

# Newslink

*The voice of the voluntary sector*

July 2011

Issue 107

## AIR SHOW COMMUNITY FAYRE

Clacton Town Centre, (opposite McDonalds)  
Thursday 25<sup>th</sup> August, 10am – 5pm



**INSIDE  
YOUR  
NEWSLINK:**

- CVS News
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The best of Tendring's community services will be on show during the Thursday of the Clacton Air Show. Come along and find out what they can do for you.

### **PASS IT ON!**

**This publication is meant for everyone involved in your group**

**Community Voluntary Services Tendring**

### **Community Information Centre**

20-22 Rosemary Road, Clacton-on-Sea, Essex CO15 1NZ

Tel: 01255 425692 Fax: 01255 425126

Email: [admin@cvstendring.org.uk](mailto:admin@cvstendring.org.uk) / [www.cvstendring.org.uk](http://www.cvstendring.org.uk)

OPENING HOURS - Monday to Friday 9am to 4pm

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**£1**

# COMMUNITY INFORMATION CENTRE

## Occupants

### Community Voluntary Services Tendring

Support Services for the local voluntary sector.

Monday - Friday 9am - 4pm

### Alzheimer's Society

Support service for anyone affected by Alzheimer's or dementia.

Monday - Thursday 9am - 3pm

### Age Concern

Home Support Service

Monday - Thursday 9am - 1pm, Friday 9am - 12noon

Befriending Service

Monday - Thursday 9am - 4.30pm, Friday 9am - 4pm

### Essex Carers Support

Support service for family carers.

Monday - Friday 10am - 4pm

### Family Support Clacton

Day centre providing activities for the elderly.

Monday - Thursday 9am - 4pm

Friday 9am - 3pm

### Helping Hands

Service to help the elderly and disabled with day-to-day transport, shopping, medical and social trips.

Monday - Friday 9am - 3.30pm

### Mayday Therapy Group

Talking therapy, anxiety management and healthy living for people with mental health problems.

Monday - Friday 1.30pm - 4pm

### Volunteer Centre

Volunteer opportunities of all types.

Monday - Friday 9am - 3pm

## 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 vary from £6 per hour to £20 per hour depending on room choice and affiliation status.

For further details visit our website or contact CVST

[www.cvstendring.org.uk/community-centre/meeting-rooms.html](http://www.cvstendring.org.uk/community-centre/meeting-rooms.html)

## Weekly and Monthly Meetings

**Funding Fridays** – drop-in for funding advice

Friday 1pm - 3pm, IT Suite

**Silver Surfers Club** - for the over 50's. Tell all your clients!

Monday 2pm - 4pm, IT Suite. £2 per session

**IT 4 the Terrified** - all welcome

Tuesday 2pm – 4pm, IT Suite. £2 per session

**Dementia Café**

Wednesday, 10am – 12 noon, Sam's Hall

**Essex Blind Charity**

Thursday 1pm – 4pm, Sam's Hall

**Essex Carers' Drop In**

1<sup>st</sup> Monday of each month 1pm – 3pm, Garden Studio

**Voluntary Sector Partnership** - open to all voluntary groups. Quarterly meetings - next meeting 14th October 1.30 - 4.30pm. Sam's Hall

Quarterly meetings - next meeting 14th October 1.30 - 4.30pm. Sam's Hall

**Clacton Bead Queens**

2<sup>nd</sup> Saturday of every month 11am – 1 pm, Sam's Hall

**Clacton Carnival Association**

1<sup>st</sup> Tuesday of every month 7.30pm – 9.30pm, Sam's Hall

**Epilepsy Action**

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

**Tendring Home Improvement Agency**

3rd Monday of every month 10am - 12noon, IT Suite

**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.

**Victim Support**

2nd and 4th Thursday of every month 10am — 12noon, Sam's Hall. Clients can either drop in or call us on 0845 4565 995 and make an appointment.

**NEW**

**NEW**

# CVS NEWS

*CVST would like to give a warm welcome to our new reception volunteers; Hayley, Kevin, Jenna, Lesley, Linda, Tina, Avril, Margaret, Sharon and Jackie. We hope you enjoy your experience and enjoy meeting everyone who meets, volunteers or works here at the Community Information Centre.*

## Volunteers Awards and AGM

This year nominated Volunteers and Volunteer groups will be presented with awards by the Rotary Club of Clacton Jubilee at the CVST AGM. The winners will receive £250 for the charity of their choice. We promise the business of the AGM will be as short as possible so that we can concentrate on the most important elements – the Volunteer Awards and Networking! We will also be launching the long awaited Voluntary Sector Directory, and a short 5 minute film about local charities. There will of course also be the opportunity for attendees to mix with peers and chat over a complimentary buffet and relaxed surroundings of the beautiful Community Information Centre in the centre of Clacton. The event starts at 11am on Friday 22 July and for catering and seating purposes we would ask that you let us know if you are attending. Tel: 01255 425692

## Community Network Breakfast

At the recent Community Network Breakfast, held on 24<sup>th</sup> June, 25 Community workers from 16 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'. Lizzie Warrington from NEEPCT spoke about how well the pilot project of the virtual wards has been working. She called upon other organisations to think about potential projects to complement the virtual ward project. Jamie Robinson from the Royal British Legion, Clacton Branch said 'Thank you for the invite to the Network Breakfast, we really enjoyed ourselves and the chance to promote our services'. Photos of the event are on our website [www.cvstendring.org.uk/events](http://www.cvstendring.org.uk/events). The next event is planned for Friday 16<sup>th</sup> September 2011. Book in advance and pay £4 on the day. Contact [dawn.breame@cvstendring.org.uk](mailto:dawn.breame@cvstendring.org.uk) or Tel: 01255 425692

## Tendring Trustee Network

London Solicitor Deborah Nathan from Russell Cooke's Specialist Charity Team attended the Tendring Trustee Network on Monday evening and gave a round up of recent employment law cases and the lessons to be learnt from them. Deborah also gave an update on the vetting and barring scheme and practical tips for avoiding discrimination claims. 24 local trustees attended the seminar and enjoyed networking over a 'first class' buffet. Garry Champion, Family Support Clacton, said "*It was great, I learnt a lot*".

The Trustee Network is open to committee members or trustees of local charities or voluntary organisations and it is also a great place to recruit new trustees. The network gives access to free professional master-classes and trustees are able to learn from each other's experiences and ultimately, to network. It is funded until March 2013 from The Thriving 3rd Sector Fund which is managed by Essex Community Foundation.

There is a £10 annual membership fee. The benefits include:

- 6 networking meetings with free buffet and presentation
- Priority to Trustee Essential Training
- Governance training
- Access to Trustee library and resources
- Your own personal membership card with membership number
- Access to the Members' area on our website

For more information please contact Karen Tedder-Ward, call 01255 425692 or email [Karen.tedderward@cvstendring.org.uk](mailto:Karen.tedderward@cvstendring.org.uk)

## Volunteering code of good practice

We are currently looking at the Tendring Compact with a view to refreshing it. In order to do this we will be updating documents individually over several months. The document attached is the **Tendring Compact Volunteering Code of Good Practice**. Could you please have a look at it and the attached '**checklist for the management of volunteers**'. Your ideas on updates, changes and suggestions will be gratefully received. **Please submit to us by the 1<sup>st</sup> of August.**

## Lights! Action! Camera! - Filming the impact of the Fairshare Fund

As the Fairshare project nears an end, the Essex Community Foundation has commissioned a film made for and by the participants and beneficiaries of the project and co-ordinated by CVST Voluntary Sector Development Manager, Indira Allen. The film is to capture the impact that the funding and Fairshare has had on the lives of local people. When funding is awarded to projects, funders and those involved in the project are keen to measure the impact and value of the project as well as the legacy of the project. Adam Perry, who has worked with Channel Four and with various international documentary and movie companies, was tasked by Community Foundation Network with training the project participants. Adam organised several training events to teach film and documentary making to the project leads and beneficiaries who have been supported by the project. This gave both project leads and beneficiaries the time to reflect on the benefits of the project as well as learning new skills. Adam comments:

“Training the panel members and beneficiaries who were selected to take part has gone very well. The team was not only great fun to train, but have captured interviews that really reveal the impact Fairshare has had in the community and on the organisations. It is clear to me that the group has picked up story telling skills they will be able to continue to use to benefit many more projects in the future.”

Teentalk, Signpost and Inclusion Ventures were the projects that have been supported as well as the CVST Voluntary Sector Development Project. Libbie Miller, Youth Forum Co-ordinator from Teentalk says: “Fairshare has helped our voice to be heard and given us the confidence to make changes to the environment in Harwich, allowing us to be part of meetings that have changed the way Harwich looks. With our Hoodie Festival, we have been able to challenge the negative stereotypes of young people and have undertaken partnership work with young people.”

The film will form part of the evaluation of the six years of Fairshare funding. The skill learned by these organisations gives them the opportunity to use them for future work, evaluation and project work. The film will be available to view on our website [www.cvstrending.org.uk](http://www.cvstrending.org.uk)

## Full Steam Ahead Voluntary Sector!

“Voluntary organisations can help to span the challenges” so said Dr Paul Zollinger-Read, Director of Commissioning Development in the NHS East of England, in the recent edition of the GPC Newsletter dated 23 June. After what seems an awful long time of the voluntary sector feeling sidelined and marginalised, things are finally moving. Dr Zollinger-Read described how refreshing it was to meet voluntary organisations at a recent conference. He described the strengths of the voluntary sector, how the sector punches above its weight, how it understands the NHS financial constraints, the needs of patients and how to deliver services best matching patient needs. He called for NHS commissioning colleagues to work with voluntary organisations - he said clinical commissioners are currently overlooking an opportunity to work with the sector whilst ensuring that disinvestment in outdated services is undertaken alongside investment in future voluntary sector service provision. He went on to say “unless we allow competition to enable us to really and truly liberate the skills in the voluntary sector it is going to be amazingly difficult to rise to our current challenge”.

Ed's note: We all know that patients are going to miss out on all the brilliant services delivered by the local voluntary sector if the NHS ignore our strengths. However, in response to Dr PZR (as he is otherwise known!) we, the voluntary sector also have a part to play in this latest script. In order for commissioners to know us and value us, they first need to know we exist and what we do! Ensure you maximise your marketing and promotion tools, use as many opportunities as you can to network with colleagues, ensure your stakeholders are fully informed about all of your services, use the media, get online, and get known! The Tending voluntary sector is huge and diverse. This needs to be highlighted to local commissioners. CVST is nearing completion of the soon to be published ***Tending Voluntary Sector Directory*** – ensure you are included. It will be launched at our AGM on 22 July (have you booked your place?) and will be available in hard copy and online.

# MEMBERS' NEWS

## CVST would like to welcome new members:

Support Organisations for Dovercourt Area  
(S.O.D.A)

Voices of Colne & Estuary Residents United  
Clacton & District Fuchsia Society  
Catch 22 (Basildon)

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## Drivers wanted for Essex Blind Charity Home Visiting Scheme

Essex Blind Charity is currently looking for volunteers interested in joining their Home Visiting Scheme. The scheme involves pairs of volunteers – one sighted and one visually impaired – visiting people in their homes in the Tendring area to provide support and information concerning their sight loss. We have a number of visually impaired volunteers but are short of sighted volunteers who can drive. Full training will be given and petrol costs paid. Visiting times can be arranged to suit you with a frequency around once a month. For more information please contact Jill at Essex Blind Charity Tel: 01206 563072 Email: [jill@essexblind.co.uk](mailto:jill@essexblind.co.uk)

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## Victim Support Drop In Sessions

Victim Support are starting new Drop In sessions to be held at Imperial House. If you are the victim of crime and would like some emotional or practical support please come in to see one of our trained volunteers on the second and fourth Thursdays of the month between 10am and noon. Clients can either drop in or call us on 0845 4565 995 and make an appointment. Dates are as follows; 14 & 28 July, 11 & 25 August, 8 & 22 September, 13 & 27 October.



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 15<sup>th</sup>

**August 2011.**

Please contact [sam.wootton@cvstendring.org.uk](mailto:sam.wootton@cvstendring.org.uk)

## Strawberry Tea Dance



The Alzheimer's Society held their annual Tea Dance at Tendring Stroke Services Hall at Holland-on-Sea on Tuesday 14<sup>th</sup> June. The event aptly fell during National Carers Week and people with dementia and carers enjoyed an afternoon of dancing and entertainment lead by Phil Waterman and friends. Refreshments had a local flavour with homemade scones baked by Sarah in Kirby Cross, strawberries from Bradfield and jam from Wilkins of Tiptree.

"We had a lovely afternoon with music and dancing. The strawberries and cream were delicious!"

For support and information on dementia please contact the Tendring Office 01255 474650 or email [tendring@alzheimers.org.uk](mailto:tendring@alzheimers.org.uk)

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## Vacancies At Grassroots Charity

As a voluntary organisation and charity we are always looking for extra pairs of hands. We currently have vacancies for trustees and a volunteer administrator.

### Trustee Job Description:

- To further the aims of the charity in both business and personal life.
- To raise awareness of the charity in the local community.
- To attend 6 Trustee meetings each year.
- To attend the Charity's Annual General Meeting.
- To consider grant applications and award grants in accordance with the charity's criteria for grants.
- To maintain and develop the charity's endowment fund.
- To administer and maintain funds in accordance with Charity law.
- To develop and grow the charity to further its aims for the future.

### Volunteer Administrator:

We are looking for a person who could give a few hours a week, based in the Straight Road Centre in Colchester to answer the telephone and perform a number of secretarial and administrative duties. Familiarity with Microsoft Word and Excel would be ideal.

If you are interested in becoming involved in any way, please contact Sue Hawes on 01206 542255 or email [info@grassrootscharity.org](mailto:info@grassrootscharity.org)

# NOTICE BOARD

## Boiler Room Scams

Boiler Rooms are businesses that use high-pressure sales techniques to sell 'sure thing' investments with the promise of massive returns. In fact, what they're selling is worthless stock in often unquoted companies that are either over-valued, or simply don't exist at all. Boiler Room operatives generally cold-call their targets, using phone numbers from publicly available shareholder lists. Because it's against the law in the UK for investors to be cold-called, these scammers tend to be based abroad (often Spain, Switzerland, or the US) where they're beyond the jurisdiction of the Financial Services Authority (FSA). They can approach anyone, anywhere. A Boiler Room can look and sound legitimate. They may mention companies you've heard of, give themselves a UK address or phone number, and have a professional looking website. They're notoriously persistent, and can hound a victim for months in the hope of a sale, catching out even seasoned investors. According to the FSA, Boiler Room Scam victims lose on average £20,000. **Remember, as a general rule, if an opportunity sounds too good to be true, then it almost certainly is.** If you think you're being targeted by a Boiler Room, the FSA's advice is not to worry about being polite, just hang up. You should then dial the FSA contact centre on 0845 606 1234 with as much detail as you can remember. You'll find more information about Boiler Rooms on the FSA website [www.fsa.gov.uk](http://www.fsa.gov.uk)

## Directory of Social Change

Warning, these websites will seriously improve your fundraising success!

[www.trustfunding.org.uk](http://www.trustfunding.org.uk)

[www.governmentfunding.org.uk](http://www.governmentfunding.org.uk)

[www.companygiving.org.uk](http://www.companygiving.org.uk)

[www.grantsforindividuals.org.uk](http://www.grantsforindividuals.org.uk)

Join over 3,000 subscribers to the best-selling funding websites. These sites contain more sources, more commentary and more analysis than anywhere else. Subscribe online at the individual websites. For an overview of each site visit [www.dsc.org.uk/FundingWebsites](http://www.dsc.org.uk/FundingWebsites) .

## Adult Community Learning

Adult Community Learning is having an open day at the Clacton Centre on Wednesday 13<sup>th</sup> July from 2pm-8pm. There will be free tasters in French, Italian, Makaton, British Sign Language, Computing, ECDL, Drawing and Painting, Jewellery Making, Floristry, Pottery, DIY Skills, Stage Make-up, Nails and much more. The open days will also give people the chance to view learners' work, speak to staff and pick up our exciting new course directory for 2011-2012. Call 01255 424151 or visit [www.essex.gov.uk/adultlearning](http://www.essex.gov.uk/adultlearning) for more information.

## Airport parking guide



Parkat, the search engine for airport parking spaces in the UK has a Disabled and Reduced Mobility Guide to help make flying a better experience for disabled people. To read the guide, visit their website <http://www.parkat.co.uk/disabled/>

Source: BDVSA Newsletter, May 2011

## ASKSAL

The safeguarding adults helpline is operating from a new number. You can call them for anything from straightforward information and advice about the abuse and safety of the more vulnerable adults in Essex to the disclosure of a specific concern about your own safety or that of somebody that you know. Should you wish to report maltreatment of an adult in Essex they will take your concern seriously and ensure that it is investigated appropriately. Call in confidence: **08452 66 66 63** (Calls from BT landlines will be charged at local rate). For more information visit [www.asksal.org.uk](http://www.asksal.org.uk)

## Essex Safeguarding Children Board (ESCB) Training

This one day programme is for those who are acting in the role of designated or lead person for safeguarding within their organisation/departments. Visit their website for details and dates of training. [www.escb.co.uk](http://www.escb.co.uk)

# NOTICE BOARD

## Essex Savers Net Credit Union

Credit Unions are financial co-operatives, owned and controlled by their members. They offer:

- \* a safe and convenient way to save
- \* easy-to-access loans at fair rates of interest

With no shareholders to pay, Credit Unions concentrate on providing a better and cheaper service than any bank or building society and to everyone in the community. There are a variety of accounts available and the current joining fee is just £4. The Tendring collection points are: Harwich Library, 10 – 12 Tuesdays, Clacton Library, 2.30 – 4.30 pm Fridays. For full details visit [www.essexsavers.co.uk](http://www.essexsavers.co.uk)

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## Warm Front Scheme

The Warm Front scheme provides heating and insulation improvements to households on certain income-related benefits living in properties that are poorly insulated and/or do not have a working central heating system. Qualifying households can get improvements worth up to £3,500 (£6,000 where oil central heating and other alternative technologies are recommended).

Grants are available for improvements such as:  
\*loft insulation \*draught proofing \*cavity wall insulation \*hot water tank insulation \*gas, electric, liquid petroleum gas or oil heating \*glass-fronted fire - the Warm Front scheme can convert your solid-fuel open fire to a glass-fronted fire.

You won't have to pay anything as long as the work doesn't cost more than the grant available. If the cost of the work is more than the grant available you'll have to make a contribution to enable work to go ahead. Work will not start without making sure you are willing and able to pay the difference.

The scheme now has a **new** set of eligibility criteria and will be accepting new applications from 14 April 2011. To find out more about the Warm Front scheme, including who qualifies and how to apply, visit

[http://www.direct.gov.uk/en/Environmentandgreenerliving/Energyandwatersaving/Energygrants/DG\\_10018661](http://www.direct.gov.uk/en/Environmentandgreenerliving/Energyandwatersaving/Energygrants/DG_10018661)

## Top tips to help with the criminal record check application form

When completing an application form for a criminal record check, you may need some help. There is online help available. Use this guidance to help you to fill in the form, avoid common mistakes and check it once it's done. [http://www.direct.gov.uk/en/Employment/Startinganewjob/DG\\_195813](http://www.direct.gov.uk/en/Employment/Startinganewjob/DG_195813)

## King's Fund and NCVO joint report

'The Voluntary And Community Sector In Health Implications Of The Proposed NHS Reforms' is available to download now.

<http://ncvo.emailcenteruk.com/SustainableFunding/2011/PSDN/Bulletins/documents/TheVoluntarySectorinHealthKingsFundandNCVO.pdf>

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## Mersea Island Festival 2011

Starting in 1981 – Britain's 'Year of the Disabled' – the Mersea Island Festival has been an annual event each August at Essex Outdoors Mersea (East Mersea Youth Camp). The Festival aims to bring together young people with or without a physical or learning disability. The camps are ideal for Inclusive clubs, Phab and Gateway clubs, Youth Groups and families with disabled young people. They provide an opportunity to try out new activities, make new friends and have loads of fun!!! Over 300 people come from all over the UK and sometimes abroad. This year's festival takes place from Sunday 21<sup>st</sup> August to Monday 29<sup>th</sup> August. For full information visit [www.merseafestival.org.uk](http://www.merseafestival.org.uk)

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## Get Legal

Get Legal, is a new, free online reference and decision-making tool for charities, social enterprises and co-operative organisations. It has been developed by NCVO, with support from Bates Wells Braithwaite Solicitors, to enable organisations and their advisors to access clear information and guidance on the most appropriate legal form and governance structure for delivering their goals. [www.getlegal.org.uk](http://www.getlegal.org.uk)

# FUNDING NEWS

## Early Intervention Fund

The Fund is targeted at prevention and early intervention services for vulnerable and disadvantaged children, young people and their families, to deliver outcomes in support of the priorities and objectives of each Local Children's Commissioning and Delivery Boards (LCCDB). These include improving emotional health and wellbeing; improving family and parenting support; and supporting vulnerable young people. The Fund is being launched in early July 2011 and contracts will commence from 1st April 2012 for up to 3 years (i.e. up to 31st March 2015). Approximately £3m in total is available per year. There will be various workshops held. Each Provider Workshop will be delivered by a representative from the relevant LCCDB, and a procurement officer from the Schools, Children and Families directorate of Essex County Council. In order to be fully prepared for the Provider Workshops, please ensure that your organisation is registered on the Bravo website before attending. [www.essex.bravosolution.co.uk](http://www.essex.bravosolution.co.uk)

**Tendring Workshop – Friday 22<sup>nd</sup> July, 10.30am – 12.30pm**, Wilson Marriage Centre, Barrack Street, Colchester CO1 2LR

Booking form for workshops available from:

[Lisa.cunningham@essex.gov.uk](mailto:Lisa.cunningham@essex.gov.uk) Phone: 01245 245906

[Maria.gilbey@essex.gov.uk](mailto:Maria.gilbey@essex.gov.uk) Phone: 01245 245932

## Essex Environment Trust

The Essex Environmental Trust operates within the administrative county of Essex excluding Southend-on-Sea, Thurrock and the London Boroughs. For projects in Uttlesford District north of the A120 (excluding Dunmow and Takeley) please approach Biffaward and Viridor Credits first before seeking funding assistance from Essex Environment Trust. All projects must be within 10 miles of a licensed landfill site. There are some geographical restrictions - please check on the website for eligibility. Essex Environment Trust operates a two-stage system whereby the initial approach is by means of the submission of a simple 'Expression of Interest' from which formal submissions are invited for appropriate projects. **Expression of interest deadline 3rd September 2011.** Telephone 01245 265555 [www.essexenvironmenttrust.org.uk](http://www.essexenvironmenttrust.org.uk)

## Parks for People

Grants for projects that regenerate public parks of national, regional or local heritage value. The definition of a park for this programme is as follows: an existing designed urban or rural green space, the main purpose of which is for informal recreation and enjoyment. It includes parks, gardens, squares, walks and promenades. Your project must deliver all the following five outcomes: increasing the range of audiences, conserving and improving the heritage value, increasing the range of volunteers involved, improving skills and knowledge through learning and training, and improving management and maintenance. There are two closing dates for applications. You can submit a first-round or second-round application at either date **31 August for a decision in December, 28 February for a decision in June.** It is strongly recommended that you contact the funder for advice before making an application.

<http://www.hlf.org.uk/HowtoApply/programmes/Pages/parksforpeople.aspx>

## Essex Community Foundation

Essex Community Foundation awards grants to voluntary or community groups, which are charitable in purpose and are working for the benefit of people in Essex, Southend or Thurrock. They support a wide range of projects and welcome applications from both new and established groups. In order to make grants, Essex Community Foundation manages funds from a wide range of sources. There are different funds within the foundation but, in general, one application form accesses most funds.

**Application deadline 9<sup>th</sup> Sept 2011**

<http://www.essexcommunityfoundation.org.uk>

Telephone 01245 356018

## Comic Relief

Cycle 7 will be opening in on the 8<sup>th</sup> of August. **Application deadline 28<sup>th</sup> of October 2011** except for the following 2 programmes: **Older People and Sport for Change deadlines are the 7<sup>th</sup> of October 2011.** Please note that Cycle 8 does not open until the 10<sup>th</sup> April 2012

<http://www.comicrelief.com/apply-for-a-grant>

# FUNDING NEWS

## Civil Society Responsive Grant

Financial assistance is available to cultural and civil society organisations to promote partnership working and the sharing of skills and knowledge between developing Commonwealth countries. Maximum Value £20,000. **Application deadline 30<sup>th</sup> September 2011**

[www.commonwealthfoundation.com/Howwedeliver/Grants/CivilSocietyResponsiveGrants](http://www.commonwealthfoundation.com/Howwedeliver/Grants/CivilSocietyResponsiveGrants)

## Fowler Smith Jones Trust

Grants are available to Essex based projects. With one off and recurrent grants there is no formal application form. You will need to supply the following information;

- Brief description of your organisation
- Outline of the project including cost and indication of amount of grant required
- A copy of your latest accounts and summary of current fundraising
- An indication of number of beneficiaries

The Trustees next meet in October 2011. Applications will need to be with the Trust at least 3 weeks before the Trustees meet check with the Trust for deadline. Contact - Mrs A Mason Secretary c/o Tolhurst Fisher, Malborough House, Victoria Road South Chelmsford Essex CM1 1LN Telephone 01245 216123

## Essex Heritage Trust

The Essex Heritage Trust has been set up to provide encouragement and help towards saving the county's rich and diverse heritage and to make it accessible for the benefit and enjoyment of the people of Essex and to the many visitors who come to the county. The trust has helped a wide range of projects including the conservation of paintings, the repair of historic buildings, the publication of books and the purchase of items for public galleries and museums. **Application deadline November 2011**

<http://www.essexheritagetrust.co.uk>

## Augustine Courtauld Trust

Grants are made to charities. Working within the historic boundaries of the county of Essex to help disadvantaged people, especially the young, to help with certain conservation projects and/or to certain charities that Augustine Courtauld want to help specifically. Grants are normally in the range of £500 to £2,000. Applications may be made using the application form on their website.

**Application deadline April 2012**

<http://www.augustinecourtauldtrust.org>

## Santander Foundation

The Santander Foundation funds local, regional and national charities for their work within the UK. They are committed to helping disadvantaged people through two charitable priorities. The Foundation brings together the initiatives previously undertaken by Abbey, Alliance & Leicester and Bradford & Bingley savings businesses. **Application Deadline - Rolling programme no deadlines** Contact - Alan Eagle Santander Foundation 201 Grafton Gate East Milton Keynes. [www.santanderfoundation.org.uk](http://www.santanderfoundation.org.uk)

## Foyle Foundation

The Small Grants Scheme is designed to support smaller charities in the UK, especially those working at grass roots and local community level, in any field, across a wide range of activities. Applications are welcomed from charities that have an annual turnover of less than £100,000 per annum. Larger or national charities will not normally be considered under this scheme, nor will the Scheme generally support charities that are able consistently to generate operational surpluses, or which have been able to build up unrestricted reserves to a level equivalent to three months' turnover. There are no deadlines for submission, but it may take up to four months to obtain a decision from Trustees. Please apply well in advance of your requirements.

<http://www.foylefoundation.org.uk/small-grants-scheme>

Further funding information is available from our website [www.cvstending.org.uk/funding](http://www.cvstending.org.uk/funding)

# HEALTH NEWS

## A new pilot health project

The NEEPCT has been working with GPs, Adult Social Care, Community Matrons, TDC, a patient representative and CVST on the development of a pilot **'virtual ward'** in Clacton and Jaywick. These areas have been identified due to the high incidence of residents with long term conditions. The concept is already running with great success in other parts of the country and has resulted in patients being cared for at home with comprehensive care, rather than being admitted to hospital inappropriately. The Tendring project is being tested by nine practices, with three community matrons and one dedicated social worker who are collectively focussing on improving the health of patients who have multiple, or complex, long-term conditions (LTC). There are two key stages of the establishment of the project which includes 1) setting up the structures and communication systems and 2) identifying those patients who could most benefit from preventative care to reduce risk of exacerbation of their condition. Patients are being admitted into the **'ward'** who are already known to GPs and Community Matrons, and who are considered to benefit from the care of the **'virtual ward'**. When on the **'virtual ward'** LTC patients are managed in their own homes by a Multi Disciplinary Team comprising of a GP, Community Matron, Social Worker and other health professionals when required, co-ordinating patient care with the support of voluntary and district council services. You can read more about the **'virtual ward'** in the full article of the attached 'LTC' newsletter.

## Affected by Sight Loss?

Infosound is a registered charity that brings free, accessible, impartial and relevant news and information to vision-impaired (blind and partially-sighted) people across the UK on subjects that directly affect living with sight loss. They provide information in audio and everything is also freely available to anyone who is related to, who cares for, or who supports a vision-impaired person in any way. For further information visit [www.infosound.co.uk](http://www.infosound.co.uk)

Source: *Speakout No.98*

## Act FAST

The Stroke: Act F.A.S.T. awareness campaign aims to educate healthcare professionals and the public on the signs of stroke and that prompt emergency treatment can reduce the risk of death and disability. It encourages people to recognise the signs of stroke and feel confident to phone 999 for an ambulance on detecting any single one of them. Emergency action is as important for TIA (Transient Ischaemic Attack) or 'mini-strokes'.

When a stroke strikes act F.A.S.T.:

**F**acial weakness - can the person smile? Has their mouth or eye drooped?

**A**rm weakness - can the person raise both arms?

**S**peech problems - can the person speak clearly and understand what you say?

**T**ime to call 999 for an ambulance if you spot any one of these signs.

You can view or download Stroke Act F.A.S.T. support materials from this website

<http://tinyurl.com/5wyykho> or visit the actfast website [www.nhs.uk/actfast](http://www.nhs.uk/actfast)

## Mobility 'One Big Day' Event

The perfect way to find out about everything you need to know about worry-free motoring with Motability. You and your family will be able to relax and enjoy the day while taking a look at the wide range of cars, adaptations, wheelchair accessible vehicles, scooters and powered wheelchairs available through Motability. Along with the opportunity to test drive a range of cars and chat with the motability advisors, there's free refreshments, free kids' entertainment, free parking and a free prize draw. Thursday 28<sup>th</sup> July, Weston Home Community Stadium, Colchester.

[www.motability.co.uk/onebigday](http://www.motability.co.uk/onebigday)

## Summer Health

The NHS livewell website has masses of summer health information and advice. It includes sections on barbecue food safety, preventing hay fever, sun safety, heatwaves, travel and first aid advice for stings.

<http://www.nhs.uk/livewell/summerhealth/Pages/Summerhealthhome.aspx>



# CONTACT US

## CVST LIBRARY

### 365 ways to cut costs

*Alex Blyth*

Published by Directory of Social Change

Cost cutting is always important to charities, but never more so than now. This practical response to the recession is a must-have for everyone in the voluntary sector. It contains ideas for cutting costs without strangling your income or decimating your resources.

### Drawing up a Budget

Published by Directory of Social Change

The purpose of a budget is to set down the costs of everything you need to spend so that you can then plan how you are going to raise the money. It will provide you with a way of controlling, managing and monitoring your spending. This guide will detail the way to draw up your budget.

### Just About Managing?

*Sandy Adirondack*

Published by London Voluntary Service Council

Are you muddling through, making do, just about managing? The fourth edition of this ever popular book will help you manage in a planned, coherent way that will increase the effectiveness of your organisation and its management committee, managers, paid staff and volunteers.

If you wish to borrow any of these library books, please call in to the CVST office or telephone **01255 425692**.

## 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

**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](mailto:admin@cvstending.org.uk)

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## Dates For Your Diary



### CVST AGM and Volunteer Awards – Friday 22nd July, 11am

Community Information Centre, 20-22 Rosemary Road, Clacton on Sea.

### Trustee Network - Monday 1st August 2011 4pm – 7pm

Community Information Centre, 20-22 Rosemary Road, Clacton on Sea

Booking is essential for catering purposes to book please call 01255 425692 or email [karen.tedderward@cvstending.org.uk](mailto:karen.tedderward@cvstending.org.uk)

### Clacton Carnival Week 13th - 19th August

Visit [www.clactoncarnival.org](http://www.clactoncarnival.org) for event details

### Air Show Community Fayre - Thursday 25th August, 10am - 5pm

Clacton Town Centre (opposite McDonalds)

### Trustee Network - Monday 5<sup>th</sup> September

Presentation 'Risk Assessment and Management' with Sandy Adirondack. Please book early to secure your place. To book call 01255 425692 or email:

[karen.tedderward@cvstending.org.uk](mailto:karen.tedderward@cvstending.org.uk)

### Community Network Breakfast – Friday 16th September, 9am – 10.30am.

Community Information Centre, 20-22 Rosemary Road, Clacton on Sea.

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



## Venues for hire

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



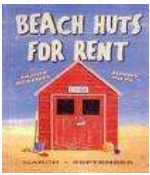
## Library Books and Services

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.



**Funding Fridays:** 1pm—3pm 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), run the Air Show Charity Stands (hire a stall), hire out Sam's hall for Jumble Sales etc.



## 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.