

ON THE HOP

Heart of Pitsea Newsletter

Winter 2022



www.heartofpitsea.co.uk



OUR YEAR IN BRIEF AND IN THIS ISSUE

Our exciting new crime awareness
A.C.T.I.O.N. project begins.
(see page 1)

The Pitsea Market Pots get spruced up,
our walking group continues to grow and
initial planning starts to hopefully bring a
Men's Shed to Pitsea.
(see page 2)

We launch a new
climate change youth group.
(see page 3)

We ran another successful free Easter trail.
(see page 6)

Our annual summer activities
programme was a huge success.
(see page 5)

Our youth forum get out and about in
the community.
(see page 4)

The annual Pitsea Community Christmas planning
is in full swing.
(see inside front cover)

We have had a very busy year at Heart of Pitsea with a new Chair and
HoP Coordinator now in place.

This newsletter covers some of the projects we have been working on
and much more.

Our new A.C.T.I.O.N. (Against Crime Together In Our Neighbourhood)
project has finally started, having been delayed by the COVID
pandemic.

We have a brand-new youth group 'Young Climate Change
Ambassadors' who have been tidying up local green spaces, and a new
volunteer-led group of local residents, supporting us to do some
planting in the market area.

Our youth clubs, Little Monsters and Youth YOUNity are full up and so
successful that we are currently running a waiting list for new people to
attend.

The Heart of Pitsea youth forum 'Youth YOUNique Generation' has a
few new members, they hope to be starting a new art project in our
local schools soon.

If you would like to know more about any of our projects all the
relevant information can be found on our website
www.heartofpitsea.co.uk or give us a call.

Tel: 07572 001671

Pitsea Community Christmas

Saturday 3 December - 11am-3pm - On Northlands Pavement
near to Pitsea Library/Pitsea Leisure Centre

We very much hope that this year's annual Christmas event will really bring the whole community together, with a host of free and low-cost fun and entertainment to enjoy.

This year's programme includes:

- Side shows including a shooting range, basketball challenge, a kiddies ride and a covered soft play area in the Dipple Medical Centre car park. All at 50p per attraction or 12 tickets for £5.00.
- Community Stalls offering low-cost activities and information on organisations including Basildon Heritage, Peabody, Basildon Neighbourhood Watch, The Craig Tyler Trust, The Community Policing Team and The Basildon, Billericay and Wickford CVS.
- The Basildon and Pitsea Carnival Association Santa and Sleigh.
- The Essex Youth Service Bus.
- Essex Fire Service Fire Engine.
- Pitsea Library free festive crafts.
- Free 12 Days of Christmas self-led trail for children with a prize when completed.
- Entertainment area with festive music, martial arts demonstrations and much more!

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.

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

Got an idea for a project?

Are you a voluntary organisation, charity, CIC/CIO, statutory body or business with a great small-scale project aimed at young people and children you would like to deliver in the Heart of Pitsea area?

Why not apply for funding online to our youth forum Youth YOUUnique Generation 'The Pitsea Pound Pot'!?

You can apply for between £200 and £1500. All decisions on projects submitted for this pot are made by our youth forum, who are all teenagers.

For more information visit www.heartofpitsea.co.uk and click on the 'Got an Idea' tab

A.C.T.I.O.N. (Against Crime Together In Our Neighbourhood)

Heart of Pitsea has started a new crime awareness project called A.C.T.I.O.N.



Our youth forum **Youth YOUNique Generation** came up with the amazing title for this project.

The project came about through community consultation, as it appears 'fear of crime' is high in Pitsea and we are hoping to address this issue through education and confidence building.

As part of the A.C.T.I.O.N. project we have funded 'Ryukyukan Karate Pitsea Dojo' to deliver self-defence classes, which have been well received, although not as fully attended as we would have liked. Those attending the classes have been learning what self defence is and how and when to use it correctly.



We have also funded E-safety training specialists, 'The 2 Johns' to deliver internet safety sessions in 2 local schools to years 6 and 7 and 1 evening session for adult community members to attend.

The 2 Johns are both ex-policemen who have a lot of experience with what young people are engaging with online and the apps they are using, perhaps not realising the dangers.



A.C.T.I.O.N.
Against Crime Together
In Our Neighbourhood



The sessions are very informative and a little bit eye opening.

An ex-offender has also been funded by us to deliver a Podcast around knife crime and to speak at some assemblies for years 8,9 & 10. He will be talking about his own life challenges, and dangers that young people need to look out for.



Participants learning to deal with real life situations in our recent self defence classes.



Heart of Pitsea staff are running 'Pop ups' around the Chalvedon estate and Pitsea market area, giving out freebies including safety advice leaflets, personal alarms and faraday pouches. Keep a look for them when you are out and about.

And the Heart of Pitsea website will soon have a new webpage dedicated to the A.C.T.I.O.N. project, with links for support, short films, podcasts, safety information and much more.

All further events relating to the A.C.T.I.O.N. project over the next year will be posted on our website and Facebook page too.

visit www.heartofpitsea.co.uk to keep up to date



Outdoor Community Groups



Sprucing up the Pitsea Market Pots

Heart of Pitsea now supports a group of wonderful volunteers who meet every Thursday morning to spruce up the round planters in the market area on Northlands Pavement.

The community minded bunch really enjoy chatting over their weekly work.

They have been busy weeding, planting seeds, shrubs, spring flowering bulbs and even cuttings from their own gardens.

Fancy getting involved? We meet every Thursday morning at 11am for an hour.



You don't have to have green fingers to take part!

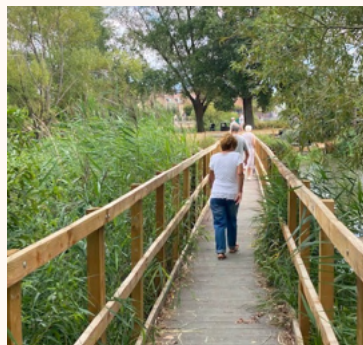
For more information call Tracey on 07572 001671 or send an email to admin@heartofpitsea.co.uk

Join our Walk and Talk group

Autumn may be well and truly upon us, but our friendly 'walkers and talkers' still get together once a week.

Weather permitting, we meet on Tuesdays at 12.30pm outside the Chalvedon Community Centre.

We take a leisurely walk over to Northlands Park, around the lake, stopping off at the park café for a cuppa and a chat, before setting off back to Chalvedon Shops.



So why not wrap up warm and take a gentle stroll with our friendly group. No power walking with us!

For more information call Tracey on 07572 001671 or send an email to admin@heartofpitsea.co.uk.

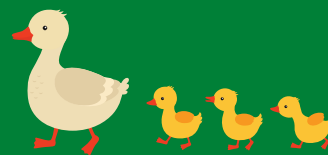


Heart of Pitsea and The Craig Tyler Trust are working together to hopefully bring a Men's Shed into Pitsea.

Men's Shed is a national organisation that is aimed at improving the mental health and wellbeing of men.

We are in the planning stages with Basildon Council for the use of a small space of land for the Men's shed.

Visit the Men's Shed project website for more information - www.essexshednetwork.co.uk



Young Climate Change Ambassadors

Heart of Pitsea, supported by **Woodland Warriors** and **The Centre for Sustainable Energy**, has started up a new environmental social action youth group 'Young Climate Change Ambassadors'.

The group have been working on the green space outside 'The Place' (Pitsea Leisure Centre) weeding, cutting back, generally tidying up, planting herbs and wildflowers, and providing habitats for local wildlife.

In the next few months, they will be growing vegetables on our gardening patch on Pitsea High Road. All the produce they grow will be given away free to the local community.



The group are currently working on an information flyer about energy saving tips for the home, look out for the flyer arriving through your door soon.



The Young Climate Change Ambassadors have been keeping diaries to record their progress and volunteering hours and are working towards an accredited volunteering award.



If you are aged between 10-14 and would like to get involved in projects to make your local community more eco-friendly, just get in touch!

New Nature Zone for the Legacy Park

Our YCCA members have been invited by **Basildon Council** to get involved with the creation of a new wildlife friendly Nature Zone in the wooded area near to the Heart of Pitsea Legacy Park behind Northlands Primary School and Winifred Road.

The eco-plans within the project are aimed to improve the natural habitat and to encourage insects and wildlife to make it their home.

There will be a new pond and wetland area, an insect stumpy log pile and a hibernaculum for frogs, toads and reptiles to snooze in during their hibernation period.

If you see our YCCA members working on the project, please do say hello!

The Nature Zone will add another dimension to the park, which already includes the children's play area and outdoor gym equipment (which was funded by Heart of Pitsea and installed by Basildon Council).



Get in touch if you would like more information on the Young Climate Change Ambassador Project.

Call Tracey on 07572 001671
or send an email to admin@heartofpitsea.co.uk.



follow us on Facebook - search @heartofpitsea

Heart of Pitsea Youth Forum



The Heart of Pitsea youth forum (Youth YOUUnique Generation) is a group of passionate young people who work together to decide how to spend their own budget on projects for young people.

They regularly fund free activity sessions for children at Pitsea Library and have devised imaginative projects within our local primary and secondary schools.

"The youth forum has changed my life by giving me opportunities that I never knew existed".

Ethan



Left: Youth forum members Oli and Ethan represented Heart of Pitsea at the Basildon and Pitsea Carnival this year dressed as Santa and his Elf!



Right: Youth forum member Ethan volunteered to host a free Jubilee craft table at the Chalvedon Community Centre Jubilee event - he did a fantastic job and was a huge hit as a photo opportunity with the community!

Are you aged 13-17? Like to be involved in a ground-breaking group that makes decisions on spending real money on real projects that benefit young people in your area? Then get in touch! Contact details are on the back page.

Funding strikes a positive chord against Covid-19

In 2021, Heart of Pitsea provided Northlands Primary School and Nursery with just over £1000 to fund a music project to support pupils with their mental and emotional recovery from the Covid-19 pandemic.



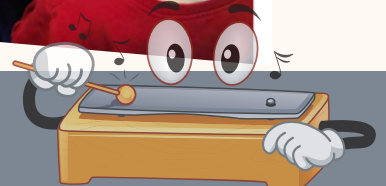
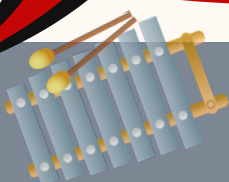
Ian O'Shea, Music Coordinator at Northlands Primary School and Nursery explains:

"The funding has been incredibly useful. It was mainly spent on whole class sets of chime bars and glockenspiels which I assigned to different year groups across the school.

It helped us keep Covid-safe and prevent unnecessary mixing of resources between year groups, back in those uncertain days of the Covid-19 pandemic."

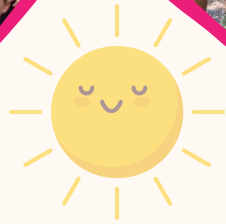
"Thanks to the funding, the instruments are still being used in this way across the school and music is thriving".

Ian O'Shea



Free Summer Activities

8 outdoor sessions for children held over 6 days
with a free packed lunch for up to 20 children per session



At 3 'Picnic in the Park' sessions, we engaged with around 70 children and gave out 60 free packed lunches.

We offered games including giant Snakes & Ladders, giant Jenga, tennis, badminton, giant parachute and much more. We also played team games: egg & spoon race, sack race, three-legged race, tug of war and rounders. Even the parents joined in!

We also hosted 4 'Eco Experiments' sessions, again with a free packed lunch, centred around wind power and climate. The children - 10 per session - enjoyed crafts, including painting rainbows and making aeroplanes and windmills. They played in hammocks and tree swings and took part in archery.

During a crafting and fun inflatable session, the children, with the support from their parent/guardian, made up and painted 2 different types of bird feeders, 1 holding an apple and 1 for seed. They also painted stones and were given a free packed lunch. There was a Gladiator Duel inflatable for everyone to use for free.



Huge thanks to Tiffers from Woodland Warriors for delivering the Eco Experiments sessions.

And a special thank you to our volunteers, Ethan, Oli, Pearl and Elaine for supporting us throughout the events programme - we couldn't have done it without you!

Parent/carer feedback

'We struggle during school holidays with money, but we do not get any help so the fact you supplied free packed lunches was a huge help.'



Parent/carer feedback

'We had a great time on Monday, thank you so much for putting these on, it's a fantastic idea and all the staff were amazing and great with the kids.'

Another Egg-cellent Easter Trail



We received such positive feedback following our first free Trail during Easter 2021, our resident members decided to run it again this year.

Using a simple trail sheet, youngsters hopped around the Heart of Pitsea area and told us which pictures they found on the posters dotted around the local area.

We had 30 entries and each of the winners were rewarded with a free Easter egg prize.

'My daughters thoroughly enjoyed the poster trail you set up, so much so it took us 3 days as they were insistent on finding ALL of them!'

Parent/carer feedback

BOSP digs into the care of our raised bed at the Dipple Medical Centre

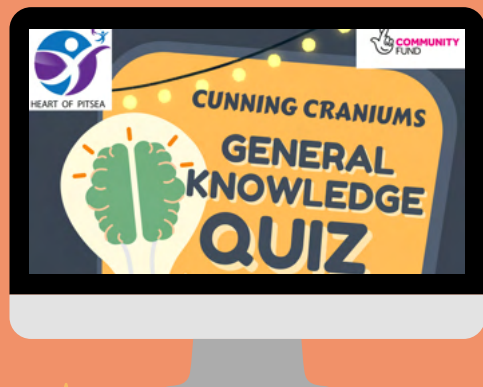
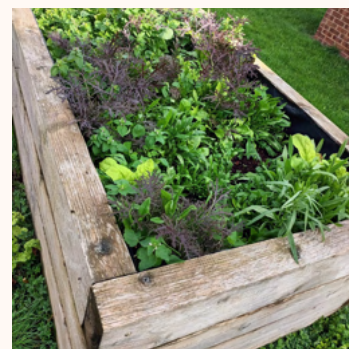
We were delighted to offer the use of our raised gardening bed at The Dipple Medical Centre as an activity for the clients of BOSP (Brighter Opportunities for Special People).

Local young people with disabilities have been learning how to weed and plant fruit and veg as part of a project to help them learn vital life skills and develop their confidence and independence.

If you would like to find out more about BOSP please visit <http://www.bosp.co.uk>.



Photographs used with permission of and © BOSP



We have hosted 3 very successful family friendly quiz nights this year.

We only charge £2.00 per person and you bring your own refreshments, making it a really cheap night out!

Everyone is welcome...individuals, couples, or teams of up to 8 members.

And we give away cash prizes to the top teams.

To receive information on our next quiz night call 07572 001671 or email admin@heartofpitsea.co.uk.



TAKE A BREAK

Can you find the hidden words in this search?

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

Christmas Word Search



CANDY CANE
CAROLS
CHRISTMAS
DECEMBER
ELVES
GINGERBREAD
JINGLE

HOLLY
LIGHTS
MERRY
NORTH POLE
ORNAMENTS
PRESENTS
REINDEER

SANTA
SLEIGH
STOCKING
TREE
WINTER
WREATH



CRAYONSANDCRAVINGS.COM

Sudoku

5				8	6			1
		2	7		1	6		
	7	1				2	5	
9	1			2			7	
3			1	4	5			6
	6			9			2	4
	5	3				4	6	
		8	9		3	5		
2			5	1				7

Rules:

You can only use the numbers 1 to 9.

You can only use each number once in each row, column, & grid.

Avoid guessing the numbers!



Solve The Riddles

I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?

ANSWER 1:

I make two people out of one. What am I?

ANSWER 2:

My life can be measured in hours, I serve by being devoured. Thin, I am quick. Fat, I am slow. Wind is my foe.

What am I?

ANSWER 3:

This is as light as a feather, yet no man can hold it for long. What am I?

ANSWER 4:

I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place. What am I?

ANSWER 5:

Until I am measured I am not known, Yet how you miss me when I have flown. What Am I?

ANSWER 6:

Answers at the bottom of the inside back Page

Family Fun Page

Winter Word Search

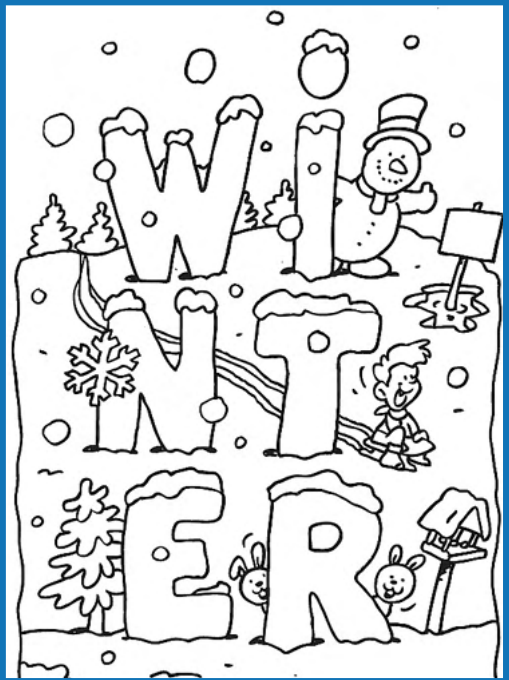
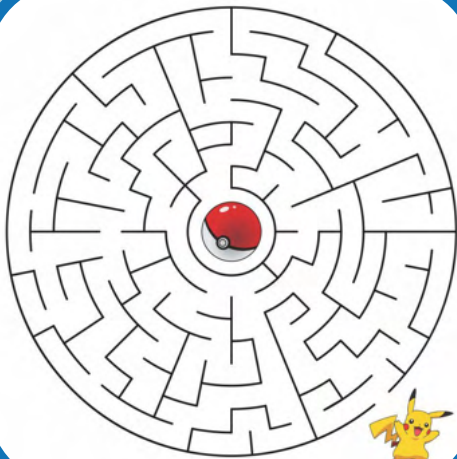
F S N O W M A N Y P V W R U E
X I U E I L I G O F I A R H T
U C R C T U O L D N G K L I A
C S E E G I A Z T S O R F B R
C N O N P R H E O M H Q C E G
H M E P B L R W C Y P K M R I
I P O E E K A L F W O N S N M
L O A G T O Q C I Z U C P A U
L R Z A K O C P E I J J D T Z
Y T H O T C H O C O L A T E J



chilly
fireplace
frost
hibernate
hot chocolate
migrate

penguin
polar bear
snowflake
snowman
white
winter

Can you find all of the words in the word search above and help Pokemon reach the Pokeball below?



Colour me in and find the 5 differences below

Spot The Five Differences



We have a dedicated website page aimed at children and young people called 'Little Monsters', It includes fun activities to try, links to competitions to take part in and stories to read.

visit www.heartofpitsea.co.uk and click on the 'Little Monsters' tab to find out more.

Coping With The Rising Cost of Living

The rising cost of living is affecting everybody in different ways and we want to support you the best we can. The back page of this newsletter can point you to useful community organisations who can offer support, advice and guidance to help you through the rising cost of living.



The government website (www.gov.uk/cost-of-living) provides official information on support available for income, bills, childcare costs, housing costs, travel costs, and support for those who are disabled and for small businesses.

Money Saving Hints and Tips

It is surprising how much you can save by making just a few changes.



- It's an old school trick but try setting a budget and then write down your spending so you can keep track of how much you have spent and when your money is due to run out.
- Compare prices from other companies when your home or car insurance is due for renewal. Don't be afraid to haggle with your current provider if you get a better quote elsewhere.
- Contact providers for services like your television and broadband to see if they can offer you a cheaper deal. If they can't then contact other providers to check if they would be cheaper. Social broadband tariffs are special discounted deals available for certain low-income customers – to check out if you are eligible visit www.which.co.uk and search social broadband tariffs.
- If your mobile phone contract has expired, consider changing to a sim-only deal. If you are happy to keep your old handset, your monthly bill can be much cheaper. Our Project Support Worker Gill saved over £20.00 a month by switching to a sim-only contract with her existing provider.
- Sell unwanted preloved things through online platforms like EBay, Schpock, Preloved, Gumtree and Shopify (fees may apply).

Getting A Loan

If you are considering getting a loan, make sure that your lender is authorised by the Financial Conduct Authority (FCA) to lend money legally.

Money lenders who aren't are breaking the law. They are known as loan sharks.

If you can answer yes to one or more of these questions you might be borrowing from a loan shark:

Did they offer you a cash loan? Did they not give you paperwork?

Did they add huge amounts of interest or APR to your loan?

Have they threatened you?

Are you scared of people finding out?

Have they taken your bank card, benefit card, passport, watch or other valuables from you?



There's help out there. Get in touch with the Illegal Money Lending team – visit www.stoploansharks.co.uk or give them a call – they handle all calls with confidentiality and they are available 24/7 – 0300 555 222.

Local support and activities

- Basildon Community Transport, Wheelchair & Toenail Cutting Service – call 01268 465 858 or visit www.basildoncts.co.uk.
- Basildon Credit Union (Savings & Loans) - call 01268 208102 or email credit.union@basildon.gov.uk
- Basildon Council - 01268 533333.
- Basildon Neighbourhood Watch – search on Facebook or email basboronhw@virginmedia.com.
- Brighter Opportunities for Special People - support for children and young adults with complex disabilities or life-limiting conditions. Call 01268 553117 or visit www.bosp.co.uk.
- Citizen's Advice – General Enquiries 0808 278 7877 and Money Advice 01277 358082.
- Craig Tyler Trust mental health and suicide prevention support charity - Search on Facebook or visit www.thecraigtylerttrust.co.uk.
- Food Bank at The Place (Trussell Trust) - 07424 660 862 or email info@basildon.foodbank.org.uk.
- Food Bank (Salvation Army Basildon) - 01268 524454 or 07801 180225
- Hearing Help NHS Hearing Aid support at Pitsea Library - sessions are held once a month for NHS hearing aid cleaning and retubing. Call 01245 496347 or visit www.hearinghelpessex.org.uk.
- Helping Hands Bereavement Group at The Pitsea Activity Centre, Pitsea Leisure Centre. - 01268 205272.
- Northlands Park Family Hub - provides a range of child and family services - 01268 720170 or email Ecfws.southessex@barnardos.org.uk.
- Pitsea Library activities - Baby & Toddler Rhyme Time/Computer Support/Games & Puzzle Clubs. Pop in (open Tue, Wed, Fri, Sat) or visit www.libraries.essex.gov.uk.
- Pitsea School Uniform Bank at Chalvedon Community Centre - free preloved uniform collection and donation for local schools. Search on Facebook or email basildonhelpwithuniform@hotmail.com.
- Social Services - 0333 013 9837.

GET IN TOUCH WITH HEART OF PITSEA



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www.heartofpitsea.co.uk/contact



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