

## PM LAUNCHES GOVERNMENT'S FIRST LONELINESS STRATEGY



### A connected society

A strategy for tackling loneliness



Loneliness is one of the greatest public health challenges of our time, Theresa May said as she launched the first cross-Government strategy to tackle it. The Prime Minister confirmed all GPs in England will be able to refer patients experiencing loneliness to community activities and voluntary services by 2023.

Three quarters of GPs surveyed have said they are seeing between one and five people a day suffering with loneliness, which is linked to a range of damaging health impacts, like heart disease, strokes and Alzheimer's disease.

Around 200,000 older people have not had a conversation with a friend or relative in more than a month.

The practice known as 'social prescribing' will allow GPs to direct patients to community workers offering tailored support to help people improve their health and wellbeing, instead of defaulting to medicine.

For further reading please [click here](#)

## CONGRATULATIONS TO THE TEAM AT ABBERTON RURAL TRAINING



We are delighted to announce that, at the recent Rural Business Awards, ART won the Best Education and Training Business in the East of England 2018 award. This is a massive achievement and is a great testament to the unstinting hard work put in by the team. ART is an independent charity supported by RCCE and is based at Wormingford Community



Education Centre and Stow Maries Great War aerodrome.

For further information please contact: [Jacqui.stone@essexrcc.org.uk](mailto:Jacqui.stone@essexrcc.org.uk)

## PREPARE FOR THE CHILLY SEASON AND SAVE £'s COMMUNITY OIL BUYING SCHEME



WORKING IN PARTNERSHIP

RCCE Trading CIC is a social enterprise focussed on reducing the cost of your heating oil, with the buying power to offer consistently low prices. All you need to do to take advantage of the scheme is to pay an annual membership fee, which will cover as many oil orders as you need during the course of the year.

For full details and how to join the scheme please [click here](#)

## THE DANGER OF STRANGERS ONLINE – Keeping our children safe



More than ever today's children and parents/carers need to be aware of the perils that lurk within the world of online gaming, live streaming and social site apps. When we think of stranger danger, many of us will perceive this as being offered sweets or perhaps do you want to see my puppies.....? Sadly children are now being exploited through a more sinister way... which is online using many apps which allow perpetrators to take the form of fellow children and groom children through the worldwide web! E-safety is now more than ever a subject which should be taken seriously, and any parent/carers should keep up to date with.

It is a forever changing environment as one popular app could be easily replaced by another within a short space of time. Essex is fighting back and very fortunate to have the 2 Johns who are both qualified Police Trainers providing EST E-Safety Training that offers a large range of bespoke training options. They are both CEOP Ambassador trainers and are qualified to deliver Think You Know (TUK) training courses. They have trained every Youth Officer within Essex Police and qualified them to run E Safety assemblies in schools throughout Essex. The two Johns also visit schools to explain 'sensitively' to the children the possible dangers they face when online and how to recognise the people who say they are a friend when actually they are the complete opposite. Importantly the guidance the 2 Johns try to install is that it is ok to play games live, but do so in a safe manner. Children and parents/carers are advised to make sure all privacy settings are on, chat amongst actual friends, never provide personal information (wearing school uniform) and have location services firmly switched off.

The two Johns encourage children to tell their parent/carers if they have any concerns regarding inappropriate behaviour on line, and crucially they advise parents to stay calm listen and support their child at this time. It is important that a child knows he/she can talk about their experience otherwise the opposite could have devastating results.

*"Had E Safety training with one of the Johns today as part of the onward training I have for my profession. I can't say enough about how informative the training was and how helpful. My eyes were really opened to the dangers which are not at all apparent on a lot of the Apps and games our children play. We were also advised on the way to handle situations such as grooming and how technology is now a very important factor in our children's lives. As a parent wanting to keep your child safe your immediate reaction may be to deny them access to the internet or live gaming. We were told how this only makes matters worse and how to deal with these situations in a constructive manner. I thoroughly recommend this course."*

For further information please [click here](#)

## GROWING COMMUNITIES HEALTHY PACKED LUNCH PLOT COMPETITION RETURNS! – will your school be entering?



**First Prize: £500 gardening equipment for your school and a planting day with a gardening expert!**  
**Runners up: £150 gardening equipment for your school**



To help give every little person a chance we have changed the age categories this year. For Primary Schools **only** there will be **two winners** each receiving £500 worth of gardening equipment!



### Primary school age:

Category one: Reception – Year 3 (4-7 year olds)

Category two: Juniors - Year 4 – 6 (8-11 year olds)

### Special school age:

5 years old up to the age of 16 years

**The first 25 schools to register will receive a free Potato Planter Kit!**

**Kindly sponsored by Perrywood Garden Explorers\***

**All entries will receive a free packet of seeds! Kindly sponsored by Kings Seeds**

**For more information please [click here](#)**

## HELP PREVENT FUEL THEFT



Now the clocks have gone back, the nights get longer and the temperatures colder, one crime that increases is fuel theft.

A 1,000-litre tank can be drained within minutes and a tank that's not properly protected will make an easy target for thieves looking to make some quick money. Statistics show that of all the items available on a farm, fuel was the eighth most likely thing to be targeted by criminals. This means that thieves stand a higher chance of

stealing these liquids instead of horses and tractors. Fuel thieves traditionally target farms during the longer winter nights as the extended cover of darkness gives them more opportunities to get away with the theft unnoticed. These criminals often use just a basic tube to siphon away the fuel but more sophisticated apparatuses – such as pumping systems – have been reported by police.

There are several measures which farmers can use to minimise their chances of suffering the effects of fuel theft. After all, with some tanks costing thousands of pounds to refill, a successful criminal could put their victims into financial hardship. Report any robberies or suspicious behaviour.

For useful tips on how to protect your fuel please [click here](#)

## WALKERS TO LAUNCH UK'S FIRST CRISP PACKET RECYCLING SCHEME



The UK's biggest crisp brand Walkers has unveiled plans to launch a nationwide crisp packet recycling scheme, following months of consumer protests against its hard-to-recycle packaging. Walkers currently produces more than 7,000 non-recyclable crisp packets every minute. The company, which is a subsidiary of global food and beverage giant PepsiCo, has partnered with recycling firm TerraCycle to develop a method of recycling the packets.

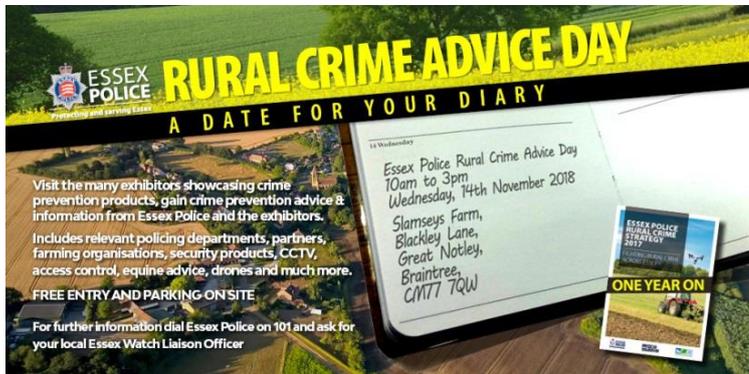
The method involves cleaning and shredding the metallised film, allowing it to be melted into small plastic pellets that can then be incorporated into products such as fence posts and furniture. Under the scheme, consumers will be encouraged to

deposit used crisp packets at one of the hundreds of public collection points that will be developed by the December 2018 launch date, or to post them to TerraCycle free of charge. Packaging from any crisp brand will be accepted.

To read the full article please [click here](#)

## UPCOMING EVENTS

### THE RURAL COMMUNITY ARE INVITED TO THE ESSEX POLICE RURAL CRIME ADVICE DAY



The event is free to attend on:

Wednesday 14th November 2018.

To be held at Slamseys Farm, Blackley Lane, Great Notley, Braintree, CM77 7QW

OPEN TO VISITORS FROM 10AM UNTIL 3PM

Visit the many exhibitors showcasing crime prevention products, gain crime prevention advice & information from Essex Police and the exhibitors.

Includes relevant policing departments, partners,

farming organisations, security products, CCTV, access control, equine advice, drones and much more!!

*FREE ENTRY AND PARKING ON SITE*

For further information dial 101 and ask for Essex Police, ask for Essex Watch Liaison Officer.

## NEIGHBOURHOOD PLAN TRAINING SESSION

### INTRODUCTION TO WRITING POLICIES

Thurs 15th Nov 2018 7.00pm - 9.30pm or Friday 16th Nov 2018 10.00am - 12.30pm

Venue: RCCE offices, Feering, CO5 9SE

Cost: £15 per delegate for any RCCE member or £50 per person for non-members.

This session is for parishes that are already in progress with Neighbourhood Plans. It will be particularly relevant for parishes that are ready to start or are already underway with drafting their policies. To book a place, please contact

[michelle.gardiner@essexrcc.org.uk](mailto:michelle.gardiner@essexrcc.org.uk)

## NEIGHBOURHOOD PLAN NETWORKING EVENT



Christmas Coffee Morning: Friday 14th December from 10.30am - 12.30pm

Venue: Barnston Village Hall, CM6 1LR

Cost: FREE to any RCCE member or £50 per person for non-members.

Parishes that are considering undertaking a Neighbourhood Plan or those already in progress with a Plan are welcome to come along. David Coleman from DAC Planning will be available to discuss technical planning issues. Join us for coffee and mince pies and have a chat with RCCE staff and representatives to share ideas and experience. To book a place, please contact

[michelle.gardiner@essexrcc.org.uk](mailto:michelle.gardiner@essexrcc.org.uk)

# IS HARE COURSING HAPPENING IN YOUR AREA?

## HARE COURSING IS ILLEGAL

**Please call 999 if you are witnessing criminal activity right now**

**If you have any information about hare coursing in your area, please let us know by:**

- Reporting online ([www.essex.police.uk/doitonline](http://www.essex.police.uk/doitonline))
- Calling 101
- To remain anonymous call Crimestoppers on 0800 555 111



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**#OperationGalileo**



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