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“An invitation to join the Think Family Network”

Who is it for? The ‘Think Family’ Network is for frontline workers from any agency (for example health, social care, housing, local authority, education, voluntary and community sector) who work with parents and families in Braintree, Chelmsford or Maldon Districts.

What is it? An opportunity to network, hear updates from invited speakers, participate in a facilitated discussion, share ideas and jointly

identify solutions. Speakers are invited based on feedback from participants and on issues or priorities that arise locally. Recent events have included updates from the Police, Housing, Social Prescribing, Essex Child & Family Wellbeing Service, Children's Social Care, The Children's Society and many others.

How can I take part? Please email henrietta.barkham@essex.gov.uk to book. All events are free, with tea, coffee and biscuits provided. Attendees at each session are welcome to have a short agenda slot, to share any information or updates relating to your work locally. If you would like to request a slot on the agenda, please email Henrietta as above.

Colchester Borough Council provides support for vulnerable rough sleepers

Colchester Borough Council continues to provide support for vulnerable rough sleepers, in an effort to tackle homelessness and street begging in the Borough.

With the cold weather currently being experienced, the Council is continuing its work to ensure vulnerable rough sleepers receive the help and support they need to access safe and secure accommodation.

As the Safer Colchester Partnership's lead authority, Colchester Borough Council already works with a broad coalition of statutory agencies, charities and community groups, to develop and coordinate a number of initiatives to tackle rough sleeping and homelessness in the Borough.

One such initiative involves Community Zone Wardens engaging with individuals identified as sleeping rough and signposting them to local support services with the help of a free pocket guide to homelessness produced in association with Colchester Borough Homes (CBH).

CBH provides grant funding of £90,000 to local agencies who support them to prevent homelessness, and deliver initiatives to support homeless people. [Read more](#)

**Barnardo's Essex CAPI Service (Children
Affected By Parental Imprisonment)**

Hidden Sentence Training Dates For 2018 are available [here](#).

It is estimated that 200,000 children in England and Wales are affected by parental imprisonment every year – that is more than the number of children who are looked after.

This workshop is targeted at professionals working with children, families and/or offenders and aims to:

- Improve understanding about the impact of imprisonment on prisoners' families.
- Improve understanding of a family's journey on a prison visit.
 - Understand the support needs of prisoners' families.
 - Improve your own practice in order to support a prisoners' family.

The Essex CAPI workshop will include:

- Participatory exercises that encourage participants to understand the experience of family members who have a loved one in prison.
 - Information about services and support for children and families of offenders.
 - Film made by a young person about her experience of parental imprisonment.
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PHE launches Change4Life campaign around

children's snacking

Public Health England (PHE) is helping parents take control of their children's snacking by launching the first Change4Life campaign promoting healthier snacks.

This is because half of children's sugar intake, currently around 7 sugar cubes a day, comes from unhealthy snacks and sugary drinks, leading to obesity and dental decay.

Each year children are consuming almost 400 biscuits; more than 120 cakes, buns and pastries; around 100 portions of sweets; nearly 70 of both chocolate bars and ice creams; washed down with over 150 juice drink pouches and cans of fizzy drink.

The new Change4Life campaign encourages parents to look for '100 calorie snacks, two a day max' to help them purchase healthier snacks than the ones they currently buy.

With a third of children leaving primary school overweight or obese, tackling obesity requires wider action and is not just limited to individual efforts from parents. PHE is working with the food industry to cut 20% of sugar from the products children consume most by 2020, with work to reduce calories due to start in 2018. [Read more](#)

Mental Health Awareness

This one day course taking place **28 February 2018 from 10:00 - 16:00** 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](#)

Volunteers provide more than 300 Christmas meals for the vulnerable

Dozens of volunteers provided more than 100 meals for the vulnerable, lonely and those in need this Christmas. About 80 guests were treated to a meal at the Braintree Salvation Army Community Centre, Rayne Road Hall.

Another fifty meals were delivered to residents at their homes on Christmas Day.

A mountain of roast potatoes, 50 pounds of turkey meat plus the usual vegetables and trimmings were prepared and eaten.

Co-ordinator [David Mann](#) said: "We are very pleased to provide a service which brings the community together in this way.

"It provides a place for people to meet rather than be on their own and gives others a visit and a meal on Christmas Day that they might otherwise not get."

"Many thanks again to volunteers who gave up a chunk of their Christmas Day and the fantastic financial support that we had from

all." [Read more](#)

Attempts to stop A&E being used like a 'national hangover service' could lead to drunk tanks

Attempts to stop A&E departments being used like a “national hangover service” could lead to drunk tanks in towns across the country.

NHS England chief executive Simon Stevens has suggested rolling out the temporary holding centres to provide a safe place for those who have over-indulged to be checked over and sleep it off and ease pressure on other services.

Braintree central ward councillor Andrew Hensman said: “Police cells locally have shut down meaning prisoners or those arrested have to be transported further, tying up resources for longer.

“If the NHS is really looking locally then where would it be? Their own resources are also overstretched.

“I do think it’s a good idea to prevent A&E being misused; those there genuinely are made more uncomfortable by others the worse for wear.

“Perhaps a facility, together with users named and shamed, would make them think twice about being associated with it.”

The facilities, also known as booze buses have been deployed in

some larger cities but may be considered closer to home.

The suggestion came after the ambulance service urged members of the public to use 999 and A&E departments wisely after its busiest ever Christmas. [Read more](#)

Comic Hero Run 2018
Castle Park, Colchester | Sunday 18 March 2018
10:00 - 15:00

Calling all super heroes! Comic Hero Run will be returning for the second year on Saturday 18th March 2018.

Whether you walk, run, fly or teleport, this event is a fantastic excuse for you and your family or friends to dress up and raise money in aid of St Helena Hospice. Every penny raised in sponsorship for this event will go towards supporting local people living with an incurable illness to live well and die with dignity and choice.

The Comic Hero Run offers 1k, 5k and 10k course options and will be held in Colchester's Castle Park.

[Read more](#)

Volunteer Opportunity

The Go Green Project is an allotment and gardening project based at the Youth Enquiry Service in Colchester. Its aim is to promote the positive effects of working outside in terms of health, personal achievement and community spirit, whilst also producing food to be donated to volunteers, those in need and local homelessness projects

such as the Night Shelter.

They are looking for both experienced gardeners, allotment owners OR anyone who is just looking for outdoor volunteering positions, perhaps wanting to learn more about growing their own fruit and veg. Any age group. Currently volunteering takes place all day on Wednesdays.

Contact gogreen@colchesteryes.org.uk for more information.

Volunteer Opportunities

Community shop volunteer

Our annual Winter Warmth project will be based in a shop unit in Culver Street East, Colchester from January to March 2018 inclusive. The Winter Warmth project aims to help elderly and vulnerable local residents stay warm and well throughout the winter period. Our shop unit will be distributing winter warmth packs, containing products such as hot water bottles and slippers. We are looking for volunteers who can spend time in the shop, greeting members of the public and giving out the Winter Warmth packs. There will also be opportunity to

signpost members of the public to other services which support wellbeing and independence.

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

Winter Warmth volunteer

Our annual Winter Warmth project aims to help elderly and vulnerable local residents stay warm and well throughout the winter period. The Winter Warmth volunteer will accompany Colchester Borough Council Zone Wardens to distribute Winter Warmth packs from January to March 2018 inclusive. We are looking for volunteers with a friendly and helpful manner, who enjoy meeting members of the public and are happy to share information and advice on maintaining health, wellbeing and independence.

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

2018 Community360.

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