



'Shoebury Matters' December 2022

SHOEBURY RESIDENTS ASSOCIATION

would like to wish all our members a happy, healthy, and peaceful New Year

As 2023 begins we thought it would be the perfect time to look back at what we have all achieved through working together as a great team.

- The new **Children's Playground** on Shoebury North Common
- Our own **Heritage Centre and Café** *Thank you Shoebury Coastal Community Team *
- '**Hub 151**' in West Road *Thank you SAVS* (See '*Getting to Know You*' below)
- We reversed the decision by the Council to have **dogs on East Beach** throughout the year. *Thank you Natural England & Essex Wildlife*
- We reversed another Council decision, designating East Beach as the only officially approved site for **BBQ's** in Essex. *Thank you for your community support*
- We secured funding to support our **Community Builder** (Rob) over 3 years, to help us grow our community and work together as a team, with local businesses, charities and community groups. *Thank you SAVS*
- We secured changes in the arrangements for the **East Beach Festival** ensuring added safety and security for everyone. The Council was also persuaded to reduce the drinks licenses from Eight to just One.
- We provided **three planters** on Shoebury Common and organised the planting of 2,500 Crocus bulbs by local children. *Thank you to the Parks Department*
- We planted a **Hornbeam Tree with Plaque**, as a memorial to the Shoebury Artillery Association. *Many thanks to the Cubs who keep the memorial clear of weeds and rubbish*
- We supported the NHS consultation on a new **Health Centre in Shoebury** allowing them to proceed with your preferred choice - The Old Hospital Site in Ness Road. We now have a place on the project team for this new site also linked with the adjacent Primary Care Network site, Norton Place.
- We supported our members to organise a **Christmas Market**, with over 100 children visiting Santa's grotto and over 30 stalls selling goods. This highly successful endeavour enabled a donation of £500 to our local food banks.

Well Done

Shoebury Residents Events Team



There are so many ways in which you, the residents of Shoeburyness, have helped and supported each other throughout 2022 and we would like to thank you all for making Shoeburyness a great place to live and work.

We will continue to provide regular updates and information on matters that affect everyone who lives and works in and around Shoeburyness. Don't forget that you can contact us with questions, suggestions, comments and concerns via email at:

shoeburynessresidents@gmail.com

Let us continue to work together in 2023 to make Shoebury even better.

Getting To Know You

Groups and Organisations based in Shoeburyness with strong community links

This edition of the newsletter features:

- The Shoebury HUB
- Friars Family Centre

The Shoebury HUB



The Shoebury HUB can be found at 151 West Road, Shoeburyness, SS3 9EF.

Community Groups Monday to Saturday 10am - 5pm

SENIOR SUPPORT

Folk Like Us provides support and advice to people over the age of 65, living in the borough of Southend who are experiencing loneliness and isolation. These people are supported by Turning Tides Team Leaders and if required will be signposted to services who can assist them further.

UNIVERSITY OF THE 3RD AGE

U3A is a nationwide network of learning groups aimed at encouraging older people to share their knowledge, skills and interests in a friendly environment. There are no exams and no homework, just regular lessons, study groups and social activities.

www.shoeburyu3a.org.uk

MUMS AND TODDLERS

CAKE CLUB every Thursday mornings, 10am. Support for Mum's with young children, come and share in some fun play time and have a cup of tea and freshly baked cake! Please contact The Hub to book a space.

SEWING GROUPS

The **Red Hot Stitches** sewing group. Visit: www.redhotstitchers.co.uk

COUNCELLING

Abacus Counselling and Support is a registered charity, providing affordable counselling services to individuals and couples, in South Essex. For more details visit their website. www.abacuscounsellingandsupport.co.uk

CARERS FIRST

Unpaid Carers advice and support

If you care for someone and would like to join our coffee days please get in touch!
www.carersfirst.org.uk

There is also a workshop in the back of the building where 'The Make and Mend Workshop' takes place.

PROJECTS

Little Free Libraries

Take a book. Leave a book. The HUB 151 has its very own Little Free Library. Made with love and available to the community, these Free little libraries can be found throughout Southend.

Gardening

THE VEGGIE PATCH

Gardening is a great way of improving mental and physical health so naturally, we are very excited with the addition of our new vegetable corner!

Rent the hub

The hub is also available for rent, a perfect venue to hold classes, meetings and events. If you would like to talk over some ideas or just have a chat. Please ring Chris on 07718903259.

Contact the Shoebury Hub 151

Email: hello@hub151.co.uk

Phone: Lea Angela Williams [074 94236677](tel:07494236677)



Friars Family Centre

Previously Friars Children's Centre)
(Next to Friars Primary School)
Constable Way
Shoeburyness
SS3 9XX

Family Centres provide a wide range of services to families including early years play sessions, family support, information and health services.

Health Services use the centres to deliver appointment clinics such as:

- Antenatal and Postnatal
- Asthma and Allergy
- Immunisations



Friars Timetable January - March 2023

Monday 9th January - Friday 31st March (Term time only)

Monday

9.00-4.00 Midwife Clinic (by appointment only)

9.30-11.30 **Food On Our Doorstep** To become a member email:
southendfoodclubs@family-action.org.uk .

9.30-11.30 **Understanding Your Child's Behaviour (Solihull)**

10 Week Parenting Course (term time only) Starts 16.01.23 Booking required.

12.30-2.30 Stepping Stones Parenting Group (Booking required).

For more info please call Mary on 01702 220 810. (term time only) Starts 16.01.23

6.30-8.30pm Understanding Your Pregnancy

Antenatal Classes Booking required. 09.01.23-13.02.23

Tuesday

9.00-4.00 Midwife Clinic (by appointment only)

9.00-1.00 Health Visitor Clinic Drop in to get your baby weighed. Please ensure that you arrive 15 minutes before the end of the session to ensure you will be seen. Starting 03.01.23.

10.00-10.45 Parent & Toddler Yoga (1-4yr) 11.00-12.00

Mother & Baby Yoga 12.00-1.00

Pregnancy Yoga Booking required. Starting 10.01.23 Contact Keeley: 01702 475700

1.30-2.30 Baby 2023 Postnatal group for you & your baby socialise. Explore different activities & discuss baby related topics. For babies up to 3 months (older siblings cannot attend) Booking required. Starts 10.01.23

Wednesday

10.00-11.15 Stay & Play A session for you and your child to socialise and explore activities. For children aged 0-5 years. Drop in session. Starting 11.01.23

12.30-1.30 & 2.00-3.00 Baby Massage A combination of massage and stretches for baby. Songs and games designed to develop babies' senses and improve interaction and bonding for babies aged 8 weeks-6months. These courses are free to attend and run for a period of 5 weeks. Booking required. 11.01.23-08.02.23 22.02.23-22.03.23

12.30-4.00 Asthma & Allergy Clinic (by appointment only)

Thursday

9.00-4.00 Midwife Clinic (by appointment only)

9.00-4.00 ABSS Speech & Language 1:1 (by appointment only) Starting 19.01.23

10.00-11.00 Baby 2023 Postnatal group for you & your baby socialise. Explore different activities & discuss baby related topics. For babies up to 3 months (older siblings cannot attend) Booking required. Starts 12.01.23

1.00-2.00 Baby Play

Baby sensory themed sessions. Sessions for you & baby to socialise and explore. For babies aged 0-12 months. (Older siblings cannot attend) Drop-in session. Starting 16.09.22

6.30-8.30pm Understanding Your Pregnancy Antenatal Classes Booking required

Friday

1.00-2.00 Messy Play A session for you and your child to socialise and explore different feels, textures and mess. For children aged 0-5 years. Please bring wipes/change of clothes for your child. Drop-in session. Starting 13.01.23

Did you know you can collect your Healthy Start vitamins from the Family Centres? Healthy Start Vitamins are available from Southend Family Centres – please call 01702 220 810 to check the centre you wish to attend is open and stocked then bring in your voucher/card to collect your vitamins.

Find us on Facebook / Instagram

General enquiries Email:

Session Bookings Email:

Telephone:

[@SouthendFamilyCentres](#)

familycentres@southend.gov.uk

fcsessionbooking@southend.gov.uk

01702 220810

January 2023 Challenges

Buy Nothing New Month is a new campaign organised by the environmental charity **Keep Britain Tidy** which embraces buying nothing new for the whole of January, to save your pennies and protect your planet.

[FIND OUT MORE](#)



DO MORE, BUY LESS

While giving away our unwanted stuff and recycling are both great, we need to do more and buy less. That's what Buy Nothing New Month is all about. A month to embrace buying nothing new for the whole of January



What a year it's been at [HARP](#), and I am pleased to say that we are still working hard to make sure we are there for every vulnerable person that needs us in and around Southend to overcome and escape homelessness. And this is where you can help!

Now is the chance to decide how you want to start the New year, why not get outside and help some of Southend's most vulnerable people. By taking part in the challenge of completing 31 miles or more this January and raising money for... 31 miles or more this January and raising money for HARP, you'll be helping local people who are experiencing homelessness or at risk of losing their homes to stay off the streets.

Take part in our ****31 Miles in 31 Days**** New Year Challenge. You can smash out all 31 miles (or more) in one go, do a mile a day, or anything in between.

We are excited to let you know that registrations are now open for the 2023 edition!

Over the last two events the event has raised over £11,500 by supporters walking, running and cycling so, why not rise to the challenge and take part?

Recycle your Christmas Tree



Between Tuesday 3 January and Friday 13 January, if you have a real Christmas tree, please put it on the boundary of your property on your normal collection day.

If your tree has not been collected by Friday 13 January, a missed Christmas tree report can be made on **MySouthend**. Veolia aim to collect your tree within 7 days. Remember to take off all the decorations!

[Find out more](#)

A Focus on Youth

Shoebury Youth Centre

204 Delaware Rd,
Shoeburyness
Southend-on-Sea
SS3 9NS

Tel. 01702298495



Friday Senior Sessions for children aged 13+ 6:30 - 9pm.^

Activities include: Football, Art, Pool, cooking, Games and Music. Feel free to come along and join in. Please call: Janice Lyons @ Early Help, Family Support and Youth Offending Service on 01702 534300 for more details.

Saturday Youth Club at Shoebury Youth Centre 11 - 1pm.

A weekly session for those aged 8 to 15 with snooker, sing-a-longs, games, football and chat.

Contact: Janice Lyons Team Manager Please call 01702 534300 for more information

E-mail janicelyons@southend.gov.uk

***Free to attend**

Cost of Living Support

Southend-on-Sea City Council has published a useful booklet covering:

- Financial support
- Benefits and support for those with children
- Food support
- Warm Hubs
- Energy cost advice and support
- Business support
- Housing Support
- Domestic abuse
- Health support

The booklet will be delivered directly to vulnerable residents such as those who are in receipt of benefits, but will also be available from the Civic Centre and public libraries. Charities will also be handing out the booklets to their beneficiaries.



You can also request a digital copy of the booklet by emailing media@southend.gov.uk.

Food and fuel

There are a few ways you can access food and fuel.

[Citizens Advice Southend](#) may be able to help with food vouchers or to access with assistance for switching fuel provider and reviewing hardship.

- Email: southendinfo@citizensadvicesouthend.org.uk
- Direct telephone number: 01702 456352 or 01702 456366

[The Essential Living Fund](#) may be able to help with short term one off emergencies with a food and fuel award.

Foodbanks give free food to people who are struggling financially. Visit the Trussell Trust to [find a foodbank near you](#).

[The Salvation Army](#) also offers emergency assistance to people in need.

[Family Action](#), who run our local family centres are running weekly Food On Our Doorstep (FOOD) clubs which provide good-quality food at a low cost, while also reducing food waste.

EVERY LITTLE HELPS:

The government is providing funding to cap single adult bus fares to £2 per journey from 1st January to 31st March 2023. The flat rate cap will apply to most single journeys within our Essex network. Bus travel has not returned to pre Covid levels and there is the possibility that some routes may be axed if passenger numbers continue to decline. Please consider using bus services more regularly if you can. **'Use it or you may lose it.'**



Get Vaccinated, Get Boosted, Get Protected

Colder weather, mixing with more people indoors and lower levels of natural immunity mean the chances of becoming unwell and catching flu, COVID 19 and shingles are high.

The good news is you can do something about it.

The NHS offers FREE vaccinations for those at the highest risk of being unwell to help[you this winter.

If you are invited for a FREE vaccination, don't delay, protect yourself as soon as possible to give yourself the best possible protection from illness this winter. Visit

[EssexDoYourBit.nhs.uk](https://www.essexdoyourbit.nhs.uk) for more information

Flu: 5 reasons to vaccinate your child

1. **Protect your child** The vaccine will help to protect your child against flu and serious complications such as bronchitis and pneumonia
2. **Protect you, your family and friends** Vaccinating your child will help protect more vulnerable friends and family
3. **No injection needed** The nasal spray is painless and easy to have
4. **It's better than having flu** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
5. **Avoid costs** If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit www.nhs.uk/child-flu

Concern over Shoebury homes plan as roads flood



Flooding on roads close to a site set to be transformed into more than 200 homes has sparked concerns over the development.

Campfield Road in Shoebury was completely flooded in December, leaving it almost impassable to traffic. The road, which frequently floods during heavy downpours, is just yards from an area of Gunners Park where 214 homes are set to be built.

In December last year Garrison Developments' application for the scheme off Barge Pier Road was narrowly passed by councillors despite flooding concerns. Concerns were raised that the buildings, some five storeys high, were being built on a flood plain and the influx of homes would impact nearby roads. Garrison Developments believes it will be able to overcome concerns about flooding by raising the development to just over six metres above sea level. To do this however, thousands of tons of soil will have to be transported to the development site.

Southend Climate Action has urged us, as one of the 26 things we can do to reduce our carbon footprint, to:

*Swap your car journeys. Choosing to travel by bike or public transport is one of the best ways to reduce your carbon footprint. **Every journey counts** and the more journeys you swap, the more pollution you prevent:*

And yet, the same Council has just approved a planning application allowing the developer to authorise 8,500 diesel lorries to enter and exit our City with tons of soil, saying this is more environmentally friendly than using trains or boats.

Has any consideration been given as to how this will affect our roads, some of which, like Thorpe Esplanade & Shoebury Common, are sand based and not suitable for 40-ton lorries using them on a daily basis?

Heavy discussions at the full Council Meeting

Cross party disputes were evident at a recent council meeting questioning why the DCC approved a recent application to transport many thousand tons of soil through Southend using 12 lorries every hour, 5 days a week for 2½ years.

If you want to help us fight this ridiculous proposal, then please click on the link below & sign the petition:

<https://democracy.southend.gov.uk/mgEPetitionDisplay.aspx?id=69t>

Thank you

And now for some Good News

More than 2,000 children benefit from 2022 Toy Drive generosity



More than 2,000 children have received a Christmas present thanks to the generosity of residents who donated gifts to Southend-on-Sea City Council's annual Toy Drive.

A grand total of 3,127 toys were generously donated this year, making up a total of 2,031 wrapped toys, as some parcels have more than one gift, using 600 metres of wrapping paper and 17 rolls of sticky tape.

Thank you to all the volunteers who keep Shoebury clean



It has been another busy year of river and beach caring, thank you all for your enthusiasm, hard work, and dedication.

Some of the collected litter was on display at the St Wulfram's Christmas Tree Festival, where they use the opportunity to highlight the work of their volunteer team and the impact of plastic and litter on our environment. This year's tree was created using around 400 plastic bottle tops, collected by volunteers and members of the local community. What a beautiful way to reuse plastic!

Cate, David and Lynsey the RiverCare & BeachCare team



Bookmark

Do something wonderful in 2023

Your time could change a child's future

An hour a week for you. A world of opportunity for them.

One in four children will leave primary school unable to read well. We urgently need reading volunteers to read with a child, for 30 minutes, twice a week.

Sign up today and you could help a child aged between 5 and 9 years old learn to read, so they can succeed in school and beyond.

Become a reading volunteer today!

ESSEX WILDLIFE TRUST



Gunners Park and Shoebury Ranges Nature Reserve

We are so lucky to have such fantastic wildlife on our doorstep, but it needs managing all year around, so we owe a lot to our own Ranger Andrew for the hard work he and his team of volunteers do every week to keep our wildlife safe and manage our flora and fauna so effectively. The wonderful photographs are an added bonus. **Thank you.**

