



## 'Shoebury Matters' November 2022

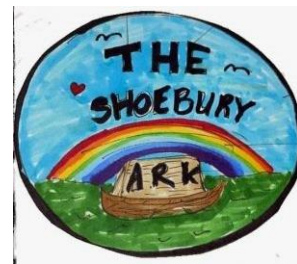
### Getting To Know You

#### Groups and Organisations based in Shoeburyness with strong community links

This edition of the newsletter features:

- The Shoebury Ark
- Trust Links Growing Together Shoeburyness
- SECAT South East Community Academy Trust

### The Shoebury Ark



The Shoebury Ark is a charity which aims to help alleviate poverty in the Shoeburyness area (*one of the most deprived wards in the country*) by the provision free, freshly cooked meals. In addition we also sell at very low cost tinned/packet food and children's clothing. We give out food parcels on case by case basis and also signpost people to other support agencies.

We operate each week on a **Tuesday 2-4pm from Friars Baptist Church, Shoeburyness**. We aim to provide a service in a welcoming non-judgemental environment to anyone in need. Currently we serve approximately 200 meals a week

In 2021 Friars Baptist Church, Shoeburyness, collaborated with another local agency to test the need for a local facility to provide freshly cooked meals to the local community. This venture was known as the "Pop-up Community Kitchen" and served approximately 200 meals per week from the premises to those in need in the community. To fund the meals grocery items (tinned food) and children's clothing were sold at nominal prices and surplus 'near end date' food from supermarkets was also given away. Enabling families to get nutritional meals and buy cheap clothing and provisions provides them with the ability to better manage their finances and in some cases not have to make difficult choices such as whether to pay for food or heat.

## Trust Links

Trust Links is South East Essex's local independent charity for mental health and wellbeing. We offer therapeutic gardening, recovery classes, social activities, employment training, and more to people living with mental health conditions. We support around 1,500 people in Southend, Castle Point and Rochford each year. We're committed to building stronger communities and promoting sustainable living.

## Trust Links Shoeburyness - Growing Together



Growing Together  
Shoeburyness,  
Elm Road,  
Southend-on-Sea  
SS3 9RZ

Since opening in 2013, the therapeutic gardens have been awarded a Green Flag Community Award for being a tranquil and mindful place for the community in Shoeburyness.

We currently run two Growing Together members' days at Shoeburyness, **9am to 4pm on Tuesdays and Thursdays**.

Shoeburyness is the home of our **Women's Only Group**, a safe space for women to socialise, share support and take part in craft and creative activities. The Women's Group runs from **1pm – 3pm every Wednesday**.



From April to October we run **Dig It Youth** on **Wednesdays 4pm to 6pm**. Dig It Youth is an outdoor activities club for young people aged 10 and up. Dig It Youth take part in gardening activities or, or if feeling arty can try their hand at decorating our sheds with graffiti and other colourful artwork.

## Transforming a Community Space for Mental Health

The main building at Shoeburyness is built from sustainable wood, and we have put in polytunnels and raised beds for produce-growing. We also keep four guinea-pigs on site at Shoeburyness, which you can exercise and play with on members' days. Transforming the waste ground at Shoeburyness into a vibrant community hub has shown what local people can achieve when we work together for positive wellbeing.

## **SECAT South East Community Academy Trust**

We are a community of schools (Bournes Green Infant and Junior Schools, Hinguar Primary School and Nursery, Richmond Avenue Primary and Nursery School, Shoeburyness High School, Thorpedene Primary School and Nursery) working in partnership, sharing resources and ideas to provide a rounded and inclusive education to our pupils who range from the age of 3 through to 18.

'Building strong schools, building strong partnerships, building strong communities' is SECAT 's mission and they coordinate many support programmes and community events throughout the year.

### **SECAT Holiday Activity & Food Programme (HAF) December 2022**

HAF is a free and exciting holiday programme for children and young people aged 5 to 16 who are eligible for benefit related free school meals.

If your child is eligible for free Winter activities this year, we have 3 days of activities on:

**Wednesday 21st December, Thursday 22nd December, Friday 23rd December. Time: 9am-1pm each day**

- Start Reception/KS1 – 9-9.30am Finish Reception/ KS1- 12.50am
- Start year 3/4 – 9-9.30am Finish year 3/4 – 12.55am
- Start year 5/6/Secondary -9-9.30am Finish year 5/6/Secondary- 1pm

**Venue: Shoeburyness High School (main reception side access gate will be the drop off and pick up points at the times above)**

The children will be provided with a FREE breakfast, FREE healthy snack, and hot lunch for FREE.

During the day they will be able to take part in sport, art and music/drama which will be provided by teaching staff from across SECAT.

**We have 40 places available each day please book via:**

**<https://secat.coordinate.cloud/project/36812> or you can book via the Livewell site**

Please make sure children bring any medical information if needed and a refillable bottle if they have one.

Wearing trainers and suitable clothes for sport would be advised. Also, warm clothes as some of the activities will be outside.

## **SECAT Winter Community Update**

<https://savs-southend.us2.list-manage.com/track/click?u=47fc28b22dbfc1c596b567bd6&id=61809fab7a&e=afb8ac44bd>

## A Focus on Youth

### Climate Change Art Competition

(Closing date 19<sup>th</sup> December 2022)

# CLIMATE CHANGE ART COMPETITION



It is the youth of today that have the power to bring change, this is why Southend City Youth Council has decided to run an art competition. We want young people up to the age of 18 to create a piece of art following this prompt: Imagine you are an artist trying to spread the message of climate change, how will you do this?

We would like the pieces to be submitted by the 19th of December 2022. Entries can include a range of art forms such as music, poetry, artwork (no bigger than A2) and media/drama (short and snappy, no longer than 2 mins).

There will be one winner per key stage (KS1, KS2, KS3, KS4 and KS5). The winning pieces in each key stage will be displayed in the Focal Point Gallery Community showcase in January 2023.

Please email entries to [lucybissell@southend.gov.uk](mailto:lucybissell@southend.gov.uk) or deliver to the Southend Civic Centre, for the attention of Lucy Bissell. Please provide the name of the young person, parent/carer contact details and age.



## **NEW VVU (VIOLENCE AND VULNERABILITY) YOUTH VOICES PROJECT WITH £90 DONATION (AND CHANCE TO RUN MULTIPLE SESSIONS)**

The VVU have listened to views from children and young people for that last 3yrs to help shape priorities and spending for their work **to make young people feel safer in their communities** If you run youth sessions with at least 15 young people aged 11-25yrs as a part of an officially recognised charity or organisation then you can take part. Funding for this project is limited and we are hoping to involve 5 groups in each District of Essex (plus the unitary authorities of Southend & Thurrock). [Find out more](#)

## **Crime**

### **MEET OUR NEW DISTRICT COMMANDER**



SOUTHEND'S new police district commander insists maintaining trust and confidence in the force from the city is a top priority.

District commander, chief inspector Jo Collins, has lived in the area for nearly 30 years and is now responsible for officers who respond to 999 calls and who are solving and preventing crime across Southend.

Ch Insp Collins wants to address the myth that all the policing resources are concentrated on the tourist areas.

She said: "The perception might be that we're focused on the seafront, but we have neighbourhood and ward officers in every area across the entire district.

Click on the link below to listen to her story:

<https://www.youtube.com/watch?v=DpnhVC7x3NU>

### **Do you have a question for the Commander?**

SRA attend the IAG meetings at Southend Police HQ to listen to the latest crime statistics, but if any member has a question they want to put to the commander, please let us know using our email address:

shoeburyresidents@gmail.com

## White Ribbon Day

This is a video about Domestic Abuse, which affects so many of our women who deserve to be treated with respect and live a joyful life.

***The SRA supports the White Ribbon Day***

<https://www.youtube.com/watch?v=k71HVopMBYo>

## Keeping Safe

**AVOID BEING A VICTIM OF FRAUD:**

**Fraud is on the increase**

[Helping people become 'fraud savvy' and looking after victims](#)

Essex Police are working hard to make sure people are protected from frauds and scams and that victims are safeguarded from repeat attempts. [Read more.](#)

[www.essex.police.uk](http://www.essex.police.uk)

## Helping to mitigate Climate Change

### City's mission to increase recycling rates in low performing areas

Southend cabinet members Cllr Martin Terry and Cllr Carole Mulroney have been visiting roads with the lowest recycling rates to encourage more recycling and speak to local residents about recycling habits.



### Let's Increase Recycling rates in Shoebury:

Recycling has positive impacts both on climate change and finances. Any rubbish that is not recycled is sent to landfill, an incredibly wasteful and expensive way of dealing with our waste. However, every time we increase the recycling rate by just 1%, we divert valuable resources away from landfill to recycling and save local council taxpayers £120,000. By recycling, we can all ensure that our limited resources can be used where they are needed most.

Recycling also greatly reduces the amount of carbon dioxide (CO<sub>2</sub>) being emitted into the atmosphere. In 2021, recycling and composting the content of the pink recycling sacks, blue paper and card boxes, food waste caddies and garden waste bins and sacks collected by Veolia in Southend-on-Sea, prevented the equivalent of 8,000 tons of CO<sub>2</sub> being emitted into the atmosphere. That is the equivalent of taking 1,725 cars off the road for a year.

### **WHAT CAN GO INTO OUR PINK SACKS:**

Glass bottles & jars  
Drinks cans and food tins, empty aerosols and clean foil.  
Plastic Trays, pots, tubs & films  
Plastic bottles  
Carrier Bags.

### **WHAT CANNOT GO INTO OUR PINK SACKS?**

Crisp packets - polystyrene - hard plastics - batteries - mirrors - spectacles - drinking glasses - pet food sachets - nappies - plate glass & crockery.  
Paper & cardboard in blue box  
Textile in clear textile sacks  
Small electrical in a plastic carrier bag  
Food waste in the blue food bin

Further details can be found by clicking on the link below:

<https://www.southend.gov.uk/recycling-waste>

**Thank you so much:**

## **Festive Freebie**

🌲 FREE FESTIVE PARKING RETURNS TO SOUTHEND 🌲 P

All [Southend-on-Sea City Council](#)-managed car parks across the City will be free all day on Sundays until Christmas, providing a welcomed boost for traders across Southend-on-Sea

The free festive parking offer will start Sunday 4 December and runs up to and including Sunday 18 December. The free festive parking is offered by the council to support all local businesses during the festive season to help boost trade and entice shoppers to the City.

The offer applies to council run 'off-street' car parks, but not 'on-street' parking bays. A list of council car parks is available on the Council's

website: <https://www.southend.gov.uk/directory/17/a-to-z/A>

## **Your Say Southend**

<https://yoursay.southend.gov.uk>

Join **the** conversation. Where we live is important to us all and we want to make it **the** best place it can be and we cannot do that alone.

We need **your** help to tell us about **the** issues **and** the positives...



## **Folks Like Us**

Folk Like Us is a free service, providing support and advice to people over the age of 55, living in the city of Southend who are experiencing loneliness and isolation.

### **This National Lottery Community funded project aims to address the following issues:**

- Older people in Southend feeling isolated because they can't participate in local social or community activities. This could be due to poor health, lack of confidence, transport issues or just not knowing what's available.
- Older people feeling disadvantaged because they can't easily access information which could lead to an improved quality of life.

### **Benefits to its Members**

- Increased Confidence
- A decrease in social isolation and loneliness
- Better social connections with the local community
- Improved sense of wellbeing
- An opportunity to share lived experience and be a positive influence in the community

### **Services provided by the project**

#### **Folk Like Us Hubs**

Our Hubs allow anyone to drop in during the specified times whether they are a registered member or general public seeking information.

#### **Our Hubs are ideal if you would like to:**

- have a chat with the team
- meet other people
- learn about local services and support
- get involved in one-off special days

#### **Shoebury Hub**

The Folk Like Us Shoebury Hub is open on Mondays between 10am – 2pm at 151 West Road, Shoeburyness, SS3 9EF. You will see our signs at the front and side of the old church building directing you to our Hub. As with the Central Hub, there is support and

Hub activities have been introduced; many of which have been borne from member ideas. We have a weekly knitting group who knit for local causes, a monthly walking group, active picnics, service information shares, quizzes, as well as soup and jacket potato days to name but a few!

To find out more call the Turning Tides Team on 01702 356 070

**[OR CLICK HERE TO SEND AN EMAIL](#)**



## 11<sup>th</sup> November 2022 WAR MEMORIAL SERVICE IN SHOEBURY:

Remembrance Day marks the day that World War One ended, at 11am on the eleventh day of the eleventh month, in 1918. It gives us as a nation the opportunity to come together to remember all the soldiers who sacrificed themselves so that we were able to live free of our own volition.



Residents turned out in their hundreds on November 11<sup>th</sup> to attend this annual service at the War Memorial in Campfield Road.

# Health & Wellbeing Centre



## Question for Shoebury Residents Please

As the Shoebury Residents Association (SRA) is now part of the "project team", it would be nice for us to know what type of services **YOU** would like when they design your new Health & Wellbeing Centre in Shoebury.

PLEASE let us know, so we can talk **for** our residents, knowing what your needs are. Thank you.

Send an email to [shoeburyresidents@gmail.com](mailto:shoeburyresidents@gmail.com)

## 3.8 Shoeburyness | Southend Local Plan

Residents may be interested to view the Local Plan for Shoeburyness via the above link.

## **News From East Beach**

### **East Beach Talking Bench**



As you all know we have a Talking Bench on the North Common and after months of discussions our second bench is now in place. The base is being provided next to the sound mirror.

It is solar powered so facing the sun is not only an ideal location but will keep the batteries charged. Trust Links will then upload messages as partners in our aim to support mental health issues in Shoebury. It will also be a place to sit & talk with other people and perhaps at some time, view the colourful Rasta Boat after it has been refurbished.

All this is not possible without the support of local charities, Southend Parks department, our Ward Councillors and of course you, our Shoebury Residents

### **East Beach Toilets in George Street**

We complained to the Council when these toilets were changed to UNISEX and have been fighting ever since to get them changed back. This is our latest reply:

"We have appointed Project 275 Limited as the main contractor to undertake work to separate the George Street toilets into male and female. The Pre-Start meeting with the contractor is scheduled for tomorrow and works will commence either next week or early the week after and we are hoping to complete the works before Christmas (subject to a couple of materials lead ins) Part of the toilets will be maintained for public use throughout the works".

### **New Picnic Tables**

New picnic tables are now in place as part of the 2-million-pound investment agreed by Southend Council. Plans have also been submitted for three new kiosks selling refreshments



### **Beach Clean Leaders and Volunteers**

We have been asked to thank you all for the support you have given throughout 2022 in keeping our beaches, parks & commons clean for everyone to enjoy.

# THANK YOU

## East Beach Car Park and Pathways



Proud to introduce our new off-grid street lighting for active travel routes for Southend on Sea

It was always included in the design to have sensible lighting to ensure people using the area at night had a safe access from George Street & the Station onto the car park & toilets. However, the Council had to ensure it did not affect the local habitat.

A full Ecological appraisal was provided to ensure they considered all the ecological desk study and a UK Habitat Classification survey. This is to identify ecological constraints and to minimize the impact of the works on biodiversity.

They were also aware of the importance of climate change, so wanted to include lighting that was solar powered with wind turbines to make full use of the natural sources available. These are what have been chosen.

## Food and Energy Crisis - Shoebury Heat Hub

Southend City Council have announced a list of public buildings across the city that will act as 'Heat Hubs' for local people when open and Shoeburyness Library in Delaware Road has been nominated as our local Heat Hub. Residents particularly those struggling with rising energy bills can visit during normal opening hours to warm up in a safe and welcoming space. Shoeburyness Library lift has been repaired and is now fully functional.

## SOUTHEND LIBRARIES NEWSLETTER

<https://content.govdelivery.com/.../UKS.../bulletins/33a7615>

The council has also secured £10,000 of funding to increase access to cheaper food via a food market van. This will be targeted to areas where there is currently no free food provision such as food banks.

In addition, the council has launched an information and signposting campaign via social media and the council's website, with a variety of information available at: [southend.gov.uk/costofliving](https://southend.gov.uk/costofliving) - this digital campaign is being supplemented by a cost-of-living support booklet.



PDF 167277 SCC COST OF LIVING BOOKLET.PDF

If you want SRA to print a copy of the Cost of Living Booklet for you, please let us know.

If you feel we could help in any way, please let us know by contacting: [shoeburyresidents@gmail.com](mailto:shoeburyresidents@gmail.com)

**Please do not suffer alone**

## **Good News Story Shoebury**

### **Community Builder Rob Sponsored by Shoebury Residents Association**

It was great to see the community and local traders come together West Road Shoebury to switch on the Christmas lights around the shops. Mulled wine and mince pies were served, a local singer sang some old favourites and even Santa made an appearance.

The event was organised by Foxgloves in West Road to promote people using local shops to bring the traders together but to also bring the community together for a free event.

About 70 local residents came together and it was really great to see people catching up and chatting, local crafters produced some fantastic goods and even the guys in the west Road workshop made some fantastic goods.

Previously Rob had supported traders and residents in West Road to 'green up' the area by replacing, mending and replanting planters alongside the shopping area.

## **Dates for Your Diary**

**TrustLinks Christmas Fayre** 3rd December 2022 11 AM – 2 PM

**Where:** TrustLinks, 47 Fairfax Drive, Southend-on-Sea, SS0 9AG

**Annual Salvation Army Christmas Carol Service** 4th December 2022 4 PM

**Where:** Garrison Clock Tower, Chapel Road

**CHRISTMAS MARKET** 10th DECEMBER 2022 10 AM – 5 PM

**Where:** Shoebury/Thorpe Bay Baptist Church, Thorpedene Gardens

*\*See SRA Website for further details*

## **And Finally looking forward to 2023**

Following the success of the Hares About Town trail in 2021, Havens Hospices will be teaming up once again with Wild in Art in 2023, bringing an Elephant Trail to the City of Southend that will leave a lasting impression. SECAT is extremely excited to be involved in this amazing project and have, along with each of our schools, adopted a member of the herd. The whole SECAT community is working hard to run charity events, with donations going to Haven's Hospice. We look forward to receiving our Baby Elephants in the new year to design, decorate and name. Each elephant will then be displayed together with the other baby elephants across Southend, Shoebury and Leigh's indoor public areas for a minimum of eight weeks in July and August 2023. After the trail our baby elephants will stomp back to us. [www.herdinthe.city](http://www.herdinthe.city)