



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](mailto:admin@bbwcvcs.org.uk)

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## CVS News

We will be hosting a number of training events in the coming months. Mental Health First Aid and Making Every Contact Count. You will be able to find more details in this and future issues of the E-Bulletin.

If you have any questions, please contact [admin@bbwcvcs.org.uk](mailto:admin@bbwcvcs.org.uk)

<b>Making Every Contact Count</b>	<b>29<sup>th</sup> January 2019</b>
<b>Making Every Contact Count</b>	<b>12<sup>th</sup> February 2019</b>
<b>Making Every Contact Count</b>	<b>26<sup>th</sup> March 2019</b>
<b>Making Every Contact Count</b>	<b>2<sup>nd</sup> April 2019</b>
<b>Mental Health First Aid</b>	<b>8<sup>th</sup> &amp; 15<sup>th</sup> November 2018</b>
<b>Mental Health First Aid</b>	<b>15<sup>th</sup> &amp; 22<sup>nd</sup> January 2019</b>
<b>Mental Health First Aid</b>	<b>5<sup>th</sup> &amp; 12<sup>th</sup> March 2019</b>
<b>Mental Health First Aid</b>	<b>23<sup>rd</sup> &amp; 20<sup>th</sup> April 2019</b>

## Mid & South Essex - 'It Starts With You' Invitation BRENTWOOD



**October is full of fun and exciting engagement events for Healthwatch Essex including an NHS celebration and our Patient Bed Engagement Roadshow.**



In collaboration with Chelmsford Cathedral, you are invited to a NHS 70<sup>th</sup> birthday service on Sunday 14 October at 3:30 – 4:30.

It will be an afternoon celebrating health and social care across the county which will include; amazing stories from patients and clinicians, musical interlude from Nichola Scholey & the Chelmsford Cathedral Musicians plus readings and a chance to

reflect on the health services available today.

Please sign up via [Eventbrite](#) today!

The Cathedral service kick starts a week of outreach events where you'll see the Healthwatch team with the Healthwatch Essex Patient Bed visiting various health and social care locations across the county.

On Wednesday 17 October the bed will be near you!

Meet the team at the Brentwood Leisure Centre from 1:00pm to 3:00pm where they will be capturing patient's lived experiences and their understanding of local health and social care services in Mid & South Essex. The feedback received will be used to help shape services and policy; improving the care across Essex.

There will be photo opportunities with their new Instagram selfie frame and props, 'Time to Talk' café with Fitness in Mind and a chance for individuals to speak to the team about the Information and Signposting Service; a confidential phone line providing bespoke advice to individuals on how to navigate the care maze.

Please share the [event details](#) with your staff, volunteers and members to help make care better together.

## 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)

## Heart of Pitsea 'The Pitsea Pound Pot'



Heart of Pitsea has just launched a brand new funding application scheme, designed and administered exclusively by the young people on our youth forum. 'The Pitsea Pound Pot' can be applied for at any time for small-scale projects aimed at young people and children.

£200 is the minimum and £1500 is the maximum that can be applied for. All decisions on submitted proposals are made by our youth forum who are all teenagers.

For more information and to submit an application, visit our website <https://heartofpitsea.co.uk/organisations/>

# Women's Vote Centenary Grant Scheme - Final Round of Small Grants Closes 16 October 2018

The Women's Vote Centenary Grant Scheme (WVCGS) is a £1.5 million government fund that will support local and community groups across England in celebrating the centenary of women gaining the right to vote.

## Small Grants Fund

You can apply for a grant of between £300 and £2,000 for activities to mark the centenary in your community. Small Grants are available for grassroots projects to run small-scale events and activities to celebrate the centenary of women gaining the vote.

### Objectives:

All projects must meet the overall CELEBRATE objective of the Small Grant Fund:

CELEBRATE, INSPIRE and REMEMBER: to increase national awareness and mark 100 years since women got the right to vote. They will therefore fund activities which:

- Celebrate key centenary milestones (see below).
- Increase people's awareness of the women's suffrage movement
- Improve people's understanding of democracy in the UK, particularly young people
- Encourage and inspire participation in civic life.

They will prioritise applications holding an event or activity connected to and on or around these key centenary milestones:

- The Parliament (Qualification of Women Act) 1918 which gave women over 21 the right to stand for election as a Member of Parliament (MP) on 21 November 1918.
- Women voted in a general election for the first time on 14 December 1918 with 8.5 million women eligible.

For Round 3 they want to especially welcome applications from under-represented regions from Rounds 1 and 2, specifically: East Midlands; East of England and South East.

### How to apply

Round 3 of the Small Grant Fund is open for applications from 4 September 2018 and the deadline to submit your application is 23:59 on 16 October 2018. All projects must be ready to start by 15 December and be completed no later than 31 December 2018.

They aim to let you know the outcome within four weeks of submitting your application. Please make sure you apply in sufficient time before your planned start date.

You should carefully read the Guidance, Frequently Asked Questions and the model application form available on their website at [www.womensvotecentenaryfund.co.uk](http://www.womensvotecentenaryfund.co.uk) before you complete your online application. All applications must be submitted online.

Any further questions? Please contact [womensvotecentenaryfund@ecorys.com](mailto:womensvotecentenaryfund@ecorys.com)

# Training

## Free Mental Health Training – November 8th and 15th



Basildon CVS is organising a 2 day accredited Mental Health First Aid training course in partnership with InterAct.

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised and accredited training course. The course is interactive and will provide you the knowledge, skills and understanding that will help you and others experiencing a mental health problem.

Over the **two day course** you will learn about, discuss and take part in group and individual activities covering common mental health problems, the 5 steps of mental health first aid, depression, suicide, anxiety disorders, panic attacks and psychotic disorders.

### You will learn how to:

- recognise symptoms of mental health problems
- provide initial help and support someone to cope with a crisis situation
- help prevent someone from hurting themselves and others
- help prevent a mental health problem getting worse
- guide a person towards appropriate professional help

### Learning Outcomes:

- Knowledge of the signs and symptoms of depression, anxiety and psychosis.
- Knowledge and confidence to support people experiencing mental health problems to seek the right help.
- Knowledge and confidence to help someone who is feeling suicidal.
- The importance of understanding your own self care

### Who can attend an MHFA course?

Everyone can benefit from MHFA training; parents, carers, volunteers and adults (19+). It is particularly beneficial for anyone who has regular contact with the public. For employers, as part of your Health and Wellbeing Portfolio, it will mean you have trained staff to provide active intervention should a mental health issue be identified.

Please note that you will be required to contribute £25 towards your individual training manuals and workbook. A maximum of two places may be offered to organisations depending on availability.

**Venue:** The George Hurd Centre, Audley Way, SS14 2FL . Please note – there is no parking at the Centre. For parking near the Centre –

<http://www.basildon.gov.uk/article/5872/Town-Centre-Car-Parks>

Time: 09:30 – 16:30

To book, please email: [admin@bbwcvcs.org.uk](mailto:admin@bbwcvcs.org.uk)

### Additional MHFA courses will be offered on the 2019 dates below:

- January 15th & 22nd
- March 5th & 12th
- April 23rd & 30<sup>th</sup>



# Essex Carers The Way to Work

[www.EssexCarers.co.uk](http://www.EssexCarers.co.uk)

Part of the Building Better  
Opportunities programme

To sign-up, contact:  
[Olivia.Shaw@CarersChoices.org](mailto:Olivia.Shaw@CarersChoices.org)  
or call  
07713 683 329

## First Aid for Carers\*

**- free! -**

First Aid training saves lives. 4SX Ltd are offering unpaid Carers a one-day course in First Aid, which will boost their CV and give them invaluable skills for both life and the workplace. Carers can access further support into work and education through The Way to Work project following the First Aid training if they wish.

\*Carers must be unemployed or economically inactive, over 16, and living in Essex to apply.



# CHILD SEXUAL EXPLOITATION – ADVANCED LEVEL TRAINING



This is a CPD accredited 1-day course aimed at all those who are working directly with children and young people, and their managers.

Chelmsford	4 October 2018	9.30am-4.30pm	<a href="#">Click here to book</a>
Colchester	17 October 2018	9.30am-4.30pm	<a href="#">Click here to book</a>
Harlow	13 November 2018	9.30am-4.30pm	<a href="#">Click here to book</a>

As an advanced level training course delegates will need to already have a good baseline knowledge of CSE and its complexities - this should include an awareness of missing and the complexities of consent along with an understanding of the impact of CSE and how this may manifest.

**Please note that Course Fees do apply** – please see [website](#) for further details of fees (including ESCB charging and cancellation policy).

For further details or a discussion about the course – please contact:  
Clare Livens (ESCB Child Exploitation Project Manager) 07788303718 or contact the ESCB Training Department on 0333 013 8937.



# World Mental Health Day 2018

**Basildon Library**  
**Wednesday 10 October**  
**10am-2pm**

Drop in and find out about the work of mental health charities and the services they provide!

For further information contact  
Essex Libraries on 0345 603 7628  
or visit [libraries.essex.gov.uk/events](http://libraries.essex.gov.uk/events)



## A Holistic Approach to Challenging Behaviour and Meltdowns – by Geoff Evans

**Date:** Wednesday 17<sup>th</sup> October  
**Venue:** The SNAP Centre  
**Time:** 4.00pm – 6.00pm  
**Cost:** £25 per Professional



**Special Needs  
And Parents**

Independent autism trainer and consultant Geoff Evans will be returning to SNAP to present his talk on holistic approaches to challenging behaviour and meltdowns.

He will discuss what contributes to challenging behaviour in autism, and provide a range of practical strategies that support with challenging behaviour, meltdowns and shutdowns.

The focus of the talk is to understand that behaviours in autism are complex and require a holistic approach that addresses each component of the behaviour and support the person as a whole.

[Click here to book your places](#)

Alternatively copy this link into your browser: <https://www.eventbrite.co.uk/e/holistic-approaches-to-challenging-behaviour-and-meltdowns-4pm-tickets-50211723617>

If you are unable to book online please email [admin@snapcharity.org](mailto:admin@snapcharity.org) or call 01277 211300 to discuss alternative methods.

To find out more about what is happening at The SNAP Centre this Autumn, take a look at our new issue of [SNAP Matters](#).

# InterAct



## "Aspergers, Education and Me" A Talk by Dean Beadle

InterAct and Action for Children are pleased to be hosting this event aimed at parents/carers

**Venue:** Kingsland Church, 86 London Rd, Colchester CO3 9DW  
**12th October 2018 12.30pm – 2.15pm**

In this insightful, thought-provoking and humorous talk, Dean outlines his experiences of being autistic in the school system. He also speaks candidly of his parent's battle to get his needs understood and met. His story highlights that strong professional-student relationships have huge importance.

Tickets £2.50  
Pre-Booking essential as availability is limited.  
Book on-line at: [www.interact.org.uk/booknow](http://www.interact.org.uk/booknow)

**BOOGIE NIGHTS**

**705 805**

**SOUL PARTY**

**7PM TIL LATE**

**SATURDAY  
27 OCTOBER**

**'THE PLACE'  
PITSEA LEISURE CENTRE**

**SS13 3DU**

**Licenced Bar**

*bring your own nibbles*

**Tickets £1.50 in advance**

**preorder on eventbrite search 'heart of pitsea'**

**or email [admin@heartofpitsea.co.uk](mailto:admin@heartofpitsea.co.uk)**

**£2.50 on the door under 16s free**



PosterMyWall.com

## 2018 Basildon Volunteer Awards - Deadline fast approaching!



Basildon Council's annual Volunteer Awards are a chance to celebrate the work of the countless volunteers across the borough, who give their time up to make other people's lives better.

Fill in the simple form and give someone the chance to be recognised!

**Deadline - 5th October 2018 @ 5pm**

Follow this link to make a nomination; [www.basildon.gov.uk/volunteerawards](http://www.basildon.gov.uk/volunteerawards)

### Project Sociability Minibus



The charity Sociability are crowdfunding the purchase of a minibus. Transportation which would provide vulnerable people with the opportunity to access services. Sociability provide peer to peer support and a range of activities for people who endure mental and chronic health conditions. Their aim is to provide a social element for all, to combat loneliness and enhance positive wellbeing.

Your individual pledge is vital to them being successful, each pledge will be helping support people who go from one week to the next without seeing another person...of course, we have the option to choose to be alone, but no one chooses to be lonely!

#### How do I pledge?

- Go to the [spacehive](http://spacehive) website
- You will be asked to log in, so you will need to create a spacehive account, just a few simple questions
- Click Projects and search for 'Sociability Minibus for Basildon'
- Click the yellow "Back this project!"
- You will then be asked to enter your pledge amount
- Select if you want your pledge to be anonymous or not, Minimum pledge £2
- The project will close on the 13th of November 2018, and they will have needed to have raised at least the target amount of £6,500 by this date.

Find more info about the charity at [www.sociabilityonline.org](http://www.sociabilityonline.org)



## VCS Event Diary/Calendar 2018

Date	Event	Contact
<b>Tue 9 Oct 10am - 3pm</b>	George Hurd Centre Open Day The George Hurd Centre, Audley Way, Basildon. SS14 2FL	
<b>Wed 10 Oct 10am - 2pm</b>	Mental Health Awareness Day Basildon Library	
<b>Wed 10 Oct 10am - 3:30pm</b>	Red Cross Gift Fair Parklands Quendon Hall Quendon, Nr Saffron Walden, CB11 3XN	01245 291014
<b>Sat 13 Oct 9:30am – 3pm</b>	The ECVYS Conference 2018 – Raising Youth Aspiration in Essex Anglia Ruskin University, Bishop Hall Ln, Chelmsford CM1 1SQ	 ECVYS Conference Poster 2018.pdf
<b>Sat 20 Oct 11am – 9pm</b>	Peerfest, hosted by Thurrock Mind The Backstage Centre, Vellacott Close, High House Production Park, Purfleet RM19 1RJ	 Peerfest Final.pdf  01375 391411 peerfest@mind.org.uk
<b>Tue 30 Oct 10am - 12:30pm</b>	Basildon Community Tree Launch The George Hurd Centre, Audley Way, Basildon. SS14 2FL	01268 294125 admin@bbwcvcs.org.uk
<b>Tue 30 Oct 9:30am – 4:30pm</b>	St Luke's Hospice. Using Creativity in Working with Children's Loss and Bereavement St. Luke's Hospice, Nethermaye, Basildon, Essex, SS16 5NJ	 Children Loss Study Day 2018.pdf education@stlukeshospice.co.uk
<b>Tues 4 Dec 9:30am - 12:30pm</b>	2018 Network Forums The George Hurd Centre, Audley Way, Basildon. SS14 2FL	01268 294439 catherine@bbwcvcs.org.uk

### Contact Us:

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