

# ON THE HOP

## Heart of Pitsea Newsletter

February 2021



www.heartofpitsea.co.uk



We at Heart of Pitsea are very aware that 2020 was an extremely difficult year, but we have tried our hardest to support the vulnerable members of the community and we were at hand to offer advice and support when required. There is, however, light at the end of the tunnel.

Our last newsletter briefly covered what support we have provided – this one will give you a little more info on those projects. We also have puzzles, activities and a recipe to try out.

There is information on the back of this newsletter on where you can find help if you are in need and all the ways you can get in touch with us at Heart of Pitsea. We urge you to contact us if you need anything and we will try our hardest to help you.

Please give us a call - even if you just fancy a chat!

Tel: 07572 001671

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## OUR COVID-19 RESPONSE IN BRIEF

- Funding for emergency food boxes
- Food supplies for our local food bank
- Free activity packs for adults and children
- Facemasks for the Dipple Medical Centre
- Free household waste disposal collection
- Free reusable facemasks for local people
- Free outdoor summer holiday activities for young people
- Primary and Secondary School uniform grants
- Personal grants to help with education, training and employment
- Free online training courses
- Free professional 1-2-1 counselling
- Community Spirit Awards scheme to recognise local heroes
- 'Community Connect' - our online club for adults and weekly walk
- 'Little Monsters' - our online youth club for 5-10 year olds



# Community Counselling

After the successful funding of our Community Counselling project last year, we decided to fund the lovely Listening Post again to provide 240 hours of counselling to people who live or work within the Heart of Pitsea funding area.

This year it has become more important due to people struggling with the pandemic's three lockdowns and without the face-to-face support from the people they would normally speak to. All of us have found that we have more time on our hands than we would normally have and without our normal social distractions we have more time to think.

Listening Post provides a confidential service where you can access one-to-one counselling to deal with any issues that you have which make life more difficult.

So far, Heart of Pitsea has enabled Listening Post to deliver over 120 hours of counselling.

Wherever possible, these sessions have been in person. However, in response to the pandemic and government restrictions, on-line and telephone counselling has been provided.

If you would like to access this counselling service, please contact Listening Post directly on 01268 293799 and mention you might be eligible for the Heart of Pitsea funding.

If you need someone to talk to, please see the numbers on the back of this newsletter on where to find help and support.

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## If you are currently in crisis, please call 111



## Free facemasks for residents



We still have some free adult and child size facemasks that can be delivered to homes within the Heart of Pitsea boundary.

They are washable and reusable, made of high-grade cotton fabric in a variety of designs.

Provided in a zip top plastic bag, they come with an information leaflet explaining how best to wear a facemask.

Numbers are limited and they are available on a first come-first served basis.

For more information or to arrange delivery, call 07572 001671 or email [admin@heartofpitsea.co.uk](mailto:admin@heartofpitsea.co.uk)

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For current government guidelines on controlling coronavirus and wearing facecoverings visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)



## Support for Schools

**During this pandemic it became clear that families and schools would struggle.**

**We realised that young people needed support in a lot of different areas, but primarily with their mental health and with holiday hunger.**

To support their students, **The Basildon Upper Academy** asked if we could provide funding for a 'mindfulness space'.



Comprised of yoga mats and bean bags, it provided a place for young people to take some time out, enabling them to have a quiet space to contemplate and take stock of the current situation.

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**Northlands Primary School and Nursery** also asked for resources to allow the children to communicate how they were feeling and to deal with those emotions.

We provided the funding for 10 additional 'headspace boxes' - containing things like mindfulness colouring, stress balls and positive reading books - to add to those previously supplied through our "Now and Then" fund, which also included staff trauma training and a staff member to focus on play therapy.



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We were also really concerned that there would be a shortage of food within some families, so we provided 20 hampers for **Northlands Primary School**. These included some basic food staples and Christmas goodies to add a little Christmas cheer.



## School Uniform Fund



Feedback from families that the school uniform fund supported was that it had helped and they were grateful for the support during such a difficult time.

Heart of Pitsea also realised that there were going to be quite a few people who were struggling financially and buying school uniforms for the Autumn term was going to have a huge financial impact on some.

So, we provided the three schools in our area with a fund to address this – The Basildon Upper Academy was provided up to £3000 and Maple Grove Primary School and Northlands Primary School and Nursery up to £2000.

The maximum each school could spend is £160 per Basildon Academy applicant and £70 per primary school applicant.

This fund has so far helped 61 children and families within the Heart of Pitsea boundary.

And to help young people who live in our patch but go to school outside of the area, their families are able to apply for help using our HOP Ahead grant scheme (please see inside back cover for details).

# Community Groups

**It has been a difficult year for our community groups. However we have persevered.**

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## Community Connect

At the beginning of the pandemic, we had quite a large attendance for our online **Community Connect** group which dwindled to a few 'die hards'.

Every week we are ready to run a quiz, play a game as well as having a bit of a chat.

When we are able to meet in person again we will proclaim an overall quiz winner and they will receive this glorious plastic trophy !



Although the online group has allowed us to connect, it really wasn't a substitute for face to face meetings.

When restrictions were lifted, a group of us met up and took a walk around Northlands Park, stopping off for a cup of tea and some chips at the café.

These have been great and potentially something that will continue after the world resumes to some normality.



Community Connect meets online on Wednesday evenings from 6.30pm-8.00pm

Give us a call on  
**07572 001671**  
if you want to attend

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## Incredible Edible Gardening Group

Our **Incredible Edible** group has continued with volunteers when possible.

Chris - our horticultural specialist - has continued to schedule planting and maintain the sites when volunteers have been unable to attend.



All of our produce is given away free to our community.

Prior to harvest we will advertise where you can collect fruit and veg from.

Currently chard and artichokes are growing at our Mill Green plot. If you see Chris at any of the sites ask him if there is anything ready to eat!!!

This year we are planting aubergines, leeks, onions, early kale, tomatoes, cauliflower and some herbs, all for the community to use.



Where possible, Incredible Edible runs on Tuesday between 1030-1230.

Give us a call on  
**07572 001671**  
if you want to attend

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**follow us on Facebook - search @heartofpitsea**

# Waste Project

During the first two national lockdowns, when special collections by the council were suspended, we were very aware that rubbish accumulating in people's gardens and houses was becoming detrimental to their mental health.



We had some great feedback. Thank you to everyone who got in touch!

"Would like to say thank you to everyone at Heart of Pitsea for arranging to have all of my rubbish/garden waste collected. I don't drive so couldn't get it to the tip and it was looking like a bit of an eyesore. My front garden now looks lovely and tidy again. Thank you so much!"

"Just wanted to say a huge thanks for arranging the collection of the rubbish from my property this has been a huge help to me."



We worked in conjunction with a great company called Pure Waste to collect this rubbish and unwanted household items.

This involved considerable planning for our Coordinator and Administrator and saw six fourteen square metres of rubbish removed from 25 households as well as four mattresses and two fridges.



## Community Spirit Awards

Big hand to Rob Bullock, who received our first Community Spirit Award.

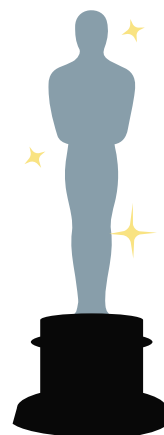
Rob was nominated by a local lady who told us:

"He goes above and beyond for our community he is always organising clean ups cutting grass and removing rubbish that has been left all over the streets...he is a lovely man"

Rob very kindly donated his gift card prize to our local food bank.



"this has really touched me to know that people do care for the community and recognise our work"



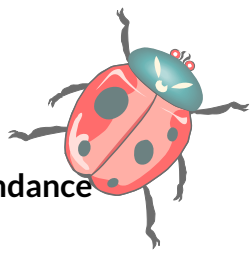
Would you like to nominate a friend or neighbour or perhaps a local worker within the Heart of Pitsea boundary who you think deserves recognition for a kind or extraordinary thing they have done - big or small - within our community?

For more information see inside back cover. To get in touch, our contact details are on the back page.





# HOP To It! - Summer Activities



Our annual Summer Activities were much smaller this year with less people in attendance due to Covid 19, but we still had a good time.

We were very aware that children had been stuck inside so felt they needed an outlet which also gave parents and carers a break.

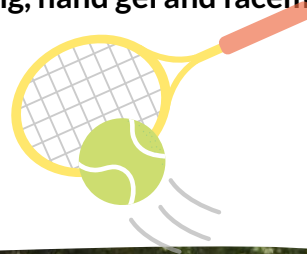
A total of 100 spaces were attended over 8 sessions. Four sessions were held at the Heart of Pitsea Legacy Park and four at Elm Green open space.

Summer activities this year consisted of socially distanced sports by Pro Sports, crafts by Hayley and the wonderful Woodland Warriors.

Procedures to make the activities as safe as possible were put in place, such as booking in to enable us to contact trace if required, temperature taking, hand gel and facemasks.

The weeks started quite slowly but soon picked up.

Take a look at some of the photographs of Hop To It!





## Community Extras

We have put on a few competitions throughout the year and we had a quiz

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We had a storyline competition for our younger 'Hoppers' called Who? What? When and Where?

They sent us their 'who, what, when and their where' ideas and our amazing Youth Leaders developed stories and poems around them. The stories and poem were then read to video and published on our website and our Facebook page. The lucky winners of this competition won a National Book Token each.



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We also ran a "Knock Knock" joke competition.

The winner was Matthew aged 8 with this stunner of a joke and one of our personal favourites.

"Knock, Knock  
Who's there?  
Isabell...

Isabell necessary on a bike?!"



Our online community Christmas quiz "Yule Log On" went down a storm even though we had a few technical issues at the beginning of the evening. Thank you to our Resident Partnership Member Snoopy, who put together such a fabulous set of rounds all about Christmas.

Eight teams in total attended the event. The winning and runner up team won £80 and £40 respectively towards their chosen charity, plus a box of chocolates and a bottle of wine for themselves.

The chosen charities were **The Trussell Trust Foodbank** at Pitsea Leisure Centre and **The Alzheimer's Society**.

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## Feel Good Photography Challenge

During the first lockdown we ran a competition asking young people to take some positive, happy photographs. Shane, aged 10, was the worthy winner with this uplifting photo and inspiring words...





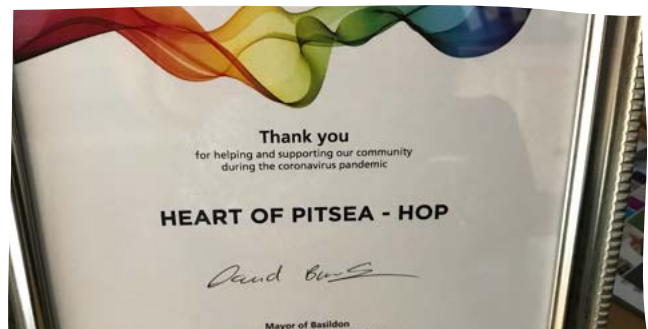
# Mayors Visit and Mayors Award

In August last year, we were delighted to be able to show the Mayor of Basildon, Councillor David Burton-Sampson, around the Chalvedon area of our community. It was a fantastic opportunity for us to show him a bit of what Heart of Pitsea has achieved and to talk about our exciting plans for the future.

During his visit, the Mayor met with some of our Resident Partnership members who took him on a tour around the play area and outdoor gym in the Heart of Pitsea Legacy Park and then on to meet our Incredible Edible gardening team at our community gardening plot on Mill Green.

The Mayor also met up with a few of our Community Connect members, who told him all about their regular Tuesday walking group.

Following his visit, we were surprised and thrilled to be awarded a Certificate of Recognition by the Mayor for 'helping and support our community during the Coronavirus Pandemic'.



# Youth YOUNique Generation

Heart of Pitsea Youth Forum, Youth YOUNique Generation, who fund local youth activities and programmes within the Heart of Pitsea, haven't been particularly busy during the past year.

However, they have met online a few times to discuss proposals submitted for their Pitsea Pound Pot funding scheme.

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In addition, two of our Youth Forum members were involved in a theatre production by Burnt Lemon Theatre Company called "In the absence of authority" which was part of a series of productions.

This can be found on Burnt Lemon Theatres Company's website [www.burntlemontheatre.com](http://www.burntlemontheatre.com)

A few members of the Youth Forum were also given the chance to attend a glider flying day.

This included heading to Gransden Lodge glider school where they were familiarised with glider aircrafts and had the amazing opportunity to fly one!

This was kindly offered by SAVS in conjunction with The Air League - Changing Lives Through Aviation.

If you are a young person and interested in aviation please take a look at their website [www.airleague.co.uk](http://www.airleague.co.uk)





# TAKE A BREAK

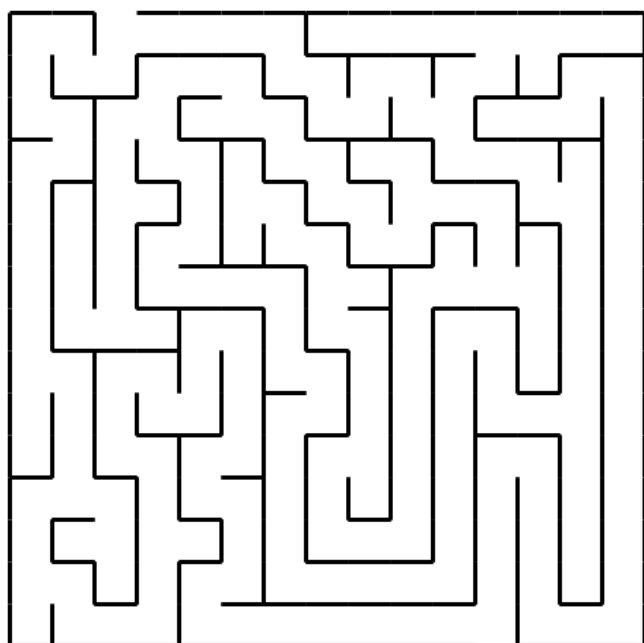
Can you find the hidden words in this search?

They may be horizontal, vertical, diagonal, forwards or backwards

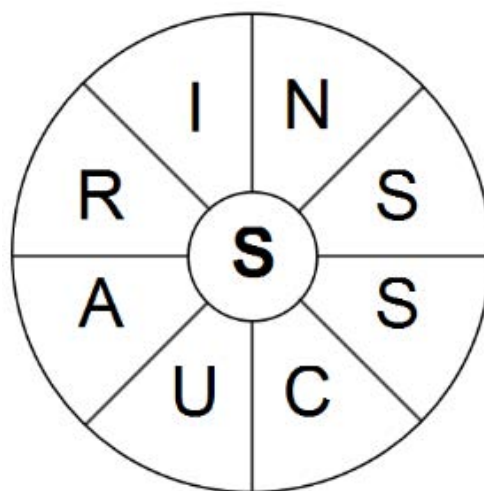


CALM DOWN - CATNAP  
CHILL OUT - COMFORT - COOL OFF  
DAYDREAM - DOZE - EASE  
FREEDOM - HOLIDAY - LEAVE  
LEISURE - LOOSEN UP  
LUXURIATE - PEACE  
PICNIC - QUIETEN RECESS  
RELAX - RELIEF  
REPOSE - REPRIEVE - RESPITE - REST  
SABBATICAL - SERENITY  
SETTLE DOWN - SIESTA  
SIMMER DOWN - SIT BACK  
SLACKEN - SLEEP - SLUMBER  
TAKE A BREAK - TAKE IT EASY  
TIME OFF - TIME OUT - UNCOIL  
UNWIND - VACATION

Can you find your way  
through this maze?



Word Wheel



Create as many words  
as you can from the  
letters - always  
including the central  
letter 'S'

# Calling Young Hop-Stars!

## Heart of Pitsea Road Search

Can you find all of our local roads listed below on this grid?

Q	B	F	S	L	V	E	A	S	T	B	R	O	O	K	S	K	P	W	S
D	M	Z	H	D	A	O	R	D	E	R	F	I	N	I	W	J	R	N	T
I	D	O	X	N	Q	J	Y	Z	H	A	R	T	F	O	R	D	E	N	D
X	R	K	R	V	H	B	U	X	R	I	L	S	R	N	V	E	A	Q	W
P	I	T	S	E	A	R	O	A	D	Z	A	E	B	E	R	A	E	K	T
K	E	V	J	G	T	O	C	H	E	S	J	N	V	G	M	A	E	Y	L
J	U	W	N	D	W	O	A	F	N	E	T	S	M	A	H	T	L	A	W
F	N	S	E	I	I	M	N	U	O	U	J	L	C	V	V	I	R	W	E
E	E	Z	V	R	C	F	L	S	X	N	E	L	Q	F	J	H	O	R	K
V	V	N	A	B	K	I	B	K	M	E	M	I	L	L	G	R	E	E	N
I	A	M	R	M	F	E	T	R	A	V	E	R	S	W	A	Y	P	V	C
R	S	H	T	A	O	L	A	J	Y	A	Q	E	R	L	M	N	N	O	U
D	N	L	W	E	L	D	A	R	D	D	W	K	J	G	F	J	K	D	B
R	R	P	A	B	T	S	B	J	E	R	E	C	M	W	T	S	R	S	W
E	U	E	O	E	L	P	Z	W	L	O	D	U	C	N	J	F	R	Y	A
T	B	R	R	C	A	I	P	O	L	F	F	B	J	E	Y	L	D	W	O
S	T	N	U	H	S	E	H	C	S	K	Z	X	C	S	H	D	F	E	R
I	V	G	H	F	G	J	T	N	E	C	S	E	R	C	S	E	P	O	P
A	M	A	L	G	R	A	V	E	S	I	F	K	E	R	T	R	P	O	R
C	M	Z	H	K	L	A	G	T	A	W	I	M	B	I	S	H	E	N	D

Beambridge	Broomfields	Buckerills	Burns Avenue
Caister Drive	Dover Way	Eastbrooks	Elm Green
Hartford End	Malgraves	Maydells	Mill Green
Moretons	Pitsea Road	Popes Crescent	Travers Way
Walthams	Wickford Avenue	Wimbish End	Winifred Road



We have added an extra page to our website called 'Little Monsters', aimed at children and young people.

It includes fun activities to try, links to competitions to take part in and stories to read.

visit  
[www.heartofpitsea.co.uk](http://www.heartofpitsea.co.uk)  
 and click on the  
 'Little Monsters' tab  
 to find out more.



Sadly, our Little Monsters Youth Club had to close its doors at Pitsea Leisure Centre, but we are still meeting up online every Wednesday from 4.00pm-5.00pm.

If you are aged 5-10 and would like to join our friendly youth leaders and club members to take part in some fun activities get in touch - our contact details are on the back page.



# Recipe Page

## Ultimate Spaghetti Carbonara - Serves 4

Prep: 15 mins - 20 mins

Cook: 15 mins



### Ingredients

100g pancetta  
50g pecorino  
cheese  
50g parmesan  
3 large eggs  
350g spaghetti  
2 plump garlic cloves, peeled  
and left whole  
50g unsalted butter  
salt and black pepper

## Method

- Put a large saucepan of water on to boil.
- Finely chop the 100g pancetta, having first removed any rind.
- Finely grate 50g pecorino cheese and 50g parmesan and mix them together.
- Beat the 3 large eggs in a medium bowl and season with a little freshly grated black pepper. Set everything aside.
- Add 1 tsp salt to the boiling water, add 350g spaghetti and when the water comes back to the boil, cook at a constant simmer, covered, for 10 minutes or until al dente (just cooked).
- Squash 2 peeled plump garlic cloves with the blade of a knife, just to bruise it.
- While the spaghetti is cooking, fry the pancetta with the garlic. Drop 50g unsalted butter into a large frying pan or wok and, as soon as the butter has melted, tip in the pancetta and garlic.
- Leave to cook on a medium heat for about 5 minutes, stirring often, until the pancetta is golden and crisp. The garlic has now imparted its flavour, so take it out with a slotted spoon and discard.
- Keep the heat under the pancetta on low. When the pasta is ready, lift it from the water with a pasta fork or tongs and put it in the frying pan with the pancetta. Don't worry if a little water drops in the pan as well (you want this to happen) and don't throw the pasta water away yet.
- Mix most of the cheese in with the eggs, keeping a small handful back for sprinkling over later.
- Take the pan of spaghetti and pancetta off the heat. Now quickly pour in the eggs and cheese. Using the tongs or a long fork, lift up the spaghetti so it mixes easily with the egg mixture, which thickens but doesn't scramble, and everything is coated.
- Add extra pasta cooking water to keep it saucy (several tablespoons should do it). You don't want it wet, just moist. Season with a little salt, if needed.
- Use a long-pronged fork to twist the pasta on to the serving plate or bowl. Serve immediately with a little sprinkling of the remaining cheese and a grating of black pepper. If the dish does get a little dry before serving, splash in some more hot pasta water and the glossy sauciness will be revived.

# Get onboard with Heart of Pitsea

**Heart of Pitsea is a local community project dedicated to everyone who lives, works or is educated within the defined Heart of Pitsea boundary.**



The project is run by a committee of volunteers who are all residents within this area.

Their local knowledge, combined with their enthusiasm, ambitions and skills come together to create a dynamic team that is passionate about Pitsea.

And the best bit? It is down to them how Heart of Pitsea spends its funding.



## Got an idea for a project?



If you are a voluntary organisation, charity, CIC/CIO, statutory body or business and have a great project you would like to deliver in the Heart of Pitsea area, you can easily apply for some funding by applying online to either of our two project proposal schemes.

Our main source for funding ideas is our Project Proposal scheme to which you can apply by completing our online application form.

It is a rolling programme so there are no deadlines for submissions – proposals can be made at any time.

## The Pitsea Pound Pot

Our second awards stream is designed and administered by our youth forum, Youth YOUNique Generation. This rolling programme called The Pitsea Pound Pot, can be applied for at any time for small-scale projects aimed at young people and children.

## Local and like to get involved?

We know that there are passionate and enthusiastic community minded people in our area and we are keen to support you.

If you have an idea or you are interested in getting involved with what we do, we would love to hear from you - contact details are on the back page.



**For more information visit [www.heartofpitsea.co.uk](http://www.heartofpitsea.co.uk) and click on the 'Got an Idea' tab**

## Have your say

Please take ten minutes to complete our community survey that was delivered with this newsletter.

In 2013 and 2017 we asked residents what improvements they would like to see in the area. The responses to these questions helped shape our aims and objectives. Since then we have continued to speak with local people about changes they would like to see.

We would now like to follow up on our original surveys to see if there is any shift in priorities and themes and would appreciate it if you would take a few minutes to share your views  
We value your opinion and your opinion counts!

Didn't receive the survey?

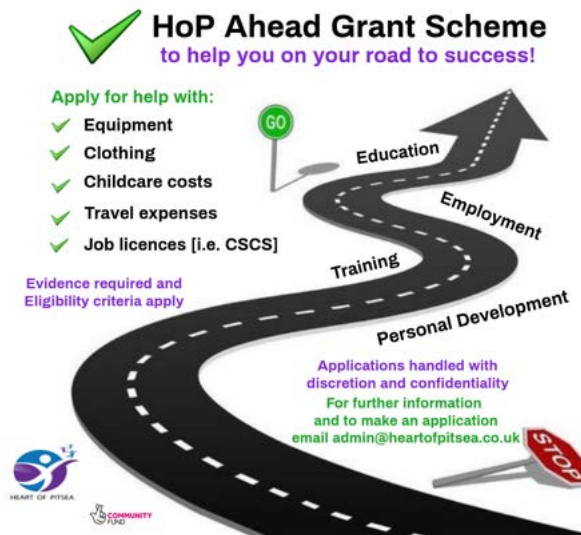
Please email [admin@heartofpitsea.co.uk](mailto:admin@heartofpitsea.co.uk) or call 07572 001671 and we will post one to you.

Alternatively, you can complete the survey online on our website [www.heartofpitsea.co.uk](http://www.heartofpitsea.co.uk)





# Heart of Pitsea Projects and Events



Cost of things like equipment, travel, work clothing, childcare and trades licence fees stopping you to get into education, training or employment?

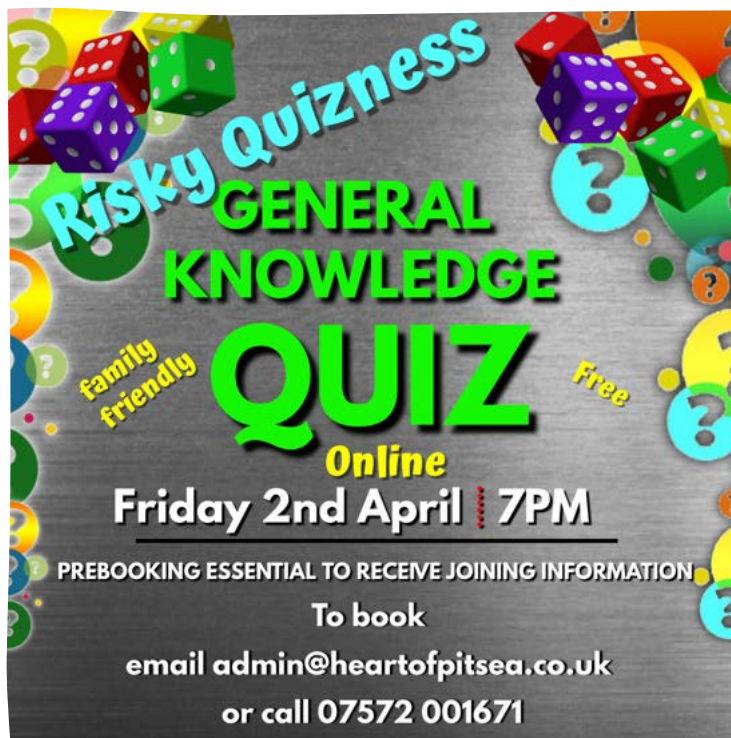
We can provide a one-off grant to support residents within our boundary to help you onto the road to success!

Do you have a friend or neighbour, or perhaps know a local worker within the Heart of Pitsea boundary, who you think deserves recognition for an extraordinary thing they have done within our community? Is there someone that you feel has gone that extra mile to make a positive impact – big or small – to help others?

## COMMUNITY SPIRIT & WORKER RECOGNITION AWARDS

*Nominate an unsung hero that has made a difference to help others within our community particularly during these difficult times*

*Up to 10 worthy individuals can win a Heart of Pitsea Recognition Award per month*



Enjoy a fun night in testing your brain cells at our 'Risky Quizness' General Knowledge Quiz on Friday 2 April at 7pm.

This is a free family event for teams or individuals.

Our quiz will be held online on the meeting platform Zoom – no need to download anything, a simple to use link will be sent to you before the event.

All you have to do is click on the link to join the fun! You can use a tablet, computer, or smart phone.

For more information get in touch - our contact details are on the back page



# USEFUL NUMBERS



**Action Fraud**  
**0300 123 2040**

**Basildon Council**  
**01268 533333 (select option 1)**

**Citizen's Advice (Basildon)**  
**0300 330 2101**

**Essex Welfare Service (health, isolation support etc)**  
**0300 303 9988**

**Food Bank (Tressell Trust, Pitsea Leisure Centre)**  
**07424 660862**

**Food Bank (Salvation Army, Basildon)**  
**01268 524454 or 07801 180225**

**Social Services (Basildon)**  
**01268 643333**

## GET IN TOUCH WITH HEART OF PITSEA



**admin@heartofpitsea.co.uk**  
**hello@heartofpitsea.co.uk**



**07572 001671**



**www.heartofpitsea.co.uk/contact**



**search @heartofpitsea**