

CASTLE POINT

COMMUNITY IN ACTION

Summer 2009



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Information for voluntary groups and the community of Castle Point.

Produced by Castle Point Association of Voluntary Services Ltd

Registered Charity No: 1103968



Welcome

Dear Readers

I am pleased to say that all our new staff are now settled into CAVS and are working hard on their projects. Our Funding Service has certainly been in demand from local groups and the Community Activity Project has its first activity session booked (see page 6) with more in the pipeline for the coming months to suit a variety of age ranges and abilities.

We are also now going through a recruitment process to strengthen our existing services and hopefully by the next newsletter we will be offering a greater service for Organisational Development and Support, Volunteer Centre and Children's Centre Services. If you would like more information about CAVS and its projects please do not hesitate to contact us.

Best wishes

Michaela White, Head of Core Services

New funding team in place!

CAVS has a new funding team in place to help voluntary groups out with financial advice, support, and training. Give Dawn or Pippa a call at CAVS if you think we could be of help to your group – we will do our best to assist!



CAVS Funding Drop-In Sessions

If you need help with funding applications, advice or any documentation that gets sent to funders, CAVS funding team are running informal drop in sessions on Friday mornings to give advice, help and support to groups of all sizes. Call Dawn or Pippa on 01268 638416 to book a time or just turn up on the day!

Castle Point Children's Centres

Work on Phase 3 of the Children's Centres is continuing and plans are moving forward to create centres at Hadleigh, Thundersley and Benfleet.

Children's Centres provide holistic services to families with children aged 0-5 by bringing together a variety of organisations to ensure a wide spectrum of facilities are available. Centres are already operating on Canvey Island and offer sessions such as messy play, children's physio, baby weighing clinic, grandcarers support and multiple birth group.

For more information about the new centres planned please contact Paula Burns on 01268 638412.



Castle Point Association of Voluntary Services

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Deadline for contributions for the next issue is Friday 21st August 2009.

CAVS News

Be Active, Be Healthy

The Active People Survey for 2007/08 commissioned by Sport England, showed that only 16.8% of adults in Castle Point took part in physical activity of 30 minutes, three times a week.

The objective of the Community Activity Project is to look at ways to increase the level of physical activity in adults. Through working with both sporting and non-sporting organisations and clubs in Castle Point, we want to encourage both existing members and new members to become more active.

Be Active at Home

With less disposable income available in the current economic climate, we also want to offer affordable ways to become more active, and what better place to start than in your own home and local area!

Here are some suggestions on how to get started:

- Brisk walk after dinner (e.g. to a friend's house and back, 15 minutes each way)
- If your bike is at the back of the shed, dig it out, make sure it's safe and get back on it!
- Lift some tins as weights to strengthen arms while you catch up with your favourite soap.
- Take a walk with your children/grandchildren to the park.
- Put your favourite music on and dance.
- Try a fitness DVD.
- Using a dining chair for support, do some leg exercises to music.
- Go up and down the stairs more.

For more information on what activities are available in Castle Point, please contact: Karen Lawrie, Active Living Co-ordinator, on 01268 638416 or email karen.lawrie@cavscastlepoint.org.uk.



Special interest forum for organisations working with adults

CAVS has been running its special interest forums (Future Needs) for a number of years. These started with a meeting specifically targeting organisations working with older people and more recently for children, young people & families.

We have now realigned our older people's group to cover a wider variety of topics concerning adult health and well-being.

Dates for the meetings in 2009 are as follows:

Adults Health & Well-being

Wednesday 24th June

Wednesday 16th September

Wednesday 19th November

Children, Young People & Families

Tuesday 14th July

Tuesday 20th October

All the meetings start at 10am and take place at The Tyrells Centre, Thundersley. If you would like more information or to receive minutes and agendas please contact Michaela White on 01268 638416.

Children & Young People's Strategic Partnership News

As part of the Children's Trust Review consultation process multi-agency workshops are being held across Essex in advance of proposed structure changes. Dates are 25th June for Rochford and 30th June in Castle Point.

Next CYPSP Stakeholder Meeting Dates:

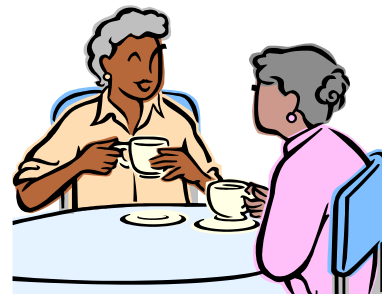
6th July 2009 – 9.00am – 12.00pm at Runnymede Hall, Kiln Road, Benfleet, Essex
12th October – 9.00am – 12.00pm at Saxon Hall, Aviation Way, Southend on Sea

For more information about the CYPSP meetings or the consultation workshops please contact Katharine Washbrook on 01268 638416.

Volunteer Centre News

Focus on Befriending

Volunteer Befrienders are a lifeline for local people to know there is someone or somewhere they can turn to for company and support. With this in mind we are focusing on recruiting befrienders for a wide variety of clubs and organisations offering support to people of all ages and abilities. If you are interested in becoming a Volunteer Befriender please contact Rob Gray at the Volunteer Centre on 01268 638416 or email robert.gray@cavscastlepoint.org.uk.



There are a number of Befriending opportunities in Castle Point:

- *Can you spare 1 or 2 hours a week Supporting older people in Castle Point?* Age Concern Essex is looking to recruit a team of volunteers who can provide support, company and friendship to anyone over 60 who is lonely or socially isolated. You will visit or telephone, be a listening ear and provide links to services. You will not be asked to do housework or deal with money or personal care. No previous experience is necessary just an interest in the well being of older people. We will be arranging a special one day introduction and training session for prospective volunteers in July. Further training days will be arranged as volunteers are recruited
- Volunteers are required to help out at the Sports Club for the Disabled by setting up and helping to put away the equipment (table tennis table, snooker/pool table.) and by taking part in the activities with members of the group. The club is held on a Friday evening
- Canvey Island Youth project are looking for Volunteer Befrienders to offer young people support to address emotional or social issues.
- Volunteers are needed to share their own parenting experiences with families who are facing difficulties, by offering emotional support, a listening ear and practical help for a couple of hours each week. Another scheme offers a challenging opportunity to support parents in crisis by befriending and advocating through home visits
- We are looking for Volunteers to attend the One Day at a Time Club on a Monday evening and chat with clients and their carers. This is a self help group that gets together to play games such as table tennis and snooker.
- Would you like to extend your social life and support someone else in extending theirs? You could make a difference to somebody who is experiencing social isolation as a result of their mental health difficulties through South Essex Good Companions.

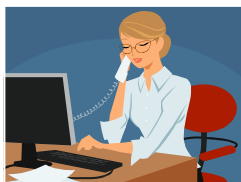
For more information about the Volunteer Centre please contact Robert Gray on 01268 638416 or email robert.gray@cavscastlepoint.org.uk.

Volunteer Centre News

VOLUNTEERING OPPORTUNITIES

Office Volunteers

CAVS Volunteer Centre is looking for volunteers to assist in day to day running of the office and to help at special events.



This is a varied and interesting role. No experience is necessary as training will be provided. If you could volunteer 2 or 3 hours a week or at one of our events then please get in touch.

Social Club Helpers



Castle Point Phoenix Club is a social club for people with learning or mental health disabilities and their carers and families. They meet at the Paddocks, Canvey.

Could you help as a volunteer minibus driver or as an administrator to support the club or with fundraising?

Fundraisers

Volunteer fundraisers are urgently needed to support an Adventure Playground for children and young people between the ages of 4 - 19 years, all with varying special needs. It enables them to play and have fun in a safe and happy environment.

Backstage & Prop Assistants

BOSCATS the youth section of Benfleet Operatic Society will be performing a full scale production of "Annie" at the Appleton school early next year.



Could you help out backstage or with wardrobe, props or the box office or as chaperone.

School Governors

Being a school Governor is challenging, rewarding and adds value to your community. You do not need to be a parent or have a particular skill, but must be over 18 and willing to devote a few hours a month to make a difference in your community.

Volunteer Awards 2009

Congratulations to everyone put forward for the Castle Point Volunteer Awards. We were delighted to receive nominations showing the contribution so many volunteers make in our community. We will have more details about the nominations and award winners in our Autumn edition of Community In Action.



For information about these and other volunteering opportunities contact Robert Gray at the Volunteer Centre. Tel: 01268 638416 or email robert.gray@cavscastlepoint.org.uk.

Volunteering opportunities can also be viewed at www.do-it.org.uk.



Volunteer Centre
Castle Point

Local News

Summer Tea Dances

The Community Activity Project is looking at creating affordable and accessible opportunities for adults to become more active and the 12 week programme of Summer Tea Dances is an excellent example of how active recreation can be effective as a physical activity session. The Tea Dances start on Wednesday 1st July, 1.30-3.30pm, at Smallgains Hall, Canvey Island and will be led by Frankie Banks, from Southend United Community and Educational Trust. Entrance is free and the sessions promise to be a lot of fun, a chance to become more active and make a lot of new friends along the way. For more information contact Karen Lawrie on 01268 638416.



New dental helpline introduced

From 1 April 2009, **NHS South East Essex** has introduced a new dental helpline for any enquiry you might have about NHS dental services.

This dedicated helpline was set up in response to high demand from people in south east Essex wanting information on dentistry and access to NHS dentists.

Did you know that you no longer need to register with a dentist to get regular treatment? If you need a dentist, and in particular if you haven't seen a dentist for more than two years, you can ring our new dentistry helpline to be given the name and contact details of an NHS dentist near you.

So, if you need help or advice about NHS dental services, please ring our new dental telephone helpline on **01702 226668** from Monday to Friday between 8.00 am and 6.00 pm.

Essex & Southend LINK

For better social & health care

LINK stands for Local Information Network – a network of individuals, groups and communities, working together to improve local health and social care issues. We support people to say what they think about services both good and in need of improvement, give people the chance to suggest changes which may improve services and get attention for neglected issues and ideas. We do not deal with individual issues or complaints but can signpost to the most appropriate point.

We would like to hear from you about the experiences you, your family or friends have received from health and social care services both good and bad and if you have ideas to improve services and your thoughts about what can be done to overcome any difficulties.

We are also looking for people who can spare time to represent LINK by speaking to others in your local area and feeding this information back to our committee.

For more information visit our website www.essexandsouthendlink.org.uk or contact our office on 01702 350479.



Want to get your organisation featured in the next Community in Action?

Get your news and information to CAVS by no later than Friday 21st August 2009 and we will do our best to include it. Space is limited and priority will be given to CAVS member organisations.

Local News

New fundraising initiative from Friends of Castle Point Crossroads

In addition to their usual fundraising events Friends of Castle Point Crossroads have arranged for a brand new group, the Yardarm Folk Orchestra, to provide entertainment on Saturday 12th September at the Battlesbridge Free Church. Tickets are only £3 each.

They will also be running their popular Open Gardens event on Sunday 5th July. For only £5 (concessions £4) you are provided with a map of the area showing where the eight open gardens are and giving you entry to all the venues.

For more information or to book for either of these events please telephone 01268 753828.

Participation Works Training

Participation Works is a consortium of six national children and young people's agencies. We are working together to ensure that every child and young person can influence decisions affecting their lives.

Participation Works offers a wide range of training courses and a consultancy package, ranging from introducing a selection of training methods and tools, through to organisational change and strategic planning.

The courses on offer are designed to meet the needs of a wide range of staff including managers and trustees as well as young people themselves, and will include accredited training.

Courses are free to Voluntary, Community and other Third Sector organisations and £85 for Statutory organisations. To book your place or find out more about the courses call the Enquiry Line: 0845 603 6725 or visit our Gateway:

www.participationworks.org.uk

Cash boost for Local Strategic Partnership

Voluntary and community groups welcome extra funds

Four voluntary and community groups in the Castle Point area are jumping for joy after successfully bidding for a one-off funding opportunity.

Active Living, Lymphoma Support for You, The Upbeats and the Citizen's Advice Bureau – A helping hand were among the 19 groups in south east Essex who received a share of the one off sum of £250,000 given by NHS South East Essex, via the Local Strategic Partnerships.

Working closely together, LSP representatives and NHS staff invited local community and voluntary groups to bid for a share of this one-off funding. Over 60 bids were received, amounting to more than half a million pounds and the panel had a difficult task deciding on the successful applicants.

One successful applicant who will put his windfall to good use is Paul Saunders founder of Lymphoma Support for You, an independent group that offers support, advice and information for those with Lymphoma along with their friends and family. Paul from Castle Point explains: "We couldn't have moved forward without this money. It has made a huge difference to our group by allowing us to extend our work and reach out to more people."

Katherine Kirk, Chairman, NHS South East Essex said: "I would like to congratulate the successful bidders and thank them, along with everyone else who applied, for all the hard work they have been doing, and continue to do in our local community. There were so many deserving organisations that could have benefited that the judging panel had an extremely difficult task. I am delighted that we can support these local groups."

Stronger Communities

Community Breakfast

To celebrate Volunteers' Week CAVS arranged a Community Breakfast with a volunteering theme. It gave CAVS the opportunity to introduce new staff and projects which will see more services available to voluntary organisations and the local community. Guest speakers at the event were Sue Hampson from Essex Libraries and the Canvey Archive Website and Susan Howarth-Reading from the National Coastwatch Institution who spoke about the difference volunteers make to their organisations on both a local and national level.

Once again CAVS were extremely pleased to see lots of representatives from local organisations attend, many of whom are also local residents. Two more events are planned for September and December this year and dates will be publicised when venues have been confirmed. We look forward to seeing you there. For more information contact Danielle Alberici, CAVS Events Organiser on 01268 638416 or email events@cavscastlepoint.org.uk.



New Look for Neighbourhood Meetings

Castle Point has five separate Neighbourhood Meetings (Benfleet, Thundersley, Hadleigh & Daws Heath, Canvey East and Canvey West) which meet four times a year and give local people the opportunity to influence decisions within their local area. Each has their own budget which local people can decide how to spend. These meetings are also attended by Councillors and Council Officers and present an opportunity for people to ask questions and raise issues. Starting with the Summer 09 round of meetings they will take on a new format and local organisations are invited to book space for a display. Refreshments will be available and attendees will have the opportunity to chat to organisations about their services. If you would like to learn more about the meetings or to book space please contact Susanna Boyd at Castle Point Borough Council on 01268 882493 or email sboyd@castlepoint.gov.uk.

Local Strategic Partnership Community Information Event

Want to know what services are doing together to improve your Borough?



Come along to the Community Information Event on Friday 10th July 2009 at Runnymede Hall. The event runs from 9.30am to 12.30pm and will be followed by lunch. To book a place please call 01268 882391 / 882462 or email sboyd@castlepoint.gov.uk.