



Castle Point

Community in Action

New Chief Executive Officer



CAVS is pleased to announce that Kirsty O'Callaghan has been appointed as the new Chief Executive Officer. She takes over from Helen Robinson who decided to stand down following the birth of her second daughter. Helen had been instrumental in growth of the organisation since 2006 and we wish her all the best

for the future with her young family.

Kirsty now has the task of continuing where Helen left off. She will be seeking further opportunities for CAVS, which will bring benefits to the voluntary sector and community in Castle Point and more widely across Essex. Kirsty originally joined CAVS as Head of Business Development in October 2010 and has been responsible for developing and building on existing partnerships to identify gaps in services, which could be fulfilled by the voluntary sector. She has managed the Be Safer Project and successfully secured a further year's contract from Essex County Council, to continue the excellent service this is providing to adults with a learning disability, by encouraging collaborative working between a variety of organisations.

AGM Update

A big thanks to all those who attended our recent AGM. We said a sad farewell to John Downer and Paul Norton-Ashley who left the trustee board. We welcomed Diane Young and Roy Johnson to CAVS and we look forward to working with them. The Annual Report is available on our website or requested from our office.



www.castlepointavs.org.uk

Winter 2011

**Information for
voluntary groups and
the community of
Castle Point.**

Produced by Castle Point
Association of Voluntary
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Inside this issue:

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Castle Point Association of Voluntary Services

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CAVS News

Community Activity Project

The Active Plus Games is now launched, this is a joint project between, activecastlepoint, activerochford and Essex County Council's 2012 Legacy team. It aims to encourage people aged 50+ to take part in sport and physical activity sessions by providing a voucher, allowing them to take part in up to 5 activities free of charge, including Chairfit, swimming, tennis, judo, badminton and walking.

A list of activities will be sent upon registering. You can register by sending your details to mark.aldous@rochford.gov.uk

Chairfit

Chairfit sessions continue to be popular. Three sessions teaching adults with a learning disability at Salvation Army Training Centre are consistently well attended. Each week we include an "activity" using soft equipment due to restricted space. The activities have included bowling, fencing, boxing, and basketball and the groups work in teams.

Several sessions, which are open to all, are held at CISCA House and Castle View School, Canvey, and the Old Fire Station in Hadleigh. For carers, there's a session at the Carer's Cafe, at Salvation Army Tea Rooms. This is gaining in popularity as both carers and cared for are welcome. For full details of all Chairfit sessions, please contact Karen Lawrie, Active Living Coordinator, on 01268 638416 or email karen.lawrie@castlepointavs.org.uk

The following day centres will see Chairfit become a regular activity from January: Heston Lodge, The Tyrells, Tudors Canvey Resource Centre and St Lukes

Chairfit Leader Workshops for 2012

If your organisation provides a service to older people and/or less able people and you're within Castle Point, Rochford or Southend, you may like to consider becoming a Chairfit Leader and introduce Chairfit into your activity programme.

To register your interest to please e-mail karen.lawrie@castlepointavs.org.uk. The next training will take place in January. Details have yet to be confirmed and requires a minimum of 6 learners. Training is free of charge as it is funded through the PCT Voluntary Grant 2010/11.

Be Safer Project

The Be Safer Project has been extremely busy across Essex.

Chris Robb from Braintree District Council spoke at CAVS AGM about the

Keep Safe Pilot in Braintree Town Centre.

This scheme, which has been funded by the Be Safer Project, promotes identified premises, by means of a visible sticker to offer telephone facilities to people in the town centre if they are in distress or trouble. Keep Safe is being actively welcomed in other areas across Essex and we are



looking to extend it further in the months to come. On November 10th, schools across Essex met at Harlow Playhouse, with

Razed Roof Drama Company to perform pieces of work that they had produced around learning disability, difference, bullying and being vulnerable. Over 120 people took part in **'The Event'** which was a great success. Many schools in West Essex are keen to continue the work that they have started and the atmosphere on the day was electric with ideas. A resource pack and DVD of the day and supporting workshops will be produced as an aid for further work.

The Everyday Lives, Different

Dimensions touring photographic exhibition was also launched at 'The Event'. Twenty four black and white photos of people with a learning disability, many taken by people with a learning disability, were displayed. The exhibition will return to South Essex where it will be shown in community venues until March 2012.



CAVS News

In South Essex, **Hate Crime Awareness Workshops** are being delivered in secondary schools across the Basildon districts and this project has recently been successful in achieving further Be Safer funding to deliver more workshops in partnership with Castle Point and Rochford Local Strategic Partnership to secondary schools across the two districts.

Essex Safeguarding Train The Trainer courses gets underway in December. These 3 day courses will be delivered Essex wide to equip new trainers with the skills to deliver safeguarding awareness direct to people with a learning disability. Topics covered will be recognising different

forms of abuse and neglect and who to go to if something happens.

Bloomin' Green, a horticultural community project involving both young people and people with a learning disability continues to go from strength to strength, with work already completed on the Mediterranean Garden on Clacton sea front and new gardening projects due to come on line soon.

If you would like to know more about any of the Be Safer projects underway, please contact Katharine Washbrook (South and Mid Essex) or Ann-Marie Fordham (North East and West Essex) on 01268 638416.

Castle Point Children's Centres Christmas Opening

Rochford and Castle Point - All families welcome
CAVS Children's Centres:

Wednesday 28th December to Friday 30th December,
10:00am – 4:00pm at Little Lions and Little Acorns Children's Centres
Both Centres open for parents/carers with children pre-birth to five years.
Our Family Support Workers are available for advice, information and guidance.
Stay & Play sessions will be running throughout the day, contact the centre for details;
Little Lions: 01268 683671 Little Acorns: 01702 556274
Head Office: 9:00am – 5:00pm 01268 638412

4C's

Monday 26 th December	CLOSED	Tuesday 27 th December	CLOSED
Wednesday 28 th December	CLOSED		
Thursday 29 th December	10:00 am - 4:00 pm	Thorney Bay Outreach Site	
	10:00 am - 11:00pm	Music Group at Canvey Library	
	11.00am - 4.00pm	Drop in support & advice at Canvey Library	
Friday 30 th December	10:00 am – 11:00pm	Story Sacks at Canvey Library	
	11.00 - 4.00pm	Drop in support and advice at Canvey Library	

**All Rochford and Castle Point Children's Centre services will resume
from Tuesday 3rd January 2012.**

Back to Work Week:

CAVS Children's Centres will be hosting a Back to Work Week from the 23rd to 27th January 2012. During this week there will be information, advice and guidance available from our Children's Centres. Work theme related children's activities will be running throughout the week as well as an opportunity to attend some of our training courses such as CV writing and interview skills. If you would like further information then please call 01268 638412 or visit our website on www.yourchildrenscentres.org.uk.

January Programme:

For further information on our sessions and activities running in our January – March 2012 programme please contact your local CAVS Children's Centre directly or call Head Office on 01268 638412, alternatively visit our website at www.yourchildrenscentres.org.uk.



Volunteer News

2012 - New Year's Resolution

Our volunteer Centre saw a very busy 2011 with almost 800 enquiries, over 200 opportunities advertised and an involvement with Essex County Council to recruit Essex Ambassadors for the 2012 Olympic Games.

Why not make volunteering one of your New Year Resolutions and help keep up this trend? Volunteering can open the door to a wealth of opportunities. When looking for paid work it can help you acquire new skills to enhance your CV. Are you retired, and have a few hours a week to benefit a local voluntary organisation with your experience and expertise? Maybe you are new to the area and would like to make friends? Whatever your circumstances there is something for you. Call me to discuss our exciting voluntary roles.

2012 Olympics - Essex Ambassadors

Our Volunteer Centre would like to thank all those who applied to become Essex Ambassadors for the 2012 Olympics. The response was excellent and our community will have a good representation of volunteers across Essex during the games to promote the County.



Margaret receiving her award

Community Bids Farewell to Castle Point Volunteer of the Year

Margaret O'Regan, who sadly passed away recently, was CAVS longest standing volunteer and gave her services regularly right up until she was unable to because of ill health. Margaret was a regular volunteer at CAVS Community Breakfasts and was well known in the community. Margaret's tireless voluntary work did not go unnoticed, she was awarded the Mayor's Award for Castle Point Volunteer of the Year in June 2011 in recognition of her

services for the past 17 years. On 4th November representatives from CAVS and the local community joined family and friends at Margaret's funeral to pay their respects.

"Margaret was a terrific volunteer. I sat on several committees over the years with her, where she was a loyal and conscientious member. It is fitting that she won the Mayor's Award for Volunteer of the year. I know she was thrilled to have received the award."

Mayor of Castle Point,
Cllr Jackie Govier

Making a Difference at The Art Ministry

On Saturday 29th October The Art Ministry took part in the national 'Make a Difference Day' with an abundance of activities for children including drawing, plant pot, glass, crockery and pebble painting and decorating rings and canvas bags. Volunteers and children also worked together on a tiled mosaic which will become a table-top for the Art Ministry's sensory garden in time to celebrate the charity's 20th anniversary in 2012. The day was thoroughly enjoyed by all and The Art Room in Hadleigh was full of volunteers and children. The Art Ministry hope this will lead to new volunteers for their art and craft classes, outreach projects and fundraising.

To find out more about the charity, or if you are interested in volunteering or becoming a Trustee, please visit The Art Ministry's website at www.theartministry.org.uk or call 07582 025 163.



Volunteering Opportunities

CAVS Children's Centre Volunteers

CAVS has 5 Children's Centres in Castle Point offering excellent volunteering opportunities. Join us and become part of a committed and enthusiastic team.

Play workers

Help support families through a variety of activities, get involved with Messy Play, Stay & Play, Music & Movement sessions.

Dads, granddads and uncles wanted!

We need more male volunteers, particularly at our Saturday morning mini kicker's football sessions. Dads, granddads, come discover how rewarding and enjoyable volunteering can be.

Are you good at DIY or have an interest in gardening?

Then help us manage small areas where the children grow fruit, flowers and vegetables. Volunteers are also required to help provide an effective cleaning service for our Centres.

Family Support

There are exciting opportunities for Volunteers to work with our Family Support & Outreach Team.

Do you have office or admin skills?

Become a volunteer and help with telephone and reception cover and general admin duties such as typing, photocopying and filing. Assist with risk assessments, signing in books and registration forms.

All CAVS volunteers are given full support, induction, regular supervisions and offered diverse training opportunities.

Trustees

Trustees are the people in charge of charities and play a vital role in making important decisions about a charity's work. Without their work, charitable organisations would be unable to function.

Following CAVS Trustee Recruitment Event awareness was raised around the need for Trustees but some organisations are still desperately seeking people to fill these very necessary roles.

Trustees and committee members are urgently required for Essex Dementia Care, Canvey Island Youth Project, Benfleet Peoples Trust, CAVS, Basildon Mind, Citizens Advice Bureau (CAB), Scout Association of Castle Point, Castle Point

Stroke Club, Castle Point Social Car Scheme, The Art Ministry, Mickey Payne Memorial Fund and Friends of Coombe Wood.

Trustee roles vary across organisations.

Some might only require a couple of hours of your time once a month whilst others may be more demanding roles, the choice is yours.

New Volunteering Opportunities

Creche Support Volunteers

CAVS Children's Centres are looking for crèche support volunteers to join their friendly, experienced and committed team. This role will include supporting the crèche workers with the care of children from 0-5, ensuring they receive sensitive, supportive and high quality care within a structured Early Years environment. Term time only, flexible. An NVQ2 in childcare would be preferable but not essential.

Dancing Giraffe C.I.C - Volunteer from the comfort of your own home.

Dancing Giraffe aim to raise awareness of disability related issues and help disabled people feel less isolated within their community. They require Editorial Researchers to search for information and articles to provide material for editorial pieces and Database Researchers to search the internet and other resources to obtain relevant information to generate and build a helpful database for their users.

Sported needs Mentors

Sported is a National Charity providing business support and financial resources to community sport organisations. Donate your business, planning, fundraising, marketing or other skills to provide support and guidance on a one to one basis. By donating your expertise you are using your skills where they will be truly appreciated. The role is flexible and aims to create strong relationships between the mentors and local groups.

For more information on these and other volunteering opportunities in your area contact **Ann Gill, Volunteer Support and Development Manager at CAVS**
Volunteer Services on 01268 638416
or visit www.Do-it.org.uk.

Local News

Community Warden for Canvey Island



My name is Jess Fisher and I would like to introduce myself as the first Community Warden employed by Canvey Island Town Council. I will be patrolling Canvey Island and can be contacted via the Town Council on 01268 683965 or speak to me directly. The aims of the warden are to:

- Reduce and prevent crime and anti-social behaviour
- Improve the quality of your environment
- Increase public confidence

This will be done by, providing regular patrols, acting as the 'eyes and ears' for the Town Council and other agencies. I will be helping to improve the local environment by reporting litter, fly-tipping, graffiti, dog fouling, abandoned vehicles, uncollected or dumped rubbish and faulty street lighting.

One of my first projects is to get the message across regarding the digital switchover which takes effect in April next year. If you fall into the following categories you will receive a pack giving advice and help if required.

- aged over 75 or over, or
- Live in a care home, or
- Get certain disability allowances
- registered blind or partially sighted?

You will not need to buy a new TV or get a new aerial unless it is over 30 years old. If you require assistance from the help scheme they will not cold call and will

make an appointment, you can even give them a password to quote when they attend. For further information call me on **01268 683965**.

Southend Mencap Achievers Awards 2012

Do you know someone with a learning disability who has achieved something special?

*It could be something very simple but to them it has taken a great deal of effort.
It could be learning a new skill, making good progress with training or at school or overcoming an illness or operation.*

To nominate someone, adult or child, please contact us at



Southend Mencap Harvey Centre
100 London Road
Southend on Sea
Essex SS1 1PG
OR



Email: marc.mcowens@southendmencap.co.uk

by 28th February 2012

Awards will be presented on the evening of Friday 27th April.

Nordic Walking - January 2012

A 6 week course begins on Monday 9th January. This style of walking using poles is an excellent way of toning the upper and lower body whilst enjoying some fresh air and lovely scenery. The course will take place in Hadleigh Country Park and will be delivered by a fully qualified Nordic Walking instructor from Southend United Community and Educational Trust Please contact Sarah Potts on 01702 341351.



Local News

The Appleton Business Centre

We are delighted to be able to offer everyone the opportunity to receive high quality training delivered by fully qualified trainers. Whether you are an individual who would like to learn new skills or a business looking to develop the skills of your staff there is a range of IT, Personal Development and Business Workshops available at The Appleton Business Centre. We also deliver tailored workshops at your premises for a group of people with the same training requirements. For bookings or for more information on workshop dates, times and prices, please visit our website www.appletonbusinesscentre.co.uk or call us on 01268 794215 x258 and we will arrange to send you a brochure.



Get the Job That Could Save Your Life

NHS South East Essex
and NHS South West Essex



Despite the unexpected good weather that we've enjoyed recently, it is the time of the year when we see many people suffering from "flu like illness". Like every winter the Flu viruses, including Swine Flu virus (H1N1) have begun circulating amongst us and is attacking people with weak immune system and those suffering from other long term conditions like asthma and diabetes.

Nationally, during 2009 winter season more people died from influenza and pneumonia than those who died with breast or prostate cancer. The NHS in south Essex is today urging people at risk of flu to get protected and have the vaccine.

Four groups have been identified as being most at risk:

- Pregnant women
- People with long term conditions and serious illness that make their immune system weak for example cancer, asthma, diabetes, heart disease and neurological illnesses.
- Carers who look after vulnerable people, and
- People over 65 years

People in the at-risk groups can get their free flu vaccination by contacting their GP practice. For more information visit: www.nhs.uk.

New Alzheimers Service for Canvey Island

More help will be available for people affected by Alzheimers thanks to the opening of a new Alzheimers Society information centre.

Castle Point Association of Voluntary Services was given a £10,000 grant by Essex County Council and the public voted to spend the money on the Alzheimers project. The service will provide one-to-one support and information for dementia sufferers and their carers, as well as details of local support groups and services.

The vote was held in the Knightswick Centre on Canvey in June and invited residents to decide which of three shortlisted community groups should receive the funding and the Alzheimers project received 335 votes.

The information centre will be open every Wednesday from 10am until noon. The first three weeks of the month will offer an information drop-in service and the final Wednesday in the month will provide one-to-one support.

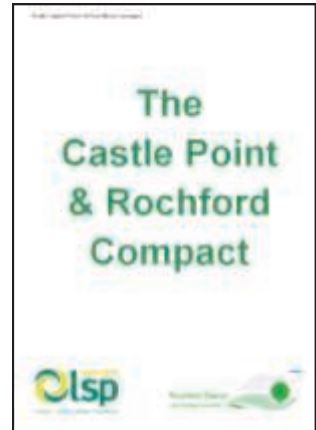


Community Development

Consultation on the Revised Compact - Have Your Say!

The Castle Point and Rochford Compacts have been refreshed to create a single document. With the Local Strategic Partnership (LSP) and thematic sub-groups merging it made sense to have one Compact covering both areas. At the LSP Executive meeting on 25th November 2011 the new Compact was endorsed in principle and it was agreed to seek the wider views of partners from statutory and voluntary sector agencies. A consultation period is now underway before the final approval is given in February 2012.

You will find a copy of the proposed Compact and consultation documents until 31st January on the CAVS website and we invite you to forward your comments to us. If you have any questions or would like to discuss any aspect of the Compact and how to use it please contact Michaela White at CAVS.



<http://www.castlepointavs.org.uk/better-connections-partnerships/the-compact.html>

New Befriending Service coming to Castle Point

CAVS has recently been successful in securing funding from the newly formed GP Consortia and Family Mosaic to run a pilot befriending service which aims to:

- Reduce Isolation and Improve Health Outcomes for the Community
- Reduce the amount of unnecessary visits to GP Services in Castle Point by individuals who are identified as 'frequent flyers'
- Drive savings in line with the Prevention Agenda, reducing the need to access acute care and incur associated costs



The need for such a service was identified through the Stronger Communities Group (now the Community Development Partnership) and figures collated by health providers which demonstrated how much social isolation impacted upon the health and wellbeing of the local community.

It is hoped the service will commence recruiting and training volunteers early in

the New Year and start matching them to individuals who would benefit from the scheme. It will operate from the Canvey Central Primary Care Centre and Rushbottom Lane Surgery in Benfleet. Doctors and other health professionals will be able to refer patients to us and individuals or their friends and family can also approach us directly.



If you would be interesting in training to become a volunteer befriender we would very much like to hear from you. We will be looking for people who are good listeners and enjoy talking to others. We will provide volunteers with a full induction including roles and responsibilities. In return we ask that you make a commitment to spend a couple of hours each week for a minimum of 3 months supporting the scheme. Volunteer's will be reimbursed for their out of pocket expenses for travel.

For further information please contact Ann Gill at the Volunteer Service on **01268 638416** or e-mail ann.gill@castlepointavs.org.uk