



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 294125 or email admin@bbwcvcs.org.uk

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CVS News

BBWCVS Mental Health Forum – December 3rd

Basildon, Billericay & Wickford | CVS

Forum

Tuesday
3rd December
10am-1pm

Mental Health:
The wellbeing of You,
your Organisation
and Society

The George Hurd Centre
Audley Way, Basildon
SS14 2FL
01268 294124

<http://bit.ly/CVSMentalHealthForum>

Heart of Pitsea Community Events

Youth Market Challenge – October 19th

Just like an exciting episode of 'The Apprentice', the young people from the Heart of Pitsea Youth Forum and the Basildon Youth Council, have been tasked with setting up their own retail business from scratch!

Using the same budget, each team has researched, sourced and priced their stock, which they will compete to sell to the public in Pitsea Market on the day.

Come along to join in the fun and give them your support!

Time: 10:00am - 1:00pm

Location: The Market Square, Pitsea.

Other Heart of Pitsea Events in October & December:



Funding News

FREE access to NCVO's Funding Central to Identify Possible Sources of Funding. BBWCVS is able to give funding advice and support on funding opportunities and approaches to fundraising.

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 review your applications that have been unsuccessful or help clarify any issues or problems that crop up.

Please contact Pippa Foster on 01268 294439 or email development@bbwcv.org.uk



Comic Relief Community Fund – Rolling Programme



Grants are available for small grassroots groups and charities in England either to help them develop their organisation or to deliver projects that fit with Comic Relief's four strategic themes.

Children Survive & Thrive
Fighting for Gender Justice
A Safe Place to Be
Mental Health Matters

Capacity building grants of up to £500
 Project delivery grants up to £4,000

Application form and further information
<https://tinycloud.com/CRCommunityFund>

This is a rolling programme and applications can be made at any time.

Applications will be considered from grassroots community organisations and charities with an income of less than £250,000 that are based and working in England.



Active Essex Fit For Funding Workshop Series – October 29th / November 28th

Workshop for sport and physical activity clubs and organisations currently offering/looking to offer physical activity



FREE


FIT FOR FUNDING
WORKSHOP SERIES

- How to develop an effective funding application
- The do's and don'ts when applying for grants
- Where to apply and what's available
- Follow up support from your local hub team at Active Essex

Book your FREE place here:
<https://www.activeessex.org/fit-for-funding-workshops/>



Garfield Weston Foundation – Rolling Programme



Garfield Weston
 FOUNDATION

The Garfield Weston Foundation's Regular Grant programme awards grants of up to £100,000 to UK registered charities, CIOs, schools, faith-based organisations that are either exempt under the Charity Commission guidelines or are registered charities, housing associations or museums and galleries.

Capital projects*, Revenue/Core costs or Project costs supported.**

It is recommended that applicants should have around half of their funding identified before applying to the Foundation.

Continuous rolling programme - Apply today!

*When applying for capital projects, please note a grant is unlikely to be more than around 10% of the total cost.
 **When applying for revenue/unrestricted grants, please note applicants are unlikely to be awarded more than approximately 10-20% of their organisation's total annual income.

Funding considered:
 Welfare, Youth, Community Arts, Faith, Environment, Education, Health and Museums and Heritage

<https://garfieldweston.org/apply-to-us/grant-guidelines/>

Warburtons Community Grants



WARBURTONS COMMUNITY GRANTS

WARBURTONS' AWARD SMALL COMMUNITY GRANTS OF UP TO £250 TO NOT-FOR-PROFIT ORGANISATIONS WITH CHARITABLE PURPOSES THAT ARE DELIVERING WORK THAT ALIGNS TO WARBURTONS PRIORITIES AND WHICH HAS A DIRECT AND TANGIBLE IMPACT.

TO BE ELIGIBLE, PROJECTS MUST BE IN LINE WITH THE FOLLOWING SOCIAL THEMES

CHALLENGES:

- HEALTH – HELP FAMILIES LEAD HEALTHIER LIFESTYLES.
- FINANCIAL STABILITY – HELP FAMILIES MANAGE THEIR FINANCES.
- WORKLESSNESS – HELP FAMILIES RECOGNISE THE ECONOMIC AND SOCIAL BENEFITS OF EMPLOYMENT.

OPPORTUNITIES:

- HEALTH EDUCATION – HELP EDUCATE FAMILIES ABOUT HEALTHY LIFESTYLES (NO PROJECT GRANTS).
- ASPIRATION – HELP RAISE CAREER ASPIRATIONS TO IMPROVE PROSPECTS FOR THEM AND THEIR FAMILIES.
- EMPLOYABILITY AND SKILLS – HELP RAISE EMPLOYMENT PROSPECTS FOR FAMILY MEMBERS SEEKING EMPLOYMENT.

DEADLINE
11/11/19

[HTTPS://TINYURL.COM/WARBURTONSFUNDING](https://tinyurl.com/WarburtonsFunding)

Essex & Suffolk Water Community Fund – Closing Date 8th November

The Essex & Suffolk Water Community Fund, which is managed by Essex Community Foundation (ECF), is inviting grant applications for up to £5,000.

These are available to support charitable projects that are related to either the environment, wellbeing or community support.

For information on how to apply for a grant, please call the ECF grants team on 01245 356018. The deadline is 8 November.



LocalGiving Magic Little Grants – Closing Date 30th November



LocalGiving Magic Little Grants

LocalGiving, in association with Postcode Community Trust, is awarding small, local charities and community groups £500 grants to deliver engaging physical activities, which help to overcome barriers to participation.

The aim of the fund is to support the work of organisations that are engaging hard to reach individuals, encouraging them to take part in physical activity to help improve their physical health.

To be eligible, applicants must register with LocalGiving as a member. Membership is currently free thanks to the Postcode Community Trust.

Deadline 30th November

Apply Today
<http://grants.localgiving.org/pct/>

High Sheriffs' Fund Grants – Closing Date 2nd December

ECF will be holding a Phone-In Funding Surgery on Tuesday 5 November from 10am to 12 noon to speak with potential applicants.

To take part, please call 01245 356018. There is no need to book a slot in advance.

High Sheriffs' Fund



Voluntary and community organisations, local charities and CIC's across Essex can apply for a grant to support their work making their communities safer and better places in which to live

Projects that have received funding previously include a personal safety scheme for older people, educating young people about the dangers of carrying a knife and deterring drug and alcohol abuse.

Grants up to £5,000

**Deadline for Applications
2 December 2019**

Apply Today!

<https://tinyurl.com/Highsheriffgrant>

Local News and Events

Essex Restorative & Mediation Service – Looking for Volunteers

The Essex Restorative and Mediation Service works with people who have been involved in conflict, including criminal offences. The Restorative processes use communication between people who have been harmed, and have caused harm, to allow them to work towards positive outcomes in a safe environment.



The service is impartial and works to achieve a positive way forward for everyone involved. As well as being very experienced with working with criminal behaviour, they also work with anti-social behaviour and arrange meetings involving entire communities where issues are affecting them.

They are always recruiting volunteers and we would be particularly interested in recruiting volunteers from Basildon area.

<https://www.restorativeessex.co.uk/volunteer/>

InterAct & BBWCVS Mental Health First Aid Training (2 Day Course)

Register here:

November 13th & 20th:

<https://www.eventbrite.co.uk/o/basildon-billericay-amp-wickford-cvs-2853722195>

Location: The George Hurd Centre

Mental Health First Aid Training

Run over two days MHFA training is an interactive and practical training course to help you spot the early signs of a mental health problem. It will equip you with tools and techniques to help you, your friends, family and colleagues.

MENTAL HEALTH

Course 1: 15th and 18th October
Course 2: 13th and 20th November

£30 BBWCVS Members (Cost of textbook)
£55 Non Members (Inc cost of textbook)
Statutory Agencies / Private Organisations £80 (Inc cost of textbook)

Register Interest
Development@bbwcvcs.org.uk

InterAct
Basildon, Billericay & Wickford | CVS

Action for Family Carers – Free Events through 2019 / 2020

The Action for Family Carers project – ‘Feeling Good, Caring Well’ – is underway and is offering free events for Carers in and around Essex - please see the poster for the Essex events.

All of the Events (across the county) can be found on the following links:

INTERACTIVE MAP: <https://affc.org.uk/feelinggood>

EVENTBRITE – to book FREE tickets:
<https://www.eventbrite.co.uk/o/action-for-family-carers-18824222583>

Feeling Good, Caring Well
Supporting Carers' Physical and Emotional Wellbeing

Events in and around BASILDON

FREE FOR FAMILY CARERS

- MINDFUL WALK - Chafford Gorges - 13 Sept
- STRESS BUSTING SESSIONS- Grays - 16 and 30 Sept, 14 Oct
- MANAGING EMOTIONS EFFECTIVELY - Basildon - 21 Sept
- MANAGING EMOTIONS EFFECTIVELY - Brentwood - 19 Oct
- MASSAGE SESSIONS - Basildon - 14 Nov
- WELLBEING GATHERING - early December
- STRESS BUSTING SESSION - Basildon - 21 Jan
- MASSAGE SESSIONS - Grays - 31 Jan
- STRESS BUSTING SESSIONS - Brentwood- 3 and 27 Feb
- STRESS BUSTING SESSIONS - Basildon - 4 and 18 Feb
- STRESS BUSTING SESSION - Brentwood - 2 March
- MANAGING EMOTIONS EFFECTIVELY - Grays - 7 March
- MASSAGE SESSIONS - Brentwood- 26 June

Also in 2020 ...
PHOTOGRAPHY FOR ALL
COUNTRYSIDE WALKS
'LIVE YOUR LIFE' workshop
TRANQUIL GARDENS

EMAIL: care@affc.org.uk
CALL: 0300 770 80 90
EVENTBRITE / FACEBOOK
www.affc.org.uk

Action for Family Carers
COMMUNITY

Headway Essex “Cognitive Rehabilitation in Practice” Training – November 8th

Headway Essex runs training courses for anyone who works with adults with acquired brain injury, or carers supporting an adult with acquired brain injury.

They have a new training course on Cognitive Rehabilitation in Practice on Friday 8th November in Colchester.

More information on this course and how to book on-line is available from their website
(<https://www.headwayessex.org.uk/im-a-professional/training>)

Headway Essex

Cognitive Rehabilitation in Practice

Cognitive Rehabilitation in Practice
1 day training course
8 November 2019
Colchester, Essex
£75 per person
+ booking fee
(including lunch)

Book Today
Online at Eventbrite

✉ admin@headwayessex.org.uk ☎ 01206 845945

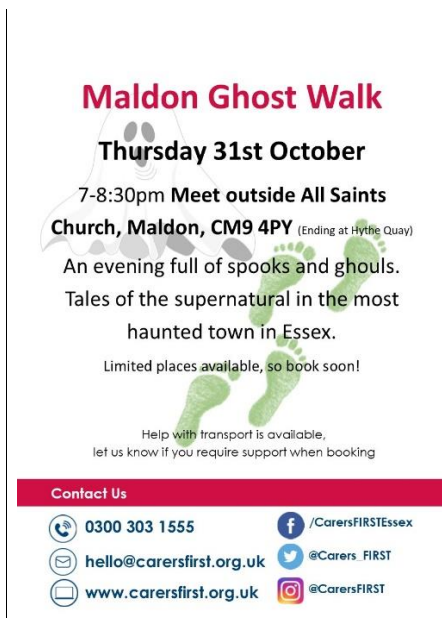
Headway Essex
www.headwayessex.org.uk

Carers First – Free Activities for Young Carers in October, November & December

Carers First has been awarded funding for Young Adult Carers (18-24 yrs) to enjoy a variety of seasonal activities and a residential weekend. There are 15 places for the activities and 10 places for the residential weekend. These are free activities and designed to give the YACs some respite. They can assist with transport if necessary.

31st October Maldon Ghost Walk : 7pm to 8.30pm

11th December Pantomime Jack & the Beanstalk, 7pm to 10.30pm
 Harlow Playhouse :



Maldon Ghost Walk
Thursday 31st October
 7-8:30pm Meet outside All Saints Church, Maldon, CM9 4PY (Ending at Hythe Quay)
 An evening full of spooks and ghouls. Tales of the supernatural in the most haunted town in Essex.
 Limited places available, so book soon!
 Help with transport is available, let us know if you require support when booking

Contact Us
 0300 303 1555 /CarersFIRSTEssex
 hello@carersfirst.org.uk @Carers_FIRST
 www.carersfirst.org.uk @CarersFIRST



Young Adult Carer Pantomime Trip
Wednesday 11th December
 Meet at 6:30pm for showing at 7pm
 at the Harlow Playhouse, Playhouse Square, Harlow, CM20 1LS
 Get into the Christmas spirit with a trip to see **Jack and The Bean Stalk**
Limited places available, so book soon!
 Help with transport is available, let us know if you require support when booking
Free event

Funded by Carers Trust Quilter YAC Mental Health and Wellbeing Fund carerstrust Quilter

Contact Us
 0300 303 1555 /CarersFIRSTEssex
 hello@carersfirst.org.uk @Carers_FIRST
 www.carersfirst.org.uk @CarersFIRST

22nd – 24th November 2019, Residential Weekend at St Mark's College, Saffron Walden.



Residential Weekend for Young Adult Carers (ages 18-24 years)
Friday 22nd - Sunday 24th November
 Check in at 3pm Friday, Check out 11am Sunday
St Mark's College Residential and Youth Centre, Saffron Walden CB11 4JD
 (www.stmarkscollege.co.uk/)

Free event
 Find out what activities we'll be doing throughout the weekend and how to book!



Join us for a fun filled weekend, with activities such as;

- Archery
- Crafts
- Drumming Workshop
- Treasure Hunt

Limited places available, so book soon!
 Help with transport is available, let us know when booking

Funded by Quilter Time to Find Me Fund Quilter

Contact Us
 0300 303 1555 /CarersFIRSTEssex
 hello@carersfirst.org.uk @Carers_FIRST
 www.carersfirst.org.uk @CarersFIRST

British Red Cross Gift Fair – November 20th



FESTIVE GIFT FAIR

Wednesday 20th November
Manor of Groves Golf & County Club
High Wych, Sawbridgeworth CM21 0JU
10am to 3pm

- > over 40 exciting stalls
- > unique gifts not available on the high street
- > lunch available in La Brasserie

Book Your Tickets Online
www.redcross.org.uk/manorofgrove



NHS Essex Partnership Universities - Spirituality Appreciation Day - 13th November

Diversity in spiritual and mental wellbeing focussing on: Body, Mind and Spirit



NHS Essex Partnership Universities would like to invite teams across the Trust to join us on 13th November 2019 at Chapter House, Chelmsford for our annual appreciation day.

Due to the success of last year's event, the day will focus on spiritual and cultural diversity, promoting positivity through inspirational messages and practice of kindness, compassion, hope and meaning. The day will focus on ways to practice a healthy body, mind and spirit and the positive impact this can have on our mental wellbeing and health. We have representation from various well-being practitioners to provide a cultural and diverse perspective on this subject and empowering us with skills for ourselves but also to pass on to those we provide a service to.

The Social Care Leadership Team would be grateful if you would share this invite to your staff within your service area and to take the initiative within your local teams to participate in celebrating the spiritual care week.

For more information and to book a place, please contact Caroline Arthur
Caroline.arthur@nhs.net

Free Leadership Development Training from March 2020 – Deadline for Applicants 9th December

An exciting free leadership development opportunity from The King's Fund for voluntary and community sector (VCS) organisations working in health and wellbeing.

Cascading Leadership provides an invaluable free opportunity for leaders working in health and wellbeing organisations in the voluntary and community sector (VCS) in the UK to develop their leadership skills and receive practical support.

It is built on a peer-to-peer model where an experienced VCS leader (a consultant) supports another VCS leader who is seeking support (a partner). They meet at least five times over a period of nine months where the partner has an opportunity to work through organisational issues and receive support. The consultant also benefits from being stretched to develop their own leadership and skills, while being supported and supervised by senior staff at The King's Fund. Both roles offer a learning and development opportunity.

The programme aims to create a diverse mix of participants including those from smaller organisations, individuals from minority groups and people from throughout the UK. Applications are especially welcomed from consultants and partners from Black and minority ethnic communities, as people from these groups have to date been underrepresented on the courses.

The next course starts March 2020.

To apply go to: www.kingsfund.org.uk/cascadingleadership
Closing date for applications 9 December 2019

National News

THE QUEEN'S SPEECH: WHAT'S IN IT AND WHAT IT MEANS FOR CHARITIES

Health and social care

Mentions of new hospitals and investment as well as a strengthening of the Mental Health Act.

Adult social care also got a mention with the promise to bring forward 'substantive proposals to fix the crisis in social care' is another that charities shouldn't expect to be met in the short-term.

Environment

The speech outlined some more details of a new environment bill. This will set out legally binding targets in areas such as reducing plastics, restoring biodiversity and clean air and water, as well as setting up a new regulator to replace oversight from the EU.

As well as aiming to close the productivity gap, a national infrastructure strategy will also focus on climate change and how the UK can achieve net zero emissions by 2050.

Domestic abuse bill

As part of a package of measures aimed at victims of crime, the domestic abuse bill has been carried over from the previous session. The government has also committed to consulting on a new 'victims' law' in early 2020.

#SafeguardingAsOne – Free Resources for All Charities

This week [NCVO](http://ncvo.org.uk) has launched a new hub of safeguarding resources, produced with partners including NAVCA, the FSI, NSPCC, Children England and a number of other organisations.

This work forms part of the government's Civil Society Strategy and has been funded by The National Lottery Community Fund and the Department for Culture, Media and Sport. The resources are designed to help all organisations start their safeguarding journey, so they are a safe place for their staff, beneficiaries and volunteers.

Read more here: <https://knowhow.ncvo.org.uk/safeguarding>

Webinar: Primary Care Networks: Introduction & How to Get Involved, 31th October, 11.00am – 12.00pm

The Public Participation and Voluntary Partnerships teams at NHS England / NHS Improvement, along with National Voices, are co-hosting a webinar for VCSE organisations, including Health and Wellbeing Alliance members and others, to introduce and explain Primary Care Networks (PCNs) and discuss how to get involved, including providing support under the 'prospectus'.

The webinar is taking place at 11am on Thursday 31 October and will last for one hour.

Register for this webinar: <https://bit.ly/2MknGqJ>

Vacancies

Essex Community Foundation - Head of Programmes – Closing Date Nov 24th

Essex Community Foundation is looking for a Head of Programmes, with the passion and commitment to make a difference to the lives of local people in Essex.



The successful applicant will have a strong track record of achievement gained at management level in the charity sector.

They will bring strategic thinking and creativity to the role to ensure the effective development and delivery of the Foundation's grant making and partnership programmes, matching the interests of our donors with the changing needs in our communities.

As a leading funder in Essex, this is an exciting time to join ECF. We have just agreed our new five-year strategic plan and the development of our grant making and partnership programmes is a key role as we plan to invest at least £15 million in local communities.

We are looking for someone who will bring energy, drive and is passionate about helping others. In return, this role offers an unrivalled opportunity to join a highly regarded and reputable organisation.

For more information about the role and how to apply, please download the Recruitment Pack from their website <https://www.essexcommunityfoundation.org.uk/about/news/head-of-programmes>

The deadline to apply is 5pm on Thursday 24 October.

Should you wish to have an informal conversation about the post, please contact Caroline Taylor, chief executive of ECF, on 01245 355947.

Advertise Jobs and Contracts Through Us!

This service is free to members of the BBWCVS. We can advertise the latest vacancies from our members to a wider audience, using our website, this bulletin and social media.

For non-members we charge £25 for charities, £50 for statutory or private sector employers. The advertisement will stay up until the expiry date and we will also tweet it to our faithful following and include it in our newsletters.

Send the details including a web link to admin@bbwcv.org.uk

VCS Event Diary/Calendar 2019

Date	Event	Contact / Book Event
Sat 19 Oct 10:00am - 1:00pm	Heart of Pitsea - Youth Market Challenge The Market Square Pitsea	No Booking Required
Mon 21 Oct 09:00am – 12 noon	Hearth of Pitsea - Community Health Market The Dipple Medical Centre, Wickford Avenue, Pitsea.	No Booking Required
Tue 19 Nov 10:00am – 12:30pm	BBWCVS Funding & Development Surgery	development@bbwcvcs.org.uk
Tue 3 Dec 10:00am – 1:00pm	BBWCVS Mental Health Forum George Hurd Centre, Basildon	http://bit.ly/CVSMentalHealthForum
Fri 13 Dec 06:45pm – 10:00pm	Heart of Pitsea - Christmas Cracker Quiz , The Basildon Upper Academy, Wickford Avenue, Pitsea SS13 3HL	http://bit.ly/HoPChristmasCrackerQuiz or by calling 07572 001671 or emailing admin@heartofpitsea.co.uk

Contact Us

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