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In conjunction with the ESCB (Essex Safeguarding Children Board) our Mid Essex Stay Safe group are delivering a safeguarding conference designed to bring together those working with children and families in Mid Essex. The event will be a mixture of speakers and practical workshops to bring you up to date with key themes for safeguarding in 2018.

The event aims to provide an interactive opportunity for

colleagues -

- To go away with practical resources to support their work with children and families
- To hear about key projects and new developments that aid early intervention to reduce risks
- To be informed of impact achieved through partnership working
 - To have an opportunity to inform priorities going forward

Braintree, 26 February, 9.30am-3.00pm

Please [click here](#) to book your place.

MS Advisor Roles

MS-UK have two positions available, one contract is permanent and one is for a ten month fixed term period, covering maternity leave. The roles are based at our office in Colchester, Essex. Both positions are part time roles of 24 hours per week. The salary is £22,500 per annum pro rata.

[Click here to find out more](#)

To apply, please send your CV with a covering letter addressed to Sarah Wright, MS-UK, Unsworth House, Hythe Quay, Colchester CO2 8JF or via email to sarah@ms-uk.org.

Colchester League of Hospital Friends has been given a 'Nobo Board' display board that they can not make use of. If anybody would like the board they are welcome to take it but they must arrange their own collection from Colchester.

clhf@hotmail.co.uk

Are you interested in hearing more about Crowdfunding? You can sign up for the Essex Crowd workshop with @Spacehive - go along to learn about how you could crowd fund for your local project.

[Click here](#) for more information.

Binned clothes costing taxpayer £1.5 million to dispose of

More than half of the clothes binned in Essex could have been reused or recycled, a move which is costing the Essex taxpayer more than £1.5 million a year.

Every household in the county throws away the equivalent of 36 woolly jumpers each year, according to Recycle for Essex, which is launching a campaign to remind residents that all textiles can be reused or recycled.

Cllr Simon Walsh, Essex County Council's Cabinet Member for Environment and Waste, said: "If you no longer want a particular item or outfit, it's likely someone else will. Unwanted clothes can be resold, rejuvenated, given to friends and family, recycled or given to charity.

[Read more.](#)

Bid Writing training comes to Colchester

A practical bid writing session - bring your own for help from an expert! This course is designed both for people who have bid writing experience and those who are new to it and want to practice their technique under the guidance of the trainer. The workshop recaps some key points, delivers further information on fund raising and culminates in a practical session whereby participants can work on a real bid they are developing, or work on a simulated bid.

[Read more and book>](#)

Feeling Low Or Anxious About Finding a Job?

HeadsUp provides support, advice and mentoring to people with common mental health problems to help them get back into the workplace after a period of unemployment. HeadsUp is funded by the Big Lottery Fund and the European Social Fund.

The idea of returning to work after an absence can be really daunting. However, being in work or education can provide you with loads of amazing benefits such as a boost in self-confidence, purpose, an opportunity to make new friends and the chance to learn new skills.

[Read more](#)

Community shed opens at Cressing Temple Barns

A community space which brings people together to make friends and learn new skills has officially opened in Cressing. Cressing Temple Community Shed opened at Cressing Temple Barns with a special ceremony attended by councillors and its new members. The premises has been created by refurbishing an old milking shed and will provide a safe space where people can meet and share their skills to like-minded members.

[Read more](#)

The Austin and Hope Pilkington Trust gives grants to registered charities that work in the UK.

Grant Round 1 for 2018 – for £1,000 grants – will open on 1st February 2018. To apply for this grant round, you must meet the following criteria:

- project must relate to Health (excluding medical research);
- your charity's operating income must be a minimum of £100,000 and a maximum income of £1,000,000.

For full details about the criteria for applying in 2018, please [click here](#).

End of Life Time Garden

Over the past year, Colchester General Hospital has been working hard to improve end of life care for their patients. They now have an End of Life Strategy, an increased education plan for staff including communication skills workshops being delivered by St Helena Hospice, and greater understanding with wider engagement from staff on the importance of good end of life care.

They are passionate about how they can improve the patient and family experience at the hospital and that dying in hospital can be a good experience. As part of their end of life improvements, a small group of staff visited Frimley Park hospital and saw their garden where dying patients could spend time.

Colchester General Hospital have set up a working group to see how they can develop an outside area of the hospital to provide a place for quiet contemplation, peaceful reflection and privacy for patients who are dying, and their relatives.

To provide an alternative space to the busy clinical ward areas will cost £160,000. They have launched an [appeal](#) to raise this sum and with colleagues they are holding events and getting sponsored to raise funds for this build.

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

Haven Project's AGM

12th February at 7 pm at 10, St. Peter's Court, Colchester CO1 1WD.

Visit the website [here](#).

Community Consultation

Volunteers are needed to assist with a community consultation in the Mile End area. You will speak with residents face to face and assist in gathering feedback for a consultation. Surveys can be carried out electronically or by paper.

Tuesday 20th February 2-4pm

Monday 12th March 2-4pm

You will be accompanied by trained staff from Colchester Borough Council.

Travel to and from the venue will be the responsibility of the volunteer.

[Read more](#)

Volunteer Chair-Based Exercise Leader

We are looking for Chair-Based Exercise Leaders to lead our classes, as part of our Health and Wellbeing Programme. The fun, enjoyable and rewarding classes are aimed at those with mobility issues and/or

long-term health conditions, but any adult can take part.

[Read more](#)

Befriender - Home From Hospital

Would you like to give something back to our local hospitals? Can you provide cheerful, practical assistance to the more vulnerable members of our society? If so, then join our Home from Hospital team and help create links within your community! Our team provides simple, practical support to isolated people after they leave hospital. We ease their worries about being discharged, assist them in the transition back to their homes and continue to visit for 6 weeks afterwards.

[Read more](#)

Activity Volunteer

A friendly volunteer is required to assist and lead volunteer based activities and programs that enrich the lives of the residents at Stanway: Grymes Dyke Court, Oatfield Close Community Hall and Winstree Court

[Read more](#)

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