

## Essex & Southend LINK

### Weekly e-bulletin

Issue 35

4<sup>th</sup> June 2010

#### [Website Forum page live!](#)

The LINK now has a Forum page on the website which can be found under the 'contact us' menu bar or at the following link:

<http://www.essexandsouthendlink.org.uk/forum>

Anyone who is already registered on the site is able to use it.

#### [Mid Essex Locality 'Change One Thing Campaign' Assistance Needed](#)

On 15<sup>th</sup> June the mid Essex locality will be piloting their Change One Thing Campaign in Maldon High Street between 9-3pm and are looking for anyone interested in giving their time to be a part of this exciting event. Expenses and a day rate will be paid.

If you are interested and would like more information please contact

[Charlene.gordon@essexandsouthendlink.org.uk](mailto:Charlene.gordon@essexandsouthendlink.org.uk) ASAP.

#### [Social Care Seminar](#)

A seminar will take place on the **15<sup>th</sup> June 2010, 12:30-14:00, St. Cedds Hall, Chapter House, Chelmsford, CM1 1TY**

What's this thing called social Care? - An overview of the Social Care System

Our speaker is *David Williams*, Adults Health and Community Wellbeing Essex County Council.

Join us for a light lunch and learn about social care at the same time.

This session will provide an opportunity for an interactive discussion on the topic.

To reserve a place please contact *Charlene Gordon*

**e:** [Charlene.gordon@essexandsouthendlink.org.uk](mailto:Charlene.gordon@essexandsouthendlink.org.uk) **t:** 01245 490 733

This event is free and all are welcome.

#### [REMINDER – AGM 16<sup>th</sup> June](#)

Please don't forget to book your place at the AGM on Wednesday 16<sup>th</sup> June in the Maritime Suite at Cliffs Pavilion, Westcliff on Sea. RSVP to Sharon Cohen at [Sharon.cohen@essexandsouthendlink.org.uk](mailto:Sharon.cohen@essexandsouthendlink.org.uk) or by telephoning 01702 350477 or 01702 350479 (with answer phone).

#### [Telecare event in Colchester 1<sup>st</sup> July 2010](#)

Expert academics from the University of Essex have teamed up with leading professionals to explore the potential opportunities and impact for *Telecare* in our society. The attachment gives more details about the guest speakers and how to register as places are limited.

Networking, training and development events for Emerging BME Artists and Arts Organisations in Essex working in partnership with ECDP.

### [BME Artist CPD Opportunity working with schools](#)

Creative Partnerships Networking evening on Monday 21<sup>st</sup> June at Essex Records Office –Free event 5.30-8pm, Monday 21<sup>st</sup> June 2010

Partnership project between Essex Coalition Disabled People (ECPD), Royal Opera House and Future Creative- Kent

Open to all emerging BME artists and arts organisations working in partnership with ECDP For further information and booking please contact –

[inderjit.sandhu@essex.gov.uk](mailto:inderjit.sandhu@essex.gov.uk) Mobile – 07863 203732

### [BME Artist CPD Opportunity Safe Guarding Training Event](#)

10 am to 3.30 pm Brentwood Town Hall 30<sup>th</sup> June 2010

Free (cost paid by ECDP) Please note only 4 spaces available

Open to all emerging BME artists and arts organisations working in partnership with ECDP Lunch will be provided

For further information and booking please contact [inderjit.sandhu@essex.gov.uk](mailto:inderjit.sandhu@essex.gov.uk)  
Mobile – 07863 203732

### [Rural Touring Conference – International Village of Culture](#)

This year's conference will focus on new networking opportunities for rural touring including music, village fetes, commissioning, and new writing for rural touring, young promoter schemes, and international links and will offer 3 days of discussion, debate, networking & entertainment.

There will be showcase performances and extracts by artists from Italy, Canada and USA plus companies based in the Eastern and South Eastern regions of the UK. Artists will include Bayou Secou (New Mexico), La Civetta (Italy), Sonia Sabri Company, Estelle Rosenfeld, Bootworks Theatre, Adriano Adewale and Garlic Theatre amongst others  
9.45am until 10pm, University of Essex, Colchester Thursday 8<sup>th</sup> July 2010

Cost – £50 for the whole day including dinner and showcase events.

The full programme and booking details are available at [www.nrtf.org.uk](http://www.nrtf.org.uk) and for more information please email [admin@nrtf.org.uk](mailto:admin@nrtf.org.uk)

### [Essex Cultural Diversity 'Vision Day'](#)

10.30 -1.30 pm Essex Records Office Tuesday 13<sup>th</sup> July 2010

Open to All partners, stakeholders, funder's, artists and arts organisations working in partnership Lunch will be provided – free event

For further information and booking please contact – [inderjit.sandhu@essex.gov.uk](mailto:inderjit.sandhu@essex.gov.uk)  
Mobile – 07863 203732 [www.essexcdp.com](http://www.essexcdp.com)

### [BME Artist CPD Opportunity working in schools](#)

Creative Partnerships Training and Development Day – Free Event

10 am-4pm, Essex Records Office, Chelmsford. Friday 16<sup>th</sup> July

### [Loneliness and mental health](#)

Research conducted by the mental health foundation suggests that loneliness has links with ill mental health; in response to this the mental health foundation aims to help people enjoy good mental health. They want to raise awareness of the importance of spending time with others as its proven to be good for mental and physical well-being; to read more click on the following link:

<http://www.mentalhealth.org.uk/loneliness/>

### [Mental Health and Substance Misuse Group \(MHSM\) Meeting](#)

Thurs **10<sup>th</sup> June 2010**, 2.00 – 4.00pm, Upper Hall, Central Baptist Church, Victoria Road South, Chelmsford CM1 1LN

**Speaker** Danny Scott - Team Manager at Trinity House, Halstead will speak about Trinity House and the work of NACRO (a national voluntary sector organisation working with offenders and vulnerable people) confirm attendance by email

[Gabriela.horecka@essexandsouthendlink.org.uk](mailto:Gabriela.horecka@essexandsouthendlink.org.uk)

### [North Essex Partnership Trust](#)

The Trust cordially invites you to their upcoming members talk on **'Thinking Fit'** - a new pilot study aimed at delaying the onset of dementia in those at risk of developing the condition.

Evidence shows that regular physical activity reduces the risk of dementia but most people miss out on this benefit because they are not active enough. The Thinking Fit study provides fun activities ranging from walking to computerised games that are personalised for each individual.

23 June, 2pm - 4pm Canon Roche Social Centre 21 Laindon Road Billericay, CM12 9LL (The Centre is located at the rear of the Church of the Most Holy Redeemer) If you would like to attend, please contact [helene.samuel@nepft.nhs.uk](mailto:helene.samuel@nepft.nhs.uk) by 18 June as space is limited. Feel free to bring non-members along as well (anyone aged 14 and over is invited).