

**Welcome to the CVST community e-bulletin for week commencing 27 November 2017**

**\*\*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** – 1<sup>st</sup> Thursday of each month, 10:30am – 12:30pm

**Macular Support Group** – 4<sup>th</sup> Wednesday of each month, 1pm – 3pm

**Epilepsy Support Group** – last Tuesday of each month, 10:30am – 12:30pm **(no meeting in December)**

**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! Cold Weather Alert**

Please be aware that the Met Office have issued a level 2 Cold Weather alert and if members have vulnerable clients, winter warmth packs are available from CVST. The Met office states, 'There is an 80% probability of severe cold weather/icy conditions between 0900 on Monday 27 Nov and 0900 on Saturday 02 Dec in parts of England. This weather could increase the health risks to vulnerable people.'

Please contact 01255 425692 or email [hill@cvstendring.org.uk](mailto:hill@cvstendring.org.uk) for more information about the winter warmth packs.

**Only 3 weeks left to vote!**

If you haven't voted yet, PLEASE visit <https://www.charityfilmawards.com/videos/the-hill-project> and vote for our inspirational HILL Project film in the Charity Film Awards. Public voting is open until 15th December. Thank you!

**NEW! Join the CCG for the November Board meeting – Tuesday 28 November, 2:30pm**

**Venue:** Long Meadow Community Hall, Harwich CO12 4US

The Board of the North East Essex Clinical Commissioning Group (CCG) is due to meet in public on Tuesday 28<sup>th</sup> November in Harwich. Members of the public are welcome to attend the meeting. The proposed introduction of Urgent Treatment Centres to provide services for patients with minor illness and injury across Colchester and Tendring is one of the items that is due to be discussed. This new service is due to go live during April 2019 and follows a period of public engagement during early 2017. There will also be updated items relating to quality and performance issues of health services provided across Colchester and Tendring.

To view the full agenda, please visit [www.neessexccg.nhs.uk/ccg-board-meeting](http://www.neessexccg.nhs.uk/ccg-board-meeting).

**NEW! Be a Santa to a Senior**

Home Instead Senior Care is donating your gifts to local day centres and care homes for older people who have no family or friends visiting this Christmas time. If you would like to donate a gift they will wrap it, tag it and pass it onto those who are less fortunate this festive time of year. You can visit Home Instead staff in Marks and Spencer, Clacton on

**Tuesday 28 and Thursday 30 November.** Gifts will be donated to Edensor Nursing and Residential Home – Clacton, Tendring Eldercare Day Centre – Clacton, The Corner House Home Care – Clacton, Read House – Frinton and De la Mer House – Walton.

**Clacton Carnival Association AGM – Tuesday 28 November**

The Clacton Carnival Association invite you to join them for their 64th AGM which is being held on Tuesday, 28th November at Sam's Hall, CVST, 20-22 Rosemary Road, Clacton starting at 7.30pm. Anyone is welcome to attend. They are always actively looking for new committee members and helpers to get involved and help run one of the most successful Carnivals in Essex. It's great fun and very rewarding and they are already planning next year's Carnival. If you are interested or if you have any suggestions and ideas please come along to the AGM or phone the Chairman, Paul Townend on 07967 685709 or Secretary, Pat Stannard on 01255 422179 to find out how you can get involved.

**NEW! What's On at Jaywick Martello Tower?**

**Creative Net: Christmas Decorations - Wednesday 6 December, 11am-1pm**

Get into the festive spirit by making some Christmas decorations with us.

Join Alison Stockmarr in creating some vintage musical score, seasonal bunting. Paper bunting made from old music scores and embellished with vintage lettering to display your very own personal Christmas message.

**Rock the Tower - Tuesdays 5-9pm from 7th November - 12th December**

Rock the Tower is a free music session where beginners or players aged 9-18 yrs are welcome to get involved for the chance to play alongside others in a band! The music sessions provided by We Are Music will be held at Jaywick Martello Tower every Tuesday during term time running hourly between 5pm-9pm.

For more information ring 01255 822783 or email [jaywickmartellotower@hotmail.co.uk](mailto:jaywickmartellotower@hotmail.co.uk)

**Essex Blind Charity Christmas Bazaar - Thursday, 30th November, 10.00 am to 12.00 noon**

Venue: Read House Care Home, 23 The Esplanade, Frinton on Sea

Gifts, jewellery, cakes, tombola, raffle, coffee & mince pies

Please come along and show your support! All proceeds to Read House Residents' Amenities. Essex Blind Charity - Registered Charity No. 1103732

**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](mailto:forum-jaywick@sky.com) or 01255 221049

**NEW! High Sheriffs' Fund: Deadline is 1 December**

Grants of up to £5,000 are available from the High Sheriffs' Fund, which is managed by Essex Community Foundation (ECF), and the money will be awarded to groups who are working to make their communities safer and better places in which to live. The deadline date for applications is 1 December, so now is the time to apply for a grant to support your work. Projects which have received grants previously include diversionary activities for young people, educational programmes about drug and alcohol misuse and initiatives that support victims of crime. For more information and to apply for funding visit [www.essexcommunityfoundation.org.uk](http://www.essexcommunityfoundation.org.uk) or call the friendly ECF grants team on 01245 356018.

### **NEW! Christmas Quiz – Friday 1 December**

An invitation for all quizzers to attend Cllr Mark Platts Christmas Quiz at the Town Hall, Clacton on Friday 1st December. Organised by the Lions for his nominated local charity. Teams of up to 6 players , £3.50 pp Please bring own refreshments, Licenced Bar service available. Starts at 8.00pm. (Santa hats are compulsory!)

To enter a team or for further enquiries please contact [www.quizline.org.uk](http://www.quizline.org.uk)

### **NEW! Help Plant New Trees – Saturday 2 December, 9:30am**

An appeal has gone out for volunteers to turn out to help plant new trees and bulbs at Dovercourt's Cliff Park. Tendring District Council (TDC), Harwich Town Council and the Harwich Society's Gardening Club have teamed up for the initiative. Two Holm Oaks and a Weeping Elm are to be planted along with a number of smaller trees and around 1,000 daffodil bulbs at the Green Flag site. The session will take place on Saturday December 2 and residents are being invited to turn up and take part. Tools and refreshments will be provided and registration is at 9.30am for a 10am start. Anyone interested in taking part can email [openspaceenquiries@tendringdc.gov.uk](mailto:openspaceenquiries@tendringdc.gov.uk) or just turn up on the day with warm clothing and sturdy shoes or wellies.

### **Clacton's Christmas Light Switch On – Saturday, 2 December**

The Clacton Town Partnership has organised a day of fun and entertainment with live music, local acts and a number of stalls on the Clacton Town Square throughout the day with the light switch on by The Only Way is Essex star Dan Osborne at 5.00pm. A laser light show will also be taking place between 4pm and 6pm.

### **Community Carol Service - Sunday 3 December, 2pm**

Community carol service with the Salvation Army Band at Golf Green Hall. Everyone is welcome.

### **NEW! Tendring Diabetes Group – Thursday 7 December, 10:30am**

If you or someone you care for has diabetes and would like to learn more about the condition or would like to meet other people with diabetes, why not go along to the friendly Tendring Diabetes Group. Meetings take place at 10.30am on the first Thursday of every month and include a wide range of speakers and light refreshments. No need to book, just turn up.

<http://diabetesneeds.co.uk/our-services/getting-involved/tendring-forum/>

### **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 9<sup>th</sup> 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! Essex County Council Equalities Consultation**

An easy read version of the Equalities consultation can be downloaded from the CVST website

<http://www.cvstendring.org.uk/support-for-groups/e-bulletin.html> The consultation runs from **Wednesday 1 November to Monday 11 December**. Here is a [consultation](#) link on the proposed four new equality objectives.

### **REMINDER! 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](http://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.***

### **Christmas is coming!**

Clacton Choral's tradition, to begin each December with a rousing Christmas concert, will get everyone in the mood this year, with the famous 'Messa di Gloria', which Puccini composed as a graduation piece in 1880, when he was just eighteen years old and so impressed by Verdi's opera 'Aida', which had premiered just a few years previously. The 'Messa di Gloria' is a real gem for the choir to sing, with its glorious operatic tunes and rousing choruses; haunting arias; key changes; sudden switches of mood and fantastic fugues, all of which go to building the excitement, with Stephen Smith playing the organ. Guest soloists are Stephen Cviic tenor, and Patrick McCarthy baritone. After an interval, where mulled wine and mince pies will be available, the audience will be treated to a lovely selection of carols, including four audience carols to sing along with the choir, and there will be a setting of 'Silent Night' written by the choir's Musical Director, Gillian Dulieu, featuring a solo tenor. And if this weren't enough delight for one evening, St James' Church has replaced its traditional wooden seats with 250 new upholstered ones, so do come along, to start your Christmas in grand style and comfort too!

**Saturday 2nd December 2017 at 7.30pm at St James' Church, Tower Road, Clacton on Sea, CO15 1DA.** Tickets are £10, including programme, from 01255 221511 or email [debbietccs@gmail.com](mailto:debbietccs@gmail.com) or on the door.

To seek further information for Clacton Choral please visit the new website [www.clactonchoral.org.uk](http://www.clactonchoral.org.uk)

### **Collaborate Essex**

Essex County Council have been working to identify and develop new ways for the Council to listen to people with experience of disability leading to the production of 'Collaborate Essex – our ideas for the future'. A copy of the draft document can be found on the CVST website <http://www.cvstending.org.uk/support-for-groups/e-bulletin.html> There is still an opportunity to comment so if you would like to share any feedback or suggestions regarding the document, please email your comments to [citizen.insight@essex.gov.uk](mailto:citizen.insight@essex.gov.uk) by Friday 8th December.

### **Help Shape The Future Of Housing And Employment Sites In Tendring**

Residents across Tendring are being urged to take part and help shape plans which set out future housing and employment sites in the District. They are being encouraged to get involved in the public engagement process so that their views are taken on board. All Councils are required to produce a Statement of Community Involvement (SCI) and Tendring District Council's (TDC) Local Plan Committee agreed to go out to consultation on its latest version at its meeting on November 2. The SCI sets out exactly how residents and other interested parties will be notified, consulted and involved in preparing the Local Plan and other planning documents. It also includes the Development Plan Document as part of the Council's ongoing work on the Tendring and Colchester Borders Garden Community Project.

**The consultation will run for eight weeks from 9am on Monday November 13, 2017 to 5pm on Monday January 8, 2018.**

The Council's preferred method of receiving comments is through the Council's online consultation portal: <http://tendring-consult.objective.co.uk>

The portal enables everyone to view the documents and add comments directly.

Alternatively people can write to the Planning Manager, Tendring District Council, Thorpe Road, Weeley, CO16 9AJ, or e-mail [planning.policy@tendringdc.gov.uk](mailto:planning.policy@tendringdc.gov.uk)

Again the deadline for submitting comments is 5pm on Monday 8 January 2018.

For more information please contact Planning Policy Team via email at [planning.policy@tendringdc.gov.uk](mailto:planning.policy@tendringdc.gov.uk) (link sends e-mail), or call them on 01255 686177.

### **NEW! Stay well this winter**

With winter well and truly here, there are a number of things you can do to keep you and your loved ones well and warm. Essex County Council have some top tips [here](#). There are also lots of local support services to help you and those most vulnerable. To see what local support is available this winter, take a look [here](#).

### **Tendring Fear Of Crime Survey**

Residents across Tendring are being urged to make their views known about their fear of crime. Tendring Community Safety Partnership (TCSP) is preparing a list of issues it aims to tackle and prioritise over the next year. Based on crime statistics and information from agencies, including the police, it has identified tackling anti-social behaviour and acquisitive crime; protecting vulnerable people from hidden harms; and reducing reoffending as the key priorities. Now the TCSP wants to find out whether residents agree with those priorities and is offering them the chance to help shape the way forward. It has produced an on-line survey in an effort to gather as many people's views as possible. The survey is very quick and simple to complete and looks at how safe people feel during the day or after dark; has their perception changed over the past year; have they or their family been a victim of crime; and what do they feel is the main source of crime in Tendring.

To take part visit <https://www.surveymonkey.co.uk/r/focrime2017>

The closing date for people to have their say is December 31, 2017.

### **NEW! Neighbourhood Watch Newsletter**

The latest newsletter is available to download from the CVST website. <http://www.cvstending.org.uk/support-for-groups/e-bulletin.html>

### **NEW! North East Essex Diabetes Service (NEEDS) newsletter**

The latest copy of the NEEDS diabetes newsletter can be downloaded from the CVST website. It includes foot care advice, "Type 2 Together" support groups, and updates on diabetes care in North East Essex.

### **NEW! Beware of scams!**

Beware of letters and salespeople claiming to offer free home insulation from Essex County Council. They have no such service and did not send these letters. They do not run a scheme offering free insulation, have not sent a letter and are not visiting homes as described in the attached letter. Tips on keeping your home warm can be found here <http://www.energysavingtrust.org.uk/home-insulation>

### **NEW! Essex Sexual Health Service newsletter**

The Essex Sexual Health Service has been developing a number of elements of service delivery to support young people and related services in Essex. The latest newsletter about this service can be downloaded from the CVSTending website.

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

### **NEW! Are you interested in joining a cycle club?**

Essex County Council are working with Cycling UK to deliver Community Cycle Clubs in four areas of Essex; Brentwood, Basildon, Chelmsford and Clacton. A community cycle club is a group of people who come together to do cycling for whatever purpose they choose! It starts with Cycling UK consulting with community groups to determine how cycling can play a role in their current activities and help them to meet their objectives. Whether these objectives relate to reducing isolation, improving health and wellbeing, developing skills or just having fun, Cycling UK officers work with them to increase their delivery skills, capacity and confidence. A small grant is provided which can be used for equipment, training or anything else associated with setting up and sustaining a club.

For more information, contact Charlie Acreman on [Charlie.Acreman@cyclinguks.org](mailto:Charlie.Acreman@cyclinguks.org) or 07785601612

**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.cvstending.org.uk/community-centre/view-our-venue.html>

**Our online local funding portal -** <http://www.cvstending.org.uk/funding/funding-information.html>

**Or to spread your news -** <http://www.cvstending.org.uk/contact-us.html>

Kind regards,  
Samantha Wootton  
Communications and Publicity Officer

Community Voluntary Services Tendring  
01255 425692  
[sam.wootton@cvstendring.org.uk](mailto:sam.wootton@cvstendring.org.uk)  
[www.cvstendring.org.uk](http://www.cvstendring.org.uk)

#### FORTHCOMING EVENTS

*Friday 1st December - Trustee Network Evening Dinner*  
*Thursday 25 January 2018 – Community Network Breakfast*  
*Wednesday 14 February 2018 - Tendring Voluntary Sector Forum*  
*Wednesday 7 March 2018 – Tendring Trustee Network*

The graphic features a large red L-shaped border. Inside, the text "We've been nominated for a" is in white on a red background. Below this, "CHARITY FILM AWARD" is written in large, bold, black letters, with "FILM" being the largest. A black triangle points downwards from the bottom right of the "FILM" text. To the right of the triangle, the website "charityfilmawards.com" is written vertically. Below the main graphic, the text "PLEASE VOTE FOR US" is written in red. At the bottom, there are several logos: the Community Voluntary Services Tendring logo (a red circle with white dots), the Big Lottery Fund logo (a blue hand holding a coin), the NAVCA Quality Award logo (a colorful circular design), and the Facebook logo (a blue square with a white 'f').

**We've been nominated for a**

**CHARITY  
FILM  
AWARD**

charityfilmawards.com

**PLEASE VOTE FOR US**

Community Voluntary Services Tendring  
Serving the community since 1973

LOTTERY FUNDED

NAVCA Quality Award

LIKE US ON facebook

Follow us on Twitter

Community Voluntary Services Tendring is a Charitable Company Limited by Guarantee.  
Registered in England 5325167. Registered Charity No. 1108177