



HEART OF PITSEA



LOTTERY FUNDED

Local Trust | Big Local

THE HOP

HEART OF PITSEA NEWSLETTER

SPRING 2015

FREE FOOD - HELP YOURSELF

A project called '**Incredible Edible**' is staking a claim across the country and is providing communities with **free food**.

Yes, you read that right... **free food!!**

So, how does it work? We have permission from the council to use and maintain 6 sites so far. We will prepare the area ready for planting. This means treating the ground and cultivating it ready for seeding and transplanting seedlings. Then it is down to us, **the whole community to grow, look after and harvest the food we plant and share it amongst ourselves and our neighbours.**

We are very excited to be launching our first sites with the help and support of **our local schools**. The pupils and students will be the first to germinate fruit and vegetable seeds. Hopefully, Mother Nature will then spring into action and let them take root.

Everyone is invited to join in or even nominate an area near you to be considered for planting. We will supply the tools if you bring your knowledge, expertise, love of gardening and passion for change. Look out for news on meet ups in your area and keep an eye out for dates and locations of our **pop ups** and **get free pots and seeds** to plant at home too. Check out our Facebook page, website, display area in Pitsea library or hop along to one of our coffee mornings at the café in 'The Place' every first Tuesday of the month between 10am and 12pm. If you would like to find out more our contact details are on page 2.

If that wasn't enough we have also agreed to support and host a variety of projects and events. **Find out more on page 3.**



In partnership with



Basildon, Billericay & Wickford | CVS



"Change doesn't happen by itself. It takes us to get involved"

• Sue

"I'm looking forward to the Heart of Pitsea community to bring a positive change to the area"

• Helen



Search for 'Heart of Pitsea'



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

DON'T LET 'EM ARF INCH' IT!

Burglars can strike at any time but most burglaries can be prevented by securing your home. Most burglars are opportunists and in 3 out of 10 burglaries, access is gained through a door or window. Follow this advice to help keep your home safe.

Windows

If you are replacing windows install ones certified to **British Standard BS7950** 'windows of enhanced security'. Also think about using laminated glass **6.4mm or greater**, particularly in ground floor and accessible windows as it's much harder to break.

On double glazed windows the laminated glass should be installed as the inner pane.

Fit window locks to all easy to reach windows, for example, those on the ground floor, above a flat roof or near a drainpipe.

DIY shops sell inexpensive locks to fit most windows but remember to remove keys from locks and store them somewhere out of sight. Your insurance could be affected if you don't. Security is vital, but at least one window in each room at first floor or higher level must have a means of escape.

Doors

Doors and their frames should be strong and in good condition. If your front and back doors are not secure neither is your home.

If you are replacing a door, improve your security by installing one that is certified to **British Standard PAS 24-1** 'doors of enhanced security'. If your door doesn't have a window to help you check who's at the door, fit a door viewer and chain.

Strengthen wooden doors by fitting a steel strip and plates to the door frame and around the lock. These are commonly called London and Essex bars.

Make sure hinges are sturdy and secured with strong, long screws. For added security fit a pair of hinge bolts. Never hang a spare key inside the letterbox – it's an obvious place that a thief will check.

Keep your doors locked even when you are at home. If you have a UPVC door, be sure to lock it properly by lifting up the handle **and** using a key.



If any of your belongings are stolen, you can increase the chance of being reunited with them by registering with Immobilise.

Immobilise helps us identify the owners of recovered property every day. It's completely free and allows you to create a private and secure inventory for all your personal property. All you need to do is register on the Immobilise website and list possessions identifiable by a unique reference number like IMEI, serial number, bicycle frame number etc.

Don't give the burglar a chance. Follow our advice to help keep your home as safe as houses. Always call 999 for an emergency and 101 for non-emergency Police calls.



FIVE NATURAL HAY FEVER REMEDIES

While we all look forward to warmer weather, for hay fever sufferers, summer can be unbearable.

If you don't want to dose up on drowsy drugs to beat those sniffs and sneezes, natural remedies could really help you get on with your day to day life even when pollen counts are at their highest.



Beat hay fever the natural way with these simple remedies

1. Vitamin C is a known natural antihistamine and can be found in oranges, lemons and grapefruit. Also present are bioflavonoids, which have powerful anti-allergy effects. The combination of vitamin C and bioflavonoids provides a natural decongestant and antihistamine for sufferers and helps alleviate symptoms effectively. Oranges are a good dose of vitamin C or you can take a supplement.
2. Red peppers and chilli peppers contain an active component called capsaicin. When eaten, this component opens nasal passages and helps reduce congestion brought on by hay fever, alleviating symptoms significantly.
3. Naturally occurring pigments in plants, carotenoids act as powerful antioxidants to help reduce inflammation in your airways and improve your immune system. A good source of carotenoids can be found in foods such as carrots, apricots, pumpkin, sweet potato and spinach.
4. An antioxidant and antihistamine, chamomile tea also contains flavonoids and acts effectively as an anti-inflammatory agent. While best taken as a cuppa during the day, chamomile tea can also be used as an eye compress. The compress provides a cooling effect to swollen, red eyes caused by hay fever and reduces irritability considerably.
5. Increasing your dietary intake of garlic can help boost your body's immune system, while also acting as a decongestant and helping to alleviate minor hay fever symptoms. It's also an anti-inflammatory and a good source of quercetin, a natural antihistamine.

This article was provided by www.goodtoknow.co.uk



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

COMMUNITY SPOTLIGHT

GARDENING CLUB

We're looking for keen gardeners to help change our neighbourhood. This year we aim to make a big difference and we can't do that without you. If you have some time to spare please let us know. If we all give a little the Heart of Pitsea can change a lot. You do not need any tools or equipment just get in touch.

Email: hello@heartofpitsea.co.uk

or call 07572 001671

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COMING SOON

COMMUNITY EVENTS AND PROJECTS

Register your interest in attending the following activities:-

Youth Café with free activities

Free Self-Defence classes which could include groups for Over 50's, Ladies only, Disabled, Retail workers and more

Quiz Nights

Free Business training sessions for individuals interested in starting their own business (limited spaces)

Free Business training sessions for existing businesses (limited spaces)

Themed community discos/parties

Fitness Sessions

Dates to be confirmed - Please check our website or join our Facebook page for updates.

COME ALONG TO OUR FREE BUFFET LUNCH

11am till 2:30pm SAT 16th MAY

We hosting an Annual General Meeting at **Chalvedon Community Centre** you can find out how to get involved and what we have planned for the future.

FIND US AT

PITSEA LIBRARY

Friday's 10am-4pm

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

The CAFE in 'The Place'

every first Tuesday of the month.

Catch up with us on **5th May, 2nd June and 7th July.**

SUMMER FUN DAY

Sat 29th Aug

Chalvedon field

Please like us on Facebook. Search for Heart of Pitsea



At the Heart Of Pitsea, one of our most important tasks is to find out exactly what local members of our community think about their area. We hear about the kinds of things that they would like to change, the types of new opportunities they would like to see introduced and social or environmental improvements they would like to happen. By listening to members of the public at our fun days, coffee mornings, public meetings and consultation events we have noted that one of the top priorities identified has been the need for more activities and projects aimed at young people.

Since the inception of this Big Local project, resident members have felt very strongly that children and young people should have a crucial role to play in developing, researching and leading their own ideas for the local community. With this in mind, we have brought together a group of youngsters aged between 12 and 17 to represent local youth initiatives. This enthusiastic team of volunteers will take key responsibility for talking with other young people in the area and finding out about the kinds of new activities and opportunities that are needed and wanted.

Although the Heart Of Pitsea Partnership Board is providing them with as much guidance, training and support as they need, we felt that this dynamic group of young people should be as independent and autonomous as possible. To this end, they have been given a budget of up to £2000 per quarter to spend on projects and programmes they have researched, created and developed by themselves. This allocation of money will guarantee that funds are being spent directly on what young people want. The team is currently in the process of creating its own identity and in our next newsletter we will provide an update on their progress.

COMMUNITY Update



Street Meet - Pitsea Library

11am on 21st April 2015

This is a local police "Street Meet" which is an ideal opportunity for you to come along and meet your local Police Community Support Officer (PCSO) Massimo Passantino. He will be able to help with any crime prevention advice that is needed and to discuss policing issues that may concern you.

The Youth Cafe takes place every Wednesday at 'The Place'. Young people who attend the session will have access to laptops to surf the net, Wi-Fi access, games, and a safe place to hang out after school.

The Youth Cafe is open to ages 11-19 years Every Wednesday from 3:30 - 6:30pm



WE WANT YOUTH!

Congratulations to our 'Spot the Difference' winner Mr Laundon who has received our £25 prize. The prize draw was picked by Helen Davis our Local Community Organiser.



CLAIM YOUR FREE SLICE OF CAKE

Bring this coupon to one of our coffee mornings at 'The Place'. Valid on 5th May, 2nd June and 7th July 2015. Enter your details below to also be entered into a £25 prize draw. Entries must live within the SS13 Heart of Pitsea area.



Name.....

E-Mail Address..... Tick box if you do not wish to be added to our email updates

Postcode..... Contact Number

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 31st May 2015.

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