

'Shoebury Matters' March 2023

2023 AGM

Tuesday 16th May at 7.30

St Andrews Church Hall, Church Road, Shoeburyness, SS3 9EU

Sarah Mills from the **South East Essex Alliance** will update us on progress with the new Shoebury Health Centre and tell us more about the Alliance plan and what it means for us.



Our Health in the Future

Our Residents' Association has joined all the local NHS groups to ensure we are part of this new Alliance, not only to share information with you, but to help guide the correct care and support needed by Shoebury Residents as we go forward.

South East Essex Alliance

The South East Essex Alliance is a partnership of many organisations across health, social care and the voluntary sector working together to ensure the populations of Southend, Castle Point and Rochford live well.

Existing areas of focus include improving access and ease of navigation across all services and supporting residents with their mental health and wellbeing.

The South East Essex Alliance is committed to:

- Understanding and working with communities.
- Joining up and co-ordinating services around people's needs.
- Addressing non-medical factors that affect the health and wellbeing of local people.
- Supporting quality and sustainability of local services.

Our highest priority is providing the best possible care for current and future patients and the wider population through integration of wellbeing provision. An integrated, modern healthcare facility, fit for the 21st century, will help us to improve the patient experience and provide a better working environment for staff.

Shoeburyness Health and Wellbeing Hub

Local residents have been and will continue to be involved with plans for this exciting new health and wellbeing centre, which we want to offer a range of services in addition to those currently based at Campfield Road Health Centre. There will be no reduction to the services currently provided by the two practices based there.

Listening to the views of patients and residents of Shoebury and the surrounding area is an important part of informing plans for Shoebury Health Centre and the services it hosts.

Local health and care partners share an ambition to bring together a range of health, social care and community services under one roof. To provide the best possible service to residents, we need a flexible, modern building based in the local community that's fit for the future. We've taken the first step in engaging with local residents to make this happen.

More than 600 people shared their views, helping to identify a preferred site for an exciting new health and wellbeing hub that we expect to include a wider range of services as well as those currently located in the Campfield Road health centre.

The preferred site, chosen by a range of stakeholders after a robust engagement and scoring process is **Shoebury House**. (the Old Hospital in Ness Road) It was selected from a shortlist that also included The Garrison, Thorpedene, North Shoebury and the current health centre site on Campfield Road.

The reasons why it was chosen:

- Residents prefer it.
- There is sufficient space for expansion (working with partners).
- The site is close to an existing bus route.
- It lies in the heart of the Shoebury community.
- The location is not far from Campfield Road health centre.
- There is a lower flood risk for the site with options to mitigate flood risks.
- Some funding is already available from insurance following the Shoebury House fire, which can be supplemented.

The Spring Covid-19 Vaccination Programme

NHS Mid and South Essex is confirming a spring vaccination will be offered to those eligible from **April 17 2023**.

The dose will be offered to adults aged 75 and over, older patients in residential care homes and anyone aged five and over with a weakened immune system.



Those eligible for the spring booster vaccinations will be contacted (around six months after their previous dose) and are able to book an appointment via their GP where available.

REMEMBER Covid is still with us – Stay Boosted



Fall-proof
Strength and balance plan



Let's move to keep you strong

Fall-proof gives you easy to follow strength and balance exercises that you can do at home, as part of your daily routine. No need to put aside time each day for an exercise programme – just build these Fall-proof movements into what you do already, like waiting for the kettle to boil.

With Fall-proof, you can:

- Check your current strength and balance
- Do simple exercises that help you feel younger and stronger
- Track your progress

**Stay independent,
strong and active.**

**Download your free
booklet and 'Move
To Improve cards' at**

www.fallproof.me

“
You can do it
at different times
during the day, so
it doesn't interrupt
your routine.
”



Membership Renewal – Final Call

Thank you to everyone who has already renewed their SRA membership, but just in case you have forgotten, this is a reminder that your current membership ends on 31st March 2023

The association is run entirely by volunteers, but membership fees are needed to cover insurance, postage and day to day running costs. As a paid member you will receive regular newsletters and updates and we also try to support you with any issues you may have. You are free to contact shoeburyresidents@gmail.com at any time if you need our support. If you prefer to talk to someone, then ring our Chairman, Peter Lovett at home on 01702 831861



Parking fees latest at Big and Little Gunners car parks

At Full Council on 23 March 2023, there was a Council motion to remove the charges proposed in locations within 'Parks and Open Spaces'; which was subsequently agreed.

Therefore, there will be no charges implemented at any park or open space car park within this Order (including Big Gunners, Little Gunners and Jones Memorial Car Parks) or applicable from 1 April 2023.

The item will however be deferred to Cabinet for further review and or consideration after the May local elections.

An Introduction to Urban Wildlife Champions



Join Essex Wildlife Trust to hear about how they can support your green efforts through their Urban Wildlife Champion programme

Event details: Tuesday 4th April from 12pm to 1pm, online via Zoom. [Book your place](#)

Essex Wildlife Trust's vision of a Wilder Essex cannot happen without grassroots, community-led action. We need people to take the lead and champion nature. Their Urban Wildlife Champions are a vital part in helping them to achieve nature's recovery by restoring, reconnecting and protecting our green, blue and brownfield spaces in our cities, towns and villages.

Join SAVS & Essex Wildlife Trust to learn more about their Urban Wildlife Champion programme and find out how their team can support your efforts to make our communities greener. Over the course of the session, we will cover:

- The various support that Essex Wildlife Trust can offer to you;
- How you can get involved and become an Urban Wildlife Champion;
- How you can take part in research by taking photos of your area.

Out and About in Shoeburyness



East Beach Cafes

Since our last newsletter, the concrete hardstanding at the site of the old Shoebury East Beach café, has been removed, and the site marked out ready for construction to commence.

Three units had been planned originally but this has now been reduced to two. Southend council is in talks with prospective tenants but there is no indication yet of what the outlets will be.

George Street Toilet Block

The two sets of toilets on East Beach were both refurbished last year but the George Street toilets were designated as unisex.

Residents protested strongly about this, and as a result the George Street toilets are once again separated into Male and Female units with baby changing facilities in each of them.



Public Toilet Charging

Are you aware that the current Administration at Southend City Council is planning to introduce charging to use public toilets across the city?

Tony Cox, one of our councillors from West Shoebury Ward, objects to this proposal and has started an ePetition that runs until 08/04/2023. Currently there are 36 signatures.

If you object to this proposal, and wish to add your name to the petition:

'We the undersigned petition the council to stop the proposed plans for charging to use public toilets.'

please access the ePetition via the link below.

[Public Toilet Charging](#)

Improving Access to East Beach

Wheelchair Ramp



Safe and easy access to East Beach has been an ongoing issue for many years.

The old concrete steps leading down from the small promenade in front of the beach huts had almost been washed away before they were replaced with non-slip metal steps with hand rails. Although an improvement, these access points remained inaccessible to wheelchair users and visitors with mobility issues.

Last week, the old wooden ramp that had fallen into serious disrepair and caused many accidents over the years, was at last dismantled and work is now underway to build a fully accessible route to the beach.

There remain however, two access points further along the beach, towards the MOD firing range, that have been roped off for the past few years and there is no news yet about when they might be upgraded and reopened.

Storm Water Pipe

In amongst all the other work going on at East Beach last week, a group of workmen were seen at low tide drilling into the end of the storm water pipe.



Shoebury House

Ness Road

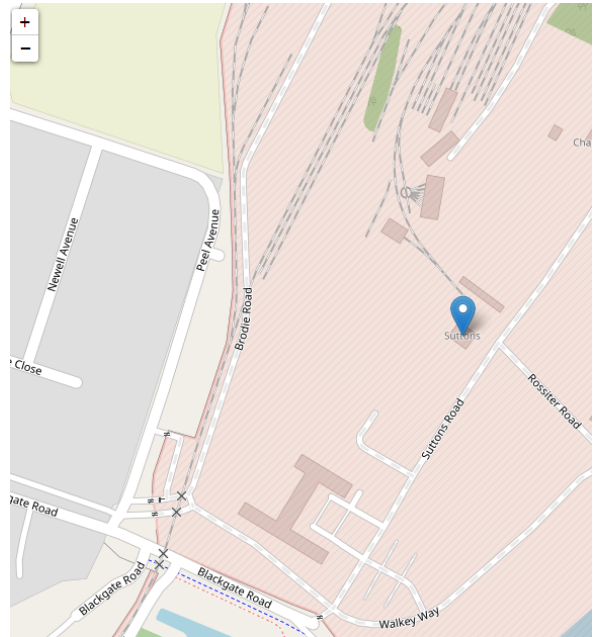
Since last month when the site of Shoebury House (The Old Shoebury Hospital) was surrounded by fencing ready for demolition to begin, very little appears to have happened. The fencing has been painted bright blue and several porta-cabins are now in place, but the building remains intact.

We do know however, that consultations are underway to choose a 'design partner' who will work with the local community while developing the plans.

Historic Shoeburyness



Suttons Manor House



Just visible in the winter from the corner of Peel Avenue

Very few Shoebury residents have ever seen Suttons Manor house due to its position on Ministry of Defence land, but in the winter, when the surrounding trees have lost their leaves, it is just visible from the corner of Peel Avenue.

Grade II listed Suttons Manor also known as South Shoebury Manor, is an Elizabethan manor house built in 1681 of red brick surrounded by a red brick wall and gate. The interior is believed to still have wooden panelling, an oak staircase, servant quarters, and around nine bedrooms.

It was home to the Knapping family for three generations and was purchased outright by Dale Knapping, the grandson of the original leaseholder. He made his fortune from the rapid growth in brickworks in the area during the mid-19th century and he funded the construction of the first school of the parish in 1863. When the school was too small for the number of children attending, a new one was built, and Knapping gave the building to the church - St Peters Church in Hinguar Street.

The land along with the house was acquired by the Ministry of Defence in 1890 as part of the construction of a new firing range in the area. The house had a new role of being the range master's office. Many of the outbuildings became gun sheds and stores. During WW2 and for a short time after, the house was separated into flats for single officers in the army. It has remained empty for many years now and due to it being on MOD land it is difficult for new life to be brought to the house due to the restrictions.

Unfortunately, Suttons Manor is on Historic England Heritage 'At Risk' register and is currently one of two on the list in the Southend area. Suttons is classed as category A where there is an immediate risk of further rapid deterioration or loss of fabric. Due to its location, future plans for the site are limited,

SECAT Easter HAF Sessions

HAF is a free and exciting holiday programme for children and young people aged 5 to 15 years who are eligible for benefits related to free school meals.

Where? Shoeburyness High School, Caulfield Road Shoeburyness SS3 9LL

When? Monday 3rd April

Tuesday 4th April

Wednesday 5th April

Thursday 6th April

Fun filled

Exciting time

Make friends

Times: 9am to 1pm

Free Breakfast, Heathy Snack and Hot Lunch

Activity

Come and join us during the school holidays for a fully inclusive, fun filled, exciting time with our experienced School Sports Partnership teacher and coaches.

Our camp is designed to accommodate all children no matter what their interests. With a wide range of sessions and activities, your children will enjoy a fun packed day. Our activities include, a variety of sports, Easter egg hunts, dance, arts and crafts and playground games including dodgeball and gymnastics.

What to bring

Come in sportswear and warm clothes as the sport element of the day will be outside.

Bookings <http://secat.coordinate.cloud/project/39643>

But hurry, there are only 40 places each day.

If your child has a special educational need.

Staff will be trained. Please discuss any additional needs

Contact information.

Kirk Edwards

kirkedwards@secat.co.uk

07771 847919



SAVS

Pip's Treasure Hunt – A Better Start Southend



Are you looking for some FREE family entertainment over the school holidays?

Pip's Treasure Hunt is a fun activity for the whole family to explore our city and visit some of your favourite places and perhaps some places you never knew existed! The free **Actionbound app** will launch with Pip's Treasure Hunt on Saturday 1st of April and will remain open throughout the Spring holidays.

The aim of the game is to find our colourful mascot Pip around the city, earn points and see how far you can get on the scoreboard.

More will be revealed soon on our social media channels but get your comfortable shoes ready for some family fun!



Shoebury - Easter Holiday Activities



4th April

A fun day with different sport activities: tennis, cricket, football.

Time: 2-5pm **Venue:** Shoeburyness Park **Age:** Primary/Secondary **Cost:** Free

Contact: ikalisz@atfcommunity.com 07783756593 www.atfcommunity.com



About the Event

Come along from Friday 7th - Sunday 9th April to take part in the Easter Egg Hunt!

Simply collect your activity sheet (£2 per child plus usual pier admission prices)

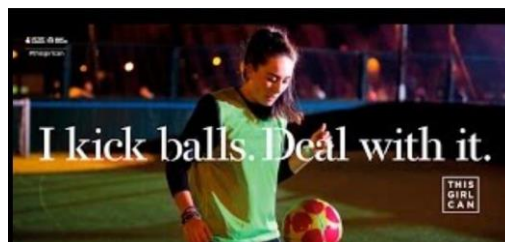
Once you have completed your activity sheet, hop over to the Royal Pavilion to collect your prize! Best of luck!

Event times:

- Friday 7th April 10.30 am – 4 pm*
- Saturday 8th April 10.30 am – 6 pm*
- Sunday 9th April 10.30 am – 6 pm*

**Prizes must be collected by 5pm on Friday 7th, and 6pm on Saturday 8th and Sunday 9th April*

Girls On The Ball Easter football session, Shoebury Park



Where is it happening?	Shoebury Park, Elm Road,
When is it happening?	Tue Apr 11 2023 at 09:30 am
How much does it cost?	£5 per child
What is happening?	Two hours of girls football. Ball mastery, games and lots of fun with prizes to be won for ages 5-11

Don't be Alarmed!

UK Emergency Alert test – Sunday 23rd April

On Sunday 23rd April there will be a national test of the UK Emergency Alerts Service.

Emergency Alerts is a UK government service that will warn you if there's a danger to life nearby. In an emergency, your mobile phone or tablet will receive an alert with advice about how to stay safe. The government does not need to know your phone number or location to send you an alert.

You may get alerts about:

- severe flooding
- fires
- extreme weather

Emergency alerts will only be sent by:

- the emergency services.
- government departments, agencies and public bodies that deal with emergencies.

If you do not have a phone or tablet, you'll still be informed about an emergency. The emergency services have other ways to warn you when there is a threat to life.

Emergency alerts will not replace local news, radio, television or social media.

Repair Cafe @ Shoebury Hub 151



SATURDAY, 8 APRIL 2023 FROM 10:30-13:30

HUB 151 West Road Shoeburyness

We are excited to be back at the Shoebury Hub 151, West Road for our next Southmenders Repair Café. Bring your broken item and let's fix it together. PLUS enjoy a selection of treats to eat with tea and coffee.

A Focus on Youth - Fire Cadets

If you're aged between 14 - 17 and would like to try hose running, ladder pitching, pumping, breathing apparatus, search and rescue, first aid, control room procedures, science of fire and much more; why not become a fire cadet?



The Fire Cadet programme is a nationally recognised three-year programme and Fire Cadets can also work towards their Duke of Edinburgh Bronze, Silver and Gold Awards.

What do Fire Cadets learn?

The Fire Cadets course runs one evening a week for a total of 40 weeks. Cadets will learn all about the fire service, what we do, and how we help make Essex safer. Fire Cadets will also have the

opportunity to take part in a variety of operational fire service activities aligned to the National Fire Cadet Award.

As part of the course, Cadets will also work with our Prevention Department, firefighters and partner organisations to help the communities of Essex become safer. This will include some community engagement, home fire safety activities, fire station events and open days.

Once Cadets have completed their first year, they will demonstrate everything they have learned to their families and friends at a special "Passing-Out" Parade. Progression into year two and three is made through application and selection within your unit.

Fire Cadet Applications are now being accepted for September 2023, applications will be open from now until 17 April.

Interested in joining? click on the 'Apply for September 2023' button below:

[**Apply for September 2023**](#)

FOOD Club

A Club to provide families with good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for your family to become a member. Once you've joined, you can purchase a bag of tasty food items every week worth approx. £10-12 for just £3.50! To become a member, you must live or work within 15 minutes of the club.

Where? Friars Family Centre: Mon, 9:30am to 11:20am Constable Way, SS3 9XX

ASDA Announcement

Asda adds healthier meal options, including a vegan meal, and a free piece of fruit as it further extends its Kids £1 café meal deal across the Easter Holidays.