

## TACKLING LONELINESS AND ISOLATION



A NEW scheme by Colchester Borough Council has been launched encouraging people to come together and get talking in a bid to tackle isolation and loneliness.

The scheme aims to tackle social isolation by encouraging people to strike up a conversation

with others in a café setting. Ten cafes across the Borough have signed up to be part of the pilot. They will have branded table cards in their venue - if someone is sitting alone, they can display their card and invite someone to join them and say hello. The scheme has worked well in other parts of the UK, and the hope is that it will have a positive impact in the area.

Cafes involved in the project are:

- The Blackwater Pearl – West Mersea
- The Exchange – Tiptree
- Loofers – Town Centre
- High Woods Country Park Visitors' Centre – Highwoods
- The Oak Tree Coffee House – Highwoods
- Stanway Garden Centre – Stanway
- CESSAC Community Centre – Shrub End
- GO4 Café - Recreation Ground off Old Heath Road
- Greenstead Community Centre – Greenstead
- Jam Jar Coffee Shop – Rowhedge
- Blues – University of Essex, Wivenhoe Campus

Mike Lilley, councillor responsible for communities, wellbeing and public safety, said: "I'm really pleased that we're working with cafes across Colchester to launch the Happy To Share My Table project, which complements our Colchester and Friends Events (CAFE) campaign, which was launched in May 2019.

"The table card is a simple idea to create a space for people to talk; whether it is for five minutes or an hour of good conversation.

"I know from experience that a quick chat with someone else can really brighten your day, so I hope it gets everyone talking."

Further venues are being encouraged to sign up to the scheme. If your café or coffee house would like to be involved, or if you have any questions, please contact [siobhan.mcleod@colchester.gov.uk](mailto:siobhan.mcleod@colchester.gov.uk) or alternatively visit [colchester.gov.uk/sharemytable](http://colchester.gov.uk/sharemytable).

## DOMESTIC ABUSE SCHEME PROTECTING SCHOOLCHILDREN LAUNCHED IN THURROCK



Photo: Principal Mark Jones, Chief Inspector David Miles and Angela Rawlings

Essex Police has launched a pilot scheme in Thurrock to help safeguard children who witness domestic abuse at home. A scheme that will undoubtedly make a difference to help safe guard children in these unfortunate circumstances' let's hope it will be rolled out to the rest of the county very soon!

Specialist officers are working alongside a number of schools, academies and Thurrock Local Safeguarding Children Partnership Council by running an initiative called Operation Encompass until the end of this academic year. The operation will involve officers noting whether children are present at domestic abuse incidents before asking for their details such as their names, ages and the schools they attend. They will then inform a designated contact within a school that one of their students has recently experienced domestic abuse. This will be done sensitively and in confidence. Specific school contacts have received training to assess whether the children involved need further support. This support could be overt or silent but will help children to remain in school and to continue learning in a safe and secure environment.

Angela Rawlings, safeguarding officer at Belmont Castle Academy in Grays, said: "The safety of our children is paramount and we are delighted to be part of the pilot scheme for Operation Encompass in Thurrock.

"We understand that all types of domestic violence can have a detrimental effect on children, particularly their well-being, health and schooling.

"Children may arrive at school distressed, upset and unprepared for the day, this initiative helps us to provide support to children and parents who are experiencing domestic abuse at the earliest opportunity."

Chief Inspector David Miles, who is leading the trial, said: "Our officers attend domestic incidents every day where children are present and we need to ensure they are getting the best possible support.

"A child that experiences abuse within the home may bring behaviours into school that could result in a fall in grades, truancy or disciplinary action – when they actually need additional help.

"We want to inform schools as quickly as possible when one of their students has experienced a domestic incident in their home. We want to be their voice when they may not have one.

"This trial will allow us to fully assess the benefits of working more closely with schools before we consider introducing it to other educational establishments across other districts in Essex.

Jane Gardner, Deputy Police, Fire and Crime Commissioner for Essex and chair of the Southend, Essex and Thurrock Domestic Abuse Board, welcomed this initiative.

"Working together with partners across the county, our objective is to help those who suffer in silence and reduce the impact on children and families. Domestic abuse has an impact on everyone in the family.

Please [click here](#) for further information



## Rural Engagement Team (RET) Statistics –December 2019

Head of RET: Chief Inspector Terry Balding



### You Said:

You wanted us to reduce the number of Hare coursing incidents.

### We Did:

We worked longer hours on more days using intelligence to target hare coursers which resulted in a reduction of hare coursing from 50 to 31 for the last month.

@EP\_GTRET

## LEADER UPDATE!



There is a small amount of funding that has been made available for rural areas projects need to be ready to go! For further information please contact: Beverly Davies – [beverly.davies@essexrcc.org.uk](mailto:beverly.davies@essexrcc.org.uk)

## GRANT FUNDING SCHEME DELIVERED BY THE EALC



### Suicide Prevention in men in North East Essex: Grant

This fund is available for services delivered to Colchester and Tendring Council areas only. The Suicide Prevention Grant is intended to fund projects from groups, charities (with local delivery) and organisations that support men's suicide prevention, mental health or other underlying risk factors. Applicants can apply for up to £2000 per project per location. In this financial year, there will be two funding rounds, one at the end of February and one on the 17<sup>th</sup> March.

**Applications will need to be submitted by 17<sup>th</sup> March 2020 at the latest in order to qualify for this fund.**

The application form is available to download from the [EALC website](#)

If you require any further information please contact Louise Gambardella:

Email: [louise.gambardella@ealc.gov.uk](mailto:louise.gambardella@ealc.gov.uk) Tel: 01371 879722

## LOVE ESSEX



Love Essex acts on behalf of the Essex Waste Partnership and The Cleaner Essex Group to encourage residents to reduce, reuse and recycle their rubbish as best as possible. Love Essex want to help make Essex a great place to grow, live and work by securing sustainable development and protecting the environment.

The Love Essex Fund offers grants of up to £500 for inspiring projects seeking to reduce waste. The fund is aimed at projects which consider the waste hierarchy; those projects which aim to reduce waste from being created will be

prioritized over projects which aim to recycle. The projects can center around a variety of different topics, including zero-waste shops, educational activities or a community fridge to name a few examples.

The second round of funding will be open for applications until the 2<sup>nd</sup> March. For more information or to apply, please visit the link below.

<https://www.loveessex.org/news-and-ideas/love-essex-fund/>

## MALDON DISTRICT NAMED 5TH BEST PLACE TO LIVE IN THE UK



MALDON DISTRICT COUNCIL

The 2020 Halifax Quality of Life rankings reveal that Maldon District residents enjoy one of the best qualities of life in the UK. The annual Halifax Quality of Life research looks at local authorities across England, Scotland and Wales, and takes into consideration 26 different factors that homebuyers may consider when choosing a place to live. These include local performance across key indicators covering: the labour market, the housing market, the environment, education, health, and personal well-being.

In addition, for the first time, the research also takes into account how important the survey factors are to people looking to find the perfect property, with affordability, safety, and access to parks and green spaces all proving most essential according to UK adults.

Cllr Adrian Fluker, Leader of Maldon District Council, said “I am delighted that we have been ranked as the 5th best place to live in this UK wide survey. The Maldon District is a wonderful and peaceful part of Essex with lengthy and atmospheric coastline, big skies, and superb wildlife.

Residents and visitors alike enjoy the strong sense of community, safety and quality of life in this scenic part of the Country and coupled with our low rain fall not only does it mean the District is a great place for leisure, but our micro-climate also makes it an ideal place for grape growing and wine production.

[Click here](#) for the Maldon District council website

## GROWING COMMUNITIES



### Healthy School Dinner Competition


Prizes to be won include an educational ‘Field to Fork’ trip to Barleylands Farm for one lucky class! Design a kitchen plot with a winning recipe for a school dinner. Children need to think about the vegetables, fruit and herbs that could easily be grown at their school or at home and when harvested, could be used to make the perfect healthy school DINNER. The 'dish' can be sweet or savoury but must include the produce from the plot. You can also use additional ingredients for example: pasta, rice, bread, couscous, fish or chicken and not forgetting some seasoning!

**ENTRY DEADLINE IS MONDAY 17<sup>TH</sup> FEBRUARY - ENTRIES ARE STILL WELCOME!**

# FINANCE ESSENTIALS FOR TREASURERS AND TRUSTEES

SATURDAY 28th March 2020 9.30am TO 3.30pm

At: RCCE Offices, Threshelfords Business Park, Inworth Road, Feering, CO5 9SE



**Finance essentials** for treasurers and Trustees

**SATURDAY 28th March 2020 9.30am TO 3.30pm**

At: RCCE offices, Threshelfords Business Park, Inworth Road, Feering, CO5 9SE

**This will cover:**  
*What are the Charity Commission requirements?*  
*What information should be on the Annual Report?*  
*Are your Annual Accounts in the correct format?*  
*What financial information do Trustees require for meetings?*  
*Can we pay trustees?*  
*Financial policies*  
*Is there a Conflict of Interest?*  
*Do we employ staff? Or are they self-employed?*  
*What are the financial implications? And more.....*

**Morning session 10am to 12.30pm:** role of treasurer and trustee, governance requirements, Charity Commission register, bookkeeping, financial information for meetings, financial policy, reserves policy


**Afternoon session 1pm to 3.30pm:** Charity Commission requirements and reporting, annual account requirements, annual report, employment, payment of trustees and conflict of interest

**TRAINERS: JAN STOBART & SUE GIBSON**

Members: £70 full day inc lunch; £50 half day  
Non members: £150 full day inc lunch; £100 half day

Arrival 9.30am for registration and refreshments

Rural Community Council of Essex: Registered charity No. 1097009.  
A company limited by guarantee and registered in England & Wales No. 4609624.



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Rural Community Council of Essex



## FINANCE ESSENTIALS FOR TREASURERS AND TRUSTEES

SATURDAY 28th March 2020 9.30AM TO 3.30PM

At: RCCE offices, Threshelfords Business Park, Inworth Road, Feering, CO5 9SE

Please add your details below and return with your payment to:  
Sue Gibson, Village Hall & Community Building Adviser,  
RCCE, Threshelfords Business Park, Inworth Road, Feering, CO5 9SE  
by Tuesday 24th March 2020.

PLEASE BRING A COPY OF YOUR TRUST DEED OR GOVERNING DOCUMENT WITH YOU

Name .....

Address .....

Tel .....

Email .....

Representing ..... Hall

Any special food or access requirements? .....

Please make cheques payable to

'The Rural Community Council of Essex'; BACs details on request.

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## MEETING DATES

### Essex Rural Partnership Future Meeting Dates:

**Date:** Tuesday 28<sup>th</sup> April 2020

**Time:** Start time 11am – 2pm

**Venue:** Essex Young Farmers Conference Centre, Whitbreads Farm Lane, Chatham Green, Chelmsford CM3 3LQ

### Launch of the Refreshed Essex Rural Strategy 2020-24

**Date:** Wednesday 14<sup>th</sup> October 2020

**Time:** TBC (PM)

**Venue:** Chelmsford City Racecourse, Great Leighs, Essex



## 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



**ESSEX  
POLICE**  
www.essex.police.uk

#OperationGalileo



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