



Basildon, Billericay & Wickford | CVS



Support

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Influence



Volunteer Sector News – Spring 2019

CONTENTS

Welcome to the latest BBWCVS newsletter. You can download a copy of this edition and previous editions online in our member area. Please visit www.bbwcvs.org.uk. We hope that you make time to read this edition (and pass it on to other staff/volunteers) although we know that pressure on time is one of the biggest issues you face. That is why we are continually looking at ways on how we can improve this newsletter. So if you have any suggestions or ideas please let us know.

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THIS IS YOUR NEWSLETTER! Do you have anything that you want to say or promote? If YES, then send your articles to the CVS Office (admin@bbwcvs.org.uk) and we'll include them in the next edition. (We reserve the right to refuse any item).

Whilst every effort is made to ensure the accuracy of the information in this newsletter, BBWCVS cannot accept liability for any errors within. Publications, events and services mentioned in this newsletter are not necessarily endorsed by BBWCVS. Please note that BBWCVS is not responsible for the content of external websites, opinions expressed on those sites do not necessarily represent those of BBWCVS

GDPR

In line with GDPR, which came into force on 25th May 2018, we need to ensure that everybody receiving our bulletins, newsletters and event information wants to receive it. You can opt out at any time by emailing admin@bbwcvs.org.uk . Just put GDPR as the subject and confirm that you want to 'opt out' of all our marketing material and we will remove you from our contact groups.

Welcome to the Spring Edition of our Newsletter

Staffing

Since our last newsletter we have said goodbye to two members of the team, Marilena and Catherine. I am delighted that they have taken positions in two big local charities and we wish them all the best.

Our new Volunteer Coordinator, John Wheeler has started and is getting out and about meeting local groups, so give him a big welcome. Interviews are taking place for Catherine's replacement as Development Officer so we will announce her replacement shortly.

In this edition we cover the latest on Brexit developments. Whilst many report how hard it is to keep up with the debate, I suspect that this debate will not be going away so we have highlighted some of the possible impacts you may wish to consider.

As a CVS we are looking forward to our March forum and beginning to plan for the new financial year starting on 1st April.

CVS Forum

Our forum focus looks at the Essex Local Delivery Pilot and the emerging opportunities. The ambition is to help deliver Sports England's current strategy – *Towards an Active Nation* – which outlines a vision for what they want to achieve from investing in a range of local delivery pilots. They believe that there's a real need to do something different. Despite many successes in getting the nation more active, there still exist some stubborn and stark inequalities in who is actually active.

Certain groups of people do not take part in sport and physical activity as much as others and may not have done so for quite some time – older people, people with a disability and people from lower socio-economic groups are three notable examples.

The forum will help to start a local conversation about how local charities and groups can make a difference.

We also are delighted that the Billericay Community Cinema is also attending. The cinema is a community run, not-for-profit, volunteer group showing films at affordable prices to local residents in our Library. From classic films on a Thursday to family films on Sunday afternoon they have also run dementia-friendly screenings and host, in conjunction with the Billericay Lions, an annual show for the children and young adults, their parents and siblings of local charity BOSP. Established in 2015, we have now shown over 80 films to more than 4,000 people.

Our year ahead will continue to see a focus on emotional and physical wellbeing, social isolation and community resilience. This will see further delivery of training support around Mental Health First Aid, depression screen training and preventative measures for people at risk of falling.

The feedback on the Mental Health First Aid training has been very positive so get your bookings in for April. An additional event is currently being organised for June.

CHIEF OFFICER'S UPDATE

FUNWALK

Later in the year we will be working with the Fun Walk Trust to deliver the walk. This will be held at Barleylands on Sunday 8th September so hold the date. As with previous years, the aim of the 2019 Fun Walk is to raise money for charities and good causes (projects), in what will be a family-fun afternoon.

Due to the Fun Walk's continued growth, John Baron MP and his The Fun Walk Committee have invited Basildon, Billericay & Wickford Council for Voluntary Services to organise the event, including all paperwork, which leaves projects free to focus on fundraising. However, stall holders will need to ensure they have their own Public Liability Insurance. There is music and a large display of stalls - the objective being to raise awareness as well as money.

Does Your Organisation Offer a Befriending Service?

At the BBWCVS offices, we often get calls from people who need help or they want to become a befriender in their local community. It would be great if we could create a referral list which we can use to pass people onto the appropriate organisation in their community.

If you would like to be on our Befriending Referral List, please contact Mandy admin@bbwcvcs.org.uk

Basildon Emergency Night Shelter

Finally a word about the Basildon Emergency Night shelters. The latest figures available show that 1265 have been made available this winter to support the homeless and rough sleepers in the borough. As a result the programme has ensured that everyone who came to the shelter was given a bed for the night whether at the shelter or in emergency accommodation.

Impressively our volunteers have put in a total of 1360 shifts giving 3878 hours of their time. A big thank you to all the volunteers and team leaders. A magnificent effort!

Chris Evans, Chief Officer

Game-changing National Lottery grant to get Essex Active

A “game-changing” £10.685 million Sport England National Lottery grant has been awarded to Essex Local Delivery Pilot to deliver our three year plan to get Essex active.



This exciting news follows the publication in November of the Chapter One report ‘Getting Ready for System Change’, supported by three important pieces of research that were carried out in 2018 to understand the strengths and weaknesses of different systems that impact on communities and individuals. The findings led to the development of seven strategic priorities and the plan which Sport England has approved, awarding Essex one of its biggest ever lottery grants.

Essex Local Delivery Pilot (ELDP) is led by the Essex Health and Wellbeing Board, Active Essex, and more than 20 partners including public, community and voluntary sector organisations.

Their three-year plan, which focuses on doing things differently and challenging the root causes of inactivity, is set out in ‘[Chapter Two, delivering system change](#)’. It explains how they plan to tackle the inequalities which prevent 391,600 people in Essex from enjoying the physical, social and mental health benefits of an active lifestyle. Families, older people and those with poor mental health are our priority audiences.

Exciting plans include:

- Getting local passionate people involved, who want to create activities in their areas
- Creating active parks, coastal paths and new walking and cycling routes
- Easy access small grants and support for community projects
- Investing in successful voluntary groups and charities to scale up their activities
- Training people in voluntary as well as paid roles, creating thousands of new volunteers, leaders and coaches
- Brightening up buildings, streets and parks to make them attractive places to be active
- World class measurement and evaluation which will be shared UK-wide

The overall Governance of Essex Local Delivery Pilot lies with Essex Health and Wellbeing Board. A core management team, led by Jason Fergus, Head of Essex LDP and Active Essex, will coordinate the work of new task and finish groups which will be structured around the plan’s seven strategic priorities.

The work in the local test areas for the pilot of Basildon, Colchester and Tendring will be coordinated by the relevant local authority with the support of the three local Essex LDP Co-ordinators. Local Governance will be strengthened so it can be true to the core principles of empowering local people to co-produce their own solutions to make their communities become more active.

Anyone interested in getting involved should email ELDP@essex.gov.uk or telephone 03330 131620, or register interest on the website at www.activeessex.org/essex-local-delivery-pilot/.

Brentwood a Becket Rotary Club plans £10,000 Community Award



To mark the start of the 40th year as a Rotary Club they are launching a one- off Community Award on line on 23 April to enable local charities and voluntary organisations to apply for a single grant of up to £10,000. This will come from their charitable trust fund which holds the money raised from the Brentwood Half Marathon and other fundraising events.

Applications will be accepted from registered charities, charitable incorporated organisations, not for profit companies, community interest companies and voluntary organisations. To qualify applicants must be based in Brentwood or be based in one of the neighbouring districts and have clients in Brentwood e.g. in Basildon, Chelmsford, Epping Forest and Thurrock.

They must also be able to demonstrate that the money would be used for a new initiative rather than just being used to fund the existing operation. Examples of suitable projects might include a new service, expansion of an existing service, purchase of equipment or transport, a new training programme or setting up a partnership with another organisation. The application form will be completed on line and will be located on our website www.rotarybrentwood.org It will appear on 23 April and applications will close at the end of May. We plan to announce the winner by the middle of July 2019.

Mental Health Small Grants Scheme - now open for applications!

Brentwood Borough Council is committed to working with partners to help improve mental health and wellbeing in the local community. In partnership with the Brentwood Health and Wellbeing Board, Brentwood Borough Council is pleased to launch the second round of funding to support mental health initiatives in the Borough.

Grants of up to £1200 are available to individuals, organisations and groups for wellbeing projects delivered between 1 June 2019 and 31 March 2020. Projects must be delivered in the Borough and involve people with lived experience in design planning and delivery.

To apply, please visit www.brentwood.gov.uk/funding

Applicants will need to demonstrate how their project meets a number of health criteria and are strongly advised to thoroughly read the guidance notes and the scoring matrix

Applications should be made using the online Application Form

The deadline for applications is **21st March 2019**.

BREXIT Update

The ongoing uncertainty around Brexit will continue to provide challenges to charities. NCVO has produced practical guidance for charities that may be of assist you in preparing for the coming change and the uncertain environment. Here's a list of useful resources.

- *Preparing for EU exit.* Office for Civil Society, January 2019: <https://mailchi.mp/9f803351c85a/preparing-for-eu-exit-471359> . Briefing for voluntary organisations, covering the government's public information campaign on EU exit; data protection in a no deal scenario; the settled status scheme; EU funding; Erasmus + and European Solidarity Corps; and sources of further guidance. This has a Mailchimp link because it was sent to Office for Civil Society email subscribers. It does not appear to be on the OCS website, and was not in their RSS feed. To sign up for OCS emails, go to <https://www.gov.uk/government/organisations/office-for-civil-society.atom> and click on the link about one-third of the way down.
- *Data protection and Brexit.* Information Commissioner's Office: <https://ico.org.uk/for-organisations/data-protection-and-brexit/>. A range of resources.
- *Brexit and contracts: A practical guide.* Matheson solicitors, article, 25 Feb 2019: <https://www.matheson.com/news-and-insights/article/brexit-and-contracts-a-practical-guide>. Issues if contractual obligations become difficult or impossible to perform because of Brexit.

No deal

- *How a no-deal Brexit would affect charities.* Third Sector article, 26 Feb 2019: <https://www.thirdsector.co.uk/no-deal-brexit-affect-charities/policy-and-politics/article/1562886>. Implications for staff, the economy, investments, and international development charities.
- *Government confirms charity shops can sell CE marked goods after 'no deal' Brexit.* Mills & Reeve solicitors, blog, 1 March 2019: <https://www.charitylegalupdate.co.uk/2019/03/government-confirms-charity-shops-can-sell-ce-marked-goods-after-no-deal-brexit.html>.
- *How to prepare if the UK leaves the EU with no deal.* Department for Exiting the EU: <https://www.gov.uk/government/collections/how-to-prepare-if-the-uk-leaves-the-eu-with-no-deal>. Fairly detailed guidance on a wide range of issues. This link was in my update 1823 but I'm repeating it here in case the UK leaves the EU on 29 March without a withdrawal agreement, and therefore without a transition period.

PAY ACTIONS IN APRIL 2019

National minimum wage and national living wage rates

For pay reference periods starting on or after 1 April 2019, the hourly rates for national minimum wage (NMW) and national living wage (NLW) are:

- NLW for workers aged 25 and over: £8.21 (4.9% increase from £7.83).
- NMW for workers aged 21 to 24: £7.70 (4.4% increase from £7.38).
- NMW for workers aged 18 to 20: £6.15 (4.2% increase from £5.90).
- NMW for workers aged 16 and 17 year olds who are above school leaving age and are not apprentices: £4.35 (3.6% increase from £4.20).
- NMW for apprentices aged under 19, or 19 or over and in the first year of their apprenticeship: £3.90 (5.4% increase from £3.70).

LEGAL UPDATE

The national living wage is a tier of the national minimum wage for workers aged 25+. It should not be confused with the "real" living wage promoted by the Living Wage Foundation, which is not compulsory. The 2019 "real" hourly living wage, announced in November 2018, is £10.55 in London (3.4% increase from £10.20) and £9 in the rest of the UK (2.9% increase from £8.75). Living wage employers are expected to start paying the new rates by 1 May 2019.

Resources:

- Basic information on minimum wage, who is and is not entitled to it, what employers must do, and disputes: <https://www.gov.uk/national-minimum-wage>. Includes links to minimum wage calculator and detailed guidance.
- Pay and work rights helpline and complaints: <https://www.gov.uk/pay-and-work-rights>, tel 0300 123 1100.
- The real living wage: <https://www.livingwage.org.uk>.

Auto-enrolment pensions

When compulsory pension auto-enrolment was introduced in 2012, the statutory minimum contribution to a qualifying scheme was 2% of the worker's qualifying earnings (between the national insurance lower and upper limits). Of this 2%, at least 1% had to be paid by the employer, with the remaining 1% being paid by the worker, or being paid entirely or partly by the employer.

In phase 2, from 6 April 2018 to 5 April 2019, the employer's contribution the total contribution must be at least 5% of qualifying earnings, of which at least 2% must be paid by the employer.

In phase 3, from 6 April 2019, the total contribution must be at least 8%, of which the employer's contribution must be at least 3%. At present, there are no plans to change these amounts.

Minimum contributions may be higher for certain types of pension scheme, so it is important for employers to check pension scheme rules to ensure they are deducting the appropriate amount from workers' pay and making the appropriate employer's contribution. They should also check workers' contracts, to ensure they allow for the increased amount to be deducted from pay.

You may be surprised to realise that contributions increased from 1% in 2017/18 to 3% in 2018/19, and now to 5% (or whatever the amount is for their scheme) for 2019/20. To reduce complaints, employers should inform their staff that this will be happening and make clear that the increased worker contribution is a statutory requirement, and even though the money is coming out of their pay it is going into their pension pot. Some staff may wish to leave their pension scheme, which they can do by contacting the pension provider.

Resources:

- For information about all aspects of workplace pensions, including auto-enrolment, for employers, business advisors and pension trustees: The Pensions Regulator (TPR): <https://www.thepensionsregulator.gov.uk/>.

Basildon Soup

When: 26th March, 17:30 – 19:00

Where: The Advice Store, Basildon Town Centre

Cost: Minimum donation £5 per person

What is it?

Somewhere to bring your ideas of how to support your local community. The winning idea will successfully receive the night's donations.

How does it work?

- Everyone buys a bowl of soup and a bread roll for the minimum donation of £5.
- All donations go into a pot for the winning idea.
- Different groups will have up to 10 minutes to pitch their idea and the audience will vote for their favourite
- The winning idea receives the donations to use for their new idea to support the local community.

This is a great opportunity to meet with like-minded people, discovering what opportunities are happening in the Borough.

If you would like to submit a proposal / idea for a community project to businessassist@basildon.gov.uk

To pitch your idea we will need to know:

- Your name
- Community Group (if you are part of one)
- Phone Number
- Email Address
- Your community idea and why it is important

We will send you an email confirming your idea has been received.

Don't forget to tell your friends and family to support the night and we look forward to seeing you 26th March 2019 from 17:30.

2019 Who Will Care Awards

We are pleased to announce that nominations can now be made for the 2019 Who Will Care Awards which will take place in the evening of the 22nd May 2019 at Anglia Ruskin University in Chelmsford.

The Who Will Care Awards really celebrates volunteering and people helping people and is an opportunity to pay tribute to those who have made an outstanding commitment in their community and improved the lives of others.



LOCAL NEWS AND EVENTS

Nominations can be made in the following categories:

- Business Award
- Individual Overcoming Adversity Award
- Individual Volunteer – Young Person’s Award
- Individual Volunteer – Adult 18+ Award
- Individual Volunteer with a Disability Award
- Innovation Award
- Voluntary Community Service Award
- Volunteer Team Award
- Social Media Volunteer Award

More information on the categories can be found [here](#).

Nominations can be made via our on-line nominations [portal](#). The deadline for nominations is Friday 12th April 2019

For queries please direct emails to WhoWillCare.Awards@essex.gov.uk

Heart of Pitsea FREE Community Connect Club

Upcoming events at the Heart of Pitsea FREE Community Connect Club, which runs every Wednesday evening from 6.30pm-8.30pm at The Place, Pitsea Leisure Centre. Enjoy a free hot drink and take part in a wide range of activities and regular guest speaker workshops with our friendly members.

1st Weds Every Month - Just For Fun Karaoke

Sing your heart out once a month at our FREE Karaoke evening. No talent required – just come and have some fun!

Wednesday 20 March – The Price is Right Challenge

Come on down and join us on Contestants Row to play The Price Is Right Challenge, trying to guess the correct prices of a selection of items. You could win a prize – if the price is right!!

Wednesday 24 April - Beat The Intro Music Quiz

Test your musical knowledge naming songs by their intro’s. Guess the most and win a prize!

Wednesday 29 May - Countdown Quest

Have fun unscrambling the letters to spot the correct words or the longest words you can find! We promise it won’t be too mind bending – just crack as many anagrams as possible and win a prize.

Wednesday 19 June – Race Night Thrill

Place your bets with ‘funny money’ on a thrilling series of real horse races shown on the big screen. Prizes for the winner and runner up with the most money left at the end of the evening. No gambling – just lots of competitive fun!!



THE FORGET ME NOT ACTIVITY CLUB

RESPIRE CARE

TRANSPORT LINK

PUB LUNCH

SOFT SPORTS
FUN ACTIVITIES

FREE TASTER SESSIONS

Monday 18th & 25th March
1pm-3pm

A brand new club designed to promote health and wellbeing to our members whilst providing respite to family carers



St John's Hall, Church Close, Mountnessing, CM15 0TJ



Supported by
The Prince of Wales Pub

For further information contact Tracy or Leah
Email: thefmnclub@gmail.com
Tel: 07940 231 609



Reg Company No: 11642555

Professor Tony Attwood on High Functioning Autism

Date: Friday 17th May 2019

Venue: Holiday Inn Basildon

SNAP is very excited to welcome back internationally renowned clinical psychologist Professor Tony Attwood over from Australia to present two seminars on autism. Tony will be speaking in the UK just a handful of times this year, and SNAP are incredibly lucky he accepted their invitation to come back to Essex.

There are limited places so please book early to avoid disappointment, **this event will sell out.**

9.30am - 12.30pm

Special Interests: The origins of the special interests and the use and misuse of the interest

There appears to be several stages in the development of special interests and the presentation outlines the developmental sequence and the reasons why specific interests occur as part of the overall profile of high functioning autism. The perspective of parents, teachers and the person with high functioning autism are explored and strategies outlined to make constructive use of the interest or to reduce the dominance of a specific interest in the person's daily life.

Ticket Price: £60 per professional

1.30pm - 4.30pm

Adolescent issues for teenagers with high functioning autism

The presentation focuses on issues faced by teenagers with high functioning autism, which range from the physical aspects of puberty to changes in friendship, the development of sexuality, the change in academic expectations, emotion management, issues regarding self-esteem, and preparation for college and employment.

Ticket Price: £60 per professional

All tickets must be booked through the Eventbrite page.

You are more than welcome to book on both sessions, but please book each one individually.

[CLICK HERE TO BOOK TICKETS](#)

Or alternatively please copy this link into your internet browser:

<https://www.eventbrite.co.uk/e/attwood-on-high-functioning-autism-tickets-56797300254>

TRAINING

Greetings from VST and Community360

Click on the links below to view the courses or make a booking.

April	Date	Place
Safety for Lone Workers	1	Benfleet
Volunteer Recruitment	4	Colchester
Presentation Skills	5	Chelmsford
Monitoring and Evaluation	8	Colchester
Volunteers and the Law	18	Uttlesford
Supporting, Developing and Managing Volunteers	25	Colchester
De-escalation	30	Chelmsford
Tender Bid Writing	30	Uttlesford

May	Date	Place
Emergency First Aid at Work	8	Thurrock
Chairing Meetings	8	Uttlesford
Taking Minutes	8	Uttlesford
Press Release Writing	14	Colchester
Volunteer Recruitment	14	Chelmsford
Finance Made Easy	16	Colchester
Introduction to the Voluntary Sector	21	Benfleet
Fundraising Tips and Tricks	21	Uttlesford
Supporting, Developing and Managing Volunteers	31	Chelmsford

June	Date	Place
VOLUNTEER WEEK – training tasters on their way!	w/c 3	Colchester
Emergency First Aid at Work	6	Chatham Green
Introduction to Management	7	Uttlesford
Tender Bid Writing	11	Chelmsford
Dementia Awareness	11	Colchester
Train the Trainer	17	Uttlesford
Safeguarding	20	Chelmsford
Health and Safety	25	Chelmsford

HeadsUp Compliance Assistant

Main area: Finance

Grade: NHS AfC: Band 4

Contract: Fixed Term Contract until April 2022

Hours: Flexible 30 hours per week

Town: Colchester base

Salary: £20,150 - £23,363 per annum, pro rata

Closing: 19/03/2019 23:59

Interview date: 22/03/2019



HeadsUp is an employment programme funded by the European Social Fund (ESF) and the National Lottery, through The National Lottery Community Fund (TNLCF). Led by Enable East and delivered through a partnership of 3 organisations, the project supports individuals across Essex who are unemployed and experiencing common mental health problems with a tailored, intensive programme of well-being support and employment support, combined with peer mentoring to help them address the barriers they face to employment.

This new position has been created to ensure that delivery partners are supported to meet the rigorous grant reporting requirements set by their funders. The role will require regular travel to their 3 delivery partners based across Essex to assist with the implementation and adherence of Building Better Opportunities grant reporting and recording processes. You will work alongside the Finance & Compliance Officer and Research Assistant to identify and resolve reporting queries and errors and provide administrative support to HeadsUp colleagues in relation to the recording, evidencing and storage of HeadsUp paperwork.

For further information and to apply online visit: <http://jobs.eput.nhs.uk/job/v1604476>

VCS CALENDAR & EVENTS 2019

Date	Event	Contact
Tue 26th March 9:30 am – 12:30pm	CVS Forum The George Hurd Centre, Audley Way, Basildon. SS14 2FL	01268 294439 admin@bbwcvcs.org.uk
Tue 2 Apr 9:30am – 12:30pm	Making Every Contact Count	PLACES AVAILABLE admin@bbwcvcs.org.uk
Thu 23 Apr & 30 Apr 9:30am – 4:30pm	Mental Health First Aid	PLACES AVAILABLE admin@bbwcvcs.org.uk
Wed 15 May 9:00am – 1:30pm	PENISULA Morning Free Legal Update on Health & Safety and Employment Rights Update	
Thu 16 May 9.30am - 1.00pm	Essex Compact Forum and AGM Essex Police, Fire and Rescue Headquarters on the edge of Kelvedon	canonjbrown@mac.com

To book a place or for further information please use the identified contact.
This calendar will be regularly updated throughout the year, so if you have events you wish to add please let us know.

Contact Us For more information on the articles in this bulletin or to advertise an event, training or information about your organisation in our next bulletin, please call 01268 294125 or email admin@bbwcvcs.org.uk