinicians-ask-people-not-to-go-to-aae-if-theyre-experiencing-diarrhoea-or-vomiting.html>

Reaching Communities - pause in applications

In England, the Big Lottery Fund are changing the application process for Reaching Communities. This is an important part of their ambition to make it easier for groups and communities to apply for National Lottery funding, and to help improve their ability to make the best funding decisions possible. In order to deliver this, they are implementing a temporary pause on the submission of Reaching Communities applications between Monday 15 January and Monday 2 April. This will enable them to train-up new team members and embed new ways of working before reopening the offer. All applications received before 15 January will be processed in the existing manner.

If your current grant is coming to an end soon and you are working on an application for continuation funding, or if you have any other questions, please contact the Big Advice team on 0345 4 10 20 30 or email general.enquiries@biglotteryfund.org.uk

Funding Opportunity – Grow Wild

The Royal Botanic Gardens at Kew have teamed up with Lemos&Crane to help community groups around the country transform their local spaces into beautiful, inspiring and colourful wild flower havens. You are eligible to apply if you are a voluntary, youth or community group, which is constituted, not-for-profit or charitable. In particular youth groups, secondary schools, parish, town and community councils, health authorities, health boards and prisons.

Apply for £2000-£4000 funding before January 15th 2018.

<https://www.lemosandcrane.co.uk/lemos&crane/index.php?id=237793>

NEW! The Change Project re Domestic Abuse Advanced Awareness Training - Last few places available for 18th January 2018 in Colchester.

The Change Project (formerly Relate North Essex & East Herts and previous DVA trainers for ESAB) accredited trainers of domestic violence awareness are now providing a further 4 dates of our Advanced Domestic Violence Awareness training to practitioners throughout Essex.

Full Day 9.30-4.30 £75.00 (Statutory) £60.00 (Voluntary) Lunch included. Download further information from the CVST website <http://www.cvstending.org.uk/support-for-groups/e-bulletin.html>

NEW! #Essexdementiaday – 19 January 2018

The aim for the day is to showcase the commitment across Essex to raise awareness of dementia, develop dementia friendly communities and work together to transform the lives of people living with dementia follow #Essexdementiaday on twitter to find out more.

NEW! Male Volunteers sought - Applications to be received by Jan 22nd 2018.

Lads Need Dads CIC is a Tendring based project set up to prevent potential problems and address existing ones where boys age 11-15 are missing a father-figure in their lives. We deliver a range of long-term early interventions, including, a personal development group-work programme, outdoor activities, practical life-skill training and community volunteering opportunities. We are looking for Male Volunteers to join our team to train as group-work mentors for our forthcoming school-based programmes.

Venues: Colchester and Thorpe Le Soken

Start date: March 2018 onwards. (Training in February).

Please note: this programme will take place in schools. Schools are exempt from the rehabilitation of Offenders Act, so we cannot consider applicants with previous convictions. Successful applicants will be required to complete an enhanced DBS check and provide two references. Full training and travel expenses provided. This opportunity may interest people with a background in youth work, counselling, psychology, etc. but this is not essential as full training will be provided.

Email: admin@ladsneeddads.org for an application pack or call **01255 764603**

www.ladsneeddads.org

News from Colchester and Ipswich hospitals - Public information about the merger

There are opportunities for the public to find out more about our hospitals and the plans for our merger coming up in January and February. Further drop-in sessions and events are planned with details to follow.

Board meetings in public

25 January, 9:30am - Edith Cavell meeting room, education centre, Ipswich Hospital

25 February, 9:30am - Postgraduate medical centre, seminar rooms 2/3, Colchester Hospital

Public information sharing

1 February - Public information point, Senses restaurant, Colchester General Hospital

5 February - Public information point, Courtyard Restaurant, Ipswich Hospital

NEW! Interact Job Vacancy – Closing date for applications 17 January 2018 (5pm)

Accounts and Administration Assistant

Hours: 37½ hrs per week **Salary:** £19,000- £21,000 per annum (dependent on experience)

Opportunity to join the team at Chelmsford based charity, InterAct. They are looking for an energetic and enthusiastic individual to join the dedicated team at InterAct. In this interesting and varied role you will work as part of the Business Support Team providing finance services and administrative support across the organisation. The ideal candidate will be an enthusiastic team player, with strong organisational skills and proven experience. Visit the website for further details <http://www.interact.org.uk/vacancies/detail/accounts-and-administration-assistant>

NEW! Migration in Essex Seminar - Tuesday 6 March 2018

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.

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

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

NEW! 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! – 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:

Home Library Service Volunteers for Essex Library Service (and Clacton in particular):

<https://www.volunteersex.org/opportunities/home-library-service-volunteers-7197>

Finance Director (Treasurer) for Lad Need Dads:

<https://www.volunteersex.org/opportunities/non-executive-finance-director-role-description-volunteer-9378>

Please share with friends, family, neighbours and colleagues.

NEW! Join the Virgincare Citizen's Panel

Share your views and help shape local health and care services. Sign up now and you'll be kept informed about what virgincare are doing locally. They'll ask you what you think about some of the ideas and how you think they're doing and give you the chance to get involved in improving local health and care services. Whether you use the services now, know or care for someone who does or like the sound of shaping health and care for the future then the Citizens' Panel is for you.

Sign up now at www.citizenspanel.co.uk

NEW! Neighbourhood Watch News

The latest neighbourhood watch newsletter can be downloaded from the CVST website <http://www.cvstending.org.uk/support-for-groups/e-bulletin.html> This edition includes information about a Fake Government Grants Fraud Alert and the Harwich and District Community Speed Watch Partnership.

NEW! Website Launched To Get Essex Healthy

A countywide project to get Essex healthy has been launched recently. The move sees all local authorities – including Tendring – and health partners working together for the first time to promote health advice tailored to the needs of the local population. The www.livewellcampaign.co.uk website acts as the countywide one stop shop for everything residents need to know about local health initiatives and activities in Essex. One of the website's aims is to encourage Essex residents to be more active and to make healthier lifestyle choices for themselves and their families. To celebrate the launch of the website, residents are being encouraged to take part in a number of #21 challenges - a nod to the fact that it takes 21 days to break or create a new habit. The first part of the campaign is #21situps21days and it will run on social media for three weeks and those who take part will be in with the chance to win prizes such as Fusion gym memberships, the new Jamie Oliver cook book and healthy food products.

Residents can find out more information on @livewelllocal on Twitter or @Livewell Campaign on Facebook.

NEW! Essex Community Messaging

- HMRC iTunes Gift Card Fraud - Not a new fraud but a reminder of this form of fraud that is this going on. If you have elderly or vulnerable relatives or friends please make them aware and offer guidance. This BBC News web-link gives further details <http://www.bbc.co.uk/news/business-42426787>

NEW! Are you a patient or carer affected by cancer?

Would you like to help shape cancer services and improve early diagnosis across Essex? UCLH Cancer Collaborative is currently recruiting for patients and carers who would like to be involved in a number of exciting projects. For the latest opportunities visit the [UCLH website](#).

NEW! Charity Commission News

Consultation outcome: Annual return for 2018 - information was collected from charities in the recent survey and the outcome can be downloaded from the website <https://www.gov.uk/government/consultations/annual-return-for-2018-information-collected-from-charities>

NEW! Get Up To Date With The Real Dangers Posed To Children

How much do you know about the apps your children are using? Tendring Community Safety Partnership (TCSP) is putting on three special information sessions to help parents, guardians and carers get up to date with the Dark Web and internet safety.

They are being staged at Clacton's Princes Theatre on March 1, 8 and 15 and are free to attend.

The sessions are aimed at those with children in Years 6, 7, 8 and 9 across the Tendring District.

Tickets can be booked by using the link

<https://princestheatre.ticketsolve.com/shows/873586044>

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,

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