



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

2020 Vision: Seeing the Future Clearly

I find that the start of the year is a great time to reflect on organisation priorities and to consider changes for the year ahead. However, setting goals can be tricky and can leave you wasting time and energy. We are currently planning to revamp and modernise services for our members, so the best opinion would be yours. I am really

keen for you to get in touch and let me know your views. Please email: chiefofficer@bbwcvcs.org.uk.

We are going to focus on our core services, enhance our website and leverage new technology like the new video suite due to be installed in the next few weeks, so we can help connect your organisation to fresh innovative opportunities, provide high quality training and to also help you provide visual content to share with service users and funders. The best thing is... it's free!

Happy New Year and wishing everyone good things for 2020.

Simon Johnson

Chief Officer, 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_cvs

BBWCVS Youth Mental Health First Aid Training 2 Day Course – February 14th & 21st



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@bbwcvcs.org.uk

LLOYDS BANK FOUNDATION RELAUNCHES GRANTS PROGRAMME

Lloyds Bank Foundation's new grant programme opened in December 2019. The programme supports charities with an annual income of £25,000 to £1 million with a proven track record of helping people on a journey of positive change through in-depth, holistic and person-centred support with long term funding and tailored support to develop.



In 2020 they aim to make around 170 new grants to small charities in England and Wales, half of which will be for £100,000 over 3 years and the other half for £45,000 over 3 years.

Their priority is to support charities which are helping people to deal with a range of complex social issues.

<https://www.lloydsbankfoundation.org.uk/we-fund>

Active Essex – Walking & Cycling Funding Available

A poster for Active Essex's Walking and Cycling Funding. The background is a blurred image of a person walking and a person on a bicycle. The text is overlaid on the image. At the top, it says 'Walking and Cycling Funding' in a large, bold, black font. Below that, in a smaller, italicized black font, it says 'Active Essex are looking to support local organisations who are interested in increasing walking or cycling opportunities in the Basildon borough'. Then, in a standard black font, it says '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'. Below that, it says 'Funding can be used for delivery purposes as well as training, promotion and infrastructure'. Then, 'Active Essex is welcoming local organisations to get in touch to discuss project ideas'. Finally, it says 'Please email Juliette.raison@activeessex.org for further information and to receive a simple application form'. At the bottom, there is a logo for 'ActiveEssex' with a stylized 'A' made of three curved lines.

Tesco Community Grants – Tesco and Groundwork

Groundwork is working with Tesco on three local community grant schemes, where the money raised from plastic carrier bag sales is being used to fund thousands of local projects in communities right across the UK.

Projects that bring benefit to their community will get the green light – these range from improving community buildings and outdoor spaces to buying new equipment, training coaches or volunteers, and hosting community events.

There are currently three grant schemes covering different sizes of projects and parts of the country:

- Tesco Bags of Help, which provides grants of up to £2,000 to projects in the UK
- Tesco Bags of Help Centenary Grants, which provides funding of up to £25,000 to projects that have a significant regional impact in the UK
- The Tesco Centenary Fund which provides grants of up to £50,000 to projects that have a significant regional impact in Northern Ireland

<https://tescobagsofhelp.org.uk/>

Postcode Community Trust – People’s Postcode Lottery – Opens 20th January

The Postcode Community Trust provides project-based funding in Great Britain under the themes 'improving community health & wellbeing, increasing participation in arts & physical recreation and reducing isolation.' A range of not-for-profit organisations can apply for up to £2,000.

The next round of funding opens on 21 January and closes on 4 February 2020.

<https://www.postcodecommunitytrust.org.uk/>

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.



Community Business Crowdmatch – Power to Change

Power to Change has teamed up with Crowdfunder UK to deliver this programme to local communities to raise much needed money to bring new community businesses to life. The fund will also support existing community business to grow, by launching new business ideas that create positive changes for local communities in England. Crowdmatch helps to raise funding to cover key costs, build a network of supporters and provides match funding

Groups accepted onto the programme will receive help to raise funding to cover key costs, help build their network of supporters and receive match funding, up to £6000.

<https://www.powertochange.org.uk/get-support/programmes/community-business-crowdmatch/>

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>

Website Grants – Transform Foundation

Transform Foundation provide funding of up to £18,000 to cover the strategy, design, build, content strategy, training, QA and launch of a new mobile optimised website, with sophisticated marketing, fundraising, appeals, social media, e-commerce and website management tools. Applications are accepted on a rolling basis.

The grant covers 100% of the website design and build costs with the Foundation's current grant partner. Applicant organisations will need to cover on-going costs for a minimum of a 12 month commitment

They are specifically targeting small and midsize charities.

<https://www.transformfoundation.org.uk/website-grants>

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

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



Essex Community Foundation

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 • BILLERICAY • WICKFORD

Emergency Essentials Programme – BBC Children in Need

Family Fund Business Services are working in collaboration with BBC Children in Need to deliver the Emergency Essentials programme supporting children and young people living with severe poverty as well as additional pressures such as domestic violence, disability or poor health in the family.

The programme can deliver or fund critical items such as:

- Gas or electric cookers
- Essential household items
- Furniture and kitchen equipment
- Children's beds and bedding
- Washing machines
- Fridges and freezers
- Baby equipment
- Clothing in exceptional or emergency situations.

Applications must be completed by a registered referrer who is part of an organisation that is supporting the family or young person and capable of assessing their needs.

<https://www.familyfunds.co.uk/emergency-essentials/>

Family Fund – The Family Fund Trust for families with severely disabled children

The Family Fund helps families across the UK who are raising a disabled or seriously ill child or young person aged 17 or under. You can apply to Family Fund subject to a number of criteria which include that you are the parent or carer of a disabled or seriously ill child or young person aged 17 or under and that you have evidence of entitlement to one of the following: Universal Credit, Child Tax Credit, Working Tax Credit, Income-based Jobseeker's Allowance, Income Support, Incapacity Benefit, Employment Support Allowance, Housing Benefit and Pension Credit.

See the website for more details. <https://www.familyfund.org.uk/>

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



GREGGS

**Local
Community
Projects
Fund**

**Up to £2,000
available***

**Closing Date
23rd February**

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://tinyurl.com/GreggsCommunityFund>

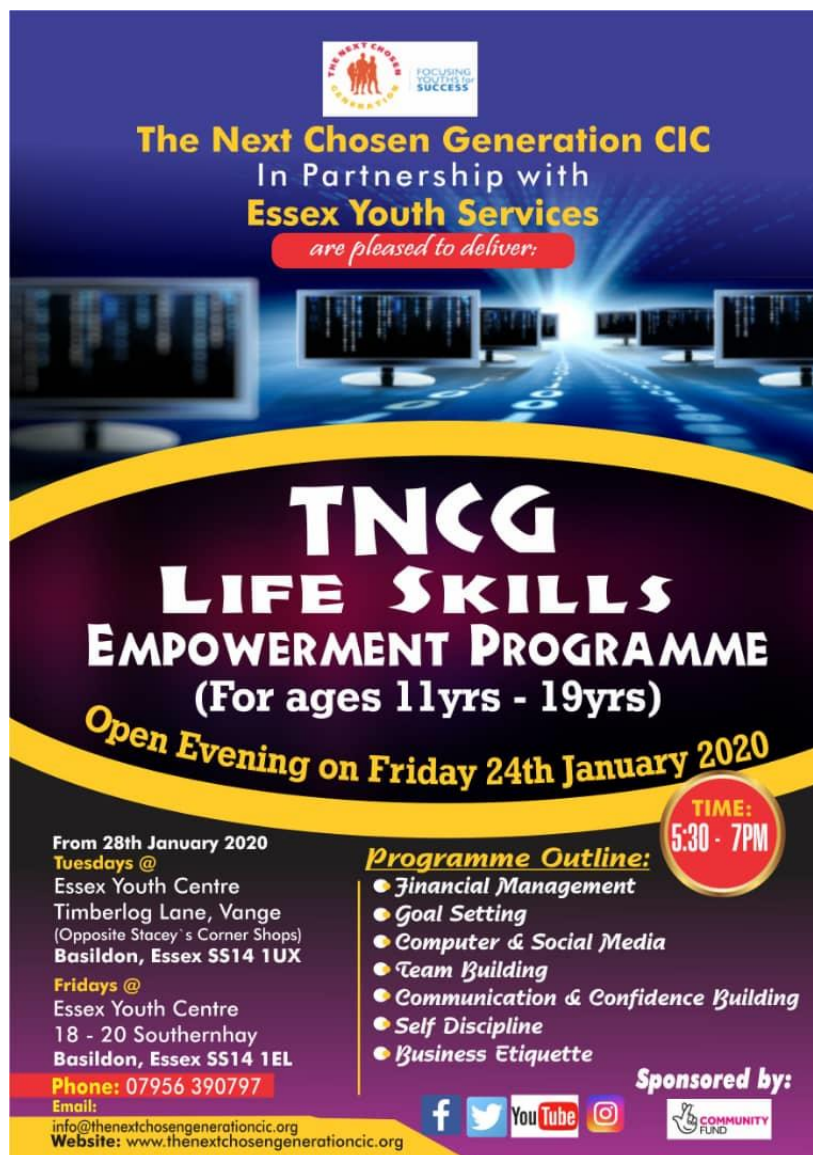
*Organisations with a turnover in excess of £300,000 will be unsuccessful

Local News and Events

TNCG Life Skills Empowerment Programme – Open Evening 24th January

The Next Chosen Generation CiC will be delivering the TNCG Life skills Empowerment Programme as an on-going service that supports young people aged 11yrs – 19yrs in order to get them on the right path for life.

Thanks to the National Lottery Community Fund and Essex County Youth Services, they will provide training, development and community integration that advances young people's education, develops their employability and business etiquette skills. The programme aims to prevent young people entering into the classification of 'Not in Employment, Education or Training (NEET)' whilst providing them with skills that helps them to think outside the box and puts them ahead of their competition. Skills gained will enhance academic performance and prepare them for employment and/or business.



The poster features a blue and yellow color scheme. At the top, it says 'The Next Chosen Generation CIC In Partnership with Essex Youth Services are pleased to deliver:'. Below this, it says 'TNCG LIFE SKILLS EMPOWERMENT PROGRAMME (For ages 11yrs - 19yrs)'. The main event is 'Open Evening on Friday 24th January 2020'. A red circular badge indicates the time: 'TIME: 5:30 - 7PM'. The poster lists the programme outline and contact information.

The Next Chosen Generation CIC
In Partnership with
Essex Youth Services
are pleased to deliver:

TNCG LIFE SKILLS EMPOWERMENT PROGRAMME
(For ages 11yrs - 19yrs)
Open Evening on Friday 24th January 2020

From 28th January 2020
Tuesdays @
Essex Youth Centre
Timberlog Lane, Vange
(Opposite Stacey's Corner Shops)
Basildon, Essex SS14 1UX

Fridays @
Essex Youth Centre
18 - 20 Southernhay
Basildon, Essex SS14 1EL

Phone: 07956 390797
Email: info@thenextchosengenerationcic.org
Website: www.thenextchosengenerationcic.org

Programme Outline:

- Financial Management
- Goal Setting
- Computer & Social Media
- Team Building
- Communication & Confidence Building
- Self Discipline
- Business Etiquette

Sponsored by:

Logos for Facebook, Twitter, YouTube, Instagram, and the National Lottery Community Fund.

To find out more, please join their open evening on Friday 24th January 2020. 5:30pm-7pm @ Essex County Youth Services, 18-20 Southernhay, Basildon, Essex SS14 1EL

Two evening sessions will run per week on Tuesdays (Vange Centre) and Fridays (Basildon Centre) from week commencing 26th January 2019.

Please register for the open evening using the link below:

<https://www.eventbrite.com/e/tncg-life-skills-empowerment-open-evening-tickets-89142263911>

Essex Partnership University & NHS Foundation Trust – Dementia Care Meeting – 30th January

This is an opportunity for you to come along and hear about the Dementia Services that EPUT provide within your area and hear from one of their clinicians.

The Governors, as well as senior representatives will be there to speak with you and update you on how the Trust is performing, and you will have the opportunity to ask questions, at the informal Q&A session.

Admission is free and open to all so please come along and join in.



DATE: Thursday, 30 January 2020

TIME: 10:30 - 12:00

LOCATION: The Towngate Theatre, St Martin's Square, Basildon, SS14 1DL

Light refreshments will be provided from 10:15 AM

Book now to avoid disappointment by email: epunft.membership@nhs.net or call: 0800 023 2059.

Raise funds with Basildon Borough Community Lottery

How it works

1. Sign up and get your own Basildon Borough Community Lottery page.
No set up costs or admin fees - just fill in the simple online form, they'll set you up with your very own lottery page, and send you personalised marketing materials to send out to your supporters and local community
2. Send supporters to your page
Shout out to your supporters; get them to buy tickets from your page.
Remember they could win up to £25,000!
3. Keep 45% of all ticket sales from your page
You keep 45% of every ticket sold on your page.
Your funds are sent direct to your account every month.



No administration, no fees - just a great way to raise money for your cause.

<https://www.basildonboroughcommunitylottery.org/>

Social Enterprise East of England Launches New Website & 2020 Events

SEEE supports social enterprises across the East to grow, communicate and demonstrate their impact and social value. The new website aims to make it easier to share news, job adverts and events so please continue to send your news to admin@seee.co.uk and they will tweet and include in their monthly newsletter – SEEE Express as well.

SEEE events in 2020: SEEE is planning a series of events around the region next year and webinars for you to engage with.

To begin with in January, they have a SEEE membership interactive webinar on Social Enterprise Leadership lead by Andy Brady, chair of Social Enterprise East of England and course leader for Anglia Ruskin University's Charity and Social Enterprise Management programmes and on 13th February 2019 they have a new workshop for SEEE focussing on Sustainable Leadership for Social Enterprise: purpose, mind-set and agility. This workshop will be led by SEEE board member Natacha Wilson and will have plenty of opportunity for questions and networking.

FREE EVENTS FOR FAMILY CARERS



BASILDON area 2020

STRESS BUSTING WORKSHOP - Basildon, 21 Jan

LIVE YOUR LIFE WORKSHOP - Thurrock - 23 Jan

STRESS BUSTING WORKSHOPS - Basildon - 4, 18 Feb

MANAGING EMOTIONS EFFECTIVELY - Thurrock - 7 March

LIVE YOUR LIFE WORKSHOP - Basildon - 12 Mar

PHOTOGRAPHY OUTDOORS - Basildon - 13 May

LIVE YOUR LIFE WORKSHOP - Brentwood - 21 May

THEMED WALK - Thurrock - 27 May

MASSAGE SESSIONS - Brentwood - 26 Jun

PHOTOGRAPHY OUTDOORS - Thurrock - 1 Jul

THEMED WALK - Basildon - 15 July

"... really uplifting."

"Brilliant session, I feel calmer."

"We felt valued."


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

Feeling Good, Caring Well project

Supporting Carers' Physical and Emotional Wellbeing



All Ears - Free Seminars for Hearing Aid Users and their Family and Carers



Living with
Hearing Loss

BASILDON

Free to attend

**Get some sound advice
and make the most of
your hearing aids!**

Basildon dates:
30th January 2020
19th March 2020
14th May 2020
10th September 2020
5th November 2020

**All run 3pm - 5pm
at:**
 The George Hurd Activity Centre
 Audley Way, Basildon,
 Essex, SS14 2FL


Free seminars for hearing aid users,
 their family and carers, and those who
 are beginning to experience a decline
 in hearing.

These friendly and informal sessions
 aim to provide practical help, advice,
 and guidance on how to manage life
 with hearing loss.

Places for these seminars are limited and must be booked in advance. These events are running at venues across the County. For further information and to book your place, please contact Hearing Help Essex:

Phone: 01245 496 347
Text: 07950 406 173
Email: help@hearinghelpessex.org.uk
Web: www.hearinghelpessex.org.uk

Hearing Help Essex Registered Charity Number: 1113498
 Company Ltd Reg. no: 5664873

Delivered by:


Saint Francis Hospice – Monthly Tea and Talk at Toby's – 3rd February

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

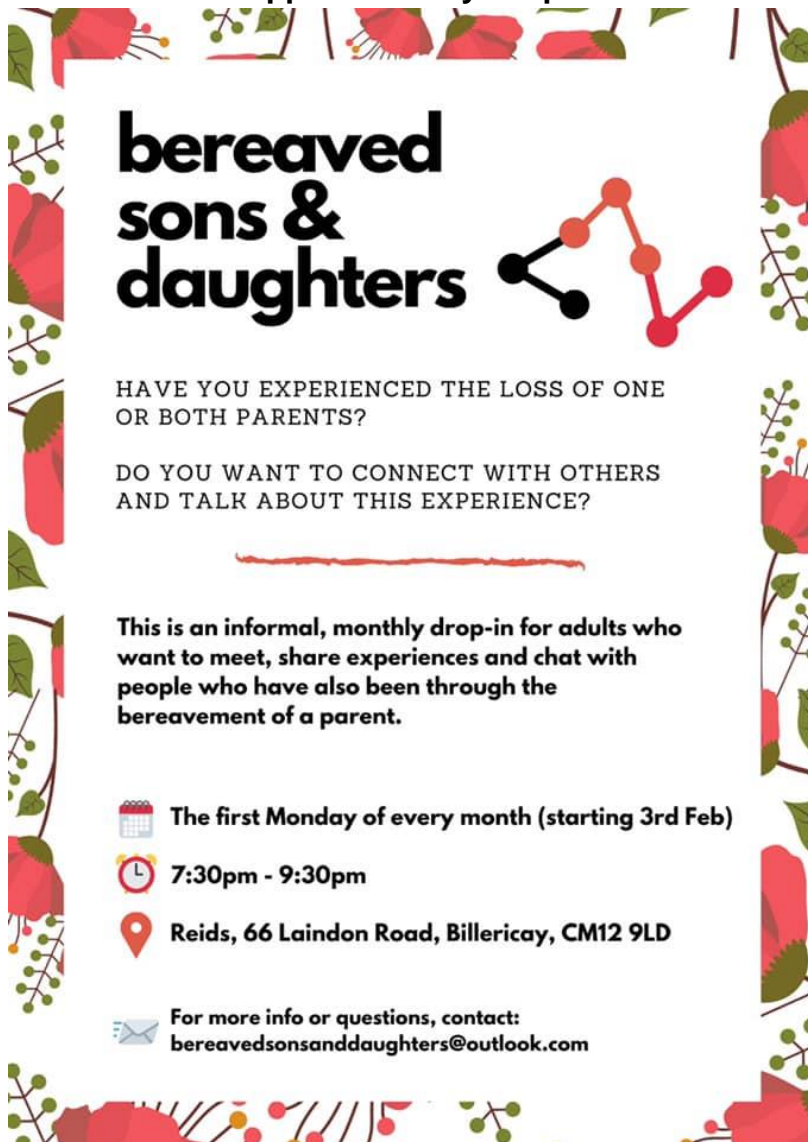







URN419 © Saint Francis Hospice – all rights reserved. Saint Francis Hospice is a registered charity, number 275913.

Bereavement Support Monthly Drop in Session – 3rd February





**bereaved
sons &
daughters**


HAVE YOU EXPERIENCED THE LOSS OF ONE
OR BOTH PARENTS?


DO YOU WANT TO CONNECT WITH OTHERS
AND TALK ABOUT THIS EXPERIENCE?

**This is an informal, monthly drop-in for adults who
want to meet, share experiences and chat with
people who have also been through the
bereavement of a parent.**

 **The first Monday of every month (starting 3rd Feb)**

 **7:30pm - 9:30pm**

 **Reids, 66 Laindon Road, Billericay, CM12 9LD**

 **For more info or questions, contact:
bereavedsonsanddaughters@outlook.com**

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

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 poster).

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

See poster on next page.....

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.

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







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

Active Essex

7th November 2019 Chelmsford CVS, 04-10	19th November 2019 Chelmsford CVS, 04-10	20th January 2020 Catchwinds Leisure World, 02-10
Cancer Workshop 13:30 - 16:30pm	Dementia Workshop 13:30 - 16:30pm	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

Chelmsford Human Library Event – 6th February 2020

Time to talk Human Library

Thursday 6th February 2020

AT

Central Baptist Church, Victoria Road Chelmsford CM1 1LN

Choose talk, change lives. Together we'll end mental health stigma.

time to change
time to talk day
06/02/20

#timetotalk

www.time-to-change.org.uk

personal to support time to change

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

Baby boomers more generous online than younger age groups

The over 65s are twice as likely to set up a direct debit online to a charity, compared to 18-24-year olds, while millennials are more likely to engage in one-off volunteering opportunities, according to research for Reason Digital into online charity donors.

Read more here: <https://fundraising.co.uk/2019/12/23/baby-boomers-more-generous-online-than-younger-age-groups/>

Volunteering & Charity Work Low on People's List of New Year's Resolutions & Recommendations to Address



In a recent YouGov poll just 6% of people questioned said participating in volunteering or charity work had ever been one of their New Year's resolutions.

YouGov questioned 2,020 UK adults in December on the subject, and found that volunteering or charity work came near the bottom of the list for New Year's resolutions, beaten only by cutting down on phone usage, which only 4% had ever resolved to do.

Matt Haworth, co-founder of Reason Digital, suggested a number of actions charities can take to address this:

Recommendations:

1. Digital marketing should consider a much wider audience as 4.48 billion people are now online across the world. Charities should ensure their comms aren't leaving people behind. Baby boomers are very much active online and currently more generous than young people.
2. We would encourage fundraisers to expand their digital skills in preparation for when the crossover between online and offline donations happens. Charities could also consider whether offline fundraising products can be translated to online and even focus on which services could work digitally – the potential this could create in reaching more people in need is huge.
3. Charities should strive to emphasise their environmental and positive mental health credentials to motivate a younger audience as these are the causes they are most passionate about. These challenges and opportunities should not dissuade us from embracing digital. They should be the signal that our sector is needed more than ever to bring balance, compassion, and assistance to people in the ways that they now communicate with each other and interact with the organisations that serve them.

Diversity and Volunteering: Your Thoughts



NCVO is carrying out a focused piece of research looking at diversity and volunteering.

This covers inclusion, equal opportunities and equity. It will build on the findings from the Time Well Spent national survey, which captured the views of over 10,000 people across Great Britain, and draws on both new and existing research.

The overall aim of this research is to inform practice and policy, and help organisations to address this important issue.

Participate here: <https://www.ncvo.org.uk/2715>

New Civil Society blog – "In ten years charities have become more financially unstable and less innovative"

Ashley Horsey is chief executive of Commonweal Housing, a charity working to investigate, pilot and champion housing-based solutions to social injustice. In his new blog for Civil Society, he reflects on the last decade for charities and how they can go from contract to contract without being able to plan for the long term and with less opportunity to innovate. To read the blog, click here: <https://tinyurl.com/t83rfxs>

Are Your Donations Hindering Charity Shops Instead Of Helping Them?

British charities are being forced to shell out hundreds of thousands of pounds a year to send damaged donated items to landfill.

The British Heart Foundation (BSF), which has 732 charity shops across the UK, said fees charged by local councils to dispose of unsaleable items can cost the charity “up to hundreds of thousands of pounds a year”.

The charity urged customers to be aware that not everything can be resold.

To read the article click here: <http://huffp.st/QckJKml>



Vacancies

Special Needs and Parents (SNAP) Vacancies – Closing Date 7th February 2020

SNAP (Special Needs and Parents) supports Essex families who have children, aged 0-25, with any special need or disability. They aim to inform, encourage and support parents so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children. At the heart of their work is the aim to help and empower the whole family, enabling them to meet the challenges they face.



They are currently advertising for two positions, a Fundraising Manager and a Family Support Adviser.

Fundraising Manager:

<https://www.charityjob.co.uk/jobs?location=herongate%2c+brentwood&radius=3&jobId=682324>

Family Support Adviser:

<https://www.charityjob.co.uk/jobs?location=herongate%2c+brentwood&radius=3&jobId=682325>

NHS Hearing Aid Support Service Co-Ordinator – Job Share – Closing Date Thursday 27th January

Hearing Help Essex supports those living with hearing loss across Essex by delivering a range of support services and projects. They are looking for a Hearing Aid Support Service Co-Ordinator to job share with an existing member of staff.

Location: Moulsham Street, Chelmsford - The role will primarily be office based, with regular visits to their sessions across the County.

Hours: Part Time. 18 hours per week spread across three days; two days 9:30am-4:30pm and one half day. (Some flexibility is possible). Actual days of work to be determined when appointment is made.

Contract: Permanent Salary: £20,605 (FTE)

More information here: <https://hearinghelpessex.org.uk/wp-content/uploads/2019/12/HASS-Coordinator-Job-Description.pdf>

Victim Support – Urgently Needs Tea Bar Volunteers at Basildon Magistrates Court



VS VICTIM SUPPORT

WANTED

Tea bar volunteers

Victim Support runs a small tea bar situated within Basildon Magistrates' Court. The tea bar is open weekday mornings, serving hot and cold drinks and snacks to court users.

We are looking for reliable, well organised and friendly volunteers to serve at the tea bar. If you are interested and are available for one or more mornings a week, please get in touch. References and DBS check required.

For more information contact us on 01277 357557 or email essexvolunteering@victimsupport.org.uk

We also have other volunteering opportunities available.



As an independent charity, we work for a world where people affected by crime and traumatic incident get the help they need and the respect they deserve. To find out how you can help us help more people visit victimsupport.org.uk/get-involved

Registered charity number 288228
Registered address: Victim Support, 1 Bridge Street, Derby DE1 3JZ
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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 2020

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