



HEART OF PITSEA

THE HOP



LOTTERY FUNDED

Local Trust | Big Local

HEART OF PITSEA NEWSLETTER

ISSUE NO.6

CHRISTMAS CHEER

It's been an eventful year and the Heart of Pitsea are proud to have developed and supported a wide range of projects and activities. These have included a Summer Fun Day, self-defence classes, business training workshops, women's fitness sessions, a gardening club, wellbeing walking sessions, youth café, community discos and quiz nights. We also supported a local dance group and helped to reduce their costs to make it cheaper for local children to get involved. We have also provided support for the local library to host seasonal activities for young people.

It doesn't stop here... it's only just begun. We have received a wide selection of proposals for more projects from local organisations who are keen to make a big impact locally. In the future you are likely to see confidence building workshops, weapons prevention sessions, more discos and quizzes. We are always keen for local groups and organisations to get in touch and suggest projects that may benefit the local area. We are also keen to hear from local people about the types of activities you would like to see developed in the area. Since we started we have kept a record of all of the suggestions and we intend to turn them into reality when we can. We previously had a selection of community members suggest a Christmas Fayre, so this year we began with a very low scale community stall with a band and a local school choir. We talked to local people and shared details for all of the upcoming activities whilst giving away mince pies. There was plenty to do for young children at the library's Mrs. Claus Workshop including arts and crafts sessions.



"I feel more confident that I could protect myself."

- Self-defence class participant

"I've lost ½ stone and dropped a dress size since starting the Yoga class and this is the only thing I've changed. I now practice Yoga at home as well as attend the classes, I really enjoy it and have really benefited from this"

- JETstarts Participant

A YEAR FULL OF ACTIVITY



AND LOTS MORE TO COME

In partnership with



Basildon, Billericay & Wickford | CVS



Search for 'Heart of Pitsea'

...an engaged community that creates opportunities for everyone and feels good about itself!

WARM WINTER TIPS

Follow these tips to keep you, your family and those around you warm and well in extremely cold weather:

- Draw your curtains at dusk and keep your doors closed to block out draughts.
- Have regular hot drinks and eat at least one hot meal a day if possible. Eating regularly helps keep energy levels up during winter.
- Wear several light layers of warm clothes (rather than one chunky layer).
- Keep as active in your home as possible.
- Wrap up warm and wear shoes with a good grip if you need to go outside on cold days.
- If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, you should heat your home to at least 18C. It's a good idea to keep your bedroom at this temperature all night if you can and make sure you wear enough clothes to stay warm. During the day, you may prefer your living room to be slightly warmer. If you're under 65 and healthy and active, you can safely have your house cooler than 18C, if you're comfortable.



Follow these tips to keep your home draught-proof and energy-efficient this winter.

Block draughts - Check your home for any gaps where chilly breezes could sneak in. The most likely places are around doors and windows, loft hatches and pipes which lead outside.

Insulate everything - To help avoid messy bursts and leaks, get your pipes and water tanks insulated. And if your home's lacking in padding, now's the time to sort this out.

Bleed your radiators - This is a great way to warm up your home as it releases any trapped air, allowing hot water to fill every part of your radiator and warm your home more efficiently.

Boiler maintenance - Arrange for your boiler to be serviced every year. As everyone starts to switch on their central heating, the surge in gas consumption can lead to a big increase in boiler breakdowns.

Prepare for burst pipes - Make sure you know where your water stopcock is located. If you suffer a burst pipe you'll be happy you found it in advance!

Create a power-cut kit - Be prepared for the inevitable winter power cuts by putting together a power-cut kit. Include a torch and some spare batteries. A wind-up radio can help to listen to local news broadcasts.



Prepare your car for ice and snow - Driving in winter can be a challenge, so make sure your car's prepared for all weather conditions. Make sure you've got everything you need to clear your car of ice and snow, including an ice scraper, can of de-icer and a bottle of windscreen washer fluid. Take care on the road. Poor weather conditions can make driving in winter very difficult. If you have to drive in snowy or icy weather, make sure you reduce your speed and stick to major roads.

This article was created using information from www.nhs.uk and www.homeserve.com

Contact Us

Get in touch for more information. We are keen for community members to contribute to our newsletters in the future. If you are interested please get in touch at hello@heartofpitsea.co.uk or call **07572 001671**. Visit us on Facebook or the web at www.heartofpitsea.co.uk.

COMMUNITY SPOTLIGHT

Committee Members

Are you interested in making a difference?

We are looking for more residents to help support our committee. We meet once a month to encourage positive changes for the area.

Get in touch to find out more

Email: hello@heartofpitsea.co.uk

or call 07572 001671

GOT A GOOD IDEA?

BEEN TO A GOOD EVENT?

EXPERIENCED A GOOD TRAINING COURSE?

LET US KNOW AND WE MAY BE ABLE TO MAKE IT HAPPEN HERE

FIND US AT PITSEA LIBRARY Friday's 10am - 4pm

We are now based in the library every Friday excluding Bank Holidays.

We're also going to be holding a range of pop-ups across the Heart of Pitsea area. Keep a watchful eye and say 'Hello' if you see us.

We are currently changing our Coffee Mornings for the next few months and intend to host these on the first Thursday of every month. We will be confirming a new venue in the near future, keep an eye out on our Facebook page to keep updated.

Please like us on Facebook. Search for Heart of Pitsea

SOCIAL EVENTS

As requested by local residents, in addition to presenting educational projects and workshops, we have also now begun to have social events. In September we held our very first Saturday family night out in the function room at The Place which was called 'Swinging Sixties Party' and proved to be a fun event celebrating the music from the 1960s which was played exclusively from original vinyl records. Music from groups such as The Beatles, The Supremes, The Beach Boys, The Rolling Stones and The Monkees all proved very popular. We will revisit the era some time in the future. In November we moved on a decade to the 1970s for our 'Smashing Seventies Party' which featured original 45s from that decade. Stevie Wonder, Abba, Rod Stewart, The Carpenters and The Jackson Five were just some of the artists that wowed the crowd. On Saturday March 12th we are hosting our 'Electric Eighties Party' when we move forward in our musical time machine to host a night dedicated to the music of the decade that fashion forgot! There is a licensed bar for our parties and you can bring along your own nibbles. All proceeds from our ticket sales currently go to Cancer Research UK which the Heart of Pitsea is supporting at the moment.

In October we hosted our very first Quiz Night which was held at Pitsea Library. Six enthusiastic teams answered (or attempted to answer!) questions on characters, sports and games, families, food and drink, music, the movies and more. The top cash prize eventually went to the smallest of our teams – The Four Musketeers. Our next venture into quizland will be on Friday February 26th and will once again be held at Pitsea Library. This one is a 'Pop Quiz' and will feature questions from many musical eras. Again, there are cash prizes to be won so why not get a team together? You can bring along your own refreshments.

Reserve your tickets for the party or quiz in advance by calling 07572001671.

NEWSLETTERS

INCREDIBLE EDIBLE GARDENING

WALKS



ANNUAL GENERAL MEETING



DISCOS

FUN DAY COFFEE MORNINGS

QUIZ NIGHTS BUSINESS TRAINING

Start your day with a SMILE!

UP AND COMING

EVERY WEDNESDAY

4pm till 6pm

THE PLACE

YOUTH CAFÉ

(11-19 year olds)

EVERY THURSDAY

9:30am START

CHALVEDON
COMMUNITY CENTRE

WALK 4 WELLBEING

(Community event)

THURSDAY 7TH JANUARY

10am till 12pm

THE PLACE

COFFEE MORNING

(Community event)

TUESDAY 26TH JANUARY

Times to be confirmed

Register to attend

THE PLACE

ONCE UPON A TIME

Discovering your
personal genie

(Community workshops)

THURSDAY 4TH FEBRUARY

10am till 12pm

THE PLACE

COFFEE MORNING

(Community event)

FRIDAY 26TH FEBRUARY

7pm till 11pm

PITSEA LIBRARY

POP QUIZ

(Community event)

THURSDAY 4TH MARCH

10am till 12pm

THE PLACE

COFFEE MORNING

(Community event)

SATURDAY 12TH MARCH

7pm till

THE PLACE

ELECTRIC EIGHTIES
PARTY

(Community event)



COMMUNITY Update



Every Wednesday between
4 - 6pm at 'The Place'.

Do you know anyone aged between 11-19?

The Youth Café is a free drop-in evening for young people to get together and have some time out. There are lots of activities to do and plenty of workshops. The workshops are chosen with the young people and can vary from DJ masterclasses, photography lessons, street dance taster sessions and much, much more. If you know anyone who may be interested please tell them and share our details.

We also hope to see other youth activities throughout 2017. A survey is in progress at 'The Basildon Academies' to help identify suggestions targeted for young people. The most popular responses will be developed by the Heart of Pitsea's very own 'Youth Unique Generation' throughout the new year.

Call 07572001671 or email
hello@heartofpitsea.co.uk
to find out more.



&



Presents

Exercise Buddies
'Walk 4 Wellbeing'

Want to get healthier and fancy meeting likeminded people?
Then join our friendly walk!
All abilities / ages are welcome, as are mums with prams.
Meeting 9.30am every Thursday
outside Chalvedon Community Centre, Pitsea.
After, we will even buy you a coffee!

For more information please call 'Walk Leader' Carla on
07846209846

Congratulations to our
'Name The Road' winner
Mrs McPadden who has
received our £25 prize.

The prize draw was
picked by Natasha
Cheung the Community
warden at Maydells Court.



Name The Road?

All you need to do to have a chance of winning £25 is to name the road where the picture was taken. Sounds simple, it is.

ANSWER:.....



Win £25

Complete the competition and enter our prize draw.

Enter your details below and return to:

Heart of Pitsea, George Hurd Centre, Audley Way, Basildon, Essex, SS14 2FL.

Alternatively you can hand in your entry at 'The Place'.

Closing date 29th February 2016.

Name:

Contact Number:

Email Address:

Post Code:.....

To qualify you must live within the SS13 Heart of Pitsea area

Tick box if you do not wish to be added to our email updates