

Newslink

The voice of the voluntary sector

September 2011

Issue 108

International Victorian Christmas Market Saturday 19 November 2011



**INSIDE
YOUR
NEWSLINK:**

- CVS News
- Members' News
- Notice Board
- Funding News
- Health News
- Contact Us

Stalls from our twin towns in France, Germany and Poland will be joining us for the second time. See page 3 for details of how to book your stall.



**Community
Voluntary
Services
Tendring**

www.cvstendring.org.uk
admin@cvstendring.org.uk
01255 425 692
Community Information Centre
20-22 Rosemary Road
Clacton on Sea
Essex CO15 1NZ

COMMUNITY INFORMATION CENTRE

Occupants

Community Voluntary Services Tendring
Support Services for the local voluntary sector.
Monday - Friday 9am - 4pm
Tel: 01255 425 692

Alzheimer's Society
Support service for anyone affected by Alzheimer's or dementia.
Monday - Thursday 9am - 3pm
Tel: 01255 474 650

Age UK Essex Befriending Service
Monday - Thursday 9am - 4.30pm, Friday 9am - 4pm
Tel: 01255 421 302

Age UK Essex Home Support Service
Monday - Thursday 9am - 1pm, Friday 9am - 12noon
Tel: 01255 479 377

Essex Carers' Support
Support service for family carers.
Monday - Friday 10am - 4pm
Tel: 01255 474 410

Family Support Clacton
Day centre providing activities for the elderly.
Monday - Thursday 9am - 4pm
Friday 9am - 3pm
Tel: 01255 432 132

Helping Hands
Service to help the elderly and disabled with day-to-day transport for shopping, medical and social trips.
Monday - Friday 9am - 3.30pm
Tel: 01255 427 888

Mayday Therapy Group
Talking therapy, anxiety management and healthy living for people with mental health problems.
Monday - Friday 1.30pm - 4pm
Tel: 01255 222 346

Volunteer Centre
Volunteer opportunities of all types.
Monday - Friday 9am - 3pm
Tel: 01255 470 847

Weekly and Monthly Meetings

Clacton Bead Queens
2nd Saturday of every month 11am - 1 pm,
Sam's Hall

Clacton Carnival Association
1st Tuesday of every month 7.30pm - 9.30pm,
Sam's Hall

Dementia Café Wednesday
10am - 12 noon, Sam's Hall

Epilepsy Action
Last Tuesday of every month 10.30am - 12.30pm, Sam's Hall

Essex Carers' Drop In
1st Tuesday of each month 10am - 12.30pm,
Garden Studio

IT for the Terrified all welcome
Tuesday 2pm - 4pm, IT Suite. £2 per session

Macular Disease Society Support Group
4th Wednesday of every month 1pm - 3pm,
Garden Room. Open to anyone who is affected by central vision loss. Carers are welcome too.

Silver Surfers Club - for the over 50's. Tell all your clients!
Monday 2pm - 4pm, IT Suite. £2 per session

Tips on Tuesdays - drop-in for funding advice.
Tuesday 9.30am - 12.30pm, IT Suite

Victim Support
2nd and 4th Thursday of every month 10am - 12noon, Sam's Hall. Clients can either drop in or telephone 0845 4565 995 to make an appointment.

Voluntary Sector Partnership - open to all voluntary groups.
Quarterly meetings - next meeting 21 October 1.30 - 4.30pm. Sam's Hall

Meeting Rooms For Hire



We have meeting rooms to cater for all requirements from a conference room for 60 people to an interview room for 2 people. Hire charges start at just £6 per hour. For further details visit our website or contact CVST.

CVS NEWS

Volunteer of the Year!

The Annual Volunteer of the Year Awards are sponsored by the Rotary Club of Clacton Jubilee. Its President, Rick Hale was present to award the certificates and a cash prize of £250 to each winner made payable to the charities of their choice. Rick Hale said, "We are proud to be involved in the Volunteer Awards and welcome the opportunity to acknowledge the excellent work being done across the district". The awards were made at the CVST AGM on Friday 22 July and afterwards a community networking buffet was enjoyed by all.

Chris Sanderson a volunteer from Alresford has been crowned Tendring's Volunteer of the Year 2011. Chris was nominated for his unstinting work in the community. The award for Volunteer Group of the Year was won by the Harwich Inspired Youth Action. 'HIYA' are a group of young volunteers who have helped Age Concern, helped at the 'Hoody Festival'. They carry out monthly litter picking with Friends of the Earth and have volunteered thousands of hours in aid of the local community

The Volunteer of the Year awards are important for our community. It gives everyone the opportunity to acknowledge the huge contribution made by thousands of volunteers who give their time, their commitment, their passion and energy all over the district in many ways. Volunteers assist in helping our community thrive – without volunteer involvement, there is no doubt that the district would be much poorer in terms of quality of life and well being.



Chris Sanderson collecting the Volunteer of the Year Gold Award from Rick Hale, Rotary Club of Clacton Jubilee.

CVST received many worthwhile nominations and the panel, as always, found it extremely difficult to choose the winner.

Volunteer Group of the Year

Gold Award - HIYA (Harwich Inspired Youth Action)

Silver Award - MS Society Volunteers,

Bronze Award - Alzheimer's Society Tendring Volunteers Group

International Victorian Christmas Market

The Christmas Market allows voluntary and community groups from around the Tendring district to promote their cause, network with other charities, and raise much needed funds for their organisation. At last year's market over 1,500 people attended and over £7,000 was raised between 29 groups.

CVS Tendring take care of all marketing and promotion, setting up, catering and administration. All that needs to be done is to turn up with goods for sale and be dressed for the 'part'.

Our theme, of course, is VICTORIAN and it is requested that you and your volunteers come dressed for the occasion to maintain this theme. There will be a prize for the best costume and the best decorated stall, both of which will receive a stall 'free of charge' at next year's Christmas Market.

Stalls cost from £20 for affiliated members and £30 for non affiliated organisations. This is an extremely popular event and we often have a waiting list, so to avoid disappointment, please return the enclosed booking form a.s.a.p and not later than Monday 17th October 2011.

For further information contact us or visit our website

www.cvstendring.org.uk/forthcomingevents

Tendring Trustee Network Free Essentials Training - Friday 4 November, 9.30am - 4pm

This accredited course is for people already acting as trustees or trustee directors. It aims to increase the knowledge of trustees by providing them with an overarching view of responsibilities of trusteeship, better enabling them to carry out their roles. Lunch and refreshments are included. For further information, or to book your place contact Karen Tedder-ward.

Tel: 01255 425 692

Email: karen.tedderward@cvstendring.org.uk

Volunteer of the Year

Gold Award - Chris Sanderson

Joint Silver Award - Nelzine Zenofie Green and Mildred Newton

CVS NEWS

Air Show Community Fayre

Voluntary and Community Organisations participated in a Community Fayre in Clacton town centre during the Clacton Air Show on Thursday 25 August. Eleven organisations came together to provide information about their services, give advice on a range of issues and help to raise awareness among the general public. Visitors to the stands were invited to take part in the various activities and discuss the services being provided. Everyone was enthusiastic about the event and appreciated engaging with shoppers and visitors to the Air Show. Those taking part included ACE Health Trainers, Adult Community Learning, Alzheimers Society Tendring, Corner House, CVST, East Anglia Childrens Hospice (EACH), Epilepsy Action Tendring, Essex Wildlife Trust, KTM Care, SERV-Essex, and the Volunteer Centre.

Carol Peacock from SERV-Essex (Service by Emergency Rider Volunteers) said, "We would like to thank CVS Tendring for organising this event. It's been a really good day with a real family atmosphere. We have had loads of interest in our work and today has made many more people aware of us. Everything we do is completely voluntary – volunteers pay for their own fuel and bikes and give their time free of charge to help people across Essex".

Jane Kempton, a health trainer from ACE said, "today has been extremely useful and has given us the opportunity to promote healthy living and to signpost visitors to other services. We have also had a lot of interest in our volunteering opportunities and we are grateful to CVS



The SERV-Essex team.

Tendring for inviting us to take part in this great event"

Silver Surfing

The Silver Surfers Club is getting the community's over 50 population online! The aim of the club is to help beginners to take the first steps towards using computers and the internet in a relaxed and friendly atmosphere. All members have improved their IT knowledge and skills. Jean, a club member, said "*When speaking to my sons about learning how to use a computer it was like listening to a foreign language. Now I can understand a little of what they are talking about. Before I came here I could not do anything, but now I can keep in touch with my friends and family with email*". Another member said "*I enjoy coming, everyone is friendly, helpful and it has helped with my confidence making me feel less isolated*".

The Silver Surfers Club is held every Monday, 2pm – 4pm at the Community Information Centre, 20-22 Rosemary Road, Clacton. Contact 01255 425 692 for details.



Silver Surfer Club volunteer, Anne helping club members.

Risk Management in Small Organisations

Independent trainer and consultant Sandy Adirondack was the guest speaker on Monday 5 September to 28 participants at the Tendring Trustee Network. Sandy's presentation covered three risk elements – identification, analysis and management. Organisations were also advised on how to undertake a risk assessment and there was an opportunity to get questions answered at the end of the presentation. One of the participants reported learning that "*although risk assessment is 90% common sense, some knowledge of the legal side is very handy to have*". The Network's next activity is Trustee Essentials Training on **Friday the 4th November 9.30am to 4pm** at Community Information Centre 20-22 Rosemary Road Clacton on Sea. For further information or to book your place please contact Karen Tedder-Ward on 01255 425 692.

MEMBERS' NEWS

Victim Support Drop-in Sessions

If you have been the victim of crime and would like to talk to a trained volunteer, Victim Support now has a Drop In service as follows:

Community Information centre, 20-22 Rosemary Road, Clacton on Sea, on the 2nd and 4th Thursday from 10am to 12pm.

If you would prefer to make an appointment please contact them on 0845 4565 995.

Annual General Meeting



Tendring Community Transport's Trustee Board, invites you to join them at their Annual General Meeting.

Date: Wednesday 21st September

Place: The Brotherhood Hall, St Osyth Road, Clacton on sea, Essex,

Time: 10:00am Refreshments provided

RSVP Pauline Mann

Tel: 01255 436962

Email: tendring.ct@btconnect.com

Trustee Vacancy

St Osyth Playing Field Association requires a Treasurer. The position manages the finances of the charity giving a report to the monthly meeting of the Trustees, held on the evening of the third Monday of each month. The Treasurer is responsible for ensuring all income, mainly by way of hiring fees from sports clubs, is collected and bills to suppliers are paid. On average it would involve two to three hours work per week. This position, which is voluntary and unpaid, also involves liaising with professional accountants for the annual audit, which is a statutory requirement for a Registered Charity. To discuss this position further please contact Mark Shuttleworth (Chairman of Trustees) on: 01255 820495, 07775 854154 or at mshuttleworth@msn.com

Focus on ... Clacton on Sea Royal British Legion



I would like to let you know that in Clacton there is a thriving Branch of the Royal British Legion. The Branch has 119 members and is growing. We meet on the first Wednesday of every month starting at 7.30pm upstairs in the Comrades Club in Old Road, with the bar opening before and after the meetings. There are many events organised each year such as: Dinner and Dance Night, Social Nights, Days Out, Poppy Dance which launches the annual Poppy Appeal, Christmas Party and many more. As well as the social side we have four qualified welfare Caseworkers ready to respond to requests for assistance from Ex-Service Personnel and their dependants.

What We Do – The Legion is not just a membership organisation; it campaigns on behalf of the serving and ex-service personnel, it is the national custodian of remembrance and raises money through the Poppy Appeal. This enables the Royal British Legion to carry out its vital welfare work which is at the core of this charity. The Branch has a very successful team of volunteers organised by the Poppy Appeal Coordinator collecting for the National Poppy Appeal.

How we have helped people in this area - In the last twelve months the Legion has provided assistance in many ways. With our help people have moved house, purchased furniture, been provided with mobility aids, had smoke alarm systems installed and been on a Poppy break to aid convalescence. Many more people have had help with problems not necessarily needing financial assistance. Branch welfare also carried out visits to people either in their homes or in hospital to provide them with some social interaction by having friendly chats.

For more information about The Clacton on Sea Branch please contact our Secretary, Mr Jamie Robinson by either: Phoning on 01255 722062 or E mail jamierobinson61@yahoo.com You do not need to have served in the forces to become a member so please come and join us; we would really love to see you at our meetings and socials.

Shoulder To Shoulder With All Who Serve
(this information has been provided by Royal British Legion)

MEMBERS' NEWS

New Venue for Essex Blind Charity

Essex Blind Charity will be moving from SAM'S HALL to C.A.D.O.W.S. from 1st September, 2011, due to expansion plans for the new Resource Centre. Day and time remain unchanged, i.e. weekly every Thursday 1-4 p.m. They said, "We wish to take this opportunity to thank all of the staff at CVS Tendring who have helped us over the years in particular Dawn, Suzy and Vicky. It is with some sadness that we leave but we will remain in touch and would like to wish CVS continued success in all its endeavours".

Their new venue is: C.A.D.O.W.S.
24, Old Road,
Clacton-on-Sea C015 1HX

Leaflets are available in the Reception area of the Community Information Centre. For further information please contact: Jan Fallows – Resources Coordinator Tendring. Tel. No. 01206 563072 Email: janice@essexblind.co.uk
Contact No. Essex Blind Charity Tel No. 01206 563072

Older People's Forum



The main aim of the Tendring Older People's Forum is to explore the needs of the older population of the Tendring District and make recommendations for service delivery. The forum is open to all residents of Tendring who feel that life begins at 50 and want to share their ideas or concerns with like minded people.

The next Tendring Older People's Forum meeting will take place on Friday 14 October, 10 am at Weeley Council Offices. Visit our website for a copy of the agenda and further Older People's Forum information.

www.cvstendring.org.uk/older-peoples-forum



If you have an article or event that you would like us to include in the next edition, please let us know. The deadline for the next edition is 14th

October 2011. Please contact sam.wootton@cvstendring.org.uk

Fundraising Success

Staff, volunteers, family members and friends of Family Support Clacton, joined by Wilma and Fred Flintstone, braved the scorching Tendring sun on Saturday 3 September to raise much needed funds for Family Support.

The intrepid walkers set off on their Clacton Pier to Walton Pier fundraising challenge and successfully completed the gruelling seven and a half mile trek in a healthy two and a half hours allowing for much needed refreshment breaks on the way. They were supported and encouraged by Garry Hutchinson who tirelessly ran up and down the cliff steps supplying water to the walkers and by Trustees, Cllr Mary Bragg, Patrick Foster, Head of Operations, Faye Cooper and Chairman Garry Champion who heaped praise on their "monumental effort in the blazing sunshine".

The youngest walker at 8 years old, Mollie Hutchinson, grand-daughter of Centre Manager Katrina said on completing the distance "My feet are a little sore, but I did it". It is expected that after collecting all the pledges around £700 will be raised for Family Support.



Engaines Bowls Club

Are you interested in Bowling? Engaines Bowls Club is looking for new members. Training can be given if needed. Why not give it a try? They meet Mondays, 6.30pm at the Village Hall, Little Clacton. Contact Joyce Stanley for more information. Tel: 01255 861 027.

NOTICE BOARD

Changes To Employment Law

Pre-employment questions about health

This is a new provision, in effect from **1 October 2010**. Until a candidate has been offered a job (whether on a conditional or unconditional basis) or been included in a pool of successful candidates to be offered a job when a suitable position arises, questions about health can be asked only in specific circumstances. These are where questions are necessary:

- To find out whether an applicant would be able to participate in an assessment to test their suitability for the work; or
- To make reasonable adjustments to enable the disabled person to participate in the recruitment process; or
- To find out whether an applicant would be able to undertake a function that is intrinsic to the job, with reasonable adjustments in place as required; or
- To monitor diversity in applications for jobs; or
- To support positive action in employment for disabled people; or
- To enable an employer to identify suitable candidates for a job where there is a genuine occupational requirement for the person to be disabled; or
- In the context of national security vetting.

The Government Equalities Office published on 6 April 2011 *'What do I need to know? A quick start guide to the ban on questions about health and disability during recruitment'*, is available via tinyurl.com/5v1raln. The fact that an employer asks unlawful questions does not, in itself, give an applicant the right to bring a claim against the employer (for this type of breach, only the Equality and Human Rights Commission can bring a claim). But an applicant could bring a claim against an employer who makes a decision based on information obtained from such a question.

Printed with kind permission from Sandy Adirondack [Governance and legal training and consultancy for the voluntary sector]

Who Ya Gonna Call? Waste Busters!

Training day for new volunteers Saturday 24th September

Essex County Council is proud to announce that it is offering another opportunity for residents to become Waste Busters through a brand new volunteering scheme established for Essex.

To find out more or to book your place, please contact the Volunteer coordinator, Alistair Brudenell on 07717 867166 or visit www.recycleforessex.co.uk

Charities face £2.8bn funding cuts

The National Council for Voluntary Organisations has finalised its estimates for the scale of government funding cuts to the sector, saying that charities stand to lose £2.8bn by 2016. Based on the government's projected spending plans released by the Office of Budget Responsibility, the *'Counting the Cuts'* report also calculates that statutory funding will be £911m less in 2015-16 than in 2010-11, a fall of 7.7 per cent. However, despite the size of the figures given by the report, it warns that this methodology may even underestimate the scale of the cuts, as freedom of information requests have shown that half of local councils will reduce the proportion of their spending on the sector as well as their net spending. To read the full report visit the NCVO website www.ncvo-vol.org.uk/cuts-report.

JustTextGiving

The mobile phone provider Vodafone and the donation website JustGiving have made their text donation service JustTextGiving available to individuals that want to raise money for charity. The companies launched JustTextGiving, a service that they said would enable all UK-registered charities to raise money through text donations for free, in May. So far it has only been available to charities but now individual fundraisers will be able to set up their own unique code that can be used to direct text donations to their chosen charity.

For further information visit their website www.justgiving.com/justtextgiving

FUNDING NEWS

Voluntary Sector Investment Programme: Innovation Excellence and Strategic Development Fund 2012-13

Applications are invited to the 2012-13 Innovation, Excellence and Strategic Development Fund that supports the voluntary sector in developing innovation across health and social care. In the last round (2011-12), 57 projects benefited from funding under the scheme, at a total cost of just under £3.5 million for the year. These projects – from cancer services to mental health projects for young adults – are now benefiting patients across the country. The fund comes as part of the overall Voluntary Sector Investment programme, which totalled over £18million for the year and was set up to improve links between the Department and third sector health and social care organisations across England.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_118373

Education Endowment Foundation

The Education Endowment Foundation is a new independent charity dedicated to raising the educational attainment of disadvantaged pupils in the country's most challenging schools. For the next two years their work will focus on children eligible for free school meals attending primary and secondary school. Registered charities, not-for-profit organisations, individual schools, clusters of schools, teacher groups or any combination of these can apply for funding.

For more information and details of how to apply visit www.educationendowmentfoundation.com.

Tips on Tuesdays (Funding Advice Drop-In Service) CVST Community Information Centre 20-22 Rosemary Road Clacton on Sea

If you do not have access to the internet or want help or information about these or any other funding opportunities why not drop in on any Tuesday morning between 9.30am to 12.30pm to use our facilities to make funding searches and access funding/development help from CVS staff. If you would like an appointment with CVS Staff please pre book by contacting Karen on 01255 425692 or email karen.tedderward@cvstending.org.uk

Heroes Return 2

The Big Lottery Fund has extended its Heroes Return 2 programme by a further 12 months with a new closing date for applications of 31 January 2012. This will ensure Second World War veterans from the UK, Channel Islands and Republic of Ireland who are yet to take advantage of the funding, will have more time to apply for grants to cover travel and accommodation expenses and enables them to make trips throughout 2011 back to places across the world where they served. They can also receive funding to take part in an official commemoration in the UK. War widows and widowers of veterans are also eligible for funding, and carers and spouses can receive funding to travel with veterans. For further information visit http://www.biglotteryfund.org.uk/prog_heroes_return?tab=1®ioncode=-uk&

European Youth Foundation - Deadline 1st October 2011

The European Youth Foundation was founded in 1972, by the Council of Europe to give financial support to Youth Activities, particularly those that promote, peace, understanding and co-operation. Applications are for Category A and B projects taking place between April and December 2012. Category A is an international Youth Meeting such as workshops and seminars while Category B is any type of Youth activity that is not a meeting. See website for explanation of the categories.

E-mail: eyf@coe.int

Website: <http://www.eyf.coe.int/fej>

D'Oyly Carte Charitable Trust

The Trust gives grants to charities in the United Kingdom in support of causes connected to arts, medical welfare and the environment. Grants ranging from £1,000 to £50,000 are available. Applications are considered in March, July and November each year.

Contact Details: Mrs Jane Thorne, The Secretary, The D'Oyly Carte Charitable Trust, 1 Savoy Hill, London, WC2R 0BP

Tel: (020) 7420 2600 Fax: (020) 7240 8561

FUNDING NEWS

Jack Petchey Foundation

Do you work with 11-25 year olds and want to raise their aspirations as well as reward them for their achievements? The Jack Petchey Foundation can help you. The Achievement Award scheme is designed with simplicity in mind and is easy to administer. Your organisation can receive a grant of up to £1,800 each year, opening the door to additional funding, just for celebrating the endeavours of your young people. For more information and to apply visit

www.jackpetcheyfoundation.org.uk

BBC Children in Need - Deadline 15 October

The BBC Children in Need Grants programme is aimed at organisations working with disadvantaged children and young people under the age of eighteen. The organisation and project must be based in the UK and must be from a charity or a not for profit organisation. Small grants are for £10,000 or less per year for up to three years. Main grants are for over £10,000 per year for up to three years. The decisions for the October deadline will be announced in mid February. Application forms are on the website with detailed guidelines for completion.

Contact Details: General Helpline, PO Box 1000, London, W12 7WJ

Tel: 020 8576 7788 E-mail: pudsey@bbc.co.uk

Website: <http://www.bbc.co.uk/pudsey/>

The guidelines page is at http://www.bbc.co.uk/pudsey/grants/general_grants.shtml

What makes a good funding application? Training Opportunity!

Thursday 6 October, 1pm - 5pm. Course fee £50
CVS are holding a workshop led by James Baddeley, an experienced grant fundraiser, evaluator and voluntary sector manager. The aim is to provide an overview of the UK funding sector and provide Top Tips for writing a winning funding bid. To book, contact Richard Perkins, richard.perkins@cvstending.org.uk or call 01255 425 692.

Helping You Help Others Grants

Deadline: 28th October 2011

The Macmillan Cancer Support group was set up to support those who have cancer and are caring for those who have cancer. Although the Macmillan group does give grants to individuals who have cancer it also gives grants to support groups to do with cancer.

It has three of these group grants:

- Start up
- Developing
- Training and conference

Further information and application forms are on the internet. Contact Details: Macmillan Cancer Support, 89 Albert Embankment, London SE1 7UQ. Tel: (020) 7840 4936

E-mail: resources@macmillan.org.uk

Website: <http://www.macmillan.org.uk>

PCT funding

DEADLINE: 10:00am 28 October

North East Essex PCT provides funding to voluntary sector services for the following reasons:

- To facilitate access to services, especially for vulnerable groups or in areas of health inequality
- To meet gaps in service provision, especially for vulnerable groups or in areas of health inequality
- To promote efficient and effective use of statutory services
- To ensure that services exist that readily identify, and seek to address, changing needs
- To promote community engagement and to help sustain a significant voluntary sector presence in the area.

The maximum grant available is £30,000 per year (inclusive of all costs) with a maximum term of 3 years. The application form and guidance notes are available on our website www.cvstending.org.uk/funding

For general advice regarding PCT funding, for clarification of the funding criteria or of any parts of the application form, please contact Laura Cooper at the PCT on 01206 286776 or at voluntarysector@northeastessex.nhs.uk

Further funding information is available from our website www.cvstending.org.uk/funding

HEALTH NEWS

High cholesterol

Cholesterol is a fatty substance found in the blood. It's mainly made in the body, and plays an essential role in how every cell in the body works. However, too much cholesterol in the blood can increase your risk of cardiovascular disease. For help and advice about lowering your cholesterol level have a look at the following websites:

<http://www.bhf.org.uk/heart-health/conditions/high-cholesterol.aspx>

<http://www.nhs.uk/Livewell/Healthyhearts/Pages/Cholesterol.aspx>

Dementia Strategy

The draft Essex, Southend and Thurrock Dementia Strategy will begin its public consultation on Monday 27th June 2011. You are invited to read the full consultation report or the summary version and provide comments by the 19th September 2011. The Strategy should be viewed as a working draft and after consultation the document will be updated. It is based on the National Dementia Strategy 'Living Well with Dementia' published in 2009. The purpose of the draft Essex, Southend and Thurrock Dementia Strategy is to provide an overarching statement of how the objectives of the National Dementia Strategy can be collectively met across Essex whilst allowing the flexibility required to respond to local need.

The draft Strategy seeks comment on the following questions:-

- a) Is there anything that has been missed which would help us to deliver the Essex Southend and Thurrock Dementia Strategy?
- b) Does this Strategy fully address issues of equality and diversity and the needs of particular groups?
- c) What are your priorities for implementation? What can and should be done first?
- d) What can you or your organisation do in partnership to help deliver the outcomes?

The strategy is available on our website, along with the consultation letter and questionnaire.

www.cvstending.org.uk

For further information about caring/living with dementia visit the NHS Choices website <http://www.nhs.uk/conditions/Dementia/Pages/Introduction.aspx>

Carers Breaks Fund

North East Essex PCT has set up a new Carers Breaks Fund for 2011-12. It aims to help voluntary groups in North East Essex to provide activities and/or respite care to enable carers to get a break from their day to day caring responsibilities. Voluntary organisations that support local family carers are invited to apply. The deadline for receiving completed applications is Tuesday 2nd November 2011. Further details and an application form are available on the carers website www.northeastsexpct.nhs.uk/carers/news.htm or contact Sharon Withnell, Carers Project Lead, tel: 01206 286837, email: sharon.withnell@northeastsex.nhs.uk

Government response to NHS Future Forum recommendations relating to personal health budgets

A personal health budget allows people to have more choice, flexibility and control over the health services and care they receive. At the heart of a personal health budget is a care plan, the agreement between the primary care trust and the individual that sets out the person's health needs, the amount of money available to meet those needs and how this money will be spent.

The NHS Future Forum has published its recommendations to the Government on its proposals for NHS modernisation. The Government published its full response on 20 June 2011, which says that, subject to evidence from the pilot, the mandate to the NHS Commissioning Board will make it a priority to extend personal health budgets, including integrated budgets across health and social care.

For a copy of the report visit

<http://www.dh.gov.uk/en/Healthcare/Personalhealthbudgets/index.htm>



Your NHS guide to long-term conditions and self care

<http://www.nhs.uk/Planners/Yourhealth/Pages/Yourhealth.aspx>

CONTACT US

CVST LIBRARY

Creating and Managing New Projects

Alan Lawrie

Published by Directory of Social Change

This book looks at how new projects can be developed, tested, designed and established, within or outside existing organisations, how common problems can be tackled and how the work can best be organised, planned and managed.

Tackling Stress at Work

Published by Labour Research Department

Stress is the main occupational hazard affecting all types of workers. This guide shows what reps can do in the workplace. It explains the legal position and sets out advice from the HSE

Pain at Work

Published by Labour Research Department

Back pain and repetitive strain injuries are among the most common work related health problems. This guide explains employer's legal duties to assess the risks of injury to workers and gives advice on action safety reps can take to help prevent injury.

If you wish to borrow any of these library books, please call in to the CVST office or telephone **01255 425 692**.

Comments? Ideas? News?

If you have any comments or ideas on how we could further improve the newsletter, or if you or your group have some news that we could include in the Newslink, please contact us at the address below.

Spread the Word - share Newslink with your colleagues, volunteers and trustees. Pass this copy on or download from www.cvstending.org.uk/newslink If you want to promote your event or organisation then contact us. Contributions for this newsletter are always welcome. Contact: Newslink, CVST, Community Information Centre, 20-22 Rosemary Road, Clacton on Sea, Essex CO15 1NZ or email admin@cvstending.org.uk

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Dates For Your Diary



Community Network Breakfast – Friday 16 September, 9am – 10.30am

Community Information Centre, 20-22 Rosemary Road, Clacton

Only £4! Pay on the day but book in advance.

Macmillan Coffee Morning – Monday 3 October, 10am – 12noon

Community Information Centre, 20-22 Rosemary Road, Clacton

£1.00 donation including free raffle

Funding Course - Thursday 6 October, 1pm - 5pm

Community Information Centre, 20-22 Rosemary Road, Clacton

Course fee £50

Voluntary Sector Partnership – Friday 21 October, 1.30pm (coffee and registration) 2pm start

Community Information Centre, 20-22 Rosemary Road, Clacton

Trustee Network Essentials Training – Friday 4 November, 9.30am – 4pm

Community Information Centre, 20-22 Rosemary Road, Clacton

International Victorian Christmas Market – Saturday 19 November, 9.30am – 3pm

Princes Theatre, Station Road, Clacton

Contact Details

Has your organisation recently changed their address / telephone number / email? Have you got a new Chairman or Secretary? If yes, pick up the phone or email the new details - it helps us to keep up-to-date.



Look what we can do for you!

Contact Tel: 01255 425692 if you would like to book any of the following services



Venues for hire

Sam's Hall, Scott's Garden Studio, Catalyst I.T. Suite, Interview Room and new Resource Unit.



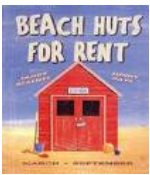
Library Books and Services

You can borrow any book from our extensive library, including Funding Information, Legal Handbook, Accounting, Guide to Managing Projects, Business & Strategy Planning, VAT Guide for Charities.



Training

A full schedule of training is presently available through the CVS Training project. Courses are heavily discounted for all and FREE for those seeking employment who have not completed any recent training.



Beach Hut Hire

Why not hire our Beach Hut for those special summer days. You could invite your volunteers, your clients, or have staff meetings in a sunny atmosphere that's different! Prime site at West Beach.



Advice & Information

We can give one to one support and information on any of your charity needs, such as guidance on employment, volunteers, charity law and trustee responsibilities.



Photocopying

We can copy in colour and black & white and photocopy for example: Newsletters, Posters, Invites, Minutes etc. Reasonable rates.



Poster/Invites/Leaflet/Newsletter Design/Publicity

In-house design to help you with your promotional needs and we can help you with publicity.



Postal and Package Drop Off Point

Use our new service for your group's post or packages. Handy for groups working from home.



Tips on Tuesdays: Tuesday 9.30am - 12.30pm. Drop in to use our facilities to make funding searches, and access funding/development help from CVS staff.

Fundraising opportunities: Annual Events: Christmas Market (sell from your own stall to raise funds), Air Show Charity Stands (hire a stall), hire out Sam's hall for your own fundraising event e.g, quiz nights or coffee mornings.



Secretarial/Payroll

We can produce minutes, letters or manage your payroll. Contact CVST for more details.



Loan of Equipment

We have a wide range of equipment that local groups can hire such as O.H.P., Exhibition boards, TV Video, Projector & Laptop for PowerPoint presentations, projector & mobile screen.