

Newslink

The voice of the voluntary sector

November 2011

Issue 109

Launch of New Service to Improve the Health of Local Residents



**INSIDE
YOUR
NEWSLINK:**

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

The Empowerment and Self Care pilot service has been designed to support people suffering from a range of medical conditions. See page 3 for details.



**Community
Voluntary
Services
Tending**

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

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

Stretch and Tone - Easy to follow exercises, perfect for de-stressing after work or getting fit. Monday 5.30pm - 6.30pm. £3 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



CVS NEWS

Launch of New Service to Improve the Health of Local Residents

Community Voluntary Services Tendring will soon be delivering an innovative healthcare project which aims to improve the lives of local people. The Empowerment and Self Care pilot service has been designed to support people suffering from a range of medical conditions. Self Care is an established method of providing patients with advice and information about how they can best manage their own condition. According to a study carried out by the NHS, 82% of people with a long term condition want to do more self care. The new service will employ two members of staff and will involve local people as volunteer well-being mentors to help patients improve their diet, exercise and general quality of life. Sharon Alexander, Chief Officer of CVS Tendring said, *"We are very excited to be delivering the service for the people of North East Essex. It will make a real difference to their lives. CVS Tendring already has an excellent track record of running projects that empower local people and we are really looking forward to expanding on this work"*.

The new Service Manager will be working closely with GPs and other health professionals and will also invite people to refer themselves on to the programme. The new service will cover the North East Essex area and will run from the Community Information Centre in Rosemary Road, Clacton. People interested in volunteering for the service are asked to contact CVST on 01255 425692 or admin@cvstendring.org.uk

Voluntary Sector Partnership

CVS Tendring hosted the Voluntary Sector Partnership meeting on Friday 21 October. A variety of organisations were represented including Pier Avenue Baptist Church, Tendring and Colchester Minority Ethnic Partnership and Teen Talk. There were two extremely interesting presentations. Kris Whitmore, NHS Connecting for Health spoke about *'Choose and Book'* and Donna Lehain, Employer Advisor Job Centre Plus, spoke about the *'Get Tendring Working'* project.

The next VSP meeting is on Friday 20 January at 1.15pm. Contact CVST for more information or to book your place.

International Victorian Christmas Market

Clacton's Princes Theatre will be transformed on Saturday 19 November into a Victorian Christmas Treasure Trove. A wide range of festive gifts and goods will be available to buy from around 30 local community groups. They will be joined for the second time by members of our twin towns from France, Germany and Poland, who will be bringing their own national gifts to sell. The event is being held to raise vital funds for local charities. The Victorian Christmas Market is one of Clacton's most popular, and opens its doors from 9.30 until 3.00pm. Father Christmas, invited by Clacton Rotary Club, has promised to make an early visit for those children wishing to hand him their Christmas goody list. Lunches and light refreshments organised by the Tendring Twinning Association will be available in the Essex Hall Café. The Salvation Army Band and Songsters, Alton Park Choir and the Youth Theatre Choir will be entertaining visitors with Christmas carols throughout the day. Entrance fee is 50p for adults and children go free!



(One of the Tendring Twinning Association stalls, photo taken at the first International Victorian Christmas Market last year.)

LATEST NEWS. . .

This Morning's Alison Hammond, star of ITV's *I'm a Celebrity* and Channel 4's *Big Brother*, will be dropping in to the International Victorian Christmas Market. Alison will be visiting the local charities selling their Christmas goodies from 1.45pm and will be promoting this year's Princes Theatre Christmas pantomime, *Snow White and the Seven Dwarves*. Alison, who will be playing *Fairy Fortune* at the panto, will be introducing a local choir and mingling with the crowd.

CVS NEWS

The World's Biggest Coffee Morning

Community Voluntary Services Tendring held a coffee morning in aid of Macmillan Cancer Support on Monday 3 October 2011. Many people stopped by for a cuppa with friends and family, and colleagues from the Community Information Centre also attended. CVST would like to thank everyone who gave their support. Over £50 was raised which will help Macmillan Cancer Support reach their ambition to fund more vital support services for people living with cancer.



What makes a good funding application?

We recently held a training event on writing a good funding application. Eighteen people from twelve voluntary organisations attended the session which was facilitated by James Baddeley. James, who runs a consultancy providing business solutions for third sector organisations, gave us 16 steps to a successful funding bid. One attendee summed up the experience as “A worthwhile investment in time and money” and “This was an excellent review of practical tips which will be invaluable for the funding application that I am completing next week.”

There will be presentations and workshops on the Big Lottery and the Heritage Lottery funds on 21 February. Check our website for details of this and other future events. www.cvstendring.org.uk

Training Success

CVST would like to congratulate four members of the team for their recent successful training. Dawn Breame has achieved a CMI Level 3 Diploma in First Line Management. Vicky Breame, Suzy Fuller and Daniel Tester have all completed NVQ level 2 training in Customer Care. Vicky Breame said, “I really enjoyed the course and look forward to using the new skills that I have learnt”.

Community Network Breakfast

CVST recently held its third network breakfast on Friday 16 September. Twenty-five community workers from sixteen voluntary and statutory agencies gathered together to share breakfast and seized the opportunity to network with each other. Fresh coffee and conversation flowed as everyone in attendance promoted their services at ‘speaker slots’. Simon Ferrier from Royal British Legion spoke about how the Royal British Legion supports the welfare of all the armed forces and their families, from employment, counselling, debt, equipment, finding a place to live and many more services. One attendee said, “all the speakers were good and put their points over very well”. Another attendee was pleased with the “very informative presentations”. The next Community Network Breakfast will be held on Friday 10 February at our Community Information Centre in Rosemary Road. Contact us if you would like to book a place or find out more about being a guest speaker. Email admin@cvstendring.org.uk Tel 01255 425 692.



(Pictured: Ian Layzell talking about the Tendring Timebank)

MEMBERS' NEWS

CVST would like to welcome new members:

**All Saints with St James Churches
Frinton Local Support Line
Colchester Youth Enquiry Service**

By becoming affiliated to CVST local voluntary and community groups can benefit from the following opportunities: networking, newsletter, advice and information, room and beach hut hire at a reduced rate, funding advice service, the opportunity to take part in the annual Victorian Christmas market, the annual volunteers awards, community exhibitions and events, library lending service and training. Contact us if you would like further information about becoming an affiliated member.

Corner Lodge November Events

Corner Lodge, 185-193 Meadow Way, Jaywick Sands, Jaywick, are inviting the local community to some activities in November.

8 November - Tasty Tipple Sherry Morning 11am to 12:30pm, Traditional Tea Dance in conjunction with Jaywick Network from 2:30pm.

12 November - The Keep Fit Queen Patricia Paxon's "Armchair Exercises Class" 2pm.

15 November - The Harmonies "Spine Tingling" singing group from 2:30pm.

18 November - Y Factors latest Addition, Neil from 2:30pm.

22 November - Tasty Tipple Sherry Morning 11am - 12:30pm, Handbag and Jewellery Party from 2:30pm.

25 November - The World Famous Singing & All dancing Entertainers "Bill & Jim" from 2:30pm.

Contact 01255 220 228 for more information.

Launch of new Training Facility

Home Instead has launched a fully equipped training room specifically set up to deliver Health & Safety Training and Manual Handling. The room is equipped with hoists and the type of equipment that care workers and/or carers utilise in their day to day activities. John Halls, Mayor of Frinton and Walton Town Council officiated the launch. The room is available to hire by contacting Home Instead Tel: 01255 672269 or jean.allen@homeinstead.co.uk

Focus on ...

Family Support Clacton



"CARE WITH CHOICE FOR OUR COMMUNITY"

This is our aim and we encourage those within our organisation, and volunteers from Tendring, to build community cohesion and support older people to exercise their choice, maintain their independence and live fuller lives by the services we offer.

We offer:

Jaywick Lane Wellbeing Centre (Situated within Bishop's Park College)

Open 5 days a week. Join us for a freshly cooked meal, beverages and entertainment. Showering facilities, nail cutting, gentle exercise programmes, craft room and much more. Trained staff are there to help.

The Rosemary Wellbeing Centre (Situated within Imperial House, Rosemary Road, Clacton)

Join us for lunch. Open 5 days a week and specialising in Alzheimer's & Dementia sessions. Days at the centre are based to encourage social skills, stimulating therapeutic activities, memory and music stimulation. Showering facilities and nail cutting services are available with trained staff to help.

Rural Lunch Club (based within Little Clacton Village Hall)

This is held every Thursday and transport is available. All our vehicles are wheelchair friendly.

We also run a **Snooker Club, Home Visitor/ Carer Sitting, Social Events and Social Lunch Outings**. Contact us for further information.

Volunteers

We always need volunteers to pledge their support and give the most precious thing they have, which is time. Volunteers are needed for: *Befrienders, Drivers, Escorts, General kitchen helpers, support volunteers, and activity support.*

Family Support - Clacton 01255 432132

If you have an article or event that you would like us to include in the January edition, please let us know. The deadline for the next edition is **12 December 2011**. Please contact sam.wootton@cvstendring.org.uk



NOTICE BOARD

Big Lottery Consultation – Your Views are needed!

The Government is consulting on draft Policy Directions for the Big Lottery Fund. The following sentence appears on page 1 of the consultation document:

“The need to ensure that the Fund achieves the distribution of funds to a reasonably wide spread of projects, primarily those delivered by the voluntary and community sector and social enterprises, including small organisations, those organisations operating at a purely local level, newly constituted organisations, organisations operating as social enterprises and organisations with a base in the United Kingdom and working overseas.”

A year ago the Government reduced the share of good cause money going to the Big Lottery Fund from 50% to 40% and increased the shares going to support heritage, sport and art. At that time Ministers promised that 100% of Big Lottery Fund spend would be in the voluntary sector. So, the use of the word *primarily* could be a quiet signal that more Big Lottery Fund spending will go through the statutory sector. What indeed does *primarily* mean? 51%? Currently spending through the voluntary sector is around 80% and more in England. A further 20% in support to the voluntary sector would mean more than £100m each year. The consultation document can be found here <http://www.cabinetoffice.gov.uk/resource-library/big-lottery-fund-consultation-proposed-policy-directions> It is short and there is a straightforward form to use for consultation responses. These are required by **Friday 18 November 2011**. Please respond and insist that 100% of Big Lottery Fund resources should be invested in the voluntary sector.

Appointment Of Two Community Lay Members To The Essex Safeguarding Children Board (Escb)

The ESCB will be appointing two volunteer Community Lay Members from January 2012, for a period of 1 year. To find out about this role and download an application form, please visit our website www.cvstending.org.uk/newslink or call 01255 425 692

Bogus collectors and theft On-line Reporting Tool

The Charity Retail Association has built an online tool that allows members of the public and charities to report suspicious activity to the police. They have designed an online form to enable them to gather reports of bogus collections whether they be criminals stealing legitimate collection sacks from outside people's homes or fake companies and fake charities deceiving the public with collection materials that look like they are from a genuine charity. The CRA will collate the information and forward it to the police who will then be able to establish if there is a pattern to the criminality and help them to gather evidence for prosecutions. Visit http://www.charityretail.org.uk/theft_bogus_form.html to use the form or find out more.

ECDP Training

Essex Coalition of Disabled People has recently launched two new training products. The Direct Payments Awareness Training course is a half day course being delivered by approved trainers and includes your chance to ask questions of a recipient to see how it all works in reality. The course is £49.00 per person and takes place on 1 December. The Basic Adult Safeguarding course will be held at ECDP's Chelmsford base on 13 December. The cost for this course is only £25.00 (+VAT) per person with a maximum group size of 15. For more information please contact Karen Bellerby on 01245 392303 or email training@ecdp.org.uk

Ten top tips to avoid a Christmas debt hangover - 2011 campaign

Citizens Advice is once again working in partnership with Barclaycard to help people avoid falling into debt over Christmas. They have produced a pocket-sized leaflet giving 10 top tips to help people make informed decisions when budgeting and choosing credit to help with the costs of Christmas. For details and to download a flyer visit the website http://www.financialskillsforlife.org.uk/fsfl_projects_toptipscristmas.htm

NOTICE BOARD

Are you a member of the Fundraising Standards Board (FRSB)?

Does your organisation regularly and actively fundraise for your charity? Do you carry out street collections, hold table tops or raffles? You may have just an annual event or circulate appeal letters. If you undertake any of these activities you may wish to consider becoming a member of the FRSB.

The Fundraising Standards Board helps their members comply with fundraising best practice, providing updates of any changes and support in complaint handling. Members can use their "give with confidence" tick logo on fundraising materials which the general public are increasingly recognising as the mark of fundraising confidence. Displaying the tick on your fundraising materials will instantly provide trust and credibility. To find out more or to become a member visit their website www.frsb.org.uk

LawWorks for Community Groups

This project provides free legal advice to small charities, not for profit, voluntary and community organisations and social enterprises in England and Wales using volunteer lawyers. They can help you with a wide variety of legal work including company law, employment law, intellectual property law, property law, charity law, tax/VAT law, insolvency and help in drafting contingency plans; insurance law, health and safety law, general contractual / commercial matters, etc. Their application process is on-line and, if approved, LawWorks then try and match the applicant with a volunteer legal advisor who provides the legal advice for free. Once accepted, the applicant will be a client of the firm but LawWorks is on hand to deal with any problems. LawWorks also runs an Initial Electronic Advice service which is an online system to provide answers to brief legal questions. The LawWorks website contains information and advice on all the services LawWorks can provide to the voluntary sector.

E mail: enquiries@lawworks.org.uk

Website: www.lawworks.org.uk

Localism Bill victory for voluntary and community sector

NAVCA (National Association for Voluntary and Community Action) is celebrating victory for the voluntary and community sector following the publication of the amended Localism Bill. The amended Bill has been published following the House of Lords report stage. Despite intense lobbying by the Countryside Landowners Association (CLA) to reduce the length of time that charities would be able to exercise their 'Right to Buy', the government has agreed with NAVCA that a six months period is the minimum period needed to make the Assets of Community Value opportunity work.

The Localism Bill will give charities and community groups the right to get local councils to list properties as "Assets of Community Value". This aims to prevent the heart being ripped from communities by buildings being closed or sold.

NAVCA has been campaigning for more than a year to ensure the Localism Bill benefits local charities and community groups not big organisations. This work was recognised in the Lords debate. Kevin Curley, NAVCA's Chief Executive said; "NAVCA's campaign is to make sure that the Localism Bill delivers on its promise to give powers to local people and communities. I am delighted that the Lords agreed that communities need at least six months to prepare bids if the 'Right to Buy' is to mean anything.

"Getting our work recognised in the House of Lords is greatly encouraging but there is still a lot of work to do to ensure that the Localism Bill gives real powers to local communities. I would urge everyone with an interest in this to sign up to our campaign at www.RP4C.org.uk".

Help Macmillan Change lives

WE ARE
MACMILLAN.
CANCER SUPPORT

Macmillan Cancer Support are setting up a fundraising group in Clacton. They are looking for help with organising various events.



If you would like to join the fight against cancer by getting involved, please contact the Essex fundraising team on 01245 345280.

FUNDING NEWS

SITA Trust Enhancing Communities Programme

The Enhancing Communities Programme supports community improvement projects that make physical improvements to community facilities such as village halls, public parks and sports facilities, and to projects that restore or repair buildings of religious worship or buildings of architectural or historic interest. To check if your project site is in a funding zone please go to the postcode checker on www.sitatrust.org.uk/community-funding Deadline for next round is 10am on 28th November 2011

Football Foundation – facilities grant

Provides money to develop new or improved facilities for community benefit. These include changing rooms or clubhouses, grass or artificial pitches and multi-use games areas.

<http://www.footballfoundation.org.uk/apply/facilities-grants>

Essex Community Foundation – High Sheriff's Fund

The High Sheriff's Award Scheme was established in Essex in 1993 and is administered by the Essex Community Foundation. The Fund aims to reward community initiatives that address crime and anti-social behaviour. Funding is available for projects that will make local people, of all ages, feel safer in their own homes, schools, towns and villages by tackling crime and anti social behaviour in the community. Grants of up to £1,000 are available. Deadline for applications is 1st December 2011

http://www.essexcommunityfoundation.org.uk/apply_for_a_grant/index.html

Co-operative Community Fund

The Co-operative Community Fund makes grants of between £100 and £2,000 to community, voluntary, or self-help groups to run projects that meet its criteria. The on-line application form is easy to complete as there are only six sections to fill in. The form should be completed in one session (about 45 minutes) as it cannot be saved. However, you can print off the list of questions before completing the form.

Website: www.co-operative.coop/membership/local-communities/communityfund

RBS Sport for You

The Daily Telegraph, in partnership with the Royal Bank of Scotland, administers the Sport for You grant. The maximum grant available is £1000. The scheme aims to support those sports clubs that play a vital role in society, creating a place for social interaction and an environment where different generations come together to be active and share the joy of sporting participation. The grant must be used to benefit the club as a whole. It may not be spent on individuals. Applications from after school sports clubs run by parents or other parties on a voluntary basis are also welcomed. Deadline for applications is the 30th November 2011.

<http://tinyurl.com/rbs-sport>

Woodward Charitable Trust

The Woodward Charitable Trust is one of the Sainsbury Family Charitable Trusts. The Trusts share a common administration, but are otherwise independent of each other. The Trust aims to support small-scale, locally-based charitable initiatives in the UK. The Trust offers the following types of funding: Small grants of between £100 and £5000 (around 80 grants per year); Large grants of over £5000 (around five grants made per year). Applications for the Trustees meeting in January are accepted until the 30th November 2011. Deadline for Summer Playscheme applications 5pm on 26th March 2012. Link to guidelines:

<http://www.woodwardcharitabletrust.org.uk/guidelines.html>

The Henry Smith Charity

The Henry Smith Charity offers a wide range of grants with slightly different application and assessment processes and makes grants for work throughout the UK. Guidance on all their funding streams and application forms are available on their website and applicants are requested to read the appropriate guidance notes carefully before making an application. Applications can be made for revenue and capital funding and three year funding can be considered. Small grants range from £500 to £10,000 and large grants from £10,000.

<http://www.henrysmithcharity.org.uk/grant-programmes.html>

FUNDING NEWS

Community Action against Crime: Innovation Fund

The Community action against crime: Innovation Fund encourages creative new approaches to tackling crime. It will encourage greater community activism and enable communities to develop innovative approaches to tackling the local crime issues that matter to them. Applications from grassroots community activists who are not traditional recipients of government grants are encouraged. Small grants are for between £1000 and £15,000 per year and large grants are between £15,001 and £50,000. Deadline for applications is the 1st December 2011. Link to guidelines: <http://homeoffice.gov.uk/crime/partnerships/innovation-fund/>

Drinkaware Grants

The Drinkaware grants scheme works to positively influence public behaviour and find innovative ways to raise awareness about the effects of alcohol, to help reduce alcohol misuse and minimise alcohol-related harm. Their funding schemes give local and national projects a chance to change the nation's drinking habits and make a positive difference to people's lives. Grants are available to groups in any part of the UK, working with any population group, through 3 schemes:

- Ideas Fund - up to £2,000
- Awareness Projects - up to £25,000
- Big Impact Awards - up to £100,000

Drinkaware are always happy to give advice informally over the phone Tel: 020 7766 9908 or by email to Andy Law Email: alaw@drinkaware.co.uk before you make an application, or during the application process.

Drinkaware encourages you to call before applying to discuss your proposal, particularly if you are planning to apply for a larger grant. All applications for funding should be made by filling in the Application Form which is available to download from the website.

<http://www.drinkaware.co.uk/grants>

If you would like help with funding applications or further information please contact Karen Tedder-Ward
email karen.tedderward@cvstending.org.uk

Film Culture Fund

Applications are now invited from cinemas, film archives, film festivals, mobile cinemas, film societies and other eligible organisations working in the English regions outside of London. Awards will range from £2,000 - £50,000 depending on the project. Funded activity can include programming, education, reaching under-served audiences and regional screen heritage. The deadline for applications is midday on 28 November 2011. Download the Film Culture Fund guidelines and access the online application form at www.creativeengland.co.uk/film-support/film-culture For more information about Creative England film funding, call 0844 824 6041 or email lottery.admin@creativeengland.co.uk

Boost Charitable Trust

Boost Charitable Trust was created in 2005 to champion the disabled and disadvantaged and to inspire them to overcome their challenges through the power of sport. This Trust believes that sport is for everyone and aims to give opportunities to those who wish to fulfil their sporting ambitions, at any level. The Trust will only support charities or non-profit making organisations with a focus on sport. Applications can be made at any time and there is no formal application form. Applicants are asked to email a letter, no more. Email: lucy.till@boostct.org Website: <http://www.boostct.org>

Wallace and Gromit Children's Foundation

The Foundation aims to fund projects which are not funded directly by the NHS. For example, arts, play and music programmes for patients, facilities for parents such as accommodation, a wide range of projects in children's hospices, capital funding programmes for children's hospitals and hospices and state of the art equipment including medical equipment (when it can be shown that funding is not available from statutory sources). Application deadline for the 2011/2012 grant funding round is the 7 December 2011.

<http://www.wallaceandgromitfoundation.org/>

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

HEALTH NEWS

Age UK Toe-Nail Cutting Service

This is the up to date list of forthcoming venues:

Mistley Clinic	Wed	10am – 3pm	9 November
Jubilee Unit, Clacton Hospital B	Fri	10am – 3pm	11 November
Jubilee Unit, Clacton Hospital A	Thurs	10am – 3pm	17 November
Harwich Hospital	Fri	10am - 3pm	9 December
Jaywick Community Resource Centre	Wed	10am – 3pm	16 December

Telephone the Writtle office for an appointment at any of these venues; we are unable to trim persons suffering with either diabetes or major circulation problems. There is a charge for this service, please ring for further details. For appointments and enquiries please ring 01245 423333 between 9.00am – 3.00pm.



Tackling Obesity

The NHS has two free weight management programmes for adults in the North East Essex area. The Shape-Up programme provides group support and the My Weight Matters programme provides individual (one-to-one) support. Both programmes cover the following topics: eating a healthy balanced diet, managing your portions (serving sizes), building confidence and motivation to help you manage your weight, being more active in your daily life, changing unhealthy habits for healthier ones, understanding food labels and making healthier food choices and support to help you make longer term plans to keep going. There is also a new programme providing 1-1 support for 16 and 17 year olds who want to adopt a healthier lifestyle. BEAMM (Balanced Eating and Moving More) sessions take place in community locations across the Colchester and Tendring area.

For further information visit their website <http://www.acecic.co.uk/Page.aspx?pID=109> If you wish to speak to a member of the weight management team please contact them on 01206 363002.

Diabetes Forum for Tendring

A DIABETES patient forum for Tendring is being launched by NHS North East Essex to help people receive the diabetes services they feel they need. For the past two years, a north east Essex-wide diabetes patient forum has been established, meeting once a month in Colchester. However, following feedback from patients, NHS North East Essex has taken the decision to split the group into two. Public Health Diabetes Nurse, Linda Jewsbury, said: “We have been made aware that a number of patients with diabetes in Tendring would like to join the forum but find it difficult to travel to Colchester. We considered alternating the venue between Colchester and Tendring but then Colchester forum members said they wouldn’t be able to travel to Tendring. We decided the best option would be to have forum meetings in Tendring and Colchester. It is very important to involve patients at every stage of service planning and provision and this patient forum enables us to do this. We have 22 people on the forum list and we anticipate this increasing with the launch of a Tendring venue”.

The initial Tendring meeting took place on October 27 at the CVST Community Information Centre and the next meeting will be Thursday 24 November.

Improving vascular services

At the moment major vascular surgery is carried out at Ipswich and Colchester General hospitals. However the surgeons carrying out this surgery believe it would be better for patients if only one centre carried out this surgery. Working together as a group called The Five Rivers Vascular Network, they believe this major surgery should be carried out at Colchester General Hospital only. All other aspects of vascular care, such as outpatients' clinics, diagnostics and day case surgery, will continue to be carried out at both Ipswich and Colchester General hospitals. These clinicians believe this will give their patients the best treatment and care available. They are seeking your views on the change to this service. To learn more about this decision and to give your views visit their website <http://www.suffolk.nhs.uk/vascularservices>

CONTACT US

CVST LIBRARY

Voluntary but not Amateur

Ruth Hayes and Jacki Reason

Published by London Voluntary Service Council
Do you understand how law affects your organisation? This book explains the current law, warns of imminent changes and makes suggestions for good practice. The check lists and models are particularly useful. *Voluntary but not Amateur* is an accessible and indispensable guide for anyone involved in voluntary organisations.

The Health and Safety Handbook for Voluntary and Community Organisations

Al Hinde and Charlie Kavanagh

Published by Directory of Social Change
This step-by-step guide to health and safety is specially written for all those in the voluntary sector. The new edition has been fully revised and updated to take account of recent legislation, as well as current facts and figures on the sector. By working through the book, readers can compile their own complete health and safety policy which is a legal requirement.

If you wish to borrow these or any of the other CVS library books, please call in to the Community Information Centre 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



International Victorian Christmas Market - Saturday 19 November, 9.30am - 3pm
Princes Theatre, Station Road, Clacton

Diabetes Patient Forum - Thursday 24 November, 6.30 - 8pm
Community Information Centre, 20-22 Rosemary Road, Clacton

Tending Trustee Network - Friday 5 December,
Community Information Centre, 20-22 Rosemary Road, Clacton
Contact karen.tedderward@cvstending.org.uk to confirm attendance

Diabetes Patient Forum - Thursday 12 December, 6.30 - 8pm
Community Information Centre, 20-22 Rosemary Road, Clacton

Voluntary Sector Partnership - Friday 20 January, 1.15pm
Community Information Centre, 20-22 Rosemary Road, Clacton

Community Network Breakfast - Friday 10 February, 9am - 10.30am
Community Information Centre, 20-22 Rosemary Road, Clacton Only £4! Pay on the day but book in advance.

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



Meeting Rooms for hire

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



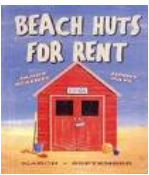
Library Books and Services

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 and many more.



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.