



HEART OF PITSEA



LOTTERY FUNDED

Local Trust | Big Local

# THE HOP

HEART OF PITSEA NEWSLETTER

SUMMER 2015

## PICNIC AND FUN IN THE SUN!

The Heart of Pitsea are hosting their annual Fun Day this year on Saturday 29th August between 1-5 pm at 'Chalvedon Field' near Chalvedon Shops. All of the activities will be free so please come along and have a go!

There will be a wide variety of things to do including bouncy castles, face painting, crazy golf, community stalls, refreshments and a selection of displays. This year our youth forum called 'Youth Unique Generation' completed a vote at the Upper Academy to choose an activity exclusive for over 11 year olds this summer. The winning activity was a Total Wipe-out style obstacle course which will also be at our fun day.

You are invited to bring along a picnic and spend a fun afternoon with your community.

If you are interested to find out more please view our facebook page or email us at [hello@heartofpitsea.co.uk](mailto:hello@heartofpitsea.co.uk)

*"I am surrounded by people I love and trust."*

- Resident Broomfields

*"My grandchildren love Elm Green, What a great success! Can't keep the little one away, after nursery he runs straight over there."*

- Resident, Beambridge



Search for 'Heart of Pitsea'



In partnership with



Basildon, Billericay & Wickford | CVS



Essex County Council  
Youth Service



Basildon and Brentwood  
Clinical Commissioning Group

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

# Keep it Clear



Cooking fats, oils and greases washed down the plughole and sanitary waste and wipes, known as 'unflushables', are responsible for thousands of avoidable sewer blockages each year. They lead to nasty smells, or worse still, flooding in homes and gardens and sewage spills into local rivers and waterways. More than half of the 30,000 blockages Anglian Water clears each year are caused in this way and cost the company over £7 million a year to put right.

Why are fats and unflushables a problem? Once they have been put down the sink or loo they don't disintegrate like toilet paper. They stick together and block our drains and sewers, our underground arteries, causing rock-hard 'fatbergs' that can cause sewers to back up and overflow.

There are an estimated 20,000 tonnes of Fats, Oils and Greases (FOG) in our sewer network at anyone time - that's around eight Olympic swimming pools of fat. Most of this comes from the homes of our six million customers, with people washing a small amount down drains and often not realising the impact this has on the whole network when it combines and congeals. Unflushables, namely wipes, represent a big problem too. Unfortunately, even some wipes labelled flushable or biodegradable don't break up fast enough to make it through the water recycling process.

Today, one in every two adults in the UK purchases some kind of wipe. Cleansing wipes are the most common with over 10 million users – exceeding the number of people using baby wipes. Add to these, the multitude of other types of wipes from surface anti-bacterial to floor wipes and toilet specific products and it's easy to see why these have become a problem if flushed down the loo.

Wipes, sanitary waste and fats, oils and grease all build up over time and cause blocked pumps, as well as pipes, stopping water flowing freely. When a pump gets clogged, like these, sewage can back up into homes and overflow into our rivers. Repairing or replacing pumps can add considerable expense on customers' water bills too. This is made even worse by the many other items wrongly flushed, or fly-tipped, down drains; we've found the following in our sewers:

False teeth, mobile phones, wedding rings, bits of an awning, dirty nappies, even prosthetic limbs! We even rescued a live Terrapin from our Water Recycling Centre. He'd been flushed and sadly didn't make it at the Aquarium we took him to.



In 2011 we launched the 'Keep It Clear' campaign to work with customers and businesses to achieve dramatic reductions in these avoidable blockages. The campaign encourages everyone to make small change at home to help stop this very big and expensive problem, while helping to protect the environment.

Customers and businesses are encouraged to follow a few simple steps, such as:

- Let fat in baking trays cool before scraping it into the bin
- Put any food leftovers, into the bin or recycle them at home or at your local household waste recycling centre
- Order a free sink strainer from Anglian Water via the Keep It Clear website
- Give crockery, pans and tins a quick wipe with kitchen towel before loading the dishwasher or doing the washing up to remove greases
- Put a bin in the bathroom for wipes, cotton wool, floss, cotton buds and sanitary products

Since then Anglian Water has run subsequent successful campaigns in Bedford, Cambridge, Southend and other towns across the Anglian region, helping reduce sewer blockages by an average of 50 per cent in these targeted locations. With peoples help, by disposing of wipes and unflushable items in the bin, we can protect our rivers, wildlife and the environment and keep the sewer system clear to do its job of taking sewage away from homes and businesses.

For more information and tips visit [www.keep-it-clear.co.uk](http://www.keep-it-clear.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](mailto:hello@heartofpitsea.co.uk) or call 07572 001671. Visit us on Facebook or the web at [www.heartofpitsea.co.uk](http://www.heartofpitsea.co.uk).

# 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](mailto: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.

The **CAFE** in 'The Place'  
every first Tuesday of the month between  
10-12pm.

Catch up with us on **1st September,**  
**6th October and 3rd November.**

## SUMMER FUN DAY Sat 29th Aug

Chalvedon field

Please like us on Facebook. Search for  
Heart of Pitsea

## Are you a local business owner?

The Heart of Pitsea is launching a business advisory programme at The Place, Northlands Pavement, Pitsea with Your Business Inspiration to support existing businesses and to nurture potential ideas for self-employment.

Come along to the launch event on 23 September 2015 to from 6 till 8pm at, to find out more about the programme, meet the trainers and hear about any local funding that might be available.

## Have you ever thought about running your own business?

Maybe you have an idea but you don't know where to start or you are in the infancy stages of creating a business and need some guidance? This two-day workshop will give you the support you need, without any previous knowledge necessary.

**20th and 27th October - 9 till 4pm**

## Developing a winning business (Planning and Marketing)

Are you an established business looking to grow? This 4-day programme will provide you with the knowledge and confidence to take your business to the next step.

**3rd November 9 till 4pm - Defining the direction of your business**

**10th November 9 till 4pm - Understanding your target market to increase sales**

**17th November 9 till 4pm - Business planning to get results**

**24th November 9 till 4pm - Successful marketing on a small budget**

## How to promote your business with Social Media

Maybe you are currently using social media for business and are looking to improve the process and increase customer engagement? Or maybe you know you need to use social media but you don't know where to start. Either way, there is a course for you.

**3 December - 9 till 4pm - An introduction to social media**

**8 December - 9 till 4pm - Advanced social media**

Reserve a space or find out more by calling  
07572001671 or email [hello@heartofpitsea.co.uk](mailto:hello@heartofpitsea.co.uk)





HEART OF PITSEA

## THEMED PARTY NIGHTS

A chance to get out and have some fun! Just £2.50 for entry with all proceeds going to charity. Under 16 year olds free entry. At The Place, Northlands Pavement, Pitsea. Licensed bar.

### SWINGIN' SIXTIES PARTY NIGHT

7 till late Saturday 26th September

### SMASHING SEVENTIES PARTY NIGHT

7 till late on Saturday 28th November

## QUIZ NIGHTS

An opportunity to compete against other teams for a £100 in prizes. Teams of 6-8 members battle it out. Entry £2 adults and £1 children. At Pitsea Library, Northlands Pavement, Pitsea. Bring your own refreshments.

**TRIVIA QUIZ NIGHT** - 7pm start on Friday 30th October at Pitsea Library

To reserve tickets call 07572001671 or email

hello@heartofpitsea.co.uk

Want to drop a dress size...  
feel better... have more  
energy... improve your diet...  
take an exercise class?



Want to take part in an exercise class you actually enjoy and suits your ability? Like Zumba, Yoga, Walking, Jogging, Dance, Aqua Class, Swimming, Hoala Hooping... and many more.

Want the help of a Personal Coach who will hold your hand and help you achieve your goals? Want an amazing FREE GOODIE BAG!

# Jet Start

For Women & Girls living  
in the Heart of Pitsea

For information and sign up text or call Michelle on 07856 766221 or email info@healthylivingsolutions.org.uk Find us on facebook.com/groups/JETStartHeartofPitsea

UNIQUE & ABSOLUTELY  
FREE PROGRAMME  
COMMENCING:  
28th September 2015  
FREE CRECHE AVAILABLE

This project is FUNDED by Heart of Pitsea Lottery and Basildon District Council and ACTIVE BASILDON and is delivered by Healthy Living Solutions CIC.

HEALTHY  
LIVING  
SOLUTIONS  
COMMUNITY INTEREST COMPANY



Basildon Council  
BASILDON • BILLERICAY • WICKFORD



LOTTERY FUNDED  
Local Trust | Big Local

Want to learn  
lots of fun  
dance  
routines to  
pop music?



Want to dance  
like Taylor Swift,  
Olly Murs, Jessie  
J or One  
Direction?

## Popdance Kids Dance Classes

Funded by  in association with Local Trust | Big Local



Tuesdays - 5.30-6.30pm  
Pitsea Leisure Centre

For boys and girls aged 5-11

Now only £2

From June - November

Phone 07946504582 or  
Email sherryjplatts@gmail.com  
for more information  
or simply come along



For more information visit [www.popdance.co.uk](http://www.popdance.co.uk)



## PRESENTS

FREE SIX WEEK SELF DEFENCE COURSES  
at 'The Place', Northlands Pavement, Basildon

Starting on Tuesday 21st July.

Every Tuesday for six weeks we are hosting community self defence sessions. Each class during the day is targeted for different people. This includes a women only class, over 50's, teenagers and local retail workers. The sessions will help keep your handbag safe, feel more secure, protect yourself and build confidence.

TEENAGERS SESSIONS— 10 till 11am

LADIES ONLY— 12 till 1pm

OVER 50's— 2 till 3pm

RETAIL WORKERS— 5:30 till 6:30pm

Phone 07875 194508 to find out more information or reserve a space

FUNDED BY



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Local Trust | Big Local

Start your day with a SMILE!

## What's Going On

Every Wednesday at The Place	4 till 6pm	YOUTH CAFÉ (11-19 year olds)
Saturday 29th August at Chalvedon Field	1 till 5pm	COMMUNITY SUMMER FUN DAY (Community event)
Wednesday 23rd September at The Place	6 till 8pm	BUSINESS DEVELOPMENT LAUNCH EVENT (Community event)
Saturday 26th September at The Place	7pm start	SWINGIN' SIXTIES PARTY NIGHT (Family function)
Tuesday 20th October at The Place	9 till 4pm	BUSINESS START-UP WORKSHOP 1 (Community workshop)
Tuesday 27th October at The Place	9 till 4pm	BUSINESS START-UP WORKSHOP 2 (Community workshop)
Friday 30th October at Pitsea Library	7pm start	TRIVIA QUIZ NIGHT (Family function)
Tuesday 3rd November at The Place	9 till 4pm	DEVELOPING A WINNING BUSINESS 1 (Community workshop)
Tuesday 10th November at The Place	9 till 4pm	DEVELOPING A WINNING BUSINESS 2 (Community workshop)
Tuesday 17th November at The Place	9 till 4pm	DEVELOPING A WINNING BUSINESS 3 (Community workshop)
Tuesday 24th November at The Place	9 till 4pm	DEVELOPING A WINNING BUSINESS 4 (Community workshop)
Saturday 28th November at The Place	7pm start	SEVENTIES SMASHING PARTY (Family function)
Thursday 3rd December at The Place	9 till 4pm	PROMOTE YOUR BUSINESS 1 (Community workshop)
Thursday 8th December at The Place	9 till 4pm	PROMOTE YOUR BUSINESS 2 (Community workshop)





# COMMUNITY Update



**I-Connect**

## Youth Cafe

**11-19 Year Olds**  
**Every Wednesday**

**4 PM - 6 PM**  
The Place, Pitsea Leisure Centre  
Northlands Pavement,  
Pitsea, Basildon,  
SS13 3DU

Basildon Council  
BASILDON - BILLERICAY - WICKFORD

Big Local

Twitter Facebook



## Youth Cafe

"The Youth Cafe is a place where young people can go and socialise".

Come and hang out with friends, meet new people.

**Weekly Freedom sessions**  
*You get to choose what activities you want to do each week.*

- + Music workshops
- + Employability
- + DJ Workshops
- + Street Dance
- + Film Club
- + Free Wi-Fi

for more information contact:  
Email: [rick@i-connect.org.uk](mailto:rick@i-connect.org.uk)  
[www.i-connect.org.uk](http://www.i-connect.org.uk)  
Find us on: @iconnection & facebook.com/iconnect

Twitter Facebook I-Connect



**We're looking for you,  
Are you looking for us?**

We're interested to find people and groups who are keen to start their own club, project, activity or even join our team. We have lots of opportunities available and are interested to support local individuals and community groups.

Call 07572001671 or email  
[hello@heartofpitsea.co.uk](mailto:hello@heartofpitsea.co.uk)  
to find out more.

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

The prize draw was picked by the  
Heart of Pitsea's Youth Forum  
called 'Youth Unique Generation'.



## 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 September 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 ☐