We have three printers available that we are giving away - for free!

Epson Stylus SX200   Samsung ML-2525W

Ecosys FS-3040MFP+

Please note they may not be fully functional.

Delivery may be possible depending on your location or they can be

collected from us at WInsley's House, Colchester.

For more information please call us on 01206 505250.

Volunteer Opportunity

CARA (Centre for Action on Rape and Abuse) is seeking a volunteer Admin Assistant to start as soon as possible. We are looking for someone who can work 1 full, or 2 half days a week, working in our very friendly office in central Colchester to support our Administrator with a range of office tasks.

For more details, see the CARA website

https://caraessex.org.uk/vacancies.php

Safeguarding Vulnerable Children on Transport Networks

Monday 29 January marked the start of two weeks of action in Braintree to raise awareness of the vulnerability of young people to exploitation and abuse at stations and transport networks.

Research and local data have shown transport networks are used by vulnerable young people who may be at risk of child sexual exploitation, child criminal exploitation and trafficking. Young people often gravitate towards stations because they are busy, anonymous places that also provide some form of shelter and access to food and drink. A young person may use a station or public transport as a way to try to disappear. Bus and rail networks can also be used by offenders to traffic young people for the purpose of sexual and criminal exploitation.

Read more

Providing essential services for an extra 10p per week

Maintaining and investing in essential services alongside a small rise in council tax will be up for discussion at a Cabinet meeting on Monday 5th February.

A further reduction in central government funding combined with increasing demand for services and increases in inflation means the Council is proposing to increase Council Tax for only the third time in eight years.

As part of Braintree District Council's budget proposals for 2018/19, the proposal to increase Council Tax by 2.97% equates to an extra 10p per week and will support the delivery of vital services such as refuse and recycling collections, parks and open spaces and street cleaning.

[Read more](#)

The Future of Essex, the Partner Vision, was launched at the Essex Assembly, in September 2017.

To take forward the pledges and actions you are invited to the next Essex Assembly events throughout 2018. Events will take a similar format, and provide opportunity for partners from across the Essex public, voluntary and community sectors to come together to share commitments to deliver an ambitious future for Essex. Read more

You may have heard of TED Talks, and may also have watched some online. TED (www.ted.com) is a US based not-for-profit enterprise

devoted to the propagation of 'Ideas Worth Spreading', and TEDx is a programme of local, self-organised events that bring people together to share a TED-like experience.

TEDx Chelmsford organisers are currently looking for speakers for the next event, taking place on the 7th June. Further information and how to nominate a speaker is available via their website:

www.tedxchelmsford.com

This is a great opportunity to showcase innovative projects or ideas – it would be wonderful to share some of the work that is going on in Essex that is changing the lives of children and families. It is very much about the idea, rather than being a 'professional' speaker, so if you know a colleague who you feel has an idea worth sharing, do consider nominating them.

Mental Health Awareness

This one day course (28th February 2018 between 10-4) provides an opportunity to explore and understand mental health and well-being and how this has the capacity to affect us all. We will explore what it might be like to experience mental ill health and the impact this can have on everyday life, relationships and well-being.

This will enable staff and volunteers who work with or support people who experience mental health problems to have a greater understanding and insight into the issues raised.

By the end of the session you will have a greater awareness and understanding of the causes, symptoms and treatments of a range of common and severe mental health problems. As a result, you will be more confident in communicating with clients, colleagues and volunteers who experience mental health problems. [Read more](#)

We need over 6,000 blood donations every day to treat patients in need across England. Which is why there's always a need for people to give blood.

Each year we need approximately 200,000 new donors, as some

donors can no longer give blood.

Most people between the ages of 17-65 are able to give blood.

Where Can I Donate?

Weston Homes Community Stadium United Way Mile end Colchester, essex.

When?

Wednesday 14 February and Monday 19 February, 12:20 to 15:40 and 17:00 to 19:00

For more information visit: blood.co.uk or call 0300 123 23 23

Mid Essex Clinical Commissioning Group (CCG)

Mid Essex Clinical Commissioning Group (CCG) has vacancies for three Board Lay Members who will help provide additional rigour, challenge and assurance to our decision-making process.

This is a great time to join Mid Essex CCG as we continue to work with patients and partners including local authorities to design our vision for health and care over the next 5-10 years.

To find out more about the roles and to apply, please visit the following links on the NHS Jobs website:

https://www.jobs.nhs.uk/xi/vacancy/792f8ea056b3b7cd19040cca764f9842/?vac_ref=914937881

https://www.jobs.nhs.uk/xi/vacancy/81060f49219c6f7450bccf82cbe8ce0b/?vac_ref=914937880

https://www.jobs.nhs.uk/xi/vacancy/d9b26211ed7e395a25b68467d4403f00/?vac_ref=914937920

The closing date for all three vacancies is midnight on **Thursday 8th February 2018**

To help prospective candidates make up their mind about applying for the role, the CCG is organising a 'meet and greet' session with senior officers and existing Lay Members.

The meet and greet is taking place on:
Date: Thursday 1 February
Time: 7.00 pm to 8.30 pm
Venue: Wren House, Hedgerows Business Park, Colchester Road, Chelmsford, CM2 5PF

If you would like to attend the meet and greet session or would like

further information, please contact Viv Barnes, Director of Governance and Performance, by emailing viv.barnes@nhs.net or calling 01245 398139.

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Challenge Dementia Prize

Closing Date 13 April at 12pm

Challenge Dementia is a national search for products, technologies and services that could transform the way people live with Dementia across the UK, helping them to live enjoyable and fulfilling lives for as long as possible.

Led by Essex County Council, Challenge Dementia is part of the [Essex Challenge Prize](#) programme which seeks to tackle a range of social problems by uncovering potential solutions, and speeding up their

development.

[Click here](#) to find out more.

Volunteer Opportunities

Social Media Wiz

Looking for an enthusiastic individual to join a friendly organisation who enjoys social media and can help improve on-line communication. Are you a Wiz on the computer and can help to keep followers posted on events, if so please apply. This is a flexible opportunity and would suit any person who likes and is familiar with social media platforms.

[Click here](#) for more information.

Child and Young persons Counsellor

Help children and young people explore feelings and emotions that are often related to their experiences. This allows clients to reflect on what is happening to them and consider alternative ways of doing things. As a counsellor you will not give advice, but help clients to make their own choices.

[Click here](#) for more information.