



Welcome to the latest edition of the CVS electronic bulletin.

For more information on articles in this bulletin or to advertise an event, training or information about your organisation in our next bulletin, please call 01268 294124 or email [chris@bbwcvcs.org.uk](mailto:chris@bbwcvcs.org.uk)

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**SUBSCRIBE TO OUR BULLETIN BEFORE 25 MAY**

In line with the General Data Protection Regulation (GDPR) which comes into force on 25 May 2018, we want to make sure that everybody receiving our bulletins and newsletters have opted in to our mailing list. If you would like to continue receiving our fortnightly updates delivered to your inbox with the latest news, views, jobs, blogs, funding and more from the VCSE sector, then please 'OPT IN' to our mailing list by clicking [here](#).

if you do not opt in **before 25 May**, you will no longer receive these updates.

**CVS News**

**2018 Networking Forums**

Please save the dates for the 2018 Networking Forums which will be held from 9:30am to 12:30pm at The George Hurd Centre\*, Audley Way, Basildon SS14 2FL.

- Tuesday 12th June
- Tuesday 25th September
- Tuesday 4th December

Our Networking Forums are held on a quarterly basis and they are an ideal opportunity to promote your organisation and hear what is going on not only in the area but in the sector as a whole.

Please let us know if you are able to host a Forum or nominate a speaker on any topic or interest.

Contact Catherine Sackey, Funding and Development Services Manager for an informal discussion on your involvement and/or ideas:

Email: [Catherine@bbwcvcs.org.uk](mailto:Catherine@bbwcvcs.org.uk) or tel: 01268 295 439.

\* There is **limited disabled parking** only available at The George Hurd Centre; please see [here](#) for alternative parking near the Centre.

## Health Drop-in Advisor

Are you kind, friendly and non-judgemental? Are you passionate about health and would you like to help others achieve their goals? And can you spare 2 hours a week?

The purpose of this role is to provide 'Front of house' support for a free weight management drop-in session.

What you'll be doing:

- Meeting and greeting people, offering a warm and friendly welcome to the session.
- Explaining how the programme works (full training will be given)
- Weighing clients & recording their progress
- Handing out relevant supporting materials (leaflets, hand-outs etc.)
- Generally helping to organise the session (sign-in sheets, set-up, checking resources)

We are offering the drop-in session on behalf of Anglian Community Enterprise (ACE) as part of their weight management programme. The service is community-based and designed to support people to achieve a gradual, long term weight loss by weighing in at a variety of community sites, accessing the ACE My Weight Matters online programme.

We are looking for someone who is:

- Kind, approachable and sympathetic. A non-judgemental attitude is key
- Enthusiastic and positive for people and their goals – weight-loss is difficult and everyone needs some encouragement!
- A good listener and able to chat to people from different backgrounds
- Able to maintain discretion and confidentiality at all times
- Organised
- Able to work independently and as a team

Please click [here](#) for more information or to apply.

## BBW Time Bank

BBW Time Bank is looking to develop some Wish Lists for Basildon Borough charities along the line of SOS DIY (but much smaller!!) But to also include small gardening project such as a Sensory Garden or such like.

We want to compile a list so that when Businesses Contact Volunteer Essex and say they have a group of people who 'next week would like to help a charity' we have a ready compiled list to be able to match the charity with the offer

## Help Your Community



Wishlist

**Wishlist:** This is NOT about money it is all about people giving their TIME to help their community.

If you know of a charity that might be interested in putting a 'WISH' on the list, please email us at [bbwtimebank@bbwcvs.org.uk](mailto:bbwtimebank@bbwcvs.org.uk)

## Funding News

We are able to give funding advice and support on funding opportunities and approaches to fundraising. This includes:

**FREE** access to NCVO's Funding Central identifying possible sources of funding.

- Developing and discussing funding strategies.
- Commenting on and helping with draft applications.
- Identifying and monitoring outcomes in a straightforward way.
- Exploring the best way of improving your organisation's financial sustainability.
- Identifying other useful free funding search engines to assist you in your exploration for funding.

We offer this support either at face-to-face meetings, by phone and/or by email. We have good relationships with local funders and we can also help you review applications that have been unsuccessful or help clarify any issues or problems that crop up.

For further assistance please contact Catherine Sackey on 01268 294439 or email [catherine@bbwcvcs.org.uk](mailto:catherine@bbwcvcs.org.uk)

## Local News and Events

### Mental Health Awareness Week

Hosted by the Mental Health Foundation, this year for Mental Health Awareness Week (14-20 May), the focus is on stress. Research shows that two thirds of us experience a mental health problem at least once in our lifetimes, and stress is a major factor in this.

By tackling stress, it can go a long way towards tackling mental health problems such as anxiety and depression, and, also, self-harm and suicide. The Mental Health Foundation will look at how we can tackle stress and help improve our mental health.

This year they're encouraging people to run or take part in a Curry & Chaat event for Mental Health Awareness Week. Curry & Chaat is their new fundraising campaign. The aim is simple: get together with friends, enjoy a delicious curry and raise money for the Mental Health Foundation and a vision of a world with good mental health for all.

For more information please see [here](#).

### Tackling Isolation and Loneliness

Essex County Council have been working actively with leaders across Essex to transform the way in which the system tackles isolation and loneliness. They've used this insight to agree a set of ambitions to drive activity, mobilise change in local communities and gain a better understanding of the impact.

They are really keen to share some of this work with you, and then open up a wider discussion about how they might land this approach to deliver real change. So, they've arranged a number of sessions across the county to host informal discussions and would like to invite you to join them:

Click [here](#) to book in Chelmsford – 15 May 2018, County Hall, Room 326 – 3:00pm – 4:30pm

Click [here](#) to book in Basildon – 18 May 2018, Ely House, Large conference room – 12:00pm – 1:30pm

Click [here](#) to book in Colchester – 22 May 2018, Stanwell House, Room 104 – 10:30am – 12:00pm

\*please note that you only need book onto one session as the content will be the same

The output of these sessions will be used to shape and define a new approach to befriending across Essex with a view to going live in April 2019.

### **‘Twist and Shout’ 50s & 60s party!**

Gather your friends and family and get ready to ‘Rock Around the Clock’ at the Heart of Pitsea Charity ‘Twist and Shout’ 50s & 60s party! This foot-thumping, heart-beating, good-time celebration will be packed with the classic party music from the decades. All proceeds raised will be donated to the Basildon Hospital Cardiac Unit. The fun starts at 7pm on 12 May at Pitsea Leisure Centre. This is a family event - children welcome. £2.00 adults, under 16s go free. Licenced bar - bring your own nibbles.

So, what are you waiting for? ‘Splish Splash’ - don’t be a ‘Wooley Bully’ - make sure you are ‘At The Hop’!

Pre-book your tickets by email to [admin@heartofpitsea.co.uk](mailto:admin@heartofpitsea.co.uk) or on Eventbrite (search for Heart of Pitsea) or pay on the night.



Rotary Club  
of  
BASILDON  
CONCORD

## Organised by The Rotary Club of Basildon Concord



Rotary Club  
of  
BASILDON  
CONCORD

# **BASILDON MAYFEST**

**Saturday 12th May 2018**  
**Basildon Town Square**  
**between 9 am and 5.00 pm**

**Come and see local Charity and Community Groups in the Town Centre**  
**Plus some great entertainment**

**Performing at the event:**

- 11.30 am Essex Marching Corps
- 12 noon Maru Karate Kai
- 12.25 pm Basildon Operatic Society
- 12.50 pm Timbreltastic
- 1.15 pm Strollercise
- 1.40 pm Tribal Unity Belly-Dancers
- 2.00 pm George Hurd Centre Singers
- 2.30 pm Basildon Operatic Society
- 3.00 pm Strollercise





**Rotary**

## Volunteers Week Thunderclap



Volunteers Week runs from 1st-7th June every year and is the national celebration of volunteering. Volunteers' Week is a time to say thank you for the fantastic contribution volunteers make.

In Essex thousands of volunteers give their time to the local community and we want to say Thank You!

On Friday 1st June there will be a lot of noise on Twitter! Local charities will be challenged, plus organisations and people, to help get this heard with a ThunderClap!

Thunderclap is a tool that enables you to support this worthwhile cause by pledging a tweet post at the same time that everyone else that pledges one – to ensure maximum impact! When you pledge your tweet, it will be sent automatically from your account on 1st June to coincide with the start of Volunteers Week.

All supporters of the campaign are being asked to join in with the launch Thunderclap. Visit [here](#) to add your support.

The Forget Me Not Memory Café is a free service in Billericay for anyone who has concerns about their memory or that of a loved one or friend. The Café is run by trained volunteers with the support of health professionals. You can come along and discuss your concerns in confidence. We run a programme of mind stimulating activities for both carers and the cared for, along with information and support – all within a relaxed, friendly and stigma free environment. The Forget Me Not Memory Café is an opportunity to take a break from your caring role.



**EVERYONE IS WELCOME**

**Please note**

We are not a Memory Clinic and do not provide memory assessments.

**Billericay Town Council Office**  
**The Loft, Crown Yard, High Street**  
**Billericay, Essex CM12 9BX**  
*Nearest Carpark - Waitrose*

Supported by



*Dates for 2018:*  
**10th May, 24th May**



**Activities**

Arts & Crafts • Singing • Games  
 Quiz • Seated Exercise • Puzzles

**Services**

Information & Advice • Outreach  
 Health Professionals Support Groups

*Contacts: Tracy Godden (Dementia Support Worker & Project Manager)*  
*tracygodden1949@gmail.com*

Memory Café: Chantry Way Billericay CM11 2BB @dementiaessex

**Tel: 01277 811105** [leah.lambert@rightathomeuk.com](mailto:leah.lambert@rightathomeuk.com)

[www.rightathomeuk.co.uk/brentwood](http://www.rightathomeuk.co.uk/brentwood)

[facebook.com/RightatHomeBrentwood](https://facebook.com/RightatHomeBrentwood) RaHBrentwood

## A Local Support Group for Carers and their Loved Ones

Why not join us on a Monday afternoon  
between 2pm and 4pm



**ADVICE & SUPPORT  
ACTIVITIES  
SPEAKERS  
FREE TEA  
FREE COFFEE  
FREE PARKING**


**Where:** *The Thyme Restaurant, Premier Inn,  
169 Kings Road, Brentwood, Essex CM14 4EG*


**When:** *Every Monday 2- 4pm (Except Bank Holidays)*

*For more information:*

***leah.lambert@rightathomeuk.com***    ***Tel: 01277 811105***

[www.rightathomeuk.co.uk/brentwood](http://www.rightathomeuk.co.uk/brentwood)

 [facebook.com/RightatHomeBrentwood](https://www.facebook.com/RightatHomeBrentwood)

 [RaHBrentwood](https://twitter.com/RaHBrentwood)

*Thank you to  
Premier Inn Brentwood  
for their support*



## National News

### New welcome pack for charity trustees



A new welcome pack is available for charity trustees which focuses on the main duties of the role.

It provides essential information to help you understand governance basics, financial filing requirements and how the Charity Commission can offer support. It also suggests practical steps that can be taken to carry out trustee duties effectively.

The pack will be emailed to all new trustees who register their email address with the Charity Commission.

As a CVS, we would welcome your comments on the welcome pack to [chris@bbwcvcs.org.uk](mailto:chris@bbwcvcs.org.uk)

For more details, please click [here](#).

## Volunteer Opportunities

### Basildon Mind Charity Shop

Basildon Mind, is a registered charity which has been helping people with Mental Health problems in the Basildon area for over 40 years. They offer support, advice and services to enable those experiencing mental distress to be empowered to gain a better quality of life.

The Basildon Mind Charity Shop, at 25 East Walk Basildon SS14 1HA is urgently looking for Volunteers to help out in the shop which is open Monday to Saturday.

If you are interested, please pop into the shop to have a chat with us or give us a ring on 01268 289700. We are always grateful to receive any donations of clothing. Bric-a-brac, toys, books etc. that you may wish to make.



## VCS Event Diary/Calendar 2018

Date	Event	Contact
Sat 12 May	Twist & Shout 50's & 60's Party Pitsea Leisure Centre	<a href="mailto:admin@heartofpitsea.co.uk">admin@heartofpitsea.co.uk</a>
Sat 12 May	Pitch A Project' to Heart of Pitsea	<a href="mailto:admin@heartofpitsea.co.uk">admin@heartofpitsea.co.uk</a>
Sat 12 May 9am – 5pm	Basildon Mayfest Basildon Town Square	
14 - 20 May	Mental Health Awareness Week	More Here
Tues 15 May 3pm – 4:30pm	Tackling Isolation and Loneliness County Hall, Chelmsford. Room 326	Book Here
Fri 18 May 12pm – 1:30pm	Tackling Isolation and Loneliness Ely House, Basildon. Large Conference Room	Book Here
Tues 22 May 13:30am – 12pm	Tackling Isolation and Loneliness Stanwell House, Colchester. Room 104	Book Here
Thurs 24 <sup>th</sup> May 2pm	Timebank Coffee 'n' Chat Afternoons The George Hurd Centre, Audley Way, Basildon. SS14 2FL	
1 – 7 June	Volunteers Week Thunderclap	More Here
Tues 12 <sup>th</sup> June 9.30am-12.30pm	2018 Network Forums The George Hurd Centre, Audley Way, Basildon. SS14 2FL	
Tues 25 <sup>th</sup> September 9.30am-12.30pm	2018 Network Forums The George Hurd Centre, Audley Way, Basildon. SS14 2FL	
Tues 4 <sup>th</sup> December 9.30am-12.30pm	2018 Network Forums The George Hurd Centre, Audley Way, Basildon. SS14 2FL	

## Contact Us

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