



HEART OF PITSEA

THE HOP



LOTTERY FUNDED

Local Trust | Big Local

HEART OF PITSEA NEWSLETTER

WINTER 2014

OPPORTUNITY KNOCKS!

The 'Heart of Pitsea' team is delighted to be able to announce that funding is now available to assist groups, charities, businesses and projects in the area. We have recently developed a process to accept proposals from a variety of organisations that are interested in providing activities and workshops that meet local needs.

Our priorities, developed in consultation with local residents are:

- Health & Wellbeing
- Education, Employment, Skills and Opportunities
- Anti-Social Behavior and Community Safety
- Community and Environment

More information on these priorities can be found in our plan at www.bbwcvcs.org.uk. This plan also provides a breakdown of the resources allocated to each priority.

We are keen to form and support a range of community groups with this process so if you know or belong to a local group please get in touch. Further information can also be found on our 'Heart of Pitsea' Facebook page or email hello@heartofpitsea.co.uk to find out more.

If you are interested or have a project proposal that you wish to discuss can you please contact Simon Johnson on (07572)001671.

"I would like to see more activities for young people, that's why I have got involved with the Heart of Pitsea"

• Rick

"I can't wait to see a positive difference being made in our area"

• Tracey



In partnership with



Basildon, Billericay & Wickford | CVS



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

Playing with fire: consumers are risking lives by using portable heaters incorrectly

November 2014

People are playing with fire in their efforts to find cheaper heating options this winter, research by Electrical Safety First has revealed, with many unaware of the dangers that the alternatives can pose.



With concerns about rising energy prices forcing people to use portable heaters in order to warm their homes, the Charity is joining forces with DCLG's Fire Kills Campaign to warn of the risks associated with these items as part of Electrical Fire Safety Week, which runs from the 10 – 16 November.

Electrical Safety First's research found that 78% of people were worried about the rising costs of energy bills, and over half would use portable heaters as an alternative to keep warm this winter.

However, it was also revealed that many could put themselves and their loved ones at risk by using the heaters incorrectly. 38% of people admitted that they would leave a heater switched on and unattended, whilst 21% would leave one switched on overnight. And with portable heaters having caused 73 deaths, around 1000 injuries and over 3,800 fires since 2009/10, the dangers posed by using them incorrectly are very real.

The elderly are particularly vulnerable. Those aged 80 and over make up nearly 40% of the fatalities caused by portable heater fires last year, even though 33% of people would use a portable heater to keep an elderly relative warm.

In order to minimise the danger, Electrical Safety First produced the following guidance for heating homes safely:

- Never leave portable heaters unattended
- Never leave them on whilst sleeping
- Ensure that they are positioned well away from anything which could knock them over
- Ensure they are at least a metre away from any combustible materials, such as paper or curtains
- Never buy second hand halogen heaters
- Never power a halogen heater from an extension lead – these can easily be overloaded and cause fires
- Regularly inspect your heater for damage. If it's damaged, don't use it.

On this guidance, and on the dangers posed by portable heaters, Emma Apter at Electrical Safety First said:

"Having a warm home this winter is something everyone deserves, so we welcome portable heaters as a low cost option at a time when energy costs are spiralling. However, it is vital that the dangers associated with these items are understood – particularly as our research suggests that people are putting themselves and their loved ones at risk by using them in an unsafe way. By following our short, simple guidance, people can stay safe and stay warm this winter".

For further information please visit www.electricalsafetyfirst.org.uk

Cold weather is a major trigger for asthma symptoms. Here are five tips for keeping asthma at bay as the winter temperatures plummet.



Cold weather can have a serious impact on the 5.4 million people with asthma in the UK. According to Asthma UK, three quarters of people with asthma say that cold air is a trigger for their symptoms and 90% reckon that having a cold or flu makes their asthma considerably worse.

Cher Piddock, a nurse for Asthma UK, says: "Hospital admissions for asthma traditionally peak during periods of particularly cold weather. This can be due to breathing cold air into the lungs, which can in turn trigger asthma, as well as picking up colds and flu.

"People whose asthma is well-controlled are more likely to be able to withstand the risks of winter months. You can help keep your asthma under control by making sure you have a regular asthma review with your doctor or asthma nurse and that you have a personal asthma action plan."

Five tips for preventing cold weather asthma symptoms
Asthma UK has this advice on how to control your asthma symptoms during the cold weather:

1. Keep taking your regular preventer medicines as prescribed by your doctor.
2. If you know that cold air triggers your asthma, take one or two puffs of your reliever inhaler before going outside.
3. Keep your blue reliever inhaler with you at all times.
4. Wrap up well and wear a scarf over your nose and mouth – this will help to warm up the air before you breathe it in.

Take extra care when exercising in cold weather. Warm up for 10-15 minutes and take one or two puffs of your reliever inhaler before you start.

Asthma attacks in winter
With the onset of very cold weather, it's a good idea to make sure you and your friends and family know what to do if you have an asthma attack.

The key signs are:

- coughing more than usual
- getting short of breath
- wheezing
- feeling a tightness in your chest
- having difficulty speaking in full sentences

If you have queries about any aspect of asthma, you can also call the Asthma UK free telephone helpline staffed by asthma nurse specialists, on 0800 121 6244 or visit www.nhs.uk to find out more information.



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

HEART OF PITSEA COFFEE MORNINGS

Every first Tuesday of each month the Heart of Pitsea team are inviting you to have a coffee on us.

We are keen to keep in touch with the community and feel its important to get your views and to let you know what we are doing.

Our Coffee Mornings will be held in the café at 'The Place' between 10 - 12pm.

DON'T MISS OUT ON PIP



For some people Personal Independence Payments could be a benefit that makes a real difference.

PIP – that stands for Personal Independence Payments – is a new benefit for disabled people aged between 16 & 65. In time it will replace Disability Living Allowance (Disability Living Allowance)

It may be that many people will be able to get PIP even though they have been refused Disability Living Allowance in the past.

Overall the Government say fewer people will get PIP than qualify for Disability Living Allowance but because the rules are different, the new benefit is expected to work to the advantage of some disabled people.

For example, PIP looks at what you are able to do “reliably” and this means what you can do safely, to a reasonable standard, repeatedly and in a reasonable time. Also the new benefit looks at areas of help such as problems budgeting that Disability Living Allowance was never really interested in.

Under PIP there are two different components : The first is for Daily Living and considers your ability to do activities such as preparing food, dressing and washing. The other component is for Mobility and involves difficulties moving around as well as planning and following journeys.

Your claim is “scored in 12 different activities”. A score of at least 8 points gets you the standard rate of benefit (£54.45 a week for Daily Living and £21.55 a week for Mobility) If you score 12 points or more then you qualify for the enhanced rate (£81.30 a week for Daily Living and £56.75 a week for Mobility).

To make a claim you have to phone the Department for Work and Pensions on 0800 917 2222. Some details are then taken over the phone and a claim form is sent to you to fill in.

There are currently some delays in deciding PIP claims but don't let this put you off, if successful the benefit will usually be paid from the date of claim.

If you need help with Personal Independence Payments or any other benefit entitlement you can contact **Impact** for an appointment on **01268 553553** or email : **impacttbs@btconnect.com**

Advice and assistance is free for those who live in the Basildon Borough.

Young at Heart

The 'Heart of Pitsea' team are currently planning to host a Youth Forum. It has been identified from our feedback that local residents are keen to encourage more opportunities for young people. We feel that the best way for young people to get involved with the Big Local is by giving them a voice to shape the future.

We are planning to empower ten young people aged between 11-19 to influence a variety of projects to be delivered locally.

We aim to start in February and meet fortnightly. Young people will have control of a budget and given training and support to make their ideas become real.

So if you are keen to get involved or know anyone who may be interested please get in touch.

You can call (07572)001671 or email hello@heartofpitsea.co.uk



Merry Christmas!

COMMUNITY Update

CHRISTMAS CONCERT

Saturday 6th December 2014

7:30 - 8:00pm

St Gabriel's Church, Rectory Road, Pitsea

Book your tickets priced £6 now from

Wendy Hooper (01268) 558586

Following last year's very enjoyable concert. We will be welcoming back BasOps who will be performing popular songs, classical and well known hits, Christmas songs and carols.

Refreshments will be available during the interval in St. Gabriel's Youth & Community Centre.

Youth CAFÉ

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!**

KIDS' CHRISTMAS PARTY AT THE PLACE

Date: Friday 12th December 2014

Time: 4.30pm - 6.30pm

Tickets and Bookings

• ONLY £4 per ticket
To pre-book your tickets,
Please contact reception on 01268 465420.

Party includes:

- A very special visit to Santa's Grotto to meet Santa including a present for each child
- A snack bag for each child
- Professional entertainer
- Snow machine
- Christmas games
- Disco
- Balloon modelling

Fancy dress is optional and always welcome

Congratulations to our 'Spot the Difference' winner Mr Swan who has received our £25 prize. The prize draw was picked out by Phil Taylor of T.Cribb & Sons of Pitsea.



Can you spot the differences? SPOT AT LEAST 10 DIFFERENCES



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 October 2014.

Name:

Contact Number:

Email Address:

Post Code:.....

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

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