



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 admin@bbwcvcs.org.uk

CVS News

Simon Johnson – Chief Officer – Shine Bright for 2020



Welcome to our latest eBulletin and the last for 2019. We will be returning on Monday 13th January with more funding, governance and top tips.

We are planning to have a shake-up in the New Year with a refresh of our services, and always keen for ideas and suggestions, so please get in touch and let us know how we could support you better.

A main focus of ours is to build upon our current network and establish better communication links between our members. Send me an email at chiefofficer@bbwcvcs.org.uk.

I would like to say thank you for your support and wish you all a very Merry Christmas!

I look forward to seeing you next year.

Simon Johnson

Festive Greetings from BBWCVS



Are you following us on Twitter?



All our updates, opportunities and news go on our twitter page - why not be ahead of the game for funding opportunities especially and follow us at @bbw_cvcs



Heart of Pitsea Community Events

ABOUT US

Heart of Pitsea, is one of 150 'Big Local' Lottery funded organisations.

It has a committee of local resident volunteers and includes representatives from our local NHS CCG, Basildon Council, Essex Youth Services and the Council for Voluntary Services.

We have a funding application process to which organisations can apply for funding to offer their services to the residents within the Heart of Pitsea boundaries and we run regular clubs and events for everyone to enjoy.

Pitsea Community Christmas – Thank you!

Thank you to everyone that attended the Pitsea Community Christmas event at Northlands Pavement last week – and wishing everyone a fantastic Festive Season!!



Heart of Pitsea Community Groups

FREE Incredible Edible Community Gardening Group
Tuesdays 10.00am - 12noon

FREE Community Connect
Wednesday evenings 6.30pm - 8.30pm

Contact: hello@heartofpitsea.co.uk

BBWCVS Have Volunteers Looking to Help Your Organisation!

**Does your organisation
have any one day
volunteering activities?**

Need a room painted?

An outdoor space cleared?

Do you have a mini DIY SOS project that you could do with some helping hands?

We have people waiting to help you today!

Contact Katy @ BBWCVS Volunteer centre
to find out more!
Volcentre@bbwcv.org.uk



Basildon, Billericay & Wickford | CVS

volunteer
ESSEX
Basildon Billericay
and Wickford



Youth Mental Health First Aid Training

14th and 21st February 2020

InterAct

 Basildon, Billericay & Wickford | CVS

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.

This includes:

- 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 organization's financial sustainability.
- Identifying other useful free funding search engines to assist you in your exploration for funding.

For further assistance please contact Pippa Foster on 01268 294439 or email development@bbwcv.org.uk

LLOYDS BANK FOUNDATION RELAUNCHES GRANTS PROGRAMME

Lloyds Bank Foundation for England and Wales has reopened its grants programme this week with 'a simpler, more flexible and transparent approach'.



Support is available for registered charities with an annual income of between £25,000 and £1 million that are working to tackle complex social issues, and who have a proven track record of helping people achieve positive change in their local communities across England and Wales.

Charities whose work predominantly falls within in one of the following priority areas can apply:

- Addiction and dependency
- Asylum seekers and refugees
- Care leavers
- Domestic abuse
- Homeless and vulnerably housed
- Learning disabilities
- Mental health
- Offending, prison and community service
- Sexual abuse and exploitation
- Trafficking and modern slavery
- Young parents

There is an expression of interest form for each priority area. Full details can be found on the Lloyds Bank Foundation for England and Wales website: <https://www.lloydsbankfoundation.org.uk/>

Active Essex – Walking & Cycling Funding Available

Walking and Cycling Funding

Active Essex are looking to support local organisations who are interested in increasing walking or cycling opportunities in the Basildon borough

Funding is available to support start-up of initial projects but evidence of how project will have long term sustainability does need to be evidenced

Funding can be used for delivery purposes as well as training, promotion and infrastructure

Active Essex is welcoming local organisations to get in touch to discuss project ideas

Please email Juliette.raison@activeessex.org for further information and to receive a simple application form



Comic Relief Community Fund – Rolling Programme

COMIC RELIEF Community Fund

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://tinyurl.com/CRCCommunityFund>

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.



The Sun £1million Giveaway – Closing Date 18th December



Your chance to get your favourite charity a share of £1million in a fantastic giveaway for The Sun's 50th birthday!

Between 2-20k available

Registration until Dec 18th

For more information:

<https://thesun.co.uk/competitions/10382270/charity-1million-touched-readers-lives/>

Register your favourite cause here:

<https://thesun.co.uk/competitions/10290614/the-sun-50th-birthday/>



ASDA Foundation Grants for Local Community Projects

ASDA Foundation Grants Local Community Projects

The ASDA Foundation is committed to developing stronger, better connected, sustainable communities across the UK. The Significant Local Community Projects programme allows colleagues to nominate initiatives which will make a real long-term difference, benefiting the wider community and transforming communities to improve lives locally.

Awards are typically made to projects where:

- *The charity or good cause has developed a relationship with the local store or home office at a grassroots level*
 - *The work will tackle the underlying problems in the local community*
 - *Community needs and aspirations are evident in the development of the project*
 - *The project benefits the wider community not just a single user group*
 - *There is a need for this facility locally*
- *It will make a real long-term difference and will transform the community, improving the lives of those who live there*

Grants awarded have previously ranged from £2,600 – £32,000 although no minimum or maximum amounts are published.

Any charity/good cause wishing to apply should first approach their local store or home office to see if their project is something that the Community Champion would be willing to support.



Applications can be submitted at any time
<https://www.asdafoundation.org/what-we-fund/significant-local-community-projects>

Essex County Council's Essex Fund – Closing Date 16th January

<https://www.essexcommunityfoundation.org.uk/grants/our-grantmaking/apply/the-essex-fund/>



Essex Fund

Grants of up to **£10,000** are available to voluntary and community organisations

All applications must demonstrate at least one of the following areas of work:

- Support for carers
- Improvements to the environment
- Provide a community resource
- Activities for young people (including projects that increase awareness and participation in activities which explore culture and heritage)

Application deadline **5pm Friday 16 January**

Groups are encouraged to call the ECF grants team to discuss their work in advance of applying on
01245 356018



Essex County Council Essex Community Foundation manages the Essex Fund on behalf of Essex County Council

Basildon Council Grants to Organisations – Closing Date 24th January



**Basildon Council
Grants to Organisations**

Community and voluntary groups can apply for £100-£2,000 of funding designed to support community projects in Basildon.

Closing Date: Friday 24th January 2020.

For more information:
<https://tinyurl.com/BasildonCouncilFunding>



Basildon Council
BASILDON • BILLERICAY • WICKFORD

Gregg's Local Community Project Fund – Closing Date 23rd February



GREGGS

**Local
Community
Projects
Fund**

Up to £2,000
available*

Not for Profit organisations eligible to apply for projects which support Disabled or suffering chronic illness, Living in poverty, Voluntary Carers, Homeless people, Isolated older people, or can demonstrate other significant need.

<https://tinycloud.com/GreggsCommunityFund>

*Organisations with a turnover in excess of £300,000 will be unsuccessful

Closing Date
23rd February

Local News and Events

Forward Motion Festive Travel Challenge

PEOPLE across south Essex are being encouraged to try travelling by public transport throughout December as part of a Festive Travel challenge, and be in with the chance of winning £250.

Launched last week, the Festive Travel challenge gives residents from Thurrock, Basildon or Southend-on-Sea the opportunity to win a £250 prize for completing just one journey on a bus or train which they would have normally travelled by car.

To take part, residents swap one journey they would have made by car, for one made by bus or train. They then need to use the hashtag #FestiveTravel on Twitter or Instagram to be entered into the prize draw. Alternatively, residents can inform ForwardMotion they've taken part in the challenge by sending an email to hello@forwardmotionsouthernsex.co.uk.



Essex Horse & Pony Protection Society (“EHPPS”) – Asking for Cat Food or Fruit & Vegetable Donations

The EHPPS Sanctuary is situated on a 55-acre site at Pitsea Hall Lane, Basildon, and receives no Government funding but relies solely upon donations from the public.

If you would like to visit then why not bring some cat food with you, or fruit and veg to put in the piggies' bin? Any fruit or veg is fine with the exception of potatoes, rhubarb, onions and citrus fruits.

Read more here: <https://ehpps.org.uk/>



Epilepsy Action Basildon – Coffee and Chat



**EPILEPSY ACTION
BASILDON
COFFEE AND CHAT**

*Towngate Theatre Cafe
St Martin's Square, Basildon, SS14 1DL*

Live in the Basildon Borough?

Meet other people living with epilepsy in a relaxed setting. The coffee and chat group meets on the third Tuesday of the month 11am to 1pm

For further details contact Ruth on 01268 478 246




Next Meet-Up 17th Dec

11AM - 1PM

Saint Francis Hospice - Tea and Talk & Toby's – 1st Monday of Each Month



TEA & TALK AT TOBY'S
FOR PEOPLE AFFECTED BY CANCER

Brentwood Cancer Support Group
(people from all areas warmly welcomed)

We are a practical and informative survivorship group and we invite all those in the community affected by cancer to join us for a cuppa and a chat.

Where
Toby Carvery, Shenfield Common, Ingrave Road, Brentwood, CM15 8DZ

Time
10am - 12pm

When
We will meet on the first Monday of each month

Dates for 2020:		
6th January	4th May	7th September
3rd February	1st June	5th October
2nd March	6th July	2nd November
6th April	3rd August	7th December

Who
All those affected by cancer are welcome, including carers and partners. For more information please call **01708 758649** or email orangeline@sfh.org.uk

A partnership between



URN419 © Saint Francis Hospice – all rights reserved Saint Francis Hospice is a registered charity number 275913.

Coffee mornings for Mayor's appeal

It is estimated there are more than 6,000 households in Basildon experiencing loneliness or social isolation. The Mayor's charity appeal 'Unseen Unheard' is raising money to support local charities working to help people overcome loneliness and social isolation.

Fundraising Tea and Coffee Morning's to raise money for the appeal will be held between 10am and 12pm at the following locations:

- Monday 16 December - Laindon activity centre, Aston Rd, Basildon SS15 6NX
- Tuesday 17 December - George Hurd centre, Audley Way, Basildon SS14 2FL
- Thursday 19 December - Pitsea activity centre, 12 Northlands Pavement, Basildon SS13 3DU



Wickford Festive Markets and Road Closures – December 14th & 21st

Festive cheer is coming to Wickford every Saturday up to Christmas with entertainment, street food, kids' activities and more.

Road closures have been put in place between the hours of 5am and 6pm for the 14 and 21 December in Wickford High Street between its junctions with London Road and Market Road to make way for the Wickford at Christmas events.

The events, organised by Things Made Public and part funded by Go Trade, will have a different theme each week. Saturday 14 December is Cockney Christmas and Saturday 21 December is Traditional Christmas.

All events start at 11am and finish at 3pm.



Civic Carol Service – 16th December

You are invited to a Civic Carol Service on Monday 16 December at 6.30pm in St Martin of Tours Church, St Martin's Square, Basildon.

Bells will be ringing from 6.10pm, and there will be refreshments at the back of Church following the service.

Wat Tyler Community Christmas 14th December

Wat Tyler Country Park will play host to a Community Christmas on Saturday 14 December from 11am to 4:30pm.

The event will include fairy tale and Victorian cottages, Newlife Wood selling a range of last minute Christmas gifts made from recycled timber and Basildon Heritage in the Heritage Barn with Essex Field club promoting what they do in the park. There will also be some badge making and craft activities.



Cycle Hub at Basildon Market – Wednesdays until Christmas

Forward Motion will be at Basildon Market every Wednesday until Christmas, answering your questions about all things cycling.

The cycle hub will be held from 9am on Wednesday, 18 December, offering FREE cycle checks and minor repairs on the spot, and they will also be offering bike security tagging for £8 per bike

A range of recycled and fully serviced bikes will be for sale plus they can accept donated bikes and parts should anyone have anything they would like to see used again instead of being turned into scrap metal.

For more information, give the team a call on 01702 212727.



Prince's Trust - New Year Opportunities for Essex young people

An early look-ahead to free programmes for Essex young people that will be starting in January.

All the programmes are FREE and travel expenses are reimbursed.

Eligibility: not in full time employment/education and either age 16 – 25, 16 – 30 or 18 – 30 – depending on the programme (as set out in the attached).

New year programmes include:

- **Team** programmes running in four locations: Clacton, Thurrock, Basildon and Southend
- **Get Started with Football** with Southend United CET
- **Explore Enterprise** (self-employment) in Chelmsford
- **Get into Retail with M&S** – South Essex

Choose your next step

The Prince's Trust

At the Princes Trust, we believe every young person should have the chance to succeed. We help young people transform their lives by giving them the skills and confidence to live, earn and learn.

We support young people age 11 - 30 with a range of programmes for young people who are not in full time employment or training - plus specific programmes in schools.

Our programmes are free and do not affect your benefits.

For further information:

Visit: www.princes-trust.org.uk

Call 0800 842 842

Follow: www.facebook.com/PrincesTrustEssex

www.instagram.com/princes_trust_east_england

Team Programme - Southend, Basildon, Thurrock, Clacton - January

Eligibility: Age 16 - 25 and not in full time employment or education.

A 12 week personal development programme with work experience, community project, residential and qualifications. Perfect for building skills and confidence! The next round of Team programmes will be taking place in:

Southend - contact: Charlie - c.barlow@southendunited-cet.co.uk

Basildon - contact: Mat - matthew.doe@uspcollege.ac.uk

Thurrock - contact: Tom - tflynn@thurrock.gov.uk

Clacton - contact: Sharon - SharonM@inspiresuffolk.org.uk

Get Started with Football - Southend - 27th to 31st January

Back by popular demand! A free one week programme to develop your coaching skills and gain a Level 1 Sports Leadership qualification. Delivered with Southend United Community Education Trust. Age 16-25, travel expenses refunded.

Contact Claire: 07984 005934 or Claire.Burgess2@princes-trust.org.uk

Get Inspired - Individual Mentoring/Activities - Colchester / Tendring

An individual mentoring and small group activities programme run on a fortnightly basis. Designed to build skills, confidence and teamwork skills in bite size regular sessions. Age 18 - 30. Dates to be finalised.

Contact Chris: 07717536790 or Chris.Laing@princes-trust.org.uk

The Run Fit Club, Pitsea – Walking, Adults and Age 14+ Exam Stress Relief Groups



ENGLAND ATHLETICS
RUN TOGETHER GROUP

THE RUN FIT CLUB

TUES AND THURS MORNING AT
9.30AM AND WED AND FRI NIGHT
AT 7PM. ALL SESSIONS ARE FREE
AND WE MEET AT NORTHLANDS
PARK PITSEA



ARE YOU 14 AND OVER AND
ABOUT TO START YOUR
GCSE'S, A LEVELS OR MOCK
EXAMS?
#RUNANDREVISE FREE
SESSIONS. OPEN TO
BEGINNERS OR EXPERIENCED
RUNNERS

THE RUN FIT CLUB WE'VE GOT THIS!!!

STARTING TUES 4TH FEB AND
THURS 6TH FEB 2020 AT 6PM

NORTHLANDS PARK PITSEA OUTSIDE THE CAFE

If you are looking for away to take your mind
off your exams and maybe relieve some
stress through exercise, then running with us



STARTING JANUARY 2020

THE RUN FIT CLUB WALKING GROUP

FRIENDLY AND SUPPORTIVE WALK LEADERS

ANYONE AND EVERYONE IS WELCOME ♡
WHO WANTS TO GET ACTIVE AND HAVE A
CHAT.

MEETING IN NORTHLANDS PARK PITSEA OUTSIDE THE CAFE
AT 9.30AM. THE WALK WILL LAST ABOUT AN HOUR. EMAIL
therunfitclub@gmail.com FOR MORE INFORMATION.

The Wellspring Foundation Christmas Party & Coffee Mornings

The Wellspring Foundation is a not-for-profit organization that provides holistic support for families and developing young leaders. They are passionate about supporting and inspiring disadvantaged people to discover and achieve their full potential.



Optional
£1 Donation

COME AND JOIN THE

CHRISTMAS DINNER PARTY

Christmas is a season of love. Let's spend this time together and be merry!

DATE AND TIME
December 23, 2019 | 11:30am - 1pm

VENUE
**The Shepherd & Dog, Crays Hill,
CM11 2XY**

Come and enjoy a day of fun with music and games, meeting with friends, and a delicious two course meal, including a festive lunch and dessert.



Please call **03301330450** to reserve your place | info@twfuk.org



Optional
£1 Donation

YOU'RE INVITED TO

COFFEE MORNINGS WITH TWF

The Shepherd & Dog, CM11 2XY
10:00am - 11:30am every Monday
from 2nd December 2019

Come in, join the fun and connect with others over tea, coffee, biscuits and cakes. Pop in for a cuppa and a chat with varied activities like arts and crafts, singing, games, quizzes, bingo, seated exercises and more!

Meeting here offers you the chance to meet others socially, in a relaxed and friendly environment.

twfuk.org | **03301330450**



Calling All Tea and Cake Lovers in Basildon

A great opportunity for a New Year's resolution to help someone else experiencing loneliness and isolation.



Calling all tea and cake lovers in Basildon!

Re-engage are looking for some lovely folk to volunteer as hosts and drivers for a new social group for older people in Basildon. One Sunday a month, over 75s in need of companionship meet new people and form friendships over cups of tea. Often these are the only opportunities older people have to get out of their homes and socialise. For a few hours each month, you can help make a difference (and enjoy a lovely tea party) to local older people. If you think this sounds like you or someone you know, please get in touch!

alexandra.berwick@reengage.org.uk / 07949 706918

If you know of an older person who might benefit from joining a local social group please let them know about us!

www.reengage.org.uk/join-a-group
www.reengage.org.uk/refer



Carers' Sessions at Southend Leisure and Tennis Centre – Mondays and Thursdays

SPORT FOR CONFIDENCE



DROP-IN MULTI-SPORTS SESSION FOR CARERS

Come along and try something different, meet new friends and learn new skills. The session is tailored to the needs of the group. Carers are able to bring the people they care for, for free.

When: **Thursdays**
11-1pm

Where: Southend Leisure & Tennis Centre, Garon Park, Eastern Ave, Southend SS2 4FA

£2.50
PER SESSION



GYM FOR CONFIDENCE FOR CARERS

Gym for Confidence is a flexible session designed for carers to access the gym facilities with the support of an Occupational Therapist and a Personal Trainer if required.

When: **Mondays**
1-2pm

Where: Southend Leisure & Tennis Centre, Garon Park, Eastern Ave, Southend SS2 4FA

£2.50
PER SESSION

These programmes are developed in partnership with an allied health professional and coaching team

For further information please contact **Megan Potts** on 07394 564942 or via email at megan@sportforconfidence.com









Partyman Basildon – Family Christmas Party – 27th December

Aimed at children who have lost a parent or sibling, Off 2 The Moon is hosting a Family Christmas Party on the 27th December and the @partymanworld team have generously given them use of the venue.

Do you have any clients or services users that could possibly benefit from this event?

Space for 250 guests - FREE entry and FREE PLAY.

Learn more about the cause & why this event is so important:

<https://facebook.com/off2themooncharity>

To book please contact hboyle38@yahoo.com




Active Essex – Long Term Health Conditions Workshops (20th Jan)

Active Essex is holding a series of workshops for those who want to understand how to improve the health and wellbeing of those living with long term health conditions. The current campaign from Sport England called We Are Undefeatable is helping people with health conditions find ways to get active, whatever that looks like. There are over 15 million people in England who live with long term health conditions and there are many ways to get moving.

The workshops are designed for health, fitness or sport deliverers and volunteers. They aim to develop or update knowledge and understanding of Diabetes, Dementia and Cancer and will enable the learner to work effectively alongside individuals with these conditions.

For information on dates, times and locations please see the attached flyer or use this link: <http://bit.ly/2B9yZTZ>



UNDERSTAND THE ROLE OF PHYSICAL ACTIVITY
Improve Health & Wellbeing of those living with Long Term Health Conditions

These workshops are designed for health, fitness, sports deliverers and volunteers and aims to develop or update knowledge and understanding of Diabetes, Dementia, and Cancer. This will enable you to work safely and effectively alongside individuals with these conditions.

#WeAreUndefeatable
£20 per person

ActiveEssex

7th November 2019 Cancer Workshop 13:30 - 16:30pm	28th November 2019 Dementia Workshop 13:30 - 16:30pm	20th January 2020 Diabetes Workshop 13:00 - 16:00pm
Dementia Workshop 18:30 - 21:30pm	Diabetes Workshop 18:30 - 21:30pm	Cancer Workshop 18:30 - 21:30pm

To book, please visit www.activeessex.org/LTHC-workshop

Free VCS 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

Chelmsford Human Library Event – 6th February 2020



The Human Library® creates a safe space for dialog where topics are discussed openly between our human books and their readers.

This part of the “time to change” initiative to end mental health discrimination and celebrates Time to Talk Day 2020.

If you would like to share your experiences or just take part please email markdale10@hotmail.com.

National News

Asthma UK & British Lung Foundation agree merger

Asthma UK and the British Lung Foundation are to merge after the final step in the formal process was completed on 9 December.

The merger is expected to save significant amounts on running costs, with up to £2 million expected to be released each year for research, support services and campaigning.



https://fundraising.co.uk/2019/12/12/asthma-uk-british-lung-foundation-agree-merger/?utm_source=dvr.it&utm_medium=facebook

NCVO Guidance - How to Thank Your Volunteers

NCVO recently published some sound advice on thanking volunteers

“How, how often, and to whom you demonstrate gratitude should be as integral to your volunteer management strategy as recruitment, training and retention.

On the surface, saying ‘thanks’ is easy – we all do it every day without thought. But saying thanks in an organisation context can be a very different prospect.....”

Read more here: <https://knowhow.ncvo.org.uk/your-team/volunteers/keeping/thanking-volunteers>

Vacancies

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

BBWCVS Event Diary/Calendar 2019/20

Date	Event	Contact / Book Event
14 & 21 Feb 2020	Youth Mental Health First Aid	Eventbrite or development@bbwcv.org.uk

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@bbwcv.org.uk