



## ECL to support the annual Mersea Island Festival: the countdown begins

ECL, the Care & Wellbeing Company, formally known as Essex Cares, are delighted to be supporting this year's Mersea Island Festival, a nine day event jam-packed with activities designed for all members of the community, with the aim to focus on ability not disability.

Kicking off on Sunday 23rd August at the Essex Outdoors camp, East Mersea, the site is expected to welcome over 300 excited festival goers from all over the UK.

Teaming up with Chelmsford Community Radio (CCR), ECL will be rolling in a broadcasting truck, with professional radio studio, sound equipment and performance stage, so whether people fancy showing off their DJ skills or dancing the week away, CCR will be there to cater to everyone's creative needs.



Debbie Edgell, North Regional Manager at ECL said: "We are so excited to be involved in this year's Mersea Island Festival.

We are firm believers in promoting community wellbeing which the organisers have been enforcing since their first festival in 1981."

The radio truck has been host to many superstars including Kylie Minogue and popular 90's bands Steps and 5ive, and for a limited time only, the Mersea Island Festival goers will have the chance to discover their inner diva.

Matt Eaves, from Chelmsford Community Radio explained: "We can't wait to get involved; the broadcasting truck will be a wonderful opportunity for the young people attending. They will have the chance to spin the decks, play their favourite tunes, create their own radio shows and have a good old dance! There are important skills to be learned, from communicating through to team work, and even if an individual doesn't want to create, they can enjoy the buzz of excitement we hope to make."

Tom Brennan, Chair of the Mersea Island Festival Trust said: "There's not many places a wheelchair user can go up a climbing wall and then down a

zip wire, although if that doesn't take their fancy, then visitors can have a go at African drumming, paintballing or even quad-biking. It's often mentioned that visitors are presented new and exciting opportunities that perhaps they wouldn't normally have at other events."

"As promoters of community wellbeing we are delighted that ECL, the Care & Wellbeing Company, will be supporting this year's festival. We are hoping that the radio stage will add an extra bit of excitement and are so pleased that CCR are also on board."

The festival, which has been an annual celebration since 1981, brings together young people and adults from across the community, giving them the chance to experience the fun of the outdoors regardless of disability. The activities aim to challenge and stimulate, but most importantly the festival focuses on increasing confidence and improving each individuals overall wellbeing.

The festival will run from Sunday 23rd to Monday 31st August 2015. If you would like to find out more information about the event and how to attend please visit the website at [www.merseafestival.org.uk](http://www.merseafestival.org.uk).

From Pat Richardson

## Colchester General Hospital!

### Are you Happy or Unhappy?

Well now you will have the opportunity to voice your opinion to the people that make the decisions about the quality of care you receive.

The Quality Care Commission (CQC) is the independent regulator of all health and social care in England, and you will have the opportunity meet the inspectors and share your experience of the services and care provided in the last year by the Colchester Hospital University NHS Foundation Trust.

**There will be a public meeting on Monday 7th September from 6-30pm to 7-30pm at the Town Hall High Street Colchester CO1 1PJ. The meeting will be held in The Grand Jury & West Committee Room.**

The CQC needs to know your experience and you can tell them anonymously if you wish.

## Junior Zones Wardens

From Stephen Day

Community Zone 1 Warden, Colchester Borough Council

Three months ago I was given the task to start up the Junior Zones Wardens at Mersea School - it has worked well in other Schools in the Borough. After a meeting with Mrs Jane Barnes, a year six teacher, we decided to go with Ten year six children. I put together an application form and job spec for them to complete to become JZW's - I thought it would show how passionate they were about Mersea and the environment and it also gives them a good chance to get an insight of what we do.

In June, eight of the JZW's gave up their lunch break to help me and Tim 'litter pick' from the Two Sugars Café part of the beach, all the way to Monkey steps. As you can see from the photos, they did pretty well.

Today we went out with the children to do some speed gunning along Barfield Road near the school and we were all shocked because in a space of 45minutes we clocked twelve motorists going over the 30mph speed limit.

**What a passionate and hard working bunch they are.**

