



Thurrock
CVS

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Weekly Briefing

Piecing Thurrock back together £500 prize competition closing soon!



Following the launch of OurRoad, Thurrock residents have been busy connecting with their neighbours and communities to swap postcards in the race to collect all 25 postcards for their chance of winning a £500 cash prize.

As the competition draws to a close at the end of August, we're helping residents to collect those missing postcards. We've dropped hundreds of extra postcards at local pick up points in grocery stores, post offices and more throughout Thurrock.

On our socials we're also offering daily giveaways where you can win 3 or more postcards every day, including our special edition gold postcards signed by Mayor Terry Piccolo.

Keep up to date with the latest Giveaways and local pick up points on the [OurRoad Facebook](#)

To be entered into our prize draw, send us a photo of your finished collection by the end of August to ourroad@thurrockcvs.org



Thurrock CVS receives donation from St Modwen Homes



St. Modwen Homes, the housebuilder behind the 230-home Bennetts Fields development in South Ockendon, kindly donated £20,000 to Thurrock CVS to support vulnerable residents through the Coronavirus pandemic.

At Thurrock CVS we support around 500 voluntary, community and social enterprise groups in Thurrock. In March, we formed a strategic partnership with Thurrock Council to establish a highly effective community response to the COVID-19 pandemic, Thurrock Coronavirus Community Action (TCCA).

TCCA launched its community helpline on April 1st, providing support to Thurrock residents who are vulnerable due to self-isolation, have mental or physical health issues, or do not have the support of friends or family. Within three days of the helpline's launch, TCCA recruited over 500 volunteers to support residents with shopping requests, medication collections, and befriending and welfare calls. To date, the project has supported over 3,000 vulnerable residents.

We also work with individuals who feel anxious and dependent as a result of self-isolation to help build confidence and engage them with their community. The £20,000 donation from St. Modwen Homes will enable us to continue supporting residents until the end of the year.

Kristina Jackson, Chief Executive Officer at Thurrock CVS, said:

“Although the lockdown is easing for many, we are still seeing a number of vulnerable residents requiring support. There has been an increase in residents with anxiety and mental health issues and TCCA provides a lifeline to these residents with volunteers making regular contact and checking in on them. This generous grant will let us keep running this service until at least the end of the year and allow us to keep helping Thurrock residents during this challenging time.”

Jeremy Atwater, Regional Managing Director – South at St. Modwen Homes, said:

“As a business, we are not just focused on building new homes, we are also building vibrant and sustainable communities for new and existing residents. It is incredible to see how quickly Thurrock CVS leapt into action to create a dedicated resource for residents struggling through COVID-19 and to see the significant impact that the charity has already made.”

Latest updates from Girls Empowerment Initiative



Dr Muzvare Hazviperi Betty Makoni Project Director of Girls Empowerment Initiative said:

“I am so honoured to work with amazing team who are delivering a Rebound and Rapid Response Support to mostly BME girls in Essex. We provide direct support with food and other basic

necessities. Don't miss our social distancing lunches, starting at 1pm every Friday (contact us for more information).

“We encourage girls ages 0-21 to join our empowerment clubs. Pop in to our Purple office where you can pick your free African food hamper, or get one delivered at your doorstep.”

Recently, the girls discussed social media, the advantages and disadvantages.

Life as we know it revolves around the internet, especially social media. Therefore, it is important that our young girls know and understand how to stay safe while using the internet, particularly when they are on social media. Since the lockdown, Girls Empowerment club members have been having virtual meetings and activities via zoom. Face-to-face club meetings restarting soon

Enrol your girls, registration is free! Call/WhatsApp: 07951522770

Or visit our website for more details: www.girlsempowermentinitiative.co.uk



Also, our Tilbury office is now open. Please stop by for a chat, if you have any concerns. We have in-house professionals who will listen and offer support as required or just pop in for tea, coffee and all things sweet, if you're passing by our office.

**Address:
7 Commonwealth House,
Montreal Road,
Tilbury,
RM18 7QX**

Landscape Champions of Tomorrow: Land of the Fanns Training



Training Programme

These training sessions have been organised for voluntary groups and small charities with an environmental or heritage focus. Empowering communities to up skill and take ownership of their local heritage and green spaces.

Tuesday 28 and Thursday 30 July 10.30am-1pm
Fundraising and bid writing

Tuesday 11 and Thursday 13 August 10.30am-1pm
Volunteering Recruitment, Management and Retention

Tuesday 13 and Thursday 15 October 10.30-1pm
Engaging the Community

Location: Online – Zoom **Cost:** £5

For more information email landofthefanns@thameschase.org.uk
To book <https://www.eventbrite.co.uk/o/land-of-the-fanns-18492794715>



If you are unsure if you fit the criteria to access this training please email Vanessa at TCVS: Vanessa.Bennett@thurrockcvs.org



Community Led Support and Talking Workshops



Aveley, South Ockendon & Purfleet on Thames
Bringing Adult Social Care to you and your community

- Do you want advice?
- Do you think you or someone you know might benefit from some support?

Join our Online talking shop to have a chat with a member of the team by clicking the link below

[Join the talking shop, every Tuesday between 10am and 11am](#)

[Join the talking shop, every Thursday between 10am and 11am](#)

Mobile phone / device: If you have not previously installed the Teams app, after clicking on the link to "Join the talking shop", you will be asked to install the app. Please install. You do not need to have a Microsoft teams account and can join as a guest.
Laptop or desktop: For those using desktops or laptops who have not installed or do not wish to install the app, click on the option "Join on the web instead".

For more information visit
www.strongertogether.org.uk

Or
For appointments and information
call Thurrock First on
01375 511000



Community Led Support (CLS) is a new approach to providing Adult Social Care support in local communities, and initially started in the Tilbury and Chadwell area towards the end of 2018, and was extended borough wide towards the end of 2019 and early 2020.

Unfortunately, the Pandemic has presented us with some real challenges; and although essential support from Adult Social Care has not stopped, past and present restrictions has limited the opportunity for local residents to meet and chat with members of the team at a location close to where they live.

However, we've been looking at different ways that enable residents to chat with the team. Starting in Aveley, South Ockendon and Purfleet-on-Thames, the CLS team have set up "Online Talking Shops" every Tuesday and Thursday between 10am and 11am. This will be piloted for 3 months initially.

The talking shops are intended to offer local residents the opportunity to talk to the team, as well as others who may join the sessions, about the support they may want and may need. Where a conversation may become personal or sensitive in nature; we will offer the opportunity for people to talk to a member of the team in private.

Details of the online talking shop and guidance is also available on the [Thurrock Website](#), and [Stronger Together](#)

Helpful Guidance and Regulations



Guidance and Regulations

Supporting staff, volunteers and beneficiaries and keeping safe
NCVO has pulled together a suite of resources to keep organisations Covid compliant and safe as staff and volunteers return to the workplace [View here](#)

Helpful guidance when visiting Care Homes
New guidance has been released for anyone visiting a care home [View here](#)

'Here for you' telephone service



Support Service Helpline

The Stroke Association's 'Here for you' telephone service connects stroke survivors and their families, to trained volunteers, offering support following a stroke and to help combat feelings of isolation.

[sign up now here](#)

Macmillan Telephone Buddies



Going through cancer can be an isolating experience at any time, and especially when social distancing. Our free Telephone Buddy service is here for you. We'll match you with someone who understands what you're going through, and they'll give you a weekly call.

Your volunteer buddy will be a listening ear, ready to talk about how you're feeling and your support needs during this difficult time. They can also let you know about our services, and all the ways Macmillan can help, to ensure you don't face cancer alone. Find out more [here](#)

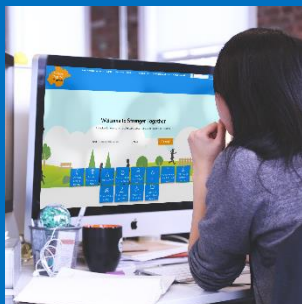
Emotional wellbeing and mental health service for under 18s



Mental Health & Wellbeing

If you are feeling sad, anxious, angry or stressed, remember you're not alone. There is help at hand for anyone who needs it.

Find out more about support for under 18s in Thurrock [view here](#)



Are you a community group, organisation, support service or micro-enterprise in Thurrock? It's so easy to sign up! A quick and easy way to advertise your services to local residents and service users!
strongertogetherthurrock.org.uk

OurRoad are looking for Postcard Pick-up Points!



How many OurRoad postcards have you collected so far? We're going to be dropping extra postcards at Thurrock locations free for you to pick up to help find those missing cards from your collection! Do you know a shop / or organisation that would be a great pick-up point in your area?
Visit [OurRoad Facebook](#) and send us a message